



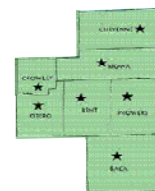
Extension

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

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Quarterly Report



To: Board of County Commissioners

This quarterly report summarizes major educational programming in the first quarter of 2008 from Southeast Area *Extension*.

The mission of CSU *Extension* is to provide information and education, and encourage the application of research-based knowledge in response to local, state, and national issues affecting individuals, youth, families, agricultural enterprises, and communities of Colorado.

We offer educational programs through these program areas:

- 4-H Youth Development
- Agriculture and Natural Resources
- Livestock Management
- Family & Consumer Science
- Cropping Systems

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.

Meet the Agents



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Agriculture and Natural Resources



Windbreak Tree Program

The Southeast Area Extension Offices and the Colorado State Forest Service team up each year to sell seedling trees to area producers. There are specific guidelines that are established: you must own two acres of land and the trees are to be used for windbreaks, visual screens, noise barrier, or reduce erosion. The trees enable farmers, ranchers, and rural landowners to obtain trees at nominal cost. There is a wide variety of trees and shrubs available to choose from. This year the Southeast Area sold 22,730 trees to help improve air quality, help save energy, improve water quality, and improve wildlife diversity.

Beef Herd “Trich” Update

Southeast Area Extension staff has provided information to area livestock producers on the current Trichomoniasis outbreak. Offices receive weekly updates from the Colorado Department of Agriculture/State Veterinarians office with general locations of quarantined beef herds. Information is available on what causes the disease, proper preventative measures, and cow herd management if the disease is contracted. Currently, six of the seven counties in the Southeast Extension Area have beef herds affected by Trichomoniasis.

Bull Tests

Southeast Area staff coordinated with members of the Southeast Colorado Bull Test Association (SECBTA) for the 34th Annual test. A total of 38 yearling bulls were placed on a 104 day feeding trial. The bulls are fed a growing ration designed to express the individual growth potential without negatively affecting reproductive performance. Four years ago, SECBTA members were among the first Colorado livestock producers to use the ear notch test for Bovine Viral Diarrhea (BVD). This is now a required test on all of the bulls prior to their arrival at the test facilities.

With all of the discussion about the use of Radio Frequency Identification (RFID), this year the bull test cooperated with the Y-Tex company to test RFID tags. RFID tags can be used to facilitate the use of electronic records to track an animal through all production phases and facilitate the transfer of an animal’s health and production history to future owners. We did have some retention problems with the tags that will need to be rectified.

Another new technology that was piloted with this years test was the use of retinal scans as a means of permanent animal identification. In this case, facility design was more of an issue than the technology involved. A beam of light, similar to what a physician uses to look at the back of our eyes, is used with a camera to take a picture of the blood vessel pattern in an animals retina. Since this is a camera, excess light – ie. – a combination of snow cover and sunlight, negatively affects the results. More work will continue with this process at later dates.

Reports are sent out to approximately 275 producers, four times throughout the test period. Ultra-sound carcass data and specific breed association data is collected upon completion of the test and the bulls are sold at public auction to enter the respective buyers breeding herd.

Bruce Fickenscher has spearheaded this program for the past seven years.

Private Pesticide Applicator Training

In Colorado as in most other states, pesticide application is regulated by a very strict set of guidelines and laws. In the past these regulations were enforced by the Environmental Protection Agency (EPA) however, Colorado's Department of Agriculture took over the regulatory duties approximately one year ago. This includes the licensing of private pesticide applicators which are typically farmers and ranchers. A private applicator license is required to purchase a restricted use pesticide which are those pesticides that have been deemed more hazardous to people or the environment than those products that can be purchased off the shelf. The purpose of the license is to ensure that the applicators have a good working knowledge of how the pesticide works, as well as how to handle and apply it safely and correctly. To become licensed an applicator must take and pass a take home exam that has been developed by the Colorado Department of Agriculture.

Southeast Area Extension conducted three Private Applicator Licensing workshops with an attendance of nearly 50 producers in Kiowa, Prowers, and Otero counties. The purpose for these workshops was two fold. The first objective was to provide area producers with the knowledge and safety instruction necessary to become licensed pesticide applicators. The second and most important objective was to make pesticide applications safer, not only for the producers, but for everyone that may be in close proximity to pesticide applications, or may come into contact with agricultural products.

