

Newsletter

January- February 2023



WSU EXTENSION
Garfield County



4-H Coordinator Sheree Ledgerwood being given a hand-made quilt on November 20th recognizing her years of service to the Bi-County 4-H Camp Program.

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?

Contact the Extension Office

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Contact Us:

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Hours: Monday-Friday 8:30 –5:00
(closed 12:00-1:00)

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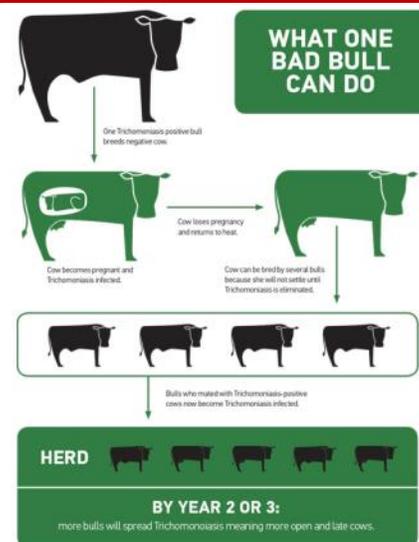
Website: <https://extension.wsu.edu/garfield/>

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Farming & Livestock

Ten Facts about Trichomoniasis in Cattle

By: Ram Kasimanickam, DVM, DVSc, Dipl. Theriogenology, Dept. Veterinary Clinical Sciences
January 2010



1. Trichomoniasis is an economically important venereal disease of cattle that is characterized by reduced calf crop and weaning weight due to a large number of open cows and a prolonged breeding season.

2. Trichomoniasis is caused by *Trichomonas foetus*, a microscopic flagellated protozoan parasite, confined to the reproductive tract of the infected animal. It is transmitted from infected bulls to heifers or cows at the time of breeding [1,2].

3. The parasite transmission rate from male to female at breeding may be as high as 42% [3,4], which means there can be a 42% loss of the calf crop. Affected bulls carry the protozoa in their preputial sheath and penis. The affected cows harbor the organism in the vagina and uterus.

4. The affected bull shows no clinical signs. The parasite does not affect semen quality or sexual behavior. The infected bull breeds cows as normal bulls do and transmits the infection during breeding.

5. In cows, the “Trich” problem presents in two forms. In the first, the affected cow may become pregnant, undergoes early embryonic death and cycles regularly without showing any signs. In this scenario the “Trich” problem is realized only at pregnancy diagnosis with the higher number of open cows than normal. In the other form, the affected cow cycles regularly and builds immunity after 3 cycles. The immunity is short lived and cows can get reinfected and abort during 1/3rd to mid-gestation if they become pregnant [5]. In both forms cows may develop pyometra (a pus-filled uterus with no signs of cycling), another sign that can be observed at pregnancy diagnosis.

6. Due to the fact that the affected bulls show no clinical signs, it is very hard to say if a bull is free of “Trich” without testing. A definitive diagnosis requires the identification of parasites in infected bulls [3,6]. To diagnose the disease, a preputial secretion sample is taken from the bull. The preputial sample is stored in a special media and sent to a veterinary diagnostic lab for a culture or a PCR test [6]. In the state of Washington, only certified veterinarians may take and submit “official” trichomoniasis test samples.

7. It is very important that all producers need to test their bulls to keep this disease away from the herd and away from the area. Neighbor’s non tested bulls, addition of new bulls without testing, commingling of cows with no known history, and retaining open cows for next breeding season were the reasons blamed for “Trich” problem [7].

8. No treatment is available for bovine trichomoniasis which makes identifying bulls with trichomoniasis

well before breeding season vital. Remember by the time the clinical signs observed in cows the disease is already well spread in the herd. So it is crucial to test the bull before breeding season.

9. Given lack of legal treatment and lifelong nature of most bull infections, test and slaughter of infected bulls is recommended.

10. Cost benefit: According to the 2008 survey from Colorado for a producer with 100-cow herd, uses 5 bulls (1:20 bull:cow ratio), and lives 75 miles from a veterinary clinic will pay \$2.93/cow to test all 5 herd bulls for “Trich” [7]. He will pay an additional \$1.50/cow for a bull Breeding Soundness Exam on the herd bulls (The bull breeding soundness exam help identify bulls with satisfactory breeding potential). The total cost is \$4.43/cow for “Trich” testing and Breeding Sound Exams.

