

WSU Asotin County Extension Connection Newsletter

www.asotin.wsu.edu

February 2011



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2011 Upcoming Events

- January 27** N. Central Idaho Winter Beef School. Topic: Protein Nutrition; Location: Kamiah, ID; Information: Jim Church 208-983-2667
- February 1** Nez Perce Co. Banana Belt Gardening Series. Lewiston, ID. Brochure is available [on-line](#) and attached.
- February 4** Washington Swine Information Day. Moses Lake, WA. Brochure is available [on-line](#) and attached.
- February 5** 4-H Demonstration Day. Asotin County Fairgrounds. Asotin, WA. Contact Nicole at 509-243-2009 for more information.
- February 8** Nez Perce Co. Banana Belt Gardening Series. Lewiston, ID. Brochure is available [on-line](#) and attached.
- February 8** Nez Perce Co. Extension Cereal School. Lewiston, ID. Brochure is available attached and [on-line](#).
- February 15** Nez Perce Co. Banana Belt Gardening Series. Lewiston, ID. Brochure is available [on-line](#) and attached.
- February 19** Blue Mtn Chapter of WFFA meeting. 11:00 AM, Dayton library (Delaney room), Dayton, WA. RSVP to Greg Kelly at 509-520-5458 or gstimber@yahoo.com.
- February 19-22** 4-H Know Your Government. Olympia, WA. Contact Nicole at 509-243-2009 for more information.
- February 22** Nez Perce Co. Banana Belt Gardening Series. Lewiston, ID. Brochure is available [on-line](#) and attached.
- February 24** Grain Marketing for Today's Economy. WWCC Clarkston Branch. Clarkston, WA. Brochure is available [on-line](#) and attached.
- March 1** Advanced Training for Master Gardeners. Asotin Co. Aquatic Center, Clarkston. Call 509-243-2009 for more information.
- March 2-4** Northern Idaho Pesticide Training and Testing. Lewiston, ID. Call 208-799-3054 and [on-line](#) for more information.
- March 4** Registration for 4-H/FFA Youth Beef Field Day. Lewiston, ID. Brochure is available [on-line](#) and attached.
- March 5** 4-H Super Saturday. Asotin County Fair Grounds. Public is welcome to attend and check out what 4-H is all about. Contact Nicole at 509-243-2009 for more information.
- March 5-6** Sewing and Stitchery Expo. Puyallup, WA. More information on-line at www.sewexpo.com.
- March 8** Northern Idaho Pesticide Review and Testing. Lewiston, ID. Call 208-799-3054 and [on-line](#) for more information.
- March 12** 4-H/FFA Youth Beef Field Day. Lewiston, ID. Brochure is available [on-line](#) and attached.
- March 16** Advanced Training for Master Gardeners. Asotin Co. Aquatic Center, Clarkston. Call 509-243-2009 for more information.
- March 18** Registration for 4-H/FFA Youth Sheep & Goat Field Day. Asotin County Fair Grounds, Asotin, WA. Brochure is available [on-line](#) and attached.
- March 22** Advanced Training for Master Gardeners. Asotin Co. Aquatic Center, Clarkston. Call 509-243-2009 for more information.
- March 25-26** Asotin County Conservation District Tree Sale. Clarkston, WA. <http://www.asotincd.net/>
- March 26** 4-H/FFA Youth Sheep & Goat Field Day. Asotin Fair Ground, Asotin, WA. Brochure is available [on-line](#) and attached.
- March 31** Asotin County Cattlemen's Association. 7:00 PM, Asotin County Courthouse Annex, Asotin, WA. Contact Jerry Hendrickson at 509-243-4404 for more information.

Horticulture



A series of Free Home Composting Workshops were held this summer compliments of the Asotin County Regional Landfill. Dan Caldwell taught hundreds of local residents the benefits and instructions for Home Composting. The Landfill anticipates that teaching home owners to compost will help reduce the amount of garbage dumped at the Landfill. Plans are in the works for future workshops this spring. To be added to the mailing list, please call the Extension office at 509-243-

Asotin County Home Composting

The Asotin County Home Composting program and the WSU Asotin County Extension Office would like to thank everyone who helped to make this program possible. Over 250 individuals received composting training this past year. We plan to offer a couple of follow-up classes during the spring of 2011.

