

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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Horticulture

Christina Reid, County Extension Agent - Horticulture

• ISA (International Society of Arboriculture) Certified Arborist Prep Course

On February 10 and 11, 2022, Agent Reid presented the ISA Certified Arborist Prep Course to twenty-three (23) local tree care industry professionals. This program is designed to help participants grow their knowledge in tree care, worker safety, and improve their chances of passing the ISA Certified Arborist licensing exam. An exciting result from this program was the pre-test score average: **46.8/100** and post-test score average: **75.6/100**. That is almost a 30 point improvement! With the continuation of these types of programs, Agent Reid hopes to raise the overall level of the tree care industry in our region.

A follow up educational program, 'Arborist Climbing & Training Day' was scheduled for April 11, 2022 at the Lubbock Memorial Arboretum with prep course attendants.



Lucy Fritz, Wildcat 4-H Club

- **Commercial Turf & Ornamental Workshop**
On February 18, 2022, Agent Reid hosted the annual 'Commercial Turf & Ornamental Workshop' that provides local TDA (Texas Department of Agriculture) Pesticide Applicators the required CEUs needed to keep their licenses in good standing and business operational while also keeping these professionals abreast of the latest research based information in the lawn and landscape industry. Sixty-eight (68) professionals attended and Agent Baugh presented during the program.



- **West Texas Home Builders Association and Garden Show**
On March 4-6, 2022, the Lubbock Master Gardener Association hosted an information booth and presented 6 educational seminars during the WTHBA (West Texas Home Builders Association) Home & Garden Show. An approximate total of 1,700 people came through the information booth and a total of 95 people attended the education seminars throughout the weekend event.

4-H and Youth Development

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

- **County 4-H Photography Contest**
This year, 19 4-H'ers submitted 145 photography entries for judging. First place senior entries will advance to the State 4-H Photography Contest and first place junior, intermediate and senior entries will advance to the District 4-H Photography contest. As usual, we will include some of the entries in each addition of the Extension At A Glance Newsletter, for you to see. The photos will also be on exhibit in the Extension Office through

May. For fun, we also had 4 parents submit 21 entries in 9 categories; these are also on display.
Issue Addressed: 4-H Work, programs and leadership development

- **4-H Spring Contests**
As usual, we have had a busy spring with 4-H'ers preparing for District 4-H Contests. Lubbock County will have 4-H'ers competing in the following District Contests: Rifle, Archery, Duds to Dazzle, Storyboard, Fashion Show, Livestock Judging, Soil Judging, and Photography. Plans are underway to also compete at Texas 4-H Roundup in June.
- **Texas 4-H Foundation Scholarships**
Lubbock County 4-H is also proud to recognize the four 4-H'ers who have made it to the second round of consideration for Texas 4-H Foundation Scholarships, which will include interviews in College Station. For 2021, the Texas 4-H Foundation awarded \$2.7 million in scholarships to 220 Texas 4-H'ers. For more information on the 4-H Scholarship program, please contact Ronda Alexander.

Family and Consumer Sciences

Cory Edwards, County Extension Agent-Family & Community Health
Ashlyn Aljoe, Asst. Extension Agent-Family & Community Health

- **Maintain No Gain**
Maintain No Gain kicked off the Friday before Thanksgiving for Lubbock County employees. This 6-week program is designed to encourage everyone to gain no more than two pounds during the holiday season (Thanksgiving through New Year's). The challenge is designed to encourage good eating habits and being physically active most days of the week during the holiday season. Cory Edwards, CEA-FCH, Lubbock County and Ashlyn Aljoe, Assistant EA-FCH, Lubbock County partnered with Lubbock County Human Resources and Wellness Today to implement Maintain No Gain. Each week, at the weigh in, the thirty participants received motivational tools, educational materials, healthy recipes, fitness tips, and recipe samples. Each participant could earn up to three weekly door prize tickets by 1) not gaining more than two pounds, 2) completing a daily fruit and vegetable log, and 3) completing a daily exercise log. A grand prize drawing was

held when the program ended on January 3, 2022. Overall, 60.9% of the participants lost weight while 13% maintained his or her weight over the holidays.