Considering the risk of reduced calf-crop and weaning weight at the end of breeding season, the cost per cow for bull “Trich” testing during breeding soundness exams of the bulls is a “good investment”. Make an appointment with a veterinarian and test your bull for “Trich” and have fewer worries and a more profitable breeding season.

References:

1. Kimsey, P.B. Bovine trichomoniasis. In: Morrow, D.A. (Ed.): Current Therapy in Theriogenology, 2nd ed. Philadelphia, W.B. Saunders 1986, pp. 275-9.
2. Bartlett DE. *Trichomonas foetus* infection and bovine reproduction. Am J Vet Res. 1947;8(29):343-52.
3. BonDurant RH. Pathogenesis, diagnosis, and management of trichomoniasis in cattle. Vet Clin North Am Food Anim Pract. 1997;13(2):345-61.
4. <http://www.addl.purdue.edu/newsletters/2000/spring/bv.shtml>
5. Corbeil LB, Anderson ML, Corbeil RR, Eddow JM, BonDurant RH. Female reproductive tract immunity in bovine trichomoniasis. Am J Reprod Immunol. 1998;39(3):189-98.
6. BonDurant RH, Campero CM, Anderson ML, Van Hoosear KA. Detection of *Trichomonas foetus* by polymerase chain reaction in cultured isolates, cervicovaginal mucus, and formalin-fixed tissues from infected heifers and fetuses. J Vet Diagn Invest. 2003;15(6):579-84.
7. Striegel N, Ellis R, Deering J. Trichomoniasis Prevention: The Cost per Cow to Prevent. Fact sheet, CSU Extension, 2008;1.628

2021-2022 Wheat Facts

Presented by the Washington Grain Commission

Wheat Moves

Tidewater and Shaver are the primary barging companies serving the Columbia river system. Together they float an average of 60 percent of Washington's wheat to port elevator locations. About 55 percent of all US wheat exports ship through five port elevators located in Washington and Oregon. In 2020/21 the US exported 54 percent of its wheat to nearly 50 countries.

Washington has five grain shuttle train loading facilities. Shuttle train facilities load 110 grain cars in 15 hours or less—some can load an entire train shuttle in as fast as 8 hours. That's about four minutes per car! BNSF and Union Pacific are Class I railroads that serve Washington's shuttle train loading complexes. Captive shippers are wheat farmers in areas of the country where there is only one transportation alternative.



TRANSPORTATION MODES

- 60% Grain trailer → River barge → Four-barge tow
- 37% Grain trailer → Rail hopper → 100-car train
- 3% Grain trailer → Container

Wheat Has Class

Wheat is divided into six classes based on kernel color, hardness, and planting season.

Western White is a customized blend of 10 percent or more very soft club wheat with common soft white wheat varieties.

Gluten is a protein in wheat that gives dough elasticity. Gluten, protein, and falling numbers are important industry measures of U.S. wheat quality.

Each class of wheat has specific end uses:

Soft white wheat (winter, spring and club)—Cakes, cookies, crackers, flatbreads, cereals, pastries, pancakes

Hard red wheat (winter and spring)—Breads, hard rolls, bagels, pan bread, flat bread, pizza crust

Soft red winter wheat—Cookies, crackers, pretzels, pastries, flat breads Durum—Pasta

Hard white—Asian noodles, steam breads, and blended flours

Wheat is the world's NUMBER ONE crop

- More land is planted to wheat in the world than any other crop.
- Wheat is a staple food for more than 35 percent of the human population.
- Wheat provides 20 percent of the world's nutritional needs.
- In 2021, the US exported 992 million bushels of wheat to nearly 50 countries.
- Washington, Oregon and Idaho together are called the Pacific Northwest (PNW).
- The PNW produces enough wheat each year to fill the Seahawks' Stadium!

