

WSU Asotin County Extension



Connection Newsletter

www.asotin.wsu.edu

January 2010

Upcoming Events

- January 1** Extension Office closed due to New Years.
- January 5** North Central Idaho Grazing Workshop
- January 12** WA Forestry Farm Meeting
- January 18** Extension Office Closed due to Martin Luther King Jr. Birthday
- January 19** 2010 Master Gardener Horticulture Training Classes begin
- January 19** WSU 4-H/FFA Weiner Pig Sale - <http://www.ansci.wsu.edu/facilities/swine/sale.aspx>
- February 5 - 28** UI Banana Belt Series
- February 9** 4-H Demonstration Day
- February 13-16** 4-H Know Your Government in Olympia
- February 15** Extension Office Closed due to President's Day
- March 6** Super Saturday (Public and 4-H)
- March 13** Beef Field Day

For additional information on any event, please contact the Asotin County Extension Office at 243-2009.

GOT A DATE you'd like added to our newsletter or web site? Give us a call at 509-243-2009 or email pbrowning@co.asotin.wa.us

Pesticide Licensing

Applicator licenses and study books are available at the WSU Asotin County Extension Office. Private applicator fees have been raised to \$33 for the exam plus a \$20 office fee. Please call ahead to schedule your exam at 509-243-2009.

Area Agriculture

6th Annual NCI Grazing Conference

The 6th Annual North Central Idaho Grazing Conference will be held on January 5, 2010. The Trade Show opens at 8:00 a.m. with registration and check-in for the conference starting at 8:30 in Lewiston, Idaho at the Lewis-Clark State College Williams Conference Center. The conference will end at 3:30 pm. Featured presenters include Kelly Crane—UI Rangeland Ecology & Management Specialist, Twin Falls; Ben Henson—Renewable Energy Solutions, Enterprise, Oregon; Tim DelCurto—Superintendent, Eastern Oregon Ag Research Center, Burns/Union, Oregon; and Rhod McIntosh—Colfax, Washington producer. To obtain a registration form or more information, please visit our website at <http://www.asotin.wsu.edu/Extension/Events/1-5-2010GrazingConferenceBrochure.pdf>.



The WSU Extension Uniform Cereal Variety Testing Program

provides growers and the agribusiness industry with comprehensive information on the adaptation and performance of winter and spring wheat and barley varieties across the different climatic regions of eastern Washington. The program also provides WSU and USDA/ARS wheat breeding programs a uniform testing and evaluation program for preliminary wheat and barley lines to assist in determinations for variety release recommendations to the Washington Agricultural Research Center. More information at <http://variety.wsu.edu/>

Master Gardener and Horticulture Training Classes

WSU and UI Extension will offer Master Gardener Training and Horticulture Classes beginning on January 19 and concluding April 27, 2010. Classes will be held each Tuesday from 1:00 – 4:00 at the Clarkston Branch of WWCC. The deadline for submitting applications has been extended. Please call the your extension office to see if they are still being accepted.

The classes provide extensive horticultural training to become a WSU or UI Master Gardener volunteer in Asotin, Garfield, Nez Perce or Whitman Counties. Master Gardeners are community educators who provide science-based information on horticulture and environmentally sound gardening practices. Benefits of becoming a Master Gardener include gaining satisfaction from helping others; developing lasting friendships with others interested in horticulture; increasing your public relations skills and self confidence; and broadening your horticultural knowledge through formal training.

There are also a limited number of openings for individuals that do not plan to become Master Gardeners but still want to increase their horticultural knowledge. New for 2010 is an on-line training component that will reinforce the weekly classes. Guidance and computer access will be available for those that are not computer geeks.

Application materials are available on-line at www.asotin.wsu.edu, or by contacting the Asotin, Nez Perce, Whitman or Garfield County Extension Offices. More information is available by calling the WSU Asotin County Extension Office at (509) 243-2009.

Maintaining Urban Landscape Trees

There are 13 classes to be held each Wednesday from January 27 through April 28, 2010 about maintaining urban landscape trees. Classes are open to practicing arborists or members of the general public who are interested in tree care, arboriculture or urban forestry.

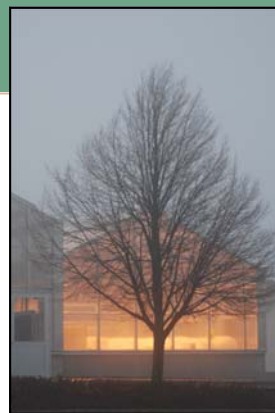
Content of the classes will follow the International Society of Arborists' study guide for certified arborists and prepare participants attending the entire series to take the arborist exam. Other people interested in specific aspects of tree care, or tree health may choose to attend single classes. Topics included are Tree Anatomy & ID; Tree Biology; Trees, Soils, and Water; Tree Selection: Pruning; Tree Support and Protection; Diagnosis and Plant Disorders; Management of Tree Disorders; Installation and Establishment; Tree Assessment & Risk; Trees & Construction; Climbing Techniques; and Arborist Certification Exam.

