

Newsletter

November- December 2024



WSU EXTENSION
Garfield County



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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Washington
State Department of
Agriculture

Livestock Can Swim, but They Shouldn't! Preparing Your Livestock for a Flooding Event

By Dr. Minden Buswell, Field Veterinarian
Ketch Pen Vol. 74 Issue 4|October2024

Fall is an extremely busy time of year for producers and contingency plans for inclement weather are not at the top of a producer's "to-do" list. However, recent flooding events in Washington highlight the need to move that task to the top!

Flooding can cause increased livestock stress, health problems, nutrition-related illness, and mortality. Displaced animals will need temporary sheltering, feeding, and veterinary care. Setting yourself up for a successful fall and winter should include developing a flooding plan for your operation.

We have provided some tips below to prepare, respond, and recover from a flooding event on your farm or ranch.

Preparing for a flooding event:

1. Prioritize herd health, including proper vaccination, parasite control, stress management, and environmental conditions.
2. Maintain good animal health records.
3. Maintain an accurate inventory of animals:
 - Ensure all animals have permanent individual identification.
4. Tailor evacuation plans to your severe weather and flood risks.
 - Include building mounds for safe spots, identifying evacuation routes to a higher elevation, or relocation to alternative facilities, fairgrounds, or auction barns.
 - Develop a transportation plan in case relocation is necessary
 - Prepare an evacuation kit including medicine, care and containment supplies, and animal first aid kit.
5. Pre-identify alternative water, feed, and power sources.
6. Assess facility and structure safety and stability for inclement weather.
7. Clear livestock area of any potential damaging debris that can cause injury, including trees, foliage, and equipment.
8. Sore herbicides, pesticides, medicated feeds, and treated seeds where floodwaters will not cause them to contaminate livestock feed or water.
9. Identify proper carcass disposal avenues on a small and large scale.

During a flooding event:

1. Prioritize human health and safety for you, your family, and employees.
2. Evacuate to higher ground, safer structures, or relocate animals according to your plans.
3. Block areas where livestock may get stuck in a panic.
4. Block access to barns where flood water may trap scared animals seeking safety.
5. Avoid Leaving animals behind, but if no other choice available:
 - Leave gates, buildings, fences open to allow animals to escape
 - Turn off electricity at the main switch
 - Provide safe and free choice feed sources and clean water-do not rely on automatic watering systems.
 - Block areas where animals may be trapped
6. Leave a contact name and number for first responders and alert county emergency management/first responders/ police if animals were left on premise.

After a flooding event:

1. Assess facility and structure damage for safety and stability.
2. Regardless of location, animals should be assessed for illness and injury before returning and for several days after event.
3. Return animals when threat is passed, buildings and structures are safe, and proper containment is accessible.
4. Ensure feed and water sources are safe and uncontaminated by flood water and other farm chemicals.
5. Dispose of carcasses according to jurisdictional rules.
6. Report damage to farms, crops, or livestock to your local U.S. Department of Agriculture Farm Service Agency Office. The USDA FSA Manages Several disaster assistance programs for farmers and ranchers.



INFORMATION FROM WSU GARFIELD COUNTY MASTER GARDENER BARB DEHERRERA

Recognizing and supporting our beneficial insects

If you are looking for information on how to have the perfect lawn or perfect garden-sorry, that does not really exist. If, in your attempts to achieve perfection, you destroy our beneficial insects, it may be costing you more money and more harm to your future gardening endeavors.

Let's start by identifying our beneficial insects.

Pollinators-Not just honeybees or mason bees! As you go about your garden observe all the little buzzy things that help with transferring pollen from one blossom to the next. There are quite a variety that accomplish this. Partially because pollinators have a wide range, they can easily be overwhelmed by pesticides that may be in use. No pollination, no fruit. Yellow jackets are both pollinators and predators, although because of their smooth bodies, they are not particularly good pollinators. But they are good predators; they eat caterpillars, and other harmful insect pests. If it is any consolation, if a mole or skunk finds their nest, they will enjoy eating the eggs and insects, too.

