

# 4-H News to Know March 2015



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*Beginning in 2015, we will start publishing the newsletters electronically. (NOT YET, but sometime soon) Please submit your email address to us or make sure we have your current email address so we can keep you in the loop. If you do not have internet and prefer to continue to receive a mailed newsletter, YOU MUST NOTIFY US WITH YOUR REQUEST or stop by the Extension Office for the newsletter. We will also take newsletters to the library for distribution. This will help to keep our rising costs down and keep up with advancing technology. Please send your email address to the office email address above.*

**Check out the new Custer County 4-H Facebook page:**

<https://www.facebook.com/CusterCountyCO4H>

One omission for the Officer training - Grace Watkins! She is the Silver Spurs secretary and attended the officer training. Thanks Grace!

**4-H Online updated** – For those 4-H members that want to check their online enrollment, etc. the new url is: **co.4honline.com**. If you bookmarked the other one, make sure to delete it. And if you do go in and make any changes – REMEMBER, YOU MUST NOTIFY THIS OFFICE WITH THOSE CHANGES!!!!!!

**Spring Carnival** – mark your calendar – Wednesday, March 11<sup>th</sup> from 4:30 to 6:30 p.m. in the multi-purpose room at school. This is a little earlier start and ending time! Remember, this is your chance to help your club with this fundraiser.

We will have lots of fun activities and games for youth of all ages. Pizza and pop will be available for purchase. Invite your family and friends to come out for a fun time!

**Trailblazers 4-H Club Meeting** - The schedule for the meetings: March 1, April 12, May 3 and June 7<sup>th</sup>. Meetings start at 1 p.m. and are held at the Shy's residence.

**Silver Spurs 4-H Club Meetings** - The meetings will start at 4:15 p.m. and be held at the Courthouse Annex Building. The schedule is: March 12, April 9, May 7 and June 11.

**Triple C Clovers 4-H Club Meeting** – Schedule of meetings: March 1, April 12, May 24 and June 14<sup>th</sup>. All meetings will begin at 12:30 p.m. in the great room at school.

**Meat Quality Assurance Class** – The MQA class and trailer will be on March 14<sup>th</sup> at 10am-12 noon at the annex. If you are a first time livestock exhibitor or are turning 14, this class is required. I highly encourage all to attend as we have experts in their fields teaching, and for the first time ever, the MQA trailer will be coming to Custer County! The trailer will be open to the public from 12-1pm. Please contact the office for more information.

### **Market Livestock Weigh in Schedule**

Market Beef – Jan. 11 (done), March 15, May 31 and *June 28 (this one is optional)*

Market Sheep, Goats and Swine (swine –not sure yet) – April 26, May 31 and June 28.

Rabbits – to be determined.

**Add/Drop Deadlines** - 4-H members – don't forget your project deadlines: if you want to add or drop an indoor project (those judged in the home ec building) the deadline is May 1<sup>st</sup>. For livestock and animal projects, the deadline is the first weigh in date for those animals. Horse and Dog projects, the deadline is also May 1.

**Horse Certificates** – Horse Certificates are due to the Extension Office by May 1<sup>st</sup>. This certificate must be completed for each horse that you may use for your project at the county fair. Certificates may be copied from the Horse record book or stop by the office for your copies. If leasing your horse, the lease agreement must be turned in with the horse certificate.

**Dog Health Certificates** – Dog certificates are due to the Extension Office by May 1<sup>st</sup>. This certificate must be completed for each dog that you may use for your project at the county fair. Certificates may be copied from the Dog e-record or stop by the office for a copy.

**Hunter Safety Certification – (Hunter Safety Certification is required for ALL 4-H members signed up for Shooting Sports 4-H projects to be able to participate in shooting competitions at the Custer County Fair – please call us if you have any questions)** Hunter safety education class will be offered on March 7, 8am-5pm and March 8, 8am-2pm at the Wet Mountain Fire Protection District station. Hunter Education is required in Colorado for all hunters born on or after Jan. 1, 1949. Hunter Education is much more than just hunter safety. The course covers hunter responsibility, outdoor preparedness and survival, bow hunting information, wildlife management and wildlife identification, hunting regulations and hunting opportunities in Colorado. It provides a solid foundation for hunters of all ages. Many take a hunter education class to learn more about hunting or basic firearms safety even though they do not intend to hunt. The local hunter safety course will be held at the Wet Mountain Fire Protection District station located at 215 N. 4th street on Saturday 8am-5pm, and 8am-2pm on Sunday. The cost is \$10 and participants should bring water and a lunch for both days. They should also bring pen and paper to take notes. Please contact Justin Krall with questions and to sign up 371-2240.

