

Extension At A Glance - Lubbock County

Texas A&M AgriLife Extension Service-Lubbock County • (806) 775-1740 • Fax (806) 775-1758 • <http://lubbock.agrilife.org/>
Physical Address: 916 Main, Suite 401 • Lubbock, TX 79401 • Mailing Address: P.O. Box 10536 • Lubbock, TX 79408

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
through high-quality, relevant education.**

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Agriculture and Natural Resources

Robert Scott, County Extension Agent - Ag and Natural Resources

- **The Panhandle Wildlife Conference** was held in Lubbock Feb. 1,2. The conference explored the diverse landscape and wildlife of the Texas Panhandle, a region rich in both history and natural resources. Topics included landowners' perspectives, current management strategies, technical assistance programs available and chronic wasting disease. There were sessions with current information on quail, deer, pronghorn, migratory birds, water conservation and rare species.
- In February a **Ex-Urban Beginner Land Stewards Workshop** was held. The main objective was to provide a foundational science-based course for new and beginning landowners to understand the role of fire and grazing on their land. Specifically, the topics focused on demystifying the basic principles, benefits, and practices surrounding ecosystem processes of fire and grazing and how they may be implemented on private lands.
- **Upcoming Programs:**
 - May 6th - Vector Management- This is a re-certification program that will educate personnel in cities and municipalities in the field of vector abatement on mosquitoes, ticks, flies, fleas & bugs, control tactics, trap usage, surveillance, virus testing, and mosquito control.
 - June 8th - Prospective Grape Growers Workshop- Topics This program: Texas Wine Industry Overview, Site selection & Testing, Vineyard Establishment, Vineyard Management, Disease & Pest Management, Vineyard Economics, Vineyard Tour



Teagan Chatfield
Intermediate
Plant/Flora
Lubbock 3P Rifle 4-H Club

■ June 30-July 1st - Youth Beef Symposium- 10th-12th graders will be targeted to learn more about beef production, selection, grazing, fabrication, marketing and preparing. The program will be held at the Texas Tech Animal and Food Science Building.

4-H and Youth Development

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

- **County 4-H Photography Contest**

This year, 29 4-H'ers submitted 209 photography entries for judging and 2 clovers submitted 13 photos in 9 categories. First place senior entries will advance to the State 4-H Photography Contest and first place junior, intermediate and senior entries will advance to the District 4-H Photography contest. As usual, we will include some of the entries in each addition of the Extension At A Glance Newsletter, for you to see. The photos will also be on exhibit in the Extension Office through May. For fun, we also had 8 parents submit 55 entries in 13 categories; these are also on display.

- **4-H Spring Contests**

As usual, we have had a busy spring with 4-H'ers preparing for District 4-H Contests. Lubbock County will have 4-H'ers competing in the following District Contests: Rifle, Archery, Duds to Dazzle, Storyboard, Fashion Show, Livestock Judging, Soil Judging, and Photography, Entomology and Horse Judging. Plans are underway to also compete at Texas 4-H Roundup in June.

- **Texas 4-H Foundation Scholarships**

Lubbock County 4-H is also proud to recognize the two 4-H'ers who have made it to the second round of consideration for Texas 4-H Foundation Scholarships, which will include interviews in College Station to be held April 27 & 28th. For 2023, the Texas 4-H Foundation awarded \$2.2 million in scholarships to 220 Texas 4-H'ers. For more information on the 4-H Scholarship program, please contact Ronda Alexander. 4-H'ers who received scholarships will be recognized in June at State 4-H Roundup.

- **4-H Public Speaking Project**

This year we are pleased to recognize 34 4-H'ers who will be demonstrating their public speaking skills, competing at District 4-H Roundup. Twenty-seven 4-H'ers competed with 31 presentations at the County 4-H Roundup. Presentation categories included: Educational presentation, speeches and the 4-H Talent Showcase which included musical, variety show,

poetry/prose and choreographed routine. 4-H'ers in grades 3rd through 12th were involved in this project; this year we also had one 4-H Clover participate in this project.

