Newsletter

May- June 2022

Garfield County

WASHINGTON STATE UNIVERSITY EXTENSION

Welcome to the WSU Garfield County Extension Newsletter!

This is an electronic newsletter highlighting events and topics of interest to residents of Garfield County and the surrounding area. This newsletter can also be viewed on our website: https://extension.wsu.edu/Garfield/

Do you have an event or subject you would like added to our newsletter or website? Would you like to be removed from our Extension Newsletter email list?

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Top 5 Wheat Pests & Diseases in the Pacific Northwest Ranked by Highest Potential Economic Cost to Farmers

Wheat Life March|2022

Key
A. How it impacts Crops
B. Time of growing season impacted
C. Type of cropping system most susceptible
D. What farmers can do about it, and when

Stripe Rust
(Puccinia Striiformis)
A. Damages the plant's skin allowing water to escape and reduces Photosynthesis.
B. Winter and spring, can occur at anytime but greatest damage occurs on the flag leaf in spring
C. All systems
D. Plant resistant varieties, spray foliar fungicides

Hessian Fly
(Mayetiola Destructor)
A. Larval feeding can stunt plants, reduce yields and cause lodging.
B. Spring and Summer
C. Late-Planted Spring Wheat, direct seeding, spring wheat adjacent to winter wheat
D. Plant resistant/tolerant varieties, delay winter wheat seeding, avoid spring wheat after winter wheat, crop rotation and destruction of volunteer wheat, seed treatments; start sampling when tilling begins; target ovipositing adults with foliar insecticides when 20% of tillers in winter wheat or 38%of Tillers in spring wheat are infested.

Cephalosporium Stripe
(Cephalosporium gramineum)
A. Infects roots and colonizes the water-conducting tissue(xylem). Resulting in less water movement.
B. Winter; disease begins in fall, but greatest damage occurs during heading.
C. All systems, but usually more prevalent in conventional.
D. Plant tolerant varieties, practice good crop rotation (3 years between winter small grain crops), and avoid early seeding.

Eyespot
(Oculimacula yallundae, O. acuformis)
A. Lesions occur in leaf sheaths and true stem in the lower 1-2 internodes of the stem resulting in reduced water and nutrient movement and weakened stems that can fall over and lodge.
B. Disease begins in fall, but greatest damage occurs after stem elongation begins in spring.
C. Winter wheat; all systems, but usually more prevalent in conventional.
D. Plant resistant varieties spray foliar fungicides before stem elongation begins

Fusarium Foot Rot

(Fusarium colmorum, F. Pseudograminearum)
A. Crown and root decay results in reduced water and nutrient movement.
B. Winter; damage becomes apparent after heading as dead standing stems.
C. All, but most prevalent in summer fallow systems.
D. Cultural Practices like delaying seeding and fertilizing for expected yield potential are the only control measures.

For more information visit the web pages for WSU Wheat And Small Grains, WSU Infectious Disease, WSU Pest Management Resources, University of Idaho, and USDA-ARS.

This ranking is based on the prevailing scientific knowledge for insects and diseases having the greatest potential to cause economic damage (crop value) in the Pacific Northwest. Sources: Tim Murray, Rosalie and Harold Rea Brown Distinguished Endowed Chair, Department of Plant Pathology, WSU; Dale K Whaley, Assistant Professor, Integrated Weed Management/ Agriculture, WSU Douglas County Extension.

HOW ARE ANTIBIOTICS USED IN THE CATTLE RAISING PROCESS?

HTTPS://WWW.BEEFITSWHATSFORDINNER.COM/RAISING-BEEF/ANIMAL-CARE

There has been a great deal of discussion lately about how antibiotics are used in raising livestock. The reality is that farmers and ranchers take antibiotic use in livestock very seriously and continuously evaluate their use based on the best possible science.

Let's explore the role of the antibiotics in animal care.

- Antibiotics are used in animal medicine to prevent, treat, or control disease, which is important to animal and human safety.
- When an animal gets sick, farmers, ranchers and veterinarians carefully evaluate if, and when, to administer antibiotics.