Scott Brase organized and conducted the trainings in the SE Area, together with Bruce Fickenscher for Kiowa County, and both agents continue to work with area farmers and ranchers with licensure and safety issues.

Farm/Ranch/Water Symposium & Trade Show

The 4th Annual Farm/Ranch/Water Symposium and Trade Show was held in Rocky Ford on February 7, 2008. There were 175 participants, including vendors, speakers and attendees. Topics covered during this all-day event were:

- Renewable Energy
 - Wind Power
 - Solar Power
 - Bio-Diesel
- Small Business/Entrepreneurship
 - Rural Tourism
 - Colorado Proud
- Water Issues
 - Irrigation Water Efficiency
 - On-Farm Impacts
 - Arkansas River Delivery
 - NRCS Prospective

Jean Justice was Chairman of the Planning Committee for the Symposium. The committee met monthly from October through February.

“A private applicator license is required to purchase a restricted use pesticide”



4-H



*Randy McEndree,
recipient of
Outstanding Youth
Citizenship Award*

Officer Training

In February the Southeast Area Agents put on three Officer Trainings. These trainings were held in Otero, Kiowa, and Baca counties. Brooke Matthew led the Otero training; Bruce Fickenscher the Kiowa training; and Kaye Kasza and Deborah Lester the Baca Training. The purpose for the locations was that these were central counties where it would not be far for members to travel to a neighboring county. An example is that Cheyenne County youth could travel to Kiowa, while Baca County would draw youth from Prowers, and part of Bent. The three trainings were set up in a similar format. There was a panel discussion for the offices of President, Treasurer, Secretary, and Reporter. The panel was made up of community members and business leaders. District 4-H Senate Officers led get-to-know you and leadership games either before or following the panel discussion. There were a total of 68 youth reached through the officer trainings.

Leadership Development Conference (LDC)

Leadership Development Conference was held in Denver January 25-27, 2008. The conference is for 4-H'ers 14 and older. Highlights for this years conference included a Community Service Project with the Children's Hospital, where the members made arts and crafts bags for the residents of the hospital to help bring times of enjoyment to children experiencing tough times. Members also heard an IFYE (International 4-H Youth Exchange) presentation, and learned about the experiences of those delegates. Also highlighted at this years conference were science, engineering and technology (S.E.T.) challenge games, and sessions on leadership, public speaking and youth in governance.

Randy McEndree, a 12-year 4-H member from Baca County, was presented with an Outstanding Youth Citizenship Award. Randy has been very active on all levels of the organization, and says he looks forward to being a collegiate 4-Her at Colorado State University and to become a volunteer leader.

A total of 18 youth from the Southeast Area attended, along 2 leaders, and agents Brooke Matthew, Kaye Kasza, Deborah Lester and Bruce Fickenscher.

Shooting Sports Leader Training

The Southeast Area Hosted a 4-H Shooting Sports Leaders Training the weekend of March 28- 30. For a leader to work with youth in the shooting sports program the state requires that they have a minimum of 18 hours of instruction in a specific discipline. This allows the leader to become more aware of how to teach youth and the policies and procedures set by the State 4-H Office regarding Shooting Sports. The training was held in Lamar. There where four disciplines taught: shotgun, archery, rifle, and muzzleloading. There where a total of 6 instructors and 13 leaders who participated in the training. Brooke Matthew is on the State Shooting Sports training team, and Deborah Lester also attended to become certified.

International 4-H Youth Exchange (IFYE) Representative

Each year the International 4-H Youth Exchange (IFYE), in cooperation with the Colorado Four-H International Programs, sends two delegates from Colorado to countries around the world for three to six months. Countries include: Western Europe, Eastern Europe, Latin America, Australia, Asia, and Africa. Representatives live and work with several host families during their stay. They have the opportunity and are expected to participate in day to day family life as well as interact with host organizations, which are often times similar to 4-H. Representatives may pursue special interests through self-study and many arrange for academic credit through their university. International 4-H Youth Exchange program enhances the 4-H program through international, cross-cultural experiences that enable young people to improve their leadership and communication skills, while increasing their international awareness and understanding.

