

# THE HUB

Monthly Newsletter following Urban Youth Development in Lubbock County. Highlighting activities, spotlighting youth leaders, developing youth through curriculum and raising awareness.

youth Spotlight



youth Spotlight

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## Community Spotlight

"Everything runs through Lubbock.."  
 -Joey McGuire

## LET THE GOOD TIMES ROLL...

A message from Amber Bozeman  
 Extension Agent-Urban Youth Development

Hi, There!!  
 I am Amber!



I am farmer's wife,  
 mother, Lubbockite, and  
 extension agent!

Come join the fun! This summer AgriLife Extension from Lubbock County will be out at the South Plains Food Bank Grubfarm! It's going to be big time! Come out and learn about all about gardening and healthy food!



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Intern  
spotlight



# INTRODUCING OUR SUMMER INTERN

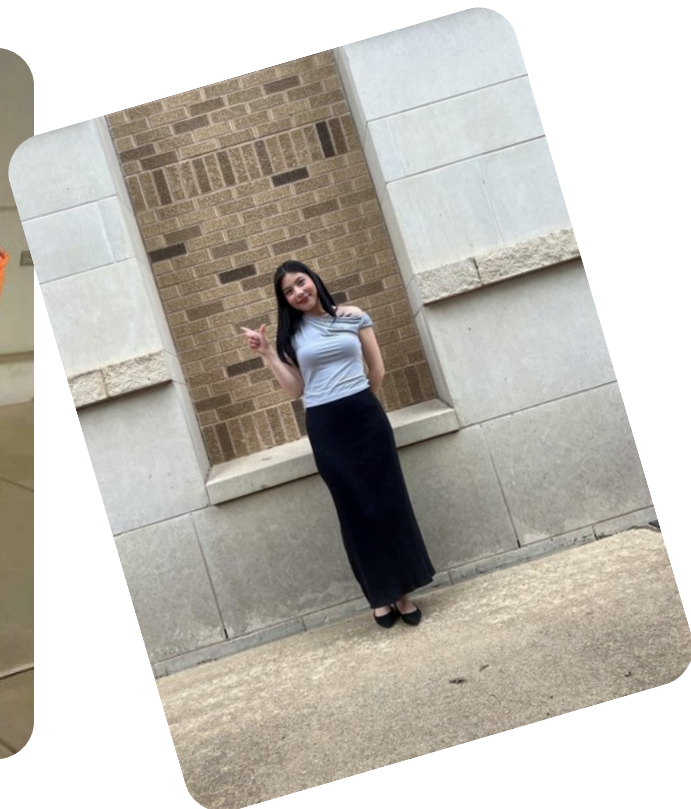
By Brenna Estrada  
Extension Intern

**Hello, my name is Brenna Estrada, and I am originally from El Paso, Texas.**

**Currently, I am residing in Lubbock, where I am pursuing my studies at Texas Tech University. This fall, I will be entering my senior year, majoring in Nutritional Sciences and Dietetics.**

**My future career aspirations involve becoming a Registered Dietician. After gaining a couple of years of experience in the clinical field, I plan to specialize in sports nutrition. Since moving to Lubbock, I have developed an interest in horticulture, which has allowed me to understand the process and science behind our food production.**

**I am excited to be a part of the Texas A&M AgriLife Extension program this summer, as it aligns with my passion for nutrition and agriculture! A fun fact about me, in addition to my academic pursuits, I volunteer with UMC Amedisys Home Health & Hospice, providing support to those in need.**



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**2024 CITY-WIDE BACK SCHOOL BASH**

WITH TEXAS TECH UNIVERSITY

**SATURDAY, AUG. 3 | 2:00 - 6:00 PM**  
**LUBBOCK MEMORIAL CIVIC CENTER**

**WHAT TO EXPECT**

IMMUNIZATIONS ★ FOOD VENDORS ★ FUN GAMES ★ SCHOOL SUPPLIES  
 BACKPACKS ★ COMMUNITY RESOURCES ★ HAIRCUTS ★ AND MORE!

**EVERYTHING IS FREE!!!**

**GET A FREE CITIBUS PASS TO ATTEND THE EVENT!**

SIGN-UP FOR THE LUBBOCK PUBLIC LIBRARY SUMMER READING PROGRAM AND  
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**CHILDREN MUST BE PRESENT TO RECEIVE A BACKPACK!**

TEXAS TECH UNIVERSITY City of Lubbock TEXAS



**LEADERSHIP**

COMMUNITY SERVICE EVENTS

**JOIN OUR AMAZING TEAM!**

We're looking for young visionaries interested in working with us to make our world a better place. We are looking for current 9th through 12th graders who live in Lubbock County who want opportunities to expand their community serve experience. Learn leadership skills while helping others and developing community service projects. Scan the code below to apply.



