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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.
It seems so easy: 1) buy chicks, 2) feed chicks, 3) harvest and package, 4) EAT. So backyard farmers decide they can do it too, and avoid the high price of Farmers Markets or Whole Foods. They could spend their spare time becoming “self-sufficient!” But here’s how much that can cost, when done by a couple of home producers. Share this with folks who think people charge too much!

But somewhere along the way, I forgot that lesson, or I thought, “I can cut costs, and process the birds myself, and they will be so tasty! And I have 3 acres that should be producing SOMETHING!” So here is the story of the “fun” we had, and how much it cost us to eat our home raised chickens in the first year of our experiment.

We buy 20 fast grow meat chicks. Seven weeks later, when they should have been almost full-grown and ready for harvest, we figure out why they haven’t gotten to harvest weight. We were given the wrong birds. They’re pullets. (Your garden variety egg-laying chicken.) We load them in the cat carrier, take them back and start again. Yes, we do feel stupid for being so slow on the uptake. But, if you don’t know what you’re doing….well, you don’t know what to expect.

How do we know our second batch is really fast growers? A friend picks one up to cuddle it and it shoots a long stream of golden poop on her shirt. At first we thought the golden coating of something smelly all over the bottom of their pen was a result of them spilling their water. No, we learned that it was their poop and it only got worse by the day.

Stench
About the time they are the size of softballs they get all sweaty like teenage boys and they stink just like them too… that’s not true, I’ve been in middle schools, they smell better than meat birds since they’re not also covered with a constantly growing layer of “poop.” All these birds do is eat, drink, grow and poop. Additionally, sometimes we’d go to check on them and one would just be belly up dead. There’s this thing that happens called “flip-over disease” which seems to happen when they eat too much and grow too fast and then they seize, flip over and die.

Housing
We raise the young birds inside with a heat lamp so they stay warm until they get their feathers. The first year we built our first chicken tractor to move them into when they got big enough. It probably cost us about $150 to build and a lot of time and brain power (to make it light enough to move around). About the same time, we realized the local coyote was scoping out our first victim to soothe all of us. Then we move around. About the same time, we realized the local coyote was scoping out the neighbors chickens. We thought there was enough other “easy” things for the coyote to eat, so we put pavers around the bottom of our chicken tractor (to keep the small predators out) and called it good.

Butchering
Killing chickens is physically, emotionally, and financially draining. We sang “Goodbye chicken, goodbye chicken, goodbye chicken, it’s time for you to die” to our first victim to soothe all of us. Then we tied it’s legs together, slipped it head first into the killing cone (made from a $5 Home Depot bucket and some duct tape – classy!), and let it “rest” there before slitting it’s throat when it was finally calm. Then we walked off to let it calm down again (or die in peace) while it thrashed around in the cone. This was all done in view of the road and the neighbors, who knew enough to stay away from girls with knives.

These meat birds are 2 weeks old… they get bigger, but don’t get many more feathers in the next 3 weeks.

Meanwhile, our not inexpensive turkey fryer, which has never yet been used to fry a turkey, is heating up a big pot of water. When the chicken was truly dead, we chopped off it’s head and dropped it in the blood collection bucket just below the killing cone. To pluck a chicken you have to dunk it in 200 degree water for about 15 seconds to loosen the feathers up. This enhances their natural aroma. Then you plop them on top of the plastic covered grill (the sideburner makes a great plucking table when closed) and yank out all the feathers. The big tail and wing feathers are the hardest to pull and the little fine feathers are the most tedious to finish off. If you’re fast, this takes 10 minutes. We were not fast the first year.

THEN you use the burner for the turkey fryer to singe off all the fine hairs and feathers you were unable to pull out. This smells AWESOME! (if you like the smell of burning hair, feathers and flesh). Now, drop the body in a cooler full of $5 worth of ice and water to let it cool before gutting. Don’t take a break or you’ll never get this done. So while it’s cooling, go grab a chicken, sing to it, let it calm, slit its throat, let it drain, cut off its head, dunk it, pluck it and singe it. It’s good to have multiple people to keep the assembly line moving.

