

# 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.**

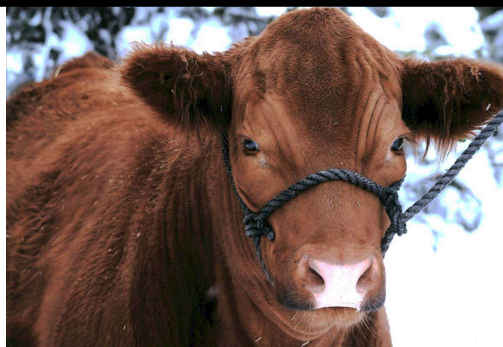
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Laiken Beerwinkle, Sr. 10<sup>th</sup> Animals-Domestic

### Agriculture and Natural Resources

Brant Baugh, County Extension Agent - Ag and Natural Resources  
Robert Scott, County Extension Agent - Ag and Natural Resources

- In November, Agent Baugh was placed on the Extension Cotton Specialist Hiring Committee. Ken Lege was hired as the new Cotton Specialist. In addition, Agent Baugh was placed on the Extension Plant Pathologist Hiring Committee. Six individuals were interviewed. Agent Baugh helped ratify the election for the Sorghum Board, harvested three cotton trials and collected the data.
- On December 21<sup>st</sup>, Agents Baugh and Scott gave five hours of 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.

### Horticulture

Christina Reid, County Extension Agent - Horticulture

- **Smith Sprouts**  
This after-school gardening club program reached 40 youth. Smith Sprouts offers a variety of hands-on learning activities to engage students in environmental stewardship, horticulture, and nutrition.

### 4-H and Youth Development

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

- **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: Aaron Chaloupka; Horse Ambassador; Lana Brickey and Madison Chaloupka; and Water Ambassador: Tatum Westbrook.

- **4-H Consumer Decision-Making**

This fall 30 4-H'ers were able to develop the consumer and public speaking skills through their participation in the 4-H Consumer Decision-Making Project. 4-H'ers learned about the following items: earbuds/headphones, exercise equipment, tents, tooth brushes, and tablets. They then placed 4 items in each class according to a designated scenario. They also had to place one mystery class which was wallets. The District Competition was held on December 2<sup>nd</sup> and 4<sup>th</sup> in Lubbock. Lubbock County 4-H'ers did great at the contest with the following results. The Lubbock 2 Intermediate team placed 1<sup>st</sup> with team members: Henley Hoelscher, Brix Edwards, Cael Gary and Mason Chaloupka; the Lubbock 1 Intermediate Team was 2<sup>nd</sup> with team members Mason Walker, Rylan Messer, Jaxon Sullivan and Kasyn Doss; also participating was Leo Arenas. In the Junior Division the Lubbock 2 Team consisting of Kennedy Price, Marlowe Barnes and Hayden Hoelscher placed 2<sup>nd</sup>; and the Lubbock 1 Team consisting of Klara Smith, Andre Shaw and Konrad Smith placed 4<sup>th</sup>. In the Sr. Division the Lubbock 1 Team consisting of Aideen Chaloupka, Kyndra Messer, Jenny Sullivan and Kinlee Rathmann placed 2<sup>nd</sup>; and the Lubbock 2 Team consisting of Jayton Ayers, Aaron Chaloupka, Brynlee Edwards and Holt Hoelscher placed 4<sup>th</sup>. Also competing was Abigail Follis.

- **4-H Community Service Project**

In December, our Lubbock County 4-H'ers were busy with community service projects. These activities included: Ringing the Bell for the Salvation Army Red Kettle Campaign, decorating and coloring sacks for the Meals on Wheels weekend meal distribution, wrapping presents for the Lubbock State Supported Living School, assisting with the Bayer Ag Museum Childrens Christmas on the Farm and putting together

weekend bags for Meals on Wheels, Stuffing mailers for Meals on Wheels. Several clubs also individually adopted families from their communities and were able to provide them with meals and presents for the Christmas holidays.

- **4-H Rabbit Show**

Our Lubbock County 4-H Rabbit Club has gotten busy providing opportunities for area 4-H'ers to expand their rabbit projects by having Rabbit competitions. Our Lubbock club hosted a show on October 28 at the Texas Tech Arena, a show on January 1 in Abernathy; and they have another show planned for February 10 at the Tech Arena. The shows not only include exhibiting their rabbits for competition, but also a rabbit poster contest, judging competition and a rabbit costume contest. Everyone is welcome to attend their next show in February to support these 4-H'ers and see all of the opportunities available to them.

- **National 4-H Horse Quiz Bowl Competition**

On January 4<sup>th</sup> the Lubbock County 4-H Horse Quiz Bowl team consisting of Madison Chaloupka, Lana Brickey, Lauren Evans and Cooper Campbell competed at the Western National Horse Quiz Bowl Contest in Denver. The team placed 6<sup>th</sup> with team members Cooper Campbell placing 7<sup>th</sup> overall and Lana Brickey placing 10<sup>th</sup> overall. The team was sponsored by Capital Farm Credit, South Plains Electric Cooperative, District 2 4-H EXCELL, and Lubbock County 4-H. Texas Tech graduate student Jaci Brown served as their coach for the competition.



## Family and Community Health

Cory Edwards, County Extension Agent-Family & Community Health

### ● Walk Across Texas

Walk Across Texas! Lubbock County kicked off on September 25, 2023 with 16 WAT! Adult teams (103) participants and 1 WAT! Youth team (8 participants). BLT teams also competed in our county-wide challenge (16) but will be reported separately. Teams of up to 8 logged their miles of physical activity on the Howdy Health web site 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 every Monday during the challenge. It wrapped up on November 20, 2023 with a total of 23,121.53 miles logged in 8 weeks. The goal of this program is for participants to make daily physical activity a life-long habit.