Two Idaho Pesticide recertification credits will be available for two of the classes. Application for Certified Crop Analyst CEU's and Washington Pesticide recertification credits have been submitted. Continuing education units will be provided for arborists already certified by ISA.

The Maintaining Urban Landscape Trees classes are sponsored by University of Idaho, Nez Perce County Extension, Washington State University Asotin County Extension and Lewiston Parks and Recreation, Urban Forestry Division. Each session will be held from 6:30 to 8 pm Wednesdays at the Lewiston Community Center, 1424 Main Street.

The tuition for all 13 classes is \$50 payable by January 27. Individual sessions are \$10 each. Pre- registration is recommended.

Copies of the registration brochure will be available at the sponsors or email pshinn@cityoflewiston.org for a copy or call 208-746-6857.



Washington Farm Forestry Meeting



Washington
FARM FORESTRY
ASSOCIATION



The Blue Mountain Chapter of the WFFA will hold a meeting at the Conservation District Office, 720 6th St., Clarkston, WA., Tuesday night, January 12, 2010 at 7:00 p.m. Thinning and fuel reduction projects will be the main topic. Some members will talk about past and current projects. They will discuss what dollars may be available to assist forestland owners with these projects. Bob Coats, a Forester with Northwest Management, will talk about the role of consulting Foresters in managing private timber ground. All forestland owners are welcome. For further info call Mike at the ACCD office 509-758-8012 or Greg Kelly, WFFA chapter president at 509-520-5458.

University of Idaho
Extension

2010 Banana Belt Series
Tuesdays, February 5—23, 2010
6:00 PM—9:00 PM
Lewiston Community Center
1424 Main St., Lewiston, ID



Youth and Family

Join the Asotin County Youth Commission ... and make a Difference!!

The Asotin County Youth Commission are looking for new members for the 2010 year. The ACYC is a group of 15 energetic 7th through 12th grade students that make a difference in Asotin County.

ACYC are active each school year sponsoring the annual Youth Awards Night, programs that promote teens to make positive choices, participating in the regional Youth Summit sponsored by the Lewis Clark Coalition for Family and Youth, plus tour and job shadow county offices and attend County Board of Commissioners meetings.



If you are interested in becoming a member, please visit their web site at www.co.asotin.wa.us and choose the "Youth Commission" link on the bottom right.



Asotin County 4-H is kicking off the New Year with many events fulfilled with 4-H education, fun and opportunity. To start our year we are holding the following events: 4-H Leaders Appreciation Banquet, Demonstration Day, Super Saturday and the Asotin County Fair which are all assured to entice your interests. On January 30th our 4-H Leaders will be bringing back an old tradition of an Leaders Appreciation Banquet being held at the Asotin County Fairgrounds. It's sure to be a fantastic time with great food, music, games and a wealth of appreciation to be celebrating for in our 4-H world. Next in line is the 4-H Demonstration Day held on February 6th for 4-H members. This is an wonderful opportunity for youth to put their public speaking skills to the test. And last but not least for February, many 4-H youth and adults will be attending the 4-H Know Your Government Conference in Olympia, WA on the 13-16th. Youth will be putting their judicial skills to the test and have many opportunities in expanding their knowledge in lobbying for a bill. Our 4-Her's attending our sure to make us proud in their "Lobbying for Change" themed year!

On March 6th we will be holding our annual 4-H Super Saturday. This is an all day event sure to keep you entertained with youth and adult educational workshops in areas regarding 4-H animal project information and tips, learning the ways of positive leadership, learning about 4-H in general and much more. Super Saturday is **OPEN TO THE PUBLIC** and will be held at the Asotin County Fairgrounds, so please come on out and join in the 4-H fun!

In the month of April, many youth in 4-H and FFA will be participating in the Asotin County Fair starting on April 16-18 with the Horse Show. Then it's onto the next week with regular Fair events taking place on the 22-25th. Please come visit our Asotin County Fair and support our 4-H members and their great efforts. There will be lots to see from amazing educational displays, informational demonstrations, arts and crafts galore, and many animal projects on display. It will definitely be a family fun time to be had! For further 4-H information please visit our website at <http://asotin.wsu.edu/4h> and or call Nicole Wright, 4-H Coordinator, 509-243-2009. Happy New Year!



Looking for research based publications?