Now to gutting. We plop the chicken on the plastic-covered picnic table and cut off its neck and feet. Actually, cutting off the feet is the most fun part of this whole process – don’t ask me why – it just is. Now, cut a horizontal incision between the bird’s back legs, and then carefully cut out the butthole. If you’re not careful, you’ll have poop everywhere. Even though we cooled the chicken, it’s still warm on the inside, which you notice when you stick your hand inside the bird and then gently pull out all the insides. We thought it was a little spooky when sometimes the chicken would cluck as we pulled out the insides. This is because we were pushing air through the yet-to-be-removed Cluck Box which is in the windpipe.
Now the chicken looks like what you would buy in the store (if you’d been smart enough to buy them in the first place). We are very proud of ourselves and manage to get 7 done in one day. Then we cleaned up the bloody plastic, the disgusting turkey fryer, and the killing cone and blood buckets, and ourselves. Our hands always smell like weird, dead, teenage chickens after a day of slaughter.

**Predators**

We butchered our first 7 chickens on a Monday and left the rest for the following Friday. Tuesday it looked like something had been prowling around the chicken tractor, and something even reached in and nabbed a chicken, so we threw an old trellis on the roof and added extra bricks around the bottom. Wednesday morning, all was fine. Wednesday afternoon, it looked like a glimpse of the apocalypse had happened in our back yard. It appeared a bomb had exploded the chicken coop; the roof was ripped off, there was blood and chicken carcasses all over, and there were very scared, traumatized chickens left in the pen. We moved the remaining chickens up to the hen house with our egg layers. While in the process of calling the Dept of Wildlife, the very happy bear returned to check out the murder scene. We chased it off and promptly put an electric fence around the chicken tractor. We left a dead chicken inside the pen to encourage the bear to come back and test the fence. I checked the fence at 11:00 p.m. when I heard a scream. It was a scary walk, but I was glad to see that the fence was still up, and the bear had probably learned about electricity.

Then we slaughtered the remaining 9 birds and decided it would be a really good idea to raise another batch of birds later that summer. Or that we had not totaled up the cost of each bird? We were inexperienced and optimistic.

**Batch 2**

We bought another 25 birds, fortified the chicken tractor with sheets of galvanized metal roofing, beefed up the electric fence, lost some birds to flip over disease, and went through the whole process all over again. We even sold a couple chickens to some friends for the high price of $15 each. Our freezers were stocked for the winter and we felt very successful.

**Hindsight**

- Cost of chicks – $2.35 each from the store = $105.75
- Cost of feed - $105
- Cost of the chicken tractor- approximately $120
- Cost of repairs and renovation of the chicken tractor $40
- Cost of materials for slaughter (year 1)- approximately $100
- Labor for raising chickens, building the chicken tractor, putting up fence, repairing the tractor, and slaughtering 2 batches of birds, all at the $7.78 @ Colorado minimum wage – $933.60
- Grand Total = $1404.35
- Cost per bird – about $40
- We ate like kings (we didn’t do the math until much later).
**The Farm Bill**

Submitted By: Donald Martinez, Jr., RA County CES Ag Agent  
Adapted From: High Plains Journal

On February 7, 2014, President Barack Obama, signed the long-awaited farm bill into law, a measure that will spread benefits to farmers in every region of the country, while trimming the food stamp program that inspired a two-year battle over the legislation.

The new farm bill contains about $7 billion worth of funding for ranchers, including the Livestock Indemnity Program and the Livestock Forage Program, which provides immediate assistance for those who have been hit by disaster.

But USDA needs to also be mindful that American farmers will be going back into the fields soon and the government will have to act fast to establish the new crop insurance and payment programs that were the hallmark achievement for lawmakers in the new farm bill.

