

2024 Annual Report

CHAVES COUNTY COOPERATIVE EXTENSION SERVICE



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New Mexico State University

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



Katy Wright
County 4-H Agent

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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

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Youth & adult programing in

- Sustainable management of natural resources
- Profitable livestock production
- Brush and weed education



Amie Steen
ICAN Educator

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Youth & adult programing in

- Ideas for Cooking and Nutrition



Tamara Schubert
FCS/4-H Agent
County Director

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Youth & adult programing 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 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 2024

PERSONAL CONTACTS:

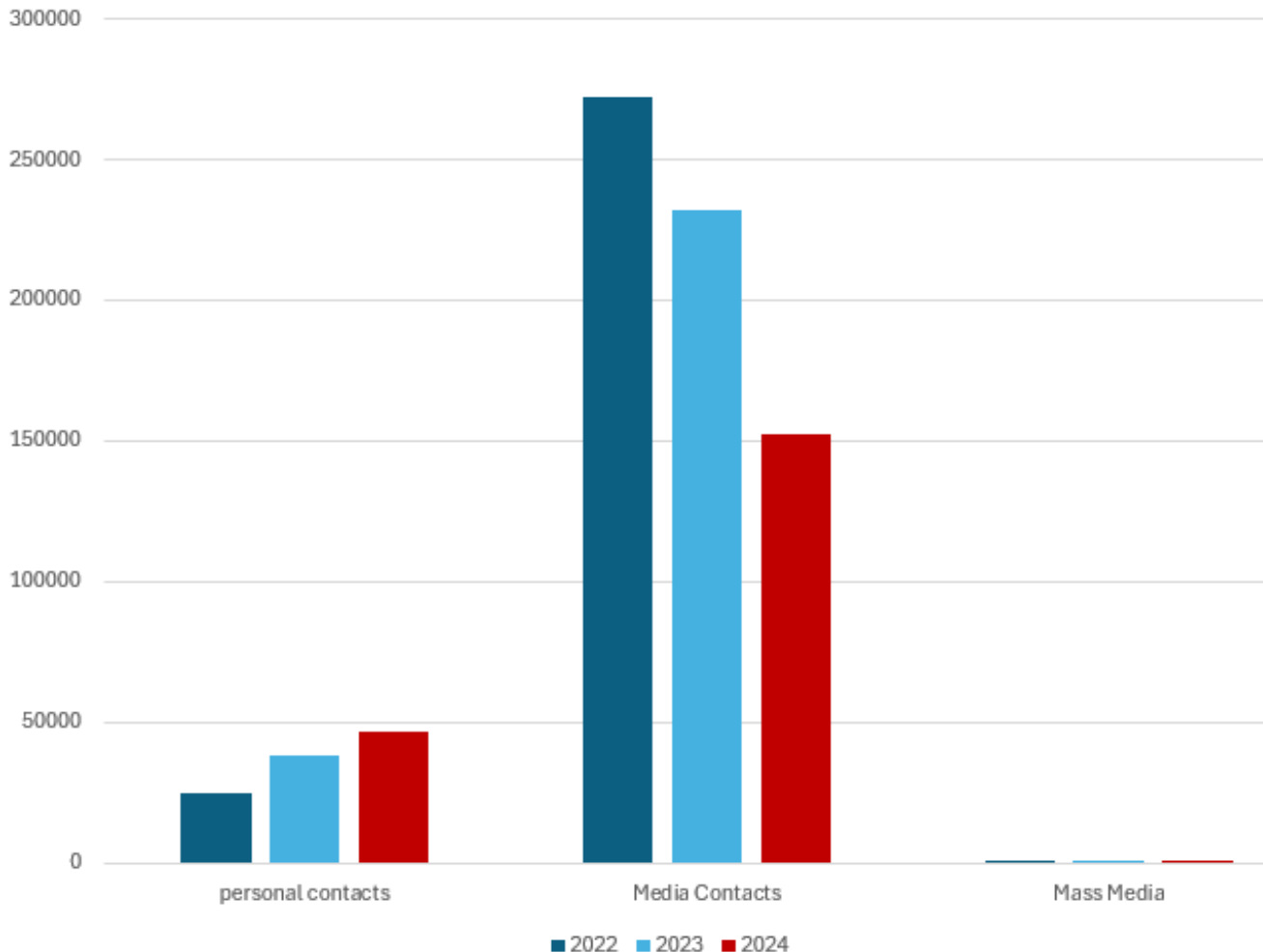
Interactions with community clientele
TOTAL 46,614 (25% INCREASE)

MEDIA CONTACTS:

Contacts from media publications- newsletters, social media interactions, etc.
TOTAL 152,677

MASS MEDIA EVENTS:

Publications, interviews, and articles etc. that were produced.
TOTAL 77



- Decrease in Media Contacts due in part to reporting reactions vs general views.

