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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Animal Alert: Extreme high summer temperatures may cause problems for livestock producers and their animals.

Date: June 24, 2021

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Commercial producers and youth with animal projects should prepare now for the upcoming heat and dangerous conditions. Here are a few general suggestions to keep your animals safe, but also keep in mind each of the various species of domesticated animals with have specific needs.

- Avoid stressful handling of livestock and if necessary only do so in the early morning hours or late in the evening.
- If animals are in a barn or shed, ensure that they have proper ventilation and air circulation.
- For animals outside, provide shade if possible.
- Provide a continuous supply of cool, clean water.

Water is an important factor in allowing animals’ bodies to cool down and stay cool. Sufficient water is particularly important for animals that are lactating or pregnant to ensure health of the nursing young and health of offspring at birth. Watch for signs of dehydration (e.g. lethargy, drying of the mucous membranes and eyes, or eyes that appear sunken and dull). Clean water is also important: Note that excessive heat and stagnant water can promote blue-green algae growth which has shown to be toxic to livestock, wildlife, and humans. More information on blue-green algae can be found at https://www.ag.ndsu.edu/publications/livestock/cyanobacteria-poisoning-blue-green-algae. The following table provides some insight into the amount of water and feed required by livestock.

<table>
<thead>
<tr>
<th>Animal</th>
<th>Amount of water/day</th>
<th>Amount of feed/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lactating cows</td>
<td>20–25 gal/day</td>
<td>Free choice hay, protein supplement to meet requirements</td>
</tr>
<tr>
<td>Dry cows</td>
<td>5–15 gal/day</td>
<td>Free choice hay</td>
</tr>
<tr>
<td>Lactating sow</td>
<td>3–7 gal/day</td>
<td>8 lb of grain</td>
</tr>
<tr>
<td>Dry sow</td>
<td>3–6 gal/day</td>
<td>2 lb of grain</td>
</tr>
<tr>
<td>Lactating ewe/doe</td>
<td>2.5–3 gal/day</td>
<td>Free choice hay, protein supplement to meet requirements</td>
</tr>
<tr>
<td>Dry ewe/doe</td>
<td>1–2 gal/day</td>
<td>Free choice hay</td>
</tr>
<tr>
<td>Chickens</td>
<td>1 gal/20 birds</td>
<td>3 lb of grain/20 birds</td>
</tr>
<tr>
<td>Horses</td>
<td>10–15 gal/day</td>
<td>Free choice high quality hay</td>
</tr>
<tr>
<td>Rabbits</td>
<td>0.1–0.25 gal/day</td>
<td>Free choice high quality hay</td>
</tr>
<tr>
<td>Llama/alpaca</td>
<td>2–5 gal/day</td>
<td>Free choice hay</td>
</tr>
</tbody>
</table>

Adapted from Markwick (2002), Almond (1995), and FEMA (2013).
Remember that during times of heat stress, it may be necessary to reduce the energy intake (e.g. grains and concentrates) and increase fiber in the diets of animals such as 4-H steers and lambs to help mitigate heat stress. In addition, endophyte infected forages (e.g. fescue or other forages or crop residues containing endophyte) should be avoided as they may exacerbate heat stress in cattle.

Heat stress can also be made worse by high humidity. Animals find it more difficult to cool during times of high humidity. In general, the Inland Northwest does not experience high humidity during the summer. However, west of the Cascade Range the marine environment is more prone to higher humidity. In addition, areas to the east of the Cascade Range with vast areas of irrigated farmland are an exception and can experience higher humidity.

During/following heat stress, watch for signs of respiratory disease & digestive disorders in animals. Wide temperature swings between day and night (say 40 degrees or more) can predispose livestock to infection.

Finally, high temperatures with low humidity increase the likelihood of wildfires across our region. Have an emergency plan in place to guide you in times of high temperatures and also for disaster preparedness such as wildfires. If you need assistance navigating this heat wave please contact your WSU Extension Specialists, County Extension Educators, Extension Veterinarians, or your local veterinarian. Our animals depend on us! For more information read the online article, “Livestock Heat Stress: Recognition, Response, and Prevention.”

Salmonella Outbreaks Linked to Backyard Poultry
Posted June 24, 2021
Source: The CDC and Dr. Susan Kerr, WA State Dept. of Ag Educational Outreach Specialist

One in three sick people is a child younger than 5 years. Don’t let young children touch chicks, ducklings, or other backyard poultry.

Fast Facts
Illnesses: 474 (311 new)
Hospitalizations: 103 (69 new)
Deaths: 1 (1 new)
States: 46 (3 new)
Investigation status: Active

Backyard Poultry and Salmonella
Backyard poultry, like chicken and ducks, can carry Salmonella germs even if they look healthy and clean. These germs can easily spread to anything in the areas where the poultry live and roam. You can get sick from touching your backyard poultry or anything in their environment and then touching your mouth or food, and swallowing Salmonella germs. The CDC has this advice for backyard flock owners:

- Always wash your hands with soap and water right after touching backyard poultry or anything in the area where they live and roam.
- Use hand sanitizer if soap and water are not available.
- Don’t let backyard poultry inside the house, especially in areas where food or drink is prepared, served or stored. Keep flock supplies outside the house.
- Set aside a pair of shoes to wear while taking care of poultry and keep those shoes outside of the house.
- Children younger than 5, adults over 65 and people with weakened immune systems shouldn’t handle or touch chicks, ducklings or other poultry.
- Don’t eat or drink where poultry live or roam.
- Don’t kiss backyard poultry or snuggle them and then touch your face or mouth.
- Stay outdoors when cleaning any equipment or materials used to raise or care for poultry, such as cages, or feed or water containers.

