

Extension At A Glance - Lubbock County

Texas A&M AgriLife Extension Service-Lubbock County • (806) 775-1740 • Fax (806) 775-1758 • <http://lubbock.agrilife.org/>
 Physical Address: 916 Main, Suite 401 • Lubbock, TX 79401 • Mailing Address: P.O. Box 10536 • Lubbock, TX 79408

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.

Volume 28, Issue IV

2022 Fourth Quarter

Jan. 2023

In This Issue:

Agriculture and Natural Resources

Field Visits
 CEU
 Lubbock County Ag Committee

4-H & Youth Development

District 4-H Gold Star and Leader Recipients
 2022 County 4-H Scholarship Recipients
 Texas 4-H Salute to Excellence Recipient
 2022 State 4-H Recordbook Winner
 4-H Youth Ambassadors
 Texas Livestock Ambassadors
 Grilling Games

Family and Community Health

Walk N Talk Across Texas
 4-H Food Challenge
 Walk Across Texas! Lubbock County
 TEEA Lubbock Lunch Bunch
 TTU Grad Class/Area Agency on Aging
 Wine to Wine
 2-Day Certified Food Manager Course
 Maintain No Gain
 4-H Food Challenge Team
 Matter of Balance and Master of Memory

Better Living for Texans

Choose Healthy
 Healthy Carbohydrates
 "A Fresh Start" Family Guidance and Outreach of
 Lubbock
 Walk and Talk (Walk Across Texas)

Agriculture and Natural Resources

Brant Baugh, County Extension Agent - Ag and Natural Resources

- Most of activities from Mid October to present revolved around cotton field visits. Due to the ongoing drought, farmers needed help to determine if the crop should be harvested or abandoned and turned into insurance. In order to help them with this decision, Agent Baugh talked them through projected yield, price of lint and seed, ginning costs and harvest aid cost. In addition to these visits, Agent assisted growers with harvest aid decisions. Recipes for harvest aid change due to moisture, temperature, and yield potential.

- On December 20th, Agents Baugh and Scott gave a five hours Continuing Education Units for both Texas Department of Agriculture Private and Commercial applicator license holders. One hour in Laws and Regulations, two in Integrated Pest Management, one hour in drift and one hour in General.

- The Lubbock County Ag Committee met on Tuesday, November 8th. Discussion revolved around the December 20th CEU meeting, and the availability of wheat and barley pesticides.



