

2023 Annual Report

# CHAVES COUNTY COOPERATIVE EXTENSION SERVICE



## Our Contact :

575-622-3210  
200 E Chisum Suite #4  
Roswell, NM 88203  
[chaves@nmsu.edu](mailto:chaves@nmsu.edu)  
<https://chavesextension.nmsu.edu/>



**BE BOLD.** Shape the Future.  
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NEW MEXICO STATE UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATOR. NMSU AND THE U.S. DEPARTMENT OF AGRICULTURE COOPERATING.



# MEET THE TEAM



## County 4-H Agent

Traditional and non Traditional 4-H youth programming in

- Agriculture and natural resources
- Leadership
- Volunteer Development
- 4-H Cloverbuds (5-8 year olds)

## Drew Garnett Agricultural Agent dgarnett@nmsu.edu



- Youth & adult programming in
- Sustainable management of natural resources
  - Profitable livestock production
  - Brush and weed education

## Amie Steen ICAN Educator alsteen@nmsu.edu



- Youth & adult programming in
- Ideas for Cooking and Nutrition

## Tamara Schubert FCS Agent/ 4-H County Director tamschub@nmsu.edu



- Youth & adult programming in
- Personal and Family Finance
  - Nutrition and Fitness
  - Early Childhood/Family Development
  - 4-H Youth and Volunteer Development

**Ana Salas**  
Administrative Assistant

**Kim Spear**  
4-H Temp. Administrative Assistant

**Pat Westfall**  
4-H Administrative Assistant

## COOPERATIVE EXTENSION SERVICE IN CHAVES COUNTY

Roswell was originally a part of Lincoln County, that included all of southeastern New Mexico. In 1889 Chaves County was carved out of the larger county, and Roswell became its county seat. Chaves County also includes the towns of Dexter, Hagerman and Lake Arthur, and the communities of Dunken, Elk, Elkins, Greenfield, Mesa and Midway. The hub of southeastern New Mexico, Chaves County has a population of 63,894 (2022 census). It is a center for irrigation farming, dairy production, ranching, manufacturing, and petroleum production.

### County Demographics:

Gender: 50.4% male / 49.6% female  
Median Age: 36

Race: 60% Hispanic / 35% non Hispanic  
Poverty: 19.6 %

Education: 17.5% bachelor's degree or higher  
Language: 65% English Only Speakers

The Cooperative Extension Service is a unique federal, state, and county partnership which was enabled by the Smith-Lever Act of 1914 and constitutionally mandated in New Mexico in 1915.

The Chaves County Cooperative Extension Service has been assisting citizens of the community since 1917. As the outreach portion of the College of Agricultural, Consumer and Environmental Sciences of New Mexico's land grant institution, New Mexico State University, the mission of the Cooperative Extension Service is:

**To provide practical, research-based knowledge and programs to the people of New Mexico to improve their quality of life.**

NMSU Chaves County Cooperative Extension Service relays this information to residents by offering programming in the areas of Agriculture, Natural Resources, Family and Consumer Sciences, and 4-H Youth Development.

# REPORTING NUMBERS FOR 2023

## PERSONAL CONTACTS:

Interactions with community clientele  
TOTAL 38,056 (54% INCREASE)