- **3-Part Nutrition lesson**

In January, Agent Edwards presented a 3-part nutrition lesson for the South Plains Association of Governments Area Agency on Aging at their quarterly zoom meeting. Ashlyn Aljoe, Assistant EA-FCH created educational materials including the following topics: Home Safety Tips for Older Adults, Walking for Older Adults, and What Can I Do if I am Having Trouble Eating Healthy? These presentations will be shared by senior center directors with their clients in their centers each month.

- **Step Up & Scale Down**

To kick off a healthy new year, eight Lubbock County employees signed up to participate in Step Up & Scale Down that began January 10, 2022. During this 12-week series, participants meet weekly alternating between in-person classes and virtual classes to focus on the steps and behaviors to implement in their everyday lives to move them towards a healthy weight. The 1-hour weekly classes included weigh-ins, recipe demonstrations, a 20-30 minute lesson, group discussion, and a weekly challenge. Step Up & Scale Down concluded on Monday, April 4, 2022 with a celebration, participant certificates, sugar-free strawberry shortcake, and a final incentive drawing for a \$70 HelloFresh gift card.

- **Certified Food Manager Training**

Two Certified Food Manager trainings were held through a collaborative effort with Extension Agents in Lamb and Hale counties. Under the Texas Department of State Health Services (DSHS) jurisdiction, each food establishment is required to have one certified food manager employed by that establishment. All food establishments, that prepare/serve potentially hazardous foods, must have at least one certified food manager (CFM) at their facility. This program is designed to not only



prepare food service managers to pass the certification examination; it provides valuable education regarding the safe handling of food. The training held in Lubbock on February 14-16, 2022 had 6 participants, and the training held in Plainview on March 8-9, 2022 had 9 participants. A third training is planned for August 8-9, 2022 in Littlefield.

- **Texas Extension Education Association**

Agent Edwards serves as advisor to the Lubbock Lunch Bunch - Texas Extension Education Association. In December, this group with nine members, met at KK's craft mall.



Donations were made to Meals on Wheels and the yearbook was finalized. In January and February, the group met at Forrest Heights Methodist Church. Members enjoyed programs called "A shot of Good Health" and "Cooking with Herbs." Scholarship applications were reviewed and judged to submit from Lubbock County for the Aubrey Russell and TEEA scholarships. Plans were made to attend the District 2 Spring Conference in Snyder on March 24th where members will enter several items in the cultural arts contest.

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

In February, Agent Aljoe teamed up with The Foster Grandparent Program to teach a 4-lesson series from February-June. She will provide one lesson on the 15th of each month at their meetings. In February she provided information on proper hand washing and how to prevent food borne illnesses. This lesson was shared with 20 members of the Foster Grandparent Program during two separate meetings.

Other

**National Volunteer Week
April 24-30, 2022**

Ronda Alexander, County Extension Agent-4-H and Youth Development
 Cory Edwards, County Extension Agent-Family and Community Health
 Ashlyn Aljoe, Asst. Extension Agent-Family and Community Health
 Robert Scott, County Extension Agent-Ag and Natural Resources
 Brant Baugh, County Extension Agent-Ag and Natural Resources
 Christina Reid, County Extension Agent-Horticulture

Volunteers are a vital part of Texas A&M AgriLife Extensions Service. We couldn't do what we are able to do, without volunteers. Our Master volunteers, 4-H youth and adult volunteer leaders, 4-H Youth Ambassadors and agriculture result demonstrators greatly extend the outreach efforts of the Extension Service. In 2021, approximately 814 volunteers contributed 9,391 volunteer hours to Lubbock County. The value of this service is \$28.54/hour resulting in \$268,040 given back to the residents of Lubbock County. Thanks for all that you do to help the citizens of Lubbock County.

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Ronda Alexander

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