Special thanks to:

- ◆ AAA Tree Service - Clarkston, WA
- ◆ Asotin County Regional Landfill - Clarkston, WA
- ◆ Clarkston Community Garden - Clarkston, WA
- ◆ Early Bird Supply - Clarkston, WA
- ◆ Granger Company - Clarkston, WA
- ◆ Kings Thrones - Lewiston, ID
- ◆ M.L. Albright and Sons - Lewiston, ID
- ◆ WSU Composting Facility - Pullman, WA
- ◆ WSU Asotin County Master Gardeners - Asotin, WA
- ◆ Western Construction and Excavation - Lewiston, ID
- ◆ Yakima County Public Services, Solid Waste Division - Yakima, WA

Horticulture

Asotin County Master Gardeners busy at Clarkston Schools

The Asotin County Master Gardeners have continued teaching 4th graders at local schools the fun and benefits of worm composting. Arvid Ellson started the worm composting program back in 2003 and Carol Jones joined him on his venture. As Arvid faded out of the program, Ronda Welling stepped in. The kids have lots of fun and will hopefully start one with their parents.

The newest Master Gardener program is Sustainable Gardening, Sustainable Kids. Deloris Jungert-Davisson came up with the idea to teach students, in a fun way, about sustainable gardening that will result in healthier kids. Deloris then went on to pursue and receive an available grant. Most of the Master Gardeners have jumped on board with this project. Currently they reach out to 120 students at Parkway Elementary.



Asotin County Master Gardeners will be at the Home and Garden Expo

The Asotin County Master Gardeners will be having their first plant clinic for the season at the Home and Garden Show in Lewiston, ID on March 11th and 12th. They will be happy to provide answers to your horticulture questions. If possible, please bring a sample for better identification. The next plant clinic will be in April at the Asotin County Fair. Fun will be in store with a scarecrow contest. More details at a later date. They will also be having upcoming workshops. If you would like to be added to their mailing list to receive a calendar of events and notification of upcoming workshops, please call 509-243-2009 or email Peggy at pbrowning@co.asotin.wa.us.

Nez Perce County to host 2011 Banana Belt Gardening Series

Nez Perce County is having their annual Gardening Series. They will be held at the Lewiston Community Center on Tuesdays, February 1, 8, 15, and 22 from 6:30 to 9:00 pm. The cost is \$6 per session. Topics covered will be Tree Diseases and Insects; Shrubs and Turf Reduction; Soil/Soil Amendments and Trees: Planting & Training; and Container Gardens: Ornamentals and Vegetables. To register call 208-799-3096 or download an [on-line brochure](#).



Ag and Natural Resources

Washington Farm Forestry Association

The Blue Mtn. Chapter of the WFFA will be holding its first meeting of the year on February 19th at 11:00 am. It will be in the Dayton Library (Delaney Room) at 111 S. 3rd in Dayton, WA. Part of the meeting will have speaker, Eric Sjoquist, WSU Extension Forester. He will give a presentation on Reforestation which includes topics: site preparation, ordering trees, planting, animal protection, and weed control. Following will be a round table discussion with fellow forestland owners about their experiences, pro's and con's, on previous plantings. They will also have a preview of a family forest thinning project in Asotin County with plans of a family forest field trip to the location later in the year. All forest land owners are welcome and encouraged to attend. Pizza will be served so please RSVP to Chapter President, Greg Kelly at gnstimmer@yahoo.com or call 509-520-5458.

Grain Marketing for Today's Economy Seminar

WSU Whitman County Extension brings to you a top group of presenters during this Grain Marketing workshop. Learn how to market your grain to get top dollars. It is on Thursday, February 24th from 9:00 am to 3:00 pm with pre-registration by **Friday, February 18th**. It will be at the Clarkston Branch of WWCC. The \$10 registration fee includes lunch provided by the Asotin County CattleWomen. Speakers include Mark Gold - Top Third Marketing, Chicago, IL; Randy Olstad - Columbia Grain; and Norm Ruhoff - Pacific Northwest Farmers Cooperative.

