

Quarterly Report

Fourth Quarter FY21



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Otero County Extension Office



Efficient Water Use in the Home Landscape

The agricultural agent provided a talk on efficient water use for the area during the May Business Impact/Government Relations Meeting of the Alamogordo Center of Commerce. Topics included:



Water

How to manage our high pH soil and water.
Water deep and infrequently for all plants.
What is your watering system and how to best use it.
How to use water when establishing new plants.



Mowing

Mowing height to manage the yard.



Soil

Aerating soil to improve water penetration.



Fertilizer

Fertilizing efficiently for spring and fall.

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The Alamogordo 4-H Club met and voted to hold a community service event at the Otero County Fairgrounds and decided upon a food drive. This community food drive was held in the parking lot, collecting non-perishable food items on a Saturday morning in April. The club received an impressive amount of donations, totaling well over 250 pounds of non-perishable food items. Food collected was donated to the Otero Hunger Coalition which will distribute the food to local area food pantries to assist with food insecurity issues in Otero County.

Shooting sports youth participated in a clean-up day at the Otero County Fairgrounds, removing trash and debris from the livestock barn. They also conducted a trash clean-up session at the Roadrunner Trap Club, who provides facility usage for our 4-H members participating in shooting sports practice sessions and competitions.



Food Sector Team

Since 2020, the family and consumer sciences agent has been working with the food sector team of the 100% Otero initiative. With the support of [Anna, Age Eight Institute](#), local leaders and stakeholders are working together to ensure that children, students and families in Otero County are trauma-free and empowered to succeed. The food sector is one of ten action teams working to achieve the goal of ensuring 100% of county residents have access to vital services for surviving and thriving. The purpose of the food sector team is to create an opportunity for individuals and organizations to network together to end hunger and food insecurity in Otero County.

The first goal the food sector team has accomplished is publishing a comprehensive [resource list of all food programs](#) available in Otero County. This list will be updated on an ongoing basis and identifies food pantries and community meals by the day of the week they are open. The team is now in the process of marketing and distributing the resource list at various sites and organizations throughout the county. The next goal of the food sector team is to track supply and demand of food insecurity in Otero County. On July 12th, the team will hold a meet and greet at the Otero County Extension Office for representatives of food pantries in Otero County. During the meeting a discussion will be held on how much food is distributed at food pantry sites in the county and how many families are being turned away due to lack of resources. This data will give direction for future goals and action steps of the food sector team.

2021 National 4-H Volunteer Award

The Otero County Cooperative Extension Service is proud to have nominated Ruth Wold, Mescalero 4-H organizational leader, for the 2021 National Volunteer of the Year and West Region Volunteer of the year. Otero County boasts seven community clubs in the area including the Mescalero 4-H Club. Ruth Wold is the organizational leader for this club and has served 4-H programs in Otero County for eight years. Although she is an Arizona native, Ruth has well-integrated into both the community in Otero County as well as the Mescalero community. She is a champion of youth and 4-H programs in our community, encouraging youth to attend and participate in local, county, district and state events. One only has to attend their club meetings or see Ruth in action with her club members to witness clear evidence of her ability to empower youth, while encouraging them to make decisions and develop sound problem-solving skills.

This year, despite the challenges of digital programming, Ruth stepped up to the plate once again to offer club meetings and activities online each month.

Simply stated, Ruth Wold is a 4-H leader who understands and demonstrates the essence of youth development; she shows up and delivers well and consistently to help everyone and anyone in the New Mexico 4-H programs.



Ruth has also assisted in developing a steer program through the Mescalero Apache Cattle Growers' Association allowing youth members in her club to show tribal-owned steers at the Otero County Fair. In its second year, the program doubled in size and last year, the program's third year, Rafe Wold showed a tribal owned Hereford steer to a class win and Champion County Bred. This program is a cornerstone of the Mescalero 4-H Club's programs as it allows youth the opportunity to gain life skills, confidence and lifelong friendships and experiences that will influence them in the future.

As a professional, Ruth's personal attributes are also noteworthy. She is deeply inundated in youth and personal development programs in her community that are not limited to 4-H. The club actively participates in community service projects throughout their community, providing baskets to first responders on an annual basis.

