

# Newsletter

March-April 2025



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?

Contact the Extension Office

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**Email: [mbartlow@co.garfield.wa.us](mailto:mbartlow@co.garfield.wa.us)**

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## New NRCS Conservation Practice Available

### Practice to Optimize Amount, Orientation, Distribution of Plant Residue.

Wheat Life| February|2025;By Lan Carver; Public Affairs Specialist, Natural Resources Conservation Service

The Natural Resources Conservation Service in Washington (NRCS-WA) has begun to implement Conservation Harvest management (NRCS Interim Conservation Practice Standard 809) to help increase sustainable agricultural practices in the wheat producer community.

The conservation practice focuses on harvest or management techniques that optimize the amount, orientation, and distribution of plant residue left standing or laying on the ground.

This practice requires a variation in harvesting activities to retain maximum standing vertical residue by implementing the use of harvest operations equipment like the stripper headers that can optimize yield while maintaining the health and integrity of the soil, water, and surrounding ecosystem.

“Having any plant material residue left on the field, standing or laying down, helps to reduce erosion from wind and rain, increase soil organic matter, and moderate soil temperatures,” said Dr. Stevan Lee, Plant Materials Center manager for NRCS-WA. “These techniques also help to reduce soil compaction, which has the benefit of helping the soil absorb more moisture.”

The benefits of using a disc drill in combination with the standing residue comes primarily by preserving soil structure, reducing compaction, and improved water absorption. Healthier soils require less chemical input over time, reducing costs associated with fertilizers and pesticides. Additionally, healthier soils are more resilient to climate

variability, offering long-term economic benefits. Disk drills in this system also can be used to meet the Residue and Tillage Management, No-Till Conservation Practice Standard (CPS) 329 or Residue and Tillage Management, Reduced Till CPS35.



Double disc drill.



Stripper header.



Draper header.

Pictures from The Natural Resources Conservation Service U.S Department of Agriculture– The Economics of Stripper header and Disc Drill adoption

There are additional benefits to using the stripper header and disc drill in that they can help reduce fuel and labor costs. Stripper headers and disc drills reduce the

number of field passes and the amount of tillage required. This translates into financial savings on fuel and labor. This practice also greatly reduces “hair pinning” of residue and poor stand establishment sometimes associated with no-till seeding into conventionally cut, horizontal residue. Financial benefits reported in a 2023 study involving six Montana wheat producers indicated an average savings of \$4.40 per acre/year. If interested in learning more, the Montana based study can be found at <https://www.nrcs.usda.gov/sites/default/files/2023-11/Montana-Economics-of-Stripper-Header-and-Disc-Drill-Adoption.pdf>

With the addition of the equipment required to adhere to this conservation practice comes increased cost requirements. Both stripper headers and disc drills represent a significant initial capital investment. NRCS-WA can help with equipment costs to make implementation of this practice more financially feasible using their Environmental Quality Incentives Program (EQIP). By working with NRCS, producers who choose to implement Conservation Harvest Management (NRCS Interim Conservation Practice Standard 809) would receive EQIP payment incentives on a per-acre Basis.

If you are interested in learning more about this practice and how NRCS can help you help your land, contact your local NRCS-WA service center.

### **Beef Checkoff Update February 2025** By Jackie Madill, WSBC Executive Director Ketch Pen Vol. 74, Issue 8

#### **New Checkoff-Funded Research Details How Beef Benefits Key Age Groups**

Three recent studies outline how eating beef can help close nutrient gaps at key life stages. Your National Beef Checkoff research programs provide the foundation for virtually all Beef Checkoff-funded information and promotion by supplying the science-based information critical to beef nutrition, safety, quality and sustainability. As the leading expert in beef nutrition, the Beef Checkoff works with researchers, medical and health professionals and government agencies to communicate beef's critical role in an optimal, sustainable diet. Currently the robust body of scientific evidence points to beef's natural nutrient density as a nutrition solution for Americans across all life stages and phases. And as a protein option that most consumers prefer, it is a delicious and satisfying multi-vitamin that fits in nearly all diets common in the U.S.

#### **Beef Contributes Key Nutrients Across Critical Life Stages**

The newest research confirms that eating meals with beef improves intake of key nutrients in the diet and helps a greater percentage of the population meet nutrient adequacy for calcium, iron, zinc, thiamin, riboflavin, protein and vitamin B12.

According to Dr. Shalene McNeill, executive director of nutrition science, health and wellness at the National Cattlemen's Beef Association, "Beef nourishes Americans' health at every life stage, with its unique combination of high-quality protein, iron, zinc, choline, and B vitamins. Americans cite beef as one of their top protein choices, with 82% identifying beef as a great source of protein."

Three recent research studies published in the peer reviewed, scientific journal *Nutrients*, add to the strong body of evidence reinforcing the important role beef plays in closing nutrient gaps during critical life stages. Each study analyzed a large dataset gathered from a comprehensive, nationally representative survey of Americans to assess beef intake and the contribution of nutrients from beef-containing diets.

Victor Fulgoni III, PhD, the lead study author explained, "Our analysis shows that people at various life stages—adolescents, pregnant and lactating women and older adults—who eat about 2 ounces of beef a day, on average, consume more essential nutrients in their meals, helping them better achieve overall nutrient adequacy." Fulgoni's research determined that,

"Meals with nutrient dense beef may help improve health by delivering critical nutrients that support key life milestones."

#### **Adolescents (14-18 years old)**

Adolescence is a critical life stage with increased nutrient needs for optimal growth and development. A combination of greater nutrient requirements and a decrease in diet quality in this life stage leads to nutrient gaps and deficiencies, creating a public health concern. The 2020-2025 Dietary Guidelines for Americans state the constellation of nutrients lacking in adolescents' diets puts them at greater nutritional risk during rapid growth and development.

Beef's nutrients, such as protein, zinc, B vitamins and iron are essential nutrients needed for proper adolescent development. Based on this analysis, adolescents who regularly eat meals with beef are more likely to meet daily recommendations for essential nutrients and have a lower prevalence for nutrient inadequacies. The researchers found that adolescent beef consumers with an average beef consumption of as little as 1.7 ounces per day had upwards of 15% more intake of calcium, iron, phosphorus, selenium, sodium, choline, vitamin B12 and zinc than adolescents who do not regularly consume beef.

#### **Pregnant and Lactating Women**

The importance of proper nutrition in supporting maternal and child health through pregnancy and lactation cannot be overstated. About 95% or more of pregnant and lactating women who eat beef have adequate intakes and meet nutrient recommendations of zinc, calcium, vitamin B12, protein, riboflavin, iron and niacin: yet many pregnant and lactating women who do not regularly eat beef are inadequate in these nutrients. For example, based on this analysis, it is estimated that an additional 830,000 pregnant and lactating women would no longer have inadequate intakes for zinc if they incorporated as little as 1.74 ounces of beef into their daily diet.

#### **Older Adults (60 years and older)**

A significant proportion of older U.S. adults consume less than the recommended amounts of key nutrients each day, which can have health consequences. This study found older adults who consume beef have improved intake of 12 nutrients, including nutrients often lacking in this population such as protein and vitamin B12. The research indicates a higher proportion of this age group would meet nutrient recommendations for protein and vitamin B12, and other essential nutrients by eating about 2 ounces of beef per day in their diet.

## Healthy Living

### Water: How much should you drink every day?

*Water is essential to good health. Are you getting enough? These guidelines can help you find out.*

By Mayo Clinic Staff

Healthy lifestyle: Nutrition and Healthy Eating  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

How much water should you drink each day? It's a simple question with no easy answer. Your individual water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

#### What are the health benefits of water?

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

#### How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

#### What about the advice to drink 8 glasses a day?

You've probably heard the advice to drink eight glasses of water a day. For some people, fewer than eight glasses a day might be enough. But other people

might need more. You might need to modify your total fluid intake based on several factors:

- **Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during and after a workout.
- **Environment.** Hot or humid weather can make you sweat and requires additional fluid. Dehydration also can occur at high altitudes.
- **Overall health.** Your body loses fluids when you have a fever, vomiting or diarrhea. Drink more water or follow a doctor's recommendation to drink oral rehydration solutions. Other conditions that might require increased fluid intake include bladder infections and urinary tract stones.
- **Pregnancy and breast-feeding.** If you are pregnant or breast-feeding, you may need additional fluids to stay hydrated.

#### Is water the only option for staying hydrated?

No. You don't need to rely only on water to meet your fluid needs. What you eat also provides a significant portion. For example, many fruits and vegetables, such as watermelon and spinach, are almost 100% water by weight.

In addition, beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake. But go easy on sugar-sweetened drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which may provide more calories than needed.

#### How do I know if I'm drinking enough?

Your fluid intake is probably adequate if:

- You rarely feel thirsty
  - Your urine is colorless or light yellow
- To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's a good idea to drink a glass of water:
- With each meal and between meals
  - Before, during and after exercise
  - If you feel thirsty

#### Should I worry about drinking too much water?

Drinking too much water is rarely a problem for healthy, well-nourished adults. Athletes occasionally may drink too much water in an attempt to prevent dehydration during long or intense exercise. When you drink too much water, your kidneys can't get rid of the excess water. The sodium content of your blood becomes diluted. This is called hyponatremia and it can be life-threatening.



New offerings this year!



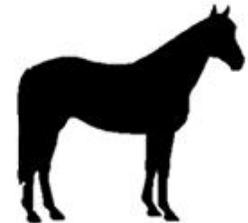
# 2025 UI/WSU Youth Livestock Field Days

## Horse – March 8, Palouse Empire Fairgrounds

## Advanced Animal Science Field Day - March 15, U of I Pavilion

*\*All livestock species are included; Recommended for youth with 3+ years' experience in a livestock project*

## Swine – March 22, Nez Perce County Fairgrounds



### Schedule:

8:00 am Registration  
 8:45 am Welcome  
 9:00-11:45 Morning Rotations  
 - Livestock Selection & Evaluation  
 - Nutrition  
 - Health  
 - Training at Home

11:45-12:15 Lunch Provided  
 BBQ sandwich or sausage, chips, cookie, drink

12:15-1:30 Afternoon Sessions  
 - Hands-on Stations  
 - Livestock Judging

1:30 pm Closing

University of Idaho and Washington State University Youth Livestock Field Days provide research-based information to 4-H and FFA members regarding the production, showing and marketing of youth livestock projects that meet or exceed livestock industry standards and consumer expectations.

**\*\*Most classes are held outside, please dress accordingly\*\***  
**\*\*Open to all youth, not just 4-H/FFA members\*\***

**Cost:** \$10 per person. Purchase tickets for all youth and adults attending! Pay by card (\$1+3% transaction fee) or contact us for a scholarship (information below).

**Registration:** (will close at max capacity)

[bit.ly/clearwater\\_events](https://bit.ly/clearwater_events)

- Horse – DUE March 1
- Advanced Field Day – DUE March 8
- Swine – DUE March 15

*Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-complete.pdf](https://www.uidaho.edu/reasonable-accommodation-for-4-h-parent-complete.pdf) ([uidaho.edu](https://www.uidaho.edu)) to assist in evaluating the reasonable accommodation request at least two weeks prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources, 875 Perimeter Drive, Moscow, ID 83844-4257, [cdar@uidaho.edu](mailto:cdar@uidaho.edu) Phone 208-885-6307, Fax 208-885-9404*



WASHINGTON STATE UNIVERSITY  
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 UI/Clearwater County | 208-476-4434  
 UI/Latah County | 208-883-2267  
 UI/Lewis County | 208-937-2311  
 UI/Nez Perce County | 208-799-3096  
 WSU/Whitman County | 509-397-6290



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# APRIL 5, 2025

## GARFIELD COUNTY FAIRGROUNDS



### BEEF

Contact Jana Koller  
509-710-2369

janakoller1971@gmail.com

### SWINE

Contact Becky Tetrick  
208-791-1649  
tetrickcb@hotmail.com

### GOATS & SHEEP

Contact Mauri Knott  
509-330-1214  
mauriknott@gmail.com  
• Zero tolerance on Fungus!



\$20 per Head  
\$10 Showmanship

Entry fees waived for Garfield County residents.

### REGISTER AT [SHOWMAN.APP](https://www.showman.app)

Find us on Facebook for up to date information.  
"Garfield County Spring Preview Jackpot Participants"



## Other Up Coming Events at the Garfield County Fairgrounds

**Spring Farming Days**  
April 12 & 13, 2025

**Gas Engine Show & Swap Meet**  
June 28 & 29, 2025

**Garfield County Fair & Rodeo**  
September 12-14, 2025



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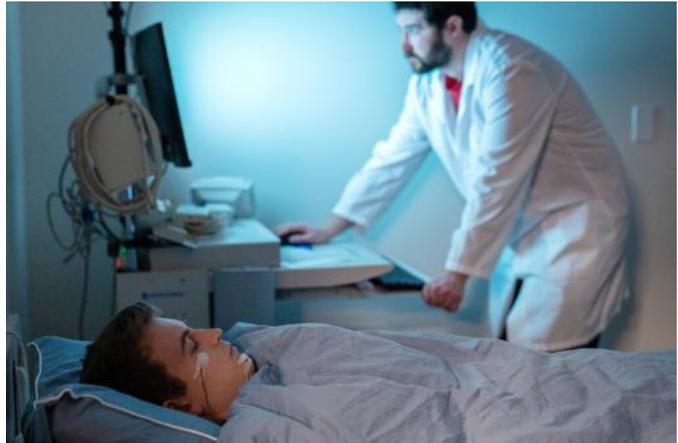
### **Did you know that sleep plays a role in cancer prevention and treatment?**

Article “ WSU Researchers explored the role of sleep in cancer prevention and treatment,” By Elizabeth Chambers, WSU Elson S. Floyd College of Medicine Communications and Marketing summarized by Monica Bartlow for the complete article visit the following website: <https://news.wsu.edu/news/2025/02/25/wsu-researchers-explore-the-role-of-sleep-in-cancer-prevention-and-treatment/>

There are a lot of things we can do to help reduce the risk of cancer but until now no one talked much about the roll proper sleep plays into reducing your chance of cancer and the alternative, that sleep deprivation can lead to the break down of ones DNA which can cause cancer.

Our bodies have a natural circadian rhythm, which is it’s “cycle of sleeping, waking, and eating, cued by environmental factors such as light and dark.” Through a study done by WSU circadian biologist Yool Lee, PHD we have found out that the effectiveness of different anti-cancer drugs changed depending on when they are administrated. Through a lab study they showed that Osteosarcoma tumors or bone cancer shrunk at different rates depending on the time of day the treatment was administrated, therefore through this study Lee has drew the conclusion that “it is a mistake to give cancer treatments with out consideration of the time of day”. Through prior research Lee also proved that “chronic circadian disturbances speed up cancer growth at the molecular and cellular levels.” His reascent work is showing that “even one night of sleep deprivation can potentially suppress immune cells and interfere with their cancer -killing capabilities.”

Briecann Satterfield, PHD, a sleep researcher and Neuroscientist, did a study that showed that when circadian rhythm is disrupted for as little as three night it starts to damage the bodies DNA and in return damage the bodies DNA repair genes. When these DNA repair genes are not available to fix the damage in ones body’s DNA this process can lead to cancer. For this study they took people who had never worked during the night and had half of them continue to work during the day and the other half worked night shifts, messing up their circadian rhythm. They did this for three nights and then collected blood samples which lead to their findings. According to Satterfield, “ though the Study volunteers returned to their normal schedules and their bodies repaired the damage, these findings are especially concerning for people who have done shift work for years and accumulated damage over time.” The next step in this study would be to look at people who have worked night shift for several years.



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**Helping You Put Knowledge To Work**