



Los Alamos County Extension Newsletter

September 2026



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Greetings from the Extension Office!

It's a great time of year as summer starts to wind down and we can finally catch our breath! Families and members have been busy over the past few months completing projects, representing 4-H in the community, and learning new skills. Now it's time to switch gears and begin compiling your accomplishments and achievements into your Record Books. As most of you know this is very time consuming, though it is worth it when it's finished. As always, please don't hesitate to ask for help if needed! Record Books will be due on Friday, October 30th and

remember, Steady Work = Bigger Rewards!

On Another note, I am thrilled to introduce our new Ag/4-H Agent, Dianne Wilburn, who starts on September 1st! Some of you may have met her at the Los Alamos County Fair and, if not, then you will meet her very soon. Here is a little about Dianne - Originally from North Carolina, she and her family moved to Los Alamos in 1996. She brings more than 35 years of experience in environmental science, operations, safety, and leadership, including 30 years at Los Alamos National Laboratory and previous work with state environmental agencies. Dianne holds a B.S. in Biochemistry from North Carolina State University and master's degrees in Environmental Science and Agricultural Science. Her community involvement includes serving on the Fair and Rodeo Board and as a 4-H exhibits judge. From 2012 to 2019, she and her younger son raised and showed dairy goats. She currently leases two lots at the Los Alamos County Stables, home to her miniature horse, a guardian llama, nine retired goats, laying hens, and bantam show chickens.

With Dianne coming on board, Angela will move to the Family & Consumer Science Program area and continue in a shared 4-H role. Meanwhile, we are still looking to fill the Administrative Assistant position. Please send any interested candidates our way!

Respectfully,
Angela and Dianne



Now Hiring

Administrative Assistant

<https://careers.nmsu.edu/jobs/administrative-assistant-associate-nmsu-satellite-location-new-mexico-united-states>



4-H Highlights

September 2026

Rio Arriba County Fair Highlights

*Congratulations
Poultry, Rabbit, &
Homemade Delights Exhibitors!!*

Chloe Blackburn

Champion Senior Rabbit showman

Connor Hollowell

Grand Champion Rabbit Meat pen

Champion Junior Rabbit showman

Kayleigh Hollowell

Grand Champion Poultry Fryer pen

Reserve Grand Champion Rabbit exhibit

Alexa Melaschenko

Grand Champion Poultry exhibit

Grand Champion Poultry Layer Pen

Grand Champion Poultry showman

Laurel Redman

Grand Champion Rabbit exhibit

Grand Champion Rabbit showman

Champion Novice Poultry showman

Archer Stanek

Grand Champion Homemade Delight

Sylvia Stanek

Reserve Grand Champion Poultry exhibit

Champion Senior Poultry showman



*“Learn by
doing”*



4-H Highlights

September 2026

Los Alamos County Fair Highlights

*Congratulations High Point
Indoor Exhibitors!!*

Kayleigh Hollowell

Novice High Point Exhibitor

Conner Hollowell

Junior High Point Exhibitor

Sylvia Stanek

Senior High Point Exhibitor



HEAD



HEART



HANDS



HEALTH

Combined Fair Participation

- **(11)** members exhibited (50) Poultry & Rabbit projects at RA County Fair.
- **(5)** members exhibited Homemade Delights entries at RA County Fair.
- **(16)** members exhibited (89) indoor projects at LA County Fair and (55) entries advanced to the NMSF.

2026 State 4-H Conference This is How We Roll!



State 4-H Conference is always a great time for our members where they can compete in state level contests, network with peers, and build unity within our county delegation. Members always enjoy getting to shake the dust off of their boots and have FUN! This year's highlights include:

2nd place CDM Individual
Sylvia Stanek

4th place Wildlife Individual
Sylvia Stanek

3rd place Wildlife Team
**Ben Booton, Sylvia Stanek,
& Derek Rodriguez**

4th place Wildlife Team
**Chloe Blackburn, Nick Booton,
& Dylan Rodriguez**





New Mexico Youth Public Speaking Contest

Are you passionate about Agriculture?
Find Your Voice. Share Your Message. Inspire Others.

Why Participate?

