

# 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  
through high-quality, relevant education.**

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Issue II

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### Agriculture and Natural Resources

#### **Lubbock County Stored Grain Workshop Held April 21**

Mark Brown, County Extension Agent - Ag and Natural Resources  
Katelyn Kesheimer, Extension Agent - Integrated Pest Management

Each year, Lubbock County Extension Staff partner with Great Plains Chemicals to conduct a Stored Grain Workshop for professionals who work in the Grain Storage and Seed segments of the ag industry. The purpose of the meeting is to provide participants with the latest research findings and technologies concerning storage and protection of stored grain products. The 2017 workshop was held on April 21. Participants received continuing education units for pesticide applicator licensing through Texas Department of Agriculture and Structural Pest Control Board. Topics included weed control around storage facilities, new weed control technologies, Insect Pest Management including sugar cane aphid, pesticide record keeping requirements, grain bin safety, seed protectants, and fumigation products and safety.

*Issues Addressed: Agricultural profitability, New herbicide technology, and Impact of Federal, State, and Local policy on Agriculture.*

#### **Regional Variety Trials Initiated**

Mark Brown, County Extension Agent - Ag and Natural Resources

Texas A&M AgriLife Extension provides reliable, unbiased information to producers each year through conducting on-farm field demonstrations regarding new varieties, traits, and technologies. This year, regional



"Morning Run" by Samantha Adams, New Deal 4-H

variety testing included: an irrigated, replicated cotton variety trial planted May 18 on the Mark Hegi Farm near Petersburg, a dryland replicated cotton variety trial planted May 20 on the Cole Hamilton farm (this site was failed out due to lack of adequate rainfall for establishment), and an irrigated uniform sorghum performance trial, with 40 varieties, planted May 25 on the Don Macha farm north of Plainview.

Mark Your Calendars for these Upcoming Events

### Rancher Leasing Workshops

Robert Scott, County Extension Agent - Ag and Natural Resources

After such a positive response last year, four new Rancher Leasing Workshops covering grazing, hunting and livestock leases are scheduled across the state by the Texas A&M AgriLife Extension Service.

The free programs are funded by the Southern Extension Risk Management Education Center, said Tiffany Dowell Lashmet, AgriLife Extension agricultural law specialist in Amarillo. "Last year, 100 percent of participants said they would recommend these programs to a friend, so we decided to offer them in more locations," Lashmet said.

The schedule will be:

- Aug. 22**, noon-4 p.m., Texas A&M AgriLife Research and Extension Center, 1102 E. FM 1294, Lubbock
- Sept. 1**, 8:30 a.m.-1 p.m., Hildebrand Equine Complex, 3240 F&B Road, College Station.
- Sept. 19**, 8:30 a.m.-1 p.m., AgriLife Extension office for Frio County, 400 S. Pecan St., Pearsall.
- Oct. 19**, 8:30 a.m.-1 p.m., Tom Green 4-H Center, 3168 N. U.S. Highway 67, San Angelo.

Lashmet said lunch will be provided by two sponsors: Ag Workers Insurance for the Lubbock, College Station and San Angelo programs, and Security State Bank for the Pearsall program. Participants will need to RSVP at least one week before the meeting they will attend to Kim Garcia, 806-677-5626 or [kim.garcia@ag.tamu.edu](mailto:kim.garcia@ag.tamu.edu).

Each workshop will address the legal risks associated with agricultural leases, Lashmet said. The goal is to educate landowners and producers on the importance of utilizing written lease as a risk management tool.

Joining Lashmet on the program will be AgriLife Extension economists from around the state. "We will discuss the potential legal implications of failing to have a sufficient written lease and the potential legal issues and litigation that the development of written leases can help avoid," she said. "The workshops will also familiarize

participants with key terms and provisions that should be considered in lease negotiations."

Participants will receive a leasing handbook that covers legal issues, designing lease payment structures and calculating payments, landowner liability, as well as checklists and sample lease forms for negotiating lease agreements.

**Oct 23<sup>rd</sup>** - Estate Planning Program

**Dec 8<sup>th</sup>** - High Plains Ag Conference



Like "Lubbock County Path to the Plate" on Facebook.

<https://www.facebook.com/groups/323642711404922/>



PATH  
TO THE PLATE

### 4-H and Youth Development

#### Texas 4-H Foundation Awards Scholarships

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

In June at State 4-H Roundup, the Texas 4-H Foundation awarded over \$2.3 million to approximately 225 Texas 4-H'ers. Lubbock County was proud to have eight recipients receive scholarships.