4-H AND YOUTH DEVELOPMENT

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 ten traditional 4-H clubs, one in school club, a cloverbud program and shooting sports program that encompasses ~ 300 youth between the ages of five to 18 enrolled (**16% increase from 2023**) and 90 adult volunteer leaders. 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 90 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. Eight 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 agriculture. Each year selected ambassadors conduct educational workshops for new and experienced members as well as fun and interactive camps. Through mentoring ambassadors develop their public speaking skills as well as valuable relationships with younger 4-H members. This year we had two Ambassadors in Beef Cattle and Welding.

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 three youth attended Senior Leadership Retreat held in ABQ, five attended Youth Get Away and one attended FCS School of Real Life Skillz



4-H AND YOUTH DEVELOPMENT

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. Cloverbuds are also able to participate in general county wide programming where age appropriate.

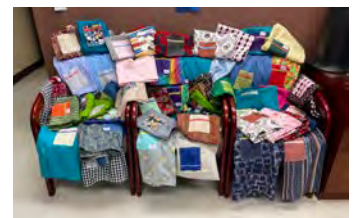
Project Workshops allow for the greatest opportunity for growth in independence and mastery through the 4-H program. Not all youth have the means or availability to an adult to assist them with their projects. By hosting project workshops through the county office, youth develop relationships with caring 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, small engines, welding, 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.



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 hosted a community sewing day where 4-H youth were able to practice their sewing skills and participate in community service by making dresses for the Dress A Girl Around the World organization.



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 fibercraft 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 AND YOUTH DEVELOPMENT

4-H Educational Workshops continued....

Nontraditional FCS Projects To reach nontraditional FCS youth, the 4-H Agents hosted five jewelry, origami, and NM Education classes reaching 38 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.



Volunteer Led Projects Agents worked with project leaders to hold workshops for Braiding, Ceramics, Leathercraft, Food and Nutrition, Photography, Welding, and Small Engines. These workshops accounted for another 225 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 & 4-H agents conducted informational meetings attended by 123 (76% increase from 2023) 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 69 participants learned how to responsibly care and handle firearms/bows while honing their accuracy. This year 26 volunteers serve as certified volunteers. Certification requires coaches to participate in a minimum 15 hour course; 12 hours in a specific discipline and in teaching youth development, life skills, and risk management.

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 18 qualified Novice and Juniors competed in the 2024 District Contest held in Lea 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 24 qualified Senior members competed with the **Air Pistol Team qualifying for Nationals**.



National Contests - The Air Pistol team placed 15th over all at the National Shooting Sports Championship, with one member placing in the top 20 individuals. All youth gained experience in good sportsmanship and competing against other 4-H members from across the state and nation. Six youth from Chaves County participated in the National Shooting Sports Quiz Bowl, being awarded the 10th high team in the Nation and the 4th high team in the Region.

4-H AND YOUTH DEVELOPMENT

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 23 eligible Novice and Junior members to the Southwest 4-H District Contest in Lea County where participants received individual and/or team awards. Additionally, 4-H Agents accompanied 9 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 155 (11% increase from 2023) 4-H & FFA youth exhibiting indoor and livestock projects. Eleven 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 2024, 52 youth completed over 700 exhibits and received over \$5,000.00 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. Two 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 305 exhibits 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. A Chaves County Youth received top honors in the indoor exhibits for this leathercraft project.

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. 36 youth from Chaves County qualified to exhibit a total of 495 entries in the indoor exhibit hall. 58 youth from Chaves County 4-H (not including youth enrolled in both FFA & 4-H) exhibited livestock. 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 ACES 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 258 producers, homeowners, and community members came to discuss agricultural and related issues and almost 20% increase from 2023.

