

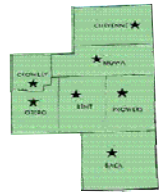


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information,
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Quarterly Report



To: Board of County Commissioners

This quarterly report summarizes major educational programming in the second quarter of 2008 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.

Southeast Area on the Web

The Southeast Area is moving forward with the increased use of technology. Vicki Harris, Support Staff in Otero County, has been working intensely on the Southeast Area Extension Web Page. The website is set up to have a general opening page and then allow users to access their area of interest whatever that maybe: Ag and Natural Resources, Family and Consumer Sciences, or 4-H Information and Activities. With the increased cost in postage and gas, producers, clientele, and 4-H leaders, parents, and members are encouraged to use the website to access information. This webpage is designed to be user friendly and easily accessible. Visit <http://www.extension.colostate.edu/SEA/> today!

New Southeast Area Agents



Jeramy McNeely
Area Extension Agent
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Cheyenne/Kiowa
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Hello everyone! My name is Jeramy McNeely and I am the new 4-H Youth Development Agent for Cheyenne and Kiowa Counties. I am wicked excited about my new position and look forward to a long and lustrous career with extension.

I grew up on a ranch south of Wild Horse, CO and attended school in Kit Carson. We had a small cow/calf operation as well as some farm ground on which we raised feed for the cattle. In school I participated in various sports such as football, basketball, and baseball. I was also an All-American trumpet player in the music program. It was also during this time that I found my true love, Team Roping.

After graduation, I attended Northeastern Junior College, Colorado State University, and Oklahoma Panhandle State University where I finally earned a Bachelor's in Elementary Education. From there I went into teaching, going back to Kit Carson where I got roped into being the K-12 music director. Not having any musical education, I had to work hard to learn every detail I could to become successful. Over the last seven years the program produced 6 national 1A concert band championships, 14 different all-state band members, countless honor band members, and recognition from the Grammy Foundation as one of the top 100 music

Introducing the New Agents



Natalie James
Area Extension Agent
Range and Livestock
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Agriculture and Natural Resources

Jeremy McNeely (continued)

programs in the nation. I also found some time to earn a Masters in Educational Leadership.

It is my hope that I can bring those successes into my new position with 4-H. I think that 4-H members in Southeast Colorado have a great opportunity to attain high levels of skill and accomplishment that they can take with them into their adult lives. Then as they have kids, they can pass those qualities down to their children, creating a better world based upon the ideals for which 4-H stands.

Natalie James

Hello! My name is Natalie James and I am the new Range and Livestock Management Extension Agent in Crowley and Otero Counties. In July I will have a new name when I marry Chad Edmundson, who ranches near Sugar City.

I was born and raised north of Karval on a family ranch where I always enjoyed being outside and checking cattle horseback. I received my Bachelor of Science in biology at Colorado State University-Pueblo. I worked for the U.S. Forest Service in Canon City for three seasons as a hydrology and range technician where I analyzed watersheds and performed rangeland monitoring.

Then I moved to Fort Collins to go through the Integrated Resource Management (IRM) Masters of Agriculture program. After completing my coursework, I remained with the IRM program to develop online courses for the Masters program.

After spending time in other parts of the state, I am glad to be back in southeast Colorado. My main interests include grazing management, rangeland monitoring, improving land stewardship, beef cattle, weed management, and ranch economics.

In my spare time I enjoy being with my fiancé and family, being in the great outdoors, team roping, playing sports, camping and fellowshiping at church activities.

I look forward to meeting people in the area, so stop by and introduce yourself. Or you can call me at 267-5243 in Ordway or 254-7608 in Rocky Ford. Have a great summer and I'll see what I can do about the (lack of) rain.

Continuing Drought Conditions

Drought continues to be a major concern in Southeastern Colorado. While producers in the Corn Belt struggled to start crops due to too much rain, here in Eastern Colorado producers are struggling with too little moisture.

