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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**Livestock and Farming**

**Garfield County Farmers Day to be held on Monday, February 4th, 2019**

The annual Garfield County Farmers Day will be held on Monday, February 4th, from 8:30 AM to 3:00 PM at the Pataha Flour Mill. A free lunch will be provided by local sponsors and the Pomeroy Conservation District. Two Washington Pesticide Re-certification credits will also be available to attendees. While the meeting agenda is not yet finalized, topics to be discussed will include:

- Conservation Buffers and the Voluntary Stewardship Program
- An update from the USDA Farm Service Agency
- A discussion on Grain Quality and low Falling Numbers
- A presentation from the Pomeroy FFA Agricultural Issues team
- A discussion on Integrated Weed and Pest Management. 2 WSDA Pesticide Re-certification Credits have been applied for.

Additional information about the 2019 Garfield County Farmers Day program will be available in early January. The program is co-sponsored by the Pomeroy Conservation District and the WSU Garfield County Extension Office.

**Register Now For 2019 WSU Oilseed Workshops**

The 2019 WSU-WOCS Oilseed Workshops are just around the corner, and we invite you to join us for one or both of the workshops scheduled for January 23rd in Wilbur and January 25th in Clarkston. The focus will be on stand establishment, and we have a wide range of general and breakout session topics that will address everything from planting equipment to plant growth regulators to fertilizer and herbicide management strategies. We are excited to have Caydee Savinelli, Pollinator and IPM Stewardship Lead at Syngenta from North Carolina, who will share the latest updates about neonics and pollinators. Other speakers will include PNW growers, industry, and university representatives, along with several presenters from other canola producing regions of the U.S. and Canada. Based on feedback after last year’s workshops, we will again have live canola plants for diagnostics of herbicide residue and drift injury, and plants exhibiting nutrient deficiencies. Many thanks to WSU faculty and staff preparing those now! Whether you are just thinking about trying canola or have produced it for many years, we guarantee an information-packed day at each location!

Agendas and links to registration (via Brown Paper Tickets) are posted on our website. We have applied for pesticide credits from ID, MT, OR and WA.

**Register now at www.css.wsu.edu/oilseeds**! Registration is only $20 and includes lunch and all refreshments. Each workshop will be followed by an industry-sponsored social with and opportunity for informal Q&A with the presenters and vendors.

If you have questions or comments feel free to contact me. Please share this email and information with others who may be interested.

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Timing is Everything With Stubborn Pasture Weeds
By Debbie Williams, Walla Walla County WSU Extension

Reducing stubborn pasture weeds requires correct timing no matter which method of control you consider. Effective methods include grazing management, mechanical and chemical control. Proper grazing management provides a good stand of forage that competes against weeds and reduces bare spots where weeds can take hold. Mechanical control can help. Timing of mowing, clipping, and hand pulling is critical to eliminate seed production, especially in annuals and biennials. Mechanical control can also help with some perennials around the time of pre-bud to early bud because it taxes the energy the roots need.

Chemical control is usually needed for most of our tough pasture weeds. The best control is through a specific plan for each problem weed. However, follow label directions and do not over treat a specific area. If you delay herbicide application beyond the optimum growth stage, weeds will become increasingly competitive with grasses and harder to control. Conditions such as herbicide resistance, adequate spray coverage, decreased herbicide absorption due to stressed plants or not using the proper surfactant will decrease effectiveness.

Pasture Weeds
For annual weeds, you get the best control when herbicide is applied to small plants growing under good environmental conditions when products are applied in enough water to adequately cover plants. Typically, you don’t mow within three days before or after spraying to allow adequate movement of the herbicide through the plant. If possible, irrigate the weeds to ensure active growth and that they are dust free before spraying. Multiple applications may be necessary to control repeated flushes of annual weeds.

