

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

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 fall AgriLife Extension Urban Youth Development-Lubbock County will be promoting and partnering with different communities in Lubbock County to serve and share resources for youth. This month's spotlight is Slaton, Texas!



Helping. Understanding. Building youth

What has it been like to grow up in Lubbock County 4-H?

By Kendra Messer

My name is Kyndra Messer from the Frenship 4-H Club in Lubbock County. 4-H has been very impactful in my life. The projects, opportunities, and experiences have given me skills that I will use all of my life. I have been in 4-H since I was in the third grade and found a supportive community over the years. I have had several role models and adult leaders, who have invested in me to develop my character. I have been able to network with others, follow other's examples, find my own path, and utilize skills learned to lead younger 4-H members into the future. My role models and 4-H friends have assisted me in forging my own 4-H story. I now realize that each project, activity, or event in 4-H has contributed to my personal development. I have developed great friendships that have connected us through 4-H for a lifetime. I have practiced for contests, competed in contests, led workshops, and spent time during service activities and trips with these friends. We have grown up together and spent quality time with each other. They have been influential in my life and I will cherish our time together. Adult leaders have judged me during contests and provided constructive criticism to better my presentation skills, public speaking skills, and composure during competitions. I have developed confidence in myself to be in front of others and use my leadership skills through various Officer positions. These adult leaders have supported and encouraged me over the years and helped me become a better person. My County Extension Agent, Ronda Alexander, has been the most influential in my personal growth in 4-H. She has been the one to invite me into activities and events that in the end taught me great life lessons. I have served my community for over 400 hours. I have realized the needs of those in my community that require assistance and the organizations that work with these individuals. There are many ways to help others and I have taken the opportunities to assist them. This has changed my life and shifted my perspective on my abilities and how I can use my skills to assist those in need. My role models, parent leaders, County Agent, and my 4-H friends have supported me in my 4-H career and I will always hold onto the memories I have made with them. I am so thankful for 4-H, which is a great organization that has done so much for me!

Youth
Spotlight



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what does Urban youth Development do?



TEXAS A&M
AGRI LIFE
EXTENSION



LUBBOCK COUNTY CURRICULUM ENRICHMENT PROGRAMS

TEXAS A&M
AGRI LIFE
EXTENSION
అభివృద్ధి, విద్య, ఆరోగ్యం
పట్టుకొని వస్తున్నాం

Amber Bozeman
EXTENSION AGENT
URBAN YOUTH DEVELOPMENT
LUBBOCK COUNTY

(806)775-1740
Amber.bozeman@ag.tamu.edu
916 Main St., Suite 401
Lubbock, Texas



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 Development 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 event
Provide programming for parents
Additional option for extra-curricular involvement
Mentoring and peer education opportunities



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Curriculum Spotlight



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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



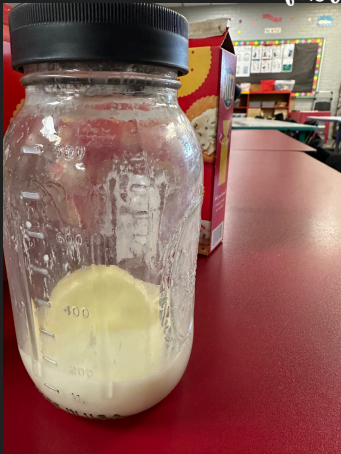
Hi! I am Blaze Bozeman, and I am a founding member of The HUB leadership and community service team. We aim to connect youth, like me with leadership and community service opportunities. I founded this group because I know lots of teens like me, want to help but don't know how or where to start! In October, 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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September's Community Spotlight Slaton, Texas

At Stephen F. Austin Elementary, Ag Storytime brought the joys of literature and agriculture to life as students explored engaging stories about farming and dairy cattle. Through interactive readings, they learned about the importance of dairy farming and the journey of milk from farm to table. To complement their reading experience, students had the hands-on opportunity to make butter, transforming simple ingredients into a delicious treat. This immersive program not only enriched their understanding of agriculture but also fostered a love for reading and hands-on learning.



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Curriculum Spotlight

SO FAR...

64 families
 10,456 minutes total
 1455 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!

TEXAS A&M
 AGRILIFE

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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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.¹

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 powder¹. 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 & Cash¹



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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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

(806)775-1740
 Amber.bozeman@ag.tamu.edu
 916 Main St., Suite 401
 Lubbock, Texas

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