

Hub City Happenings

Hub City Outreach Center

The Hot Talk

Important Events & Dates:

November is National Native American Heritage Month!

LCT's Young Frankenstein at LHUCA 11/7
Cornerstone of Courage, Wallace Theater
Levelland, TX. 11/8
Source to Solution, Civic Center. 11/8
Art of Freedom, Merket Center. 11/9
Story Time, Godeke Library. 11/14
Astronomy workshop, Hodges Center. 11/23
THANKSGIVING!!!!!!***** 11/28
Safety City Walk Roll or Run. 11/27
Story Time, Barnes and Nobles. 11/20
Free Flu Shot, Catholic Charities. 11/21
Story Time, Patterson Center. 11/26
Toys for Tots Ride, Harley Davidson. 11/24

Joke of the Month:
Why don't eggs tell jokes?

They'd crack each other up!

November's jokes were submitted by one of our HCOC kids!

Q: Did you hear about the guy who invented the knock-knock joke?

A: He won the 'no-bell' prize!

Thank you Mateo!

Submit your best joke to:
Team@HubCityOutreachCenter.org
Please include your name,
school/agency and your joke/riddle.

Your events can be featured. Reach out via email with your event details to be on next month's issue.

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Volume 1, Issue 7

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“We Want You To Know...”

October was National Bullying Month, a month to focus and bring awareness on bullying. During October, groups across the country will release new resources, campaigns, and efforts aimed at bringing awareness to the issue of bullying. Here are some stats about bullying pulled from pacer.org.

BULLYING STATISTICS:

More than one out of every five (20.8%) students report being bullied (National Center for Educational Statistics, 2016).

33% of students who reported being bullied at school indicated that they were bullied at least once or twice a month during the school year (National Center for Educational Statistics, 2016).

A slightly higher portion of female than of male students report being bullied at school (23% vs. 19%). In contrast, a higher percentage of male than of female students report being physically bullied (6% vs. 4%) and threatened with harm (5% vs. 3%; (National Center for Educational Statistics, 2016).

EFFECTS OF BULLYING:

Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression (Center for Disease Control, 2017).

Students who are both targets of bullying and engage in bullying behavior are at greater risk for both mental health and behavior problems than students who only bully or are only bullied (Center for Disease Control, 2017).

Bullied students indicate that bullying has a negative effect on how they feel about themselves (19%), their relationships with friends and family and on their school work (14%), and physical health (9%) (National Center for Educational Statistics, 2016). **MORE INFO GO TO PACER.ORG**

2 HCOC's Hallmarks

This section we like to dedicate it to what HCOC has done with our kids or if we have had an event in the community. This time we are going to do something a little different and recognize some of our staff who are out and about in the community and are doing great things!

Our very own Executive Director Megan Estrada was the recipient for the 2018 Hispana Inspiradora Award. This award is given every year by the Hispanic Association of Women, Inc. They organize and support Hispanic women so they may promote education opportunities for all women. So needless to say Megan was a gold star! Megan has shown great leadership and determination throughout the community and has overcome many obstacles. So it is safe



to say this award is for the cream of the crop women who are willing to push barriers and want to see success in their community and with the people around them.



This year Megan was asked to deliver the 2019 award to the new Hispana Inspiradora Award to Dr. Brandy Peña-Watson. Thank you Megan for being a beacon to the Lubbock community and to the young aspiring Hispanic woman.



Meet the new staff to HCOC!!!

Gina Galvan, Prevention Specialist



Linda Arroyos, Prevention Specialist



Shayla Hammock, Prevention Specialist



HCOC is still in the search for folks who believe in the prevention education and who want to give back to the community of Lubbock. Each one of these specialist bring a strength to this organization and a unique outlook at life and we are proud to have them work with our kids and the kids of Lubbock, TX.

Volunteer with Hub City Outreach Center

Not all volunteer opportunities have to take your entire day. If you're looking for something that is only a few hours weekly, listen up! Hub City Outreach Center is at Lubbock Impact on Wednesday's from 6:00p-7:30p. With the variety of programs we host on the third floor, one skill is imperative: **Patience**. If you're a Picasso, a Hendrix or an Aristotle, be a buddy for our youth as they travel through their evening ventures. Feel free to bring a friend! If you have kids under the age

of 18, they are welcome to participate in our programs as long as you are present. Please wear comfortable clothes and tennis shoes.

If you can't make a day but want to make a difference, make a donation. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, incentives and monetary donations. Please reach out or visit our

website for more information.

Available days for Volunteer Hours:

→ Wednesday evening sessions:

* Lubbock Impact & HCOC's youth program are both serving sites!!! *
Nov., 6th, 13th, & 20th.
6:00p-7:30p at 2707 34th Street

Questions:

Call/Text: Jacqueline- 832.226.2995

Partnership Spotlight: Amerigroup

This month HCOC would like to recognize Amerigroup as the partnership spotlight for the month of October.

Amerigroup focuses on improving the health and wellness one member at a time, by doing the right thing for every member every time. This organization has engaged and supported members and their families to be active participants in their care and to help them make healthy, informed decisions through the Lubbock community.

Earlier this year Amerigroup hosted a 2019 National Night out event that brought close to 200 families who came out for a fun free family event. Amerigroup has also been a vendor at all of our events we hold for the community.