Cattle farmers and ranchers believe not treating cattle that become sick is inhumane as part of their ongoing commitment to animal health and welfare. When administering antibiotics, they follow product label directions or the prescription provided by their veterinarian, meaning they adhere to usage guidelines to protect both animals and humans that have been rigorously tested and approved by the United States Food & Drug Administration (FDA).

ARE ANTIBIOTICS SAFE?

- All antibiotics must go through rigorous government scrutiny before being approved for use in livestock.
- Animal medicine goes through three layers of approval to determine if the medicine is safe for the animal, the environment and the humans who will consume the meat. All three areas must be evaluated before approval from the FDA.

Even after they're approved, antibiotics are continuously monitored and must be re-evaluated annually. The antibiotics will only stay on the market if they continue to be proven safe.

HOW ARE RANCHERS WORKING TO USE ANTIBIOTICS RESPONSIBLY?

- Farmers and ranchers must have authorization from a veterinarian to use antibiotics that are important to human medicine through feed and water and have invested in research and education programs designed to help improve how antibiotics are used.
- Farmers and ranchers have no reason to overuse antibiotics but rather every reason to use them as selectively as possible. Most importantly, responsible use is the right thing to do but furthermore, antibiotics are a costly input for the small business men and women who raise cattle.

Farmers and ranchers worked with veterinarians and developed guidelines for the judicious use of antibiotics through the Beef Quality Assurance program decades ago. The commitment by cattlemen to responsible antibiotic use continues today with BQA educational resources like "Antibiotic Stewardship for Beef Producers" released in 2016.

ARE THERE RESIDUES FROM ANTIBIOTICS IN THE MEAT I EAT?

- Beef farmers and ranchers, along with veterinarians, are committed to following guidelines to ensure no meat with antibiotic residue above the FDA tolerance level enters our food supply.
- The FDA sets withdrawal times for all veterinary drugs, including antibiotics. Withdrawal time is the amount of time required for the drug to be fully processed by the animal's body; the withdrawal time depends on the drug but typically ranges from zero to 60 days.
- The USDA randomly tests and monitors beef before it gets to you. By law, no meat sold in the U.S. can contain antibiotic residues above the Maximum Residue Levels (MRLs) set by the FDA to ensure safety.

Preserving the effectiveness of antibiotics is a cause for all of us. Even making sure to finish the full course of antibiotics prescribed to you or to your animals is essential to the fight against antibiotic resistance. To this end, the beef community is committed to further investing in research to better understand how to effectively and appropriately use antibiotics to best protect animal and public health.

Pruning Tasks for Late Spring

Usually pruning of trees and shrubs are done during the dormant season, which is late winter or early spring before new growth starts. However, there are a few reasons you need to be pruning during this late spring season.

A ***shrub*** usually consists of several stems or trunks growing from or near the ground, although you may see a few retaining their leaves during a mild winter, most are deciduous and shed their leaves in the fall. These shrubs renew themselves by canes that develop from the base. As the canes age the bark gradually dulls and often loosens and flakes. Then the canes become like trunks. When these trunks develop, the annual growth becomes weaker. On flowering shrubs, the flowers may become sparse or smaller. Pruning may be needed to remove dead or diseased tissue, keep the natural shape as much as possible, control size and shape, encourage new wood with flowering buds to form, or rejuvenate overgrown or older shrubs.

Shrubs can withstand light pruning of small twiggy growth and broken, dead, weak, or densely shaded branches any time of year, but avoid pruning during rainy weather. Wounds are more susceptible to invasion of insects and wood-rotting diseases in wet or humid conditions. Spring flowering shrubs should be pruned immediately after dropping their blossoms, or at least done before July to give the shrub time to rejuvenate and set flower buds for the following year.

A rule of thumb with pruning is to first remove dead branches. Since these may be quite dry and hard, a small folding saw may work better than pruning shears. Try to leave as small a stub as possible, but do not cut into the collar (where the branch attaches to the larger branch.) Pruning can seem like a difficult, hard to understand task. Start by removing dead or damaged branches, any crossovers of larger branches as they will cause damage to both, then keep in mind what your intention is. Shaping? Rejuvenating? Dead heading (removing spend blossoms)?