Marlowe Barnes
 HubCity 4-H
 Theme

4-H and Youth Development

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

- **District 4-H Gold Star and Leader Recipients**
On Monday, November 21, four Lubbock County 4-H'ers and one volunteer leader were honored at the 65th Annual Gold Star Banquet held at the Eberly Brooks Events Center in Lubbock. Gold Star recipients recognized this year were Frenship 4-H Club member - Ashlynn Messer; Shallowater 4-H Club members - Khaki Bishop and David Kendrick; and Wildcat 4-H Club member - Aaron Chaloupka. Also recognized as Distinguished Leader for Lubbock County was Quana Everitt, Shallowater 4-H Club Leader.
- **2022 County 4-H Scholarship Recipients**
This past year, \$40,000 was awarded to Lubbock County 4-H'ers through their 4-H involvement. Receiving Texas 4-H Foundation Scholarships were: AJ Kendrick - \$10,000, Wyatt Mandrell - \$10,000 and Ashlynn Messer - \$20,000. At the County Achievement Banquet held in August recipients of the \$500 South Plains Fair Scholarship were: Mac Chaloupka, Ashlynn Messer, AJ Kendrick, Ryan Holloway, Luke Stutzman and Weston Brown.
- **Texas 4-H Salute to Excellence Recipient**
At Texas 4-H Roundup, David Holt was recognized with the Leaders Legacy Award for his service to 4-H for over 49 years through the 4-H Shooting Sports program; Gary and Kristi Henniger as the District 2 Distinguished Leaders Award for their service to Lubbock County 4-H through their involvement as Club Mangers, Project Leaders, judges for county events and long term 4-H supporters. Extension Office Manager, Rita Wilson, was also recognized with the Texas 4-H Commendable Service Award for her commitment and service to the Texas A&M AgriLife Extension Service in Lubbock County for the past 27 years.
- **2022 State 4-H Recordbook Winner**
Winning first place with his State 4-H Recordbook was Aaron Chaloupka, Gardening and Horticulture. Four 4-H'ers total had recordbooks which advanced to State judging. Lubbock County also had a total of 46 recordbooks which were submitted for County judging.
- **4-H Youth Ambassadors**
This past year, Lubbock County 4-H had 4-H'ers who stepped up their leadership skills to serve as Texas 4-H Ambassadors. To be a 4-H Ambassador, 4-H'ers must complete approximately 10 hours of training and then return at least 40 hours in service back to the community. Serving Lubbock County this year were: Healthy Texas Youth Ambassadors: Wyatt Mandrell, Mac Chaloupka, and Aaron Chaloupka; Horse Ambassador: David Kendrick and Madison Chaloupka; and Photography Ambassador: Joseph Fritz.
- **Texas Livestock Ambassadors**
Robert Scott, County Extension Agent - Agriculture
Twenty-three students were selected to participate in the 2022 Texas Livestock Ambassador Program. The Program was held July 25th-28th. 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 to youth livestock projects and Texas animal agriculture. Livestock Ambassadors worked at the South Plains Fair as well as assisting with the market and breeding shows.
- **Grilling Games School**
Robert Scott, County Extension Agent - Agriculture
The 2022 Grilling Games was held on October 15th. This year United Supermarkets agreed to be our Corporate Sponsor. They provided all the awards and food for the contest. Contestants from all across District 2 participated in the event. Goal were to:
 - Implement safe food handling practices.
 - Observe and demonstrate basic rules of kitchen safety.
 - Select appropriate seasonings.
 - Identify nutrients.
 - Operate a grill correctly.
 - Differentiate between various grills and cleaning methods.

For the 2022 Grilling Games, 54 4-H members competed, representing eight counties in District 2. We had ten seniors (grades 9-12), eighteen intermediates (grades 6-8) and sixteen junior (grades 3-5). Upon arrival, all competitors built their fires on a variety of grills, with parental

supervision. They were provided a pork chop, hamburger, chicken and corn. For each category, competitors had to season, cook, garnish their boxes, and submit for judging. Each age group and category were blind judged by three volunteers.

Family and Community Health

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

- **Walk N Talk Across Texas**
The 8-week BLT Walk N Talk Across Texas series at the Slaton Senior Citizens Center kick off on September 8, 2022 with 15 participants. Each week, a lesson highlighting a fruit or vegetable was presented along with a recipe sample followed by 30 minutes of group physical activity. Participants kept track of the miles they were logging each week to move their two teams across Texas in our county-wide competition.
- **4-H Food Challenge**
Agent Edwards coached a 4-H Food Challenge intermediate team of three in preparation for the county and district contests. The Lubbock County 4-H Food Challenge Practice Competition was held on Sunday, October 16, 2022 at 2 pm at the Lubbock County Extension Office with 13 teams competing. At the Food Challenge, teams of 3-4 students receive a list of ingredients and had 40 minutes to create a dish. The teams then presented their dish to judges and were scored on preparation, serving size, food safety concerns, nutritional value, and cost. All teams advanced to the District competition. Thirteen teams and 49 participants from Lubbock County 4-H competed in the District 2 4-H Food Challenge contest in Levelland on November 8, 2022. Nine of the thirteen teams placed in the top 3.
- **Walk Across Texas! Lubbock County**
Walk Across Texas! Lubbock County kicked off on September 12, 2022 with 15 teams and 105 participants. Teams of 8 logged their miles of physical activity on the Howdy Health website to help move their team the 834 miles across Texas from El Paso to Longview in 8 weeks. Educational/inspirational information and weekly updates were shared with participants via a private Facebook group, email, and on a bulletin board located outside the Lubbock County Extension

Office. The goal of this program was for participants to make daily physical activity a life-long habit. Final Results of the 8 week program - 15 teams, 106 participants 19,346.06 miles!

