

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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2019 First Quarter

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Agriculture and Natural Resources

Private Pesticide Applicator Trainings

Brady Arthur, County Extension Agent - Ag and Natural Resources

In addition to providing continuing education units (CEUs) for license recertification, AgriLife Extension has the responsibility of training pesticide applicators who need a license to produce an agricultural commodity. During the first quarter of 2019, 26 have received this training through the Lubbock County Office.

For the 2019 growing season the TDA has changed regulations for Private Applicators using Dicamba products. Previously one could spray Dicamba products under the supervision of another license holder. However, new regulations require any one that will be applying the products Engenia™, Fexapan™, and Xtendimax™ are required to have an Applicators license.

Lubbock County Agricultural Increment Estimates Completed

Robert Scott, County Extension Agent - Ag and Natural Resources
Brady Arthur, County Extension Agent - Ag and Natural Resources

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 \$194 million dollars for 2018.

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



Jillian Jones, Intermediate
Frenship 4-H Club

Lubbock Master Gardener Program

Christina Reid, County Extension Agent - Horticulture



- On Tuesday, February 5, 2019 the program *Landscape Design* was presented to the Lubbock Master Gardeners Association at 4600 48th St. Lubbock. Adults were introduced to principles and elements of the design process.

Issue Addressed: Water Conservation and Management

- Beginning Thursday, February 7, 2019 a 9-week series of educational horticulture classes as part of the Texas Master Gardener program were held at the Lubbock Garden and Arts Center, 4215 University Avenue, Lubbock. Earth Kind Principles, Turfgrass and Lawn Care, and Water Conservation were all topics highlighted in the presentations.

Issue Addressed: Ag Literacy/educating the Public about Agriculture, Water Conservation and Management

- On Thursday, March 14, 2019, at the Science Spectrum, 2579 S Loop 289 #250, Lubbock, the Lubbock Master Gardeners hosted two hands on educational booths for youth during spring break - the first making seed tape for West Texas butterfly host plants and the second a rainwater harvesting doll house demonstration.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

- On Saturday, March 16, 2019 at the Texas A&M AgriLife Research Center, 1105 E Dover St, Lubbock, Lubbock Master Gardeners hosted Growing Grapes in West Texas.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

- On Saturday, March 23, 2019 at the Lubbock Garden and Arts Center, 4215 University Avenue Lubbock, Lubbock Master Gardener Dennis Howard presented on the Best Vegetable Varieties for Lubbock.

- Throughout the months of February and March 2019, Lubbock Master Gardeners assisted Roscoe Wilson Elementary School, administration and students with best gardening practices and proper planting techniques.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

- Throughout the months of February and March 2019, Lubbock Master Gardeners and Christina Reid, CEA-Horticulture assisted all (8) Frenship ISD elementary schools, administration and students with best gardening practices and proper planting techniques.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

- Throughout the month of March, 2019, Lubbock Master Gardeners assisted Rush Elementary, 4702 15th St, Lubbock, administration and students with best gardening practices and proper planting techniques.

ALL AG ALL DAY Radio Program

Christina Reid, County Extension Agent - Horticulture

On Friday, January 25, 2019, a verbal presentation on landscape design for the ALL AG ALL DAY radio program was prepared and submitted for broadcast.

*Issue Addressed: Ag Literacy/educating the Public about Agriculture, Water Conservation and Management***South Plains Food Bank GRUB Farm Program**

Christina Reid, County Extension Agent - Horticulture

On Saturday, January 26, 2019, the program *Starting From Seed* was presented to the youth participating in the South Plains Food Bank GRUB Farm program at 5605 MLK Jr. Boulevard, Lubbock. Youth were introduced to plant needs, the germination process, the advantages to starting from seed, and how to start seed indoors.

