

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 I

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Agriculture and Natural Resources

Irrigation Efficiency and Management

Mark Brown, County Extension Agent - Ag and Natural Resources

Since 2011 the Ogallala aquifer has declined an average of 2.88 feet in Lubbock County and 8.77 feet in Hale County. On March 23, a multi-county workshop was held targeting producers from Lubbock and Hale County at the City Hall meeting room in Abernathy. Sixteen participants learned about tools for precision irrigation, as well as cost-share opportunities through Natural Resources Conservation Service to utilize these new technologies.

In addition to the Precision Irrigation workshop, our Staff helped advertise the Texas alliance for Water Conservation's 3rd Annual Water College on January 18 at the Lubbock Civic Center, and provided TDA and CCA continuing education units. A total of 98 participants were involved in this regional event. A total of 35 registered for CEU's (13 from Lubbock County and 7 from Hale County).

In addition, our office promoted the February 15 High Plains Irrigation Conference in Amarillo that attracted approximately 100 participants.

Issues Addressed: Ag Profitability,

Private Pesticide Applicator Trainings

Mark Brown, County Extension Agent - Ag and Natural Resources

In addition to providing continuing education opportunities for license re-certification, AgriLife Extension has the responsibility of training pesticide applicators who need a license for the production of an agricultural commodity.



Dominican Children by Senior 4-H'er
Marisa Pesina of the Trinity 4-H Club.

During the first quarter of 2017, 40 people have received this training through the Lubbock and Hale County offices.

Hub of the Plains Ag Conference Held in Lubbock

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 - Integrated Pest Management

The annual Hub of the Plains Ag Conference was held February 2, 2017. A total of 45 participants received information regarding: market outlook, pesticide laws and regulation changes, managing resistant weeds and stewardship of new herbicide technologies, tools for precision irrigation, and considerations for lease agreements, Flag the Technology program, soil and nutrient management, and spider mite control in corn. Lubbock County Extension Agent-IPM Katelyn Kesheimer spoke about best management practices for the sugarcane aphid and sorghum in 2017.

Issues Addressed: Agricultural Profitability, New Herbicide Technology and Drift Management Education, Resistant Weed Management within Communities.

Lubbock County Agricultural Increment Estimates Completed

Mark Brown, County Extension Agent - Ag and Natural Resources
Robert Scott, County Extension Agent - Ag and Natural Resources
Vikram Baliga, County Extension Agent - Horticulture

Each year, Extension agents in each county office complete an annual Agricultural Increment Report that provides an estimate of gross farm level receipts from agricultural related commodities produced in that county. The Lubbock County staff completed this report with the assistance of the Lubbock County Ag Committee and various agri-business representatives. Lubbock County's gross farm receipts were estimated at \$229.7 million dollars for 2016.

The 2016 area cotton crop was much better than expected due to a favorable fall. Cotton prices for 2017 are better than last year, but corn and sorghum prices remain low.

Issues Addressed: Ag Literacy/Educating the Public about Agriculture.

Caprock Crops Conference

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

Texas A&M AgriLife Extension hosted the Caprock Crops Production Conference on January 18 in Floyd County. Lubbock and Crosby County Extension Agent-IPM Katelyn Kesheimer presented data from 2016 research trials on the Southern High Plains. Other presentations covered early cotton planning strategies, new weed technologies, diseases affecting cotton and corn producers,

soil fertility and nitrogen application, legal updates, drift minimization, and cotton production demand and regulations for 2017. One Hundred ninety-four (194) people were in attendance for the presentations and trade show.

Lunch with the Cotton Agronomist

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

A lunchtime meeting was held in Ralls on March 31 for local producers to discuss any questions they had about the upcoming growing season. Texas A&M AgriLife Extension personnel Dr. Seth Byrd, Dr. Peter Dotray, Dr. Katelyn Kesheimer and Caitlin Jackson were all on hand to answer any questions relating to cotton, weeds, IPM, or soil fertility.

Lorenzo Alternative Crops Conference

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

Texas A&M AgriLife Extension Service hosted the Lorenzo Alternative Crops meeting on March 21 in Lorenzo. Caitlin Jackson, Crosby County Extension Agent, spoke about drift minimization while Katelyn Kesheimer, Lubbock and Crosby Extension Agent, covered pest issues from the 2016 growing season. Dr. Calvin Trostle, Extension Agronomist, spoke about alternative crops such as canola and sunflowers.