Ruth also volunteers as a leader at her church in Ruidoso, she is a committee member of the Otero County Fair Board and she has served for three years as a volunteer on the New Mexico 4-H Volunteer Leader's Association. Ruth volunteers annually to chaperone youth at Youth Get Away and Senior Leadership Retreat, allowing many of the youth in Otero County the ability to attend these state 4-H events who may not otherwise have gone.

The Otero County Cooperative Extension Service wishes to thank Ruth for her dedicated service to our community and youth and congratulate her on this noteworthy achievement!



Volunteer Award presented to Ruth Wold by Otero County 4-H Council Leadership Team

A June 2020 survey from the Centers for Disease Control and Prevention found that 40.9% of respondents reported "at least one adverse mental or behavioral health condition," including depression, anxiety, post-traumatic stress, and substance abuse, with rates that were 3 to 4 times the rates 1 year earlier. To ensure better mental health in Otero County, the family and consumer sciences agent offered two managing stress and building resiliency workshops. The workshops provided four weekly sessions consisting of education, application opportunities, activities and discussions. Session topics included: the science of stress and resiliency; exploring and defining purpose; challenging and changing the mindset about life's difficulties, and understanding how to use positive recovery strategies.

After the workshops, evaluations collected indicated the following:

- 88% of participants are now more motivated to manage their stress and become more resilient
- 93% of participants have a better understanding of how to positively leverage stress as a result of the workshop
- 93% of participants are motivated to practice self-care strategies (nutrition, exercise, sleep) to manage stress as a result of the workshop



Resiliency Workshops



The Otero County Cooperative Extension Service sent three Otero County 4-H members to New Mexico Youth Ranch Management Camp conducted by NMSU's College of Agricultural, Consumer and Environmental Sciences. The agricultural agent serves as co-chair for the camp that is held annually on the CS Ranch in Cimarron and aims to strengthen the beef industry by building tomorrow's leaders. Youth who attend the camp participate in a broad array of ranch management practices, from financial statements and marketing strategies to managing natural resources.

Attending, from Otero County were Augustine Cardiel, Teresa Cardiel and Amanda Hibbard. Augustine Cardiel a junior high-school-aged attendee from Alamogordo who works for his dad's construction company and has been an active member of the High Rolls 4-H Club for eight years. Augustine raises and exhibits lambs, cattle and hogs and enjoys training young horses. He looks forward to learning more about running a cattle ranch at camp including how to operate effectively and efficiently.

Teresa Cardiel is a sophomore high-school-aged attendee from Alamogordo. She has been an active participant in her 4-H club in High Rolls, operating as the club's secretary while showing hogs, steers and heifers. Teresa also was the 2019-2020 Otero County Fair and Rodeo Princess. She raises miniature Australian shepherds and has gained experience in reproductive management of breeding dogs. She looks forward to learning more about managing expenses, feed and cattle at ranch camp.

Amanda Hibbard is a junior high-school-aged attendee from Pinon and a member of the Sacramento Mountain 4-H Club. Amanda is particularly passionate about her homeschool group and public speaking. Last year, she conducted a play for the local homeschool group. Amanda also works at her parent's store in Pinon and at the Mayhill Café. She lives on her parent's ranch in Pinon, assisting in multiple facets of ranching. She hopes to broaden her horizons by attending the ranch management camp, and gain a more thorough perspective on how ranches are managed across the state.

Otero County Cooperative Extension Service

The spring season continued with limited in-person 4-H programming due to COVID-19. However, following updated NMSU and state protocols, several 4-H Clubs and activities in Otero County have resumed meeting in-person this summer. This includes 4-H project workshops and contests offered April through June that provided youth with opportunities to develop valuable life skills such as responsibility, self-esteem, confidence, communication skills and many more skills necessary for individuals to lead successful lives.

Extension agents held trainings and workshops in horsemanship, horse judging, wildlife identification, livestock judging, poultry project, shooting sports, public speaking, baking, sewing, and consumer decision making. In June, several Novice and Junior 4-H members traveled to Artesia, NM to participate in the Southeast District 4-H Contests receiving multiple awards for their achievements in contest areas. In addition, a Cloverbud fun day was held for youth, ages five to eight years, at the Otero County fairgrounds. The Cloverbud program helps youth develop confidence, social skills, decision-making abilities, and physical skills through developmentally appropriate activities.



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