

# Hub City Happenings

Hub City Outreach Center

## The Hot Talk

June 11<sup>th</sup>, 2019  
Volume 1, Issue 5

### Important Events & Dates:

JUNE is National Safety Month!  
"We Used To Play That!"  
Wed. 5/8  
National Make life Beautiful Day Tu. 6/11  
Storytime Goedeke Library W. 6/12  
Women's Veterans Day J&B coffee Th. 6/13  
Lubbock Behavioral Symposium Th. 6/13  
10<sup>th</sup> Annual Butterfly Release Sa. 6/15  
National Smile Power Day! Sa. 6/15  
Father's Day Sat. 6/16  
Kid's Camp Alamo Drafhouse M. 6/17  
National Go Fishing Day Tu. 6/18  
Ballet in the Park/Maxey w & sat 6/5-6/31  
Landmark After Dark, Night Hike Sat. 6/22  
Family Day @ 4ore! Wednesdays  
West Texas Live @ 4ore! Thursdays  
\$20 Parents Night Out @Maxey Fridays  
National Hydration Day! Su. 6/23  
National Handshake Day! Th. 6/1

### Joke of the Month:

**What do you call a fish with no eyes?.....FSH!!**

June's jokes were submitted by:  
Our very own Jonathan Edwards!

**Q:** What do you call a deer with no eyes?

**A:** No I-dear!

Thank you Jonathan!

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.

### Inside this issue:

HCOC's Hallmarks	2
Volunteer Opportunities	2
Partnership Spotlight + Lubbock Impact	3
Family of the Month + The Cantu/Perez Family	3
Leadership Forefront + Volunteer of the Month: Garrett D. + Student of the Month: Tyler F.	3
Resources + HCOC's Contact Information + Lubbock Impact + Summer meal sites	4

## "We Want You To Know..."

June is safety month! According to the National Safety Council, National Safety Month is an annual month-long observance in the United States. During National Safety Month, individuals and organizations participate by making efforts to reduce the leading causes of unintentional injury. When in doubt safety first, this can be from practice good driving techniques, to planning and being prepared for crazy weather and taking care of your mental health! Self-care is very important, if we do not take care of ourselves we could cause unintentional harm to one's self. We asked our Board Member and good friend of HCOC Whitney Garrett on the importance of self-care, this was her response.

"Recognize that the word "No" is sometimes your biggest ally in maintaining your mental health. Sometimes we become these yes women/men who are constantly involved in activities, and it is mentally and physically exhausting. So I think knowing ahead of time that it's okay to say "NO", is part of taking care of your mental health.....

Also, just listening to your body and allowing it to be okay to just rest. Especially when you have kids and you're constantly going from one thing to another. When your body is tired, be okay with stopping what you're doing and just rest. Take that nap, sit down for twenty minutes and just do nothing. Take a walk and just breathe fresh air. Take a break. Life will still be waiting afterwards."

We couldn't have said it better ourselves! Thank you Whitney for your wisdom!

## 2 HCOC's Hallmarks

Lubbock Impact held a Mother's Day event on Thursday May 9<sup>th</sup> to celebrate and show appreciation to all hard working Mothers and Mother like figures. This event was held for LI's regular attendees of the women's bible study group each week. The Hub City kids had an opportunity to make really cool science projects aka mother's day cards called "shrinky dinks". The cards were made on special paper and when heated in the oven, shrank down to a 2x2 size! Cool right! AND!! They even glowed in the dark! The mom's that showed up were also given a foot massage. We were so pleased and proud of our kids for showing humbleness and humility which are great qualities to have. Mommas received foot washes and foot massages, along with a plant that

BELOW: Mother's day Foot massages



ABOVE: hard working mommas getting pampered!

the kids planted for them to take home. Overall Mother's day was very successful. We at HCOC look forward to showing our appreciation to all the Hardworking Fathers and Father like figures this month!