*Issue Addressed: Ag Literacy/educating the Public about Agriculture***Commercial Turf and Ornamental Workshop**

Christina Reid, County Extension Agent - Horticulture

On Friday, February 15, 2019, the Commercial Turf and Ornamental Workshop was conducted to provide local landscape professionals with updated research-based information and continuing education units (CEU) at the Lubbock County Extension Office, 916 Main Street, Lubbock. Topics included: *Managing Rose Rosette Disease in the Landscape, Turf Grass Management for West Texas, New Spray Laws and Regulations, Managing Entomosporium Leaf Spot and Managing Herbicide Resistant Weeds.*

*Issue Addressed: Water Conservation and Management, New Herbicide Technology and Drift Management Education, Resistant Weed Management Within Communities***4-H and Youth Development****County 4-H Photography Contest**

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

This year, 45 4-H'ers submitted 312 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 May. 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 Development

Twenty-two (22) 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 also competed at District 4-H Roundup in April. Several will also compete at State 4-H Roundup.

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

4-H Clothing Project Highlights

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

This year Lubbock County 4-H'ers had many opportunities to expand their clothing and textiles knowledge. Activities included a pajama pants workshop, skirt workshop, a vest workshop, a tour to the Red Barn Quilt Ranch, the Duds to Dazzle team competition, Fashion Show and Fashion Storyboard. 4-H'ers also donated and put together 20 hygiene kits which were donated to Grace Campus. Approximately 35 4-H'ers were involved in these activities.

2019 Major Livestock Show Summary

Robert Scott, County Extension Agent - Ag and Natural Resources

One Hundred eighteen (118) 4-H Projects were exhibited at the County stock show and 245 animals were exhibited at Texas major shows.

Highlights:

Heifers - 5 Champion and Reserve Champions

Sheep - 2 Grand Champions

Steers - 2 Breed or Reserve Champions - 2 Reserve Grand Champions

Pigs - 2 Breed or Reserve Breed Champions

Scholarships - One \$10,000 scholarships

Livestock Judging/Wool Judging

We had 36 Livestock judging participants and 15 Wool judging participants in these projects.

PAL Presentations

Nancy Trevino-Schafer, County Extension Agent -Urban Youth Development

Many youth currently involved in foster care will not be reunited with their families before they reach adulthood and age out of care at the age of 18. In order to prepare these young people for adulthood, the Texas Department

of Family and Protective Services (DFPS) developed educational guidelines for Preparation for Adult Living (PAL). During this quarter, 15 youth in foster care participated in PAL presentations and skill development workshops on topics including healthy relationships, nutrition, self-esteem, cultural awareness, communication skills, coping and stress management, anger management, personal care, and reproductive health and sexual responsibility. PAL classes this quarter were presented through a partnership between Texas AgriLife Extension-Lubbock County, Buckner Children & Family Services, and DFPS.

Issues addressed: Teen Safety, Character Development, College & Career Readiness, Healthy Lifestyles, Communication Skills, and How to Handle Stress & Pressure, Suicide Prevention

Smoking Prevention Education

Nancy Trevino-Schafer, County Extension Agent -Urban Youth Development

The Hub City Outreach Center at Lubbock Impact invited AgriLife Extension to present 5 sessions about smoking prevention. Nancy adapted and delivered an anti-smoking curriculum for youth participants between ages 10-17. Topics covered included: Addiction & the adolescent brain, Smokeless tobacco (Dip), Cigarettes, Electronic cigarettes (E-cigs) & Vape, Current statistics & trends in teen smoking, Community impact of smoking, and marketing & media awareness about tobacco products. There were 60 learning experiences for youth during this series.

Issues addressed: Teen Safety-Drug Abuse Prevention; Character development-Good Habits; Healthy Lifestyles-Drug Prevention/Intervention

Family and Consumer Sciences

Building Strong Families Conference

E. Kay Davis, County Extension Agent -
Family & Community Health



The 2018 BSF Conference with approximately 300 participants was evaluated at the January BSF meeting. Results were also included in the Parenting annual report, located on the Lubbock County Extension website.

The Building Strong Families Board will meet monthly to plan the 2019 conference. The speakers committee has met and is working to identify and schedule speakers.

