

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



IN THIS ISSUE:

Agent's Message - 1
youth Spotlight - 2
what we do - 3-5
Curriculum spotlight - 6
youth Spotlight: Project Hub - 7
Spotlight on Community Service - 8
Curriculum Spotlight - 9
Around - 10-11
Awareness - 11-14

"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 Idalou, Texas



Helping. Understanding. Building youth

A PLACE WHERE EVERYONE'S YOUR NEIGHBOR

By Chelby Brown
Lubbock County 4-H

I was born and raised in Lubbock. Lubbock is known for its rich agriculture, but what I love most about it is the sense of community. Despite its population of over 250,000, Lubbock feels like a place where everyone is your neighbor. I feel blessed to call Lubbock my home, a place I know I can always come back to.

Every January, Lubbock County hosts one of the most competitive swine livestock shows in the state. For the past nine years, I've been fortunate to show swine in the county and have experienced incredible support from the people in Lubbock support for the youth. The support from Lubbock neighbors at the Premium Sale is amazing, and it's where the heart of Lubbock truly shines. I feel so lucky to receive such support from the Lubbock community in an activity that is so special and important to me. I have no plans to leave Lubbock anytime soon, and maybe not ever. It's hard to think of many reasons why I would want to leave a place so rich in neighborly love.

youth
spotlight



Helping. Understanding. Building youth

what does Urban youth Development do?



TEXAS A&M
AGRI LIFE
EXTENSION



LUBBOCK COUNTY CURRICULUM ENRICHMENT PROGRAMS

TEXAS A&M
AGRI LIFE
EXTENSION
اگرلیف یتھن اگرویلایف
تکساس ای و ایف

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.

Helping. Understanding. Building Youth

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!!

Helping. Understanding. Building Youth

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



Helping. Understanding. Building Youth

Curriculum Spotlight

TEXAS A&M
AGRILIFE
EXTENSION
Urban Youth Development
Lubbock County

Join us for a fun-filled storytime

AG IN BAG STORYTIME



Activities

- Godeke 9-16 @12:30pm • Mahon 9-23@10:30am
- Patterson 9-16 @4:30pm • Groves 9-27@10:30am

HOW TO MAKE BUTTER
in a jar ←



TEXAS A&M
AGRILIFE



LUBBOCK

PUBLIC
LIBRARY

Helping. Understanding. Building Youth

September's Community Spotlight Idalou, 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.



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 September, 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.



Helping. Understanding. Building youth



September's Community Spotlight Idalou, Texas

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

Helping. Understanding. Building Youth

Curriculum Spotlight

Idalou Elementary took the FRED (families reading everyday) challenge... And are rocking it!!



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

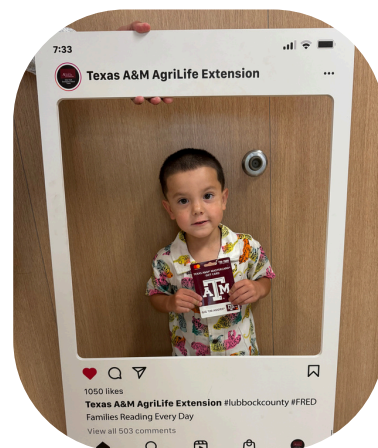
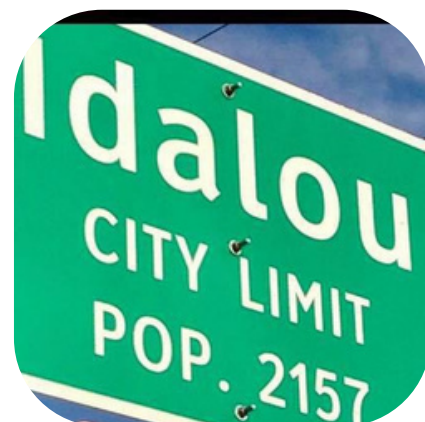
Program Highlights:

- 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
AGRI LIFE



SO FAR...

57 families
8213 minutes total as a school
1021 books total as a school

Helping. Understanding. Building youth

around town for youth

September's Community Spotlight
Idalou, Texas



● Idalou Cotton Fest
Saturday, September 7

11:30	JAYLEE GANDY	
	FOLKORICO DANCERS	12
12:30	RILEY SOLBERG	
	MARNIE SANDERS	1
1:30	KENZIE WOELFEL	
	JAYCE LEPP	2
2:30	MARLEY KENNEDY	



Helping. Understanding. Building youth

around town for youth

September's Community Spotlight
Idalou, Texas



Come Join the Fun!

Good News Club is an exciting weekly Bible club for kids with songs, a Bible lesson, snacks & games!

When: Thursdays, 3:30pm - 5:00pm
Start Date: September 12, 2024
Location: Idalou Elementary
2nd - 4th Boys & Girls
Sponsored by: Southcrest Baptist Church & CEF of the South Plains
Contact: Karla Clanton (806) 543-2116

This is not an activity of the school or school district. The United States Constitution requires schools to respect the right of all external organizations to distribute flyers to students at school if the school permits any such organization to distribute flyers. The school cannot discriminate among groups wishing to distribute flyers at school. The school encourages parents to assist their children in making choices appropriate for them.

Good News Club volunteers have been trained & screened by Child Evangelism Fellowship® to ensure your child's safety.

CEF
CHILD EVANGELISM FELLOWSHIP®
Reaching children worldwide®

Idalou YOUTH GROUP FALL CALENDAR

SEPTEMBER

7: COTTON FEST PARADE
8: LIBRARY OF LEGACIES DURING CLASS
22ND: AREA WIDE AT LCU
25TH: SEE YOU AT THE POLE
IDALOU HS 7AM

OCTOBER

6TH: ALL FAMILY WORSHIP NIGHT AT MADEWELL ESTATES
13TH: DEVO NIGHT AT EDWARDS
20TH: AREA WIDE HOSTED BY SHALLOWATER

NOVEMBER

8TH-10TH: IDALOU YOUTH GROUP RETREAT
17TH: AREA WIDE HOSTED BY SLATON
27TH: NO CLASS

DECEMBER

4TH: CHRISTMAS PARTY
8TH: LIBRARY OF LEGACIES DURING CLASS
22ND, 25TH, 29TH- NO CLASS

OTHER GREAT OPPORTUNITIES

OCTOBER 25-27: WRYC FALL RETREAT
NOVEMBER 22-24: ENCOUNTER LE AT LCU



Subscribe to
GOOGLE
CALENDAR
PUSH + IN
BOTTOM
CORNER



Subscribe to
APPLE
CALENDAR
CLICK ADD ALL

FOLLOW IDALOU YOUTH GROUP ON:
INSTAGRAM AND
FACEBOOK

Idalou First Baptist Church
Aug 22 •

Our Fall Wednesday Night Activities begin NEXT Wednesday at 6:15 pm with Angel Meal, all activities begin at 7 pm.

It is not too late to sign up, online registration is open please scan the QR code.



Please contact the church office with any question 892-2528.

Helping. Understanding. Building youth

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.

Helping. Understanding. Building Youth

"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.

Helping. Understanding. Building Youth

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



Helping. Understanding. Building youth