**Public Speaking Contest** - The Public Speaking event will be held on April 2<sup>nd</sup>. As you know this is an optional event and I encourage all of you to learn to hone your public speaking skills. These skills will prepare you for life happenings such as interviews and how to address crowds and individuals. This confidence building skill is invaluable to learn and have fun in the process! If you are a senior 4-Her, this can even provide the chance to compete at the State Conference held on the CSU Campus in June. Practices will start in February, but it's never too early to start practicing at home and even writing your speech. This is a wonderful chance to overcome your fears of public speaking.

Public speaking practices will take place on Mondays starting February 23<sup>rd</sup> and go every Monday through March 30<sup>th</sup> (except for March 23<sup>rd</sup>) from 4:15 to 5:15 at the Annex. Practices are not required but highly encouraged to get the most out of this experience. There are four kinds of speeches: prepared, demonstration, impromptu, and interpretive. For more information or to sign up, please contact the Extension office. Entry form is found at the end of the 4-H newsletter.

**Retinal Scans for Colorado State Fair Animals** - Please mark your calendars if you are planning to exhibit livestock at the State Fair. All livestock going to State Fair need to be brought to the Fairgrounds from 1-2 p.m. on May 17<sup>th</sup>. Each exhibitor will be responsible for the cost of \$5 per animal for the retinal scan. They will also pay for the mileage reimbursement for Mr. Covington's travel to Westcliffe to perform the scans. More information will be sent out at a later date.

**Robotics is back!** Any youth wishing to participate in the 2015 Robotics team, please contact the office. The Robotics team will learn how to build and program robots, then compete with other teams from across the state. There will also be a robotics camp offered in July ( more details to come). A leader for the elementary group is needed, no experience necessary. For more information, please contact the Extension office.

**Scholarship Information** - Are you a graduating high school senior? Are you interested in pursuing a career in agriculture? Agriculture is an exciting field to be in. There are so many areas that you can explore; everything from animal husbandry to diesel mechanics, range science to welding, Parks, Recreations, and Tourism Resources, Packaging, Horticulture, Forestry, Food Science, and Fisheries/Wildlife. The possibilities are endless! According to the Farm Bureau News, "Food Scientists and engineers will be in the greatest demand in the agricultural job market over the next four years, according to a new Purdue University study". There are a number of scholarships available from local sources here in Custer County that encourage youth to go into the agricultural field. The Custer County Stockgrowers Association, the Custer County Cattlewomen, and A Painted View Ranch all offer agricultural related scholarships, the Dan Riggs Memorial, and the High Altitude Gardening Club offers a scholarship in horticulture or related field, and The Custer County Medical Foundation- Ben Kettle Memorial Scholarship offers scholarships to students interested in pursuing a career in any area of animal or human medicine. These scholarships are not just for Custer County High School Students, they are also offered to graduating homeschoolers as well. If you are interested in these scholarships, please contact the CSU Extension office at 783-2514.

### **CAMPS: Grab the Torch Summer Institute in Colorado**

The Colorado State 4-H Office has a working relationship with an organization called Grab the Torch. In 2014, this organization hosted one of their summer institutes in Colorado and 5 Colorado 4-H members attended. These members all expressed that this was a life changing event for them to attend. Once again, Colorado 4-H member's high school age Freshmen to college age Freshmen are qualified to apply. The deadline to apply is March 15<sup>th</sup>. The cost is \$2,000 but there are many full and partial scholarships available through the State 4-H Office. There are ONLY EIGHT spots available for Colorado so if you are interested, you need to apply NOW!

An email blast will be sent out to all age appropriate 4-H members with more details. The application will only be available online. If you are interested, please give us a call, so we can help if needed.

**Custer County 4-H Foundation** - The Custer County 4-H Foundation is looking for board members. As a board member, you will help contribute to the 4-H youth by helping them attend camps and conferences, furthering their 4-H experience. Without the 4-H Foundation, camps would be very expensive and there would be no awards ceremony! For more information please contact the Extension office. We appreciate your willingness to help!