2021 PNW ALL WHEAT PRODUCTION

Washington	87.2 million bushels
Idaho	76.5 million bushels
Oregon	31.7 million bushels
Total	195.4 million bushels

Wheat Grows Jobs

- Washington wheat farmers support 9,442 jobs in the state, including their own.
- The state benefits from 5,353 jobs in businesses and industries directly supporting Washington wheat farmers.
- An additional 4,090 jobs are supported from personal purchases of both farmers and their employees
- At least \$0.88 of every \$1.00 generated by Washington wheat goes to businesses that support farmers. Washington's wheat farmers and their employees contribute to the state's economy by spending \$0.87 of every \$1.00 earned for off-farm purchases.
- This results in a total of \$2.73 in economic activity, beyond farmers' own sales.



INFORMATION FROM WSU GARFIELD COUNTY MASTER GARDENER BARB DEHERRERA

Landscaping for Winter Interest

Winter is upon us and while we gardeners may be spending our time planning for spring while pouring over the catalogs that arrive seemingly daily, we can keep the interest in our gardens (this term encompasses yard, garden, and beyond) by a few plants or trees of winter interest.

A common item that brings color is Flowering Kale, but unless it has some protection, it may spend time covered with snow! So taller plants, shrubs, or trees may be a better choice. Here are some to consider for winter landscaping.

Red Osier Dogwood—Once the leaves have fallen, the stems show their red color, becoming brighter as winter continues. This is a native shrub, it is drought tolerant, but given water can grow quite rapidly and may need to be pruned back midsummer. It is a very forgiving plant that adds a bright red to your landscape.

Snowdrops—Planting this bulb is somewhat like planting Forget-Me-Nots, you will never forget that you planted some! They will spread themselves about slowly, but freely. I don't mind as by the time they finish blooming in February or March, other spring growth overtakes the remainder of them. They come up through the snow, hence the name, often as early as December, but generally early February before they bloom.

Ornamental grasses may start to look a bit ragged by February, but the fluffy seedheads certainly give an item of interest standing up to winter winds and snow cover.

Any evergreen is an asset for a variety of reasons. I think the best reason is for the birds. They appreciate a safe cover to hide from predators and winter storms, your reward is enjoying a variety of wildlife. I often see where deer have been laying under the trees at the edge of our property. If you do not have room for standard evergreen trees, consider smaller versions, such as Mugo Pine or Alberta Spruce.

Seed Bearing shrubs will also attract a variety of wildlife. Pyracantha, some varieties of Snowball bushes, and Oregon Grape are smaller shrubs that keep their colored fruits until the birds come for a feast. Taller trees are any of the flowering cherries or plum that will hold their fruit for the birds.

Birch trees are a wonderful winter tree with their peeling, white bark. They are prone to insect damage and diseases, but what a showy tree! The linden tree, with its exceedingly long seed pods make for an interesting view. They hold onto their seed pods into late winter.

I do not trim my hydrangeas in the fall, I like to see their bronze-dried flowers against the winter landscape. I missed pulling a mullein weed that was in the pasture, and what an interesting tall seed head it has. The small birds think I left it just for them! Undoubtedly, I will be seeing a multitude of baby mullein in the spring, but for now, I like it!

As you drive about, watch for other items of interest this winter. I noted some old lilac trees with twisted, gnarled trunks; holly bushes with red berries; weeping trees; and ivy climbing up the side of buildings or trees.

Enjoy a drive about and start planning to add a bit of interest to your yard or garden for next winter!



Your WSU Garfield County Master Gardeners.

Cleaning Out the Kitchen Cupboard

<https://extension.wsu.edu/foodsafety/content/cleaning-out-the-kitchen-cupboard/>

Have you looked in your cupboards lately? I mean really looked in them? Like in your refrigerator, items can get pushed back in the cupboards and you forget about them. It may be time to pull those things out and assess if they should be kept or tossed out. Below are some tips on what should be kept, what should be tossed and how you can store foods for longer life.

In general food that does not need refrigeration can maintain good quality when stored at room temperature at 70 degrees F or below. Most canned foods are safe as long as they stay dry and don't develop any bulges.

Recommended storage times are designed to provide you with the best quality food product. After suggested storage time has expired the food starts to lose quality characteristics such as color, texture and flavor. It is also important to read labels for any instructions on special storage conditions, times or dates. Be sure to look for instructions to refrigerate after opening.

Canned Foods

The Canned Food Alliance recommends eating canned food within 2 years for best quality. You may also want to refer to the 'use by' date that you may find on some products.