If USDA gets the programs up and running in time, grain, oilseed and other farmers will have a choice between subsidies like the Agriculture Risk Coverage (ARC) plan that makes payments when revenues fall below a trigger level and the Price Loss Coverage (PLC) plan that pays out when market prices fall below trigger levels.

One of USDA’s biggest tasks will be making sure that “farmers are well-informed about their decision between PLC and ARC.” And ARC will be especially complicated.

Cotton farmers have been taken out of the traditional crop payment equation and given a new insurance-based program called the Stacked Income Protection Plan, that collects premiums and pays out indemnities when county revenues fall below a trigger level set by a combination of historical yields and market prices.

The new farm bill also gives USDA six months to set up a never-before-tried support system for America’s 50,000 dairy farmers, a concept that was cobbled together by Hill staffers, the USDA and industry representatives as a compromise in the final days before Senate and House negotiators produced their conference report.

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**Fun Facts About Agriculture**

- The bright orange color of carrots tell you they’re an excellent source of Vitamin A which is important for good eyesight, especially at night. Vitamin A helps your body fight infection, and keeps your skin and hair healthy!
- It takes 24 to 26 hours for a hen to produce an egg; there is 30 minutes between each egg-producing cycle.
- In one day a honey bee can fly 12 miles and pollinate up to 10,000 flowers.
- Bananas are a great source of potassium. Potassium helps build muscle power and keeps your body fluids in balance.
- An acre of trees can remove about 13 tons of dust and gases every year from the surrounding environment.
- It takes approximately 1.4 gallons of milk to make 1 gallon of ice cream.
- Pumpkins are used for feed for animals.
- Farmers and ranchers provide food and habitat for 75% of the nation’s wildlife.
- Plant and animal biotechnology have resulted in new antibodies for immunizations. Agriculture has also contributed to research that has helped develop surgical techniques and pharmaceuticals that help save lives.

Source: National Ag Day-Agriculture Council of America
**Winter Lambing**

In winter lambing flocks, hypothermia and starvation of newborn lambs can account for nearly all of the pre-weaning death loss of lambs. It's a serious problem that can often be minimized through careful management of the ewe flock and its environment.

**Recognizing a Chilled Lamb**

As with most interventions, the earlier the shepherd spots the problem and responds to it, the more likely he is to be successful, and the less time and effort will be required to achieve the success. Spotting a lamb that is just starting to have trouble is a key skill. Things to watch for include a hunched posture, hollowed out sides, excessive calling, lethargy, and dehydration. If you pinch a lamb’s skin over the spine, it should snap back almost instantly. If it stays in place like a tent, the lamb is dehydrated and probably needs attention.

In many cases where hypothermia-starvation is in its early stages, all that’s required is to make sure that the lamb gets a good suck from the ewe. The ewe’s teat may be plugged too tightly for the lamb to start the milk flow, or the lamb may have had difficulty finding the teat. If the lamb starts to suckle with assistance, you can often postpone any further intervention and monitor the situation closely to ensure that the lamb and ewe are going smoothly.

Any lamb that is unresponsive or laying flat out on its side requires immediate attention.

Perhaps the best way to learn to recognize a chilled lamb is to watch the behavior of lambs that are doing just fine. There’s an indescribable look to a well-fed and happy lamb, and once you know it you will have little trouble spotting the ones that lack it.

**Caring for the Ewe and Other Lambs During Intervention**

If a lamb needs to be removed from its mother, the dam should be left penned by herself where she cannot try to claim other lambs. If a ewe has more than one lamb, consider removing not just the chilled lamb, but all of them. The process of warming a lamb can take several hours, and during that time, a ewe may forget about one of her lambs. She will not forget about all of them. However, you must return the non-chilled lamb or lambs to the dam to suckle regularly – probably every 20 minutes to half hour.

When the chilled lamb has recovered and can be returned to its mother, it will still need to be watched closely for a day or longer. It’s often easiest to pen the ewe in a location that will be convenient for these frequent checks at the beginning of the intervention.