## Babysitter Training Class to any youth ages 10-18 interested in becoming a trained babysitter.



Six Lessons cover:

- Character Concepts
- Ages and stages of child development
- Appropriate activities for children
- Food and nutrition
- Partnering with Custer County Office of Emergency Management on How to handle emergencies
- Partnering with Custer County Health Nurse for First Aid and basic CPR concepts

Date: April 6, 13, 20, 27, May 4, 11

Time: 4:15pm to 5:45pm

Place: Custer County Annex

For questions or to register, Contact Robin Young 783-2514 or [Robin.young@colostate.edu](mailto:Robin.young@colostate.edu)

## ***4-H Truck Raffle Sales to start soon!***

More info will be available when we get the tickets. This is another great fundraising opportunity for the 4-H Clubs!

High Country Recycling is looking for volunteers to help bale cardboard on Friday mornings. Contact Joanie Liebman at 371-0005.

### ***2015 Custer County Fair***

*July 13-19, 2015*

*4-H Shotgun and .22 Competitions will be held on Saturday,*

*July 11<sup>th</sup> at 1:00 p.m.*

Please check out the Custer County CSU Extension website: [www.custercountygov.com/ext](http://www.custercountygov.com/ext)

*The Speech Contest is a very important part of the 4-H program –You do NOT have to come to practices, however it is recommended. Remember—awards are presented to winners of the Speech Contest at Achievement Banquet in September.*

**PUBLIC SPEAKING PRACTICES**

Mondays @ 4:15 p.m. Annex Building (March 16<sup>th</sup> will be in the Court Room).

Entry deadline for the speech contest will be March 30<sup>th</sup>). You do not have to be at the practices to enter the contest, but it will give you an advantage.

**SPEECH CONTEST: April 2<sup>nd</sup>**

The 2015 Speech Contest will be held at the Custer County Court House on April 2<sup>nd</sup> at 6pm.

**DIVISIONS:**

Cloverbuds 5-7 (participation ribbon only)

Junior Division — 8-10

Intermediate Division—11-13

Senior Division— 14 and over

All ages are based on 4-H age as of December 31, 2014

**PREPARED SPEECH**

The score card includes content, delivery and articulation, fluency, appearance, gestures, eye control, effectiveness, composition, speech structure, choice of words, materials and speech value.

**INTERPRETATIVE READING**

The reading should not be over 10 minutes. It can be one or several articles including poetry, humor, or anything appropriate for 4-H. The selection should be introduced and explained before it is presented.

**IMPROMPTU SPEECH**

The contestant will be given a topic and 10 minutes to prepare their speech. After ten minutes they will give a presentation on that topic not to exceed 5 minutes. This speech should include an introduction to gain the audience's attention, reasons and explanation of the subject and a conclusion to summarize.

**PRESENTATIONS**

Demonstrations or illustrated talks are a part of this category. A presentation is limited to 10 minutes in length. You will be allowed time to set up and take down your presentation. You will be expected to provide your own equipment. General equipment and supplies, such as tables, easel and chairs will be furnished upon request.

Contestants will receive 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place ribbons. Participant ribbons will be awarded to 5<sup>th</sup> place and below. Cloverbuds will receive a participation ribbon only. A Grand Champion and Reserve Grand Champion will be named from an average in each age group if merited. Senior Grand Champion and Reserve Grand Champion Prepared and Impromptu speech will be eligible for the state contest.



**SPEECH CONTEST ENTRY**

Name \_\_\_\_\_ Club \_\_\_\_\_

Age (12/31/14) \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

I will be entering the following:

\_\_\_\_\_ Junior; \_\_\_\_\_ Intermediate; \_\_\_\_\_ Senior

\_\_\_\_\_ Prepared Speech Contest - Title of Speech \_\_\_\_\_

\_\_\_\_\_ Interpretative Reading – Title of Reading \_\_\_\_\_

\_\_\_\_\_ Impromptu

\_\_\_\_\_ Presentations – Title of Presentation \_\_\_\_\_

Return this application to the Extension Office by March 30<sup>th</sup>

# COLORADO PARKS & WILDLIFE



## **To Help Deer, Don't Feed Them**

### **Feeding Deer Can Do More Harm Than Good**

It is illegal in Colorado to intentionally place or distribute feed, salt blocks or other attractants for big-game animals. This problem is mainly associated with deer.

