

Extension At A Glance - Lubbock County

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Agriculture & Natural Resources / 4-H and Youth Development / Family and Consumer Sciences / Community Development

MISSION

**Improving the lives of people, businesses, and communities across Texas and beyond
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Agriculture and Natural Resources

Brant Baugh, County Extension Agent - Ag and Natural Resources

- Agent Baugh harvested the RACE trial which contained 8 cotton varieties with three replications on the Vardemon Farm. At the same location, the cotton plant population study was harvested.
- At the Vine to Wine event which was held at McPherson cellars, agent Baugh helped the audience understand the difference between labeled over the top dicamba vs. dicamba labeled for weed control in grain crops.
- Agent Baugh presented program highlights to the commissioner's court at the September court meeting.
- In October, hosted a Crops Tour and looked at two cotton RACE trails (one with nematodes and one without nematodes) that showed how nematode resistant varieties really do work. He also toured a field that was planted on 90 inch and 40 inch rows.
- Six podcasts were produced that highlighted the condition of the area cotton crop, an on-line tool that helps producers to make the decision to harvest or not and the results of the conventional cotton weed control study.

Horticulture

Christina Reid, County Extension Agent - Horticulture



Jayton Ayers
Sr. Motion-Action
Wildcat 4-H Club

Smith Sprouts

This after-school gardening club program reached 40 youth monthly in September, October, November, and December at Smith Elementary. Smith Sprouts offers a variety of hands-on learning activities to engage students in environmental stewardship, horticulture, kitchen safety, and nutrition.

- Lubbock Master Gardener Demonstration Garden**
 The Lubbock Master Gardener Association has completed the second phase of the open to the public Demonstration Garden: Storm Water Runoff. The Demonstration Garden is located at the Lubbock Memorial Arboretum (4111 University) and is used as an outdoor classroom and allows public access to gather ideas. LMGA is also offering monthly classes on-site and has Master Gardeners in the garden to accept questions and speak with the public.
- Lubbock Master Gardener Hub City Garden Tour**
 The Lubbock Master Gardener Association hosted the annual Hub City Garden Tour featuring 6 public and private gardens for participants to tour, gather ideas from, and speak with garden owners/managers. Two Hundred (200) tickets were sold this year.
- Texas Nursery & Landscape Association**
 Agent Reid presented a program to the West Region of this green industry group of professionals. Drought Resistant Native Plants was the pertinent topic.
- Horticulture Building at South Plains Fair**
 Agent Reid hosted the first annual Horticulture Show during the 2024 South Plains Fair. On-site plant competitions, daily classes, and local plant-oriented non-profits worked together to greet and educate the more than 160,000 visitors to the Horticulture building.

4-H and Youth Development

Ronda Alexander, County Extension Agent - 4-H and Youth Development

- 4-H Enrollment Time**
 It is time for families to enroll or re-enroll in Lubbock County 4-H. This year enrollment is online again at 4-H Online (<https://v2.4honline.com/#/user/sign-in>). This is the 5th year that we have had 4-H Online, not 4-H Connect. Enrollment began on August 15 and is \$25 per member for 3rd-12th grade; as of November 1, the fee went up to \$30. 4-H Clovers, (K-2nd grade) have a \$10 enrollment fee, and also need to register through 4-H Online. Volunteers and parents who will be involved in a volunteer role also need to enroll on 4-H Online. There is a \$10 screening fee for volunteers. Parents are not required to be screened unless they plan to have a volunteer role; enrollment for volunteers can be completed at any time. If a parent plans to attend a volunteer certification (for example - shooting sports), it does take a couple of weeks to complete the screening process and the screening must be approved before they can sign up.

When enrolling in 4-H, 4-H'ers must designate one 4-H club to be enrolled in. Please contact Ronda, if you have questions about 4-H enrollment. The 4-H Clubs that will be available for this year are:

- Frenship 4-H Club
- Hub City 4-H Club
- Lubbock 3P Rifle 4-H Club
- Lubbock Rabbit 4-H Club
- Shallowater 4-H Club
- Caprock 4-H Club
- Wildcat 4-H Club (Idalou)
- Southside 4-H Club
- Slaton 4-H Club

The Lubbock County Office supports over 26 4-H projects for youth to participate in through project meetings, workshops, contests and camps. Get involved today!