Lubbock Master Gardeners Interns

Vikram Baliga, County Extension Agent - Horticulture



The Lubbock Master Gardener Association is going strong with its 2017 Master Gardener Intern class. These 17 interns are members of the community who are passionate about gardening, water conservation, education, and being a part of a great organization! This class is one of four in the state to pilot a brand new online training program, integrating interactive online learning modules and face to face classes with local experts. Interns will complete course work by the end of April and are currently working to finish 50 hours of volunteer service time within the next year. Once those criteria are met, the interns will be certified and will officially be members of the Lubbock chapter of the Texas Master Gardener Association. If you are interested in taking part in the 2018 LMG intern class which will start in the spring of 2018, please call 806-775-1740 or e-mail Vikram Baliga at

Vikram.Baliga@ag.tamu.edu with your phone number and e-mail address and you will be added to the contact list for next year's class.

Issues Addressed: Ag Literacy/Education the Public about Agriculture

Commercial Turf and Ornamental Workshop

Vikram Baliga, County Extension Agent - Horticulture
Mark Brown, County Extension Agent - Ag and Natural Resources

On January 27th, 2017, 41 area landscapers, lawn care professionals, and homeowners joined Texas A&M AgriLife Extension at the Lubbock County AgriLife Research and Extension Center to take part in the 2017 Commercial Turf and Ornamental Workshop. Attendees learned about horticulture and landscape-related topics including proper turfgrass management, urban integrated pest management, recordkeeping and new pesticide laws, weed control in drought conditions, and sprayer calibration. Experts from Texas Tech university, Texas A&M AgriLife Research, and Texas A&M AgriLife Extension, and the Texas Department of Agriculture were on hand to give presentations and answer questions for the public. Five Pesticide Applicator CEUs were offered at this annual program. Stay tuned throughout the year for information about the 2018 Turf and Ornamental Workshop. It is a great opportunity to pick up CEUs, spend some time with other industry professionals, and hear from some great speakers!

Stay connected with Lubbock Horticulture

Vikram Baliga, County Extension Agent - Horticulture

Horticulture is a pursuit that changes from season to season and as often as the South Plains Weather. Stay in touch with Lubbock County AgriLife Horticulture to get relevant, timely information to help you achieve your horticultural goals! Below are some of the great ways you can stay connected and up-to-date:

Facebook- Lubbock AgriLife Extension Horticulture; Lubbock Master Gardeners

Instagram- @lbkhorticulture

Radio- AM 950- KJTV, Lubbock Master Gardener Radio, Fridays 1:30-2:30 pm

4-H and Youth Development

Distracted Driving

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

On April 10 and April 11, Slaton and Idalou High School students had a hands-on opportunity to learn about the dangers of distracted driving. Students had a variety of learning experiences which included a general session on distracted driving presented by Mike Guidey, TAMU Passenger Safety Program Specialist, and rotated through sessions which included passenger safety quiz bowl, a

hands-on driving simulator and viewing virtual reality goggles depicting a car crash.

The program was a follow-up to the “When Sean Speaks” program which was held at both schools in February. Education about the hazards of distracted driving is one of the key components to combat this problem.

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

County 4-H Photography Contest

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

This year, 31 4-H’ers submitted 252 photography entries for judging. Entries included all levels: Clover, Junior Intermediate and Senior. You will have the opportunity to see some of these photos throughout the next year as they are included in each edition of Extension At A Glance. Photos are currently on exhibit at the County Extension Office through the end of April. We hope you will have an opportunity to come by and view them.

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

4-H Public Speaking

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

Fifteen (15) Lubbock County 4-H’ers are developing the life-long skill of speaking in front of others through their participation in educational presentations, share-the-fun and public speaking. They will also compete at District 4-H Roundup on Monday, May 15 in Levelland.

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

2017 Major Livestock Show Summary

Robert Scott, County Extension Agent - Ag and Natural Resources

One Hundred eight (108) 4-H Projects were exhibited at the County stock show and 156 animals were exhibited at Texas major shows.

Heifers - 111 Division Champion

Sheep - 1 Reserve Breed/ 1 Reserve Grand champion

Steers - 3 Breed or Reserve Champions

Goats - 1 Reserve Division Champion

Pigs - 3 Breed or Reserve Breed Champion

Horse - 1 Reserve Division Champion

Scholarships - One \$10,000 scholarship

Family and Consumer Sciences

Building Strong Families Conference

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



The 2016 BSF Conference with approximately 450 participants was evaluated at the January BSF meeting. Results were also included in the annual report, located on the website.

The Building Strong Families Board meets monthly to plan the 2017 conference. The speakers committee has met and is working to identify and schedule speakers.

Issue Addressed: Parenting

Upcoming Event

The 2017 Conference will be held on Thursday, October 26, 2017 at a location to be determined.

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 will contribute 300 hours of nutrition education for limited income families, will have a minimum of 300 direct educational contacts and will graduate 300 adults from a 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.