In the winter, deer herds tend to move to lower elevations closer to homes and businesses. Some people may feel the deer do not have adequate food sources in the wintertime and believe that supplementing their diets with grain, corn or hay is helpful. In fact, the contrary is true.



“People who feed deer do more harm than good,” said Trina Lynch, a district wildlife manager with the Colorado Parks and Wildlife.

According to Lynch, there are several reasons why a Colorado law passed in 1992 makes it illegal to feed big game animals. One important reason is that deer are the primary prey of mountain lions. “Concentrating deer by feeding can attract mountain lions well within the city limits. It may become necessary to kill these lions for public safety,” she said.

The normal feeding behavior of big game animals allows them to spread out as they graze or browse. Artificial feeding disrupts that behavior and prompts deer to crowd together in small areas where they are more likely to be chased by dogs and hit by cars.

Deer have a complex digestive system that is not adapted to digest bread and many types of hay. “Habituation to artificial feeds that do not meet their nutritional needs often results in deer that are in poor condition,” explains Bob Davies, a wildlife biologist in Colorado Springs. (Concentrating deer by putting food out can also increase stress on the deer and hasten the spread of disease.)

Although commercial feeds are available at many stores, Colorado Parks and Wildlife biologists warn against using them. “Some of these products may indicate they will attract certain wildlife species, including deer,” said Davies. “People should be aware that if they place feed out, and deer consume it, they may be breaking the law.” Fortunately, once people learn about the negative impacts that occur when deer are fed, most stop doing it,” he said. “The few people that continue to feed cause problems for the deer and their neighbors,” he added.

People who attract deer to their neighborhood also run the risk of damaging their property and their neighbor’s property. “Some people are under the impression that if they supply a food source to the deer it will prevent the deer from damaging their ornamental plants. On the contrary,” said Lynch; “it usually results in greater damage to your plants.” Lynch recommends barriers, repellents and landscaping with native plants as more effective alternatives to prevent deer from causing damage to lawn and garden projects.

The Colorado Parks and Wildlife launches controlled, emergency feeding of big-game animals only during extremely harsh winters when substantial numbers of animals are threatened. In all other cases, big-game animals are better off left to obtain their food naturally.



## Extension

### February 2015 Newsletter

For back issues visit the Family Matters Web site At [www.ext.colostate.edu/Pubs/fammatrs/fmmenu.html](http://www.ext.colostate.edu/Pubs/fammatrs/fmmenu.html)

For more information contact the CSU Extension office nearest you, or visit our Web site at: [www.ext.colostate.edu](http://www.ext.colostate.edu)

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### Slice of Health...A Healthier Way to Look at & Make Pizza

*Sheila Gains, Family & Consumer Science Agent, Colorado State University Extension, Arapahoe County*



Sometimes pizza gets a bad rap for being junk food. When you carefully select the toppings or make it yourself, pizza can be a very healthy option for a snack or a meal. Pizza can contain all of the food groups in a single slice. It can contain whole grains, vegetables, fruit, lean meat and low fat cheese. Whole grain crust can be hard to find in restaurants or at the store so you may need to make your own. With our whole wheat recipe you can have pizza dough ready in 45 minutes and serve fresh, home baked pizza in about 1 hour. It is more work to make your own dough, but the benefit of being able to control the salt and increase the fiber can be worth the effort. And the flavor is incredible.

**Healthy Choices:** Just as adults, children love to make choices about their food. Be sure to include children in the making of homemade pizza. Instead of making one or two large pizzas for the family, divide the dough into smaller pieces. Let everyone in the family create their own- custom pizza(s).

**Toppings:** Get creative with your topping combinations. Don't just think of traditional Italian combinations. Borrow flavors from Mexican, African, Mediterranean or Asian dishes to develop a great tasting pizza.

**Sauce:** Store bought tomato based pizza sauces are loaded with great nutrition, are low in fat, and packed with flavor, but are high in sodium. Look at the nutrition label and use one with lower sodium. Better yet, make your own with low sodium tomato sauce and dried or fresh herbs and spices like, garlic, oregano, basil, etc. Other sauces could include, salsa thickened with a little tomato paste, olive oil with your choice of herbs and spices mixed in, pesto sauce or a little low-fat white (Alfredo) sauce .

