

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

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● Vector Management Workshop

On May 5th a Vector Management Workshop was held to educate municipalities as well as homeowners how to control and monitor mosquitos. Attendees learned about Mosquito Identification and Biology taught by Sonja L. Swiger, PhD, Texas A&M AgriLife Extension, Ecology & Biology of Vectors in Texas Vectors & Vector Borne Diseases, Integrated Mosquito Management and ULV, Calibrations & Calculations and TDA provided Laws & Regulations updates. The program was free to the public and had 32 in attendance.

● Path to the Plate Workshop

On August 3rd the 3rd Annual Path of the Plate Workshop was held for K-12th grade teachers. The goal of the Path to the Plate program is for all Texans to make informed decisions related to the food they eat based on truthful, relevant and accurate information. Teachers toured the Blue Sky Dairy, a vineyard and high tunnel demonstrations. After lunch the group met at Breedlove to learn about food distribution throughout the world and finished the day at Texas Tech where they toured the Texas Tech Meats Lab.



Madison Chaloupka,
 Intermediate, Catch-All



- **Texas Livestock Ambassadors**

Twenty-five students were selected to participate in the 2021 Texas Livestock Ambassador Program. The Program was held in Canyon, July 19-22nd. The students participated in the Texas 4-H Livestock Ambassador Program to increase their understanding of livestock production knowledge, career development, and higher education and leadership development. After completing the course, the students must contribute 50 hours of youth livestock projects and Texas animal agriculture. Livestock Ambassadors will work wherever needed in the county as well as assisting with the market and breeding shows.

Agriculture and Natural Resources

Brant Baugh, County Extension Agent - Ag and Natural Resources

I am glad to say that I am the new County Extension Agent for Agriculture in Lubbock County. You might remember me as the Integrated Pest Management Agent in Lubbock County from 1995 to 2011. The following are the highlights of my duties since July of this year.

- Completing USDA National Agriculture Statistics reports every Thursday.
- Started Private Pesticide Applicator training every 1st and 3rd Tuesday's of every month.
- Monitoring ten cotton fields for crop phenology, weeds diseases and insect pests.
- Initiated a Corn Earworm (CEW) pheromone trap survey and check these traps daily.
- Conducted two Heligen efficacy trials for control of CEW in grain sorghum. These have been unsuccessful at this time.
- Answered clientele calls to the office that have included pasture weed control, Lawn weed control and various calls for insect control around the home.

4-H and Youth Development

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

- **Healthy Texas Youth Ambassadors**

This year, Lubbock County 4-H has three youth who have completed this years training to be Healthy Texas Youth Ambassadors. Participants must attend the Regional Trainings and then complete at least 40 service hours during the next year. Last year, Mac Chaloupka completed his ambassador training with 46 hours of payback and Wyatt Mandrell completed 40 hours of service payback. This years Healthy Texas Youth Ambassadors will be Wyatt Mandrell, Mac Chaloupka and Aaron Chaloupka. If you have any activities that these youth may assist with this year related to Healthy Living, please contact Ronda Alexander.

- **4-H Clover Day Camp**

In July, Lubbock County 4-H Clovers were able to participate in the annual 4-H Clover Day Camp. Five Clover Kids (youth in grades K-2nd) participated in various workshops conducted by six Senior 4-H'ers. Activities included: learning various line dances, making smoothies with the Blender Bicycle, making dog chew toys, learning about hand-washing, and making banana pudding in a bag. Craft activities that they constructed to be entered in the South Plains Fair included: stuffed pumpkins, jewelry/key chains, and wind-chimes.



- **4-H Food, Fun and Fashion Workshop**

Last year, we weren't able to have the annual 4-H Food, Fun and Fashion Workshop, but this year we were able to make up the fun! Eighteen 4-H'ers participated in our annual day of activities. This year, we were also able to have four Lubbock County Master Wellness volunteers assisting with the food portion of our workshop. 4-H'ers were able to learn about knife safety and techniques from Chef Hanna; they also made their own lunches which included "Blender Bicycle Smoothies," pizza bagels, veggie dippers with home-made ranch dressing and fruit pizza. 4-H'ers also learned about the new "Family-Consumer-Health" Quiz Bowl. Our afternoon activities also invited preparing entries for the South Plains Fair youth division; 4-H'ers were involved with bleach-designed pillow cases, making jewelry and key chains, braiding dog chew toys and making stuffed pumpkins. 4-H'ers also learned the old crafting activity of plastic canvas. Be sure to look for these winning entries in the youth division at the South Plains Fair.



- **State 4-H Roundup**

This summer we were back in full swing with our annual trek to College Station for State 4-H Roundup in June. We had a total of 22 4-H'ers, 11 volunteers and 2 county extension agents attending, with youth competing in 19 different 4-H Contests, with 23 entries. Two 4-H'ers were also recognized with Texas 4-H Foundation Scholarships. Wildcat 4-H Club members Bryce Hutson and Audrey Crawford each received \$10,000 scholarships. Contests they were competing in included: Duds to Dazzle, Food Challenge, Horse Judging, Horse Quiz Bowl, Livestock Judging, Photography Judging, Food Show, Soil Judging, Range Evaluation, Educational Presentations, Share the Fun - Poetry/Prose and Public Speaking.