- State 4-H Recordbook Winner**
 This year, Lubbock County 4-H'ers had a great showing at State 4-H Recordbook Judging which was held in August. Eight Lubbock County 4-H'ers advanced to State, with Jenny Sullivan winning first place in the Health category. Others competing at State were: Blaze Bozeman - Wildcat 4-H Club, Beef; Holt Hoelscher - Shallowater 4-H Club, Consumer; Madison Chaloupka - Wildcat 4-H Club, Horse; Rayna Jo Epley - Southside 4-H Club, Goat; Kyndra Messer - Frenship Club, Fashion and Interior Design; Stone Beach - Shallowater 4-H Club, Public Speaking; and Brynlee Edwards - Wildcat 4-H Club, Food and Nutrition and Aideen Chaloupka - Wildcat 4-H Club, Visual and Performing Arts. This year recordbooks 34 competed at District and a total of 42 were judged at the County level.
- Four Newest 4-H Gold Star Recipients**
 On October 21, four Lubbock County 4-H'ers were recognized at the District 4-H Gold Star Banquet. This year's recipients include: Kyndra Messer, Frenship 4-H Club Member. Jayton Ayers - Wildcat 4-H Club Member, Brynlee Edwards - Wildcat 4-H Club Member, and Reese Bading, Shallowater 4-H Club Member. Patti Messer, Frenship 4-H Club leader was also recognized as Distinguished Leader for Lubbock County.
- Children's 4-H Barnyard at the South Plains Fair**
 We had another great year at the Children's 4-H Barnyard at the South Plains Fair. This year 184 youth and adult volunteers manned the barnyard for 501 volunteer hours! We also had the regular barnyard animals attending and a few new exhibits which included 2 alpacas, 2 dorper cross sheep, a miniature

hereford cow and calf, 2 kune kune pigs, a ewe and baby lamb, 50 chicks, 10 sheep, 10 goats, 1 rooster and 5 hens, 8 bunnies and the bee keeping exhibit from the Caprock Bee-Keeper's Association. We also had Purina Mills and HFC Feeds donate the feed for the animals and Western Hay Yard provide straw bales for decor. Hopefully everyone also saw the Path to Plate Posters highlighting information about strawberries, poultry and lamb.

- **4-H Food and Nutrition Project**

This year we had a great 4-H Food and Nutrition project. The competition divisions in this project include, District 2 United Supermarkets Grilling Games, Food Challenge, Food Show and FCH Quiz Bowl. We also had tours and workshops for 4-H'ers to participate in which will included touring Wolfforth Farmers Market, HEB and a 2 part "Cooking in the Kitchen" workshop series. For more information or to get involved, please visit the Lubbock County 4-H Facebook page or the County website at <https://lubbock.agrilife.org>.

- **4-H Consumer Project**

Helping 4-H'ers learn to manage their money and make wise spending decisions is the focus of the 4-H Consumer Decision-Making Project. Lubbock County had 21 youth and 5 parents compete in the County Consumer Decision-Making Contest; 21 youth also competed in the District Consumer Contest held on November 18 in Floydada. Senior 4-H'ers competing were: Team 2: Avery Provost, Rylan Messer, Aideen Chaloupka, and Jayton Ayers; their team placed 3rd at District and will advance to State 4-H Roundup in June; Team 1: Mason Walker, Kylee McDonald, Kyndra Messer and Holt Hoelscher; their team placed _____. In the Intermediate division, 4-H'ers competing were: Team 1: Kennedy Price, Marlowe Barnes, Henley Hoelscher and Kasyn Doss; their team placed 1st. Team 2 consisted of Mason Chaloupka, Brix Edwards, Hayden Hoelscher and Hudson Hoelscher; their team placed 2nd. In the Junior Division, 4-H'ers competing were: Team 1: Klara-Marie Smith, Baylee Landis, Crosby Hughes, and Riley Doss; their team placed 4th.

- **Ronda's Recap**

Tune in to the Lubbock County 4-H Facebook page at the end of each month to see "Ronda's Recap" and what activities are going to be happening in the upcoming month. "Ronda's Recap" consists of Lubbock County 4-H'er Andre Shaw, interviewing Ronda about the current month's activities and then what will happen in the following month. There may

also be an occasional 4-H guest assisting with the interview!

Urban Youth Development

Amber Bozeman, Extension Agent - UYD

- **Ag in Bag**

On Oct.30, 2024, we had an incredible day for our local students, thanks to our amazing partnership with Texas Tech's Davis College of Agriculture! Agent Bozeman 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 Growers, 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! This event reached approximately 300 fourth graders in Lubbock County with the help of 12 presenters and 80 volunteers.