Here are some guidelines for specific bushes:

Chaenomeles species - (Flowering quince): Early spring blooms are borne on one year and older growth. Cut back new growth at least one third and remove suckers. Budding branches can be cut for flower arrangements. You may prune during the dormant stage (may lose some flowers) or after blooming to retain best flowering the next spring.

Forsythia intermedia - (Forsythia): Forsythia is one of the earliest spring blooming shrubs and is best pruned to keep the arching form. Thin out the oldest wood at the base every year. To reduce the size, thin the tallest branches. Prune after flowering. An overgrown forsythia can be pruned in a couple of ways. One option is to remove a third of the oldest branches shortly after flowering in the first year, followed by half in the second year and the remainder in the third year. Cut branches as close to the ground as possible to encourage new growth to emerge from the base. Use this approach if the forsythia serves as a screen or an important backdrop in the garden. A more severe approach is to cut all the branches to the ground and let the shrub resprout. This type of total rejuvenation can be done every three to four years to keep growth in check and achieve the tidiest possible look to the shrub. *[University of New Hampshire Extension Blob]*

Philadelphus coronarius - (Mock orange): Mock orange is vase shaped, growing up to 10 feet tall. This shrub flowers during June on last year's growth. Cut 1/3 of oldest canes to the ground annually. Prune after flowering.

Syringa vulgaris - (Lilac): Keep pruned and thinned out to promote flowering. As lilacs begin to age, thin 1/3 of the older stems to the ground. Overgrown lilac bushes can be rejuvenated by cutting back 1/3 each year for 3 years or can be cut completely to the ground. Remove faded blossoms to promote better flowering. Prune after flowering.

Trees and shrubs that bloom early in the growing season on last year's growth should be pruned immediately after they finish blooming:

Apricot
Azalea
Chokeberry
Chokecherry
Clove currant
Flowering cherry
Flowering plum
Flowering quince
Forsythia
Juneberry
Lilac
Magnolia
Mock orange
Early blooming Spirea

Arborvitae, junipers, yews, and hemlocks grow continuously throughout the growing season. They can be pruned any time through the middle of summer. Even though these plants will tolerate heavy shearing, their natural form is usually most desirable, so prune only to correct growth defects.

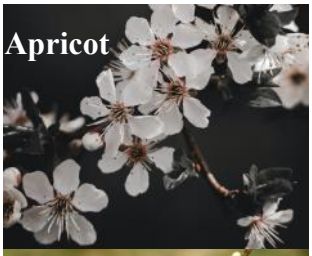
Rejuvenation pruning for older or overgrown shrubs can be accomplished as follows:

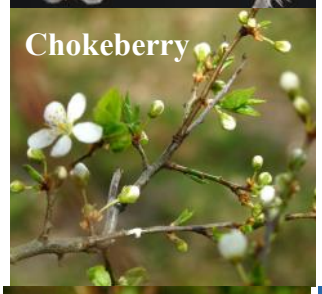
Deciduous shrubs that have multiple stems (cane-growth habit), and that have become very overgrown or neglected can be rejuvenated by cutting all canes back as close to the ground as possible in early spring.

That season's flowers may be sacrificed but the benefits from bringing the plants back to their normal size and shape outweigh this temporary collateral damage.

This pruning technique works best for shrubs such as overgrown spirea, forsythia, cane-growth viburnums, honeysuckle, and any other multiple stemmed shrubs that are otherwise healthy. Within one growing season, these shrubs will look like new plantings, full and natural shaped.

HAPPY GARDENING!
Your WSU Garfield County Master Gardeners.





WASHINGTON STATE UNIVERSITY EXTENSION
Master Gardener Program

Master Gardener Plant Clinics

Free diagnosis and advice! Bring your questions and specimens by the

WSU/Garfield County Extension

Every Wednesday

June 1st through August 31th

1:00 PM to 3:00 PM

757 Main Street, Pomeroy, WA

509-843-3701

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http://extension.wsu.edu/garfield/

Could a stroke happen to you?

Article from For Your Benefit PEBB Program

General Audience Edition| May 2022

May is Stroke Awareness month. The Washington State Department of Health defines a stroke as "a brain attack, caused when an artery is blocked by a clot or bursts — and part of the brain starts to die." The American Stroke Association lists stroke as the fifth highest cause of death and the leading cause of disability nationally. Someone in the U.S. has a stroke every 40 seconds, on average.

A stroke can happen to anyone, but there are factors that put you at a higher risk. Here are a few of the major ones:

* High blood pressure, which often has no symptoms
* High cholesterol
* Diabetes
* Lifestyle factors, such as weight, diet, physical activity, smoking, and alcohol consumption.

Warning Signs

One very important thing you can do is to learn the warning signs of a stroke so you can act quickly if needed. To remember the warning signs of a stroke, think F.A.S.T.

F	A	S	T
Face	**Arm**	**Speech**	**Time**
Ask the person to smile. Does their face droop on one side?	Ask the person to lift both arms. Does one arm stay down or drift down?	Is speech slurred, garbled, or slow? Do they have trouble talking?	If someone has any of these signs, call 911 immediately.

Other symptoms of stroke include a sudden onset of:

* Numbness or weakness of face, arm, or leg, especially on one side of the body.
* Confusion or trouble understanding speech.
* Trouble seeing in one or both eyes.
* Trouble walking, dizziness, or loss of balance or coordination.
* Severe headache with no known cause.

For more information, visit the American Stroke Association at stroke.org.

Reduce your risk

The good news is there are steps you can take to reduce your risk factors for stroke. In addition to living a healthy lifestyle, you can also visit your doctor for regular preventive care checkups to watch for elevated blood pressure or cholesterol or pre-diabetes. The Diabetes Prevention Program is another great resource. The digital lifestyle change program is personalized to help you reach your goals. It combines the latest technology with ongoing support to help you build healthy habits that last. Learn more at hca.wa.gov/prevent-diabetes.

Be proactive about your health with preventive care

Did you know that staying on top of your preventive care is one of the best things you can do for your health? When you check in with your providers regularly, you're more likely to catch concerns before they turn into major problems. If you don't already, get an annual physical to check blood pressure and cholesterol, that's a great place to start. It's also important to talk with your provider about screenings for diabetes, colorectal cancer, and prostate or breast cancer. A primary care provider helps prevent, detect, and treat conditions early, promoting your health and well-being. If you need to find a provider, access your plan's online directory by visiting hca.wa.gov/erb and clicking Find a provider under your member type (employee, retiree, or continuation coverage). Your health plan covers many preventive care services at no cost to you if you use an in-network provider

Garfield County Events

Spring Farming Days

Jay Franks

Spring Farming Days was well attended this year, both teamsters and spectators. We had 9 different animal owners with 41 horses and mules out working the fields. They did everything from plowing, fertilizing, and harrowing the 11 acres. The weather was brutally cold on Saturday morning! It was windy both days but the coolness was good for the animals being their first time out for the year.

We served 275 lunches on Saturday, and the sign in sheets showed that people came from the Spokane, CDA, Tri -cities, and the surrounding areas.

Garfield County Spring Preview Jackpot Beef Winners

Grand Champion Steer, Shown by Ty Davis

Reserve Champion Steer, Shown by Alyssa Williams

Grand Champion Heifer, Shown by Katie Belles

Reserve Champion Heifer, Shown by Kyle Belles

Garfield County Spring Preview Jackpot Beef Showmen

Grand Champion Senior Showman & Overall Showman, Alyssa Williams

Reserve Champion Senior Showman, Ty Davis

Grand Champion Intermediate Showman, Kashley Brown

Reserve Champion Intermediate Showman, Kaine Geddes

Grand Champion Junior Showman, Tyler Dixon

Reserve Champion Junior Showman, Naomi Dirks

Garfield County Spring Preview Jackpot Swine Winners

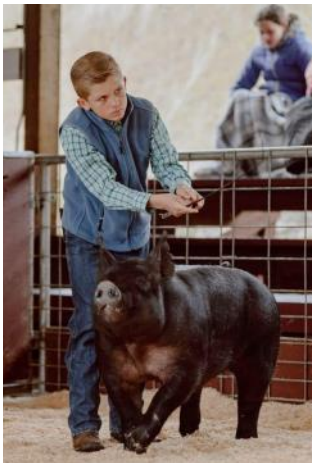
Photo Credit: Hannah Muhlbeier Photography and Kasey Wolf