Predators-They are the hunters of the garden world and definitely your friend. They include: spiders, praying mantis, lady bugs, green lacewings, wasps (including paper wasps-who are not aggressive if you stay away from their nests!), dragon flies, and assassin bugs. They help you by targeting mites, thrips, leafhoppers, grasshoppers, aphids, slugs, and cabbage maggots to name a few. Some of these predators are classified as Parasitoids. Unlike predators that hunt down and eat other insects, they use other insects to lay their eggs inside of. [gross alert!] When the eggs grow and hatch, they destroy the host insect.

Decomposers: These are also our friends in the soil. They help breakdown dead plant and animal material. Without them leaves, insect bodies, etc., would just pile up. With their help, the debris is returned to the soil, providing valuable nutrients to your plants. Examples are: pill bugs (roly-poly), earthworms, ground-dwelling beetles, and millipedes.

How do we support and not destroy our beneficial insects? By recognizing the life cycle of harmful insects-often by the time you see damage on your plants, the harmful insect has moved onto its next life cycle and is no longer harmful-when treating the plant with insecticide, the damage may be to a beneficial insect that stepped in to eat the larva that was causing the damage. This is not saying to never treat with insecticides, but to be aware of the potential damage to the helpers. Some harmful insects you can hand pick to reduce their population. It only takes a few minutes to find that tomato hornworm and eliminate it rather than treating the whole plant. One trick is to go out after dark with a blacklight to really catch them in the act. You can also grow a favorite, host plant. For example, flea beetles like cruciferous vegetables, but they also like nasturtiums. When they attack the early nasturtium, treat that plant with insecticide when infested. Neem oil works well, even though it is organic, it will still kill beneficial insects, especially pollinators, so choose your spraying early morning, or late evening after the pollinators have turned in for the night.

Ok-There is your Master Gardener input for this time-Remember, we are always "on call" for any of your gardening questions.

Thanks for reading and Happy Fall



First Choice Health® Mental Health Coping Tips



Working to improve your mental health can be a difficult. Often, people who are struggling experience some relief through positive action. The following coping tips are actionable suggestions from [Mental Health America](#), which could help you at any stage in your mental health journey.

Boost Your Mood

- Get outside in nature, or play with a pet.
- Reorganize your space.
- Read a story you enjoy.

Use Pen & Paper

- Write a story, a poem, or a journal entry.
- Draw how you're feeling.
- Make lists (gratitudes, solutions, strengths).

Move Your Body

- Get active – dancing, running, sports, etc.
- Do yoga.
- Go for a walk outside.

Basic Needs Reminder

- Eat a healthy snack.
- Drink a glass of water.
- Take a shower or bath.

Practice Belly Breathing

Put one hand on your stomach and start to inhale slowly. As you breathe in, imagine a balloon in your stomach filling up and continue to inhale until the balloon is very full. Put your other hand on your heart, feel your heartbeat, and hold your breath for 5 seconds. Now let your breath out slowly for 10 seconds – feel your belly flatten like a deflating balloon. Repeat this process 4 or 5 times and you should notice your heart beat slow down and your muscles relax.

Process Your Feelings

- Let yourself cry.
- Rip paper into small pieces.
- Vent to someone you trust.

Acts of Kindness

- Do something nice for someone.
- Help a stranger.
- Volunteer.

Hobbies

- Learn something new.
- Create or do a craft project.
- Get a plant and start a garden.

Stress Relievers

- Find a guided meditation online.
- Listen to music, podcasts, audiobooks.
- Unplug – step away from your devices.

Seek Out Connection

- Connect with your community.
- Text or call family members and friends.
- Ask someone to just sit with you.

988 Suicide & Crisis Lifeline

If you need immediate help, you can reach the [Suicide & Crisis Lifeline](#) by calling or texting 988 or using the chat box at 988lifeline.org/chat.

Connect with FCH EAP

FCH EAP service is free, confidential and available 24/7 to support your mental health. We can connect you to counselors.