As the Agronomy Agent for the Southeast Area, Scott has been called upon a great deal lately by area producers to aid them in their crop insurance claims. Most insurance companies require a non-biased third party to evaluate each producer's farming practices and growing conditions in order for a claim to be considered. Extension meets the requirements for having the expertise to evaluate growing conditions while also remaining neutral in regards to the outcome of the insurance claim.

Because of the extremely dry conditions, Scott has evaluated approximately sixty thousand plus acres in of farm land in Baca, Prowers, and Kiowa counties. This service has taken a great deal of time and required a great deal of travel; however it is a service that is very much needed by area producers.

Wheat production in the Southeast Area has and will continue to be a major crop for the foreseeable future. It is because of this that CSU Extension continues to focus on wheat research for our area. This is accomplished through the traditional small test plots that have been located in the area for many years, as well as large on farm test plots (ColaborativeOnFarmTrial) which test the top five to six varieties from the smaller plots. The COFT plots provide a more “real life” test for the varieties as they are planted and harvested using the participating farmer’s equipment. Test results are evaluated and published for area producers in order that they can make an informed decision on which variety to plant on their farms.

As the Agronomy Agent for the Southeast Area, much of Scott’s time is devoted to the wheat research program along with the Cropping System Study located in Prowers County. Agent Brase has spent a great deal of time planting, evaluating, harvesting, and collecting data for the various small plots as well as the six COFT plots which he has established in Baca, Prowers, Kiowa, and Cheyenne counties. Scott will be compiling the data once harvest is complete at all of the sites and will be submitting the information to the CSU Crops Testing Team for inclusion in the Wheat Planting Decision Meetings which will be held throughout Colorado in August. These meetings have been established by CSU Extension to provide local producers with the most up to date research and allow those producers a chance to ask questions as well as provide input on future research.

Weed Management Plans

Weeds are a challenge faced by many who work with the land and can hinder the achievement of land stewardship and production goals. Developing a management plan to prevent, control and eradicate weed infestations can be a valuable tool. As infestations become larger, they are more difficult and expensive to control and other land values are lost. A weed management plan provides guidelines for best management practices and prepares a land manager for treatment of weeds upon initial infestation.

Crowley County is particularly aware of the problems associated with weed infestations: fire, decreased forage and livestock production, exclusion of native species, lower aesthetic value and decreased land values. The County has many acres of previously irrigated land that are now growing weeds. To address this issue, Extension assisted in recruiting land owners who could benefit from a cost share revegetation program established by USDA-NRCS and the County. At the informational meeting, approximately 50 landowners were present.

The success of revegetation projects can be limited by Russian knapweed, a noxious weed of major concern in Crowley County. The County received a grant to treat Russian knapweed and Extension will be involved in public education and monitoring for this project.

In Otero County, Extension recently developed a site weed management plan for a company to eradicate noxious weeds on its property before the problem escalates. By being proactive, this company will be able to eradicate two small populations of noxious weeds and contain the spread of another. Extension will be available to assist in the development of weed management plans for the Southeast Area in the future.



Drought continues to plague Southeast Colorado



Russian knapweed (foreground), Tamarisk (upper left corner) and Kochia

4-H



District VI 4-H'ers help plant trees at Holly Gateway Park

District VI Comes Together to Help Communities

As you are all aware the Southeast Area has been hit by two natural disasters in the past year. The first being the tornado that hit Holly and the surrounding community in March 2007, and the second was the wildfire that spread through Ordway and Crowley County on April 15, 2008.

A few weeks following the Holly Tornado District VI rallied to help two families, Nordyke and Butler Families, which had been directly hit during the tornado. Forty three members, leaders, parents, and agents from six counties helped to repair fence for a bucket calf and 4-H lambs and also to rebuild a pen and shelter for two young gentleman's 4-H swine project. The area gathered supplies and teamed up to help these families. On April 6, 2008, District VI 4-H members went back to Holly to help plant trees at Gateway Park. Over 30 volunteers helped with the replanting effort and helping Holly celebrate their first Arbor Day.