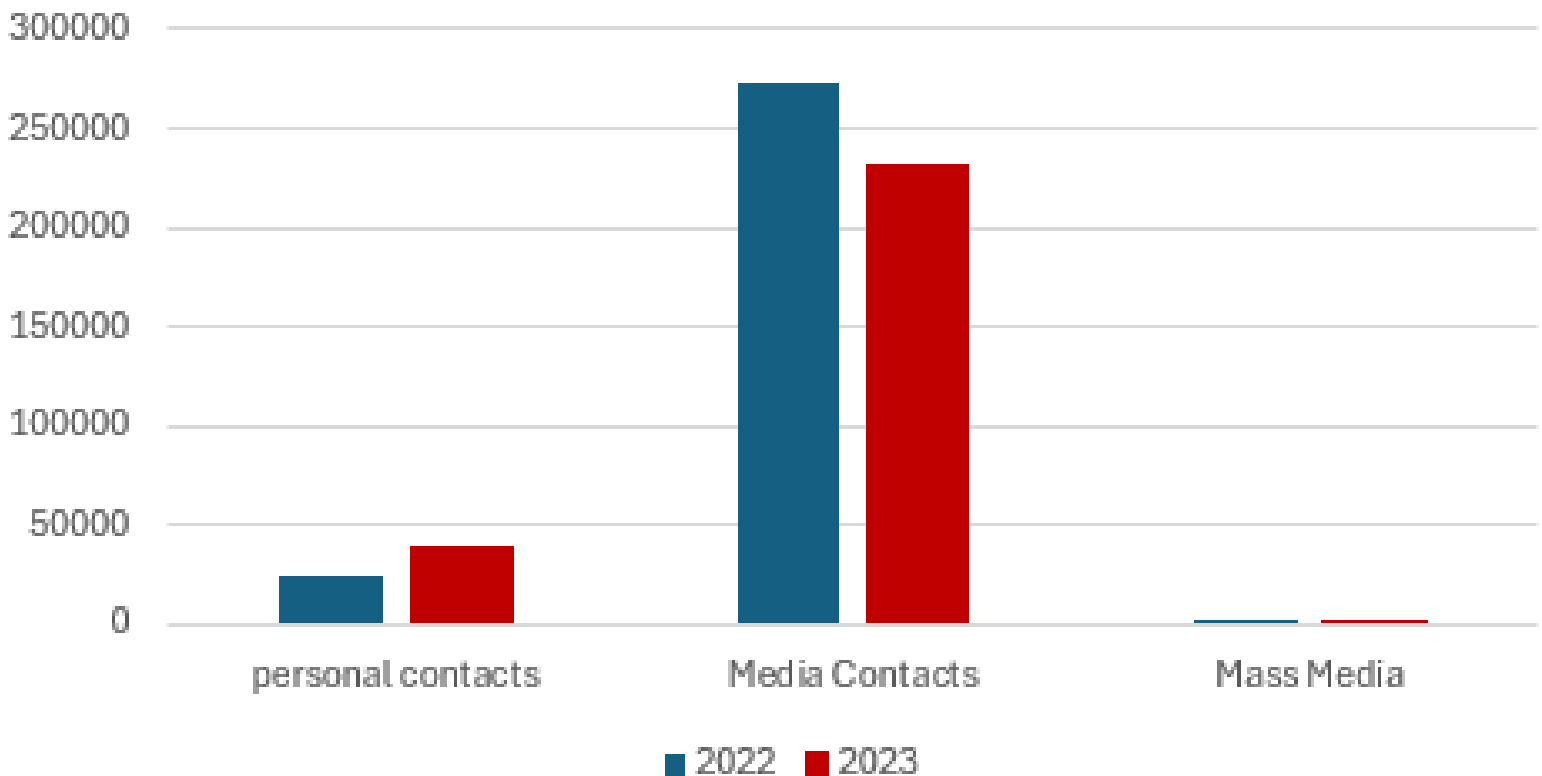
## MEDIA CONTACTS:

Contacts from media publications- newsletters, social media interactions, etc.  
TOTAL 231,857

## MASS MEDIA EVENTS:

Publications, interviews, and articles etc. that were produced.  
TOTAL 110 (150% INCREASE)

### 2022 vs 2023





Youth Development research emphasizes the importance of meeting the four basic human needs of belonging, generosity, independence, and mastery. To create self directing, productive, contributing members of society, 4-H provides youth the opportunities to acquire leadership, citizenship, and life skills while meeting the four basic human needs. The 4-H agents in Chaves County continue to strive to create an atmosphere of belonging and opportunities for youth to develop those basic needs.

**Chaves County's 4-H program** consists of nine traditional 4-H clubs, a cloverbud program, and shooting sports program that encompasses ~ 259 youth between the ages of five to 18 enrolled (8% increase from 2022) and 97 adult volunteer leaders (22% increase from 2022). Members developed social and leadership skills, and learned parliamentary procedure by attending meetings. By attending club meetings, 4-H agents were able to establish and maintain relationships with 4-H members and their families and develop a working relationship with club leaders.

## 4-H Youth Leadership

**Club Leadership** is the first opportunity for a 4-H member to gain leadership experience. On average 80 youth each year serve in a leadership role for their club. In order to understand their office responsibilities, develop communication skills, and increase their knowledge of parliamentary procedure, approximately 50% of the officers attended a training from the county council officers and agents. Over 90% of the youth who attend the club officer training gain knowledge of their roles and responsibilities and leave equipped to fulfil their duties as a club officer.

**County Council Leadership** provides an opportunity for youth to continue to develop their independence in leadership. Nine youth were elected to serve on the Chaves County 4-H Council. The council officers received training from the FCS Agent on their duties and responsibilities and then had the opportunity to instruct club officers in what they had learned. The council also includes three adult advisors and two representatives from each club. Each month, the council conducts business on behalf of the county 4-H program, selecting county-wide community service projects and member participation reimbursements, and works as a link between the clubs.



**Chaves County 4-H Livestock Ambassadors** program strives to provide Senior 4-H members the opportunity to develop and practice advanced leadership skills related to mentoring other youth and to become advocates for animal agriculture. Each year selected ambassadors conduct educational workshops for new and experienced members as well as fun and interactive livestock camps. Through mentoring ambassadors develop their public speaking skills as well as valuable relationships with younger 4-H members.

**Junior Leadership** allows 4-H members the opportunity to provide Adult 4-H Volunteers with additional assistance in their 4-H clubs, program workshops, and related activities. Junior Leaders also serve as mentors and role models to the younger 4-H members by sharing their experiences with them.

