

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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In This Issue:

Agriculture and Natural Resources
 Vector Management
 Prospective Grape Growers Workshop
 Podcast
 Result Demonstrations
 Arboretum Second Saturday
 Horticulture
 Cultivate, Cook and Create
 Smith Sprouts
 Lubbock Master Gardener Association
 4-H & Youth Development
 4-H Enrollment Time
 4-H Clover Day Camp
 4-H Food, Fun and Fashion Workshop
 State 4-H Roundup
 Summertime 4-H Camps
 District 4-H Council Officer
 4-H Recordbook Results
 4-H Veterinary Science Day Camp
 Urban Youth Development
 Families Reading Every Day
 Ag in the Bag
 Ag Storytime
 Growing Urban Business Recruits Leadership Academy
 Family and Consumer Sciences
 USDA REEU Nutrition BEST Grant
 Preserving Your Harvest
 State 4-H Contests
 Texas 4-H Congress
 SPAG Directors Meeting Nutrition Education
 Cultivate, Cook, & Create
 Bingocize
 Car Seat Checkup Event
 Certified Food Managers
 Better Living for Texans
 A Fresh Start to a Healthier You!
 Get a Taste for Reducing Food Waste
 Back 2 School Bash

Agriculture and Natural Resources

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

• Vector Management

On May 6th a Vector Management Workshop was held to educate municipalities and homeowners on how to control and monitor mosquitos. Attendees learned about Mosquito Identification Biology, Ecology & Biology of Vectors in Texas Vectors & Vector Borne Diseases, Integrated Mosquito Management, Calibrations & Calculations. Sonja L. Swiger, PhD, Texas A&M AgriLife Extension, was the guest speaker.

• Prospective Grape Growers Workshop

On June 8th a Prospective Grape Growers Workshop was held for producers who were thinking about starting a vineyard or for those who have a vineyard established and new to the industry. On the agenda: Texas wine industry overview, site selection and testing, vineyard establishment, disease and pest management and vineyard economics. Participants were also able to take a guided tour of the center's vineyard led by O'Brien and Hillin.

• Podcasts

Agent Baugh conducted three podcasts this summer with:

- Megan Singletary is a PHD student under Peter Dotray, she is doing research on weed control without dicamba, glyphosate and gluphosinate. Her data is exciting and very interesting.
- Ken Lege on the use of plant growth regulators in cotton.
- Ken Lege about irrigation termination in cotton.



Brooks Bozeman, Intern Animals-Domestic, Wildcat 4-H

- **Result Demonstrations**

Agent Baugh set up three result demonstrations in Lubbock.

- Planting the cotton RACE trial with the Vardemon's on medium nematode infestation land. The results of this trial will favor the nematode resistant varieties. A plant population study on this farm was added, but the heat in August evened everything out.

- **Presentation to Arboretum Second Saturday**

Agent Baugh gave a presentation at the Arboretum Second Saturday in August on fertilizer, herbicides, and insecticides that are commonly used in Lubbock landscapes and how to properly place these products in the landscape.

Horticulture

Christina Reid,, County Extension Agent - Horticulture

- Agents Reid, Edwards, Walser, and Bozeman, presented Cultivate, Cook, and Create, a gardening and nutrition series, to 48 middle and high school students at the South Plains Food Bank GRUB Farm this weekly summer.

- **Smith Sprouts**

Agent Reid finished Smith Sprouts, an after-school gardening club program at Preston Smith Elementary at the end of the '23-'24 school year. Forty students participated twice a month in a variety of outdoor hands-on learning activities.

- **Lubbock Master Gardener Association**

- The Lubbock Master Gardener Association held the 2024 Intern Class Program, a 10-week hybrid online and in-person style, for 14 participants for a total of 50 hours of education and training.
- The Lubbock Master Gardener Association completed the second phase of the open to the public Demonstration Garden: Stormwater Runoff Project. The Demonstration Garden is located at the Lubbock Memorial Arboretum (4111 University) and is used as an outdoor classroom and allows the public access to gather ideas.
- The Lubbock Master Gardener Association hosted a program of 400 5th grade Frenship ISD students during their AG Day.