On June 7, 2008, the District again came to a community in the district to help recover. This time members traveled to Ordway. Thirty one members, leaders, parents, and agents from three counties helped various families begin to clean up. Members helped to clear trees, paint houses, plant trees, rebuild sheep corrals, tear down wire, build fence, pick up debris (nails, small metal, glass), and paint fence. Residents were overwhelmed with the efficiency, work ethic, and caring these young people had for them and their community.

Once again 4-H gives back to the community.

District VI Elects Officers

Following planting tree's in Holly on April 6th, the District VI 4-H Senate held their spring meeting. The main item of business was the election of officers for the 2008-2009 year. The officers began their duties at State 4-H Conference. The officer team will begin soon planning District Night Owl. The officers for the following year are:

- President: Jason Russell - Crowley County
- Vice President: Larry Dale Fritzler - Baca County
- Secretary: Alyssa Mueller - Otero County
- Treasure: Garrett Grasmick - Otero County
- Reporter: Jennifer Negley - Kiowa County
- Executive Committee: Kelsey Larsen - Otero County
- Executive Committee: Preston Fritzler Baca County
- Executive Committee: Jacob Machone - Prowers County

Fashion Revue Workshops

Ten area 4-H members and their parents enjoyed workshops at OJC and LCC Cosmetology Career Academies, learning grooming and modeling techniques in preparation for their county Fashion Revue contests. Collaborating with the local community colleges let us expose members to local educational and career opportunities, as well as building life skills.

State 4-H Conference

The Colorado State 4-H Conference was held in Fort Collins on June 24 – 27, 2008. Eighteen 4-H'ers from across the Southeast Area made the pilgrimage to this event held on the beautiful CSU campus. Accompanying the kids were leaders Valerie Campbell, Dawn James, and Susan Greenfield as well as extension agents Brooke Matthew and Jeremy McNeely.

The students attended a variety of workshops throughout the conference and were treated to a spectacular keynote address by Laurie Stewart. In addition, the Otero County Livestock Judging Team of Marissa Campbell, Katelyn Karney, Jordan Kurtz, and Andrea Leininger competed and place 6th overall with a 1st in the sheep placings. They also placed 10th in the Livestock Bowl

The conclusion of the conference ended the District 6 presidency of Mitchell Mueller. On behalf of the District 6 Council we would like to thank Mitchell for his time and effort as the president and congratulations on a job well done. The end of Mitchell's term begins the new term of Jason Russell who was also elected the state parliamentarian. Congratulations Jason!

District Horse Fun Day Success

4-H Horse Project members saddled up and headed to the Bent County Fairgrounds on Sunday, April 27th. These members participated in a District wide horse workshop. This was an opportunity for youth enrolled in the 4-H horse project to do games, level tests, and practice. The focus of the day was to 1) Have fun 2) Become better riders and 3) Advance through the State 4-H Advancement Levels. They were able to take the written and riding advancement level tests.

The Advancement Levels program is a logical step-by-step guide to teach youngsters horsemanship and horse care. The first two levels teach the basics of horse safety, care and riding for general pleasure and performance. It is therefore encouraged that all members participate in at least Levels I and II. Level III is for the serious horse person and Level IV is for the youth that is interested in a career in the equine industry or is very serious about his/her riding and training.

Since riding skills depend upon learned knowledge, the written tests must be taken and passed before the riding test. Members were able to take both the written and riding levels one and two that day.

Swine Workshop

Thirty-nine 4-H members and parents from Southeast Colorado learned swine production skills at a workshop sponsored by Southeast Area Extension in April. Instructor Brett Kaysen, of Colorado State University, stressed to the members that they are producing meat that ends up on a consumer's plate, and the importance of a high-quality, safe product. Members learned how to select a market swine project to fit today's market and how to feed the animal. The day ended with showmanship instruction and practice, with each member getting individualized instruction from Kaysen.