**Vegetables:** Consider onions, peppers, chili, zucchini, fresh thinly sliced tomatoes, fresh spinach, olives, mushrooms, asparagus, green peas, green beans, artichokes, just to name a few. Vegetables add flavor, fiber and nutrients to pizza. Some vegetables should be cooked (artichoke, green beans) or partially cooked (asparagus) before added to pizza. Precooking some vegetables might be needed because the short baking time would not be enough time to soften them. Another reason to pre-cook them is because the water they release during cooking could make the pizza soggy.

**Fruit:** Most people are familiar with pineapple on the classic Hawaiian pizza, so why not try, chopped figs, thinly sliced peaches, pears or apricots. A little sweet fruit in combination with a slightly salty meat or cheese is appetizing.

**Herbs and spices:** Experiment with herbs and spices to find the perfect combination to enhance the flavor of other ingredients.

**Meat:** Look for low fat meat options, such as turkey pepperoni or sausage. Cook sausage and ground meats, draining well to remove as much fat as possible. Shred, dice or thinly slice cooked chicken, turkey, shrimp, Canadian bacon or lean ham.

**Cheese:** Most children prefer the mild taste of mozzarella or mild cheddar cheese. Many adults like to kick it up a notch. Look for lower fat cheese options such as part skim mozzarella, cheese made with part skim milk or 2% milk fat. Use less of a strong flavored or sharp cheese, such as feta, parmesan or blue cheese.

## Let's Talk

Children will not need much convincing to help you make custom pizzas. In this activity children can get creative and feel in control. Gently request they pick toppings from at least two or three food groups (vegetable, fruit, meat/protein, and cheese/milk). The crust represents the grain group.

## Recipe for Health: Whole Wheat Pizza Dough

### Ingredients:

- 1 ½ cups warm water (100 degrees F)
- 1 package dry yeast
- 1 teaspoon honey
- 1 Tablespoon olive oil
- ¾ teaspoon salt
- 3 cups whole wheat flour
- ½ cup all-purpose flour
- 1 Vitamin C tablet (500 mg), finely crushed (acts as a dough conditioner)

### Directions:

1. In a 2 cup measuring bowl, dissolve yeast and honey in warm water. Let mixture stand 10 minutes, until foamy.
2. Stir olive oil and salt into yeast mixture.
3. Mixing it all together:
  - a. Measure flours into a food processor, add crushed Vitamin C. With the machine running, pour the yeast mixture through the feed tube. Run processor until it forms a ball of dough.  
OR
  - b. Measure flours into a large bowl, add crushed Vitamin C. Pour yeast mixture over flour mixture, stir and knead until it forms a ball of dough.
4. Move dough to a lightly floured board or counter. Knead 50-60 strokes, using as little flour as possible.
5. Lightly coat a large bowl with olive oil, place dough in bowl and turn over to oil the top. Cover with plastic wrap and let rise in a warm place for 30 minutes, or until double in size.
6. Preheat oven to 400 degrees F. Punch down dough and roll it out to fit your pan. For a soft crust, add sauce and other toppings as desired and bake for 15-20 minutes. For a crispier crust, bake the rolled out dough without toppings for 5-8 minutes, remove from oven and add toppings, return to oven and bake an additional 12 to 15 minutes or until the toppings are hot and cheese is melted.



Recipe makes enough dough for 8-10 small (individual crusts) or 2, 12-14 inch round medium thick crusts, or 2, 10 X 14 inch rectangle thin crusts.



### Flies in the Home

Fact Sheet No. 5.502

Insect Series | Home and Garden



by W.S. Cranshaw and F.B. Peairs\*

Several species of flies commonly enter Colorado homes. Most are merely nuisance pests. Others are important because they can transmit diseases. House flies, face flies and blow flies develop in manure and garbage and are commonly contaminated with disease-causing bacteria, including those associated with food poisoning.

The most commonly observed stage of a fly is the winged, adult stage. The immature stage is a pale, legless maggot. When full grown, maggots wander from the breeding site in search of a place to pupate. Many flies complete development (egg, larva, pupa, and adult) in a short period, seven to 14 days, and produce many generations during a typical season.

Although flies most often are a nuisance during the warm season, indoor overwintering is very common with cluster flies.

