

# Hub City Happenings

Hub City Outreach Center

## The Hot Talk

January 22, 2020  
Volume 2, Issue 1

### Important Events & Dates:

<b>HCOC's Ribbon Cutting(!)</b> 11:30am-12:00pm	1/27
<b>HobbyTown Swap Meet</b> 10:00a-2:00p	1/25
<b>Children's Dental Health Fair</b> 10:00a-1:00p	2/1
<b>Business Expo</b> 10:00a-4:00p	2/6
<b>Children's Business Fair</b> 10:00a-2:00p	2/15
<b>Lions Club Pancake Festival</b> 7:00a-10:00a	2/22
<b>Meals on Wheels Mardi Gras</b> 5:30p-8:00p	2/25
<b>Lubbock Con</b> 10:00a-7:00p	2/29
<b>Spring Break (LISD/FISD/CISD)</b>	3/16-20
<b>Texans for Safe &amp; Drug-Free Youth's State Summit</b>	3/31-4/1

### Joke of the Month:

**Q. Did you hear about the two guys that stole a calendar?**

**A. They both got six months.**

Joke for this quarter was submitted by... Adam "Rafa" Barrera

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

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

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

**January is Human Trafficking and Sex Trafficking prevention month.** January was first declared as National Slavery and Human Trafficking Prevention Month in 2010. Since then, January has been a time to acknowledge those experiencing enslavement and those who have escaped. Although slavery is commonly thought to be a thing of the past, human traffickers generate hundreds of billions of dollars in profits by trapping millions of people in horrific situations around the world, including here in the U.S. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to force people to engage in commercial sex or to provide labor or services against their will. ([www.nctsn.org](http://www.nctsn.org)) Special spotlight on the last page from the CEO of Voice of Hope, Kristin Murray.

**February is Black History Month.** **Black History Month** is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. Also known as African American History Month. The Black History Month 2020 theme, "African Americans and the Vote," is in honor of the centennial anniversary of the Nineteenth Amendment (1920) granting women's suffrage and the sesquicentennial of the Fifteenth Amendment (1870) giving black men the right to vote. ([www.history.com](http://www.history.com))

**March is National Nutrition Month. The National Nutrition Month® 2020** theme — Eat Right, Bite by Bite the theme's rhyme and simple food treatment not only appeals to kids and kids-at-heart, but "bite by bite" also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming. ([www.eatright.org](http://www.eatright.org))

## 2 HCOOC's Hallmarks

Happy New Year Ya'll! As we mentioned on our website, we are revamping the newsletter in a few ways. The first change comes from content. We are changing up the content from having our small leadership spotlights to more of what's going on as a whole in the community. The second change is the frequency. We understand you have a life and don't want our hard work and content to go unnoticed. We figure, beefier content and less frequency will give us better feedback and you more time in your life. Let us know what you think!! We would LOVE to hear from you. In the late 2019, we became members of the Lubbock Chamber of Commerce! You may have seen the hype on our social media but if you haven't... **we are having a ribbon cutting on January 27<sup>th</sup>, 2020 from 11:30am-12:00pm.** Please come show your support, make a donation, eat all the snacks, learn more about what we do, take some photos with our awesome staff, schedule a meeting so we can serve the population you work with... or just come for the snacks 😊 Our information is updated on the last page of the Newsletter. Speaking of serving Lubbock, we are in 8 sites + MOU's with 5 community sites for Presentations. If you see us out in the community, SAY HI! We always respect our participant's privacy rights; which means that we actually do not say hello to people we've taught before. We would never put a current or previous participant in a situation where they have to explain how they know us. We will say HI if, and only if, we are said hi to first. If you believe this is rude, email us so we can explain it better. However, we assure you, it is our participant's right to privacy that we respect. Even though it seems like we're super busy this Spring semester, we would be honored to be a guest at your site. If you serve the community in any capacity, we can more than likely partner up and get Prevention Education where you need it! Just contact us via phone, email, text, social media! Let's say you are just as busy as we are with events and things that benefit or serve Lubbock, let us know!! We are open to being a vendor and providing information. We also provide free advertising for your event, if it is free of charge to the community. Or maybe, you need volunteers at your event? Please let us know! Because We. Are. All. About. IT! With that being said, maybe YOU are looking for a place to volunteer... You can always join us at Lubbock Impact on Wednesday evenings from 6:00pm-7:30pm. That's old news that never gets old though. In some new-news, we are members of a Coalition that has created a weekend hangout spot for youth that are looking for a drug-free, safe, exciting place to hang out. Meaning, if you have a teenager who is 13-18 years old, they can go to any of the available sites to hangout and have an authentic, safe teenage experience. Additionally, if you want to be a mentor or just a pal to someone who needs positive guidance, join us!!! You can change a life by just being YOU and being THERE. Really... we mean it.