For 2007, Megan Fickenscher, a 2003 graduate of Plainview School in Sheridan Lake was selected as one of two IFYE Delegates from Colorado. Megan traveled to Switzerland in mid-June and returned to the United States the first part of December. The Southeast Area hosted Megan the week of February 4th. She gave presentations in the following schools: Cheyenne Wells Junior & Senior High, Plainview, McClave, Las Animas Elementary, Jefferson Middle School in Rocky Ford, Manzanola Junior & Senior High, Parkview Elementary in Lamar, Washington Elementary in Lamar, Kit Carson, and Eads. She also presented to the Otero County 4-H Council and Bent County Assisted Living Center. Due to a terrible snow storm we had to cancel the visits on that Tuesday, which would have included Springfield Junior & Senior High School, Pritchett School, and Bent County 4-H Council. We look forward to hosting another IFYE in the area next year.



Megan Fickenscher, a 2003 graduate of Plainview School in Sheridan Lake was selected as one of two IFYE Delegates from Colorado.

Ads for Newsletters

Each month a 4-H newsletter is sent to each 4-H family across the area. Last year we began doing an area newsletter with four pages of national, state, and area information each month and then each county adds pages with their specific county information. The postage for these newsletters is very expensive. Five plus years ago it was decided by the agents to sell advertisements in the newsletters to help offset some of the postage cost. After much discussion over the years and new staff being added in those years it was decided this year to sell ads as an area. The ad spaces are \$200 and we had to sell a minimum of 14 to cover the cost of all 4-H newsletters in the Southeast Area. Previous ad sponsors were asked to continue their sponsorship, and new businesses that obtain 4-H business throughout the year were also asked to be sponsors. These ads are a win-win opportunity for both 4-H and the sponsoring businesses.

Family & Consumer Science

“The goal of the Better Kid Care Program is to improve the availability, accessibility and quality of child care.”

Better Kid Care

Better Kid Care is a web based program from Penn State Cooperative Extension, which provides educational materials, learning experiences and programs to child care providers, parents and employers of child care facilities.

The goal of the Better Kid Care Program is to improve the availability, accessibility and quality of child care. This is accomplished in several ways, including satellite workshops, training workshops, video distance education units, on-site training and a toll-free telephone mentoring help line.

Colorado Day Care Providers must have 15 hours of continuing education to keep their license current and participation in this program can provide at least 10 of these hours without having to travel to Pueblo, Colorado Springs or Denver. Collaboration with Tri-County Family Care Center to provide other classes as well, gives child day care providers professional opportunities and educational information on caring for children.

Agent Jean Justice has been providing this training to child care providers in Bent, Otero, Crowley and Prowers Counties since 1998. Each class is held in Rocky Ford and Las Animas with a total average of 20 participants.

Food Safety Works

A two hour course for food service workers that covered the basic requirements for safe food handling was held in Bent County in February. Twelve employees and one owner of local restaurants learned how to prevent foodborne illness. The average score on the post-test was 21% higher than the average pre-test score. A single outbreak of foodborne illness can easily cost a food service operation \$75,000 in legal fees, medical claims, lost employee wages, cleaning and sanitizing, discarded food supplies, and lost income from negative publicity and/or being shut down. Food Safety Works training helps establishments prevent such losses. Customers and the community also benefit through better health. The class was taught by Kaye Kasza; the class roster and test scores were shared with Southeast Land and Environment.



Baby's First Wish

Because babies don't come with instructions, parents often have many questions about how to care for newborns. The demands of a new child in the home can sometimes leave parents, especially teen parents, stressed out. The need for parenting skills is one of the most critical family issues of the decade. Studies show how effective parenting makes life better for children. It has been associated with preventing poor school performance, premature sexual activity, substance abuse, and child abuse and neglect. The Baby's First Wish newsletter program administered by Colorado State University Extension, provides free parenting information and resources to Bent, Crowley and Otero families.