The 2019 Conference will be held on Thursday, October 24, 2019 at the Broadway Church of Christ in Lubbock.

Issue Addressed: Parenting

Better Living for Texans

E. Kay Davis, County Extension Agent - Family & Community Health

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 (vacant position). The county will present nutrition education for limited income families and will graduate 175-250 adults from a 4-lesson series.



One Hundred Fifty-two seniors at 6 Senior Centers plus 60 home delivered meal clients in Slaton are receiving monthly nutritional programs at BLT qualified centers by the County Extension Agent FCH. First Quarter topics included: “Step Up to Breakfast and Menu Planning,” “Be Well, Live Well, Be Independent with Good Nutrition,” and “Live Well, Be Well, Be Able: Read the Label.”

Programs for this next quarter are: “Find the Perfect Date: Use the Food Dating Stamp,” “Be Well, Live Well-Be Creative,” “In the Know about Nutrition: The Importance Between Calcium and vitamin D.” Texas Tech Dietetic interns, Chrissy Montes, Kimmie Moreau, and Yanci Yeater presented nutrition programs and wrote articles for future use at Senior Centers.

- One Food Handler’s class for one WorkForce client was held February 1, 2019.
- Agent continues as a member of the SPAG Area Agency on Aging advisory committee.
- In March, Clients of Catholic Charities were introduced to the lesson series, A Fresh Start to a Healthier You! Texas Tech Junior Nutrition major and Master Wellness volunteer intern Anna Sullivan, taught two of the sessions of the series. Assisting was Master Wellness Volunteer intern Jamie Roe. Residents of Managed Care Center for Addictions Walker and Mash Units, continue to receive this weekly program.

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

Learn, Grow, Eat Go!

Nancy Trevino-Schafer, County Extension Agent -Urban Youth Development

Obesity, food insecurity, and poor food choices are issues that many youth and young adults face today. *Learn, Grow, Eat & Go!* (LGEG) is a curriculum designed to reduce childhood obesity by helping youth develop healthy eating patterns, understand the importance of physical activity, and have greater access to fresh fruits and veggies through gardening. Through a partnership between Lubbock County AgriLife Extension County Extension Agents Nancy, CEA-Urban Youth Development and Christina Reid, CEA-Horticulture, Voice of Hope’s Primary Prevention Coordinator, Kenneth Castillo, and Guadalupe-Parkway Sommerville Centers, with financial support from Better Living for Texans, we implemented the LGEG curriculum at Guadalupe on January 29th and at Parkway beginning January 30th. Students have participated in physical activities, created art, and engaged in activities to learn about My Plate dietary recommendations, including food safety and cooking. There have been 15 sessions offered at each center from January-May. LGEG students will be hosting a Share Fair with support from Master Wellness Volunteers at each community center to show the community what they have learned. All community members are invited to attend the Share Fair at Guadalupe Sommerville Center located at 123 N. Ave N on May 21st between 4:45-5:45pm and Parkway Sommerville Center located at 405 N. MLK Jr. Blvd. on May 22nd from 5-6pm. Please join us as we celebrate out LGEG graduates and their ability to make decisions for a healthy lifestyle today and for their future!

Issue Addressed: Obesity-Childhood; Character Development-Good Habits; Healthy Lifestyles-Nutrition & Exercise; Ag Literacy-Educating the public about agriculture

Slaton Community Garden Series

Christina Reid, County Extension Agent - Horticulture

Starting Saturday, January 12, 2019, a 12-month series of educational and hands on community garden classes were presented in conjunction with Better Living for Texans Growing and Nourishing Health Communities. Classes are open to everyone (children-senior citizens) in the Slaton community, held on the second Saturday of each month from 11:00 a.m. - 1:00 p.m. at Slaton Junior High School, 300 W. Jean Street, Slaton. Participants aid in designing, constructing, planting and maintaining the community garden. They are also able to take home a portion of the harvest.

