

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.**

Volume 30, Issue I

2023 First Quarter (Jan, Feb, Mar)

April 2023

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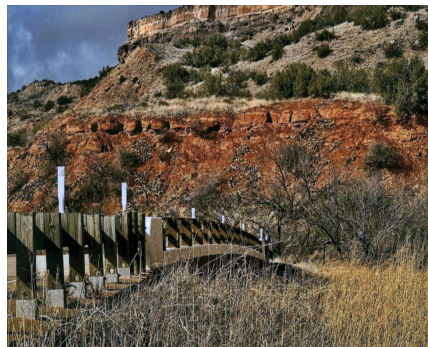
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Agriculture and Natural Resources

Brant Baugh, County Extension Agent - Ag and Natural Resources

- January involved preparation for the USDA Lubbock County Ag Increment Report and preparing for performance appraisal.
- In February, the Southwest Cattleman's Raisers hosted their annual meeting in Lubbock on February 8th and 9th where agent moderated the sessions. Agent Baugh was elected to the Lubbock Arboretum board which meets the third Wednesday of each month. On February 27 Agent Baugh gave a one hour presentation on the identification and control of common landscape pests that occur in this area at the Turf and Ornamental Workshop.
- In March, Agent Baugh judged the Lubbock County 4-H Roundup Public Speaking contest. Agent Baugh met with Clinton Thetford for the Lubbock County Animal Issues Committee. On March 28, Agent Baugh gave a presentation on cotton seed quality and germ and how it relates to plant population and healthy stands at the Plains Cotton Growers Annual Meeting. 4-H Entomology project started with Agent Baugh serving as coach.



Marlow Barnes
Junior
Leading Line Category
1st place

Horticulture

Christina Reid, County Extension Agent - Horticulture

- Smith Sprouts**
Smith Sprouts is an after-school garden club for students at Smith Elementary School. Every second and fourth Wednesdays of the month, sixty-five (65) students join us in learning about how to plant seeds,

care for growing plants, garden maintenance through the school's garden, and marketing plants. Students are working towards a plant sale to showcase their hard work on April 29th. Agent Reid has been working on gaining funds for the school garden to further student learning opportunities. Since the start of the year, three (3) grants have been awarded to the Smith Elementary School Garden.



- **Turf & Ornamental Workshop**

On February 27, 2023, Agent Reid hosted the 'Turf & Ornamental Workshop' for the Lubbock County area. Fifty-five (55) participants heard from a variety of speakers in the field to learn about turfgrass weed management, chemical drift minimization, new spray laws and regulations, turfgrass management projections for 2023, and common turf and tree pests in Lubbock. Their participation earned them the required Texas Department of Agriculture (TDA) continuing education units (CEU) to maintain the required licensing for chemical applications.



- **Lubbock Master Gardener Demonstration Garden**

The Lubbock Master Gardener Association (LMGA) has been working to begin a community demonstration garden in the Lubbock Memorial Arboretum. The garden will serve as an educational tool to showcase a variety of gardening techniques that community members can learn from and implement at their homes. Agent Reid has been working with the master gardeners to present funding opportunities for this project. To date, the LMGA has earned a sizable grant to begin the first phase of the project, updated the

association bylaws to support the project, and begun clearing the land plot for the future garden.



- **LMGA "Spring Gardening" Presentation**

On March 8th, the Master Gardeners offered a free Spring Gardening class at the Godeke Branch Library. The Master Gardeners presented to a total of sixteen (16) community members to offer information, advice, and answer questions on how to successfully start an at-home garden this spring.

- **Lubbock Memorial Arboretum Community Garden**

Agent Reid has been working with a committee at the Lubbock Memorial Arboretum to transform the Hodges Rose Garden into a community garden. The committee has earned grant funding to support the transformation of this space. On March 11th, the arboretum hosted a community rose dig away event to clear the planting beds and relocate the rose bushes. One hundred fifty (150) community members came to this event. We are excited to see this space better serve the needs of the community in the months to come.



- **Intern Introduction**

On January 17th, Olivia Moore started as the horticulture extension intern under Agent Reid. Moore is a junior agricultural communications major at Texas Tech University. Through her semester-long internship, she has aided Agent Reid in horticultural communication efforts, event planning, and community projects. Moore has also been working on a cumulative capstone project discussing public knowledge of local food consumption and production in Lubbock County.

4-H and Youth Development

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

- County 4-H Photography Contest**

This year, 24 4-H'ers submitted 146 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 5 parents submit 27 entries in 13 categories; these are also on display.

- 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 to be held April 30th. For 2022, 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. 4-H'ers who received scholarships will be recognized in June at State 4-H Roundup.

- 4-H Public Speaking Project**

This year we are pleased to recognize 35 4-H'ers who demonstrated their public speaking skills, competing at County and District 4-H Roundup. Eleven Seniors qualified with their presentations to advance to State 4-H Roundup. Presentation categories included: Educational presentation, speeches and the 4-H Talent Showcase which included musical, variety show, poetry/prose and choreographed routine. 4-H'ers in grades 3rd through 12th were involved in this project.

