

# THE HUB

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



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*"Everything runs through Lubbock.."*  
-Joey McGuire

## DO YOU KNOW WHERE YOUR FOOD COMES FROM...

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!

I'm thrilled to announce Ag in Classroom, an exciting adaptation of the Path to the Plate curriculum for PreK to 2nd graders! This engaging program will teach our youngest learners in Slaton about where their food comes from and the importance of healthy eating. Through fun, hands-on activities, kids will explore the connections between agriculture and their health. We can't wait to inspire a love for learning and healthy choices! Stay tuned for updates on this fantastic initiative!

# Helping. Understanding. Building Youth

# Curriculum Spotlight

**What an incredible day for our local students, thanks to our amazing partnership with Texas Tech's Davis College of Agriculture! We had the pleasure of hosting Ag in a Bag, where four schools came together for a day packed with 12 interactive learning stations.**

**A huge shoutout to our fantastic collaborators: Plains Cotton, AgTexas, Red Raider Meats, Caprock Beekeepers Association, Dairy Max, Bayer Children's Center for Discovery, Texas Corn, Texas Tech Agronomy Club, Texas Tech Entomology Club, NRCS, Texas Farm Bureau, Texas Livestock Judging, Lubbock County Texas A&M AgriLife, and, of course, Texas Tech Davis College of Agriculture.**

**Together, we made agriculture come alive for these Lubbock County students! It was all about hands-on learning, engaging presentations, and sparking curiosity about the world of ag. Here's to nurturing the next generation of agricultural leaders!**

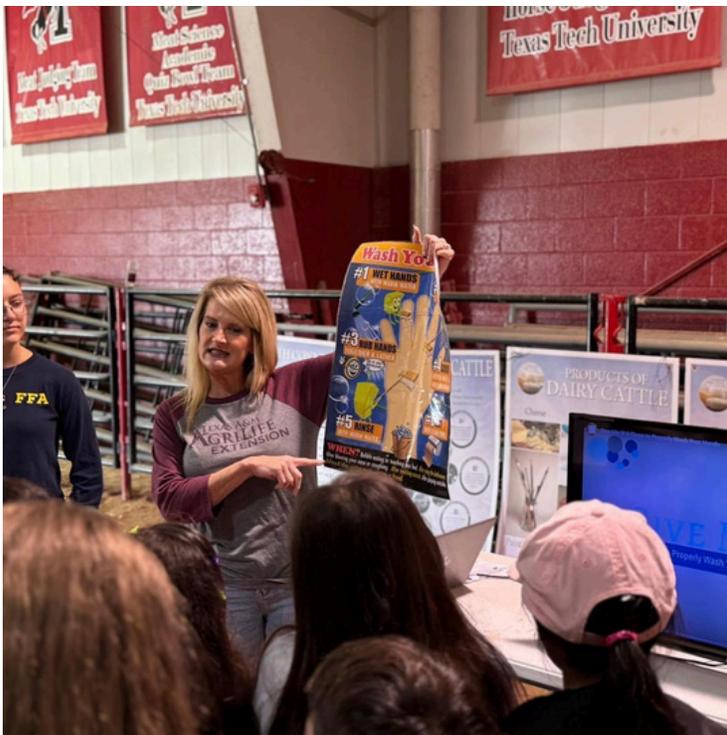


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# More Learning

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# More Learning

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# what does Urban youth Development do?



## LUBBOCK COUNTY CURRICULUM ENRICHMENT PROGRAMS



## HELPING TEXANS THRIVE

Texas A&M AgriLife Extension Service provides innovative solutions at the intersection of agriculture, natural resources, youth and health, thereby improving the well-being of individuals, families, businesses and communities through education and service.


  
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# What does urban youth development do?



## Ag in the Classroom

- Ag in the Bag - ready to go ag lessons provided seasonally for K-2 classrooms covering a variety of topics
- Farm Safety
- Egg Nutrition
- Classroom Gardens
- Egg to Chick
- Farm to Table
- Path to Plate
- Color Me Healthy (prek)
- Learn, Grow, Eat, Go
- And many more!!!

## Ag in a Bag- Ag Day

Coming Soon...

A hands-on field day in partnership with Texas Tech College of Agriculture. Students will experience a variety of learning stations to learn how food makes it from farm to table.

### South Plains Fair - Childrens' Barnyard

- Schedule your class for a tour during the fair!

## We are here for you!

AS EXTENSION AGENTS WE ARE HERE TO HELP YOU EDUCATE STUDENTS. MOST OF OUR LESSONS ARE CREATED TO COVER TEKS IN SEVERAL AREAS. WE HAVE LISTED SOME OF THE PROGRAMS WE ARE ABLE TO BRING TO YOU TO HELP SUPPLEMENT THE LESSONS YOU ARE ALREADY TEACHING. MANY ARE ADAPTABLE FOR ALL AGES.