The Alberta site makes reference to a typical 4.5 kg lamb, which is about 10 pounds. Adjust the dosage so that your lamb gets 5 ml per pound of the 2:3 solution of dextrose and freshly boiled water (see chart). In the interest of sanitation and sharp needles, I like to use two brand new needles: one for drawing up the solution, and one for the injection.

**Necessary Equipment**

The key to this whole procedure is a warming box. The warming box is a contraption that can be simple or complicated, as long as it provides a constant, gentle heat to the lamb. I have rigged up hair dryers blowing into dog crates. Some pasture lambing operations use insulated coolers with hot water bottles. The main thing is that you don’t want to heat the lamb directly; just keep it in a very warm and dry environment. Heating a lamb too fast can be just as lethal as leaving it cold.

**Things Not To Do**

Don’t submerge a lamb in warm water. This common trick may work sometimes, but it will wash the scent off the lamb making it less likely that the ewe will reclaim it, and it will generally heat the lamb too quickly. Don’t warm a lamb with low blood sugar. This can send the lamb into convulsions and kill it. Don’t overheat a lamb. Warming a lamb too quickly or to too high a temperature can kill. Don’t feed a cold lamb. A hypothermic lamb can’t digest milk or milk replacer, and the food will cause digestive problems as it sits in the stomach.

**Step 1. Evaluate**

- Determine lamb’s age: is it more or less than five hours old?
- Determine lamb’s body temperature.
- Determine lamb’s general condition: able to stand, suck and swallow?
- Unable to swallow?
- Unable to stand?
- Dry the lamb if it’s wet.

**Step 2. Act**

If the lamb’s temperature is over 99 degrees F., regardless of age: collect milk or colostrum from the mother if possible to use in feeding the lamb feed by stomach tube. Move to warming box until it reaches 101 degrees F. return to mother.

**Dosage chart for mixing IP dextrose injection for various lamb weights**

<table>
<thead>
<tr>
<th>Lamb weight</th>
<th>Total injection</th>
<th>50 percent dextrose</th>
<th>freshly boiled water</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 lbs</td>
<td>25 ml</td>
<td>10 ml</td>
<td>15 ml</td>
</tr>
<tr>
<td>7 lbs</td>
<td>35 ml</td>
<td>14 ml</td>
<td>21 ml</td>
</tr>
<tr>
<td>10 lbs</td>
<td>50 ml</td>
<td>20 ml</td>
<td>30 ml</td>
</tr>
<tr>
<td>13 lbs</td>
<td>65 ml</td>
<td>26 ml</td>
<td>40 ml</td>
</tr>
<tr>
<td>15 lbs</td>
<td>80 ml</td>
<td>30 ml</td>
<td>50 ml</td>
</tr>
</tbody>
</table>

Submitted By: Donald Martinez, Jr., RAC CES Ag Agent
Source: On the Pasture - January 2014
Winter Lambing - Continued

For lambs with temperatures lower than 99 degrees F.
- More than five hours old, unable to hold up head or swallow.
- Give IP injection of glucose.
- Move to warming box.
- Collect milk or colostrum from the mother if possible to use in feeding the lamb.
- Check temperature every 20 minutes until it reaches 99 degrees F.
- Feed by stomach tube.
- Return to warming box until it reaches 101 degrees F.
- Return to mother.

More than five hours old, able to hold head up and swallow.
- Move to warming box.
- Collect milk or colostrum from the mother if possible to use in feeding the lamb.
- Check temperature every 20 minutes until it reaches 99 degrees F.
- Feed by stomach tube.
- Return to warming box until it reaches 101 degrees F.
- Return to mother.

Less than five hours old, able to hold up head and swallow.
- Move to warming box.
- Collect colostrum from the mother if possible to use in feeding the lamb.
- Check temperature every 20 minutes until it reaches 99 degrees F.
- Feed by stomach tube.
- Return to warming box until it reaches 101 degrees F.
- Return to mother.