If you do not use the entire product after opening a can, do not refrigerate the leftovers in the can. Food can develop an off-odor from the can once opened.

White Flour

White flour stored in a dry, cool place will keep for 6-12 months. Whole wheat flour will only keep at room temperature 1-3 months. The oils found in the germ of whole wheat flour will turn rancid at room temperature therefore not lasting as long as the white flours.

If you plan to store your flour longer, keep it in the refrigerator in an airtight container. All-purpose and bread flour will keep up to two years in the refrigerator and indefinitely in the freezer. Whole wheat flour will keep for six months in the refrigerator and up to 12 months in the freezer.

If you keep your flour in the refrigerator or freezer, be sure to let the flour return to room temperature before using it. The coolness of the flour may affect its reaction with other ingredients and affect the outcome of the recipe.

To preserve the flour's moisture content, the flour should be stored in an airtight container or freezer bag. If the moisture content of the flour is reduced it could affect the outcome of a recipe. If you plan to purchase airtight containers for your flour, here are some ideas of what size to buy depending on how much flour you plan to store.

- 1 lbs flour = about 4 cups
- 5 lbs flour = about 20 cups
- 10 lbs flour = about 40 cups

Sugar

White sugar will keep at room temperature for 2 years. If stored in an airtight container it could last indefinitely. Brown sugar will keep 4-6 months for maximum flavor. It is extremely important to store brown sugar in an airtight container to retain its moisture and prevent it from becoming hard. Either store it in its original bag tightly closed

or transfer to an airtight container.

If white sugar becomes lumpy smashing it into smaller pieces using a meat mallet or hammer can soften it. Brown sugar can be softened in the microwave covered with a clean, white, wet paper towel for 30 seconds.

Vegetable Oil

In general vegetable oils will keep 1-6 months opened and 6-12 months unopened. Times vary based on the type of oil, and the method of processing. Some companies will say they will keep for up to 1 year. Walnut, sesame, hazelnut and almond oils have a shorter storage life than most other vegetable oils. Oils that have been stored too long will develop an undesirable taste and odor. It is recommended to smell oil that hasn't been used for a while. If it smells rancid, toss it out and start with some fresh.

Storing them in the refrigerator can prolong the life of oil. Olive oil and some other may become cloudy in the refrigerator, but usually will clear up after sitting at room temperature for a while.

Shortening

Shortening will keep 3-8 months opened and 8-12 months unopened. Shortening that has been stored too long will go rancid and develop a bad taste and odor.

Baking Soda and Baking Powder

Baking soda and baking powder stored tightly covered in a dry place will keep for 12-18 months or the expiration date on the container. If you are not sure if the baking powder is still good you can test it for freshness by mixing 1-teaspoon baking powder with 1/3-cup hot water. If it foams vigorously, it still has rising power.

To check for freshness of baking soda, measure 1-½ teaspoons into a small bowl. Add 1 tablespoon vinegar. If it fizzes then it is still fresh. If it doesn't fizz, use it as an odor catcher in the refrigerator or freezer.

Spices and Herbs

Ground spices will keep for 1 year and whole spices for 2 years. Spices should be kept away from the heat, light and humidity to pre-

vent flavor and color loss. Avoid storing them above the stove, dishwasher, microwave, refrigerator, sink or a heating vent.

Now that you are about to go and sort, toss, move or repackage foods in the cupboards, you may also want to wipe out the cupboards well with a damp cloth. This will get all the crumbs, dust and any bug larvae that may be hanging around. Also be sure to go with a

marking pen to date products, new storage containers to store foods in an airtight environment, and a system for using up foods before they get lost in the back of the cupboard again.

For more information on food safety questions, please contact the WSU Extension Master Food Preservers at (509) 735-3551

Warm Up with a Safely Slow-Cooked Meal

<https://www.foodsafety.gov/blog/warm-safely-slow-cooked-meal>

Warm up this winter with some slow-cooked comfort food! Using a slow cooker or the slow-cook function of your electric pressure cooker is an easy way to make your favorite seasonal meals. After you prep the ingredients, you can put them in the cooker, start it, and forget it. After a few hours, you have a warm, flavorful meal ready to enjoy. Safely prepare slow-cooked food by following these steps:

1. If you plan to use frozen meat, poultry (such as chicken or turkey), or seafood in the dish, give yourself enough time to thaw it safely before adding to the slow cooker. Do not thaw frozen food on the counter. Instead thaw it in the refrigerator, in cold water, or in the microwave. Begin to cook your meal immediately after thawing the meat if you thawed it in cold water or the microwave.