- **Salute to Excellence Volunteer Recognized**

This year, we were excited to have Lubbock County 4-H volunteer Jenny Verkamp of Idalou, recognized as a "Salute to Excellence" volunteer. Jenny has been involved with 4-H activities after her children graduated for the past 11 years. She currently served as Lubbock County 4-H Parent Leaders Association Treasurer, Chair of the 4-H Awards and Recognition Committee and volunteers with numerous 4-H activities and fundraisers.

- **Summertime 4-H Camps**

4-H offers a variety of summer camps for youth to participate in. This year for the first time, District 4-H Leadership Lab was held at Ceta Canyon. Thirty-three Junior and Intermediate campers and 3 Senior counselors were able to participate in a variety of activities which included low-ropes course, sports games, team-building, and even fishing. The Texas 4-H Center also offers a variety of summer camps and they do not require 4-H membership to attend. This year, 22 Lubbock County youth participated in Texas 4-H Center Summer Camps that included: Prime Time, County Camp, Outdoor Camping, and Horizons - Woodworking Camp. Five Senior 4-H members also attended District 4-H Power Camp in Canyon. Attendees participate in team-building activities and learn about electric safety.

- **District 4-H Council Officer**

Congratulations to Ashlynn Messer, Frenship 4-H Club member! She was elected to serve as the 2021-22 District 2 4-H Council Secretary. She is also a member of the Lubbock County 4-H Teen Council and will serve as 1st Vice-President for 2021-22.

- **He's a Sharp Shooter**

Congratulations to Dalton Kretschmer for winning the 2021 Pete Peterson Trap and Skeet Scholarship. He won 1st place in the District Trap shoot, 1st place in the District Skeet shoot and was High Overall in the Senior 2 division.



- **4-H Enrollment Time**

The summer has seemed to fly by and believe it or not it is also time for families to enroll or re-enroll in Lubbock County 4-H. This year enrollment is online again at 4-H Online

(<https://v2.4honline.com/#/user/sign-in>) This is the 2nd year that we have had 4-H Online, not 4-H Connect; if you didn't re-enroll last year, the 4-H Connect site will not work. Enrollment began on August 15 and is \$25 per member for 3rd-12th grade; as of November 1, the fee will go up to \$30. 4-H Clovers, (K-2nd grade) do not have an enrollment fee, however they do have to register on 4-H Online. Youth who are entering 3rd grade need to wait until after September 1 before they enroll in 4-H; otherwise they will be enrolled as Clover, not as an active 4-H member.

Volunteers and parents who will be involved in a volunteer role also need to enroll on 4-H Online. There is a \$10 screening fee for volunteers. Parents are not required to be screened unless they plan to have a volunteer role; enrollment for volunteers can be completed at any time. If a parent plans to attend a volunteer certification (for example - shooting sports), it does take a couple of weeks to complete the screening process and the screening must be approved before they can sign up.

When enrolling in 4-H, 4-H'ers must designate one 4-H club to be enrolled in. Not all of the 4-H Clubs are listed yet, some are waiting for their charter's to be approved. They should all be there in the next couple of weeks. Please contact Ronda, if you have questions about 4-H enrollment. The 4-H Clubs that will be available for this year are:

- Frenship 4-H Club
- Hub City 4-H Club
- Lubbock 3P Rifle Club
- Red Raider 4-H Club
- Shallowater 4-H Club
- Trinity 4-H Club
- Wildcat 4-H Club (Idalou)



Extension Agent for Better Living or Texans (BLT), Cory Edwards, taught seven 4-10 week series from April 2021 until August 2021. In addition, she held a virtual one-shot nutrition class for The Parenting Cottage via zoom (5 attendees), researched and produced the May BLT State Newsletter, and assisted with the Healthy Fluid Milk Incentive launch at Food King. Agent Edwards also presented information about BLT programs to teachers, administrators, and school staff at a teacher training held at the Lubbock Dream Center in July.

● **4-H Recordbook Results**

This year, 41 4-H'ers were involved in submitting recordbooks for County, District and State Judging, as Junior, Intermediate and Senior participants. Thirty recordbooks advanced to District Judging and 7 recordbooks advanced to State Judging. Two of the State entries won first place and have the option to participate in the State 4-H Recordbook Leadership Trip. 4-H'ers winning 1st at State were: Ashlynn Messer - Frenship 4-H Club - Fashion and Interior Design Recordbook, and Mac Chaloupka - Wildcat 4-H Club - Plant and Soil Science.