Some annuals will behave like biennials in the right conditions. Common troublesome summer annual pasture weeds include Mustards (spray before bolt), Pigweeds (spray when very small, can accumulate N to toxic levels, resistance to some herbicides has been reported); and Spike Weed (spray when rosettes are less than 3” in diameter). Troublesome winter annuals include Yellow Star Thistle (spray seedling to mid-rosette stage); Puncture Vine (spray when small); and Hare Barley (spray in the fall or spring prior to heading).
For perennial weeds, your best control is often obtained when systemic herbicides are applied to taller plants that are in the reproductive growth stage, just prior to bloom. At this time the herbicide will be translocated or moved throughout the plant resulting in more complete control than just burning off the tops with earlier applications. Simply burning off the above ground foliage is usually not adequate to kill root and other plant parts that can re-emerge. For perennials, herbicides are least effective during rapid growth in the spring. However, spraying the regrowth of some weeds during the late fall period can provide some of the most effective control. Weeds that are particularly vulnerable to fall applications include Canada Thistle (spray fall rosettes or wait until prebloom); Curly Dock (spray before bolt); Plantains (spray before seed stalk bolt); and Field Bindweed (multiple applications are needed, best during flowering).

For biennial weeds, you get the best control when herbicides are applied to rosettes in the fall and spring. Pasture weeds such as Scotch Thistle, Bull Thistle, and Common Mullein are problematic biennial weeds. Fall is the preferred time to spray biennial plants but anytime prior to bolt can be effective. Mallow (spray before 3 inches wide, tolerant to many common herbicides) is considered an annual but frequently acts like a biennial in pastures.

Make sure you have correctly identified your weed and then explore the correct timing and herbicide products for the best control plan. Carefully follow herbicide label directions. Keep up with you plan until the weed is controlled. In most cases, control must be uninterrupted for more than three years to eliminate the weed.
Pullman, Washington—A mushroom extract fed to honey bees greatly reduces virus levels, according to a new paper from Washington State University scientists, the USDA and colleagues at Fungi Perfecti, a business based in Olympia, Washington.

In field trials, colonies fed mycelium extract from Amadou and Reishi fungi showed a 79-fold reduction in deformed wing virus and a 45,000-fold reduction in Lake Sinai virus compared to control colonies.

Though it’s in the early stages of development, the researchers see great potential in this research.

“Our greatest hope is that these extracts have such an impact on viruses that they may help varroa mites become an annoyance for bees, rather than causing huge devastation,” said Steve Sheppard, a WSU entomology professor and one of the papers authors. “We’re excited to see where this research leads us. Time is running out for bee populations and hinges on our ability to find means to improve pollinator health.” The research was published in the journal Scientific Reports.

The hope is that the results of this research will help dwindling honey bee colonies fight viruses, that are known to play a role in colony collapse disorder.

“One of the major ways varroa mites hurt bees is by spreading and amplifying viruses,” Sheppard said. “Mites really put stress on the bees’ immune systems, making them more susceptible to viruses that shorten worker bee lifespans.”

**Partnership with Fungi Perfecti, LLC**

This is the first research paper to come out of a partnership between Sheppard’s lab and Fungi Perfecti. Their co-owner and founder Paul Stamets is a co-author on the paper.

“Paul previously worked on a project that demonstrated the antiviral properties of mycelial extracts on human cells,” Sheppard said. “He read about viruses hurting bees and called us to explore the use of extracts on honey bees.”

**Limited Supplies**

Right now, the mycelium extract isn’t currently available in levels for beekeepers to purchase for their hives. “We are ramping up production of the extracts as rapidly as is feasible, given the hurdles we must overcome to deploy this on a wide scale,” Stamets added. “Those who are interested in being kept up to date, can sign up for more information at www.fungi.com.”

Sheppard said he and his colleagues plan to do more work to refine their now-published results, That way beekeepers will have the best information when supplies are more available.

“We aren’t sure if the mycelium is boosting the bees’ immune system or actually fighting the viruses,” Sheppard said. “We’re working to figure that out, along with testing larger groups of colonies to develop best management practices and determine how much extract should be used and when to have the best impact.”
Mites and Viruses

Over the last decade, beekeepers have seen a disastrous decline in the health of honey bee colonies, often averaging over 30 percent loss annually. Varroa mites, and the viruses they proliferate, play a major roll in those losses. Deformed wing virus, which causes shriveled wings on bees, greatly reduces the lifespan of worker bees.