2. Wash your hands for 20 seconds with soap and water before preparing your slow-cooked meal.

3. Rinse fresh fruits or vegetables in your recipe under running water before cutting or peeling them.

4. When cutting up ingredients for your meal, keep raw meat, poultry, and seafood separate from any food you plan to eat raw (for example, garnish or toppings like cheese, cilantro, or lemon zest). Use separate cutting boards, plates, and

utensils.

5. Large cuts of meat and poultry may be cooked safely in a slow cooker. However, since slow cookers are available in several sizes, check the instruction booklet for suggested sizes of meat and poultry to cook in your slow cooker.

6. After touching raw meat, poultry, or seafood, wash your hands again for 20 seconds with soap and water.

7. Vegetables cook slower than meat and poultry in a slow cooker, so put the vegetables in first, for the best quality.

8. Add meat, poultry, or seafood to the slow cooker. Make sure your slow cooker is between half and two-thirds full. If it's too full, the food may be undercooked and unsafe. If it's not full enough, the food may be overcooked.

9. Start your cooker right after you finish prepping. Do not set a timer to start cooking later in the day. Bacteria can multiply quickly in the parts of the food that reach room temperature before cooking begins.

10. While your meal is cooking, wash your utensils, cutting boards, and countertops with hot, soapy water, or put them in the dishwasher if they are dishwasher safe.

11. Cook your meal to the right temperature to kill germs. You may assume that your meal is safe to eat because it has slowly cooked for



hours, but the only way to know for sure is to use a food thermometer. Place the food thermometer in the thickest part of the food, avoiding bone, fat, or gristle. Check to see if it has reached a safe internal temperature:

- Whole cuts of beef, pork, veal, and lamb: 145°F (then allow the meat to rest for 3 minutes before carving or eating)
- Fish with fins: 145°F or cook until flesh is opaque
- Ground meats, such as beef and pork: 160°F
- Egg dishes: 160°F
- All poultry, including ground chicken and turkey: 165°F

12. Wash your hands again for 20 seconds with soap and water and enjoy your warm meal.

13. Refrigerate your leftovers within 2 hours of cooking (1 hour if exposed to temperatures above 90°F, like in a hot car). If you leave leftovers out too long, bacteria can multiply rapidly and make you sick.

14. Wash your cooker insert and lid with hot, soapy water, or put them in the dishwasher if they are dishwasher safe.



2022 Garfield County 4-H Achievement Night Awards

By Sheree Ledgerwood

4-H Achievement Night was held November 20, 2022. 4-H members and leaders were recognized for their achievements during the 2021-2022 4-H year.

Clubs gave a report on their activities over the past year. Teen Leaders showed the Bi-County 4-H Camp slide show. Corky Slaybaugh and Aaron Stallcop awarded Sheree Ledgerwood with a quilt Corky made commemorating Sheree's years of service to 4-H Camp.

Livestock judging awards, from the Garfield County Fair judging contest, were given to the top five judges in the 3rd-5th grade division and the 6th - 8th grade division. The monetary awards are sponsored by Dick Ledgerwood & Son, Inc, Ledgerwood Gelbvieh and Rafter C Reds. Winners were **3rd-5th Junior Division:** 1st Lilaina Severson, 2nd Nataly McKeirnan, 3rd Aubree Ledgerwood, 4th Kendyl Tetric, 5th Peyton Newberg; 6th-8th. **Intermediate Division:** 1st Nolan Newberg, 2nd Tyler Dixon and 3rd Jack Baser, 4th Kennedy Cannon & Treyton Kimble, 5th Tatum Jones.