Through the program, Baby's First Wish newsletters are mailed monthly to approximately 225 homes. The newsletters focus on child stages and corresponding parenting techniques, beginning at one month of age and continuing through 36 months. Parents learn about how children behave as they grow and what they can do to provide appropriate experiences for babies. For example, parents learn that at five months, babies begin exploring in all directions, so it's time to make sure the home is baby-proofed.

Parents can subscribe by filling out an enrollment form given to them by the nurse in the Newborn Visitation Program through the Otero County Health Departments, through WIC program office, local clinics, and doctor's offices. Agent Jean Justice has kept this newsletter totally funded by grants since its inception in 1998.

Baby's First Wish often is read by more than one person in each home, thus multiplying the readership two to three times. In surveys, parents were invited to evaluate their increase in knowledge from reading the newsletter. Parents reported significant gains in areas such as child health and safety, ways to play with and teach children, and ways to reduce parents' stress. Some participants say that the newsletter is the only parenting information they read at home.

Health Fairs

Nutrition and wellness education were provided by CSU Extension at two local 9 health fairs. By providing accurate and credible literature and hands-on demonstrations, Jean Justice and Kaye Kasza helped participants to understand the relationship between positive lifestyles and their overall health. At the Lamar High School Health Fair, Kasza visited with 300 students about healthy eating, portion sizes, and the importance of exercise. At the La Junta 9 Health Fair, Jean Justice had contact with over 200 participants, which also included diabetes information and education.



*Babies who are
spoken to often
learn to speak
more easily.*





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A note from the Area Director—Jean E. Justice

The first quarter of 2008 has been busy for the search committees trying to fill our vacancies in Southeast Colorado. Unfortunately, the hiring process through Colorado State University Extension is long and tedious. However, we have good news to report. We have hired Natalie James as the new Livestock/Natural Resources Agent for the Crowley/Otero position. Natalie is completing her Master's in May and will begin with us on June 1st. We also, just this past week hired Jeremy McNeely for the 4-H Youth Development position in Cheyenne/Kiowa. Jeremy has been teaching at Kit Carson since 2003 and is looking forward to the new challenge of working with our 4-Her's.

The search committee is checking into references for three candidates for the Prowers/Bent 4-H position. Interviews are scheduled on campus for June 4th and locally on June 6th. I'm feeling confident that we will be filling that position also.

In the meantime our current agents are doing a fantastic job keeping our programs running smoothly. I know they are looking forward to having more agents to help carry and relieve the load they've been carrying for far too long.

We will continue to provide you with this type of quarterly report in the future. Hopefully, it is beneficial in keeping you informed as to what is being done throughout the entire Southeast Area. If there is certain other information you would like provided please let your local agent or myself know.

CYFAR (Children, Youth & Families at Risk)

The CYFAR grant funded project is wrapping up its fifth and final year in Southeast Colorado. Kate Langworthy has been the agent handling the grant activities for Bent, Crowley, and Otero counties.

CYFAR projects seek to strengthen existing Extension systems through the provision of staff and program development activities at the statewide and community levels. In Colorado, two high need areas – Bent, Crowley and Otero counties in the Eastern Region, and Fremont County in the South Central Region - were chosen as local sites. Program outcomes included:

- parents taking primary responsibility for meeting their children's physical, social, emotional, and intellectual needs and providing moral guidance and direction.
- Families promoting positive, productive, and contributing lives for all family members; and
- Strengthening of internal and external community assets.

The program used to achieve these outcomes was the DARE to be You program (no relationship with the DARE drug program). The "DARE" in DARE to be You refers to resiliency

factors (decision making, assertiveness, self responsibility, and parental self efficacy) that are necessary to weather life stressors.

During the project, Kate coordinated and helped deliver:

- Two DARE to be You Community Trainings (16 hour each) provided 28 participants from 15 agencies with an overview of the strengths-based program. Participants came away from the training saying they learned more about themselves, their community, and how important a program like this could be within the community.
- Two DARE to be You Train the Trainer sessions (20 hour each) provided 15 participants from 11 different agencies and organizations with the skills to replicate the program either within their own organizations, or in collaboration with CSU Extension staff.
- Three Teen Teacher trainings provided 13 teens with skills to teach children who participate in the DARE to be You program.
- Four DARE to be You family program series provided to 21 families with 49 children. Preliminary research data shows improvement in several key areas.