- **HAND WASHING**
- **FRED- FAMILIES READING EVERYDAY**
- **AG STORYTIME**
- **CHOOSE HEALTHY (6-12)**
- **BREAD IN A BAG**
- **TOWARDS NO TOBACCO/VAPE**
- **WALK ACROSS TEXAS**
- **MYPLATE NUTRITION**
- **TRAFFICKING AWARENESS (6-12)**
- **SUN SAFETY**
- **DISTRACTED DRIVING (9-12)**
- **BICYCLE SAFETY**
- **WATCH UR BAC**
- **LEADERSHIP**
- **CHARACTER DEVELOPMENT**
- **HEALTH ROCKS**
- **TECH CHANGEMAKERS**
- **SEX TRAFFICKING AWARENESS**

If you have additional needs, please don't hesitate to call. We can't possibly list all the classes we teach, but this will give you an idea. We have a wide variety of resources at our disposal and can organize many programs to fit your needs. Our programs are free of charge, and we love getting to come into the schools and help! You can google these if you would like more information, or feel free to give us a call anytime!!

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# what does Urban youth Develomoment do?



## Mindful Self

Mindful SELF is a 6- lesson program that teaches youth mindfulness and social & emotional concepts. Cultivating mindfulness and developing social and emotional learning skills helps individuals of all ages cope with stress and live life more fully. The goals of Mindful SELF are:

- Learn about holistic wellness through the 8 dimensions of the Wellness Wheel
- Learn and practice mindfulness and how to cultivate it into daily life
- Gain social and emotional skills to benefit themselves and those around them
- Practice self-care activities, including mindfulness breathing and mindful movement exercises

Each of the 6 lessons is designed to last 30-40 minutes. Lessons are structured in the following format: 1) Key background information and definitions, 2) Instructional discussion guide, 3) An interactive activity, and 4) A lesson closure. Optional "Take it further" activities are also included in each lesson, which consist of weekly affirmations, self-care exercises, videos for short, guided meditations, and journal prompts. The optional components may be taught in addition to the core curriculum if time allows or can be done at home with parents. The program is delivered by Extension agents or trained teachers/school staff.



## Additional Services

- Serve on committees- SHAC, CTE, SBDM, etc.**
- Judge, consultant, or resource for contest or ever**
- Provide programming for parents**
- Additional option for extra-curricular involvememr**
- Mentoring and peer education opportunities**



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# Community Spotlight



## 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.

# Community Service Opportunities for youth



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! In November, as a team, we will collect tennis shoes and underwear for the Wildcat Pantry. Scan the code above or contact the extension office if you want to join us! Donations can be dropped off at the extension office or Bozeman Machinery and Tire.

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# Curriculum Spotlight

## SO FAR...

75 families  
11,457 minutes total  
1892 books total



Families Reading Every Day (FRED) is a 4-week FREE reading initiative designed to bring families together through the joy of reading.

### Program Highlights:

- **Strengthen family bonds** and promote literacy development.
- **For all ages:** Suitable for adults with kids of any age.
- **Set your own pace:** Aim for 15 minutes a day for the first 2 weeks, and 30 minutes a day for the next 2 weeks. Adjust based on your family's needs.



Scan to get started!

**How to Participate:**

1. REGISTER or LOGIN
2. Create a Child Profile
3. Start a New Session
4. Enjoy 4 Weeks of Family Fun!

**GROUP CODE:** Wildcat

**Weekly Prizes and a Grand Prize for the Top Reader!**

Start reading together and make lasting memories with FRED!



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# Curriculum Spotlight



**I'm thrilled to highlight an inspiring program we recently had the pleasure of participating in right here in Slaton, Texas! The Path to the Plate program has been adapted to engage elementary school students, providing them with a fun and informative way to learn about agriculture and nutrition. This comprehensive educational initiative aims to equip our young learners with the relevant and factual information they need to make informed choices about their health and food sources. Through interactive activities and hands-on learning experiences, kids explored where their food comes from and the importance of agriculture in their daily lives.**



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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](https://www.onepillkillsTX.com)

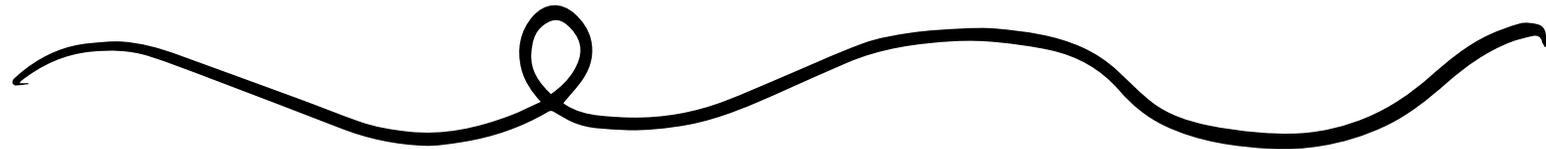


## More Information...

**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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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!

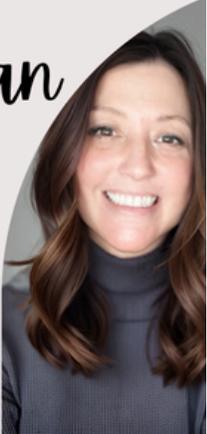


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