Record Book awards, sponsored by Four Star Supply, were given to the top three in each age division and categories. Winners were Junior Single Project 1st, Nataly McKeirnan, 2nd Corbin Nelson, 3rd Emmerson Taylor. Junior Multi Project books, 1st Collin Hames, 2nd Myka Horal, Ladd Baser & Willow Bowen, and 3rd Dutch Jones & Josiah Ledgerwood. Intermediate Single Project, 1st Braxton McKeirnan, 2nd Conrad Nelson, 3rd Raelyn Nagle. Intermediate Multi Project, 1st Molly Warren, 2nd Tatum Jones, 3rd Jack Baser.

All 4-H'ers were given a pin for their number of years in 4-H. There were 14 first year members, 17 second year members, 11 third year members, 6 fourth year members, 6 fifth year members, 3 sixth, and 2 seventh receiving pins for completing the 2021/2022 project year.

Leaders were recognized for their volunteer service: Cody Jones 1 year; Missy Jones 1 year; Jamie Hames 2 years; Miranda Bowen 5 years; Elizabeth Cannon 5 years; Sara Lunsford 4 years; Tina Warren 4 years; Kayla Slaybaugh 8 years; Jessica Nelson 10 years; Sherry Ledgerwood 12 years and Sheree Ledgerwood 33 years.

Active clubs for the 2021/2022 4-H program year were: Creative Kids, Garfield County Livestock, Blue Ribbon Livestock, Pomeroy Country Kids, Teen Leaders, and Lucky Horseshoe.



Leaders were recognized for their volunteer service



Livestock Judging Award Winners



Record Book Award Winners

Don't miss out on all the fun, mark your calendars now !



and



YOUTH LIVESTOCK FIELD DAYS



March 11, 2023
8:30 AM - 3:00 PM PST
Asotin Co. Fairgrounds

For questions, please contact:
UI Benewah County Extension: 208-245-2422
UI Nez Perce County Extension: 208-799-3096
WSU Asotin County Extension: 509-243-2009
WSU Whitman County Extension: 509-397-6290



March 25, 2023
8:30 AM - 3:00 PM PST
UI Livestock Pavilion

Brought to you by:



4-H

WASHINGTON STATE UNIVERSITY
EXTENSION

**Registration and details available
January 10, 2023!**

The University of Idaho and Washington State University do not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending this program that requires auxiliary aids or services should contact UI Extension, Nez Perce County at 1239 Idaho Street, Lewiston, ID 83501 | 208-799-3096 | nezperce@uidaho.edu at least two weeks prior to the event.



FFA

By Kyle Kimble

The alumni auction went very well recording the 2nd highest fundraising total that we've had.



Upcoming FFA Events:

- 1/23; FFA Alumni Meeting; 6:30PM; Pomeroy Ag. Room
- 1/25; District VI Ag. Issues; Marketing Plan; Job Interview; 3:00PM; Oakesdale
- 2/8; Ag. Mech Contest; Palouse; 9AM
- 2/15; Ag. Mech Contest; Pullman; 9AM
- 2/26; Local Leadership Contests; Pomeroy Elevated Seating; Noon
- 3/8; Sub District Leadership Contests; Pomeroy High School; 9AM
- 3/9; Ag. Mech Contest; Walla Walla; 9AM
- 3/23; District Leadership Contests; Asotin; 9AM

Congratulations to Tyson Kimble and Madison Dixon for being awarded the American FFA Degree in October



JOB ANNOUNCEMENT

WSU GARFIELD COUNTY 4-H COORDINATOR GARFIELD COUNTY, WA

The WSU Garfield County Extension Office is currently accepting applications for a part-time Extension 4-H Coordinator Position. The ideal candidate will have a passion for working with both volunteers and youth as part of WSU's Premier Youth Development Program.

The 4-H Program Coordinator provides overall management and oversight of the WSU Garfield County 4-H Program, including supporting Garfield County 4-H clubs. This position works closely with the County Director and office staff in determining county needs, program delivery and management, and program evaluation.

Minimum Qualifications:

Knowledge of 4-H or other youth development programs is required. Demonstrated ability to work independently as well as a member of a team. Must successfully pass a background check. While a bachelor's degree in a relevant discipline relevant is recommended, any combination of relevant education and experience may be substituted for the educational requirement on a year-for-year basis.

Salary: Up to \$22.00 per hour, depending on qualifications. No benefits.