Issue Addressed: Ag Literacy/educating the Public about Agriculture, Water Conservation and Management, Obesity-Childhood, Aging Issues-Food Insecurity, Economic Development

Do Well, Be Well with diabetes™

E. Kay Davis, County Extension Agent - Family & Community Health

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.



Lubbock County FCH Extension Agent partners with the Community Health Center of Lubbock to teach carbohydrate counting. The 2018 Annual Report is available on the website in the Lubbock County Health and Wellness Report.

“Wisdom, Power and Control” is also a diabetes curriculum by Texas A&M AgriLife Extension. The 7-week series has been conducted at Catholic Charities in April and May.

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 & Community Health

The Food Protection Management program offered through Texas AgriLife Extension is offered by Agents: Kay Davis and Deana Sageser as well as other FCH 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.



Two ServSafe online tests were proctored in the first quarter. One two-day class was held in Lubbock in March with 6 present.

Hale and Lubbock counties plan to team teach classes May 16-17; July 11-12; and October 10-11. Cottage Food Industry and Food Handler's classes will also be offered in the next quarter. One class was held for one participant at WorkForce in February and for 13 at Panda Express in March. The next class will be held at WorkForce on July 19 and at the Lubbock County 916 Main 1st Floor meeting room on June 1. Other classes may be scheduled later.

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

Texas Extension Education Association

E. Kay Davis, County Extension Agent - Family & Community Health

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.



Five members and one TTU Dietetic Intern attended the D2 Annual meeting in Muleshoe on March 21 and learned about cotton. Zona Clark won first place in Cultural Arts with a Quilt.

Tours will be determined throughout the year. Members receive the bi-monthly Family Network Newsletter in efforts to advertise programs. The group will tour the Jimmy Dean Museum at Wayland Baptist University in Plainview in June.

Master Wellness Volunteer Class

E. Kay Davis, County Extension Agent - Family & Community Health

One Master Wellness Volunteer class was offered in January and February. Three students completed requirements of 40 hours training to become interns. They will give back 40 hours service to become Master Wellness Volunteers. Master Wellness Volunteer's gave back 13 hours volunteer time in March.

Total agent contacts for all FCH and BLT programs: Jan - 355; Feb 326; March 327

Issue Addressed: Safety - Obesity-childhood; Walking Paths & Aging Issues - Food Insecurity; Financial Insecurity

Youth Mental Health First Aid

Nancy Trevino-Schafer, County Extension Agent -Urban Youth Development

In January, AgriLife Extension County Extension Agents from around Texas attended a training at Texas A&M in College Station to become trained facilitators for Mental Health First Aid (MHFA) and/or Youth Mental Health First Aid (YMHA) through the support of a grant provided for disaster relief and rebuilding. Natural disasters can impact the mental health of all of those involved-both victims and relief personnel. This highlights the importance of recognizing mental health challenges in youth and young adults and providing the appropriate support. MHFA and YMHA train individuals to use a 5-step action plan to recognize and assist youth or adults who display mental health challenge or who are in crisis. To attend or schedule a training for your group or organization, contact Nancy, County Extension Agent-Urban Youth Development by email (nancy.trevino-schafer@ag.tamu.edu) or phone (806-775-1740).

Issue Addressed: How to Handle Stress and Pressure, and suicide prevention; Safety-Neighborhood Safety

Other

National Volunteer Week

April 7-13, 2019

Ronda Alexander, County Extension Agent-4-H and Youth Development
E. Kay Davis, County Extension Agent-Family and Community Health
Robert Scott, County Extension Agent-Ag and Natural Resources
Christina Reid, County Extension Agent-Horticulture
Nancy Trevino-Schafer, County Extension Agent-Urban Youth Development
Brady Arthur, County Extension Agent -Ag and Natural Resources

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; volunteers extend the outreach efforts of the Extension Service.

In 2018, approximately 1,120 volunteers contributed 20,434 volunteer hours in Lubbock County. The value of this service at \$23.56/hr was \$481,439.18 given back to you - the residents of Lubbock County.

We couldn't do it without your help!

