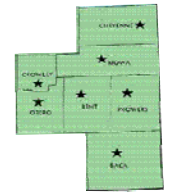




Extension



# Quarterly Report

**Your front door  
to research,  
information,  
and expertise of  
your land-grant  
university.**

## To: Board of County Commissioners

This quarterly report summarizes major educational programming in the second quarter of 2010 from Southeast Area *Extension*. We are grateful for the continued support of the Counties. If you have any questions, suggestions or would like more specific information about these or other Extension programs, feel free to meet with any member of our staff.

## Rangeland Escapades

Southeast Area Range and Livestock agents have been busy with professional development opportunities this spring. In May Natalie Edmundson and Bruce Fickenscher attended the second annual CSU Range Retreat. CSU faculty from Warner College of Natural Resources, Department of Bioagricultural Sciences and Pest Management, and Extension met to discuss strategic and programmatic planning. With the retirement of Dr. Roy Roath, Department of Forest, Rangeland, and Watershed Stewardship, there is concern about finding and filling a Rangeland specialist position. SE Area Range and Livestock agents and campus staff agents drafted a proposal in 2009 suggesting a partnership with other agencies in filling this position with the possibility of housing them in the Southeast Area. Specific duties were to work with dewatered lands and CRP acreages.

This year's meeting focused on drafting a letter to Dr. Swanson, Vice President of Engagement; Dr. Beyrouthy, Dean of the College of Agriculture; and Dr. Berry, Dean of the Warner College of Natural Resources. Main points included hiring at least one Range position with the possibility of dual appointment in both colleges to cover Extension Rangeland issues.

In June Deborah Lester and Bruce Fickenscher traveled to the Craig area to tour the Raftopoulos Ranch. The tour highlighted the positive effects that sagebrush control using chemicals, livestock grazing, and fire can have on sage grouse numbers. Information will be helpful to the Eastern Plains as questions about the Lesser Prairie Chicken numbers occur.

Bruce Fickenscher, as Co-leader of the CSU Beef Team, attended the 2010 Beef Field Day in Gunnison on the Mill Creek Ranch. Keynote speakers include Mr. Bob Budd, Wyoming Wildlife and Natural Resources Trust Executive Director, and Dr. Bernard Rollin, CSU Distinguished Professor of Philosophy, Animal Science, Biomedical Science, and University Bioethicist. Budd related how domestic livestock are beginning to be viewed as a positive tool in rangeland and natural resource restoration. Rollin stimulated the crowd to understand current consumer perceptions of livestock producers and the animal industry in general.

The CSU Beef Team has facilitated the educational tour and the field day for the past three years. The 2011 tour will be somewhere on the Eastern Plains. Topics are still open for discussion.

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## Agriculture and Natural Resources

### Scouting Wheat Fields for Pest and Disease

Southeast Area Agronomist, Wilma Trujillo, helped area producers to scout their wheat fields for pests and diseases during the spring, after regrowth had initiated. Thousands of acres of cropland were scouted in Baca, Prowers, Cheyenne, and Kiowa counties. This took a great deal of time and traveling through the counties, but it is a service that is very much needed by area producers.

By scouting fields, we were able to alert wheat producers of the presence of stripe rust (*Puccinia striiformis*) and various viruses in the southeast area. Stripe rust severity ranged from minor to severe in some locations. Farmers were advised to spray their fields based on yield potential, severity of the disease, and susceptibility of the variety planted.

Infection of wheat fields by viruses such as Cereal Yellow Dwarf Virus (CYDV), Barley Yellow Dwarf Virus (BYDV-pav), High Plains Virus (HPV), Wheat Streak Mosaic Virus (WSMV), and Triticum Mosaic Virus (TriMV) is becoming common in the southeast area. The infection may cause minor to severe yield losses depending on the type of virus. Wheat curl mites and cereal grain aphids spread most viruses in wheat. Virus infection can be overlooked or dismissed as nutritional or other environmental disorders. Infected wheat plants typically appear stunted with foliar symptoms ranging from rosetting to mosaics to yellowing to necrotic. Farmers were given information on several cultural methods to minimize virus infection. The key components of managing viral diseases are effective post harvest weed control and planting date as well as avoid planting wheat next to late maturing corn fields, since corn can be a reservoir for both mites and aphids.