**Conferences** Each year 4-H Members have the opportunity to attend leadership conferences around the state. This year nine youth attended Senior Leadership Retreat held in ABQ, eight attended Youth Get Away with one serving as a Junior Camp Counselor, and two attended Shooting Sports Leadership Summit.



## 4-H Educational Workshops

**Cloverbuds** provides a non-competitive educational youth development opportunity for five to eight-year-olds. The FCS agent designed lessons to stimulate learning, provide an opportunity to develop fine motor skills, grow interest in 4-H, and to have fun. Cloverbud meetings were held in conjunction with traditional 4-H club meetings. The agent prepared an agenda with instructions and supplies for recruited adult volunteers to follow.

**Project Workshops** allow for the greatest opportunity for growth in independence and mastery through the 4-H program. Not all youth have the means or availability to an adult to assist them with their projects. By hosting project workshops through the county office, youth develop relationships with caring adults and are given the opportunity to develop a variety of life skills. The FCS Agent recruited volunteers to instruct educational workshops for leathercraft, braiding, cake decorating, ceramics, food/nutrition, photography, and horse/rodeo projects.

**Quilting** With assistance from an Extension Club member, the FCS Agent has held six Quilting project workshop days with at least 2.5 hours of instruction at each workshop. Participants included novice through senior 4-H members that learned about fabric selection, batting selection, cutting material, fabric pattern and placement, seam allowances, pressing techniques, quilt assembly, and binding quilts. All participants not only gained knowledge in quilting techniques but expressed they valued learning and being around their friends while doing so. As part of the workshops this year, the youth completed a quilt to donate to area hospitals.



**Sewing I and II-** With many beginner sewers, the FCS Agent worked with two 4-H volunteers to conduct eight project workshops. To increase leadership opportunities, junior leaders were given the opportunity to teach youth about the parts of a sewing machine, sewing tools, safety, how to operate a sewing machine and simple sewing procedures. Sewing workshops consist of 2.5 hours of education and practice time. As a result, youth have developed the ability to work independently and plan ahead as they choose fabrics and accessories for beginning their projects.

**Other sewing and textile project workshops** The FCS Agent has used the Duded Up Denim and Creative Touches project to reach the nontraditional sewing audiences in the 4-H program. Four workshops were held, in which participants learned about Upcycling denim, and pre made clothing, creating projects from other materials, and decorating/accessorizing projects. During the workshops. Youth expressed their enjoyment in the project and their love for making things out of something else.



**Fibercraft** In an effort to increase involvement in FCS programming, the FCS Agent offered workshops in fibrecraft projects including Crochet I, Crochet II, Knitting, Embroidery, Cross Stitch, Weaving and Macrame. The FCS Agent offered 12 project classes for enrolled 4-H members, youth learned the basic stitches, equipment requirements, selecting the correct needles, how to tie slip knots, and how to start their patterns by participating in the 4-H fibrecraft workshops.

**Housing and Interior Design** Housing and Interior Design workshops were hosted by the FCS Agent. Two project workshops and included an hour and a half interaction and hands on learning that taught youth about upcycling items from home to design and organize their space.

## 4-H Educational Workshops continued....

**Nontraditional FCS Projects** To reach nontraditional FCS youth, the FCS agent hosted ten jewelry, origami, and NM Education classes reaching 57 participants of various ages from Cloverbuds to Senior Members. Youth increased their skills in paper folding, color, design, leadership and their knowledge of NM culture. The older members had the opportunity to assist younger members and show them skills and techniques to use for each project.



**Food Preservation Workshops** At the request of several leaders, the FCS agent began holding Food and Nutrition Workshops for 4-H youth enrolled in any of the food related projects. These workshops have reached 18 youth. Youth participating in the canning workshops increased their knowledge in blanching, learned why it's important to clean the lips of jars, what blanching means, how to process foods correctly, and why cutting fruits decreases cooking time.

**Volunteer Led Projects** Agents worked with project leaders to hold workshops for Braiding, Ceramics, Leathercraft, Food and Nutrition, Photography, and Cake Decorating. These workshops accounted for another 208 in contact numbers.

## 4-H Shooting Sports

**Advisory Committee** meetings are held prior to a new 4-H practice season and are comprised of the 4-H shooting sports discipline leaders. Program goals are discussed, yearly safety meetings are scheduled, and practice days and times are determined.



**Safety Meetings** are held prior to shooting sports practices as a required component of the program. The Ag agent conducted informational meetings attended by 93 4-H members. Participants gained knowledge of eye dominance, the importance of safety, and 4-H range rules.

**Practices** are instructed by 4-H certified volunteers. The 84 participants learned how to responsibly care and handle firearms/bows while honing their accuracy.