To Apply: Job description and application forms may be obtained from the Garfield County Commissioners Office, PO Box 278, or 789 Main Street, Pomeroy, WA; or call (509) 843-1391. Questions? Please contact Mark Heitstuman, WSU Garfield County Extension Director at (509) 760-5220, heitstuman@wsu.edu. ***This position is open until filled.***

Garfield County is an Equal Opportunity Employer.

Annual Family Foresters Workshop to be held January 27, 2023 in Spokane

Family-owned forests are vital to the economy and quality of life in the Inland Northwest. These lands are critical for wildlife habitat, timber supply, water quality, and many other values. Unique skills are required of foresters and other natural resource professionals who help family forest owners manage their property. The *Family Foresters Workshop* is designed to strengthen the skills of consulting foresters, state-employed service foresters, and other natural resource professionals who work with family forest owners. It serves as a forum to provide updates on emerging technology and knowledge applicable to family forestry. The program will be held Friday, January 27, 2023 at the Doubletree Hotel in Spokane WA. Presentations will include:

- **Update on Stand Density Index (SDI) Research from Intermountain Forestry Cooperative:** *Mark Kimsey*, University of Idaho
- **Guiding Principles for Post-disturbance Reforestation in a Changing Climate:** *Kas Dumroese*, U.S. Forest Service
- **The Ideals vs. the Realities of Early Conservation – The Economics of the First U.S. Watershed Conservation Plan in Wisconsin:** *Charlie McKetta*, University of Idaho (retired)
- **Mapping the Forest with Lidar:** *Paul Gessler*, University of Idaho
- **Lynx Reintroduction in Washington's Kettle Range:** *Rose Piccinini*, Senior Wildlife Biologist, Colville Tribes
- **Safety & Security in the Woods:** *Paul Figueroa*, Forester, WA Dept. Agriculture (retired)
- **New Two-year Degree Forestry Programs at the University of Idaho:** *Rob Keefe*, University of Idaho
- **Family Forest Economics/Policy Update:** *Greg Latta*, University of Idaho

The workshop is eligible for 6 Society of American Foresters continuing forestry education credits, and 7 Pro-Logger continuing education credits.

The program can accommodate up to 100 people. Registration forms are available at local University of Idaho and Washington State University Extension Offices and should be returned by January 20, 2022. A \$110 registration fee (online registration with a credit card at is available at www.uidaho.edu/FamilyForesterWorkshop) covers handouts and refreshments. For questions on the program, contact: Chris Schnepf at (208) 292-1288 or Andy Perleberg at (509) 667-6540.



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Did You Know People can have food sensitivities without noticeable symptoms?

For full Article, <https://www.morningagclips.com/people-can-have-food-sensitivities-without-noticeable-symptoms/>
–Kumi Nagamoto-Combs, Assistant Professor of Biomedical Sciences, University of North Dakota
Published on December 12, 2022 In Good Morning AgClips

The prevalence of food allergies is increasing worldwide, approaching an epidemic level in some regions. In the U.S. alone, approximately 10% of children and adults suffer from food allergies, with allergies to cow's milk, eggs, peanuts and tree nuts being the most common. Some patients have mild symptoms that might not need medical attention, leaving these cases unreported.

Food allergies, or food hypersensitivities, result from the overreaction of the immune system to typically harmless proteins in food. They can manifest as a spectrum of symptoms, ranging from itching, redness and swelling for milder reactions, to vomiting, diarrhea, difficulty breathing and other potentially life-threatening symptoms for severe reactions.

Besides self-reporting, food allergies can be diagnosed by exposing patients to trace amounts of offending proteins, or allergens, via their mouth or skin and observing their immediate reactions. More commonly, doctors use blood tests to measure the levels of immunoglobulin E, or IgE, a specialized antibody that the immune system uses to identify allergens and trigger a response. But some people who test positive on skin-prick allergy tests with moderate increases in IgE don't notice any allergy-related symptoms when they eat the allergen. This condition is sometimes referred to as asymptomatic sensitization. In many cases, people with this condition may not even be aware that they have a food hypersensitivity.

Food allergens can affect the brain and behavior of seemingly asymptomatic people, making them not so asymptomatic neurologically. Considering how your brain responds to the food you eat puts a whole new meaning to the phrase "you are what you eat."



WSU EXTENSION
Garfield County

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

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported