Texas A&M **EXTENSION**

Making a Difference in Lubbock County

March 2023

EXTENSION STAFF

Agriculture & Natural Resources

- The Smith Sprouts after-school gardening program at Smith Elementary continues meeting • twice a month, averaging 75 youth per meeting. Students are focused on opening their first green industry business venture with a student grown and operated plant sale in April.
- Agent Reid hosted the annual Commercial Turf and Ornamentals Workshop in February for • 55 regional landscape professionals and chemical applicators with 5 TDA CEU's.
- Olivia Moore has joined the Lubbock County Extension Office as our new Horticulture Extension Intern for the semester. She is a student as Texas Tech and is earning her degree in agricultural communications. Her position is funded by Texas A&M AgriLife Extension.
- Agent Reid coached the Destination Imagination Team of 7 2nd grade Smith Elementary • students that competed at the Regional Tournament in Levelland in February.
- The Lubbock Master Gardener Association in partnership with Agent Reid will be having a Demonstration Garden project at the Lubbock Arboretum to provide an outdoor classroom! In January, Agent Baugh was elected to the Lubbock Arboretum Board.
- Lubbock County Extension sponsored a TDA CEU meeting in December for 42 individuals. • In February, Agent Baugh gave a presentation on lawn and ornamental insect identification and control for one hour TDA CEU.
- The Lubbock County 2022 Agriculture Increment report was compiled by the AgriLife Office in January and submitted to the USDA.
- In February, Agent Baugh moderated the Southwest Cattlemen's Association Annual Meet-• ing with approximately 54 people in attendance.

Family & Community Health

- "Maintain No Gain" is a weight management program to encourage everyone to gain no • more than two pounds during the holiday season; 20 participants signed up for the 2022 challenge led by Agent's Edwards and Aljoe. Weekly come-and-go weigh-ins were held to encourage good eating habits and physical activity during the holiday season. "Step Up, Scale Down" kicked off in January; 4 participants signed up for the 12-week course to teach participants ways to form healthy habits, improve nutrition and increase physical activity to reach the goal of a healthy weight through weekly classes.
- Agent Bozeman taught the "Choose Healthy series to 85 Shallowater Intermediate students. • The curriculum helps to empower youth to adopt better nutrition habits in their daily lives.
 - Agent Bozeman has completed the Healthy Carbohydrates series for Foster Grandparents to Texas Health and Human Services reaching 22 participants, with 20 program graduates.
 - "Learn, Grow, Eat & Go!" Is a 10-week series that is being conducted by Agent Bozeman at Shallowater and New Deal Afterschool Centers for Education; the series has reached 140 youth, increasing their knowledge of gardening, nutrient-dense foods, and physical activity.
- Agent Edwards meets monthly with the TEEA Lubbock Lunch Bunch for a business meet-• ing and educational program; they are currently making plans for hosting the District Spring Conference which will be held on March 30th in Abernathy.
- Agents Edwards and Aljoe created three nutrition newsletters for the Area Agency on Ag-• ing's quarterly meeting with SPAG to share with 22 area directors. Issue 9 of Cory's Corner FCH Newsletter was emailed to 258 recipients in February 2023.

4-H and Youth Development

- In March, 35 Lubbock County 4-H'ers are participating in the Public Speaking project • which will include County and District 4-H Roundup competitions, exhibiting their public speaking skills through prepared speeches, educational presentations and 4-H Has Talent.
 - The Lubbock County 4-H Horse Judging Team won 1st place at the Houston Livestock Show 4-H Horse Judging Competition. Team members were David Kendrick, Gracie Potter, Madison Chaloupka, and Lana Brickey. Madison Chaloupka was 3rd high individual.
 - Lubbock County 4-H currently has 8 4-H clubs and 3 4-H groups, with a total youth membership of 357 youth. Through their 4-H participation, youth are able to develop life skills.

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