Brush and Weed Control

Woody Encroachment Workshop Woody encroachment by juniper, mesquite and other brush related weeds is a major issue on our range lands in New Mexico. The agent worked with NMSU specialist to host a collaborative meeting with NRCS, BLM, local SWCDs and ranchers to promote joint efforts in addressing this issue. The goal of this meeting is to guide the paradigm in which woody encroachment is addressed on the landscape in a collaborative effort rather than treating the landscape as individual problems divided by fence lines.

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.

AGRICULTURE

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 2024 ten presentations were presented either by the agent or a Master Gardener, where over 144 clients attended to learn more about gardening techniques, a 26% increase from 2023.

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 960 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 27 active members and 16 new interns set to take the Master Gardener Course in 2025. Throughout 2024 the CCMGs completed over 1700 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 1,200 individuals in 2024 assisting them with various issues, not all were house calls. 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 2024 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 2024 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.



Southwest Beef Symposium 2024 The Southwest Beef Symposium is a collaboration between NMSU and Texas A&M to bring new and relative information to livestock producers in the southwestern United States. The agent hosted this annual event in Roswell, NM this year. Organizing and facilitating the event over two days with 134 attendees.

AGRICULTURE

Integrated Pest Management Systems

Pecan Workshops 2024 Chaves County is the third largest producer of pecans in the state of New Mexico. Working with Dr. Richard Heerema to provide current and new information to producers in Chaves County. The agent organized and facilitated a workshop in a working pecan orchard with a local producer. At the workshop Dr. Heerema and two graduate students, presented on their current research in soil microbial health, irrigation, and pecan genetics to 21 producers and their employees. Discussed turning this into an annual workshop.

Annual CEUs Workshop The agent hosted Pesticide Applicator License Continuing Education Unit (CEU) Workshop to assist New Mexico pesticide license holders in obtaining continuing education for their pesticide license requirements. A total of 33 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 2024.

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 2,500 followers who receive information on agent and NMSU programming. (18% increase from 2023).

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 293 followers who receive information on agent and NMSU programming. (18% increase from 2023)

YouTube is used to distribute educational videos on 4-H and FCS programming. There is one NMSU Chaves County Extension Channel. There were 451 views in 2024 (51% increase from 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.



Drew Garnett & Tamara Schubert
NMSU Chaves County 4-H

FAMILY AND CONSUMER SCIENCES

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

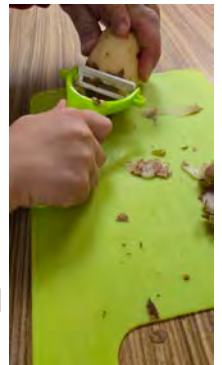
Books for Newborns Books for Newborn is an outreach of Chaves County Extension Clubs and reaches ~1200 moms and babies yearly. New parents around Chaves County receive a Books for Newborns packet consisting of an Extension Booklet, new board book, and information on Baby's First Wish. The Agent completely 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 7 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. Agent teamed up with the 4-H Agent to provide related crafts during programs.



Crafting for Your Mental Health According to the National Library of Medicine, Mental health concerns 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 reached 166 community clientele in 2024.

Video Series

Early Childhood Development Toddlers, our little ones between 2 and 3 years old, often times get a bad wrap, but I like to call this stage the Terrific Twos. They learn so much during this age (remember that 90% brain development thing), but there are some things for us as adults to keep in mind. Agent produced a 4-part video series on ages and stages, naps, and potty training. This series reached 75 through social media.

FAMILY AND CONSUMER SCIENCES

School Programming

Little Steps Early Learning Center: This the the Agent was able to pick up monthly classes in the four year old room at Little Steps Early Learning Center. The Agent plans and conducts monthly classes focusing on agriculture literacy in our preschool friends. The class is comprised of 18 youth and classes are held during the school year with summers off as a result of schedules.

Handouts, Brochures, and Postings

Mental Health can significantly impact our ability to cope with life's ups and downs, build healthy relationships, be contributing members of society and more. To aid in awareness of Mental Health concerns, the Agent develops and/or posts weekly Talk it Out social media handouts/graphics. In 2024, the FCS Agent produced and shared 43 graphics reaching 2,196 contacts 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 H₂O 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 2024, 663 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. One series was hosted in 2024 by the FCS Agent. 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. 2024 is the second year this program has been offered in Chaves County since COVID, with eight 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. Three groups continued to hold classes throughout 2024 with one site being 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.