**County, District, and State Contests** provide an opportunity to showcase the skills youth develop in the shooting sports disciplines and build a sense of team. The 23 qualified Novice and Juniors competed in the 2023 District Contest held in Roosevelt County where many received an award for their marksmanship and gained competition experience. The Senior State 4-H Shooting Sports Championship was held in Raton, NM where the 25 qualified Senior members (**78% increase from 2022**) competed with the **Air Pistol Team and Compound Archery Team qualifying for Nationals**. All youth gained experience in good sportsmanship and competing against other 4-H members from across the state.





## 4-H Competitive Events

**Judging Contest Practices** allow 4-H members to gain knowledge of contest and requirements, and confidence in their ability to compete in those areas. This year FCS contest practices were held during project workshops to increase practice times and knowledge without adding additional meetings to our youth's already busy schedules. The FCS Agent also held an additional eight practices for FCS Skill A Thon, Consumer Decision Making, and FCS Bowl. The FCS agent recruited volunteers to instruct open practices for the following contest areas: horse, hippology, and livestock judging teams. Members attended scheduled practices and competed at the county, district and state competitions.

**County, District, and State Contests** build self-esteem and develop public speaking, decision making, and problem solving skills in 4-H youth. Sixty-six Novice, Junior, and Senior members participated in the county contest and received awards for their scores. The FCS and Ag agents accompanied the 27 eligible Novice and Junior members to the Southwest 4-H District Contest in Roosevelt County where participants received individual and/or team awards. Additionally, FCS Agent accompanied 12 eligible Seniors to the State 4-H Judging Contest in Las Cruces, NM. All members gained confidence in competing and developed problem solving and decision making skills.



**Chaves County 4-H & FFA Fair** was attended by 140 (27% increase from 2022) 4-H & FFA youth exhibiting indoor and livestock projects. Twenty youth competed in the Janet Randeau Memorial Horse Show exhibiting their knowledge and skills gained through attending monthly horse/rodeo workshops. Exhibitors gained responsibility through caring for their livestock, gained knowledge and skills in their indoor project areas, and felt a sense of accomplishment as they showcased their projects. In 2023, 57 youth have completed over 720 exhibits and have received over \$7,000.00 in premiums for their placings. Exhibitors gained knowledge and skills in their project areas which can be continued as a hobby or possibly a future career.



**NM State Fair** is an opportunity for youth to show at the state level as well as an opportunity to participate in the Jerry Hawkins Memorial Judging Contest. Three families participated in livestock shows. The FCS Agent took the first place Chaves County 4-H inside exhibits to the New Mexico State Fair. Chaves County had 386 exhibits (increase of 4% from 2022) qualify to be exhibited at the State Fair. Chaves County youth showed an increase in knowledge and skills related to their projects as evidenced by recognition received and ribbons won.

**Eastern New Mexico State Fair** is the last fair of the show season. It's a regional option to exhibit their indoor exhibits and state option to exhibit livestock. 43 youth from Chaves County exhibited a total of 395 entries in the indoor exhibit Hall. During the ENMSF 4-H youth run the Ice Cream Parlor, learning customer service, money management, and more. This year the Ice Cream Parlor hosted NMSU provost and Head of Extension for an Ice Cream social open to 4-H and FFA youth around the state.

## Agronomic Crop and Pasture Improvement

**Soil Temperatures** The Chaves County Extension Office performs a public service for the area by monitoring and publicizing soil temperatures in the spring to assist farmers and home gardeners on planting timing. Five area farmers took soil temperatures each morning, Monday through Friday, for the Month of April and into May, and reported those temperatures to the office so that the numbers could be shared with the local media: four radio and one newspaper. It was also reported on our social media pages. Knowledge of soil temperatures assist growers in being more successful in establishing their warm season crops.



**Agricultural Awareness Presentations** In an ever-changing political climate, the Chaves County Extension Office worked to connect politicians and political groups with agricultural producers in Chaves County. The agent worked with the 3rd District Representative to organize a meeting between the representative, ranchers, and dairy farmers. The ag agent also collaborated with political organizations, by presenting on agriculture in Chaves County. The agent also presented to many local and statewide service organizations on the state of agriculture and its importance to Chaves County and New Mexico; SWCDs, Chaves F&LB, Rotary Club, Sertoma Club, and many others.

**Networking with Agencies/Organizations** Working with government and private agencies, the agent was able to assist producers in finding funding for crop, water and range land improvements. Working with NRCS agents on locating livestock dewormers that are dung beetle friendly. Working with USDA, NRCS, BLM, and SWCD on brush land and noxious weed control for range and agricultural land.



**Coffee with an Ag Agent** Weekly meetings in a local hardware the agent had morning hours for the public to interact with and engage on topics affecting the valley. Topics ranged from water use, crop viability, range management, wildlife management and damage mitigation, dairy production, and many more. Over the year more than 213 producers, homeowners, and community members came to discuss agricultural and related issues.

