

## EXTENSION

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Educational programs for the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

### Agriculture & Natural Resources

- **Commercial Turf and Ornamental Workshop:** CEA Reid conducted the annual Commercial Turf and Ornamental CEU Workshop on February 20 for area Irrigators and Landscape Professionals with 70 adults attending.
- **Lubbock County Livestock Show:** The Lubbock County Livestock Show was held in January with over 500 4-H and FFA youth exhibiting over 800 steers, sheep and swine. Agent Scott works with the Lubbock County Livestock Showboard to plan and conduct the annual event. Throughout the Fall and Spring, 4-H'ers are involved in showing Beef, Swine, Sheep, Goats, Heifers, Horses, and Rabbit.
- **Regional CEU Training:** Agent Scott conducted the Regional CEU Training on December 17, to provide 36 private applicators with 7 hours of CEU credits.

### Family & Community Health

- **Lubbock TEEA Lunch Bunch:** CEA Edwards serves as the Agent Advisor to the Lubbock Lunch Bunch Texas Extension Education Association (TEEA) group. Members have met monthly for December, January and February with 5 members participating. Meetings included program planning for the upcoming District Conference, review of youth applicants for the TEEA and Awbrey Russell Scholarships, election of a District Treasurer, and a member-led program on the importance of staying physically active.
- **Healthy School Recognized Campus Programming:** Agents Bozeman, Edwards and Reid have worked together to conduct the following activities at Smith Elementary and Idalou Elementary Schools.
- **School Nutrition Education:** Through the Smith Sprouts, Learn, Grow, Eat and GO! (LGEG) Smith Elementary afterschool program, 40 youth participants have learned to prepare healthy recipes using vegetables grown in their school garden each month.
- **Walk Across Texas Fall Challenge Celebration (WAT):** A celebration event for the WAT Fall Challenge concluded with a "Jingle Jog" for 476 student participants and teachers at Smith Elementary School. Each student received a certificate and the winning class won the "Golden Shoe" Traveling Trophy for logging in over 17,000 miles in 8 weeks.
- **WAT! Teacher Training:** Agents trained 56 Idalou Elementary Staff to implement the Walk Across Texas program for youth and adult participants.
- **Walk Across Texas! - Idalou ISD:** 450 students and 56 staff members participated in the 8-week physical activity challenge involving 22 youth teams and 8 adult teams. Agents launched the program with cardio drumming sessions and weekly health challenges to encourage lifelong physical activity.
- **Mid-Challenge Fitness Event:** Agents partnered with Idalou Elementary PE Staff to lead a Roll-the-Dice workout for 450 students, reinforcing physical activity and providing classroom leaderboard updates.

### 4-H & Youth Development

- **Lubbock County 4-H Clubs:** Lubbock County has 10 4-H clubs with adults volunteers who serve as 4-H Club Managers to plan and conduct the monthly 4-H club meetings to develop leadership skills, conduct service projects and develop life-skills through hands-on participation. Agent Edwards serves as a Club Manager for the Wildcat 4-H Club. In December they applied for and received a \$1,000 grant to support their community effort of providing gifts for 16 residents at the Library of Legacies assisted living community home for seniors and 16 Idalou Meals on Wheels recipients. Other 4-H Clubs in Lubbock County include: Frenship, Shallowater, Rabbit, Caprock, Slaton, Trinity Lions, 3P Rifle, Southside, and Hub City. Each group engages in a variety of community service projects throughout the year such as: visiting nursing homes with bunnies, donating winter clothing to Grace Campus, preparing meals at the Ronald McDonald House, packing Food 2 Kids Snack Packs, cleaning up local parks, community pet vaccination/dip clinics and donating snacks to UMC Cancer patients.
- **Mind Right—Drive Right:** The Lubbock County 4-H Youth and Adult Advisory Board was involved in educating young drivers through the "When Sean Speaks" program presentation at Texas Tech University and for 65 high school students at Christ the King Cathedral Diocesan School. High school students participated in rotating sessions on: Distracted Driving Quiz Bowl with Agent Alexander, Distracted Driving Simulator conducted by Eddie Jimenez/Watch UR BAC presenter, Virtual Reality Goggles Simulation with Agents Bozeman and Edwards, a Field Sobriety Test conducted by DPS Trooper Walker, and "When Sean Speaks" with Sean and Jenny Carter.
- **Lubbock County 4-H Projects:** In the Fall, Lubbock County 4-H'ers competed in the following 4-H projects: Consumer Decision-Making, Food and Nutrition (Food Show, Food & Nutrition Quiz Bowl, & Food Challenge); and Quiz Bowls (Livestock and Horse). For this Spring, we are getting ready for Judging Teams (Livestock, Horse, and Meats), Entomology ID, Public Speaking, Fashion & Interior Design (Fashion Show, Fashion Storyboard and Duds to Dazzle), STEM (Rocketry, Robotics and Photography), and Shooting Sports (3P Precision Rifle, Air Rifle, Archery and Shotgun).