

EXTENSION MISSION

To provide quality, relevant outreach and continuing education programs and services to the people of Texas.

SCOPE

Texas Cooperative Extension is a member of the Texas A&M University System. Extension, with some 950 professional educators located at Texas A&M and at 12 district and 250 county offices, operates in a unique partnership with federal, state, and county government to address the needs of people in every community. Extension provides education in food and fiber systems, environment and natural resources, family and consumer sciences, 4-H and youth development, and community and economic development.

Extension is education for change

When you participate in an Extension education program, you can learn a lot, make new friends, and even have fun! You might also share your skills with others, to help them learn, too. Extension education can help you make a big change for yourself and your family.

To find out more about what's going on at your Extension office, give us a call (775-1680) or drop by the County Extension Office, 915 Main, Suite 201, Lubbock.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1680 to determine how reasonable accommodations can be made.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Education for Change



**Lubbock County
Family and Consumer Sciences
2005 Programs Available**

Is your family changing?

Families are changing all the time. Just think about the changes you might be going through:

- trying to reduce debt and increase savings.
- caring for a toddler stuck in the “terrible two’s.”
- starting an exercise program.
- planning healthier meals.
- helping an aging parent.
- getting ready for a job interview.
- bringing up an energetic teenager.
- starting a business in your home.
- paying for college.
- looking forward to retirement.
- caring for grandkids.
- coping with the stress of all these changes!

Extension can help

The educators at your local office of Texas Cooperative Extension - Lubbock County can help you handle change. We offer classes and information on many different subjects, including managing your money, keeping your health, bringing up children, getting ready to look for a job, and reducing stress.

We’re people you know

Extension educators, or agents, are people you know. They live in your community, maybe even in your neighborhood. And they know what life is like where you live—how much food costs in the grocery store, what the schools are like, where to find good child care, what it’s like to work for the employers in your area.

They have college degrees in youth development, nutrition, health, and financial management, and they are always going to training sessions and conferences to get the latest information that will be helpful to you.

Your Extension agents bring to you all the knowledge of the Texas A&M University System, and they help you know what it really means for you. They can help you make sense out of those conflicting news reports and magazine articles:

- what do you really need to eat to stay healthy?
- how do you prevent osteoporosis?
- what is the healthiest way to manage your weight?
- how much money do you need to put into savings every year?
- how do you cope with a child’s temper tantrum?
- how do you make sure food is safe for your family?
- how can I be financially secure in later life?

Programs Available

County Extension Agents are available to conduct programs for county groups, civic groups, banks, merchants, agencies, schools and churches on a variety of topics. Programs are planned with the audience’s specific needs in mind. Call to schedule (775-1680).

Open Position

- Financial Management/
Recordkeeping/Identity Theft
- Communication and Money
- Setting Goals / Decision Making
- Eldercare
- Disaster Preparedness: A Family Plan
- Reminiscence/Memory
- Managing Debt, Building Wealth
- Making the Most of Your
Child’s Strengths
- Toughen Up! Dealing w/Crises
- Success Strategies for Everyone
- 101 Ways to Save \$
- Money & Your Marriage

E. Kay Davis

- Simply Good Food Nutrition Lessons
- Eat Better to Live Better
- Healthy Eating/Food Safety and U
- Do Well Be Well with Diabetes
- Phyte! Phyte! Phyte!
- Let’s Have a Heart to Heart Talk
- Cooking is a Matter of Degrees:
Food Safety
- Tex-Mex Cooking With a Light Touch
- Mold as an Indoor Air Pollutant