To register or for more information, contact Steve Van Vleet at 509-397-6290 or svanvleet@wsu.edu. A flyer is attached and available [on-line](#) with more information.



Cultivating Success Agricultural Entrepreneurship 12-week Farm Business Planning Course

WSU Small Farms Program is offering this 12-week in-depth business planning course Wednesday evenings from 5:30 - 8:30 pm starting February 2, 2011. Registration is \$250 / business or household. Scholarships available. Classes are in Pullman. Participants produce a completed business plan by completion of course. Farmers and small business resource providers serve as guest speakers, bringing real world experience to the class. Contact Mykel Taylor at m_taylor@wsu.edu or 509-335-8503 to register. A flyer is attached and available [on-line](#).



Youth and Family



Super Saturday is a great way to see what 4-H is all about!

Super Saturday is scheduled for Saturday, March 5th at the Asotin County

Fairgrounds! All 4-Her's and their families are welcome to attend. The public is more than welcome to attend too and check out what Asotin County 4-H is all about! Topics at Super Saturday include: Leadership skills training, Painting, Foods and Nutrition projects, Clothing & Textiles, photography project and much more! More details about Super Saturday will be posted on our website in February, visit www.asotin.wsu.edu under 4-H, Youth and Families.



Asotin County 4-Hers will also be giving demonstrations on various topics on February 5th at the Asotin County Fairgrounds at 9:00 am. Demonstration Day is an annual event



that gives youth a great opportunity to work on their public speaking skills and build their confidence. A demonstration is defined as a planned/rehearsed presentation that is showing/telling how something is done or created. Some examples are as follows, "How to bake chocolate chip cookies" or "How to clean your pet".

Communication is a very important skill in our day-to-day lives and creating and presenting a demonstration is a great way to build this life skill now and for the future.

JOIN 4-H!

Asotin County Fair plans Easter events

The Asotin County Fair has always been the last full weekend in April, and will go on as usual in spite of the fact that it is Easter weekend. Since so many "behind the scenes" planning go into the Fair and Rodeo each year, it's not possible to reschedule the fair.

They have taken Easter into account and will be planning some special activities centered around the holiday weekend for families including cowboy church (non-denomination) on Sunday at the Bennett building. More information is attached or you can contact the Asotin Co. Fairboard at 509-243-4101.



Asotin County Youth Commissioners gearing up for Youth Awards Night

The Asotin County Youth Commissioners are in the planning stages of the annual Youth Awards Night. This special occasion honors youth, youth organizations and adults who have made a difference in our community. This year's Awards Night will be April 6, 2011 at the Clarkston High School Auditorium at 6:00 pm. Nominations will be accepted until March 25, 2011.

There are many people that get overlooked for the time and effort they put into helping our community. This is the time to give them the recognition they deserve! You can find nomination

forms and other information about the Asotin County Youth Commissioners on-line at co.asotin.wa.us and choose Youth Commission.



4-H and FFA Field Days

WSU/Asotin and Whitman Counties have joined with UI/Nez Perce County to have two upcoming field days. On March 12, 2011 will be the 4-H/FFA Youth Beef Field Day with registration on March 4th. It will be held at the Lewiston Livestock Market.

The 4-H/FFA Youth Sheep and Goat Field day will be on March 26th with registration due on March 18th. It will be held at the Asotin County Fairgrounds.

These field days are full of educational information from raising, showing and butchering a market animal.

Youth Beef Day and Youth Sheep and Goat Day brochures are available on-line and are attached.



WSU Asotin County Extension

Balancing Life Newsletter

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Flex Your Memory

By RealAge

Have you ever driven to the store, only to forget to buy one or more of the items you needed? You could make a list ahead of time, or you could use a handy mnemonic technique to sharpen your



memory and remember everything in one stop.