### We Were Off To the Races in May!

In May we partnered again with Dr. Nancy Schafer-Trevino from Ag-Extensions urban youth development to bring the kids K'Nex and a little physics. Hub City youth were given two large boxes of K'nex pieces and instructions to build three different types of cars to race and they did great!! The kids learned about kinetic energy and the different types of energy that would power their cars. Here are the options that kids had to choose from, once they were built they had a chance to race them, can you guess which car won?

Hand powered racer, no motor, just good old fashion hand power!



This little racer came in 3<sup>rd</sup>, The team had an excellent design but the course had many obstacles, team 1 did an outstanding job working together in the design.

Spring powered motor Racer, this little motor packed a punch.



This racer had good pit crew for the race and in the engineering department, but this racer came in 2<sup>nd</sup>. The car had a lot of power and was the most popular one to build, there were two racers built with motors.

Wind Powered Racer, let's just say this little racer sailed to the finish line!



The kids were skeptical about the engineering of this car, but one team took on the challenge. The kids were able to think outside the box and use innovation to adapt and conquer this project. HCOC staff are committed to helping kids think outside the box, especially on how to make good life choices and how to make a good decision under pressure. When things get tough, are you going to quit and walk away? Or are you going to adapt to your situation, innovate and conquer your obstacles!

## 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!!! \*  
July 10<sup>th</sup> & July 24<sup>th</sup>  
6:00p-7:30p at 2707 34<sup>th</sup> Street

Questions:

Call/Text: Jacqueline- 832.226.2995

Lubbock Impact is in our Spotlight for June! Their mission statement is: "To transform lives, renew minds and educate families." Life can be hard and challenging especially when you must provide for others, or it is just you and you just need a hot meal to get you through to the next day. At Lubbock Impact, they offer 15 different programs that help the those less fortunate or who had fallen on hard times. Their biggest program they offer to the public is the soup kitchen. This kitchen operates once a week from 5-6pm on Wednesday evenings. The kitchen will feed around 270-300 people. Other ministries that are offered include a hygiene closet, clothing closet, shoe closet, food vouchers, dental clinic, free medical clinic, pharmacy, social services and spiritual growth. Did we mention all these services

are FREE!!! Yes FREE, because at Lubbock Impact, their vision is to minister to people in the areas of food, clothing, healthcare and spiritual growth. We chose Lubbock Impact as our partnership spotlight because they are a one stop shop and they have helped HCOC in many ways since the beginning, including allowing us to hold our services in their building. They saw our passion for helping and educating the youth of tomorrow and wanted to help us achieve that goal. Lubbock Impact also donated their parking lot so we could hold our 2<sup>nd</sup> annual Summer Bash, which was a great success!! We support the work Lubbock Impact is doing and want to help spread the word about this awesome resource for the Lubbock community. Lubbock Impact is currently getting ready for a showing of Loud Krazy Love. a

documentary about musician Brian Welch and his life through drug abuse and redemption, the showing is open to the public. Lubbock impact is also in need for a new Air Conditioning Unit A total replacement of the AC at Lubbock Impact will cost \$65,546.44 and add to a ministry that helps thousands. It is also quite impressive...and changes lives.



ABOVE: LI volunteers serving local families dinner at the soup kitchen.

## 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 Cantu 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 34<sup>th</sup> St. (Please indicate 'for HCOC'.)

Our wonderful Family of the Month for May is the Cantu/Perez Family! Melissa (mom), Anthony Sr.(dad) have four kids together and three of them are HCOC kids! Serenity is the oldest and her younger siblings are Anthony Jr., Andrew and Aniah. Their favorite past times are Barbequing together and playing Uno for money! They eat together every day of every week as a family and love Church's chicken. The Cantu's and Perez family like to watch movies together especially action movies. A few other things this family like to do is make up their own games and laughing at Anthony Jr. because he is really funny! A very special event happened on Christmas day of 2018, Anthony Sr. proposed to Melissa!