Lake Sinai virus is also associated with varroa mites and is widespread in bee colonies around the United States. While the virus has no obvious or overt symptoms, it’s an important virus to fight because it was found at higher levels in bees from collapsing colonies. It is closely related to chronic bee paralysis virus and it likely makes bees sick and weak, according to WSU assistant research professor Brandon Hopkins.

Treating with Fungi

The treated bee colonies in this experiment were fed an oral treatment of mycelial extracts in dozens of small WSU bee colonies infested with varroa mites. “It’s a really easy treatment to apply,” Sheppard said. “After we follow larger colonies for a full year, we can develop recommendations for how to use the extracts. Then it is expected that Ffungi Perfecti will ramp up production.”

There is currently no timeline for when the extract would be available at a scale large enough for beekeepers.

A portion of this project was funded by USDA-NIFA project WNP00604.
We hope you all had a Merry Christmas and will have a Happy New Gardening Year!!

We had a great year with our 3rd grade kids! The new raised beds at the south end of the school are a great asset to our program. They give us more room to plant quick growing vegetables and the raised beds in front of the school can be used for vegetables and flowers that can be harvested over the summer and for our entry in the Garfield County Fair. We thank the Harold and Helen Shepherd Foundation for supporting these raised beds. This last summer the Shepherd Grant helped to fund a new drip irrigation system. A big thank you to Larry Carrey and JD Morrow for designing and installing the drip system. As school ended, a few of the children showed interest in helping plant and water these new beds. A thank you also goes out to Susan Morrow for watering these beds all summer as the drip system didn’t get finished till the end of August.

The Master Gardener Elephant Ear booth at the Garfield County Fair was another great success! The money earned from this will be used for a Weather Station for the kids to see that as the temperature warms the seeds germinate and the seedlings grow. We also bought bulbs to force and take home, as well as some for the beds in front of the school. The kids will also be planting bulbs in containers to take home for Mother’s Day! As the kids like to plant out in the beds as soon as the weather warms, we will have them plant a variety of cool season vegetables in both the front planters and raised beds. Until we can plant outside, they will plant in peat pots and learn about soil; Nitrogen, Phosphorus and Potassium in fertilizer; the weather and what it takes for plants to grow.

As the Holidays are over and we are getting many gardening catalogs every day, start planning your vegetable garden. Decide what seed you need to order, if ordering from a catalog, so you will have them as soon as weather permits. Also, you may want to plant some seeds early in pots for an earlier crop. Many vegetables, both cool season and warm season are easy to start in containers, but be sure to use a seed starting mix, not garden soil mix. If you have any questions about seed starting or any other gardening questions, call the WSU/Garfield County Extension Office, 509-843-3701.
**New Perennials for 2019**

**Salvia Azure Snow:** Bi-color lavender blue and white flower spikes atop aromatic foliage. 18 to 20 inch tall plants, bloom late spring through summer. Attracts Butterfly’s, Humming birds and bees. Grow in sun most any soil zone 3 to 8.

**Heuchera Blondie:** Warm Carmel foliage with creamy yellow flower spikes, bloom late spring to fall. Plant size 6 to 10 inches, like partial shade to full shade. Zone 4 to 9 normal soil to acid soil. Can attract Butterfly’s and humming birds.

**Hosta Wheee:** Ruffled cream edged leaves. Light lavender flower bloom midsummer. Plant in partial shade to full shade most any soil. Height about 12 inches. Zone 3 to 9.

**Agastache Mango Tango:** Pink blushed peach flowers bloom summer to fall. Height 18 inches. Loves a sunny location grows 18 inches tall in most soils. Zone 6 to 9. Flowers attract pollinators, Butterfly’s and Humming birds. Foliage is scented.
**WINTER BIRDS MYTHS AND FACTS**

By George Harrison

Birds & Blooms

When it comes to winter birds, it seems there are more myths than usual. Here are a few of the common ones. Hopefully, this will debunk these winter bird myths once and for all with the correct winter birds facts.