Family and Consumer Sciences

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

- Step Up & Scale Down**

To kick off a healthy new year, four Lubbock County employees signed up to participate in Step Up & Scale Down which began on January 11, 2023. During this 12-week series, participants met 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 Wednesday, March 29, 2023 with a celebration, participant certificates, lemon-berry cobbler, a final incentive drawing for an Amazon gift card, and two guest speakers. AgriLife Health Specialist, Miquela Smith, spoke about "mindful Eating," and Wichita County Extension Agent, Heather Simpson, presented information on "Desksize."

- Certified Food Manager Training**

Two Certified Food Manager trainings were held through a collaborative effort with Extension Agents in Lamb, Hockley 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 will provide valuable education regarding the safe handling of food. Two trainings will be held in Lubbock County in 2023. A Cottage Food Law/Food Handlers class will be held on May 3rd, and a Certified Food Manager training will be held on August 8th and 9th.



COOKING UP A COTTAGE FOOD BUSINESS

Wednesday, May 3, 2023
9:00 am - 12:00 pm
\$20 per person

Lubbock County Extension Office
916 Main St #401 Lubbock, TX 79401

Call 806-775-1740 to register!

COURSE INCLUDES:

- COTTAGE FOOD LAW INFORMATION
- 2 YR. FOOD HANDLER'S CERTIFICATION
- 1 HOUR CEU FOR COTTAGE FOOD LAW



Extension programs of Texas A&M University System are open to all eligible individuals regardless of race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Extension Agents are Equal Opportunity Organizations.

**TEXAS A&M
AGRI LIFE
EXTENSION**

- **Texas Extension Education Association**

Agent Edwards serves as advisor to the Lubbock Lunch Bunch - Texas Extension Education Association. In January, this group with twelve members, met at 50th Street Caboose where members enjoyed lunch and a program on Family literacy. In February, members met at the home of Deanna Johnson for lunch and a program about Healthy Aging & Cognition. Scholarship applications were reviewed and judged to submit from Lubbock County for the Aubrey Russell and TEEA scholarships. Plans were finalized to host the District 2 Spring Conference in Abernathy on March 30th. The Spring Conference was a huge success with 38 attending. It was held at the Abernathy Senior Center, and Alby Peters, retired CEA, presented the program called “Apron Memories.”



- Agent Edwards also presented a program over Emergency Preparedness for home day care providers in Lubbock at their monthly meeting in March. Fourteen providers were in attendance.
- The Feb/Mar 2023 bi-monthly FCH newsletter called “Cory’s Corner” was created and distributed to 238 via email and 28 via mail at the beginning of February. The newsletter covered the following topics: American Heart Month, Heart Healthy Lifestyles, Brown vs. White Sugar, and Sun Safety.
- Agent Ashlyn Aljoe held a nutrition class at Wester Elementary School for parents whose children attended school there. The class was held on March 21st, 8 adults and 5 kids attended the class. A lesson was taught over healthy snacks and incorporating all 5 food groups. There was also a hands-on aspect in which everyone, adults and youth, were able to make their own yogurt parfaits.

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 January, Agent Bozeman taught this series at Shallowater Intermediate. There were 85 participants.

- **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 with Foster Grandparents at Texas Health and Human Services. Agent Bozeman had 22 participants, 20 graduates, 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.

- **Growing and Nourishing Healthy Communities**

The Growing and Nourishing Healthy Communities Garden Course, which is funded, in part, by the Supplemental Nutrition Assistance Program (SNAP), helps increase the availability of fresh produce through teaching participants how to grow fruits and vegetables in community and backyard gardens. The gardening series includes topics such as how to select the right garden location, planting and watering techniques, controlling insects, and composting. By incorporating cooking demonstrations using the produce grown, participants learn how to prepare the produce they harvest.

Agent Bozeman started this program in February with Lubbock Senior Center, Mae Simmons Senior Center, Maggie Trejo Senior Center, and Copper Rawlings Center. There were 75 participants that started this program.

- **Learn, Grow, Eat, Go**

Learn, Grow, Eat & GO! (LGEG) is the research and evidenced-based curriculum project of the Junior Master Gardener® Program that combines academic achievement, gardening, nutrient-dense food experiences, physical activity, and school and family engagement. Created by teachers, this a linear set of hands-on, proven lessons, will help students will better understand plants and how plants provide for people's needs. The 10-week (2 lessons/week) unit of study will step your class through process of establishing a thriving garden that is easy to create and maintain. The easy-to-follow curriculum features opportunities for fresh vegetable tasting/evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance.

Agent Bozeman started this program in partnership with New Deal Afterschool Centers for Education (ACE) and Shallowater Afterschool Centers for Education (ACE). Agent Bozeman had 140 participants start this program.

Other

National Volunteer Week

April 16-22, 2023

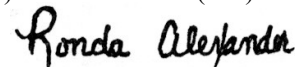
Ronda Alexander, County Extension Agent-4-H and Youth Development
Cory Edwards, County Extension Agent-Family and Community Health
Ashlyn Aljoe, Asst. Extension Agent-Family and Community Health
Robert Scott, County Extension Agent-Ag and Natural Resources
Brant Baugh, County Extension Agent-Ag and Natural 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 2022, approximately 673 volunteers contributed 13,294 volunteer hours to Lubbock County. The value of this service is \$29.95/hour resulting in \$398,155.30 given back to the residents of Lubbock County. Thanks for all that you do to help the citizens of Lubbock County.

NEWSLETTER OPT-OUT

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Christina Reid, CEA-Horticulture
Amber Bozeman, EA-BLT
Open, CEA-UYD

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