### 2010 Colorado Wheat Field Days

The 2010 Wheat Field Day was held June 7 at three different variety trial sites located in southeast Colorado. The field day was jointly hosted by The Colorado Wheat Administrative Committee (CWAC), Colorado Association of Wheat Growers (CAWG), Colorado Wheat Research Foundation, Colorado State University (CSU), Colorado State University Extension, and Plainsman Research Center. This year's field day included a plot tour in all three locations and highlights of the new hard red and white wheat varieties developed by CSU and other breeding programs in the Great Plains.

Dr. Jerry Johnson, Extension Specialist from CSU, reviewed trials conditions and results from the 2009 testing program and other issues related to wheat production in the area. In addition, CSU's wheat breeder, Dr. Scott Haley, discussed the agronomic characteristics, yield and resistance to drought and pests and diseases of each of the varieties in the trials.

The field day was attended by nearly 70 producers from Baca, Prowers and Kiowa counties. Dr. John Stulp, State Commissioner of Agriculture, was among the participants of the field day. At each of the locations, refreshments and meals were offered by Miles Swanson, Farm Credit of Southern Colorado, Burl Scherler and Cargill of Cheyenne Wells.



2010 Wheat Field Day at Mr. Burl Scherler's Farm in Brando, Kiowa County



Dr. Jerry Johnson at Stulp's Farm in Lamar, Prowers

## CSU Extension Combines Agriculture and Science to Reach Youth

Eastern Colorado rural communities are facing many of the same agricultural education challenges the entire nation currently suffers; many of our youth are two or three generations removed from production agriculture. Colorado State University Extension Agents teamed up with the Colorado Department of Agriculture to teach fifth and sixth graders the science found throughout all agricultural areas. This day-long program is called Ag Fest.

Ag Fest kicked off April 19 and was held in three locations: Brush, Seibert, and Lamar. Approximately 300 youth from 13 school districts went through 10 different agricultural stations using the Colorado Science Standards as a base. The interactive stations featured cattle’s ruminant digestive system, egg development and incubation, wool and natural fiber production, agronomy, farm/tractor physics, honey bees, insect life cycles, bio-diesel production, the dairy industry, and good versus bad germs. Extension Agents used their expertise to bring a positive science message about agricultural production to students and teachers.

“Ag Fest is a great opportunity for Colorado teachers to tap the knowledge of our agricultural leaders,” said John Stulp, Commissioner of Agriculture. “There is often a disconnect between families and food production. The lessons learned during Ag Fest helped bridge the gap while teaching physics and mathematics in a fun environment.”

Colorado State University Extension Agents have already begun the 2011 Ag Fest planning process. If you or your school would like more information please contact one of the following Extension Offices: Cheyenne County 719-767-5716, Crowley County 719-267-5243, Kit Carson 719-346-5571, Kiowa County 719-438-5321, Morgan 970-542-3540, Otero County 719-254-7608, Sedgwick 970-474-3479, Washington 970-345-2287, Yuma 970-332-4151.



Exploring the Science of Food Production



## Regional Small Acreage Management Workshop

CSU Extension hosted a regional workshop for small acreage landowners Saturday, April 17, 2010, in Pueblo. The event attracted a wide range of landowners from five different counties. Many small acreage landowners have had little to no previous experience managing a parcel of property and this workshop helped to introduce them to many key topics they should consider when making decisions.

Attendees learned how to develop management plans and goals for property as well as resources available in our communities to assist them. Natalie Edmundson, Area Extension Agent, introduced the basics of ecology including soil types, how plants grow and respond to grazing, and grazing management. Bill Alt, Turkey Creek Conservation District, and Ryan Edwards, CSU graduate student, taught attendees about noxious weed identification, management and Colorado weed law. Restoration of degraded lands and revegetation of improved pastures was covered by Rich Rhoades with the NRCS. Emily Lockard, Pueblo County Extension Agent, discussed animal behavior and husbandry.

The landowners in attendance learned a great deal about their property and gained new techniques for improved management. Several indicated they would attend future small acreage management workshops. Small acreage landowners face unique challenges in our arid environment, but with proper management they can work to leave it better than they found it.

## Crowley County Russian Knapweed Project

The Russian knapweed project in Crowley County has completed its second treatment year. A High Plains Invasives grant through the Colorado Department of Agriculture made this project possible along with the cooperation of many local partners and landowners.

The project utilized an experimental treatment method to control the Russian knapweed by treating during the winter months with aminopyralid. This herbicide may be used in low doses (5-7 ounces per acre) and is not a restricted use pesticide. Monitoring data showed that the density of Russian knapweed decreased by 97% over the two year project. Also, the prevalence of desirable plants increased from an average of 10% to 58% cover. Controlling the knapweed has allowed grasses to become established and improved ground cover, which will decrease soil erosion.