Step 3. Follow up
If the lamb remains weak, it may need to be kept in draft-free, gently heated environment and fed by stomach tube regularly until it is strong enough to return to its mother. If at all possible, use milk or colostrum from the lamb’s own mother for all feedings, as this will increase the likelihood that the lamb will be accepted when returned to her.

Keep the ewe penned up with her lambs in a lambing jug or other easily monitored area where other ewes won’t interfere with bonding, and the chilled lamb will have as few distractions as possible. Watch the lambs for signs of starvation or dehydration until they’re solid and ready to rejoin the flock.

Step 4. Find the Cause
Hypothermia and starvation cause a great deal of death loss and their treatment greatly increases labor requirements at lambing time. Shepherds should set a goal both for economic and animal welfare reasons to reduce hypothermia and starvation as much as possible. Each case should be noted in the lambing records of the dam, and the shepherd should attempt to pin down the cause of each case. After the crush of lambing is over, these records can be reviewed to look for patterns that might suggest management changes or culling of individual ewes.

Well-fed and -conditioned ewes can deliver and keep lambs fed and warm under fairly extreme temperatures, provided that they sheltered from wind, drafts, and moisture. Temperature alone should not cause hypothermia-starvation in shed lambed ewes unless the air temperature is below 0 degrees F.

Some management-related causes of hypothermia-starvation in shed-lambed ewes would include:
- poor maternal nutrition in early gestation when placental development takes place, leading to low birth weights and low milk production.
- poor maternal nutrition in late gestation, reducing fetal development and resulting in low birth weight and weakness in newborn lambs
- inadequate bedding; ewes lambing on wet or frozen pen floors
- drafts at floor level
- overcrowding of ewes leading to mismothering, grannying, or lost and wandering lambs.
- inadequate pen construction allowing lambs to wander away from their mothers.

Some disease-related causes of hypothermia-starvation would include:
- Ovine progressive pneumonia, which can cause reduced (or absent) colostrum.
- Any of the several abortion diseases, leading to weak newborn lambs.
- Mastitis, causing the ewe to refuse to allow the lambs to suckle, or past mastitis causing one or both sides of the bag to fail completely or partially.

If causes related to management and disease are ruled out, the most common cause of hypothermia and starvation in lambs is maternal inattention. Good mothering ability includes the skill of keeping track of your lambs and not allowing them to starve. In some rare cases, teat size and placement on the ewe can also be a factor. Be particularly attentive for ewes with excessively large, low, or high teats. Sometimes there can be plenty of milk that the lambs simply can’t get to.

Each operation needs to review its death loss totals and determine where it can improve, as death loss is one of the largest drags on profitability in most sheep operations. The overall goal should be to reduce death loss to the lowest practical point, and it makes sense to start with keeping newborn lambs alive and kicking.
According to the Marist Poll, over 40% of Americans are resolving to make a change in 2014. Some of the top resolves are to exercise more, lose weight, improve health, eat healthier, and stop smoking. These changes are often recommended for people with diabetes. If you are looking at ways to improve your health, you can increase your chance of success by using free resources like those from the National Diabetes Education Program (NDEP) at http://ndep.nih.gov/resources.

NDEP’s Diabetes HealthSense site offers some important tools to use if your health resolution is to lose some weight. It starts with “Just One Step” at http://ndep.nih.gov/resources/diabetes-healthsense/just-one-step.aspx. Drop-down menus make it quick and easy to select if you want to lose 5, 10, or 15 pounds and the first step you want to take to reach that goal. You may choose to move more by walking, climbing stairs, dancing, or joining an exercise group three days a week to every day. Other options include making healthier food choices like replacing sugary drinks with water, filling half your plate with fruits and vegetables, choosing lean meats, or waiting 15 minutes before having seconds at one meal a day up to all meals.