- **TEEA Lubbock Lunch Bunch**
The Texas Education Extension Association - Lubbock Lunch Bunch group met on Thursday, October 6, 2022 in the home of Deanna Johnson. A business meeting was held following lunch where programs for the year were planned and the yearbook was updated. Five members were in attendance. In November, the group met for lunch at Raider Ranch Senior Living as guests of Kay Taylor. Following lunch, a business meeting was held, and Kay Taylor presented the educational program "Parties with Pizzazz." Nine members were in attendance. Two members attended the Fall Training at the district office in November where programs for the year were reviewed and plans for the Spring Conference were discussed. A Christmas gathering was held in December at The Tea Room in KK's Corner Mall. Nine members ate lunch and enjoyed hearing the story "A Cup of Christmas Tea." Donations were made to Lubbock Meals on Wheels.
- **TTU Grad Class/Area Agency on Aging**
Five representatives from Texas A&M AgriLife Extension Service spoke at TTU's Obesity and Diabetes Graduate class for 20 students, 1 TA, and 1 professor on October 7, 2022. Molly Forman, North Region RPL for FCH, began by giving an overview of AgriLife Extension, explaining its purpose and mission, and describing the educational programs Extension provides. Cory Edwards, FCH agent in Lubbock County, gave an overview of Extension's FCH programs, and Amber Bozeman, Lubbock BLT agent, spoke about the BLT program and series offered. Courtney Lowe, Health agent for Lamb, Castro, and Hale counties, presented information on her position as a Health Extension Agent, and Bailee Wright, D2 4-H Specialist, spoke about the 4-H and Youth Development program.

Agent Edwards and Agent Aljoe trained 22 senior center directors from the south plains area to teach 3 different nutrition lessons to his/her congregation. The lesson topics included: Nutrition & Food Safety, Healthy Eating & Meal Planning, and Winter Produce/Pantry & Fridge Clean-Out Tips.

- **Vine to Wine**
At this interdisciplinary program, the 30 participants enjoyed a wine-and-cheese paring while learning about different types of wine followed by a winery tour led by English Newsom Cellars owner Steve Newsom. After the tour, attendees enjoyed food from the “grazing table” while hearing about Texas High Plains grapes and wines and the latest update on AgriLife projects from Extension Viticulture Program Specialists.
 - **2-Day Certified Food Manager Course**
A two-day food manager certification training course was held November 15-16 in Lubbock. The Texas A&M AgriLife Extension Service event is designed for food service managers; the certification is valid for five years in the state of Texas. The cost was \$125 and the training was held at the AgriLife Extension office in Lubbock County, 916 Main St, in the meeting room. The cost included the training materials, and the National ServSafe food manager certification examination. The Texas Department of State Health Services requires a certified food protection manager shall be present at the food establishment during all hours of operation as required in Food Code. Four participants completed the training. Three of the four participants passed the ServSafe exam.
 - **Maintain No Gain**
Maintain No Gain kicked off on November 18, 2022. It’s a great way to jump-start your holiday goals by preparing healthy recipes, eating fruits and vegetables, staying active, and weighing in once a week throughout the holidays! Twenty participants signed up for the program in Lubbock County. At each weigh-in, participants get to try a healthy recipe sample, weigh, and pick up educational materials and healthy recipes to add to his/her notebook. They also get their food and activity logs checked and earn door prize tickets. The final weigh-in for Maintain No Gain will be Tuesday, January 3, 2023.
 - **4-H Food Challenge Team**
Agent Aljoe coached a Lubbock County Senior level 4-H food challenge team. The team competed at the district food challenge in Levelland on November 8th and placed 1st in their category. They will continue practicing since they earned a spot at the state food challenge in College Station this summer.
 - **Matter of Balance and Master of Memory**
Agent Aljoe has been visiting assisted living facilities in Lubbock County and planning to teach Matter of Balance and Master of Memory at several of these facilities in the new year.
- Better Living for Texans**
Amber Bozeman, Extension Agent - BLT
- **Choose Healthy**
Choose Healthy is a four-session series geared towards middle school 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. In December, Agent Bozeman has had the opportunity to teach this series at Shallowater Intermediate. She had 85 participants. The program will conclude in January.
 - **Healthy Carbohydrates**
Healthy Carbohydrates is a look at how the foods we eat affect the health of our bodies. Foods which promote a healthy weight or prevent chronic disease include a variety of food groups. Eating from each food group will ensure you are getting the nutrients you need. Session 1 of this series is about building a healthy plate. Session 2 focused on balancing your plate. Sessions 3 and 4 take a detailed look at carbohydrate choices within food groups. Bozeman has completed this program at the Lubbock Senior Center. Additionally, she has completed this program at Maggie Trejo Senior Center, Copper Rawlings Community Center, Mae Simmons Community Center, and The Lubbock Dream Center. Foster Grandparents through Texas Human and Health Services has completed three sessions and will complete the program in January. Agent Bozeman has had 180 participants, 144 graduates, and 597 contacts with this program.
 - **“A Fresh Start” Family Guidance and Outreach of Lubbock**
Bozeman partnered with Family Guidance and Outreach Center of Lubbock (FGOC) to provide an ongoing nutrition education program for parents. FGOC is committed to building and