- **Partnership with Slaton ISD**

Agent Bozeman began an Ag in Classroom partnership with Slaton ISD, 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! So far, we have learned about dairy products, pumpkins, and corn. This program reaches all students at Stephen F. Austin Primary.

- **Ag Storytime**

Agent Bozeman has partnered with Godeke Library, Mahon Library, Patterson Library and Groves Library for a monthly educational series. 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 farming and the journey of milk from farm to table. To complement their reading experience, students had the hands-on opportunity to make pumpkin playdough, 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. This program has reached approximately 50 families monthly.

- **Cultivate, Cook, Create**

We're so excited to share about an amazing program we recently wrapped up with the Lubbock Homeschool Nature Group and The South Plains Foodbank Grub: the Early Childhood LGEG! This four-week curriculum was a wonderful blend of plant and garden learning, delicious food exposure, fun physical activities, and engaging parental involvement—all centered around exciting plant part themes. Under the expert guidance of agents Christina Reid, Cory Edwards, Brooke Walser, and Amber Bozeman, our kids explored the wonders of gardening while discovering the importance of healthy eating. Each week was filled with hands-on activities that got everyone moving and learning in such a fun way! From planting seeds to tasting fresh produce, the program encouraged curiosity and creativity in our little ones. Plus, it was a fantastic way for families to connect and support each other on this journey. We can't wait to see how these experiences inspire our kids to embrace the joys of nature and healthy living!

- **Project GRUB**

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! This fall we focused on

developing a growth mindset through a monthly educational series for 23 youth participants.

Family and Consumer Sciences

Cory Edwards, County Extension Agent-Family & Community Health

- **Vine to Wine**

Vine to Wine is a multidisciplinary, cost-recovery event put on by all of the agents in the Lubbock County Office and sponsored by our Leadership Advisory Board. Three LAB members were in attendance. One LAB member served as the greeter and took care of registration. Another LAB member gave the welcome. The purpose of the event is to educate the public on the process of making wine from the vineyard to the bottle and of the economic impact of this growing industry. It took place at McPherson Cellars on September 10, 2024 with 25 in attendance. Participants enjoyed a glass of wine, charcuterie cups, wine-and-cheese pairings, a winery tour, and listening to 3 speakers - the winery owner and our two viticulture specialists, Daniel Hillin and Patrick O'Brien.

- **Walk Across Texas!**

Lubbock County kicked off on September 23, 2024 with 18 WAT! Adult teams and 116 participants. Teams of up to 8 are logging their miles of physical activity on the Howdy Health web site to help move their team the 834 miles across Texas from El Paso to Orange in 8 weeks. Educational/inspirational information and weekly updates are shared with participants via a private Facebook group, email, and on a bulletin board located outside the Lubbock County Extension Office every Monday during the challenge. It wrapped up on November 18, 2024. The goal of this program is for participants to make daily physical activity a life-long habit.

- **Youth Cooking Classes**

Agent Edwards offered two hands-on cooking classes to Lubbock County 4-H'ers in the Fall of 2024. Agent Edwards led Cooking in the Kitchen sessions for Lubbock County 4-H youth in the Food & Nutrition project. The first hands-on workshops taught youth the knowledge and skills needed to participate in Food Show, Food Challenge, and FCH Quiz Bowl. 16 4-H'ers made crepes with their teams and presented them to the group while telling about the nutrition, substitutions, My Plate, and food safety measures associated with their dish. The second class included information about the importance of limiting sugar in

our diets. Groups of 4-H'ers experimented with cutting the sugar in a cookie recipe. One group made the control recipe with sugar while the other 3 groups each used a different artificial sweetener. Then each youth tasted each recipe and gave feedback on the cookies. Teen leaders assisted Agent Edwards in teaching. A total of 13 youth attended the class.

- **TEEA Lubbock Lunch Bunch**

The TEEA Lubbock Lunch Bunch consisting of five members meet monthly for lunch. In September and October, they met at Copper Caboose and made plans for the state meeting and planned programs and meetings for the year. Members enjoyed a program taught by member Glenda Disney called "Crafting Your Way to a Healthier Future." Three members of the Lubbock Lunch Bunch attended the TEEA Officer Training held at the Lubbock District Research & Extension Center on November 14th. Attendees received training on the upcoming programs for the year, made plans for the Spring Conference, and participated in a business meeting. The October 2024 meeting of the TEEA Lubbock Lunch Bunch was held at Cooks Garage in Lubbock.