## 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

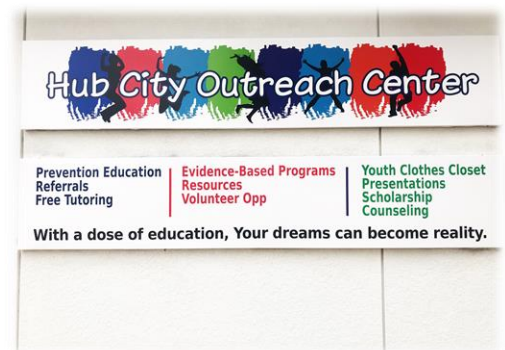
of 18, they are welcome to participate in our programs, as long as you are present. Please wear comfortable clothes and tennis shoes. Feel free to bring a friend.

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.

### Reminder: WE ARE HIRING!

In short, a prevention specialist is a behavioral health professional who has competency related to alcohol, tobacco and drug use prevention, and who provides services that help individuals, families and communities to develop the capacities needed to achieve behavioral health and wellness. Prevention specialists deliver evidence-based prevention programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community based organizations, prevention coalitions and other coalitions.

If you were gifted with patience and enjoy planning, organizing, coordinating, marketing and conducting prevention programs to educate youth and adults about substance abuse and other high-risk activities; as well as, networking with other agencies and community members to encourage a drug and alcohol-free lifestyle, please check out our available positions on our website under the 'Careers' tab.



### Available days for Volunteer Hours:

→Wednesday evening sessions:  
2707 34<sup>th</sup> St - Lubbock Impact serves families. HCOOC is on the 3<sup>rd</sup> floor serving youth. You are welcome to volunteer with either of the groups.

→Saturday Afternoon with The Group:  
Alternating sites - Come hangout with other youth with the desire to stay drug-free; tentatively @ 1:30p-3:30p.

Questions:

Call/Text: Megan - 806-300-2848

# Partnership Spotlight:

We want to use our Partnership Spotlight to showcase the backbone of Hub City Outreach Center. There are many stakeholders in and sectors of the community that have a huge say and impact on the decisions, events, and things that we do for Lubbock. The sectors of our target area include parents, youth, adults, concerned citizens, businesses, media, law enforcement, health care providers and community- and youth-serving organizations, schools/colleges/universities and religious/fraternal organizations. Our Board of Directors are our guiding hands; members of the Lubbock Community. Without further ado, we introduce, our Board of Directors:

First, Dr. Flores, She is a TTHSC School of Health Professions and Masters of Healthcare Admin Department Assistant Program Director and also an Assistant Professor. Dr. Flores was the first person we confided in when our Executive Director had the idea-egg of starting a nonprofit organization to fit the need of the Lubbock community. Dr. Flores has great insight to programs being put forth in the community as healthcare and also community- and youth-serving organizations to help us better understand where we can fill the gaps.

Second, Mrs. Whitney Garnett, (the best) District Attorney in the Juvenile Justice System for our area. Whitney provides a voice for the youth, meaning we are able to understand where some of the more problem areas are in terms of situations, needs, temptations and misconceptions amongst youth in our area.

Third, Master Bonner, with Bonner Counseling Services. Our sweet Tonya is a wonderful asset to the community, she provides mental health counseling for youth and adults. Tonya herself fills a great need with her services, but she also offers great insight when we discuss some of the services and activities we want to host for the community.

Fourth, Dr. Trevino with Texas A&M AgriLife Extension. You may remember her from our VERY FIRST Newsletter! In case you're new with us, AgriLife Extension has programs ranging from youth and adult education, military programs, financial management, weight control, older adults & aging, physical activity, nutrition, diabetic management, passenger and community safety +more!! They really provide a wide range of services around Texas, and yes, we are lucky enough to have them here as well. Nancy herself started the Lubbock Area Teen Pregnancy Prevention Coalition (LATPPC) from the ground up. The LATPPC focus on positive youth development, parent and teen education, community information, harm reduction, as well as, creating opportunities to address issues surrounding teen pregnancy. A wonderful asset for our youth and for women all over!

Last but certainly not least... Mr. Sipriano Gutierrez with YoungScholarsUSA. Sip has worked in prevention and coalition for many, many years. He started YoungScholarsUSA, a scholarship program for youth, based out of the Lubbock Boys & Girls Optimist Club. In addition to providing youth scholarships for school, he also has ran three Anti-Drug Coalitions in Lubbock County and Hockley County.