- ✓ Develop leadership and presentation skills
- ✓ Gain confidence in public speaking
- ✓ Share your knowledge and ideas
- ✓ Receive valuable feedback from judges
- ✓ Compete alongside youth from across New Mexico



AgTrustSM
FARM CREDIT



Open to youth ages 9-18 yrs.

ENMSF

deadline September 21st

Speak with confidence. Lead with purpose.

*Good luck to our members
exhibiting at NM State Fairs!*



September 10-20, 2026



October 5-10, 2026

REMINDER

Family & Consumer Sciences Lettermen

APPLY NOW

ANY 4-H MEMBER WHO IS ACTIVE IN
FAMILY AND CONSUMER SCIENCES (FCS)
PROJECTS CAN "LETTER" IN FCS.

**APPLICATION DEADLINE
TO STATE OFFICE:
SEPTEMBER 30, 2026**

THE FIRST YEAR (FIRST-TIME APPLICANT):
RECEIVE A "CLOVER" LETTER.

NOVICE: BRONZE "H" PIN



JUNIOR: SILVER "H" PIN



SENIOR: GOLD "H" PIN



A PLATINUM LETTER MAY BE AWARDED FOR OUTSTANDING
OVERALL ACHIEVEMENT, REGARDLESS OF AGE DIVISION.



Visit NMSU 4-H Website for more info!

Lettermen Applications are due in the Extension
Office September 23rd.
Please contact Angela for more information.

Jerry Hawkins Memorial Judging Contest



September 17, 2026

Thursday, 1:00 p.m.

For more information please
contact Tracy Drummond
(575)313-1606.



4-H Adult Retreat
SAVE the DATE
November 14, 2026
Las Cruces, NM



4-H Important Dates

September 2026



4-H IMPORTANT DATES

Sept. 8	Perishable entries for NMSF due
Sept. 23	FCS Letterman application deadline
Sept. 10-20	New Mexico State Fair
Oct. 5-10	Easten NM State Fair – Roswell, NM
Oct. 30	Record Books Due
Nov. 14	4-H Adult Forum – Las Cruces, NM



Due in the Extension Office

Friday, October 30th by 4:30 p.m.

Members must complete a Record Book to be eligible for awards.



Providing the people of New Mexico with practical, research-based knowledge and programs to improve their quality of life.



Fall Seed Harvest

Los Alamos Nature Center
2600 Canyon Road
Los Alamos, NM 87544

Free!

This program will demonstrate the important role of seeds and how to harvest, dry, and store different types of seeds through hands-on activities. This event is open to all ages.

This program is part of the Los Alamos Community Seed Library project; a grass-roots effort comprised of individuals and community organizations working together to achieve the goal of establishing a seed library in Los Alamos available to the public.

Community Iris Swap



When: Saturday September 12, 2026. **Time:** 9 AM to noon

Where: Unitarian Church of Los Alamos, 1738 N. Sage St.

Now that the irises have finished blooming and have had all summer to grow and store up energy for next year's blooms, it's time to divide them.



Dig out some of the rhizomes and clip the leaves down to ~6-8". Use permanent marker to write down the variety of the iris on a leaf (if you know it), or just the color. If you don't have any to swap, please stop by the last 15 minutes and take what's left.

Participation is **free**. For more information, please text or email

KokHeong McNaughton (505-920-6808 or kokheong@comcast.net).



Join the 23rd Annual Clean Up Los Alamos Day!

Help keep our community beautiful on Saturday, Sept. 19, as part of National Clean Up Day. Los Alamos County will join more than 2 million volunteers across the U.S. to pick up litter in neighborhoods, parks, trails, and open spaces.

Register by Sept. 11th to participate and receive free clean-up supplies, including gloves, trash bags, trash pickers, and safety vests. Registered volunteers can pick up supplies at the Los Alamos ECO Station (3701 E. Jemez Road) from Sept. 15th -18th, 8 a.m. - 4 p.m.

On Clean Up Day, you can choose your own hours to pick up litter in the area you signed up to clean. Collected trash can be dropped off for free at the ECO Station or White Rock Overlook Collection Center on Saturday, Sept. 19th, from 9 a.m.-4:15 p.m. Please bring a driver's license or utility bill to verify Los Alamos County residency.

Register at:

<https://www.losalamosnm.gov/Services/Trash-and-Recycling/Register-for-Clean-Up-Los-Alamos-Day>



Demo Garden Report

Many projects are underway this season by our dedicated volunteers.