**Winter Birds Myth: Birds will freeze to death when temperatures drop far below zero.**

Winter Birds Fact: Birds are well equipped to survive the coldest of temperatures. They store fat during the short days of winter to keep themselves warm during the long nights. During those freezing nights, they fluff their feathers to trap heat and slow their metabolism to conserve energy. They also look for good places to roost, whether it’s a birdhouse, natural tree cavity, grass thicket, evergreen or shrub.

**Winter Birds Myth: American Robins fly south for winter.**

Winter Bird Fact: If there is sufficient food on their breeding grounds, American robins, bluebirds, and a host of finches and owls remain in the area where they spent the summer. As these birds often eat insects, they will instead forage among tree bark for overwintering bugs rather than on the frozen ground, where you’re more likely to see them in spring and summer.

**Winter Birds Myth: You should take birdhouses down in winter because birds don’t use them and other creatures will move in.**

Winter Birds Fact: On the contrary! A birdhouse makes a great roosting house in winter, Eastern bluebirds will pile into houses to spend nights. One photographer once even snapped a picture of 13 male bluebirds in on house!

**Winter Birds Myth: If you leave town during winter, the birds that rely on the food from your feeders will die.**

Winter Birds Fact: Research has proven this one wrong. Scientists have shown that Chickadees, for example, will eat only 25% of their daily winter food from feeders. They find the other 75% in the wild. In addition, with so many people feeding them nowadays, birds in your yard will simply fly to a nearby neighbor to get their food until you return home.

**Winter Birds Myth: Birds’ feet will stick to metal bird feeders and suet cages.**

Winter Bird Fact: Most suet cages have a laminated covering, so you don’t have to worry about birds’ feet sticking to it. But in general, their feet can endure cold weather, Birds have a protective scale-like covering on their feet, and special veins and arteries that keep their feet warm.
Winter Birds Myth: All hummingbirds migrate south for winter.
Winter Birds Fact: Though most hummingbird species in North America do migrate south for the winter, the Anna’s hummingbird remains on its West Coast breeding ground.

Winter Birds Myth: Birds always migrate in flocks.
Winter Birds Fact: Though many birds migrate in flocks—common nighthawks, American robins, swallows and European starlings, for example—other species migrate alone. The most amazing example of this is a juvenile hummingbird that has never migrated before, yet knows when to fly, where to fly, how far to fly and when to stop. And it does this all alone.

Winter Birds Myth: Migration means north in the spring and south in the winter.
Winter Birds Fact: Some bird species migrate to higher elevations in the spring and down to lower elevations in the winter. Examples include rosy finches and ptarmigans in the West.

Winter Birds Myth: Peanut butter will get stuck in birds’ throats, and they will choke.
Winter Birds Fact: Peanut butter is a very nourishing food for birds, especially in winter when the production of fat is important to their survival. The winter birds myth that it will stick in their throats simply isn’t true.

Winter Bird Myth: American goldfinches are bright yellow year-round.
As fall approaches, American goldfinches lose their bright-yellow plumages, replacing them with feathers that are a dull brownish-green. Many people don’t recognize these birds in winter, even though duller-colored birds are still at the feeders. They assume that their “wild canaries” have migrated south for winter.

Winter Birds Myth: If you have warm water in a birdbath when the temperature is below freezing, birds will bathe in it and freeze to death from wet feathers.
Winter Birds Fact: Birds will drink from a heated birdbath, but if the temperature is well below freezing, they will not bathe in it and get their feathers wet.

Winter Birds Myth: Woodpeckers drill on house siding in winter for food or to create nesting cavities.
Winter Birds Fact: Though there are cases where woodpeckers find food in wood siding (and may even nest inside the boards), nearly all the drilling in late winter is done to make a noise to court mates. This is their way of singing a song to declare territory.
It can survive on surfaces for days, it is tricky to kill, and is the source of most stomach bugs in America. It’s Norovirus, and we’re in the prime season. Here’s how to beat it.

Norovirus causes the vast majority of stomach bugs in the United States. Research suggests that noroviruses can survive on surfaces for as long as 42 days, and it takes only about 20 viral particles to make a person sick. Yet one tablespoon of vomit contains a whopping 15 million viruses, and the same amount of stool contains up to 75 billion of the buggers.

Keep Your Hands and the Bathroom Clean

When someone in your household gets sick, everyone in the family needs to wash their hands frequently with soap. Focus on scrubbing fingertips and nailbeds, where viruses linger. Hand sanitizers, sadly, aren't effective.

If you can, quarantine the sick. Keep them home of course, and ideally in one part of the house. If you’re fortunate enough to have a home with multiple bathrooms, designate one as the “sick” one that healthy family members don’t use.

If that’s not possible, or if everyone has to share a bathroom, “it would not be overkill to clean surfaces every time” a sick person uses the toilet, said Mary Wikswo, viral epidemiologist at the Centers for Disease Control and Prevention.

This means cleaning the toilet, the handle, the sink, the doorknob—anything that a sick person or his or her fluids might have touched. Close the lid before every flush, too, and maybe even flush a second time after pouring in a half cup to a cup of bleach.

A little known fact about noroviruses is that many household cleaners and wipes don’t kill them. Clorox and Lysol disinfecting wipes claim to kill 99.9 percent of viruses and bacteria, but that doesn’t include noroviruses. Your best bet is to wipe down surfaces with a bleach solution—mix between a half cup and cup of bleach with a gallon of water—or to use health care grade bleach wipes, such as Clorox Healthcare Bleach Germicidal Wipes, hard to find in stores, but are sold on websites like Amazon. Let the bleach sit on the surface for at least five minutes, ideally 10, because it takes time to kill.

If a family member doesn’t make it to the toilet in time, wear disposable gloves and goggles. A face mask is also good as it keeps you from touching your mouth.
To keep the viruses from becoming airborne as you clean, cover the fluid with paper towels, or shake kitty litter or sawdust on it, before scooping it all into a plastic bag. Then close it with a twist tie and dispose of it. Scrub the area with soap and water and then disinfect it with the bleach solution. You should also clean and sanitize a 25 foot radius, including walls, table legs and any other surfaces that might have been inadvertently sprinkled with virus.

If you have to disinfect a rug or upholstered furniture, you probably can’t use bleach because it will cause color damage. If you have a steam cleaner, use it for five minutes at 170 degrees suggests Fahrenheit, Dr. Fraser of Clemson University.

If clothes or washable linens get soiled, either wash them in a washing machine on the “hot” or “sanitize” setting (ideally with a half cup of bleach, if bleaching won’t damage them) or put them in a plastic bag and quarantine them for a few days or weeks, because every time you handle soiled clothes, you risk spreading the virus, Dr. Perencevich, a physician and epidemiologist at the University of Iowa said. Consider also designating specific plates, utensils and cups for sick family members, because some dishwashers don’t eliminate all noroviruses. And don’t let anyone who is sick prepare food for anyone else.

Some good news: Some people are naturally more resistant to noroviruses because of genetic mutations that affect sugars found on cell surfaces. People with B or AB blood types are more resistant too! And most of the time, noroviruses are more unpleasant the they are dangerous.

**How to Wash Your Hands Correctly**

1. Palm to palm
2. Between fingers
3. Back of hands
4. Base of thumbs
5. Back of fingers
6. Fingernails
7. Wrists
8. Rinse and wipe dry
TURNING OFF PHONES—NOT PILLS—KEY TO BETTER SLEEP FOR TEENS

By Addy Hatch, College of Nursing

WSU Insider News, 11/29, 2018

A growing number of teenagers in Anne Mason’s psychiatric-mental health nurse practitioner practice are asking for prescriptions to get sleep medications.