Congratulations to the 2017 Texas 4-H Foundation Scholarship recipients:

- Jeremy Schwertner - \$20,000 Houston Livestock Show
- Andi McMillin - \$20,000 Houston Livestock Show
- Natalie Luera - \$20,000 Houston Livestock Show
- Carolyn Benitez - \$10,000 Ft Worth Stock Show Syndicate
- Marisa Pesina - \$6,500 Davidson Family Foundation
- Travis McGougan - \$5,000 Bill Pieh Leadership
- Mary Kathryn Paxton - \$4,000 Texas Farm Bureau
- Nolan Ragan - \$3,000 Bob Benson Memorial



*Issue Addressed: 4-H Work, programs and leadership development*

### State 4-H Roundup

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

This year Lubbock County was proud to take 34 4-H'ers back to College Station for the annual State 4-H Roundup. Participants competed in the following competitions: Duds to Dazzle, Rifle, Fashion Show, Livestock Judging, Soil Judging, Consumer Decision-Making, Horse Judging, Meat Judging, Archery, Educational Presentations, and Food Challenge. If you didn't know these competitions available through 4-H, give us a call to find out more.

*Issue Addressed: 4-H Work, programs and leadership development*

### 4-H Enrollment - Just Around the Corner

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

On August 15, we will begin the new enrollment for 4-H members for the 2017-18 4-H year. There is now a \$20 membership fee per year required for each 4-H'er who enrolls. The enrollment process is handled on-line through 4-H Connect. There is a link to this enrollment location on the Lubbock County Extension website. Official membership enrollment is now based solely on grade level: Junior 3-5th grade, Intermediate 6-8th grade and Senior 9-12th grade. There are many activities youth may participate in through 4-H. If you have questions or family members who may be interested, please give Ronda a call. Upon enrollment, members will be sent information about the local 4-H clubs, as well as receiving the 4-H newsletter as it is published throughout the year. We look forward to having your family involved!

*Issue Addressed: 4-H Work, programs and leadership development.*

### 4-H Clovers

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

Don't forget that we also have opportunities for youth K-2nd grade to participate in 4-H as 4-H Clovers. Our first Clover meeting for 2017-18 will be held on Wednesday, September 13 at 5:30 p.m.

To participate, youth must be registered on 4-H Connect as Clovers. They do not have a cost to enroll, but must still go through the system.

### Ag to YOUTH

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

Mark Brown, County Extension Agent - Ag and Natural Resources

Robert Scott, County Extension Agent - Ag and Natural Resources

Vikram Baliga, County Extension Agent - Horticulture

Katelyn Kesheimer, Extension Agent - IPM

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Christ the King school was site for this year's annual "Ag to YOUTH" Ag Awareness presentations by the Lubbock County Extension Staff. Approximately 400 students from

Kindergarten through 12<sup>th</sup> grade rotated through the six sessions which included: Food and Nutrition, Wheat, Water/Horticulture, Entomology, Llamas and Goats and Hatching Chicks. The "Ag to YOUTH" program is an annual ag awareness event conducted in different schools in Lubbock County by Lubbock County Extension Staff.

### Family and Consumer Sciences

#### Building Strong Families Conference

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Building Strong Families Board meets monthly to plan the 2017 conference. The speakers committee is working on the marketing brochure, which should be ready by August.

The 2017 Conference will be held on Thursday, **October 26, 2017** at the Overton Hotel.

*Issue Addressed: Parenting*



#### Better Living for Texans

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Mary Alice Roberts, BLT Extension Assistant

Participants of the Better Living for Texans (BLT) programs will acquire knowledge related to dietary quality, the importance of physical activity, food resource management, and food safety. Lubbock County participates in BLT at the Gold level (with a Full-time Extension Assistant). The county contributes 300 hours of nutrition education for limited income families, and will have a minimum of 300 direct educational contacts and graduate 100 adults from a 3-4 lesson series. On average, a full-time Extension Assistant should conduct a minimum of twelve to twenty-four (12-24) educational programs per month.



*Kay Davis, CEA-FCS, reports on the following programs:*

Collaborative efforts included attending Parenting Coalition; Building Strong Families, SPAG AAoA; SP Food Bank Vista Diabetes Task Force, Covenant Women's and Children's Hospital Child Care Conference Committee and South Plains Senior Hunger Action Committee.

Better Living for Texans certified senior citizen centers received nutritional programs monthly reaching 532 contacts. Individuals were reminded of healthy eating with lessons on "Diet and Memory, Are All Fats Bad?, and What's The Deal with Sugar?". In addition to



demonstrations or “object lesson” presentations, seniors received a printed reference sheet for further study. Following the presentations, seniors always take the opportunity to discuss practical strategies for improving their health with nutrition. Programs for this next quarter are related to “Is This Food Still Safe to Eat; Sorting Food Facts and Myths, and Would Your Kitchen Pass Inspection?” Senior Centers are Mae Simmons, Maggie Trejo, Copper Rawlings, Lubbock on 19<sup>th</sup> St., Homestead and Slaton and 60 Slaton home delivered meal recipients.

Other programs included 609 at Harwell Elementary Health Fair, and 416 at Christ the King K-12<sup>th</sup> Grade Ag to Youth, Jr. League Healthy Kids Camp, Mae Simmons, Maggie Trejo, Copper Rawlings, Youth Leadership Camp Summer Food Service Nutrition programs- 123, and Worksource Budgeting and Food Handlers, SPAG - 30 and South Plains Food Bank - 150, Youth Leadership Camp at Cavazos Middle School - 73.

Contacts from these programs were 2,208.

*Mary Alice Roberts, BLT Extension Assistant, reported:*

Clients of Bayless Elementary Head Start, Catholic Charities, Dream Center Church, Managed Care Center for Addictions and Family Guidance Center were introduced to Better Living for Texans (BLT) lesson series, A Fresh Start to a Healthier You! The four lessons are: Session 1: Creating Safe and Healthier Meals, Session 2: Balancing Your Day, Session 3: Saving More Money at the Grocery Store, Session 4: Celebrating Small Bites. These lessons will be evaluated as a BLT series. Classes were offered in April, May and June.

In The Know about Nutrition programs for Senior Adults were offered at Courtyard at King’s Dominion Senior Residence, 19<sup>th</sup> Street Center, Homestead Senior Apartments, Foster Grand Parent Volunteers and Mae Simmons Senior Center.

Better Living for Texans brochures, My Plate literature, 2017 Recipe Calendars and other handouts were given to participants in April at a Child Care Conference, Migrant Workers Health Fair, Harwell Elementary Spring Fling, and Bean Elementary Head Start parents. In May the YWCA Head Start parent meeting received the same information. Region 17 Education Service Center hosted 100 Migrant Children from Lubbock County and surrounding counties to a health fair. The topics presented were: How to Pack a Safe and Healthy Lunch and the Importance of Staying Hydrated. Students received literature on the topics in both English and Spanish to share with their families.

Summer Food Service Kids Camps started in June at Copper Rawlings Community Center, Mae Simmons Community Center, Maggie Trejo Super Center, and Camp Healthy Kids at Dream Center and Community Youth Development at Cavazos Middle School. The Nutrition topics for June were: Food Safety/Handwashing and Grains with food demonstrations. The day campers all received My Plate handouts, work sheets, coloring sheets, recipes and bookmarks relating to the topics presented.

US Foods Food and Nutrition Seminar at Texas Tech University College of Human Sciences attended by Extension Agent and BLT Assistant in May.

BLT Assistant was guest on West Texas Ag-Life Radio program in May.

Total contacts for April = 486; May = 55,897; and June = 1,503.

*Issue Addressed: Nutrition and Health*

### **Do Well, Be Well with diabetes™**

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Diabetes occurs when the body does not make enough insulin, or the insulin it makes does not work properly. While diabetes is not curable, it is manageable. Skills are needed to effectively manage diabetes, but education is not always available. Burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.



Through the use of Do Well, Be Well and Cooking Well with Diabetes, program participants will improve their blood glucose management, thereby reducing their risks for complications and to attain their highest possible level of wellness. The Cooking Well with Diabetes program provides the practical application of the knowledge and skills gained in the Do Well, Be Well With Diabetes.

A combined Do Well, Be Well/Cooking Well With Diabetes series is being presented in collaboration with the Community Health Center of Lubbock. Several 8-week series have been or are in the process of being taught by a CHCL educator. Call the County Extension Office at 775-1740 for information.

Kay Davis, CEA-FCS also serves on the SP Food Bank Vista Health and Diabetes Task Force.

The Diabetes curriculum Wisdom, Power and Control is being presented to the community by health workers from UMC who are teaching this to UMC and South Plains Food Bank clientele.

Plans are underway for new classes to be held at 916 Main for Lubbock County Employees or other groups.

*Issue Addressed: Nutrition and Health*

### Step Up to Scale Down/Maintain No Gain

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Step Up To Scale Down is a 12 week series on healthy eating and weight loss. Maintain No Gain is aimed at helping participants gain no more than 5 pounds between Thanksgiving and New Years. These classes are available in the Fall and Spring.

*Issue Addressed: Nutrition and Health*

### Texas Extension Education Association

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Texas Extension Education members meet the first Tuesday each month from September - June.

Programs for the 2<sup>nd</sup> quarter were: Navigating Pinterest, Dementia and Care Giving and a tour of the new South Plains Food Bank. No meeting is held in July. Members received the bi-monthly *Family Network* Newsletter in efforts to advertise programs as well as the *Texas Extra* member news paper from Texas Extension Education Association.