● **Grilling Games School**

Agent Robert Scott, CEA-Ag & Natural Resources hosted forty-five District 4-H'ers and parents that attended a three hour grilling games school where they learned about Food Safety, how to season different types of meats, proper cooking temperatures, cross contamination and then toured the United Supermarkets meat and vegetable departments. Participants prepared for the October 16th Grilling Games competition.



● **Master Wellness Volunteers**

Agent Edwards has been working with eight Master Wellness Volunteers this summer. Master Wellness Volunteers (MWV) undergo 40 hours of training on health, nutrition and food safety and are then empowered to provide outreach and education, helping reduce the burden of chronic conditions in Texans and Texas' communities. After the initial 40 hour training, interns are required to give back 40 hours volunteering with a variety of Extension programs before they are able to provide outreach and education on their own on behalf of Extension. One Lubbock County volunteer completed his training in December and seven completed their training in March 2021. Since the completion of their trainings, Master Wellness Volunteers have given back more than 75 hours in service.

● **Healthy Carbohydrates**

Healthy Carbohydrates is a four-session series that promotes a healthful eating pattern to prevent or delay diet related chronic diseases. This series was held in April and May for Habitat for Humanity as education classes for prospective buyers. Five participants attended the one-hour classes with two of the five meeting the requirements to graduate.

● **Growing & Nourishing Healthy Communities**

From April through July 2021, Agent Edwards along with Agent Reid led the 6-week garden course, Growing and Nourishing Healthy Communities at the Lubbock Dream Center. This course teaches how to build gardens and grow fresh vegetables and teaches the participants how to use the vegetables they grow in healthy meals and snacks. Participants used the ten raised bed gardens that were already in place at the Dream Center. Each team signed a commitment form to care for their garden bed for the duration of the season. Vegetable and fruit transplants were purchased for each bed with BLT funds. Classes were held every

other week and covered topics including site and seed selection, fertilizing, watering, harvesting, and pests and disease. Each class also included recipe samples highlighting produce that was being grown in the garden beds. Twelve participants graduated from this series in July but will continue to care and harvest from their garden through the season.

- **Be Well, Live Well**

The goal of the 5-session Be Well, Live Well series is to help older adults aspire to the ideal of successful aging. Successful aging has been defined as: reduced risk for disease, high cognitive and physical capacity, and active engagement with life. Five Extension Agents for Better Living for Texans teamed up and collaborated with the Foster Grandparents program in our respective counties to provide this training virtually for their clients. Each agent presented one of the five lessons each month for 5 months from February through June 2021 via Microsoft TEAMS. Thirteen Lubbock County participants completed at least 4 of the sessions and received a certificate of completion and a graduate goody bag full of educational reinforcements.

- **Walk N Talk**

It's always a pleasure to work with the precious people at the Slaton Senior Citizens Center. For 8 weeks, we walked and talked about fruits and vegetables while logging our miles to Walk Across Texas to South Padre Island. The goal of Walk N Talk is to make physical activity a habit. These seniors logged 925 miles this summer!



- **Cultivate, Cook & Create**

This 10-week gardening and nutrition series took place with 40 middle school and high school aged youth at South Plains Food Bank GRUB Farm this summer. The students were divided into groups and rotated through 3 different sessions: cooking, gardening, and nutrition. Research shows that if a child grows and prepares his or her own vegetables, he or she is more likely to eat it. This series used the *Learn, Grow, Eat & GO!* curriculum which can motivate youth to a better appreciation for nutrient-dense foods. A total of 36 youth from the GRUB farm graduated from this program in August 2021.

- **Choose Healthy**

Choose Healthy is a four-session series geared toward middle school aged children. The purpose of this series is to help young teenagers understand basic nutrition and wellness principles. The curriculum was written to empower youth to adopt better nutrition habits into their lives. The topics emphasized in this series are MyPlate, living a balanced life, making healthy choices, and healthy beverages. Agent Edwards has the opportunity to teach this series at three different sites this summer: Guadalupe Community Center, Parkway-Sommerville Community Center, and the WTDR Dance Company reaching approximately 35 middle school youth.

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

A Fresh Start to a Healthier You! includes researched-based lessons that integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management. Agent Edwards had the opportunity to lead this series this summer via Zoom with the Parenting Guidance Center. Clients who participated were working on getting hours for their CPS case worker. A virtual food demo was included with each lesson. Seven participants completed the series.

Other

- **Davis Retires from Extension**

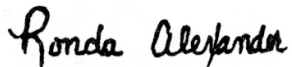
In June, Kay Davis retired from Texas A&M AgriLife Extension after a 29+ year career. For the past 21 years, Kay served as the County Extension Agent for Family Community Health, providing leadership to the adult Extension program in the areas of consumer, health, nutrition, food preservation and safety, and family resource management. She was also involved in assisting with 4-H and youth programming in the areas of food and nutrition and health. She served as advisor to the Lubbock County Texas Extension Education Association and volunteered on several community coalitions and committees. We wish her well in her retirement!

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