Landowners who were not directly involved in this project have become more interested in controlling the Russian knapweed on their own properties using this methodology due to the success of this project.

## Area Youth Travel to Fort Collins for State 4-H Conference

The Southeast Area and District VI 4-H was once again well represented at the Annual 4-H State Conference June 22 through 25 at Colorado State University's Fort Collins campus. There were a total of 23 youth representing each of our seven counties, two leaders, and four Extension agents in attendance from our area. Youth participated in judging contests, workshops, and socializing. The workshops focused on critical thinking, leadership, global service, and performance. There were two keynote speakers challenging youth, leaders, and agents to make a difference. Youth enjoyed two dances and had ample time to explore the different areas of campus. Members designated to represent their county voted for the incoming leadership of the Colorado 4-H program by voting for the 2010-2011 Colorado 4-H President and Vice President. Each of those attending took away something they learned and everyone was more inspired and energized to make a difference in their life, community, and world.

## 2010 Show Camp

Cheyenne Feed and Supply and Show-Rite Feeds sponsored a Show Camp at the Cheyenne County Fairgrounds on May 8. Ryan Sites, Tuttle, Okla., was the presenter this year and brought along his expertise in nutrition and showing techniques. This free camp was attended by two people from Cheyenne County and two from Kansas. A big thank you to Patrick Halde for bringing in steers and pigs in an effort to provide experiential comprehension to the attendees of the camp. A big thank you to Ryan Sites for traveling all the way from Oklahoma, and to Cheyenne Feed and Supply for providing this opportunity for our area youth.

## Livestock Judging

The Area struggled this year to find leaders with the knowledge and willingness to make the time commitment to the county livestock judging programs. Thus, one team was formed representing Bent, Crowley, and Otero Counties. These individuals participated in contests from the first of April through the middle of May, with lots of practice before and during this time frame. They hosted the annual Otero County livestock judging contest the first of April and used the money earned through the contest to help offset the cost of judging at the Gunnison contest the middle of May. Two of the senior members participated in a tough state contest during State 4-H Conference and represented the area well. All of the 4-H judging programs teach youth valuable life skills with the most important two being communication and decision making. We look forward to the Southeast Area Livestock Judging Team having more interested youth and leaders next year.

## 4-H





Ken and Trace Cox show focus and determination as they sculpt a decorated cake at the annual District VI Contest.



Agent Kasza assists Victoria Gregory with props during demonstration contest.

## District VI 4-H Demonstrates their Sizzling Style

Future gourmet chefs, cake designers and fine tuned project demonstrators converged in Las Animas June 3 for the annual District VI Creative Cooks, Cake Decorating and Speech Contest. Audience members were treated to a variety of flavors, colors, candies, fitting sheep techniques, duck 101 and even reminisced with the Beatles.

Cake decorators smoothed frosting while the creative cooks awed the judges with their international sushi flavor and whipped mousse delights. The last part of the competition showcased the demonstration segment which allows 4-H members to teach and show their passion for learning their project. Victoria Gregory, Otero County, discussed leadership and says it best, "you can't instantly wave a wand and become a great leader...it is hard work and great communication."

The hard work put forth by all 4-H contestants paid off and the following places were announced, Cake Decorating Unit 1 blues awarded to, Trace Cox, Bent County; Lakota Roberson, Kiowa County; Victoria Gregory, Otero County; Jayde Hagerman, Otero County; and Cassidie States, Prowers County. Red awards were given to Jadyn Bevington, Otero County; Bailey Corsentino, Otero County. Unit 2 blues were awarded to Dacey Corsentino, Otero County; Kiara Waits, Otero County and Ken Cox, Bent County.

Demonstration blue awards were given to Lakota Roberson, Kiowa County; Sam Cox, Bent County; Trace Cox, Bent County and Victoria Gregory, Otero County. Ken Cox, Bent County, received a red.

Creative Cook blue awards were given to Tiana Garcia, Bent County; and the Kiowa County team, Nique Miller and Isaiah Garcia. All county blue winners are eligible to travel to the Colorado State Fair for the state competition.

Kaye Kasza, Southeast Area Agent said, "this year's contest participation doubled and all the entries were impressive. The Southeast Area will be well represented at the 2010 Colorado State Fair this August."