4-H and Youth Development

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

- **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>) Enrollment will begin 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) have a \$10 enrollment fee and must still 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. 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
- Shallowater 4-H Club
- Slaton 4-H Club
- Wildcat 4-H Club (Idalou)
- Southside 4-H Club
- Rabbit 4-H Club
- Caprock 4-H Club

You will not be able to change your club, but you can add a second club; last year only the Extension Office was able to go back in and change your club membership.

- **4-H Clover Day Camp**

In July, Lubbock County 4-H Clovers were able to participate in the annual 4-H Clover Day Camp. Three Clover Kids (youth in grades K-2nd) participated in various workshops conducted by nine Senior 4-H'ers. Activities included: learning various line dances, making fruit smoothies with the Blender Bicycle, learning about hand-washing, and making healthy

snacks. Craft activities that they constructed to be entered in the South Plains Fair included: bracelets, Grinch Christmas decorations, woven potholders and leathercraft.



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

This year we were able to continue one of our favorite summer activities - the annual 4-H Food, Fun and Fashion Workshop. Twelve 4-H'ers participated in our annual day of activities. 4-H'ers were able to learn about proper hand-washing, making smoothies with the "Blender Bicycle" and making lunch which included mac and cheese, chicken quesadillas and homemade chips and salsa. Our afternoon activities also involved preparing entries for the South Plains Fair youth division. 4-H'ers were involved with making stamped leather car hangers, bracelets and tin can wind chimes. 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 36 4-H'ers, 14 volunteers and 4 county extension agents attending, with youth competing in different 4-H Contests. Two 4-H'ers were also recognized with Texas 4-H Foundation Scholarships: Aaron Chaloupka received \$20,000.00 Houston Livestock Show Scholarship and Tyler Racca received a \$10,000 Texas Farm Bureau Scholarship. Contests they were competing in included: Horse Judging, Horse Quiz Bowl, Livestock Judging, Duds to Dazzle, Fashion Show, Meat Judging, Educational Presentations, Public Speaking, Livestock Quiz Bowl, Food Show, 4-H Has Talent, Consumer Decision-Making and Family and Community Health Quiz Bowl. Madison Chaloupka also served as Delegate-At-Large on the State 4-H Council.

- **Summertime 4-H Camps**

4-H offers a variety of summer camps for youth to participate in. This year for the second time, District 4-H Leadership Lab was held at Ceta Canyon. Thirty-nine Junior and Intermediate campers and ten 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. Eight Senior 4-H members also attended District 4-H Power Camp in Canyon.

- **District 4-H Council Officer**

Congratulations to Lubbock County 4-H'ers Kyndra Messer and Jayton Ayers for being elected to serve on the District 2 4-H Council. Brynlee Edwards was also elected as the District 2 Council Vice-President and will also serve on the State 4-H Council.

- **4-H Recordbook Results**

This year, 43 4-H'ers were involved in submitting recordbooks for County, District and State Judging, as Junior, Intermediate and Senior participants. Thirty-five recordbooks competed at District Judging and 9 recordbooks advanced to State Judging. Jenny Sullivan's Health Recordbook placed 1st at State Qualifying her to attend the Texas 4-H Leadership Conference in Washington, D.C.

- **4-H Veterinary Science Day Camp**

This summer we had the 4th annual 4-H Veterinary Science Day Camp. Our first session was dissecting fetal pigs and making dog treats and dog toys. For our second day, we were able to participate in hands-on activities and tour the De Sautel Rabbitry in Lamb County. Twenty-two youth were able to participate in this year's outstanding experience!



Urban Youth Development

Amber Bozeman, Extension Agent - UYD

- **Families Reading Every Day**

Families Reading Every Day, or “FRED,” is a dynamic 4-week program delivered by CEA-Amber Bozeman at Idalou Elementary, engaging 412 students and their families. FRED, a free initiative, is designed to foster family bonding and enhance literacy by encouraging daily shared reading.



Participants log their reading time and the number of books read together, aiming for 15 minutes a day in the first two weeks and 30 minutes a day in the following weeks. Idalou Elementary had 59 families participate, reading 11,751 minutes, and 1278 books. The program also provided over 500 free books. This program is open to adults with children of all ages, highlighting the simple yet impactful commitment to reading together to build stronger connections and promote literacy. This program will expand to all four Lubbock libraries and Slaton ISD this fall.