NEWSLETTER OPT-OUT

If you no longer wish to receive this newsletter, please contact our office to be removed from the list.

If you have anyone that would like to be added to the newsletter, also contact our office, 806-775-1740.

2020-2023 Texas Community Futures Forum

Issues Identified

Ronda Alexander, County Extension Agent-4-H and Youth Development
E. Kay Davis, County Extension Agent-Family and Community Health
Robert Scott, County Extension Agent-Ag and Natural Resources
Christina Reid, County Extension Agent-Horticulture
Nancy Trevino-Schafer, County Extension Agent-Urban Youth Development
Brady Arthur, County Extension Agent -Ag and Natural Resources

The Texas Community Futures Forum provides for grass-roots involvement of community leaders to identify educational programming needs that Lubbock County Extension Staff will be addressing during the next 4-5 years.

On April 22, 36 Lubbock County Community Leaders met to identify the issues that they feel will be affecting Lubbock County residents. Issues were identified according to the following subject areas: Agriculture; Family, Community and Health; Community Development and Youth Development

Agriculture and Natural Resources

1. Ag Profitability: Alternative Crops; Adaptability; Secession Planning; Nitrogen and Phosphorous Fixation
2. Urban Water Conservation and Management: Water Wise Plant; Educate Real Estate Industry and Developers; Address Municipalities; Rainwater Harvesting
3. Emerging Issues: Water Quality; Chemical Drift; Ag Technology
4. Ag Literacy: Public Education of Ag (Youth/Adults)
5. Alternative Energy: Wind/Solar

Family and Community Health

1. Healthy Eating Across the Lifespan: Learning to Cook; Food & Nutrition Education; Walking Paths; Obesity Prevention
2. Parent Education: Child Development (ages & stages); Effects of trauma on Development (ACEs); Pregnancy & Prenatal Education
3. Mental Health for Youth & Adults

4. Personal and Family Safety: Child Abuse Prevention; Drug and Alcohol Prevention; Seatbelts and Car Seat Safety; Smoke and Carbon Dioxide Detectors; Property Protection; Robbery Prevention
5. Healthy Relationships: Sexual Assault Prevention; Teen Pregnancy Prevention; Consent and Coercion Awareness

4-H and Youth Development

1. Relationships: Sexual Violence; Human Trafficking; How to treat people
2. Basic Life Skills: Budgeting; Planning; Cooking; Shopping; Car Skills; Basic Home Maintenance
3. Communication Skills: Emails; Face-to-Face; Manners; Conflict Resolution; Digital Communication; Social Media; Understanding Differences
4. Making Healthy Choices: Nutrition and Diets; Exercise and Activities; Providing access for preparation and knowledge
5. Job Skills: STEM Exposure; Real World Application; Industry Mentors; Applying for College; Resume, Interviews, Attire; Higher Education Alternatives other than College
6. Agricultural Education: Knowledge of food origin (not the supermarket); Involvement in farmer's markets; Keeping agriculture cool as urbanization increases
7. Personal Finance: Budgeting Education; Retirement
8. Character Building: Skills for dealing with Bullying; Respect; Role Models to Build Character; Etiquette; Manners
9. Mental Health Education

Community Resource Economic Development (CRED)

1. Increase Community Awareness & Involvement Across Community Sectors and in Innovative Ways
2. Transportation: Expand Public Transportation
3. Community Policing: Use of Community Substations
4. General Maintenance of Parts and Community Athletic Areas: Working Water Fountains and Lights for Safety & Community Pride
5. Affordable and Adequate Child Care Options

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Ronda Alexander

Ronda Alexander, CEA-4-H & Youth Development

Robert Scott, CEA-Ag and Natural Resources
E. Kay Davis, CEA-Family and Community Health
Christina Reid, CEA-Horticulture
Nancy Trevino-Schafer, CEA-Urban Youth Development
Brady Arthur, CEA-Ag and Natural Resources
Open, Project Coordinator-Better Living for Texans

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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 auxiliary aid or service that you will require.