Colleges consider numerous factors when assessing applications, including the ways in which students give back to their community. In one survey of college admissions officers, 58 percent of respondents said community service positively impacted a student's chance of being accepted.



Hi! I am Blaze Bozeman, and I am a founding member of The HUB leadership and community service team. We aim to connect youth, like me with leadership and community service opportunities. I founded this group because I know lots of teens like me, want to help but don't know how or where to start! I really enjoy helping people and I am excited this summer to help teach leadership skills with Project Grub, serve at Heritage House and help with the community garden at The South Plains Food Bank Grub Farm! In July, as a team, we will collect school supplies items! Scan the code above or contact the extension office if you want to join us!

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## Community Service Spotlight

### Who are we?

**Idalou Meals on Wheels is a 501 c(3) which was established to enable people to live with dignity and independence by offering community support through nutritious meals to help improve or maintain overall well being.**

### What do we do?

**The Meals on Wheels volunteers have learned that some of our community's seniors living on their own have no family or visitors. We want to keep the meal delivery local so our seniors are greeted with consistent, familiar people – people who become friends. Our volunteers pickup the meals and then deliver them to the recipient's door. These deliveries also serve as a well check ensuring the recipients are doing well and seen. On holidays, extra food is donated or purchased to send with the meals. Our food delivery recipients welcome a fun, festive occasion!**

### Who do we serve?

**Idalou residents who are homebound and cannot independently prepare meals or have someone deliver food.**

### What is HIGH HEELS AND HOT MEALS?

**This will be the biggest fundraiser of the year for the program. This year we will feature local models, live fashion sketches, several trendy vendors, and opportunities for laughter and fellowship among family and friends. This event will give participants and sponsors a chance to enjoy amazing food in a fun and casual environment to kickstart holiday shopping! We will once again feature a swag bag with every ticket purchased. Online and silent auctions will also be an event hit!**

### How can you help?

**Prayer team- pray for our recipients**

**Drivers- we always need substitute drivers**

**Donor-consider us for tax deductible donations**

**Business sponsors-market your business and help a worthy cause**

**Swag bag donations- market your company with items ladies love (sewing kits, tweezers, gift cards, tape measures etc.) for the swag bags**

**Point of contact Shelly Merrell (806) 620-8007**

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# CURRICULUM SPOTLIGHT

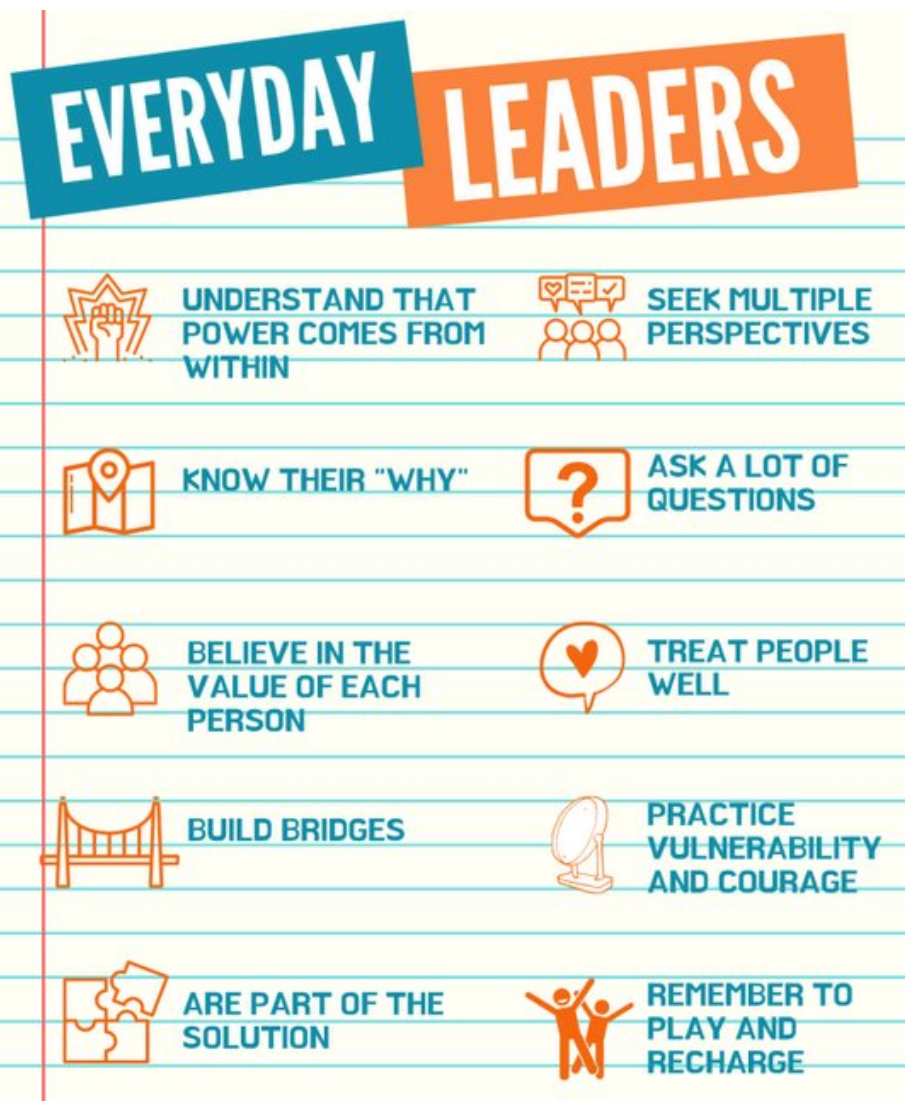
# Learn. Grow. Eat. Go!