“I’ve got 15-17 year olds coming in to the clinic reporting they can’t sleep at night,” said Mason, who’s also director of the Washington State University College of Nursing’s Doctor of Nursing Practice (DNP) degree program. “These young men and woman are describing sleep interruptions not typically seen until late adulthood.”

Sleep problems in teens have sometimes serious consequences. Daytime sleepiness interrupts school life and can contribute to depression, anxiety and irritability. “A lack of sleep also can have a snowballing effect,” Mason said. “There are negative consequences on physical health, such as obesity, and possible links to more serious mental health problems like suicidal thoughts.”

The issue of sleeplessness in teens has risen to an epidemic, according to the Stanford Children’s Health Sleep Center. In most cases, however, prescribing sleeping pills to teens is not a good solution, Mason said.

Prescription sleep medications can have serious side effects including addiction, daytime sleepiness, depression, memory loss and nighttime behaviors such as sleep-walking, sleep-eating and even sleep-driving.

Even over the counter remedies like melatonin, “PM” analgesics like “Advil PM,” or diphenhydramine (generic Benadryl), can be inappropriate for young people. Studies evaluating efficacy and safety of these medications were never intended to evaluate efficacy and safety in children.

So rather than immediately prescribe medications, Mason suggests improving “sleep hygiene.” That’s a catch-all term for things like sleeping in a cool, dark, quiet room, avoiding caffeine in the afternoon and evening.

But evidence is piling up that electronics, and especially 24-7 access to social media, is a major culprit of sleeplessness in teens.

A Pew Research Center report this spring found that 95% of teens have access to a smartphone, and 45% described themselves as online “constantly.” In a large 2017 study of over 700 teens, social media access—especially a cellphone in a teen’s bedroom—was associated with a significant reduction in sleep time and negative effects on daily functioning, including mood.

“A lot of these teenagers have a TV, computer, phone and tablet in their room,” Mason said. “They’re playing video games before sleep that are highly activating, and they’re Snapchatting with their buddies until midnight.”

Mason, a mother of a teenager, said she knows parents often struggle to set boundaries on the use of electronics, especially when parents have the same media habits as their children. So the key to a better night’s sleep for a teenager might also include a new set of habits for the family.

“Every person in the household benefits from setting limits on electronics and creating a relaxing environment in the evening,” Mason said. “Families are extraordinarily busy, between parents’ careers and kids’ academic or sports schedules. Taking the later evening time to disconnect from electronics and talking to one another about something not stress inducing, or just being present like working on a puzzle, can create the mindset for your teen’s and your best night’s sleep.”
Jordan Hutchins, winner of Busy Bee Award, gave a talk on Teen Leadership Opportunities and shared her experiences on attending Know Your Government, Teen Summit and Teen Conference.

Gold Medal Winners

Garfield County 4-H & FFA

2018 4-H ACHIEVEMENT NIGHT, November 4, 2018, (Continued)

Livestock Club Attendees

Record Book Award Winners
(From Left to Right) Grayson Slaybaugh, Trevin Walton, Colby Ledgerwood, Hayden Phelps, Merritt Scoggin, Westelle Scoggin, Stacia Bowen, Hanna Bagby, and Grady Hutchens.
New 4H Groups

We have two new 4-H groups and some new leaders in Garfield County! We are excited to have a new Poultry and Rabbit group, led by Beverly Wheatherspoon and Amy Van Vogt. We also have a new livestock group, the Blue Ribbon Livestock, lead by Tina Warren and Jessica Nelson. The Garfield County Livestock Group is now led by Kim Walton, Derek Shawley, Kayla Slaybaugh, Sherry Ledgerwood, and Bandie Lockard.

MEET OUR FANTASTIC LEADERS!!

Sherry Ledgerwood, Garfield County Livestock

Hello! I am Sherry Ledgerwood, although I am a new leader in Garfield County, I was a Livestock Leader in Asotin County for 11 years, as well as holding Secretary in the Leader’s Council and being a Fair Board member. As a youth I showed a variety of animals; horses, sheep, swine, and cattle in both 4-H and FFA. I was also on the Parliamentary Procedure Team, Livestock Judging Team and held Chapter and District Offices in FFA. I was a Teen Leader and Camp Counselor in 4-H. So I have had the opportunity to experience these programs from both sides. I look forward to working with the youth of Garfield County and hope they have a fun, gratifying experience, full of smiles, laughter and accomplishments!

