

## EXTENSION

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

### Agriculture & Natural Resources

- CEA Baugh hosted a Cotton Profitability Workshop in January at the District Extension Office for 32 participants.
- In January, CEA Baugh conducted 2 podcasts on the area cotton RACE trials and the row spacing and seed population trial results. He was also involved in collecting data and completing the Lubbock Agricultural Increment Report for USDA.
- The Hub of the Plains Crop Conference and the Lawn and Ornamental Workshop was held in February for area producers, coordinated by CEA Baugh.
- CEA Reid held the annual Commercial Turf and Ornamental Workshop on February 28.
- In March, CEA Baugh will have 3 podcasts scheduled on Farm Bill Decision Making Tools, Cotton Variety Selection and Cotton Fertility Recommendations. A District-wide Crops Training is also planned for the end of March.

### Family & Community Health

- CEA Walser presented completed “Walk N’ Talk” at Lubbock Dream Center in February. This was an 8-week series teaching participants about the importance of drinking water as well as doing physical activity every day. There were 21 graduates from the series.
- “Choose Healthy” is a four-session series for middle-school-aged youth that encourages making healthier choices from the MyPlate food groups, choosing healthy drinks, and being more physically active. CEA Walser implemented this series monthly at the YWCA ending in January with 19 graduates.
- A two-day food manager training course was held by Agent Edwards and area agents in Lubbock on January 14-15, 2025 to provide a certification for area food service managers.
- CEA’s Edwards, Bozeman, Walser and Reid met with partners from the South plains Food Bank GRUB Farm, Guadalupe/Parkway Community Centers, and the YWCA of Lubbock to make plans for the Summer 2025 Cultivate, Cook and Create Nutrition and Gardening Program. This will be the 5th summer for the collaboration.
- CEA Edwards conducted the “Maintain No Gain” program from November—January 6, for 6 participants. At weekly weigh-ins, participants got to try a healthy recipe, and pick-up educational materials and healthy recipes. The group achieved an average weight loss of 4.6 pounds overall; with 67% succeeding in maintaining/losing weight or limiting weight gain to no more than 2 pounds during the holiday season.
- CEA Edwards spoke to Dr. Naima Mousstaid-Moussa’s REEU grant seminar class in January about Texas AgriLife Extension and Family Community Health as well as the opportunities available through the grant in partnership with AgriLife Extension.
- CEA Edwards met with the TEEA Lubbock Lunch Bunch in December, January and February with members conducting their regular business meetings and having program presentations by members on “Reducing Your Risk for a Stroke” and “Getting Your Financial House in Order.” Members also donated toys to “Toys for Tots.”

### 4-H & Youth Development

- CEA Bozeman continued the monthly “Ag in a Bag” Storytime at four Lubbock Public Libraries. At each session a read aloud is shared and a STEM activity is conducted for participants. Presentations on pumpkins, corn, sheep and swine reached approximately 145 youth participants.
- CEA Bozeman presented monthly “Path to Plate” presentations to 214 students at Slaton ISD.
- CEA Edwards coached three 4-H Livestock Quiz Bowl Teams in December; two Senior and one Intermediate team competed at the District Contest held at Texas Tech University. Team placings were: Senior—3rd and 5th and Intermediate—8th.
- For February and March, Lubbock County 4-H’ers have been involved in various 4-H clothing project meetings which have included touring the new “Dillard’s Department Store,” and participating in clothing construction workshops conducted by CEA Alexander to make shorts and upcycled dresses. 4-H’ers are preparing for the County 4-H Fashion Show in March and the Duds to Dazzle Competition in April.
- January started off with a great 4-H STEM project series which included weekly meetings focusing on science, technology and math. In February they have organized into 3 teams preparing for the GEAR Robotics competition to be held in April. Approximately 12 junior and intermediate 4-H’ers have been involved in the team preparations. One Senior 4-H team has also been competing in Robotics competitions at the Major Livestock Shows.
- Lubbock County 4-H Shooting Sports disciplines are in full force with weekly practices being held for rifle, archery and shot-gun. Approximately 40-50 youth are participating in the weekly practices with Certified Shooting Sports coaches.