## Brush and Weed Control

**Pesticide Applicator License Continuing Education Units (CEU) Workshops** The agent hosted CEU Workshops to assist New Mexico pesticide license holders in obtaining continuing education for their pesticide license requirements. Topics included "Pesticide Resistance", "Alfalfa Weevil Management", "Resistance and Control Options", "NMDA Regulations and Updates", "Calibration Demonstration", and "Brush and Range Weed Control". A total of 35 individuals attended receiving five CEU's, enabling them to renew their pesticide license. Those present included Agricultural producers, Chaves County Employees, NRCS Employees, Commercial applicators, and Golf Course applicators. Pesticide license holders count on attending this workshop each year, instead of having to travel out-of-town or go online to receive CEU's, and there is no fee to attend. The agricultural agent presented two other CEUs throughout the year and hosted another in the SERW, offering a total of 8 CEUs for 2023.

**Landowner Field Interactions** The agent met with and worked with producers and landowners on property management for vegetation management for livestock production and wildlife management. Many landowners were interested in brush management strategies for livestock production while several were interested in manipulating their properties for wildlife improvement. The agent utilized NRCS, BLM, and the SWCD Noxious weed specialist for brush management. The agent utilized Sam Smallage, BLM, as well as NMSU and TAMU publications.



## Urban Horticulture

**Gardening at the Library** Working with the Roswell Public Library the agent started presenting on gardening in Southeastern New Mexico every third Saturday of the month. Over 2023 eleven presentations were presented either by the agent or a Master Gardener, where over 116 clients attended to learn more about gardening techniques.

**Ready - Set - Grow Webinar Series** The agent collaborated with John Garlich, Emily Bruton, Rachel Zweig, Lynda Garvin, and Marisa Thompson, to produce and host a monthly webinar presentation on horticultural related topics. In total this webinar program reached a total of 2,861 people.



**Chaves County Master Gardeners** The agent worked with former and current Master Gardeners to reorganize the Master Gardeners in Chaves County. The master gardeners began to meet and establish guidelines for the restart of the Chaves County Master Gardeners. The agent reestablished the Chaves County Master Gardeners, with a total of 19 active members and 16 new interns set to take the Master Gardener Course in 2024. Throughout 2023 the CCMGs completed over 1200 volunteer hours, worked on two county beautification projects, farmers markets, ENMSF educational booth, Presentations and more.

**Personal Contacts and House Calls** The agent met with over 500 individuals in 2023 assisting them with issues. By house call the agent would physically go to homes or properties of community members of Chaves County to assist them with garden, lawn, wildlife, and other horticulture related issues. The agent utilized the scientific method, NMSU publications, NMSU specialists, soil sampling, NMSU Plant Diagnostic Clinic. These house calls are the ability of reaching the general public and average homeowner with research-based information to solve their problems, dying lawn, dying trees, etc.

## Profitable Livestock Production

**Southeast Ranchers Workshop 2023** The Chaves County agent collaborating with the agents from Eddy and Roosevelt Counties, worked to create a regionally relevant workshop for area livestock producers in Southeastern New Mexico. Live workshops are preferred by many producers, with demonstrations especially when it comes to new technology. Which is what the agents did by bringing specialists and other experts that have personally utilized the technology they were demonstrating. The agents opened discussions on E-Collars and Virtual Fencing applications, Remote Water Monitoring, Range Weed Management, Antimicrobial Updates, Beef Cattle Marketing, and updates from the New Mexico Beef Council.

**Youth Ranch Management Camp 2023** The NM Youth Ranch Management Camp is a life-changing event for 30 youth, receiving college-level instruction in managing a working ranch. High school-aged youth were introduced to the intricacies of running a working beef ranch: Financials, marketing strategies, production, management of natural resources and wildlife. The agent assisted in facilitating the camp and one presentation during the weeklong camp. Youth who participated in the YRMC earn college credits if they choose to attend NMSU.



## Integrated Pest Management Systems

**Pecan Weevil Trap Building Workshops** Chaves County is under an NMDA regulated Pecan Weevil Quarantine due to the presence of the pecan weevil found in 2016. Chaves County is the third largest producer of pecans in the state of NM, producing over nine million pounds of pecans in 2020. Under the quarantine, producers are required to follow specific procedures and steps in order to transport and sell their pecans, which adds a number of monetary costs. One producer estimated that the quarantine regulations would cost them \$35,000 to \$40,000 dollars in 2023. Currently within Chaves County, the known locations are found in urban back yard pecans, not production orchards. NMDA has a “free” treatment available for non-commercial pecan orchards, this is to keep the pecan weevil from spreading to our production orchards. The pecan tree is a symbol of community in Chaves County, there is hardly a yard in Chaves County that does not contain a pecan tree. Continuing on the success of 2022, the agent hosted multiple educational workshops on monitoring pecan trees for pecan weevil. During the workshop the agent discusses the damage, biology, and economic impact of the pecan weevil. The agent leads the attending clients in a hands-on demonstration on how to construct a Circle Trap used for monitoring for adult pecan weevils. Each client will then take home the trap they constructed in the workshop with them in order to monitor for pecan weevil adults on their own trees. The agent also discusses how best to utilize the traps and when based on the pecan weevil biology. The agent finishes by discussing other monitoring techniques to utilize to look for pecan weevil at other life stages than just the adult. As a result of the agents Pecan Weevil Trap Workshops 48 new monitoring sites were created in Chaves County. Along with 56 new individuals are educated about the impact the pecan weevil has on our community. Two new locations were discovered in Roswell and are currently under NMDA treatments due to our 2022 workshops, according to an NMDA inspector.