Change begins by taking that beginning step, but to succeed in reaching your goal it helps to plan ahead. The site allows you to fill out a form online and print your plan. It helps you identify what is important to you and the barriers that might make it hard to reach your goal. You can plan how to stay on your path to change when those barriers get in the way. You also decide how you will know if your plan is working and what your reward will be. Taking about five minutes to create a plan like this makes it more likely that you will reach your goal.

If you need more help after completing your plan, the site lists tools to help you meet your goal. You can read articles or watch videos on these topics:

- Eat healthy
- Be active
- Manage my weight
- Cope with stress
- Set goals
- Stop smoking
- Prevent diabetes-related complications
- Check blood glucose

Though many people talk like New Year’s resolutions never make a difference, 72% of Americans who made a resolution in 2013 kept it for at least part of the year. So as 2014 begins, consider taking just one step toward being healthy, and make your plan to succeed.

**My Healthy Plate Tip**

Choose foods with lower amounts of calories, sodium, sugar, and saturated fat to build a healthier plate. That means passing up foods like doughnuts, onion rings and fried chicken!

Source: United States Department of Agriculture
ChooseMyPlate.gov
Radon Awareness in the Home
Submitted By: Desaree Jimenez, RAC CES Home Economist
Adapted From: Family and Consumer Sciences Quarterly Newsletter—December 2013

What is Radon and why should I be concerned. Radon does not occur in every state but radon levels are detected in many New Mexico counties.

What Is Radon?
Radon is a naturally occurring gas. You can’t see it, smell it or taste it. The gas results from the breakdown of uranium that is found in nearly all soils. Typically, it is concentrated in areas with lots of granite, shale, phosphates and pitchblende. Phosphates, which contain phosphorus, are plant nutrients. They are common substances in the environment and occur naturally in our food, water and our bodies. Pitchblende, the most important ore of uranium, is a radioactive material and is the original source of radium. Radon can be found in building material made from concrete or stone.

How Does Exposure Happen?
The United Nation’s World Health Organization (WHO) reports that radon is a worldwide health risk in homes (EPA, 2009). Because it is a gas, radon moves up through the ground and can leak into the home through the basement, crawl space, or foundation. Sometimes radon enters the home through well water. Radon can even be carried in the home through natural gas.

What Are The Health Risks To Radon Exposure?
Exposure to radon can increase your chances of getting lung cancer. According to the WHO (EPA) 2009), “Radon is the second most important cause of lung cancer after smoking...” If radon particles are present in the air, they can get into your lungs when you breathe. These particles accumulate in the lungs and release bursts of energy. These bursts can damage lung tissue – leading to lung cancer. Radon exposure is the number one cause of lung cancer among non-smokers. Smoking, along with radon exposure, is an especially dangerous health risk.

How Do I Know If Radon Is Present?
The U.S. Surgeon General and EPA recommend that all homes be tested. Testing is the only way to know if you and your family are at risk from radon. You can test your home yourself or hire a professional. Testing is easy and inexpensive.

Do It Yourself
Radon detectors are available to test your home. Radon test kits can be found in some home improvement stores. Follow the directions on the packaging for the proper placement of the device and where to send the device after the test to get your reading. Radon test kits can be requested by New Mexico residents via the Internet, www.drhomeair.com or by phone: 1-800-324-5928.

Hire A Professional
New Mexico provides a complete list of National Environmental Health Association (NEHA) certified radon measurement specialists in each county. Follow this link to access the list, http://nm-radon.info/NM_neha_by_county.html

Additional Resources
The New Mexico Environment Department (NMED) provides the Indoor Radon Outreach Program with information available at http://www.nmenv.state.nm.us/nmrcb/radon.html

The National Radon Hotline: 1-800-767-7236 (1-800-SOSRADON)
**Tuna Apple Salad**

Yield: 4 servings

**Ingredients**

- 1 can tuna, packed in water (12 ounces)
- 2 tablespoons red onion (minced)
- 1 apple (cored and chopped)
- 1 cup celery (chopped)
- 1 cup golden raisins
- 5 tablespoons Italian dressing, light
- 2 cups salad greens
- 2 Pita bread (cut in half)

**Instructions**

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

**Cost**

- Per recipe: $5.53
- Per serving: $1.38

**Source**

California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day—For Better Health! Campaign

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**Spice Up Your Fruit**

Sprinkle cinnamon on sliced apples for a quick and easy cold snack, or try it heated in the microwave for a warm treat.