- **County 4-H Food Challenge Contest**

Agent Edwards coordinated teams, coached a team, recruited and trained volunteer team coaches, planned and executed a County 4-H Food Challenge Contest, and coordinated teams to participate in the District 2 4-H Food Challenge Contest. Lubbock County had 22 teams and 84 4-H youth participated in the district contest held on November 5, 2024 in Levelland, TX. The 4-H Food Challenge is a contest where teams of 4-H members create a dish using predetermined ingredients. They must identify and prepare the dish within a time limit, and then present it to judges. Teams are scored on various criteria including preparation, serving size, food safety, and nutritional value.

- **Senior Centers**

Agent Edwards trained 30 senior center directors and bookkeepers from the South Plains Association of Governments: Area Agency on Aging to teach 3 different nutrition lessons to his/her congregation. The lesson topics included: Why Nutrition Matters as We Age, Thanksgiving Cooking Tips, and Staying Healthy During the Holidays.

- **Bingocize®**

Bingocize® is an evidence-based program (EBP) that meets the highest-level criteria for evidence-based disease prevention and health promotion programs, as established by the Active Community Living/Administration on Aging (ACL/AoA) Evidence-Based Programs Review Committee. Bingocize qualifies for Title IIID or other applicable discretionary funds. Title III-D of the Older Americans Act (OAA). OAA provides grants to states and territories based on their share of the population aged 60 and older for programs, like Bingocize, that support healthy lifestyles and promote healthy behaviors. Agent Edwards implemented this 10-week series at the Lubbock Dream Center with the walking club members twice a week with 17 participants. The program concluded on October 16, 2024.

- **Maintain No Gain**

Maintain No Gain kicked off on November 25, 2024. It's a great way to jump start your holiday goals by preparing healthy recipes, eating fruits and vegetables, staying active, and weighing in once a week throughout the holidays! Six participants have signed up. At each weekly weigh in, participants will try a healthy recipe sample, weigh, pick up educational materials, talk one-on-one with Agent Edwards, and get healthy recipes to add to his/her notebook. Agent Edwards also checks each participant's fruit/vegetable log and physical activity log. Each may potentially earn up to 3 door prize tickets weekly.

- **Learn, Grow, Eat and Go**

Agent Edwards teamed up with co-agents Brooke Walser, Amber Bozeman, and Christina Reid to teach the Early Childhood Learn, Grow, Eat, and Go curriculum lessons to the students in a Lubbock home school group once a week in October at the South Plains Food Bank GRUB Farm. Agent Edwards taught the kitchen session where students made and sampled healthy recipes.

Better Living for Texans

Brooke Walser, Extension Agent-Better Living for Texans

- **A Fresh Start to a Healthier You!**

Agent Walser finished the series, "A Fresh Start to a Healthier You!" at two senior centers during November. There were 23 graduates at the Lubbock Adult Activity Center, and nine graduates at the Copper Rawlings Senior Center. Walser will finish this series as well at Maggie Trejo Senior Center and Mae Simmons Senior Center in the early Spring. "A

Fresh Start to a Healthier You!” teaches about how to provide safe, healthy, and economical meals for their families and themselves. A few of the topics include how to make delicious snacks with fruits and vegetables, how to keep food safe from bacteria, stretching your food dollar, and how to create a weekly meal plan.

- **Cook, Cultivate and Create**

Agents Reid, Bozeman, Edwards and Walser completed “Cook, Cultivate and Create at the South Plains Food Bank GRUB Farm each Thursday during October. This program uses the curriculum from “Learn, Grow, Eat and Go!” where students learn about nutrition, gardening, and cooking. There were 26 youth graduates from this program.

- **Professional Development Task Force**

Agent Walser participated in a Professional Development Task Force for Texas Extension Association of Family & Consumer Sciences (TEAFCS). She helped create the Better Living for Texans (BLT) section about where to find resources and points of contact for BLT. This resource will be sent out to all FCH/BLT/Health agents across the state of Texas.

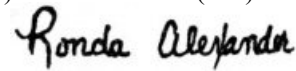
- **Career Day**

Agent Walser presented to Centennial Elementary School during their career day in October. The students learned about Texas A&M AgriLife Extension Service, and Walser’s day to day as an Extension Agent. The students also enjoyed a “Trail Treat” snack which included cranberries, pretzels, goldfish and rice chex.

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