Two Hundred Seventeen seniors at 6 Senior Centers are receiving monthly nutritional programs at BLT qualified centers by the County Extension Agent FCS or BLT Extension Assistant. First Quarter topics included: "Mediterranean Diet," "Love Your Heart," and "Make the Most of Your Microwave Oven" with microwave recipes for 1 or 2.

Programs for this next quarter are: "Diet and Memory: Are They Related?" "Are All Fats Bad?" and "What's the Deal with Sugar?" Texas Tech Dietetic intern, Raul Palacios presented a nutrition program on March 3.

An exhibit on Teen nutrition and MyPlate was presented at the Teen Summit Conference in January.

The South Plains Food Bank Vista Health Committee is planning a health fair for Food Bank Clients in June. One class on MyPlate for 25 students for the Jackson Elementary Youth Leadership group was held March 23rd.

Mary Alice Roberts, BLT Extension Assistant, reported:

Clients of Catholic Charities, Dream Center Church, and Managed Care Center for Addictions, Family Guidance Center and Texas Tech Early Head Start were introduced to Better Living for Texans (BLT) lesson series, A Fresh Start to a Healthier You! The four topics 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 January, February and March.

Courtyard at King's Dominion a Senior Residence, received Nutrition Education programming in January, February and March. The topics were: In the Know about Nutrition-The Mediterranean Diet, Love Your Heart and Making the Most of Microwave Cooking.

Better Living for Texans brochures, Nutrition wrist bands and My Plate handouts were given away to participants that attended the Annual Teen Summit Health/Resource Fair in January, held at Lubbock Cooper High School. On March 31st MaryAlice Roberts participated in a Health Education and Resource fair for Retired Senior Volunteer People (RSVP) in collaboration with TTU Health Sciences Center. The display consisted of 3 My Plate examples with food models for senior nutrition, assorted nutrition brochures were given away as well as 2017 recipe Calendars.

"Love Your Heart" was the topic discussed on Ag Life Radio Show with Eddie Griffis in February. A healthy diet and lifestyle equal long term benefits for your health and heart.

Texas Tech University Dietetic Intern student Raul Palacios worked 32 hours the week of February 28th thru March 3rd in our office for his Community Rotation. Raul prepared and taught a BLT class with a food demonstration at Catholic Charities. He taught a lesson at Managed Care Center for Addictions on the topic of Sugar and how much is hidden in food and drinks that we all consume. Raul researched Nutrition topics and wrote two articles appropriate for senior citizens. Mr. Palacios and MaryAlice Roberts attended the Stakeholder Meeting in

Lubbock, for Double up Food Bucks presentation at Breedlove Foods. We learned about the program that is to be launched this year at Farmers Markets to increase access to Texas grown fruits and vegetables.

In March, MaryAlice Roberts attended the Healthy Texas Summit for the North/West Regions in Lubbock, Texas. The theme was Health Prevention, Health Promotion and Health Literacy. On the 24th of March, MaryAlice Roberts attended the Vista Health Committee meeting at the South Plains Food Bank in Lubbock, Texas. The committee planned a Community Health Fair for June 26, 2017.

Total contacts for January -125, February -55,520 and March -1,023

Issue Addressed: Obesity-Childhood; Walking Paths and Aging Issues - Food Insecurity; Financial Insecurity

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.



Do Well, Be Well with Diabetes™ and Cooking Well with Diabetes™ are combined into an 8-week series in Lubbock County partnering with the Community Health Center of Lubbock. The 2016 Annual Report is available on the website. For the first quarter of 2017, 24 attended a class on carb counting, meal planning and label reading at the new Community Health Center of Lubbock and the FCS Agent assisted with calculating the Nutrition information for recipes used by CHCL.

“Wisdom, Power and Control” is also a diabetes curriculum by Texas A&M AgriLife Extension. The 7-week series being conducted by Community Health workers at UMC. Over 400 participated in 2016. The North Region Health Summit had a trac specifically on diabetes and work site wellness programs with Texas A&M AgriLife Extension Service.

Call the County Extension Office at 775-1740 for information.

Issue Addressed: Obesity-Childhood; Walking Paths

Food Protection Management/Food Handlers

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

The Food Protection Management program offered through Texas AgriLife Extension is offered by Agents: Kay Davis and Deana Sageser as well as other FCS Agents in the South Plains district. These programs are offered to promote the service of safe food and assist food service managers and employees to legally practice their trade.

Three ServSafe online tests were proctored in the first quarter. One two-day class scheduled in Plainview in March and presented by the Hale Agent one due to the low number registered.

Hale and Lubbock counties plan to team teach classes May 3-4; July 27-28; and October 5-6. Cottage Food Industry and Food Handler's classes will also be offered in the next quarter. One class was held for 2 at WorkForce in February. The next class will be held at WorkForce on April 21 and June 23.