WSU's publications web site had been revised. It's easier to find what you are looking for ... check it out at <http://pubs.wsu.edu>

Watch for upcoming horticulture workshops this spring. They will be posted on our web site at asotin.wsu.edu when determined.

Looking for a speaker for your special event?

WSU Asotin County Master Gardeners are available to speak to your group. They have a variety of topics for you to select from that will match your audiences needs.

Topics:

- ~ "Garden Insects" by Ronda Welling, 45 minutes.
- ~ "Plant Names" by Carole Vande Voorde, 20 minutes.
- ~ "Gardening for Birds" by Carole Vande Voorde, 45-60 minutes.
- ~ "The Joy of Gardening" by Jerry Hendrickson, 25-40 minutes.
- ~ "Rose Care in the Lewis-Clark Valley" by Jerry Hendrickson, 25-40 minutes.
- ~ "Fall and Winter Care of Roses" by Jerry Hendrickson, 25-40 minutes.
- ~ "Annual Flower Gardening for Spring and Summer" by Jerry Hendrickson, 25-40 minutes.
- ~ "The WSU Master Gardener Program in Asotin County" by Mark Heitstuman, 25-30 minutes.
- ~ "Native Plants in Your Garden" by Deloris Jungert-Davison, 30 minutes.

Call (509) 243-2054 or (509) 243-2009 for more information or to schedule a speaker for your event. You can also reach us by email at asotin.mg@wsu.edu.



2010 Asotin County Fair

The 2010 Asotin County Fair will be April 22—25. The fair theme this year is "County Fair with a Western Flair". Colors are burgundy, hunter green and gold. The flower is the Tiger Lily.



WSU Asotin County Extension “Balancing Life”

Balancing Life Newsletter

www.asotin.wsu.edu

January 2010

Health

Quick Reference PREVENTION Tips

John Hopkins White Papers

Hypertension

- ⇒ Lose weight if you are overweight. Overweight is a BMI of 25 or more.
- ⇒ Eat a diet rich in fruits and vegetables, both of which are low in sodium and high in potassium.
- ⇒ Cut back on sodium (no more than 2,300 mg a day) by choosing and preparing foods with little or no salt and avoiding the saltshaker at the dining room table.
- ⇒ Engage in regular physical activity—at least 30 minutes on most (if not all) days of the week.
- ⇒ If you consume alcohol, do so in moderation (no more than two drinks a day for men; not more than one a day for women).
- ⇒ If you smoke, quit.

Gastro-Esophageal Reflux Disease (GERD)

- ⇒ Lose weight if you are overweight. Overweight is a BMI of 25 or more.
- ⇒ Do not smoke.
- ⇒ Drink less coffee and other caffeinated beverages.
- ⇒ Avoid excess alcohol (no more than two drinks a day for men; not more than one a day for women).
- ⇒ Do not lie down within two to three hours after a meal.
- ⇒ Avoid clothing that fits tightly around the middle.

Peptic Ulcers

- ⇒ Avoid long-term use of aspirin and other NSAIDs. If you are on aspirin to prevent a heart attack or use another NSAID for pain relief, take the lowest effective dose.
- ⇒ Limit alcohol consumption (no more than two drinks a day for men; not more than one a day for women).
- ⇒ Do not smoke

Diverticular Disease (Diverticulitis and Diverticulosis)

- ⇒ Eat a high-fiber diet. Aim for at least 25-30 g a day by eating more fruits, vegetables, whole grains, and legumes.
- ⇒ Drink plenty of liquids.
- ⇒ Don't resist the urge to have a bowel movement.
- ⇒ Exercise regularly—at least 30 minutes on most (if not all) days of the week.

Colon Cancer

- ⇒ Limit high-fat foods such as meat and full-fat dairy products.
- ⇒ Do not smoke.
- ⇒ Avoid excess alcohol (no more than two drinks a day for men; not more than one a day for women).
- ⇒ Exercise regularly—at least 30 minutes on most (if not all) days of the week.
- ⇒ Lose weight if you are overweight.
- ⇒ If you have no symptoms and are at average risk, have a colonoscopy at least once every 10 years.

Diabetes—Type 2

- ⇒ Lose weight if you are overweight (a BMI of 25 or more.)
- ⇒ Eat a diet rich in fruits, vegetables, whole grains, and legumes, and low in saturated fats from meat and full-fat dairy products.
- ⇒ Engage in regular physical activity—at least 30 minutes on most (if not all) days of the week.
- ⇒ Do not smoke.

Diabetes Complications

- ⇒ Aim for an HbA1c level of less than 7%.
- ⇒ Keep your blood pressure below 130/80 mm Hg.
- ⇒ Maintain your LDL cholesterol at less than 100 mg/dL.
- ⇒ Visit your doctor for a dilated eye exam, a foot exam, and a urine micro albumin test at least once a year.
- ⇒ Also, have your blood pressure and blood cholesterol measured at each doctor visit.