FAMILY AND CONSUMER SCIENCES

Nutrition Education and Physical Fitness continued...

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. Statewide ICAN increased programming to youth and adults audiences by 33% in 2024. Chaves County ICAN educator offered 116 classes in FY24 reaching 7,865.

Leaders Trainings

Just Roll With It: 25 Ways to use Crescent Rolls Crescent rolls, the yummy bread that use to only adorn our plates at dinner time, are crescent-shaped rolls that are flaky on the outside and soft on the inside. Often confused with the croissant, the smooth texture of a crescent roll puts it in the bread category, while the flakiness of the croissant places it in the pastry family. This Extension Leaders Training covered food safety, nutrition, and semi home made meals.



Intermittent Fasting

Although with advancements in technology many things in life have gotten easier, not all things have. Here are the days of portion distortion, 24/7 entertainment, video games, online chat rooms, and a more sedentary lifestyle all of which can contribute to the increased consumption of calories and less activity leading to a higher risk of obesity, diabetes, heart disease, and other illnesses and chronic diseases. This Extension Training covered both the positive and negative sides of Intermittent Fasting and the various options.

Videos

Tasty Tid Bit The Agent produced 18 videos for TikTok on various recipes and included kitchen tips and tricks along with nutrition information. These videos reached an audience of over 2,000 clientele.



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 2024, the FCS Agent produced 30 graphics reaching 2,151 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 2024 "Twelve Years of Christmas" reached 224 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



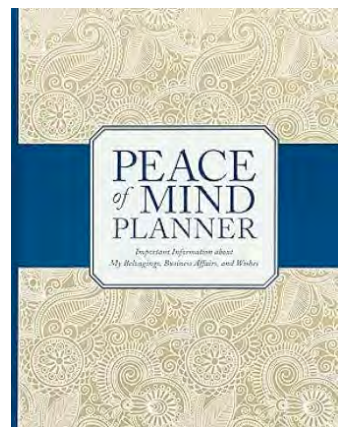
- 100% of participants found the information beneficial and useful.
- 89% of respondents planned to use the information and items presented this holiday season.
- 75% of respondents felt that the information presented would assist them in saving money this holiday season. With some believing they could save more than \$125 in their holiday budget by implementing the information presented.

Video Series

Financial Literacy Month Financial security is important to individuals, families, and communities. Financial literacy is important for all income levels. It is especially critical for limited resource families. The fewer the resources, the less room to make financial errors or deal with emergencies such as medical, dental, loss of job, or death of a wage earner. The Agent created a four-part video series on getting finances in order for 2024. The video series reached 75 clientele through social media.

Programming

Estate Planning Most of us may think that estate planning is "death", "depressing", or even "something I don't need to worry about now". However, writing a will and estate planning are good things; they are freeing. It's bringing everything into order and leaving everything in peace. With the assistance of Dr. Bryce Jorgensen, the Agent revamped and created an educational PowerPoint and gave a two-hour presentation on Estate Planning. This Extension Leaders Training was taught to the members of the County Extension Clubs and community members, then was taken back to each Extension Club, and taught to their respective members, reaching approximately 50 clientele. Evaluations showed



- Because of this program, my knowledge on wills and estate planning has increased? 100% increase with 40% stating knowledge increased a lot
- Because of this program, my attitude towards the importance of having a will has improved? 100% increase with 80% stating attitude increased a lot
- Because of this program, my desire to have a will has increased? 100% increase with 40% stating desire increased a lot
- Because of this program, my desire to communicate with family about estate planning has increased? 100% increase with 80% stating desire increased a lot

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 66% increase in participation this year



Art and Science Festival Agents served as a booth presenter during the Art and Science Festival. The Agents conducted a “Ice Cream in a Bag” station to 625 community members. Through the activity community members learned more about science and how our foods are created.

Dragon Fly Festival Agents 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 651 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. This program continued in 2024.

Fun Fit Family Night The FCS Agent and ICAN Educator coordinates with RISD to be a booth presenter at Fun Fit Family Night every September. The office presents an activity along with nutrition information to families in attendance resulting in contacts with 1050 community members.