- **“AG in the Bag - Garden”**

“AG in the Bag - Garden” is an engaging curriculum packet designed for prekindergarten and kindergarten students to introduce them to plants and gardening through interactive lessons and hands-on activities. This comprehensive package includes four thoughtfully crafted lessons: “A Seed House,” where children explore different seed types and characteristics; “Baby Seed Necklace,” a creative project for making seed necklaces and reinforcing seed knowledge; “Garden in a Glove,” where students plant seeds in a glove to observe growth; and “What Plants Need,” which covers the essential needs for plant thriving. Additionally, the curriculum features a classroom container garden, allowing students to apply their learning and observe plant growth firsthand. Agent Bozeman delivered this program to 258 students across 18 classrooms at Idalou Elementary and Carmona Harrison Elementary, fostering a deeper connection to nature and gardening science.



- **Ag Storytime**

Agent Bozeman conducted an engaging Ag Storytime at Godeke, Mahon, Groves, and Patterson libraries, captivating 99 participants with a unique blend of storytelling and hand-on learning. The session featured the delightful book “Dairy Godmother,” which explores the world of dairy and its role in making ice cream in a bag. This interactive component allowed children to apply scientific principles in a fun and memorable way, while also learning about the agricultural origins of their favorite treat. Agent Bozeman plans to expand this program monthly with different books and STEM activities.

- **Growing Urban Business Recruits Leadership Academy**

County Extension Agent, Amber Bozeman, facilitated the GRUB-Growing Urban Business Recruits Leadership Academy, using TED Talks to enrich the leadership development of 23 youth participants. This innovative program focused on cultivating the concept of “Everyday Leaders,” emphasizing that leadership can be practiced in everyday situations. Through carefully selected TED Talks, participants engaged in meaningful discussions and activities designed to inspire and empower them to recognize and develop their leadership potential in various aspects of their lives. This approach provided practical insights and encouraged the young leaders to embrace their roles and make a positive impact in their communities. This is an ongoing program that meets monthly at South Plains Food bank Grub Farm through the 2024-2025 year.



Family and Consumer Sciences

Cory Edwards, County Extension Agent-Family & Community Health

- **USDA REEU Nutrition BEST Grant**

For the 4th year, Agent Edwards has been working with professors at Texas Tech University to host summer interns in the Lubbock AgriLife Extension office through the USDA REEU Nutrition BEST grant. Brenna Estrada was hired for the summer of 2024. Agent Edwards coordinated efforts with Agent Reid and Agent Bozeman to provide oversight to Brenna.

- **Preserving Your Harvest**

Agent Edwards presented a program at both the South Plains Food Bank and the Mo's Downtown Farmers Market to a total of 22 participants over food preservation. The program included information on the basics of food preservation, food safety concerns, freezing, canning, and drying.

- **State 4-H Contests**

Agent Edwards coordinated 6 practices for the 4-person Lubbock County 4-H wool judging team with members of the Texas Tech University Wool Judging team in order to prepare for the state competition at Texas 4-H Roundup in June 2024. Agent Edwards conducted 4 practices with the 2 state-qualifying 4-H livestock quiz bowl teams (8 youth) at the Lubbock County Extension Office in May in order to prepare them for the state competition during Texas 4-H Roundup in June 2024.

- **Texas 4-H Congress**

Agent Edwards along with Agent Albus from Lamb County transported and chaperoned 21 4-H youth from District 2 at Texas 4-H Congress in Austin. Texas 4-H Congress is a four-day mock legislative experience for 4-H members in grades 9th to 12th. During this time, 4-H members assume the roles of legislators, lobbyists, and press corps to gain a first-hand understanding of how the legislative process works.

- **SPAG Directors Meeting Nutrition Education**

In July 2024, Agent Edwards trained 35 senior center directors and bookkeepers from the South Plains Association Governments: Area Agency on Aging to teach 3 different nutrition lessons to his/her congregate. The lesson topics included: Fuel Up for Summer, Let's Talk About Gut Health, and Marvels of Metabolism.