Depression

- ⇒ Exercise regularly
- ⇒ Focus on getting regular, adequate sleep.
- ⇒ Avoid alcohol.
- ⇒ During winter months, try to get some exposure to sunlight by spending some time outdoors.

Anxiety

- ⇒ Exercise regularly.
- ⇒ Try deep breathing exercises, meditation, or prayer. These can trigger the relaxation response, helping calm the mind and the body.
- ⇒ Share your worries with your friends. Talking about your troubles can diminish their impact.
- ⇒ Cut back on caffeine.



Finance\$

Deciding which bills to pay first in tough times

When you do not have enough money to cover your family's basic living expenses and pay all your creditors, what should you do?

- Spending habits must change. The sooner you change the better. Get cooperation from you family.
- Develop a revised payment plan. Contact the people to whom you owe money – your creditors – and explain your situation. They will usually work with you because they want their money. Your past experiences with them will be important. They want to keep your business but they also want to get paid.
- Some facts to have before contacting your creditors are: 1) How much is your monthly income? 2) How much is needed to cover essential living expenses? 3) How many creditors do you owe and the amount you owe? 4) How long will your present financial situation likely last? 5) What assets could you sell? 6) What debts are the most important to pay first? 7) What debts should you possibly surrender by giving back the item?

Who gets paid first?

You are legally obligated to pay all of your creditors. If that's not possible, decide how much to pay and to which creditor. The fairest way is to divide available money and pay each a share. This may not always work because each creditor must agree to the amount you can pay them. To help you decide take the following into consideration:

- *What will affect my family's health and security the most?* Usually it's the house, utilities, food, transportation and medical insurance. Don't be tempted to eliminate your medical insurance.
- *What will you lose if the bills aren't paid?* You can lose your purchase if the creditor holds the title of the property as collateral or security for the loan. Unsecured debts may have a lower priority, although you are obligated to pay them too.
- *What interest rate are you paying?* Credit cards charging 1.5% per month amounts to an 18% annual interest rate (APR) on the unpaid balances ($1.5 \times 12 = 18$). Pay off the higher interest rate cards first. Tear up or hide your credit

cards so you aren't tempted to use them.

- *How much do you still owe on the loan?* If you only have one or two payments left on a loan, it's a good idea to pay it off. Perhaps you can voluntarily surrender an item at a reduction to clear up the debt.
- *Is a consolidation loan a good idea?* Personal finance companies want you to think so. Generally the extra cost of doing so and sometimes at a higher interest rate, will extend the number of payments, adding to the total cost – there is only a small benefit.
- *What about your credit record?* That's why it's important to contact your creditor and make smaller payments. If regular smaller payments are made, they are less likely to report it on your credit record.



Your Repayment Plan

Once you have calculated how much money your family has for monthly living expenses and for paying off debts, decide how much you can pay to each creditor, based on priorities you determined while answering previous questions.

Now contact your creditors and explain your situation. Some businesses, such as utility companies, have special counselors for customers who cannot pay their bills. These counselors can help you set up a budget plan to even out your payments during the year. You may also qualify for fuel assistance or other programs.

Here's a list of alternatives to consider when negotiating with your creditors:

- Reducing the interest rate
- Reducing the monthly payment
- Refinancing the loan
- Deferring a payment for a short time if you expect your income will increase soon
- Reducing or dropping late charges
- Paying only interest on the loan until you can resume making monthly payments
- Voluntarily surrendering or giving back an item purchased on credit
- Selling the item and using the cash to satisfy, or partially satisfy, the debt.

In order to read more information about finances during these tough times, go to http://www.extension.org/pages/Financial_Security:_Managing_Money_in_Tough_Times

Food Safety

How long can I keep canned foods ...

www.cahnrsnews.wsu.edu/foodsafety

Do you have canned food in your pantry that may have been there for years? According to the U.S. Food Safety Inspection Service, some of your commercially canned foods may still be safe to eat. High acid foods including tomatoes and fruits may be stored up to 18 months. Low acid foods like meat and vegetables may be kept for several years.

To safely store commercially canned foods, keep them in a cool, dry place. Canned products should never be stored under a sink, above a stove, in a damp garage or basement, or any location exposed to high or low temperature extremes. How do you know how long you've had those cans of green beans or tuna on your shelves? It's easy. As you unpack your groceries, use a marker to record the month and year of purchase. Then, use the oldest first.



"When in doubt, throw it out!"

WSU Asotin County Extension

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Helping You Put Knowledge To Work

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