### ● Cooking in the Kitchen

Agent Edwards offered 3 hands-on cooking classes to Lubbock County 4-Hers during the month of October. The first class included making salsa and learning about knife and food safety. The second class included making muffins and learning proper measuring techniques. In the third class, 4-H'ers learned how to make several different types of garnishes. Teen and adult leaders assisted Agent Edwards in teaching. A total of 67 youth attended the 3 classes.

### ● TEEA Lubbock Lunch Bunch

The October meeting of the TEEA Lubbock Lunch Bunch was held at Perks restaurant inside Library of Legacies in Idalou. Six members were present for lunch followed by a tour at Idalou Harvest. Three members of the Lubbock Lunch Bunch attended the TEEA Officer Training held at the Goodwill Industries Career and Resource Center on November 30th. Attendees received training on the upcoming programs for the year, made plans for the Spring Conference, and participated in a business meeting. The November meeting of the TEEA Lubbock Lunch Bunch was hosted by newly elected president, Lora Shank, in her home. Ten members were present for lunch followed by a business meeting where plans were finalized for who was to attend the District Fall training. The December meeting was held at the Honeycomb Pie Shoppe. Members made

donations to Family Promise of Lubbock. Five members were present.

### ● Food Challenge

Agent Edwards coordinated teams, coached a team, recruited and trained volunteer team coaches, planned and executed a County 4-H Food Challenge Contest, and coordinated teams to participate in the District 2 4-H Food Challenge Contest. Agent Edwards' team of 3 practiced a total of six times. Lubbock County had 19 teams and 95 4-H youth participating in both the county and district contest.

### ● Nutrition Lessons for SPAG

Agent Edwards trained 22 senior center directors and bookkeepers from the South Plains Association of Governments: Area Agency on Aging to teach 3 different nutrition lessons to his/her congregation. The lesson topics included: Creating a Safe Holiday Meal, Colors for Nutrition, and Dollar Store Shopping Tips.

### ● LGEG at the GRUB Farm

In partnership with BLT Extension Agent Amber Bozeman and CEA-Horticulture Christina Reid, Learn, Grow, Eat, & GO! was conducted with a county homeschool group at the South Plains Food Bank GRUB Farm. Thirty-two students rotated through 3 stations every week on Tuesdays. Agent Edwards taught the "cooking" station where we prepared healthy recipes with fruits and vegetables grown in the garden.

### ● Speaker for TTU Seminar Class

Agent Edwards spoke to Dr. Naima Mousstaid-Moussa's REEU grant seminar class of 6 on November 3, 2023 about AgriLife Extension, Family & Community Health as well as the opportunities available through the grant in partnership with AgriLife Extension.

### ● Certified Food Managers

Agent Edwards assisted Agent Snowden, Floyd CEA-FCH in teaching the Certified Food Managers course to 3 participants in need of the certification. Class dates were November 13-14, 2023 in Floydada. Certified Food Manager courses in Lubbock County are planned for January, February, and March 2024.

### ● Maintain No Gain

Maintain No Gain kicked off on November 17, 2023. 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! Fifteen participants signed up and paid the \$20 registration fee. At each weekly weigh-in, participants tried a healthy recipe sample, weighed, picked up educational materials, talked one-on-one with Agent Edwards, and received healthy recipes to add to his/her notebook. Agent Edwards also checked each participant's fruit/vegetable log and physical activity log weekly. Each participant could potentially earn up to 3 door prize tickets weekly. The program concluded on January 5, 2024 with 12 members actively participating and 10 completing pre and post-surveys. Survey data results will be available soon.

- **Livestock Quiz Bowl**

Agent Edwards coached 3 4-H Livestock Quiz Bowl teams (2 senior, 1 intermediate) with 12 members to prepare them for the district contest in December. A total of 6 practices were held with 4-H'ers answering questions related to livestock (sheep, goats, swine, and beef) after studying the resources. At the district contest, the Lubbock County Senior Team 1 was the Champion team and Team 2 was 3<sup>rd</sup> overall. Both senior teams will advance to the state contest at Texas 4-H Roundup in June. The intermediate team placed 4<sup>th</sup> overall

### Better Living for Texans

Amber Bozeman, Extension Agent - BLT

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

*Learn, Grow, Eat & GO!* (LGEG) is the research & evidence-based curriculum project of the Junior Master Gardener® Program that combines academic achievement, gardening, nutrient-dense food experiences, physical activity, & school & 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 the 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 has started this program in partnership with New Deal Afterschool Centers for Education(ACE), Shallowater Afterschool Centers for Education(ACE), Carmona Harrison Elementary, and South Plains Food Bank Grub farm. Agent Bozeman

has had 453 participants start this program, and 399 graduates.

- **Cultivate, Cook, and Create**

This is a 10-week gardening and nutrition series that was ongoing through August 9<sup>th</sup>. This series uses the Learn, Grow, Eat, Go curriculum. This series is used to motivate youth through cooking, gardening, and nutrition to have a better understanding of and appreciation for nutrient dense foods. Along with other agents, Cory Edwards, Christina Reid, and Amber have had the opportunity to deliver this program to 50 youth at the South Plains Food Bank Grub Farm. Additionally, this program was repeated with the Lubbock Homeschool Nature Club this fall with 35 youth.

- **Color Me Healthy**

Color Me Healthy was an eight session program exploring and introducing fruits and vegetables to Preschoolers throughout Lubbock County. Through partnership with Lubbock Independent School District AgriStem at Carmona Harrison Elementary, New Deal Independent School District, Roosevelt Independent School District, and Idalou Independent School District, Agent Bozeman was able to share this curriculum and fresh fruits and vegetables with approximately 230 student participants.

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