Beverly Weatherspoon, Garfield County Rabbits and Poultry

My name is Beverly Weatherspoon. I am a stay at home mom of 4. I grew up in Wells, NV. While I was in high school my family moved to the State of Washington. I graduated from Moses Lake High and earned an Associates of Arts and Science from Big Bend Community College. I then attended the University of Idaho where I earned a B.S. in Chemical Engineering. I met my husband Charles at the Uof I. After a very brief stint working in the real world, I now spend my time with my kids, husband and menagerie of animals. We are always up for new adventures and never cease to be busy.

Laura Dixon, Creative Kids

My name is Laura Dixon. I am an assistant leader for the Creative Kids 4H group. I live and work in Pomeroy. I am married to John Dixon and have 3 children; Madison, Kendall and Tyler. We farm and ranch here and I recently got the fiscal manager position at our local Health District. I truly enjoy helping the youth of our community with 4-H. I believe it builds all the characteristics that we need to raise leaders in our community.
Bandie Lockard, Garfield County Livestock

My Name is Bandie Lockard. I have been involved in 4-H for as long as I can remember. I spent 9 amazing years as a member of the Stitch-N-Stir group, learning to sew, cook and present public demonstrations. For 2 years, I showed lambs and for seven years, I showed Hogs. That is where my “obsession” of those cute and intelligent animals began. Later in life I became a 4-H leader for Asotin County and was honored to be awarded “Leader of the Year”. I have taken 15 qualifying members to compete at the Washington State Fair for public demonstrations throughout the 5 years of leadership. I am so excited for this upcoming year and to get to know the Pomeroy 4-H kids. I truly believe 4-H is such a beneficial and educational experience for kids and parents. There are endless opportunities through 4-H for kids to gain respect, knowledge and understanding of how life works.

Tina Warren, Blue Ribbon Livestock

My name is Tina Warren. I grew up showing livestock in 4H and FFA and even a few years in college. I have been around animals my whole life and have a love for the agricultural industry. I’m very excited to be a leader and to share the fun that I know 4H can be. I hope to bring whatever knowledge I can in leading the group and create some great memories for our kids!

Amy Van Vogt, Garfield Rabbits and Poultry

My name is Amy. I have been married to my husband, Adam, for thirteen years. We have 4 great children. I have volunteered at the Garfield County Fair for four years and have been a member of the Fair Board for two years. I enjoy raising chickens and rabbits with my kids and look forward to working and learning with the kids of Garfield County.

Kim Feider

My name is Kim Feider and I began as a 4H Leader in April of 2018. I am a 3rd generation beef producer in Garfield County and grew up as an active member in Garfield County Livestock Club, Pomeroy FFA and the National and Washington State Angus Associations. I grew up showing cattle at the Garfield County Fair, Spokane Jr. Show and regional and national Jr. Angus shows. I am currently a crop insurance adjuster with Rural Community Insurance Services and have a degree in Animal Science from Washington State University. My husband Ben and I reside on a small 50 acre farm, 8 miles Northeast of Pomeroy with our two sons; Trevin (13) who is the current Vice President of the Garfield County Livestock Club and actively shows steers at the Garfield County Fair and the Spokane Jr. Livestock Show, and Gus (2) who is already showing his interest for cows.
Garfield County 4-H & FFA

Sara Lunsford, Lucky Horseshoe

My name is Sara Lunsford. I grew up with horses and being involved with horse 4-H. My involvement in Horse 4-H taught me many life skills I still use everyday and encouraged me to become a Certified Veterinary Technician. I enjoy training and showing my own horses, as well as everything involved in a successful breeding operation. Horses provide an environment where individuals can constantly grow and learn. I enjoy helping kids learn more about horses and themselves as they grow into better horsemen.