The mnemonic technique relies on the fact that your brain uses information from all your senses -- touch, sight, smell, hearing, and taste -- to form your memories.

For example, have you ever noticed how a certain smell can remind you of someone or something from your past? Information from your nose is processed partly by the limbic system, a part of the brain involved in memory and emotion that stores memories.

The more senses engaged while experiencing an event, the more likely you'll be to remember it. For the following brain game, use your imagination to create associations based on your five senses to help you remember something practical, such as that list of grocery items.

Memory-Making Mnemonic

Suppose you're preparing for a picnic, and you want to remember a list of items to take: napkins, plastic cups, paper plates, chairs, soda, and a potato salad.

First, choose a favorite and familiar place, such as a bedroom, backyard, or neighborhood park, and create a mental map of that place. Imagine the surroundings in as much detail as you can, noticing colors, sounds, smells, and feelings associated with the setting. Can you visualize 5 to 10 objects in this space?

These objects are the foundation for your mnemonic -- your memory device; once you fix them in your mind, you can use them to help you remember almost anything.

Let's say your favorite place is your backyard, and you easily visualize a rose bush, a tree, a cobblestone path, a doghouse, a garden hose, and a patio table.

Create an association between each item on your picnic list and one of the objects in the backyard.

For example, you might imagine napkins covering your rose bush, with the thorns sticking through the paper. See plastic cup ornaments hanging from the tree and paper plates lining the cobblestone path. Visualize a stack of chairs sitting on top of the doghouse, soda streaming from the garden hose, and a potato salad spread all over the patio table. The crazier and sillier your associations, the better the memory device will work.

When it's time to get your picnic items together, close your eyes and take a mental walk around your decorated backyard. You'll be sure to remember everything!

Reaching 100 years of age may be more about attitude and adaptation than health history, study finds

Athens, Ga. – University of Georgia research has provided new clues on surviving to be 100 years old, finding that how we feel about ourselves and our ability to adapt to an accumulation of challenging life experiences may be as or more important than health factors.

The research, published in the current edition of the journal *Current Gerontology and Geriatrics Research*, used data collected as part of the Georgia Centenarian Study, one of only two centenarian studies in the country, to measure psychological and social factors in addition to genetics and health of so-called expert survivors. Two hundred forty-four people age 100 years or older were studied between 2001 and 2009. The research found that critical life events and personal history, along with how people adapt to stressful situations and cope with them are crucial to explaining successful aging.

"Understanding health in these terms has huge implications for quality of life," said Leonard Poon, director of the Institute of Gerontology in the UGA College of Public Health and lead author of the study. "What is happening to you matters, but more importantly, it is your perception of what is happening to you that is really important for your individual health."

A majority of past research on the oldest of the old focused on health factors, but the researchers found that centenarians' feelings about their own health, well-being and support

systems, rather than measures such as blood pressure and blood sugar are stronger predictors of survival, said Poon.

Personality also determined how well the centenarians reacted to life stress and change, and therefore whether they were as happy in their old age as they were when young. Healthy 100-year-olds had personalities described as open and conscientious. Neurotic personalities tended to be less healthy, the study found.

An individual confronted with a stressful situation can either find a quick emotional solution or ruminate on the problem, explained Poon. "One is very destructive in terms of general well-being," he said, "and the other is very adaptive." Other research drawing from the Georgia Centenarian Study compared physical function of the elderly living in the community with those living in retirement facilities and found that physical activity decreased by approximately one-third when community residents moved to retirement facilities.

A decrease in physical activity accelerates a decline in health, explained Elaine Cress, professor in the Institute of Gerontology and lead author of a related study published in the current issue of the journal *Gerontology*.



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Type 2 Diabetes in Children

Definition

By Mayo Clinic staff

Type 2 diabetes in children is a chronic condition that affects the way your child's body metabolizes sugar (glucose).

Type 2 diabetes is a disease more commonly associated with adults. But type 2 diabetes in children is on the rise, fueled largely by the obesity epidemic.