### Common Colorado Flies

#### Blow Fly

Blow flies are fairly large, metallic green, gray, blue or black flies found throughout the state. Common species include the greenbottle flies (*Lucilia* spp.), black blow fly (*Phormia regina*), and various *Calliphora* species. These flies tend to be the most common flies found in and around homes during the warmer months. Adults also may winter behind walls and occasionally are observed within homes during cooler months, but are not reproducing at this time.

The blow flies are scavengers, particularly of animal-based materials. They commonly breed in livestock manure or pet waste and fresh carrion.

The presence of large numbers of blow flies within a home may be due to several reasons. Large numbers of blow flies occur



Figure 1: House fly life stages. (Photo courtesy Clemson University.)



Figure 2: Blow fly (Greenbottle fly).

when a dead animal – usually a mouse or squirrel – dies within the home. The presence of the flies are often preceded by observations of migrating maggots. Although such occurrences are unpleasant, they are usually short-lived and self-limiting, as the insects are only capable of breeding on freshly killed animals. Blow flies sometimes are attracted to gas leaks. Also, the presence of blow flies may just result from their seeking shelter, as the cool shade of homes provides favored resting sites for flies that may otherwise be developing outdoors.

### Quick Facts

- Several species of flies enter homes in Colorado. Most are mere nuisance problems.
- Cluster flies, and some other blow flies or face flies are found during fall and winter. They use homes for shelter from the cold but do not reproduce at this time.
- Blow flies or house flies are found in the home during summer. These flies develop in garbage, manure or other animal materials.
- The best way to control fly problems in a home is to exclude them by screening.

\*Colorado State University Extension entomologists and professors, bioagricultural sciences and pest management. 2/2009

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**Figure 3:** Black blow fly.



**Figure 4:** Blow fly (*Calliphora*).



**Figure 5:** House fly.



**Figure 6:** Cluster fly.

### House Fly

House flies are the best known of the house-infesting flies but generally not abundant in Colorado. House flies generally are gray, with the thorax marked with broad dark stripes. Most often there is some yellow coloring along the sides.

House flies usually are found where humans are present. Larvae commonly develop in or near man-made sources of food and can be found in garbage, animal waste, culled fruits and vegetables, and spilled animal feed. The adult flies feed on a wide range of liquid waste but can eat solid foods, such as sugar. To digest solid foods, house flies liquefy food by regurgitating it. Because of this habit, house flies can pose serious health threats by mechanically transmitting disease organisms. During mild winters, house flies may fly and breed continuously, as temperatures permit.

### Little House Fly

Little house flies are smaller than house and face flies but similar in appearance. Indoors, they fly for long periods and rarely rest. The adult flies lay eggs in decaying organic matter, particularly very moist manure, where the maggot-stage larvae feed.

### Cluster Fly

Cluster flies are, by far, the most common fly found in homes during the cool months. They can sometimes be serious nuisance problems, particularly in taller buildings where they tend to concentrate on upper stories on the south and west sides. Cluster flies are moderate sized, generally dark gray and are distinguishable by the presence of golden hairs on areas of the thorax.

Cluster flies are actually a type of blow fly, but have very different habits. They develop as parasites of earthworms and are not associated with garbage, animal wastes, or other materials that provide breeding of the various 'filth flies.' In spring and summer the adult flies lay eggs in soil and the maggots move to and develop within earthworms.

Flies that are present in late summer seek winter shelter and they survive winters as a semi-dormant adult fly. They may be seen sunning themselves on sun-exposed sides of buildings during warm periods and later infiltrate cracks in the building. In the



**Figure 7:** Picture-wing fly, *Ceroxys latiusculus*



**Figure 8:** Fungus gnat.

process of seeking sheltering sites within the building they tend to migrate upwards, and thus are found most abundantly in upper floors of buildings. During the cool season some flies may inadvertently become active and fly lazily within the living spaces. However, cluster flies do not feed nor reproduce within buildings.

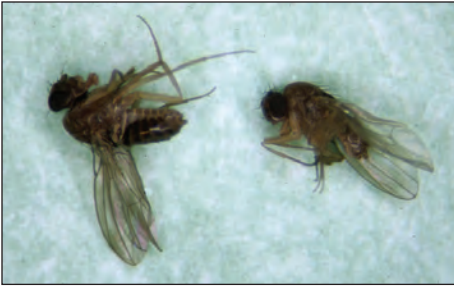
### Picture-Wing Fly

The picture-winged fly *Ceroxys latiusculus* is a common invader of homes in the fall. However, unlike cluster flies they do not survive indoors through winter and usually die out by the end of November. The larvae develop on decaying organic matter.

### Fungus Gnat

Fungus gnats are small, dark flies most often found collecting around windows during fall and winter. Fungus gnats can be found indoors infesting potting mixes used for houseplants or hopping across the soil surface. High organic matter plant mixtures and organic fertilizers, such as fish emulsion, encourage fungus gnat development. Overwatering, a common problem during fall and winter, increases fungi and fungus gnat development. Fungus gnats can reproduce on indoor plants and cause little if any damage.

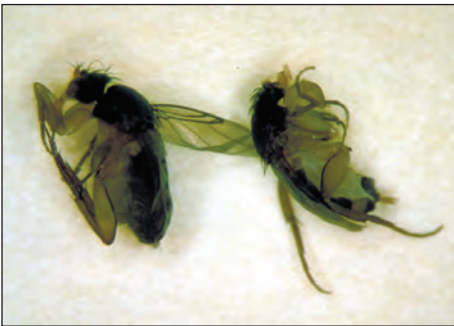




**Figure 9:** Vinegar flies (*Drosophila*).



**Figure 10:** Vinegar or small fruit fly.



**Figure 11:** Humpbacked flies.



**Figure 12:** Moth fly. Photograph courtesy of Joseph Berger.

They also occur outdoors where they breed in mushrooms and other decaying plant materials.

### Pomace or Vinegar Fly

Pomace or vinegar flies (Figure 9) are among the smallest flies found in homes. They usually are light brown and may be marked with bright red eyes. These small “fruit flies” most often are found hovering around overly ripe fruit. Fermenting materials, such as leftover beer or soft drinks, also are a favorite food. Populations tend to be greatest in late summer and early fall as they infest fruits during the harvest season.

### Drain Fly

Drain flies, also known as moth flies, are occasional problems in homes. These small, moth-like flies sometimes emerge from drains of sinks, particularly in spring. Drain fly maggots develop by feeding on bacteria and organic materials that can colonize the linings of drains. Large numbers of the flies can be produced where there is a problem with broken or leaking drain pipes.

## Fly Control

Sanitation practices that remove breeding areas are fundamental to the control of filth-breeding flies, such as house flies and blow flies. Remove or cover garbage and clean spilled animal feed and manure. Face flies, which typically develop in pasture lands, and cluster flies (earthworm parasites) often are difficult to control by breeding area management.

To control fungus gnats, correct the conditions of the breeding area. Allow the soil to dry thoroughly between watering and eliminate decomposing plant materials. This reduces the amount of fungi where fungus gnats breed.

Vinegar flies are best controlled by removing breeding sites. Discard overripe fruit and wash bottles and cans during recycling.

Drain flies, which develop on the gelatin-like coating that forms in drains and pipes, often are eliminated by correcting cracks or leaks in pipes that allow seepage or serve as breeding areas.

Screening and other exclusion techniques can be an important

## Control Techniques

- Sanitation
- Breeding site management
- Exclusion
- Insecticides and traps supplement other techniques

management tool for several types of indoor fly problems. Caulk or cover all openings into a home to prevent flies from entering. Do so before flies enter buildings. For example, cluster flies rarely are found indoors until late winter and spring but typically enter buildings during late August and September.

Use insecticides only as a supplement to other controls. Serious problems exist with insecticide-resistant flies and many fly populations are now difficult to control with insecticides.

Spot treatments applied to areas of high fly activity are most efficient. For example, flies that tend to rest in dark corners can be controlled by applications to these areas. For cluster flies, treat upper stories of building exteriors immediately before the flies move indoors for overwintering. Permethrin is currently the most common insecticide used for fly control and is widely available.

Where fungus gnats are a problem, insecticides can supplement the cultural control of reduced watering. Houseplant aerosols that contain pyrethrins or resmethrin, applied at two- to three-day intervals for three to four weeks, should eliminate most of the adult fungus gnats.

Several types of traps for flies also are available and can supplement other controls. Fly paper and electrocution light traps can kill flies but are effective only in areas where exclusion and sanitation efforts have already reduced the fly populations to low numbers.

Various food-based traps also are for sale. These traps often contain a protein and/or sugar-based bait, sometimes with the addition of a pheromone (sex attractant) used by flies. As with other traps, they can supplement other controls such as sanitation and exclusion. These traps are effective for species that breed on carrion and garbage such as house flies and blow flies.

**Table 1. Techniques useful for control of flies in and around homes.**

<b>Fly Species</b>	<b>Scientific Name</b>	<b>Controls</b>
Blow fly	<i>Lucilia</i> spp. <i>Phormia</i> spp. <i>Calliphora</i> spp.	Tightly seal garbage containers and remove animal (particularly dog) manure from areas around the home. Screen windows in summer. Use fly paper or fly traps. Vapona pest strips can be used in some areas (not food handling/storage or sleeping areas).
House fly	<i>Musca domestica</i>	Tightly seal garbage containers. Screen windows in summer. Use fly paper or traps to attract and capture flies. Spot treat room corners with insecticides to kill resting flies.
Little house fly	<i>Fannia</i> species	Limit breeding sources around the home, such as decaying vegetable materials and, particularly, very moist manures. Keep window and door screens intact.
Cluster fly	<i>Pollenia pediculata</i>	Seal the home (particularly upper stories of south and west sides) before flies enter in late August and September. Treat exterior house walls with insecticides to further limit entrance. Vapona pest strips in attic areas can kill some of the overwintering flies.
Picture-wing fly	<i>Ceratomyx latiuscula</i>	Picture-wing flies are harmless, minor nuisance pests that overwinter in homes. Control is generally not needed. They move into homes during late summer and fall. Preventive practices that restrict other flies from entering homes will help control this fly.
Fungus gnats	<i>Bradysia</i> species	Reduce watering of house plants to allow increased drying and limit development of soil fungi on which larval stages feed. Discard rotting bulbs or parts of houseplants that are decaying. Apply houseplant insecticides to the plants and soil surface at frequent (2 to 4 day) intervals for 2 to 3 weeks to kill a generation of adult insects.
Pomace or vinegar fly	<i>Drosophila</i> species	Remove sources of breeding, which include overripe fruit and fermenting materials (e.g., stale beer or soft drinks).
Drain fly	<i>Psychoda</i> species	Correct problems with plumbing that produce conditions favorable to fly breeding.

# FYI

March 2015

## Colorado State Forest Service Seedling Tree Applications

Applications to order your seedling trees are available in the Extension Office. The selection of different trees AND a new selection of grasses and flowers have been added to the application form. Stop by today to get your copy or call and we will mail one to you. As always, order early for the best selection.

The CSFS will also be hosting two Seedling Tree Workshops to help learn about the seedling tree selections and how to plant with the greatest survival rate possible. The first will be held at the Fremont County 4-H Building in Canon City on Saturday, Feb. 28<sup>th</sup> from 10 a.m. to noon.

The second will be held at the Custer County Library Community Room on Main Street in Westcliffe on Saturday, March 7 from 10 a.m. to noon. Admission is FREE but you must RSVP: call 719-275-6865 or email [laurenj@colostate.edu](mailto:laurenj@colostate.edu) with your registration.



## A Lasting Legacy

This workshop is being offered on March 10<sup>th</sup>, 9:30 a.m. to 4:00 p.m. at Cliff Lanes in Westcliffe. Registration costs are \$25 for first family member and \$10 for each additional one. Lunch and materials will be provided. To register, call Robin at 783-2514 or email at [robin.young@colostate.edu](mailto:robin.young@colostate.edu)

This workshop will help you to learn about:

- Sharing your values and life lessons with future generations
- Gifting your personal possessions having emotional value
- Planning for important end-of-life issues
- Transferring your finances and real estate

Call today to register!

## Income Tax Help!!

AARP is meeting at the community room of the library every Wednesday from now to the April 15<sup>th</sup> filing date from 7:30 a.m. to 1 p.m. WALK INS WELCOME!! They are helping with tax forms and filing the returns. Check it out!!

**Native Plant Masters is coming back to Custer County.** Would you like to learn more about the beautiful plants that grow in nature? Take a Native Plant Master class and get to know the plants of Colorado. Classes will be on May 16<sup>th</sup> (Basic Botany), June 6, 13, 20 (NPM courses). Please look for upcoming information in the next newsletter or call the office.