800) 777-4114



www.FirstChoiceEAP.com



Rangeland

Pomeroy FFA placed 8th at the State Rangeland contest near Sprague on October 8, 2024. "The Rangeland contest has a lot of components to it, and I am so proud of these students for putting forth the effort to learn many concepts" said advisor Kristina Knebel. These students have to complete stocking rate calculations, show knowledge on a current issue in rangeland, complete a site description, estimate the biomass present, calculate utilization of grazed land, use plots to assess the land, and identify plants including their growth habit, life span, origin, and desirability for grazers. The students that competed in this contest this year were (from left to right in group picture): Heather Hastings, Kellee Kendrick, Kendyll Potoshnik, Levi Henderson, Gunner Magill, Sam Wolf, Grayson Slaybaugh, Haven Kimble, and Olivia Cooper.

Soils/Land Evaluation

Pomeroy FFA has had a great year with Soils and Land Evaluation. This fall we have attended four different contests, with 26 different students attending these events. At the last event in Steptoe on October 16, Pomeroy FFA placed 2nd at the contest, with Levi Henderson placing 6th as an individual, and Caroline McKeirnan placing 10th as an individual. Pomeroy's next event will be the State contest on October 30 near Reardan where ten of our students will be competing. "We have had lots of early mornings, practicing before school weekly, and leaving early for our trips to events. This group has been so fun to work with, and I have been impressed with their continued growth of knowledge." said advisor Kristina Knebel. Previous contests this year include traveling to St John on September 25, Deer Park on October 2nd, Moses Lake on October 9, and Steptoe on October 16.



Deer Park Group photo: Front Row L to R: Guinn Muing, Aubrea Borley, Daphne Wahlder, Corbin Nelson, Bethany Zimmerman, Carolina Morfin, Josiah Ledgerwood, Lincoln Lovgren, Jack Baser, Ladd Baser, Levi Henderson, Kendyll Potoshnik, Mike Humpheries. Back Row L to R: Liliana Severson, Sam Bagby, Robbie Wolf, Caroline McKeirnan, Kellee Kendrick, Sage Kimble, Grayson Slaybaugh, Gunner Magill, Levi Bowen.



St John Soils group photo (left to Right) Ladd Baser, Sam Bagby, Gunner Magill, Jack Baser, Robbie Wolf, Kendyll Potoshnik, Levi Henderson, Heather Hastings, Levi Bowen, Sage Kimble, Sidney Wolf, Caroline McKeirnan, Josiah Ledgerwood, Lincoln Lovgren

FFA

Soils Photos



Steptoe soils team photo: Levi Henderson, Gunner Magill, Heather Hastings, Caroline McKeirnan, and Kellee Kendrick



Levi Henderson Checking the slope at Deer Park



Sam Bagby measuring the depth of the soil



Grayson Slaybaugh headed to plant identification



Steptoe Soils Group photo: Front row L to r: Daphne Wahlder, Heather Hastings, Kellee Kendrick, Caroline McKeirnan, Corbin Nelson, Sam Bagby, Josiah Ledgerwood, Robbie Wolf, Carolina Morfin, Sage Kimble. Back Row L to R: Lincoln Lovgren, Talyn Anderson, Liliana Severson, Levi Bowen, Gunner Magill, Chance Savage, Levi Henderson, Kendyll Potoshnik



Front Row L to R: Lincoln Lovgren, Josiah Ledgerwood, Jack Baser, Robbie Wolf, Sage Kimble, Heather Hastings, Sidney Wolf, Corbin Nelson, Sam Bagby. Back Row L to R: Levi Bowen, Ladd Baser, Gunner Magill, Grayson Slaybaugh, Levi Henderson, Kendyll Potoshnik, Carolina Morfin, Caroline McKeirnan, Kelle Kendrick.



Steptoe soils with top individuals: Far Left- Caroline McKeirnan holding up "10" for tenth place individual, Levi Henderson (fifth from left) holding up "6" for sixth individual.



4-H Awards Night

Sunday, November 17, 2024 @ 6:00 PM



Garfield County

WASHINGTON STATE UNIVERSITY
EXTENSION

Carcass Data Results for 2024 Garfield County Fair Show Steers

Submitted by Mark Heitstuman, WSU Garfield County Extension Director

Carcass data was collected on 30 of the 2024 Garfield County Fair 4-H and FFA Show Steers. This was again a very good group of high yielding steers when you look at the overall carcass data. 23 of the 30 steers (77%) graded at least Low Choice, with an average Yield Grade 2.92. The 3 top overall beef carcasses were outstanding, each grading Low Prime with a Yield Grade of 2.

WSU Carcass of Merit Winners

10 of the 30 steers qualified as WSU Carcass of Merit winners. To qualify for "Carcass of Merit," steers must meet the following strict requirements:

- Hot carcass weight between 600 and 1050 pounds.
- Meets require rib eye area for carcass weight up to 775 pounds; or 13.1 square inches for carcasses weighing 775 pounds and above.
- Yield grades of 2.99 or lower for Low Choice, 3.49 or lower for Average/High Choice, and 3.99 or lower for Prime Quality Grades.
- Quality grade of at least Low Choice.

THE WINNERS-

Congratulations to Kennedy Cannon for having the top ranked overall steer carcass! Kennedy's steer graded Low Prime with a 2.47 Yield Grade. Congratulations to Molly Warren and Blake Lindgren for having the 2nd and 3rd place steers respectively. Kennedy's steer received a Purple ribbon as a market steer at the fair, while Molly's steer was the FFA Reserve Champion market steer.

[Click Here](#) for a complete listing of the 2024 Carcass data, and a [Click Here](#) for a Definitions Sheet that helps explain what the data means.



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What DO You Know About Cannabis? Cannabis intervention project receives NIH backing.

By Sara Zaske, WSU News & Media Relations

October 14, 2024, For full article: <https://news.wsu.edu/news/2024/10/14/cannabis-intervention-project-receives-nih-backing>

A communication project that aims to reduce cannabis misuse among young adults recently earned a National Institutes of Health grant of nearly \$670,000. With the three-year award, Washington State University researchers will refine and test a technology-based intervention aimed at young people in three states where cannabis has been legalized. The project has a particular focus on cannabis edibles, which have become increasingly popular and whose effects are often misunderstood. “With legalization, cannabis-infused products have proliferated, and so has cannabis-related marketing and advertising. What our prior research has shown is that adolescents and young adults are not necessarily educated consumers when it comes to cannabis,” said Stacey Hust, WSU professor in the Murrow College of Communication.

The team has co-directed the research group for approximately 8 years, conducting multiple projects that have received internal and external grants and contracts, including from the WSU and Washington state’s Dedicated Marijuana Account grant program. The Lab’s past research included surveys of young adults, including in-depth interviews, in partnership with King County to understand what they knew about cannabis edibles and how they interpreted cannabis edibles packaging, in particular. The answer, unfortunately, was clearly not enough.

Scientists have long known that cannabis can interfere with brain development and cognition, and the human brain continues to develop until age 25. Regardless, cannabis use continues to be popular among young adults with one study showing 53% of college students had used cannabis in their lifetimes and 26.2% in the past month. This led the team to develop an intervention, essentially a mixed media video and a PowerPoint presentation hosted by a former cannabis marketer. It seeks to not only highlight the health risks but also help reduce harm by debunking myths and empowering users to better assess cannabis products for themselves — including THC content and portion sizes. For example, the intervention points out that many people often think a common brand of cannabis-infused soda represents one serving, when it actually contains 10. It highlights the importance of reviewing labels, which the teams’ previous work and the work of others have often shown isn’t a priority for young people. Preliminary results from a proof-of-concept study showed the intervention positively influenced cannabis knowledge and confidence in the ability to use cannabis responsibly as well as increasing awareness of health risks.

The team will also develop modules of the training that could be tailored to the regulations and consumer environment of each state. The NIH grant will also allow the researchers to add interactive components to the intervention to improve its appeal to college students. “By having the funding to do this type of project, we can take this intervention that we’ve developed and tested successfully with a small sample and now see if it can have a larger public impact,” said Willoughby. At the conclusion of this grant, the researchers hope to secure additional funding for a national clinical trial that will evaluate the intervention’s impact on actual use and misuse.

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