Urban Youth Development

Amber Bozeman, Extension Agent - UYD

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

Learn, Grow, Eat & GO! (LGEG) is the research & evidence-based curriculum project of the Junior Master Gardener® Program that combines academic achievement, gardening, nutrient-dense food experiences, physical activity, & school & family engagement. Created by teachers, this is a linear set of hands-on, proven lessons, will help students will better understand plants and how plants provide for people's needs. The 10- week (2 lessons/week) unit of study will step your class through the process of establishing a thriving garden that is easy to create and maintain. The easy-to-follow curriculum features opportunities for fresh vegetable tasting/ evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance. Agent Bozeman has started this program in partnership with Agent Christina Reid with Smith Sprouts.

- **EC- Learn, Grow, Eat, Go**

This is a 4- week gardening and nutrition series for 4- and 5-year-olds. This series uses the Learn, Grow, Eat, Go curriculum. This series is used to motivate youth through cooking, gardening, and nutrition to have a better understanding of and appreciation for nutrient dense foods. Amber had the opportunity to deliver this program to 90 youth in partnership with Carmona Harrison Elementary STEM/ AG campus.

- **Color Me Healthy**

Color Me Healthy was an eight-session program exploring and introducing fruits and vegetables to Preschoolers throughout Lubbock County. Through a partnership with Lubbock Independent School District Agri Stem at Carmona Harrison Elementary, Agent Bozeman was able to share this curriculum and fresh fruits and vegetables with approximately 90 student participants.

- **"AG in A Bag"**

"AG in a Bag" is a curriculum enrichment program that teaches Lubbock County youth about how agriculture provides for their everyday life. In April, Agent Bozeman was able to present "Ag in Bag" at

Preston Smith Elementary. Agent Bozeman provided hands-on learning experiences about chickens and egg production. Participants learn how eggs' journey from the farm to the store, the parts of an egg, and about different kinds of poultry production farms. Agent Bozeman reached approx. 25 youth with this program.

- **GRUB- Growing Recruits for Urban Youth**

In April, Agent Bozeman began a partnership with GRUB. Agent Bozeman focused lessons around resume writing and interview skills. The GRUB (Growing Recruits for Urban Business) Program at the South Plains Food Bank is designed to teach young adults, ages 14 to 18, life and job skills using our farm and community gardens as a backdrop to this education. The Food Bank's 5-acre Carolyn Lanier Youth Farm, located at 76th Street and Avenue B in Lubbock, is the primary work site for the GRUB program. Work includes garden planning, soil preparation, maintaining the irrigation system, planting seeds and young plants, nurturing, harvesting, and marketing the produce and GRUB Scrub. The youth produce and market a value-added product, giving them experience in marketing and small business operations. The program also provides classes on nutrition and living a healthy lifestyle. The GRUB Program also offers employment to youth who have proved to be hard workers and are interested in a deeper connection to our program. GRUB aims to develop the whole person with an educational component that includes topics such as horticulture, nutrition, money management and other life and job skills issues. The GRUB staff is committed to nurturing and educating the youth involved in our program. We welcome referrals of teens. A large portion of the labor involved in the GRUB Program comes from volunteers. Youth from schools, churches, civic groups, and clubs are encouraged to volunteer with us. This program has 23 youth participants.

- **Drug and Alcohol Safety Awareness**

In April, Agent Bozeman began a social media and mass media campaign, *One Pill Can Kill*, sharing information about fentanyl and awareness. *One Pill Can Kill* is a DEA developed campaign. 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. Through Radio and Facebook, Agent Bozeman has reached approx. 25,000 individuals weekly. 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.

Family and Consumer Sciences

Cory Edwards, County Extension Agent-Family & Community Health

- **Step Up & Scale Down**

This six-week course offered by Texas A&M AgriLife in Lubbock was held weekly on Tuesdays from 12-1 p.m. beginning January 9th and ending on February 13th. The course focused on educating participants on the steps and behaviors to implement in their everyday lives to move them towards a healthy weight.

This in-person course had five participants and was held at the AgriLife Extension office, 916 Main, Suite 401, Lubbock. The cost for this course was \$30, which covered the cost of the food, program materials and weekly incentives. Classes included weigh-ins, recipe demonstrations, a 20–30-minute lesson and group discussion, and a weekly challenge.