empowering families through education and awareness. They offer parenting classes free of charge online for parents. In 2021, 970 children were confirmed victims of child abuse in Lubbock County. In 2021, more than 17,000 children were impacted by FGOC. Family Guidance & Outreach envisions a community without child abuse and neglect. FGOC is committed to building and empowering families through education and awareness. Parents commit to a four-session series with Bozeman on Zoom. FGOC is an organization with Lubbock County that was in need of a nutrition program to help parents regain and maintain custody of their children, Bozeman offers the program “A Fresh Start” to help participants better their lives and their children by learning skills to help increase fruit and vegetable intake, increase physical activity, improving access to fruits and vegetables, food safety, and food resource management (due to high rates of food insecurity). This program was 4 sessions over two months.

The format of Live Zoom presentation was chosen to meet the time needs and privacy needs of the population. Bozeman had 15 participants, 10 graduates, and 57 contacts.

- **Walk and Talk (Walk Across Texas)**

With added nutrition messages in a discussion format, Educators walk with the BLT participants once a week while discussing nutrition topics, focusing on Fruits & Vegetables (accessibility, gardening, nutrients, recipes, etc.) and Healthy Drinks (hydration, flavored waters, sugary drinks, etc.). This is an eight-week series. To keep up your new healthy habit of exercising, you can participate in Walk Across Texas. This eight-week walking program is geared for teams of eight (8) people. Teams have a friendly competition to see who can log the most miles walking, jogging, or biking. You can even dance, do aerobics, or ride a stationary bike! Everyone’s miles are recorded on the Texas map posted in a public place so everyone can see your progress. You can also enter your miles on the Web and track your progress online. The team that walks the farthest “across Texas” will win, but everyone who participates will take home a healthy habit - walking for fitness! Bozeman has completed three Walk and Talk programs, one at The Lubbock Dream Center, one at Shallowater Afterschool Centers for Education (ACE), and the Lubbock

Senior Center. These programs began in September and concluded in October and focus on “Rethink Your Drink”. This program has had 151 participants, 140 graduates, and 1,069 contacts.

NEWSLETTER OPT-OUT

If you no longer wish to receive this newsletter, please contact our office to be removed from the list or email: rrwilson@ag.tamu.edu

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

Lubbock County Extension Staff
P.O. Box 10536, Lubbock, TX 79408
916 Main, Suite 401, Lubbock TX 79401
(806) 775-1740 Fax: (806) 775-1758

Ronda Alexander

Ronda D. Alexander, CEA-4-H & Youth Development

Robert Scott, CEA-Ag & Natural Resources
Brant Baugh CEA-Ag & Natural Resources
Christina Reid, CEA-Horticulture
Cory Edwards, CEA-Family & Community Health
Ashlyn Aljoe, Asst. EA-FCH
Amber Bozeman, EA-Better Living for Texans
Open, CEA-UYD

Commercial products and trade names are mentioned for information purposes only. No guarantee or endorsement by the Texas A&M AgriLife Extension Service is intended or implied.

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.