When the Cantu/Perez family is not barbequing, playing games or laughing at Anthony jr's jokes, they take time out of their busy schedule to volunteer at Church on the Rock's Dream Center campus. This family eats together, plays togher and volunteers together and we are proud to showcase them this month, way to go Cantu/Perez family!



Above: Melissa, Serenity, Andrew, Anthony

## 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 perservere. We are delighted to be able to showcase our leaders in our newsletter. This month we are showcasing Garrett D. as our Volunteer of the Month and Tyler F. as our Student of the Month! Woot! Woot!

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.

Student of the Month for June, we chose Tyler F. This kid is something special, when you meet him, the first thing you recognize is his award-winning smile. Tyler just finished up 6 grade and will starting 7<sup>th</sup> grade at Atkins middle school, home of the Tornados!! Tyler is a very smart individual and takes on the challenges that school brings him. When Tyler is not in school you can find him sitting down and enjoying reading a good, being an active member at Victory Life church with his other two brothers and playing for the METS in challenger baseball. There is nothing this kid cannot do; did we mention he loves typing on a classic typewriter! Tyler is interested in cooking and learning how to take care of chores so he could be a more responsible person. If you ask anyone that is friends with Tyler, they will say that kid has a gift of kindness and a big heart.

Volunteer of the Month is Garrett D., a Texas Tech graduate that has been volunteering with HCOC since Day 1!! Garrett studied biology at Texas Tech University and is currently enrolled in master's program at Trinity University in San Antonio, congrats!! One you should know about Garrett, he will show up to a Wednesday HCOC night in a suit and tie but has no problem rolling up his sleeves to get more involved with the youth. Garrett has spent time and dedication in helping HCOC run efficiently on Wednesday nights and with our huge events we hold. Volunteers like Garrett help make our organization stand out, he always brings a positive attitude every time and a compassionate heart to work our kids. Thank you for all that you did Garrett and good luck on your journey!!

## Hub City Outreach Center

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Like us on Facebook!



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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!



Smokey The Bear and Crew

In March of 2019, Hub City Outreach Center partnered with Smokey The Bear and Texas A&M Forest Services. They educated our youth on the prevention of wild fires and how to safely camp outdoors. Our kids were able to try on really cool firefighter gear and take photos with none other than Smokey The Bear himself! Us staff at HCOC enjoy bringing in awesome educational partnerships like Texas A&M Forest Services and Smokey The Bear. Because we know our kids need more of good old fashion fun and education on how to be safe. Thanks Smokey!

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

*Everything is on Wednesday; everything is free.*

2707 34<sup>th</sup> 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 ~

### Summer meal sites that are FREE for 18 and younger

If needing locations near you, simply text "FOODTX" to 877-877

### LUBBOCK BOYS AND GIRLS CLUB/ YWCA SUMMER MEAL SITES

**Lubbock Boys and Girls Club – Optimist Club** 3301 Cornell, Lubbock, TX 79415

Breakfast 7:45 am – 8:45 am Mon, Tue, Wed, Thu

Lunch 11:30 am – 12:45 pm Mon, Tue, Wed, Thu

**Lubbock Boys and Girls Club – Ted Phea Club**, 1801 E 24<sup>th</sup>, Lubbock, TX 79404

Lunch 12:30 am – 1:30 am Mon-Fri

PM Snack 4:30 pm – 5:00 pm Mon-Fri

**Lubbock Boys and Girls Club- Wilson Club**, 3221 59<sup>th</sup> St, Lubbock, TX 79413

Lunch 12:00 pm – 1:00 am Mon-Fri

PM Snack 4:30 pm – 4:45 pm Mon-Fri

**YWCA – Sun 'n Fun at Leftwich Park**, 6204 Elgin Ave, Lubbock, TX 79413

Breakfast 8:00 am – 9:00 am

Lunch 11:30 am – 1:30 pm