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# Youth Development Spotlight

## Leadership



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## Youth Development Spotlight

## Awareness Spotlight

# THE FACTS ABOUT FENTANYL

## FENTANYL FACTS

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S.<sup>1</sup>

Fentanyl is a synthetic opioid that is up to

**50x** stronger than heroin      **100x** stronger than morphine

There are two types of fentanyl: pharmaceutical fentanyl and illicitly manufactured fentanyl. Both are considered synthetic opioids. Pharmaceutical fentanyl is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer. However, most recent cases of fentanyl-related overdose are linked to illicitly manufactured fentanyl, which is distributed through illegal drug markets for its heroin-like effect. It is often added to other drugs because of its extreme potency, which makes drugs cheaper, more powerful, more addictive, and more dangerous.

## ILLICITLY MANUFACTURED FENTANYL

Illicitly manufactured fentanyl (IMF) is available on the drug market in different forms, including liquid and powder<sup>1</sup>. Fentanyl-laced drugs are extremely dangerous, and many people may be unaware that their drugs are laced with fentanyl.



**Powdered fentanyl** looks just like many other drugs. It is commonly mixed with drugs like heroin, cocaine, and methamphetamine and made into pills that are made to resemble other prescription opioids.

### Street Names for Fentanyl

- Apache
- Dance Fever
- Friend
- Goodfellas
- Jackpot
- Murder 8
- Tango & Cash<sup>1</sup>



In its **liquid form**, IMF can be found in nasal sprays, eye drops, or dropped onto paper like small candies.

DRUGS DO NOT COME WITH

AN INGREDIENTS LIST.

MANY CONTAIN DEADLY

DOSES OF FENTANYL.

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**"Fentanyl is taking a**  
whole generation of  
brilliant minds."

— Stefanie, who lost her son Tucker to deadly fentanyl

**OnePillKillsTX.com**



## More Information...

**The One Pill Can Kill campaign encourages the use of social media to help raise public awareness of a significant nationwide surge in counterfeit pills that are mass-produced in labs, deceptively marketed as legitimate, and are killing Americans at an unprecedented rate. Additionally, Agent Bozeman can provide in person educational presentations about fentanyl and connect Lubbock County schools and organizations with Watch UR BAC. Texas A&M AgriLife Extension Service, through a grant from the Texas Department of Transportation (TxDOT), has a campaign, Watch UR BAC, to teach Texans about the dangers of alcohol and other drugs misuse—including binge drinking, the understanding of alcohol poisoning as well as the dangers of impaired driving. The Watch UR BAC program is a free resource to Texas community groups, faith-based organizations, schools, and businesses. Watch UR BAC is an awareness campaign that refers to blood alcohol concentration (BAC) which is used as a measure of the degree of intoxication of an individual. Binge drinking is a continuing problem in Texas, and most who binge drink do not know the amount and effects of the alcohol they are consuming. Contact Agent Bozeman at the extension office for more information.**

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# Around Lubbock



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8258-2024

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Project Grub is for students from the Lubbock area who are interested in learning leadership skills, college readiness, career readiness, mindful living, personal character development and serving the community through volunteering. Through collaboration with GRUB - GROWING RECRUITS FOR URBAN BUSINESS and a network of partners, Project Hub will find ways to make a meaningful impact in the community. Participants engage in youth-organized meetings, hands-on service projects, and opportunities for leadership. All of these activities work toward creating the next generation of community leaders!



Coming soon...

PODCAST



Contact info:



**Amber Bozeman**  
 EXTENSION AGENT  
 URBAN YOUTH DEVELOPMENT  
 LUBBOCK COUNTY

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