There's plenty you can do to help manage or prevent type 2 diabetes in children. Encourage your child to eat healthy foods, get plenty of physical activity and maintain a healthy weight. If diet and exercise aren't enough, your child may need oral medication or insulin treatment to manage his or her blood sugar.



Symptoms

By Mayo Clinic staff

Type 2 diabetes in children may develop gradually. Some children who have type 2 diabetes have no signs or symptoms. Others experience:

- **Increased thirst and frequent urination.** As excess sugar builds up in your child's bloodstream, fluid is pulled from the tissues. This may leave your child thirsty. As a result, your child may drink — and urinate — more than usual.
- **Increased hunger.** Without enough insulin to move sugar into your child's cells, your child's muscles and organs become depleted for energy. This triggers intense hunger.
- **Weight loss.** Despite eating more than usual to relieve hunger, your child may lose weight. Without the energy sugar supplies, muscle tissues and fat stores simply shrink.
- **Fatigue.** If your child's cells are deprived of sugar, he or she may become tired and irritable.

- **Blurred vision.** If your child's blood sugar is too high, fluid may be pulled from the lenses of your child's eyes. This may affect your child's ability to focus clearly.
- **Slow-healing sores or frequent infections.** Type 2 diabetes affects your child's ability to heal and resist infections.
- **Areas of darkened skin.** Some children who have type 2 diabetes have patches of dark, velvety skin in the folds and creases of their bodies — usually in the armpits and neck. This condition, called acanthosis nigricans, may be a sign of insulin resistance.



When to see a doctor

To diagnose type 2 diabetes before it does serious damage, diabetes screening is recommended for all children and adolescents at high risk of type 2 diabetes, even if they have no signs or symptoms of the condition. Those considered at high risk include children:

- With a body mass index (BMI) over the 85th percentile
- With a sibling, parent, grandparent, aunt, uncle or cousin with type 2 diabetes
- Who are Black, Hispanic, Native American or Asian-American, as these racial groups have a higher incidence of type 2 diabetes
- With signs of insulin resistance, such as darkened skin on the neck

Talk to your child's doctor if you're concerned about diabetes or if you notice any of the signs or symptoms of type 2 diabetes — increased thirst and frequent urination, extreme hunger, weight loss, blurred vision, fatigue, slow-healing sores or frequent infections.

Causes

By Mayo Clinic staff

Type 2 diabetes develops when the body

Continued on next page

Reaching 100

continued

"By understanding physical decline in functioning, caregivers can help maintain a high quality of life for the centenarian with appropriate support," said Cress, who also is a faculty member in the department of kinesiology in the UGA College of Education. "We developed a scale to assess physical performance, which has not been done before with centenarians. This can be used in future research to predict when people are going to start needing more help. They need to know how to plan, and society needs to know how to plan, too.

Although still rare, centenarians are a growing segment of the population. Poon notes there were an estimated 50,454 in 2000, but the number is expected to rise to more than 800,000 by 2050, making accurate information about their well-being

increasingly important.

Poon added that one phenomenon that occurs all over the world is that women live longer than men. In industrialized countries such as the U.S., France and Japan, five to six women reach 100 years for every man who does. Only Sardinia has a one-to-one ratio. At the opposite extreme, 13 South Korean women live to be 100 for every man.

"Our next phase is to go to four different countries where there are different gender survival ratios and see why they are the same, why they are different and what makes women live longer than men," said Poon.

The Georgia Centenarian Study is funded by the National Institute on Aging. For more information about the UGA Institute of Gerontology, see www.publichealth.uga.edu/geron/.

Type 2 Diabetes

Continued from previous page

becomes resistant to insulin or when the pancreas stops producing enough insulin. Exactly why this happens is unknown, although excess weight and inactivity seem to be important factors.

• **Insulin: The key for sugar**

Insulin is a hormone that comes from the pancreas, a gland located just behind the stomach. When your child eats, the pancreas secretes insulin into the bloodstream. As insulin circulates, it acts like a key by unlocking microscopic doors that allow sugar to enter your child's cells. Insulin lowers the amount of sugar in your child's bloodstream. As your child's blood sugar level drops, so does the secretion of insulin from the pancreas.

• **Glucose: The energy source**

Glucose — sugar — is a main source of energy for the cells that make up muscles and other tissues. Glucose comes from two major sources: the food your child eats and your child's liver. During digestion, sugar is absorbed into the bloodstream. Normally, sugar then enters cells with the help of insulin.

• **Liver: Production and storage**

The liver acts as a glucose storage and manufacturing center. When your child's insulin levels are low — when your child hasn't eaten in a while, for example — the liver releases the stored glucose to keep your child's glucose level within a normal range.

- In type 2 diabetes, this process works improperly. Instead of moving into your child's cells, sugar builds up in his or her bloodstream. This occurs when your child's pancreas doesn't make enough insulin or your child's cells become resistant to the action of insulin.

Risk Factors

By Mayo Clinic staff

Researchers don't fully understand why some children develop type 2 diabetes and others don't, even if they have similar risk factors. It's clear that certain factors increase the risk, however, including:

- **Weight.** Being overweight is a primary risk factor for type 2 diabetes in children. The more fatty tissue a child has, the more resistant his or her cells become to insulin. The good news is that many children who have type 2 diabetes can improve their blood sugar levels simply by losing excess weight.
- **Inactivity.** The less active your child is, the greater his or her risk of type 2 diabetes. Physical activity helps your child control his or her weight, uses glucose as energy, and makes your child's cells more responsive to insulin.
- **Family history.** The risk of type 2 diabetes increases if a parent or sibling has type 2 diabetes — but it's difficult to tell if this is related to lifestyle, genetics or both.
- **Race.** Although it's unclear why, children of certain races — especially Blacks, Hispanics, American Indians and Asian-

Americans — are more likely to develop type 2 diabetes.

- **Gender.** Type 2 diabetes is more common in girls than in boys during childhood.

Complications

By Mayo Clinic staff

Type 2 diabetes can be easy to ignore, especially in the early stages when your child is feeling fine. But type 2 diabetes must be taken seriously. The condition can affect nearly every major organ in your child's body, including the heart, blood vessels, nerves, eyes and kidneys. Keeping your child's blood sugar level close to normal most of the time can dramatically reduce the risk of these complications.

The long-term complications of type 2 diabetes develop gradually. But eventually, diabetes complications may be disabling or even life-threatening.

- **Heart and blood vessel disease.** Diabetes dramatically increases your child's risk of various cardiovascular problems, including coronary artery disease with chest pain (angina), heart attack, stroke, narrowing of the arteries (atherosclerosis) and high blood pressure.

• **Nerve damage (neuropathy).**

Excess sugar can injure the walls of the tiny blood vessels (capillaries) that nourish your child's nerves, especially in the legs. This can cause tingling, numbness, burning or pain that may begin at the tips of the toes or fingers and gradually spread upward. Left untreated, your child could lose all sense of feeling in the affected limbs.

• **Nonalcoholic fatty liver disease.**

Children with type 2 are more likely

to develop nonalcoholic fatty liver disease, which can eventually lead to scarring of the liver and cirrhosis. Weight loss, along with good blood sugar control, may help this condition.

- **Kidney damage (nephropathy).** The kidneys contain millions of tiny blood vessel clusters that filter waste from your child's blood. Diabetes can damage this delicate filtering system. The earlier diabetes develops, the greater the concern. Severe damage can lead to kidney failure or irreversible end-stage kidney disease, requiring dialysis or a kidney transplant.
- **Eye damage.** Diabetes can damage the blood vessels of the retina (diabetic retinopathy). Diabetes can also lead to cataracts and a greater risk of glaucoma.
- **Foot damage.** Nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications. Left untreated, cuts and blisters can become serious infections.
- **Skin conditions.** Diabetes may leave your child more susceptible to skin problems, including bacterial infections, fungal infections and itching.

When you see the doctor, remember to bring a list of the symptoms your child has been experiencing and questions you have for the doctor. Bringing a notebook to write down the answers the doctor gives you plus other important information is a good idea.