Amerigroup cares about people. Their mission... We are passionate about serving our members and go the extra mile to make sure individuals receive the services and supports they need. We foster relationships and community partnerships to develop programs that make a difference in the lives of our members, their families, and the communities we serve.

Earlier this year HCOC acquired an office space at Lubbock Impact and the room needed a facelift. Amerigroup came through and donated the flooring to our office space. Because of this donation we were able to provide a fresh new environment for HCOC staff. The floor was installed by Urban Estrada and Seth Estrada, a few supporters of HCOC's mission. THANK YOU ALL!!



Family of the Month

Hub City Outreach Center lives to serve. With the help of our community, we are able to give one family a Blessing Box each month. Blessing boxes contain items that are donated to give families a chance to spend time together and bond that foster mental and personal growth, and ultimately bring happiness. This month, we celebrate the wonderful Carlile family.

If you would like to donate or nominate a family that is deserving of a Blessing Box, please email us your submissions and any questions you may have. Items can be dropped off at 2707 34th St. (Please indicate 'for HCOC'.)

Our wonderful Family of the Month for November is the Carlile Family! Kathy (Grandma), and Judith who is 8 years old. The Carlile family is a very humble and small family that has a heart of gold to help other people that need help themselves. When the Carlile family is not giving back and helping others they like to spend time together. The Carlile family like to watch positive Christian movies that hold a good moral message for the family. Judith does not have any siblings but she has a best friend that she calls sister who is also 8. Judith loves to play soccer and basketball and loves the color turquoise blue. They love French fries and playing with Barbies.

The Carlile family may be small but they play big! Some of their favorite foods to eat together are pancakes yum! And going to chinese buffets! One of the best memories for this family are going to East, TX and spending time with family. Fun activities this family loves to do together are creating projects with arts and crafts and we are proud to showcase them this month, way to go Edward family!



Above: Kathy (grandma) Judith and Brent

Leadership Forefront

Hub City Outreach Center is proud to be creating leaders of tomorrow. Leaders are those who set desire in others to be and to do better. Daily we encounter people who struggle yet persevere. We are delighted to be able to showcase our leaders in our newsletter. This month we are showcasing Urban Estrada as our Volunteer of the Month Woot! Woot!

Volunteer of the Month is Urban E., a hardworking Husband, Father and grandpa that has been volunteering with Hub City Outreach Center since Day 1!! Urban has been one of many pillars that is holding HCOC up from moving office furniture to building office furniture. Whenever there is a job that needs strength, and hard work, Urban answers the call so the HCOC staff can still continue their efforts in prevention. Recently Urban took on the task of designing and building a conference table big enough for 10 people to work at! Because of his dedication, countless hours outside of his job and family he was able to construct a work of art! Because of his hard work, HCOC staff have a place

That was one of many projects Urban has completed for HCOC, most recently he and some dedicated volunteers laid down fresh tile that was donated by our partners in Amerigroup. Urban has three kids, three grand kids and one great grand kid! He is the example of someone who has a huge heart. Thank you! Below:

Urban, Irma and great grandbaby Isaiah



If you have a hardworking student or if you know someone who has a serving heart, please let us know. Send your nominations to us via email so we can share their accomplishments with the world.

Hub City Outreach Center

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Like us on Facebook!



Hub City Outreach Center's eclectic team is comprised of compassionate individuals that each come from diverse backgrounds and vast areas of expertise. Our organization applies a holistic approach on prevention efforts. We treat everyone equally while respecting the unique qualities they possess. Together, we aim to help youth understand their own personal value and guide them towards a bright and successful future through Prevention Education. As a non-profit, we depend on donations. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, incentives, and monetary donations. If you would like to collaborate in any way, please reach out via email. Thank you for considering us!



In October of this year, Hub City Outreach Center hosted a Halloween Extravaganza at the Optimist Boys and Girls Club! We provided a family friendly event for the kids with spooky games, and out of this world prizes! We partnered with several local organizations to provide information booths to handout to the families. Needless to say our 2nd annual Halloween party was a smash hit and we look forward to doing it next year!!!

To unsubscribe, please reply: "UNSUBSCRIBE"

HCOC crew

Lubbock Impact's Food, Clothing, Healthcare & Spiritual Growth Programs:

Everything is on Wednesday; everything is free.

2707 34th Street
See YOU there! → → → →

1:00p – Clothes Closet & Food Voucher Office **Open**
4:00p – **Registration** for the Free Clinic & Dental Clinic
5:30p – **Free Meal**. Everyone's Welcome!!
6:00p – Clinics **Open** Emergency Food Pantry & Food Vouchers
UNPACK Ministry with Poppy
HCOC + Lubbock Arts Alliance + TTU's B.O.S.S. + Guests
6:30p – Spiritual Growth Services with Pastor Gilbert

Resources ~

A Few Resources to learn more about Native American Heritage Month

HCOC staff strive to provide a classroom and environment that is a safe place for all walks of life and backgrounds. By doing so, being cultural competent and respecting people by meeting them half way is one of many skills needed to be a prevention specialist.

<https://nativeamericanheritagemonth.gov/>

<http://www.ncai.org/initiatives/native-american-heritage-month>

<https://www.archives.gov/news/topics/native-american-heritage-month>