- Susan has worked to clear the Moonlight garden (SE corner near Ashely Pond) and it is ready for hardscape to be installed this fall.
- Janine is making progress in removing the heavy weed cloth in the rose garden.
- The central valves were replaced by the county this summer and updates on zone delivery are posted in the casita.
- Many thanks to Janine for taking the lead on the above ground irrigation oversight.
- The gardeners have initiated discussion on the need to solicit arborist recommendations for maintenance and longevity of the trees in the garden.
- Los Alamos County Community development has initiated a response to address accessibility in the garden and will meet with Master Gardener volunteers and CES staff to discuss pertinent issues.
- Ongoing plant care, grounds maintenance and cleanup efforts throughout the season keep the garden looking amazing!

Upcoming Meeting Reminders

- LAMG Association meeting
Thursday, September 4th at 6:30 pm at Fuller Lodge
- Demo Garden Committee meeting
September 11 at 10:00 am at Mesa Public Library (3rd floor meeting room)
- Demo Garden Accessibility meeting
Monday, September 14th at 11:30 am
Mesa Public Library (upstairs meeting room)



Los Alamos Master Gardeners September program Iris Presentation

by Barb Mann
Thursday, September 4th
6:30 pm
Fuller Lodge

Master Gardener Course Coming January 2027

A curriculum focused on the fundamentals of practical and research based gardening.

Training topics include:

Sustainability
Botany
Plant Identification
Soil Biology
Entomology
Integrated Pest Management
Perennials
Vegetable & Fruit Production
Plant Pathology
Weeds
Irrigation

New World Screwworm Infested Zone in New Mexico released

WASHINGTON, D.C., August 30, 2026—The U.S. Department of Agriculture’s Animal and Plant Health Inspection Service (APHIS) has approved the released of New World screwworm (NWS) infested zone in New Mexico, concurring with the recommendation made by New Mexico’s state veterinarian, Dr. Samantha Holeck, and the New Mexico Livestock Board (NMLB). State and federal subject matter experts confirmed that New Mexico met all requirements outlined in APHIS’ New World Screwworm Response Playbook (884.59 KB) for zone release. No additional cases have been detected since the initial confirmation on June 7.

Lifting the infested zone removes the NWS-related requirements on the domestic movement of livestock and pets from that area, allowing producers and owners to resume normal intrastate and interstate movement without inspection for NWS. It also enables APHIS to work with international trading partners to address and negotiate removal of New Mexico-specific NWS-related export restrictions.

APHIS will continue to work closely with New Mexico agriculture officials to ensure fly trapping and wildlife surveillance continue in New Mexico to monitor for any future risk of NWS introduction. The agency remains committed to science-driven surveillance, early detection, and rapid response measures nationwide.

For more information about NWS and the current situation, please visit screwworm.gov or screwwormnm.org.

2025–2030 Dietary Guidelines for Americans: Real Food Program coming soon!

The USDA has implemented the shift from low-quality, highly processed foods to real food that nourishes the body in an effort to restore health and reduce health risks for Americans. Current data shows:

- More than 70% of American adults are overweight or obese.
- The treatment of chronic disease accounts for roughly 90% of health care spending.
- One in three American adolescents between the ages of 12 and 17 has prediabetes.
- Diet-driven chronic disease now disqualifies large numbers of young Americans from military service.





Contact Us

September 2026

Los Alamos County 4-H Clubs

High Country Team 4-H Club

Meets the 2nd Thursday of the month at 5:30 pm
at the White Rock Activity Center
Contact Jenna Stanek at jenna.e.stanek@gmail.com
Open to youth ages 5-18 yrs.

Boots & Bridles 4-H Club

Meets 3rd Wednesday of the odd months
at 6 pm at White Rock Activity Center
Contact Jessica Booton at bootonj@gmail.com
Open to youth ages 5-18 yrs.

Young Guns 4-H Club (Shooting Sports only)

Contact Forrest Blackburn at lillbighorn@gmail.com
Open to youth ages 9-18 yrs.

Los Alamos Extension Master Gardeners

<https://www.lamgonline.org/>



Los Alamos Cooperative Extension

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losalamos@nmsu.edu

<https://losalamosextension.nmsu.edu/>