Source: ChooseMyPlate.gov

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**Handle With Care**

Keep your food safe. Wash your hands, utensils and cutting boards before and after contact with raw meat, poultry, seafood & eggs.

Source: ChooseMyPlate.gov

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Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don’t skip meals.

Source: http://kidshealth.org/
Muscle-Strengthening Activities Lower the Risk of Type 2 Diabetes in Women

Submitted By: Desaree Jimenez, RAC CES Home Economist

Studies support that aerobic physical activity lowers the risk of type 2 diabetes. There is also research showing that people with type 2 diabetes who participate in muscle-strengthening activity experience improved blood glucose control and that men who weight train have a reduced risk of type 2 diabetes independent of aerobic physical activity. A study published in January indicates that women may also reduce the risk of developing type 2 diabetes when they regularly do muscle-strengthening activities.

This study included 99,316 women who participated in the Nurses’ Health Study and the Nurses’ Health Study II. Participants reported the amount of time spent on resistance exercise, lower intensity exercise, and aerobic physical activities. Resistance exercise and lower intensity exercise (e.g., yoga, stretching, toning) were considered muscle-strengthening activities.

The researchers found that overweight and obese women who participated in muscle-strengthening activities had a decreased risk of type 2 diabetes. This was true whether or not the women participated in aerobic moderate and vigorous physical activity. Muscle-strengthening activity was not associated with diabetes risk in women with a Body Mass Index (BMI) less than 25 kg/m². Women who followed recommendations of at least 150 minutes of aerobic moderate to vigorous physical activity and resistance exercise twice per week had the lowest risk of type 2 diabetes.


Cheese Workshop

Don’t miss this day-long workshop with Sweetwoods Dairy founding cheese maker, Patrice Harrison-Inglis! Bring all your questions about milk, from the animal to the table. Patrice presents information, encourages discussion and gives interactive demonstrations for fresh chevre, a traditional semi-soft cheese of the Spanish Territorial Southwest, a hard cheese suitable for aging, and a dulce de leche caramel syrup, all made from locally sourced, Grade A inspected goat’s milk. Hands-on.

Farmstead Goat Cheese
This class meets on the following date(s) and time(s):
04/11/2014
9:00 AM - 3:00 PM
Instructor: Patrice Harrison-Inglis
Class price: $120.00

To register for this class, please follow the link below:
http://www.santafeculinaryacademy.com/classes/detail/168
### Useful iPad Apps for Farmers and Ranchers

**Submitted By:** Donald Martinez, RAC CES Ag Agent  
**Source:** Information Technology  
**College of Agricultural, Consumer and Environmental Sciences**  
**New Mexico State University - Cooperative Extension Service**

<table>
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<tr>
<th>App Name</th>
<th>Seller/Creator</th>
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<tr>
<td>Crop Water</td>
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<td>NUBEED-Anatomy, BEEF Myology</td>
<td>University of Nebraska</td>
<td>Free</td>
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## Announcements & Upcoming Events

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>March 21, 2014</td>
<td>High Altitude Baking Class Presentation</td>
<td>10:00 AM - Espanola County Complex Building</td>
<td>Desaree Jimenez at 505-685-4523.</td>
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<tr>
<td>March 21, 2014</td>
<td>Hoop House Building Workshop</td>
<td>8:00 AM—4:00 PM—2256 State Road 68 Embudo, NM</td>
<td>Donald Martinez, RAC CES Ag Agent at 505-685-4523.</td>
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<tr>
<td>March 21, 2014</td>
<td>Bring Your Lunch - Snacks and Drinks will be provided</td>
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<tr>
<td>March 21, 2014</td>
<td>Come Prepared To Work, Bring Tools, and Wear Proper Clothing</td>
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<tr>
<td>March 21, 2014</td>
<td>RSVP with Donald Martinez, RAC CES Ag Agent at 505-685-4523.</td>
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<tr>
<td>April 21, 2014</td>
<td>Diabetes Education and Cooking Class, San Juan, NM.</td>
<td></td>
<td>Desaree Jimenez at 505-685-4523.</td>
</tr>
<tr>
<td>April 24, 2014</td>
<td>1st Session of Kitchen Creations</td>
<td></td>
<td>Desaree Jimenez at 505-685-4523.</td>
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<tr>
<td>April 24, 2014</td>
<td>Home and Livestock Fire Protection Workshop</td>
<td>Rio Arriba CES Extension Office - Abiquiu, NM, - 10:00 AM to 12:00 PM</td>
<td>Donald Martinez, RAC CES Ag Agent at 505-685-4523.</td>
</tr>
<tr>
<td>April 24, 2014</td>
<td>For more information contact Donald Martinez, Jr., RAC CES Ag Agent at 505-685-4523.</td>
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<tr>
<td>April 3, 2014</td>
<td>Home and Livestock Fire Protection Workshop</td>
<td>Rio Arriba County Commissioners Chambers - Tierra Amarilla, NM, - 10:00 AM to 12:00 PM</td>
<td>Donald Martinez, Jr., RAC CES Ag Agent at 505-685-4523.</td>
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<tr>
<td>April 3, 2014</td>
<td>For more information contact Donald Martinez, Jr., RAC CES Ag Agent at 505-685-4523.</td>
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<tr>
<td>April 3, 2014</td>
<td>Home and Livestock Fire Protection Workshop</td>
<td>Wild Horse Casino - Dulce, NM - 1:30 PM - 3:30 PM tentatively.</td>
<td>Donald Martinez, Jr., RAC CES Ag Agent at 505-685-4523.</td>
</tr>
<tr>
<td>May 1, 2014</td>
<td>Fruit Growers Workshop</td>
<td>Rio Arriba CES Extension Office - Abiquiu, NM, - 9:00 AM to 4:00 PM.</td>
<td>Donald Martinez, Jr., RAC CES Ag Agent at 505-685-4523.</td>
</tr>
</tbody>
</table>

### DO YOU HAVE PRE-DIABETES OR JUST WANT TO LOSE WEIGHT?

**Join “Lose to Win!”**

Weekly meetings are currently taking place in Tierra Amarilla and in Espanola. If you are interested in participating, please contact Desaree Jimenez, RAC CES Home Economist, at 505-685-4523.

This free program is a group lifestyle change program to assist with healthy weight loss. If you have been diagnosed with pre-diabetes or want to lose weight, this program is for you!!

This program utilizes the National Diabetes Prevention Program curriculum. Participants will learn about healthy eating, physical activity and other behavior changes. This course includes:

- One meeting per week for 8 weeks
- Post session support meetings
- A trained lifestyle coach to support participants and help to sustain healthy choices.

**You will:**

- Discover ways to lose weight through healthy eating
- Become more active with the help of a lifestyle coach

**Sponsored by the NMSU Rio Arriba Cooperative Extension Service.**

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The mission of the Cooperative Extension Service (CES) is to provide the people of New Mexico with practical, research-based knowledge and programs to improve their quality of life. The base programs of the Cooperative Extension Service are agriculture and natural resources, consumer and family issues, youth development, and community economic development.

The Cooperative Extension Service is the community education arm of New Mexico State University (NMSU). CES faculty members are attached to all 33 county governments and many tribal areas in New Mexico. Backed by state, federal and local funding and statewide faculty specialists, the Cooperative Extension Service is a cooperative effort between NMSU, the U.S. Department of Agriculture, and county governments.