*SE Area 4-H'ers
at State Conference*



Swine Workshop



Creative Cooks Competition

Creative Cooks, Cake Decorating, & Demonstration Contests

4-H Creative Cooks, Demonstrations, and Cake Decorating Contests were held June 16 at Las Animas. Four members planned a menu, chose table service, and then prepared one food from the menu in the Creative Cooks Contest. The members were quizzed on their knowledge of nutrition, food safety, food preparation, and menu planning. One member gave a Demonstration, sharing information she learned in her sheep breeding project. Two members decorated cakes using edible candies in less than 30 minutes in the Cake Decorating Contest. These contests increase members' skills at public speaking, organization, time management, and reinforce knowledge gained in their 4-H projects.

Fun Festival

On the evening of May 30, several Kiowa County 4-H members exhibited their talents at the 2008 Kiowa County Fun Festival. Though the crowd numbers were light the talent displayed was not. Members participated and were judged in music, instrumental, and public speaking divisions. All first place blue award winners in the respective age categories are eligible to attend the Colorado State Fair Performing Arts Contest, August 30, 2008 in Pueblo.

First place blue awards were presented to the following members: Alicia James for Intermediate Vocal Solo and Intermediate Piano Solo, Jessica James for Senior Vocal Solo and Senior Piano Solo, Bekah, Dena, and Nissi Hallman for their Senior vocal Ensemble, Jennifer Negley for the Senior Woodwind Solo, Dena and Gideon Hallman for their Intermediate Woodwind Ensemble, and Ryan Koeller for his Junior Prepared Speech.

Thank you to the Prairie Queen 4-H Club for hosting the event and supplying refreshments and to Jeramy McNeely for judging the 2008 Kiowa County Fun Festival.

Meat Quality Assurance (MQA) Programs

Assuring quality meat to our buyers is at the heart of Extension's Meat Quality Assurance program. The consuming public has made meat packers and processors keenly aware of the need for a wholesome meat product. Consumers simply demand that their meat be free of hormones or any other medications that could be potentially damaging to humans.

CSU Extension has promoted this concept of high meat quality for a number of years and came up with training sessions for our youth. In fact in all Colorado, 4-H and FFA who participate in the livestock programs must go through the MQA training several times during their 4-H "careers". The Southeast Area requires 4-Hers to take at least two years of MQA training when a youth starts with their livestock project and then again each time that youth reaches a new age bracket. Juniors are 8-10 years old, Intermediate are 11-13 years old, and Seniors are 14-18 years old. This year alone, we trained 230 4-Hers in the seven county area.

These programs have changed over the years and we no longer have the youth sit in chairs and listen to a well informed lecturer. Instead, six interactive stations have been estab-



4-H'ers learn the proper technique to give shots at a MQA workshop

lished and the youth get to visit each station and interact with the instructor. They see and comment on the set-up of the miniature farm before them, they also get to practice giving subcutaneous injections to oranges, learn about nutrition for their animals while they prepare a snack for themselves, and learn the importance of reading labels, to name a few of the stations.

The MQA program is an excellent example of another way that Extension provides a fun learning environment for our youth. Do you know where to give an intramuscular injection on a market animal? Ask a 4-Her, they do!

Southeast Area increases the use of technology and Information for livestock identification

The Colorado State University Southeast Extension Area currently has three retinal scan cameras purchased from Optibrand, a Fort Collins, Colorado technology company. Three agents: Brooke Matthew, Scott Brase, and Bruce Fickenscher, have been trained by the company to use the equipment which includes the cameras and software.