## Many Learning Opportunities Provided to Area

The Southeast Area Extension agents have been busy this quarter with numerous workshops, camps, and clinics. A few of these educational opportunities have been for the outdoor projects covering shooting sports, entomology, outdoor adventure, wildlife, forestry, range management, and sportfishing. The other workshops/clinics have covered projects like horse, dog, poultry, and rabbit. There have even been workshops to help the youth fine tune their cake decorating skills. Leaders had the opportunity to attend an all day training on the campus of CSU-Pueblo to network with leaders from across Southern Colorado, to get specific project training, and learn how to incorporate STEM (Science, Technology, Engineering and Math) activities into their clubs.

All of these opportunities are designed to help 4-H members, leaders, and parents learn project skills and life skills such as time management, critical thinking, and self-confidence. Youth, leaders, and parents from across not only the Southeast Area, but Colorado took the opportunity to participate in these various workshops, camps, and

clinics. The workshops, camps and clinics prove to be very beneficial as numerous youth had fun while learning, and parents and leaders strengthen their project knowledge to help the youth later on.

### Talent in Bloom at the 2010 Fun Festival

On May 7, talented 4-Her's from the Southeast Area came together in Eads, Colorado, to display their talents at the annual Fun Festival. This year was particularly packed full of wicked talent because everyone that participated received a blue ribbon and is eligible to move on to the state fair. The Southeast Area Extension Agents are proud of these participants and wish them good luck in their efforts at the state fair!

Alicia James - Kiowa

- Senior Vocal Solo - Blue
- Senior Keyboard Solo - Blue
- Senior Woodwind Solo - Blue
- Senior Dance Solo - Blue

Jennifer Negley - Kiowa

- Senior Woodwind Solo - Blue

Kallysa McGeary - Baca

- Int. Vocal Solo - Blue

Reagen Johnson and Morgan Johnson- Kiowa

- Junior Skit - Blue

Senior Skit Group - Blue - Otero

- |                  |                  |
|------------------|------------------|
| Ruth Cahill      | Jadyn Bevington  |
| Elizabeth Conlan | James Conlan     |
| Timmery Foster   | Zeke Foster      |
| Dominick Gregory | Victoria Gregory |
| Gabriel Menning  | Ryan Valdez      |

Courtney Johnson - Kiowa

- Senior Mistress of Ceremonies - Blue

Cassidy Jaegers - Kiowa

- Cloverbud Dance - Participation



Mistress of Ceremonies  
Courtney Johnson



Lightning Larry making the world a better place!



Engineers James Rigsby, Brooke Crawford, Nitzia Salcido, Maira Arroyo, Amy Chamberlain, and Abbie McDowell



Mr. Hogan confirming a hypothesis



Lift off!



District VI members on the top of the Kennedy Center for Performing Arts

## Engineers of Tomorrow

On a foggy May morning, the Kit Carson eighth grade science rocket engineers class walked confidently on the practice field after days of grueling measuring, gluing, and painting. With the lessons of thrust, lift, and drag stored permanently in their keen minds, they set out to test their engineering prowess, and defy the laws of gravity. Under the watchful eye of Tim Hogan, they secured their launch rods in the ground, juiced up the battery cables, and mounted their engines and igniters in ways that mark the abilities of true professionals. One could only marvel at their intense focus and concentration. Finally, after much preparation and anticipation, the first set of rockets was ready for lift off. The crowd fell silent as the countdown came to one. With a flash, the igniters set off the powerful model rocket engines and the ground was displaced three to four inches from under the force generated by the controlled explosion. The rockets then lifted at break neck speed and ascended in the air to reach massive heights of 100 feet or more. The engineers cheered as the rockets reached their pinnacle and ejected their nose cones to produce parachutes that would safely bring them to the ground.

Further tests were done with different rockets of various colors and personalities, each producing the positive results that were rendered by the first two. A couple had some slight parachute malfunctions, but when hitting the ground remained unharmed due to precise engineering and a good paint job. One rocket confirmed the theory and importance of even, secure fins as it lost control and headed for the extension agent's pickup. There was a slight physical ailment that developed but soon went away after missing said pickup. Another lost sight of the landing area and wound up in a tree.....twice. At the end of the day it still hung there as a memorial for these brave men and women who sacrificed their blood, sweat, and class time to ensure that our space program will be in good hands in the not too distant future. After the last rocket had flown, the gaggle of engineers returned to the building from which they came, chalking up a victory in the name of science.

If you have an interest in science, engineering, technology, and math, come on out to the extension office and find out about this project and many others. Also, a big thank you goes to Tim Hogan and the Kit Carson eighth grade for allowing Jeramy McNeely, CSU Extension Agent, to help with this project. He learned just as much as anybody.