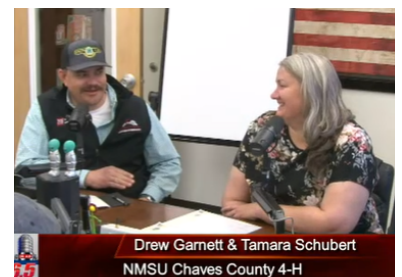
## MULTIMEDIA AND PUBLIC RELATIONS

**Facebook** is used to disburse Extension programs and information by all agents. There are three NMSU Chaves County pages (CES-Agriculture, Family and Consumer Sciences, and 4-H) with 2,121 followers who receive information on agent and NMSU programming. (3% increase from 2022).

**Instagram** is used to disburse Extension programs and information on 4-H and FCS programming. There are two NMSU Chaves County pages (nmsuchaves4h and nmsuchavesfcs) with 249 followers who receive information on agent and NMSU programming. (26% increase from 2022)

**YouTube** is used to distribute educational videos on 4-H and FCS programming. There is one NMSU Chaves County Extension Channel. Views on the channel increased 116% in 2023.

**Morning Talk Show Radio** with Mike Winters is utilized once a month by all agents to promote activities and upcoming programs available to the community.



Draw Garnett & Tamara Schubert  
NMSU Chaves County 4-H

The FCS Agent over sees four extension clubs in Chaves County with a membership of 50. The purpose of the Chaves County Extension Clubs, is to strengthen, develop, coordinate, and extend youth and adult education in Family and Consumer Sciences, Agriculture, and related subjects in conjunction with the Cooperative Extension Service of NMSU, while also encouraging members to take an interest in and to support and participate in community affairs and community education.

## Early Childhood and Family Development

### Community Outreach

**Books for Newborns** Books for Newborn is an outreach of Chaves County Extension Clubs and reaches ~1200 moms and babies yearly. New parents around Chaves County receive a Books for Newborns packet consisting of an Extension Booklet, new board book, and information on Baby's First Wish. The Agent completely rewrote and updated the now thirty-two-page booklet containing information on child growth and development, feeding your baby, car seat safety, immunizations, SIDS, Shake Baby Syndrome, and NMSU Baby's First Wish. FCS agent was able to secure outside donations/grants for literacy materials included in the Books for Newborns packets that are distributed to area hospitals.

**Nursing Coverups** Nursing cover ups is an outreach of Chaves County Extension Clubs and reaches 120 parents yearly. Extension Club Members get together and sew nursing cover ups for local hospitals to encourage breast feeding- fleece during the winter months and knits during the spring months. Agent was able to get ~25 yards of knit material donated to the Extension Clubs for this purpose. Agent is working on breastfeeding guides to include with Nursing coverups.



### Community Programming

**Little Books Little Cooks** Little Cooks offers preschool children, educators, and parents the chance to cook and read stories together. It also provides the opportunity to increase literacy and food and nutrition skills. FCS Agent hosted 3 workshops focusing on early childhood literacy and quick and easy snacks that expand the literacy activity. Participants were able to participate in story time and increase their knowledge of food and nutrition, child/parent interactions, and literacy.



**Crafting for Your Mental Health** According to the National Library of Medicine, Mental health problems can have a high impact on an older person's ability to carry out basic daily living activities, reducing their independency, autonomy and quality of life. The FCS Agent worked with Senior Circle in Roswell and the Joy Center in Hagerman to establish a monthly Crafting for Your Mental Health program at each site. Seniors can be creative and socialize at the same time, both which have a major impact on our mental wellbeing. This program started in September of 2023 and has reached 26 clientele.

### Video Series

**Laughter Therapy: Mental Health Break** A good laugh can't cure everything but laughing does have both long term and short-term benefits for our mental health. According to the Mayo Clinic laughing get us several short-term benefits including stimulating organs, relieving stress and soothing tension. Agent produced a 4-part video series on the long term and short-term benefits of laughter therapy. This series reached 168 through social media.



## Nutrition Education and Physical Fitness

### Community Programming

**5-2-1-0 Mayor's Fitness and Nutrition Challenge** is offered to all third grade students in Chaves County. This program promotes healthy eating and physical activity in the school environment and at home by challenging the students to eat 5 fruits and vegetables a day, limit screen time to 2 hours or less, to get one hour of physical activity a day, and drink H<sub>2</sub>O for 21 days. The FCS agent coordinated with Healthy Kids Chaves County to present the 5210 skit to all third grade students in Chaves County. In 2023, 631 students participated in the program. Agent was also able to secure funding to provide additional support to the program.



**Kitchen Creations** Individuals with diabetes are at an increased risk for heart disease, kidney damage, amputations, blindness, and other serious health conditions. For those with diabetes, making healthy meals can be a real challenge. Kitchen Creations is a series of four classes on nutrition and cooking for adults with diabetes. Participants learn how to plan and prepare meals that manage carbs and promote heart health. Three series were hosted in 2023 by the FCS Agent. – two local community classes and one regional virtual classes. Comment cards reflected an overall increase in healthier food choices and included comments such as “I found out things I didn't know... a lot more information than what I got from my doctor. Great class!”

**Prevent T 2** According to Diabetes.Org there are 587,000 people in New Mexico, 36.1% of the adult population, who have prediabetes with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Every year an estimated 14,611 people in New Mexico are diagnosed with diabetes. Prevention is key. Prevent T 2 is a program designed to lower the risk for a full diabetes diagnosis. The program is a yearlong program covering eating habits, activity, stress, sleep patterns and more. 2023 is the first year this program has been offered in Chaves County since Covid, with seven members participating.

**Strong Bones** is a researched based program for women and men over 50 years or older . This program is to help prevent osteoporosis by doing weight bearing exercises. Two groups continued to hold classes throughout 2023 with a new site being added back at the Senior Circle taught by the FCS Agent. Participants have commented on being more flexible, having less fear of falling, being less depressed, improved bone density numbers and becoming stronger.



**ICAN** The Agent provides support to one ICAN (Ideas for Cooking And Nutrition) educator who provides various lessons to adults and youth of Chaves County. Lessons reached RISD, Salvation Army, low-income senior housing, La Casa Behavioral Health and virtual audiences. Participants increased their knowledge in healthy food choices, food preparation skills, food resource management, physical activity, nutrition labels, food safety and financial management.

**Med Vs Meds** The Agent partnered with other FCS agents from across the state and conducted a virtual one-hour session on the Mediterranean Diet. A formal evaluation indicated

- 75% noted eating fruit more often, eating appropriate serving sizes, and planning more Mediterranean style meals
- 83% percent indicated eating healthy proteins more often, increased olive oil use, and reading labels for health information more often.
- 100% stated they serve and eat vegetables more often.

## Nutrition Education and Physical Fitness continued...

### Leaders Trainings

**Cook Once: Make A Head Freezer Meals** When we think of devices or equipment in the kitchen that can save us time and energy, things like the blender, Insta pot, crock pot or microwave may come to mind. What doesn't come to mind is the freezer. This superhero of an appliance can not only save you money, but has the ability to keep food safe for months and will be a life preserver when the days are overfilled with work and afterschool commitments. This Extension Leaders Training covered freezer procedures, safety measures, and storage. Evaluation results showed

- 100% knowledge increase
- 100% would use the information again
- 100% enjoyed the format of the training



### Home Cooked: Combatting the Fast-Food Trend One Pot, One Pan, One Mug At A Time.

The daily balance between health and wellness and the busy lifestyles we now live, is nothing new. For years, families have been pushed and pulled in numerous directions and the "I just don't have time" excuse has reared its head. Convenience and lack of time often shape consumer's lifestyles today and leaves the average American searching for that next fast-food joint or quick and easy snack instead of the well-rounded meal. Today's food choices not only affect the here and now but will affect our health for years to come. This Extension Leaders Training covered the Nutrition Facts Label, nutrients we need more of, and nutrients we need less of. Participants felt that the information given was not only needed but very much eye opening.

### Videos

To assist the community in learning about nutrition the FCS agent produced a four part series for National Pecan Month. The series included nutritional information as well as cooking demos of some great recipes featuring pecans.

**Cook A Longs** The Agent worked with ICAN educator to produce four videos that reached 1,923 clients through social media. Videos contained information on the dietary benefits of cooking from home, financial benefits of cooking from home and the importance of reading and understanding the Nutrition Facts Label.



### Handouts, Brochures, and Postings

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. To aid in accurate nutrition and food safety information, along with general kitchen practices, the Agent developed National Food Days handouts/graphics. In 2023, the FCS Agent produced 30 graphics reaching 2,143 through social media.



## Personal and Family Finance

The Extension Council offered three scholarships– one is awarded to an upper classman at NMSU, another scholarship is awarded to a freshman or sophomore in any NM accredited college or university, and the Extension Homemaker’s Scholarship is awarded to an Extension Club member who is presently going to school. The FCS agent maintains the application and distributes the application to eight high schools within Chaves county.

## Community Programs

**Christmas Showcase** Every November the Extension Clubs, with guidance from the FCS Agent, plan and host A Christmas Showcase. In 2023 “Christmas on Candy Cane Lane” reached 270 members. Those in attendance gained knowledge in food preparation, food safety, economical and easy gifts to make, low-cost decorating ideas and simple sewing projects which when incorporated increased their skills in areas of sewing, cooking, and family relationships. The Extension Club members who presented gained leadership skills in planning an event and presentation/ public speaking skills. Formal evaluation tools showed

- 97% of participants found the information beneficial and useful.
- 87% of respondents planned to use the information and items presented this holiday season.
- 57% of respondents felt that the information presented would assist them in saving money this holiday season. With some believing they could save as much as 75% of their holiday budget by implementing the information presented.



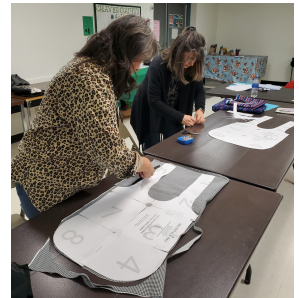
## Video Series

**National Creativity Month** Creativity is a phenomenon whereby something new and valuable is formed. With the invention of Etsy, Pinterest, TikTok, and more we can see creativity at work daily. That creativity can save you money in your pocket, create unique and special items, and decrease our waste. The Agent created a four-part video series on repurposing denim into needed everyday items. The video series reached 244 clientele through social media.



## Programming

**Sewing 103** Knowing how to sew allows you to make simple repairs to garments which can mean some big bucks in the consumer’s pocket. Hemming one’s own jeans, sew on a missing button, repair an open seam...all of these will extend a garment’s life and save the consumer from purchasing a new garment. If one is concerned about the environment, then sewing should be considered. Sewing allows one to repurpose almost anything made from fabric. Sewing 102 was expanded upon as requested by the Extension Council advisory board in 2023, with Sewing 103. Sewing 103 was taught to those present and then was taken back to each club and taught to their respective members, reaching approximately 50 clientele.



**Elder Financial Exploitation** According to the Federal Trade Commission, consumers reported losing more than 5.8 billion to fraud in 2021, more than a 70% increase from 2020. To protect oneself from scams, its important understand what they are, what they look like, how they work, and what can be done to avoid them. Fraud, in today’s world, comes in many forms including email scams, business fraud, identity theft, bank fraud and skimming. The Agent worked with a local bank to present a training on Elder Financial Exploitation

## 4-H and Youth Development

4-H members, leaders, parents, and volunteers receive assistance from the FCS agent with FCS related 4-H projects, contests, and events at the club, county, district, and state level. The FCS agent works closely with the 4-H Agent to provide a cohesive 4-H Program so that each 4-H member receives the best experiences and opportunities during their 4-H career. The Agent helps to implement 4-H events and programs in the county. These include county council meetings, county contests, community service events, leader's meetings, district, and state contests, fundraisers and achievement banquet. Approximately 275 4-H families receive a monthly newsletter which helps to keep them informed of upcoming events and deadlines. Please see 4-H Youth Development Program segment for full details on specific programs available to 4-H families.

### Community Programs

**4-H Day at the Library** To reach out to the community and new audiences the Agent worked with Library staff to create and offer 4-H Day at the Library. Once a month the Agent conducts 4-H programming at the Library for youth in the community that may or may not be currently enrolled in the 4-H program. This program started in 2022 and is now in two locations (Roswell and Hagerman) and saw a 94% increase in participation this year



**Big Brothers Big Sisters** The FCS Agent Partnered with local youth development groups through 100% Chaves County to offer programming in new audiences. This year the agent partnered with Big Brothers Big Sisters to put on an end of the year bash for Bigs and Littles reaching 90 new contacts.

**Art and Science Festival** Agent served as a booth presenter during the Art and Science Festival. The FCS Agent conducted a "Match Your Seed" electronic game to 330 community members. Through the activity community members learned more about seeds and gardening.

**Dragon Fly Festival** Agent served as a booth presenter during the Annual Dragon Fly Festival held at Bitter Lakes Wildlife Refuge. The Agent planned four stations for youth to participate in hands on activities. During the event the Agent worked with volunteers to administer different stations.

**Children's Day** Agent coordinates with ENMSF office to coordinate Child's Day at the Fair. Agent is responsible for booking presenters, coordinating rotations, locating volunteers, and over seeing day of operations. This program reach 881 students that learned about food safety, the dairy industry, farming/gardening, land resources, livestock, and cheese.

**Aggie Next Step** Agent has worked with the State 4-H Office to bring the Aggie Next Step program to Chaves County. Aggie Next Step is a post secondary success program through NMSU. The program includes modules and hands on activities to prepare youth for life after high school along with a visit to NMSU. In 2022, it was offered through Berrendo Middle School. Working with area teachers we were able to start the program in Goddard High School, Roswell High School, and University High School in 2023.