Beams of light are used to illuminate the back of an animal's eye and a picture is taken of the illuminated vascular pattern. Each animal and each eye has a specific pattern, similar to a finger print. Unlike other means of identification, these patterns cannot be altered and, it is reported, they can be obtained up to nine hours after death. Currently the Colorado State Fair is accepting either nose prints or retinal scans for 4-H and FFA animals nominated for the 2008 Colorado State Fair. Sheep and goats, and some steers, in all seven counties of the Southeast Area were scanned at the weigh-ins this spring. Animals nominated for the Colorado State Fair were then entered in the database, at a cost of one dollar per animal, and certificates generated to be sent with the entries.

If there is a question on the identity of a previously scanned animal, another scan maybe taken and compared to the original for a positive identification. Several counties have already utilized the process to positively identify animals that lost eartags. Demonstrations are planned for some of the county fairs to acquaint livestock producers with the technology.

B.L.I.S.S. (Building Life, Independence and Self-Sufficiency)

The B.L.I.S.S. Project is organized and offered through Tri-County Family Care Center in Rocky Ford. The 2nd series of six-week classes were offered in Ordway this spring. Participants were for the most part referred from Otero County Probation or Southeast Mental Health.

Topics covered included:

- Housecleaning
- Tobacco Education
- Budgeting Parts I & II & III
- Stress Management
- Employment Skills
- Time Management./Organization
- Occupant Protection/Car Seat Safety
- Nutrition

Agents Jean Justice and Kaye Kasza provided 9 hours of the 18 hours of education. Their portion of the classes consisted of Nutrition Education and budgeting.



Here a retinal scan camera is being used to take a picture of the illuminated vascular pattern in a lamb's eye. Inset is one of the pictures.

Family & Consumer Science



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A note from the Area Director—Jean E. Justice

As we promised we have managed to get this 2nd Quarterly Report out to you in a more timely fashion. We appreciate the positive feedback you gave us concerning the first quarterly report.

On June 2, Natalie James and Jeramy McNeely joined our ranks in the Southeast Area. We are thrilled to have them join us. They hit the road running and have had little breathing room since they started. We are very pleased to have them and know they will be a great asset to the team here in Southeast Colorado.

Unfortunately, the news concerning the Prowers/Bent 4-H position isn't as good. We had a failed search for this position. The position announcement has been reworded and is waiting for Dr. Young's approval to be advertised. As you all know by now this is a lengthy process and it will be fall before we will have candidates to interview. Hopefully, we will have that position filled by the end of the year.

With your support we will continue to provide the education needed in our communities

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination. The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by Colorado State University is implied.

Dining with Diabetes

Diabetes impacts approximately 18 million Americans each year. In Colorado, the number of cases has risen by an estimated 30% since 1990. Once again, during June, Jean Justice offered a series of classes for diabetics and their family members or caretakers. For those with diabetes, selecting and preparing foods that are low in sugar and fat can be a real challenge.

This three-week series features several cooking demonstrations, and provides a primer on:

- How diabetes affects overall health
- The fundamentals of making healthy food choices
- Using helpful tools such as a food guide pyramid for diabetes and the "Plate Method".

This class is especially helpful for those who are newly diagnosed with diabetes or for those having trouble putting their dietary recommendations to work. The Dining with Diabetes series helps the participant assess their dinner plate for potential diabetic disaster. They learn simple changes they can make to improve their diet.

Because there is such a high incidence of Diabetes in the Arkansas Valley, and because the Center for Disease Control now considers diabetes an epidemic, we feel this program is very pertinent to our community.

Nutrition Facts	
Serving Size	1 cup (85g) (3 oz.)
Servings per container	2.5
Amount per serving	
Calories	45 Calories from Fat 0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	55 mg 2%
Total Carbohydrate	10g 3%
Dietary Fiber	3g 12%
Sugars	5g
Protein	1g
Vitamin A 350% • Vitamin C 6% • Calcium 2% • Iron 0%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300mg 375mg
Dietary Fiber	Less than 25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Carrots.