## Colorado 4-H Takes the Hill

Colorado 4-H sent 41 4-H members, three adult leaders and one 4-H agent to the 2010 Citizenship Washington Focus (CWF) June 26 through July 3 in Washington D.C. Ten of those were from District VI, including one 4-H agent. CWF is a weeklong leadership, citizenship, state to state networking, committee workshop building, action planning, sightseeing experience rolled into an immeasurable amount of fun and lifelong memories.

“The days are essentially divided into two categories; sightseeing along with touring monuments in the morning and the afternoons are dedicated to leadership workshops where the 4-H members learn how to run committees, introduce legislation, debate and

vote like our state and national representatives do each legislative session” Lacey Mann, Southeast Area 4-H agent and 2010 CWF chaperone said.

The delegates spent Wednesday, June 30 on Capitol Hill meeting with Sen. Mark Udall, Rep. Betsey Markey, Rep. John Salazar, Rep. Jared Polis, and staffers from Rep. Mike Coffman’s office. “Our 4-H members asked direct and informed questions ranging from water rights, Pinon Canyon expansion, education funding and health care. Our members are sharp and kept representatives and staffers on their toes” Mann said.

Through the entire week the members used newly acquired teambuilding and leadership skills to form local action plans to return to their counties. With a stronger appreciation of the policy process the delegates will make stronger leaders in their communities. “I had so much this year and learned so much I want to save the money to come again next year,” Jordan Nolder, Prowers County delegate, said. Delegates were sponsored in part by the Colorado 4-H Foundation, County Foundations, County Councils and individual contributions.



Rep. Betsey Markey in the House Agriculture Committee Hearing Room with the entire Colorado Delegation

## Bent County’s Biggest Loser

LiveWell Bent County, Bent County Health Care Center and CSU Extension in Bent County collaborated for another successful Biggest Loser contest in 2010. Fourteen teams with four members each competed in three categories: weight loss, exercise time, and nutrition/wellness lessons. The contest is based on research showing people are much more likely to sustain a weight loss if they make lifestyle changes around nutrition and exercise. Research also shows that support from others is vital in making long term lifestyle changes; each year in the Biggest Loser, the most cohesive teams are most successful. The teams lost a total of 169.25 pounds and reported exercising 1082 hours. One participant commented: “I like the Biggest Loser Challenge. It keeps me motivated and I have to be accountable for my actions because of the team.” Kaye Kasza was responsible for the nutrition lessons during the 12 week program.

## Family & Consumer Science



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## A note from the Area Director—Jean E. Justice

During the past six months the SE Area Agents have begun writing a weekly news article that is being sent to all area newspapers. It is being rotated between the nine agents in the area so that all programming areas are being covered and shares the load and responsibility among all agents. Hopefully at least some of you have seen and read these articles. We have had good feedback from clientele but would appreciate any feedback you as Commissioners might have. These news articles have managed to reach some new audiences for Extension and that is definitely a positive.

As we begin the second half of 2010, we are once again down one agent in the area. Natalie Edmundson, one of our Ag and Natural Resource Management agents, has left us to pursue a career in motherhood. We will sorely miss her and the good programming she did for us. The prospects of replacing her look good; however, it does take time as the CSU employment process is long and cumbersome at best.

As we begin our busy summer months and fairs we want to thank you for your support of Extension. Hopefully I'll have a chance to talk with many of you as I visit fairs this summer.

We always appreciate your input in improving the work we do for our communities. Hope you all have a wonderful summer.

## Dining with Diabetes Classes Continue



**Dining with  
Diabetes**

During May and June, another series of "Dining With Diabetes" was offered to the residents of the Southeast Area. Participants for this class were from Otero and Bent County. Once again participants learned about eating properly to control their diabetes. This class is especially helpful for those who newly diagnosed with diabetes or for those having trouble putting their dietary recommendations to work. Participants have a chance to taste appropriately modified foods that will help them control their glucose levels. They learn simple changes they can make to improve their diet.

After 4 weeks of classes, most of the participants had already made behavioral changes in their eating habits and lost weight which is also important in keeping diabetes under control. A six month reunion is scheduled to follow up on those behavioral changes.

Extension Agent Jean Justice has been offering Dining With Diabetes classes for about 6 or 7 years and will continue to do so on a regular basis as this is a very important program offering in the Valley due to the high incidence of diabetics in our population.