

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

- Christina Reid, CEA-Horticulture presented the International Society of Arboriculture Certified Arborist Prep Course to 23 local tree care industry professionals. This program is designed to help participants grow their knowledge in tree care, worker safety, and improve their chances of passing the ISA Certified Arborist licensing exam. The pre-test score average was 46.8/100 and the post-test score average was 75.6/100. That is almost a 30 point improvement; with the continuation of these types of programs, Agent Reid hopes to raise the overall level of the tree care industry in our region.
- The Lubbock Master Gardener Association hosted an information booth and presented 6 educational seminars during the West Texas Home Builders Association Home & Garden Show. Approximately 1,700 people visited the information booth and 95 people attended the educational seminars conducted through the weekend event.
- Brant Baugh, CEA-AG has conducted Private Applicator trainings for January, February and March; met with Meers Pest Solutions to plan the Stored Grain Elevator Workshop and gave a presentation on common turf and ornamental insect pests.

Family & Community Health

- In January, Cory Edwards, CEA-FCH began the “Step Up & Scale Down” 12-week series for eight Lubbock County employees. The series is conducted between in-person and virtual classes with weekly weigh-ins, recipe demonstrations and a 20-30 minute lesson, group discussions and a weekly challenge; it will conclude in April.
- Agent Edwards and Ashlyn Aljoe, Assistant EA-FCH partnered with Lubbock County Human Resources and Wellness Today to implement “Maintain No Gain” for Lubbock County employees during the holiday season. The 6-week series provided 30 employees with motivational tools, educational materials, healthy recipes, fitness tips and recipe samples; they were also eligible for weekly and a grand prize drawing. Overall, 60.9% of the participants lost weight while 13% maintained his or her weight over the holidays.
- In January, CEA Edwards presented a 3-part nutrition lesson for the South Plains Association of Governments Area Agency on Aging at their quarterly zoom meeting. ACEA Aljoe created educational materials including the following topics: Home Safety Tips for Older Adults, Walking for Older Adults, and What Can I Do If I Am Having Trouble Eating Healthy? These presentations will be shared by Lubbock County Senior Center Directors with their clients in their centers each month.
- CEA Edwards collaborated with Lamb and Hale Counties to conduct two Certified Food Manager Trainings in February and March. This program prepared 15 food service managers to pass the certification exam (required for food establishments by Texas Department of State Health Services) and provided valuable education regarding the safe handling of food.

4-H & Youth Development

- In January, 24 Lubbock County 4-H’ers participated in County and District 4-H Roundup, exhibiting their Public Speaking skills through prepared speeches and educational presentations; 12 of the senior 4-H’ers also qualified to compete at State 4-H Roundup in June.
- Two Lubbock County Healthy Texas Youth Ambassadors presented the “Mindful Self” youth mental health awareness pilot program to approximately forty 6th and 8th grade students at Christ the King Cathedral School in January and February. Ronda Alexander, CEA-4-H will be presenting the series to 7th grade students in March and April.
- Agents Aljoe, Edwards and Alexander conducted a “Chopped 4-H Food Challenge” session for O.L. Slaton Middle School Communities in Schools families in January. The program reached 26 participants, involved 8 4-H volunteers and 7 O.L. Slaton staff volunteers.