Derek Shawley, Garfield County Livestock

Hi, my name is Derek Shawley. I was born and raised in Pomeroy on the family farm. We had cattle off and on throughout the years. I showed hogs and steers in 4-H and FFA and showed at the Spokane Junior Livestock Show. I am married to Tracie for 15 years. We have three children Cheyenne, Makayla, and Lane. They have all shown all species in 4H and at the Spokane Junior Livestock Show. I have been a livestock club leader for 13 years. I have taken the kids to Spokane to show every year. I enjoy working with the kids and watching them grow into young adults.

Kayla Slaybaugh, Garfield County

My name is Kayla Slaybaugh. I participated in 4-H from third grade to eighth grade. I showed beef and swine at both the county fair and Spokane Junior Livestock Show. I have been involved in the beef industry my whole life. I became a leader in 2012 through 2015, and then again in 2018. I always enjoy working with the kids!

Jessica Nelson, Creative Kids, Blue Ribbon Livestock

My Name is Jessica Nelson. I grew up on a farm in Homedale, Idaho. My dad raised hay and had about 60 head of cows. I was involved in 4-H, starting as a Cloverbud, and showed steers along with a few breeding projects and loved my years in 4H. When I was a sophomore in High School, our school got an FFA program that I was ecstatic to join. I continued in FFA all through High School and served as the FFA President for all three years of the new program. I was involved in multiple leadership roles in our community and State including: Ag Expo Chairperson and Idaho State Beef Ambassador for the Idaho Cattle Association. I worked every summer in the Owyhee County Extension office as a 4-H coordinator Intern. It was an amazing job because I got to work with every age level of kids along with various Agricultural research projects. I loved teaching Agriculture and continued my own education at the University if Idaho. I graduated with a degree in Agriculture Education Industry Management and Communications with the dream of working for the Idaho Beef Council or in Extension. God had a different, wonderful path for me and I met my husband Geremy at school. After we got married we moved to his family ranch in Mackay Idaho. Family circumstances changed and Geremy go a job with the FSA and we made the move to Pomeroy, WA.
Jessica Nelson, (continued)
We have three energetic boys, Conrad (8), Corbin (6), and Colyer (4). I have volunteered with the Creative Kids 4-H club for the past 7 years and I have loved teaching the kids some of the fun and exciting activities that 4-H offers. My friend, Tina Warren and I decided to start the Blue Ribbon Livestock 4-H club this year to provide the children with a great learning experience through a manageable and productive club environment. We are so excited for this new year!!

BEEF FIELD DAYS
Both livestock groups started off with a beef field day, where they learned to determine the correct age and weight for a show steer, estimating the final weight, structure, muscle, volume and balance. They had some hands on time at the Ledgerwood feedlot. Samee Ledgerwood and John Dixon shared their knowledge with the kids and parents alike.
**10-Minute Italian Zucchini Noodle Skillet with Chicken Sausage**
Adapted from Costco’s True Story Organic Sweet Italian Chicken Sausage

**Ingredients**
- 2 TBS. Coconut Oil or Olive Oil
- 1 Medium Yellow Onion, Thinly Sliced
- 2 Cloves of Garlic
- 1 Pint Grape Tomatoes, sliced in half
- 4 Fully Cooked Italian Sausage Links, Sliced into Coins
- 4 Medium Zucchini
- 2 Ounces Fresh Parmesan Cheeses, Shredded
- Salt and Pepper To Taste

**Directions**
Warm a large skillet with oil over medium-high heat. Toss in the onion and garlic and sprinkle with salt and peppers. Brown the sausage coins in a separate pan. Once the onions begin to look translucent, add the tomatoes and sausage. Your tomatoes will begin to release their juices and it will collect in the pan, once you see the tomato juice add the zucchini noodles. Use tongs to toss and coat zucchini. Cook until desired texture is reached, or about 3 minutes. Taste and season with salt and pepper as necessary. Shred parmesan cheese over the skillet. Serve and enjoy!