Issue Addressed: Safety - Personal; Crime Prevention; Property Protection



Texas Extension Education Association

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

This association works with Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development and community service. The objectives include: strengthen, develop, coordinate, and extend adult researched-based education, to improve the quality of life for families and communities in cooperation with the Texas A&M AgriLife Extension Service; promote family strengths and leadership development, serve as a medium for the expression of charitable and education interests, and award 4-H and TEEA adult scholarships on a nondiscriminatory basis to worthy applicants; offer a means by which members in cooperation with Texas A&M AgriLife Extension Service may interpret and provide programs of local, county, district, regional, state, national and international importance in preservation of the American home and the promotion of better international understanding; function exclusively for charitable, educational, and scientific purposes.

Programs for 2017 include: “Nutrition Myths and Facts,” “Adult Bullying,” “Dementia and Care Giving,” “Navigating Pinterest” and “Who Gets Grandma’s Yellow Pie Plate.”



Tours will be determined throughout the year but may include touring the South Plains Food Bank. Three attended the District 2 TEEA meeting in Snyder in March. Members receive the bi-monthly Family Network Newsletter in efforts to advertise programs. The 2018 District Spring Conference will be held in Lubbock at the Bayer Ag Museum.

Financial Management

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

E. Kay Davis is collaborating with the Lubbock Work Force Solutions to offer Financial Management and Budgeting classes to Work Force Solutions clients. Five attended the class on March 31st. The next class will be held next Quarter on May 26th.

One Budgeting and one Managing Credit Financial Management class from the Money Smart series was held at Texas Tech Early Head Start for 17 parents and staff on March 22 & 29.

Issue Addressed: Aging Issues - Food Insecurity; Financial Insecurity

Other

National Volunteer Week April 23-29, 2017

Ronda Alexander, County Extension Agent - 4-H and Youth Development
Mark Brown, County Extension Agent - Ag and Natural Resources
Vikram Baliga, County Extension Agent - Horticulture
E. Kay Davis, County Extension Agent - Family and Consumer Sciences
Robert Scott, County Extension Agent - Ag and Natural Resources
Katelyn Kesheimer, EA-IPM, Lubbock & Crosby Counties

Volunteers are an integral part of Texas A&M AgriLife Extensions Service. They are utilized in all facets of our programs! From 4-H contests to 4-H Club meetings, committees providing direction to our programming efforts, and agriculture result demonstrators, just to name a few!

In 2016, approximately 1,149 volunteers contributed 12,485 volunteer hours in Lubbock County. The value of this service at \$23.56/hr was \$294,146.60 given back to you - the residents of Lubbock County.

Hat's off to each of you who volunteer to "make the best, better."

Texas Community Futures Forum Issues Identified

The TCFF issues were identified at a forum on March 3, 2015. These issues were selected by Lubbock County

Residents and key leaders for the Lubbock County Extension Agents to address. They are as follows:

Agriculture and Natural Resources

1. Education about Utilization of Total Water Resources
2. Water Conservation and Management
3. Agricultural Profitability
4. New Herbicide Technology and Drift Management Education
5. Impact of Federal, State and Local Policy on Agriculture
6. Resistant Weed Management Within Communities
7. Ag Literacy/educating the Public about Agriculture
8. Feasibility/impact of Traditional and Alternate Energy Sources

Family and Consumer Sciences

1. Teen Safety - Sexuality & Pregnancy Prevention; Drug Abuse
2. Child & Teenagers - Injury & Fatalities; Smoke & CO2 Detectors
3. Parenting Issues - Money Management; Parenting Classes
4. Teacher/Community Involvement - Child Abuse Awareness/Reporting
5. Health Pregnancy - Infant Mortality; Early Brain Development
6. Obesity - Childhood; Walking Paths
7. Aging Issues - Food Insecurity; Financial Insecurity
8. Safety - Personal; Crime Prevention; Property Protection
9. Child Abuse Awareness

4-H Youth and Development

1. Character Development: Good Moral Choices, Sex Education, Responsibility, Manners, Time Management, Good Habits
2. College Readiness: Career Investigation, Planning for College or Vocational Education, and Transition to Independent Living
3. How to Handle Stress and Pressure, and Suicide Prevention
4. Internet Safety: Sexting, and Social Media Limits
5. Teaching Inclusion and Acceptance: Avoid Bullying, Cyber Bullying, and Opportunities for Inclusion
6. Healthy Lifestyles: Nutrition & Exercise, Drug Prevention/Intervention, and Adolescent Education on Health Hygiene

7. Communication Skills: Anger Management, and Stress Relief

Community Resource Economic Development (CRED)

1. Economic Development
2. Drinking Water Availability
3. Transportation -Roads Within City and Bike Trails
4. Water Conservation - Home and Yard Management

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Ronda Alexander

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.