- **Cultivate, Cook, & Create**

Agent Edwards taught the kitchen portion of Cultivate, Cook & Create using the LGEG recipes to 34 South Plains Food Bank GRUB Farm youth. The purpose of the kitchen session is to teach youth how to make healthy recipes with the fruits and vegetables that they are learning to grow in the garden. Youth rotate through 3 sessions in the classroom, kitchen and garden each Wednesday during the summer.

- **Bingocize**

In August, Lubbock FCH CEA Cory Edwards kicked off the 10-week Bingocize series with members of the walking club at the Lubbock Dream Center. Bingocize® is a 10-week, evidence-based health

promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. Twenty-four participants play twice a week and each session usually lasts 45-60 minutes. The program will conclude in October 2024.

- **Car Seat Checkup Event**

The event was a great partnership between AgriLife Extension Lubbock County, TxDOT, Patterson Branch Library, DSHS, TMPA LELs, UMC Health Systems, COVHS, TTUHSC, MCH, Wellpoint, MCG, SPCAA and the AgriLife Extension Passenger Safety & KidSafe Initiatives. The education to Lubbock families on the importance of properly securing their kiddos in car seats and booster seats so that they are safe on the road, every trip!

Here is some interesting information from the event:

- 17 Inspections Conducted
- 5 of these inspections were with 0- 3 year olds; 12 were 4-8+ year olds
- 2 children arrived completely unrestrained
- 6 children arrived inappropriately in the seat belt only
- 10 New CSS were distributed to children in need
- 100% CSS Misuse was Observed

The proper use of child safety seats reduces the risk of injury and death, leading to reduced medical costs, avoidance of lost future earnings, and improved quality of life. These economic benefits are an estimated \$3,051 per child age 0 to 3 and \$3,447 per child age 4 to 7 for new seats distributed, and \$812 per child for seat misuse corrected with an assumed 75% continued use. Based on this formula, the total economic impact for the 17 inspections at the event on August 15, 2024 is \$29,242!

- **Certified Food Managers**

A two-day food manager certification training course was held on August 19-20, 2024 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. Seven participants attended the training which was co-taught by Agent Edwards, Agent Hanson, Agent Lostroh, Agent Snowden and Agent Lowe.



Better Living for Texans

Brooke Walser, Extension Agent-Better Living for Texans

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

A Fresh Start to a Healthier You! Is sponsored by The Texas Health and Human Services Commission, the USDA Supplemental Nutrition Assistance Program (SNAP), and Food and Nutrition Services. This program teaches about how to provide safe, healthy, and economical meals for their families and themselves. A few of the topics include how to make delicious snacks with fruits and vegetables, how to keep food safe from bacteria, stretching your food dollar, and how to create a weekly meal plan. This program is being taught at Lubbock Adult Activity Center, Mae Simmons Senior Center, Copper Rawlings Senior Center, and Maggie Trejo Senior Center. These series will all end in December and currently there are 73 participating.

● **Get a Taste for Reducing Food Waste**

Get a Taste for Reducing Food Waste is a new program using practical ideas and information to help people reduce the amount of food that goes to waste in the home. Participants gain confidence in knowing when to keep food and when it needs to be thrown away, learn practical cooking and shopping tips, creative ways to use leftovers, and strategies for reducing food waste in the home like building a compost pile. Agent Walser is currently doing this program with 22 participants at Foster Grandparents.

● **Back 2 School Bash**

Agent Walser, Bozeman, and a Texas Tech intern hosted a booth at City of Lubbock’s Back 2 School Bash on August 3rd. They passed out information about Better Living for Texans (BLT) programming, 4-H, and general information about Texas A&M AgriLife Extension Service. They also had a spin-the-wheel game to win fun educational reinforcement items like aprons, measuring cups, and jump ropes. There were over 5,000 in attendance.



● **Cultivate, Cook, and Create**

This program uses the curriculum from “Learn, Grow, Eat and Go!” where students learn about nutrition, gardening, and cooking. Agent Bozeman, Edwards, Reid, Walser, and a Texas Tech intern collaborated to make this an exciting summer camp at the South Plains Food Bank Grub Farm. There were 48 youth who attended camp each Wednesday starting in June through August.



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