Grand Champion PeeWee
Swine Showman
Kenley Tetrick

Reserve Champion PeeWee
Swine Showman
Tucker Wolf

Grand Champion Junior
Swine Showman
Cade Wolf

Reserve Champion Junior
Swine Showman



Grand Champion
Intermediate Swine
Showman
Cruz Knopp

Reserve Champion
Intermediate Swine
Showman
Baylor Reedy

Grand Champion Senior
& Overall Champion
Swine Showman
Hannah Muhlbeier

Reserve Champion Senior
Swine Showman
Rylie Gregg

Grand Champion
Market Hog
Shown by Baylor Reedy

Reserve Champion
Market Hog
Shown by Hannah Muhlbeier

Grand Champion
Breeding Gilt
Shown by Hannah Muhlbeier

Reserve Champion
Breeding Gilt
Shown by Kadin Peterson

FFA

There are 8 FFA members going to the Washington Leadership Conference in Washington, D.C. this summer. Those members are:

Chase Caruso
Kendall Dixon
Jillian Herres
Natalia Larios
Trevin Kimble
Izzy Field
Katie Boyer
KayLee Schmidt

Garfield County will also be sending 9 FFA members to a Livestock Judging Camp at Texas A&M University in College Station, TX this summer as well. Those members are:

Stacia Bowen
Levi Henderson
Gunner Magill
Ellie Potoshnik
Colby Ledgerwood
Levi Bowen
Grayson Slaybaugh
Kyzer Herres
Rylan Hays-Carnahan

4-H member Treyton Kimble will be attending this camp as well.

4-H

Hello Campers and Parent Volunteers!

We are very EXCITED to be returning to Bi-County 4-H Camp, **June 19th –24th.**

This is a rebuilding year for Bi-County 4-H Camp. As such we have a very enthusiastic yet very young group of counselors/ CITs. We would like to have extra volunteers in camp during the daily activities. We also need adult volunteers to be cabin parents every night. If possible, please volunteer for a day/night combination.

If you have any questions, please do not hesitate to contact the Extension Office, 509-843-3701.

Thank you and Happy Camping!!!
Sheree Ledgerwood
Monica Bartlow

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Did You Know they may potentially be able to predict preterm births?

https://news.wsu.edu/press-release/2022/03/01/new-epigenetic-biomarkers-found-that-potentially-predict-preterm-birth/

PULLMAN, Wash. – A signature found in the cheek cells of mothers and fathers of preterm infants may help develop a test to determine whether a pregnancy may end too early. Such a test could help prevent premature births and the many resulting health impacts on infants by alerting medical providers to the need for early intervention measures.

In a study published in Scientific Reports on March 1, researchers documented more than 100 epigenetic biomarkers in mothers of preterm babies that were distinct from mothers of babies carried to term. Fathers had fewer biomarkers but enough to indicate a likely paternal role in preterm birth.

"The signature we found was present in all the parents we analyzed," said senior author Michael Skinner, a professor in Washington State University's School of Biological Sciences. "This is likely to lead eventually to a very useful test. We used buccal cells, which are collected by a cheek swab. It's very non-invasive and easy to do."

In this study, researchers found that the preterm female babies carried more than 100 of these biomarkers, indicating the propensity to have a preterm baby may be passed down. The epigenetic analysis revealed the signature in the mothers, fathers and female preterm babies, but none in the male preterm infants.

Skinner's lab has previously published studies on other potential epigenetic biomarkers, including one for autism and rheumatoid arthritis, paving the way for earlier treatment.

"Although we may not be able to fix the problem, if we know that it's going to develop because of these diagnostics, we can treat it," said Skinner. "This could help with the transition from reactionary medicine to preventive medicine."

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Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life.

Helping You Put Knowledge To Work