- **Texas Extension Education Association**

The January 2024 meeting of the TEEA Lubbock Lunch Bunch was held at the Copper Caboose restaurant with 4 members present. After lunch, members enjoyed a program presented by a physical activity trainer at a local gym. The February 2024 meeting of the TEEA Lubbock Lunch Bunch was held at the Abernathy Senior Citizens with 8 members present. After lunch, members enjoyed a program presented by a local expert on essential oils. The District 2 TEEA Spring Conference was held in Tulia on March 21st. Six Lubbock Lunch Bunch members enjoyed a catered lunch at the Senior Citizens Center



and a program called Car Fit presented by state Extension specialists.

- **Certified Food Manager Training**

Three two-day food manager certification trainings have been held in Lubbock since January. The Texas A&M AgriLife Extension Service event is designed for food service managers; it includes the proctoring of the ServSafe exam. Participants must pass the exam with 70% and then the certification is valid for five years in the state of Texas. The cost of the course and exam is \$125. 38 participants were trained in total with 24 passing the exam to become certified. Each course was co-taught by the District 2 Food Safety Team which including Agent Edwards, Agent Hanson, Agent Lostroh, Agent Snowden and Agent Lowe.



- **Cooking Up a Cottage Food Business**

“Cooking Up a Cottage Food Business” was also offered in April for those interested in starting or currently operating a cottage food business. Six participants attended the 3 hour course which was held on April 18, 2024 in the Extension Office. Participants learned the rules & regulations of cottage food law, acquired a Food Handler's card required for Cottage Food operations, earned 1-hour CEU for Cottage Food Law, and participated in a Q&A session with local experts from DSHS and the City of Lubbock Health Department.

- **South Plains Association of Governments**

In January and in April, Agent Edwards trained 30 senior center directors and bookkeepers from the South Plains Association Governments: Area Agency on Aging to teach 6 different nutrition lessons to his/her congregate. The lesson topics included: How to Use Fruits & Vegetables to Help Manage Your Weight, Be Sugar Smart: Limiting Added Sugars Can Improve Health, Grain Products: Don't Be Fooled by Healthy-Sounding Labels, Eating Healthy As You Age, Fast Facts on Fats, and Maximize Memory Function with a Nutrient Rich Diet.

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

Agent Edwards taught the four-part series, A Fresh Start to a Healthier You! at the Goodwill Career Resource Center in Lubbock in January and February. Ten participants learned about food safety, My Plate, shopping on a budget, menu planning, and healthy snacks while trying samples of healthy recipes.

Other

National Volunteer Week

April 2024

Ronda Alexander, County Extension Agent-4-H and Youth Development
Cory Edwards, County Extension Agent-Family and Community Health
Amber Bozeman, County Extension Agent-Urban Youth Development
Robert Scott, County Extension Agent-Ag and Natural Resources
Brant Baugh, County Extension Agent-Ag and Natural Resources
Christina Reid, County Extension Agent-Horticulture

Volunteers are a vital part of Texas A&M AgriLife Extensions Service. We couldn't do what we are able to do, without volunteers. Our Master volunteers, 4-H youth and adult volunteer leaders, 4-H Youth Ambassadors and agriculture result demonstrators greatly extend the outreach efforts of the Extension Service. In 2023, approximately 724 volunteers contributed 15,553 volunteer hours to Lubbock County. The value of this service is \$31.86/hour resulting in \$495,475.89 given back to the residents of Lubbock County. Thanks for all that you do to help the citizens of Lubbock County.

New Better Living for Texans Agent

We are pleased to welcome Brooke Walser to the Lubbock County Extension Staff as the new Better Living for Texans Extension Agent. Brooke will begin on May 13. She is currently pursuing a Master's Degree at Texas Tech University.

NEWSLETTER OPT-OUT

If you no longer wish to receive this newsletter, please contact our office to be removed from the list or email: rwilson@ag.tamu.edu. If you have anyone that would like to be added to the newsletter, also contact our office, 806-775-1740.

Lubbock County Extension Staff
P.O. Box 10536, Lubbock, TX 79408
916 Main, Suite 401, Lubbock TX 79401
(806) 775-1740 Fax: (806) 775-1758

Ronda D. Alexander, CEA-4-H

Cory Edwards, CEA- FCH
Robert Scott, CEA-Ag
Brant Baugh, CEA-Ag
Christina Reid, CEA-Horticulture
Amber Bozeman, CEA-UYD
Open, EA-BLT

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We will seek to provide reasonable accommodations for all persons with disabilities for any of our meetings. We request that you contact Texas A&M AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the