### Food Protection Management

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Food Protection Management program offered through Texas AgriLife Extension is being offered by Agents: Kay Davis and Deana Sageser as well as other FCS Agents in the South Plains District. This program is offered to promote the service of safe food and assist food service managers to legally practice their trade. Also available is the Food Handlers class, which is required for of all persons handling food.



Food Protection Management (FPM) class was held in May in Lubbock with 5 attending. Two others took the online test. There was an 86% pass rate. Collaborating with Kay Davis, Lubbock CEA-FCS, was Deana Sageser, Hale CEA-FCS.

Other FPM classes will be held in Plainview on July 27 & 28<sup>th</sup> and in Lubbock on October 4-5.

Food Handlers classes were held at the following locations:

April 3 at the Farmer's Pantry - 13 attended

June 2 at Muscle Makers Grill - 7 attended

April & June Workforce - 6 attended

*Issue Addressed: Nutrition and Health*

### Budgeting/Financial Management

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

A basics of Financial Management class was held for WorkSource Solutions on May 26 with 2 clients attending. Banking and checking accounts, budgeting and managing credit was covered in the two hour class. This class is held every other month at WorkForce, alternating with the Food Handler class.

*Issue Addressed: Family Financial Management*

### Child Care Conference

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

A free Child Care Worker's Conference was held at Covenant Women's and Children's Hospital on April 1 with CEU's offered. This was a collaborative effort between Lubbock County Extension Agent, Kay Davis, DSHS, Family Guidance and Outreach Center and Covenant Women's and Children's Hospital.

### Upcoming Events:

**Oct. 26** - Building Strong Families Conference, Lubbock

**Nov 14** - Dinner Tonight, Plainview

**TBA** - DayCare Workers Conferencr

### Extension Agent Awards

Certificate of Service Award

C. Mark Brown - 30 years

Career Ladder Promotions . .

C. Mark Brown - North  
Region Distinguished  
Agent



Outstanding In-Depth Award in  
Agriculture & Natural Resources

Vikram Baliga, CEA-  
Horticulture



## District 2 Let's Go - Let's Grow 4-H Awards .....

Ronda Alexander, CEA-4-H

Robert Scott, CEA-Ag &amp; Natural Resources

C. Mark Brown, CEA-Ag &amp; Natural Resources

E. Kay Davis, CEA-FCS

Vikram Baliga, CEA-Horticulture



## Superior Service Awards - North Region-Cotton Resistant Weed Management Team .....

C. Mark Brown, Terry Millican, Caitlin Jackson,  
Blayne Reed, Gary Roschetzky, Kerry Siders, John  
Villalba, Peter Dotray and Wayne Keeling.

## Food Safety Award, by Texas Extension Association of Family and Consumer Sciences .....

E. Kay Davis, CEA-FCS

Deana Sageser, CEA-FCS, Hale County

Education Diversity for Efforts in Diabetes Programs  
National Award Winning team. Award presented by  
Epsilon Sigma Phi (National Extension Fraternity  
Association) .....

E. Kay Davis, CEA-FCS

and 9 other FCS agents across Texas

## FAREWELL STATEMENT FROM C. MARK BROWN

By now, many of you have heard the news of an upcoming change for me. In May, I completed 31 years of service with Texas A&M AgriLife Extension. Even after 31 years, I still like coming to work every day. I have thoroughly enjoyed my career with AgriLife Extension; and I value the opportunities, experience, and relationships that I have gained through Extension work. However; I have recently been offered a unique opportunity to join the Plains Cotton Growers Staff as Director of Field Services. This seems like a natural transition for me. Even though I had full intentions of continuing service in Lubbock and Hale Counties for a few more years, the timing now seems right to announce my retirement with Extension, effective July 31, and accept this exciting opportunity with PCG.

It has been a privilege working with our Extension volunteers and partnering agencies in order to serve the residents of the South Plains. I look forward to continued partnerships and friendships in my new role at PCG.

Lubbock County Extension Staff  
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Ronda D. Alexander, CEA-4-H

C. Mark Brown, CEA-Ag Lubbock/Hale

Robert Scott, CEA-Ag

Vikram Baliga, CEA-Horticulture

E. Kay Davis, CEA-FCS

Katelyn Kesheimer, EA-IPM Lubbock/Crosby

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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 AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.





PLEASE JOIN US FOR A

*Retirement  
Celebration*

**Mark Brown**

*is announcing his retirement after  
31 years of dedicated service with  
Texas A&M Agrilife Extension Svc.*



**MONDAY**

*July 31, 2017*

**2:00 - 4:00 PM**

**Texas A&M AgriLife Research Ctr.  
1102 E FM 1294, Lubbock, TX**

*Cards are welcome*

*"Fill-the-Boot" will be available*