Together, these five members are our governing Board. We know each of these individuals on a personal, professional and aspirational level. We understand their passion for enhancing lives of others in physical, occupational, spiritual, social, financial, emotional, developmental and intellectual wellness. They also know our passion for building the capacity of each individual or group we work with, so that they can achieve their best quality of life. In addition, it isn't just this small group of our Board members and our HCOC team that makes a difference in a community; it is YOU. You are the community member who lives here, who works here, who thrives and feels safe here. Local people solve local problems and that is why we always encourage everyone who wants to make a difference! Educate yourselves. Educate your loved ones.

**If you want to partner with us, please find our information on the last page. We would love to work together!**

## 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 Quarter we are showcasing Urban and Irma Estrada. These two are the unsung HEROES that help us any day and any time we need extra hands.

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.

Urban and Irma Estrada are two of the greatest gifts this Earth has. It is difficult to express the gratitude we have for these two in such a small space in our Newsletter, but we will try our best! Urban is THE MAN. Let me tell ya, there is nothing this man can't fix. You can usually find Urban wearing Dallas Cowboys gear, watching baseball or alien documentaries and working with his hands on some HCOC project he found himself part of. Urban loves to create, to build, to fix and enhance the lives of others he cares about. He always wants to know the scoop and what he can do for us. Now, if you don't have a lady like Irma Estrada in your life, it

you need to get one! Irma likes to get down to business. She doesn't put up with nonsense and likes to get things done. She has a knack for things most people don't like to do. Even after a long day of being the most awesome Medical Assistant at Silver Star (Starcare), she finds the time and energy to bless us with her assistance when we need her. Irma LOVES to take care of people, especially her family. Irma treats EVERY ONE like family. Urban and Irma enjoy going to their grandkid's sporting events- they never miss a game. When these two walk in the door, your heart just wants to explode from the joy they bring. **We appreciate you two!!**

## Hub City Outreach Center

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**Website:**

HubCityOutreachCenter.org

**Instagram:** @HCOC.Lubbock

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!



Most of our HCOC staff has volunteered at Giving Tuesday in the past. 2019 was our first year volunteering for our own organization though! We are grateful for the \$200. raised from the Giving Tuesday Fund and the private donations! We think our first year is off to a great start!

To unsubscribe, please reply: "UNSUBSCRIBE"

ABOVE: Our Executive Director accepting our 1<sup>st</sup> ever Giving Tuesday Donation Check!

### 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 ~

Voice of Hope provides critical crisis intervention to those affected by sexual violence. Originally established in 1975 as the Lubbock Rape Crisis Center, the agency rebranded as Voice of Hope in 2012. The agency is the second oldest Rape Crisis Center in the State of Texas. Over the last 45 years, we have served over 11,000 survivors. In 2019, we served 460 survivors. 60 of those cases include survivors of sex trafficking. Within Lubbock from 2018 to the end of 2019, the Special Operations Section of the Lubbock Police Department conducted 86 investigations in human trafficking, which resulted in 58 arrests, all of which involved sex trafficking.

Our services include a 24 crisis hotline, medical accompaniment, law enforcement accompaniment, counseling, and case managers to assist victims of sexual assault or sex trafficking with their healing process. It is important to remember that all of our services are offered free of charge to the survivor and their family members. Rape is a crime that impacts everyone. In addition to direct services, Voice of Hope reaches out and provides training to the Lubbock community and surrounding 11 counties. Our trained educators offer training on healthy relationships, online safety, sexting, signs of sex trafficking and several others. The staff and volunteers are happy to come and speak to any group. Requests can be called into the office at 806-763-3232.

April 25<sup>th</sup>, Voice of Hope will host our 13<sup>th</sup> annual Walk A Mile In Her Shoes fundraiser. This fundraiser put the fun back in fundraising! Men are asked to walk a mile in red stilettos. It is a family event and high heel shoes are encouraged but not required. We do have shoes that can be borrowed for the walk. We will have games and activities for all ages. Registration for this event can be found at [VoiceofHopeLubbock.org](http://VoiceofHopeLubbock.org) or on our Facebook page Voice of Hope Lubbock. Without the support of the Lubbock community, Voice of Hope would not be able to continue our legacy of providing personal advocacy for victims of sexual violence.

Voice of Hope  
806.763.3232 Office

806.763.7273 Crisis Hotline  
[www.VoiceofHopeLubbock.org](http://www.VoiceofHopeLubbock.org)