Here's how to handle eggs safely:
- Collect eggs often, don't let them sit in the nest as they can become dirty or break.
- Throw away cracked eggs. Germs on the shell can more easily enter the egg through a cracked shell.
- Rub off dirt on eggs with fine sandpaper, a brush or a cloth. Don’t wash them because colder water can pull germs into the egg.
- Refrigerate eggs to keep them fresh and slow the growth of germs.
- Cook eggs until both the yolk and white are firm. Cook egg dishes to an internal temperature of 160 degrees to kill all germs.
I hope everyone is enjoying their gardens this summer. For May and June at my house we didn't get much rain and the outlook for July and August is for above average temperatures and below average rainfall. Our lawns and gardens need to be watered two to three times a week. A deep watering is more beneficial than a short watering every day. Water long enough to get the soil moist below the roots to encourage them to go deeper and become more drought tolerant. And mow lawns higher as this helps shade roots.

Our hot, dry, windy weather, is perfect environment for spider mites. If the foliage starts looking white, and you see what looks like spider webbing on the top of the plant you probably have spider mites. You must use a organic or chemical spray to get rid of them or your plant is going to die. If you do not want to use sprays or the plant is too far gone, pull and put plant in your garbage, not in compost. Powdery mildew also comes with hot days and cool nights. It is a white powder-like disease that covers the foliage. It looks bad but probably will not kill the plant. Any plants removed because of disease put in your garbage, your compost may not heat up enough to kill diseased plants or weed seeds, so don't add these to your compost.

Aphids will also eat many plants. Aphids can be washed off with a strong stream of water, so you do not have to spray, but it may take several days of water spray to get rid of them. If you choose to use a chemical spray, read the label before applying. Make sure to spray in the early morning or late evening, before beneficial insects are active, so you won't kill them. Keep the spent blooms picked off annuals so they will keep blooming. Perennials may also re-bloom if cut back, given a little fertilizer, and watered well. Divide or move Iris plants in July or August. Replant the Iris rhizomes that are firm and have leaves, plant in small mounds with the roots just covered. Keep them well watered until established.

In the your veggie garden, be on the lookout for cabbage moths and stink bugs. They like hot days and do a lot of damage to many veggie crops. Slugs are also still around in moist shady areas. When using slug bait, get the kind that are not harmful to pets, as dogs will eat some baits and they may cause them to become very sick or die.
In this heat don't let tomato plants dry out, keep them evenly moist. Dry soil, followed by lots of water promotes blossom end rot, a hard black spot on the bottom of the fruit. Uneven watering may also cause the fruit to split. If the weather stays over 90 degrees for several days your plants will produce less fruit anyways so you don't want to damage the fruit you have. If you have a bare spot in the veggie garden, plant some "short days to maturity" beans or corn. If we have a warm September and October, you will get the reward of late veggies. Harvest garlic at the end of July into August depending on variety. If you haven't, thin fruit on your trees. A minimum of 4" to 6" spacing will help them develop larger fruit and reduce the weight on the limbs. Take the fruit off on the ends to help reduce weight.

You may want to consider growing a few plants that attract beneficial insects or repel bad bugs in your gardens. Bronze fennel wards off aphids and slugs. Although, the bronze fennel can be invasive, so plant it in containers and place the containers in your garden where needed. Peppermint attracts damsel bugs which prey on caterpillars, mites, potato beetles and cabbage worms. Marigolds ward off aphids and attract bees and wasps which prey on caterpillars, aphids and white flies. Dill attracts bugs which prey on white flies and it will ward off squash bugs and spider mites.

The Master Gardeners are in the extension office on Thursdays from 1:00 to 3:00 PM. Bring in a sample of your problem any day of the week or come in and talk to us on Thursday. We will also answer gardening questions, and identify weeds or bugs at this time.
Healthy Living

Matthew Walker’s 11 Tips for Improving Sleep Quality
https://www.masterclass.com/articles/matthew-walker-on-improving-sleep-quality#matthew-walkers-11-tips-for-improving-sleep-quality

Every living organism on the planet needs sleep, even if it’s a small amount. Sleep is an integral component of human health, and sleep loss can adversely affect the way we function in our everyday lives. Sleep expert Matthew Walker underscores the importance of sleep with these essential tips for improving sleep quality.

A Brief Introduction to Matthew Walker

Dr. Matthew Walker is a specialist in the study of slumber and the founder-director of the Center for Human Sleep Science at the University of California, Berkeley. The influential British neuroscientist is the author of the international bestseller Why We Sleep (2017), recommended by The New York Times for “night-table reading in the most pragmatic sense” and endorsed by Bill Gates. In addition to examining how sleep affects the brain and body, Matthew has analyzed everything from its role in Alzheimer’s disease and depression to how it can facilitate learning and, potentially, extend our life expectancy. He received his Ph.D. from the Medical Research Council at Nottingham University in London in 1996, eventually becoming an assistant professor of psychiatry at Harvard Medical School in 2004. As a certified sleep scientist, Matthew has conducted extensive research and studies into the impact of sleep and how it affects our physical and mental health.

Why Is Sleep Important?

Sleep is important because it can help us physically heal, recover from illness, deal with stress, solve problems, consolidate memories, and improves motor skills. A good night’s sleep isn’t just about how many hours of sleep you get, but also the quality of that sleep.

NREM sleep aids physical recovery. There are two essential kinds of sleep: non-rapid eye movement sleep (NREM) and rapid eye movement sleep (REM). NREM sleep helps your body wind down and fall into a deep sleep, which allows you to feel more rested in the morning. NREM sleep can help us physically heal, recover from illness, deal with stress, and solve problems. NREM sleep also plays a role in memory consolidation and can help boost the immune system.

REM sleep bolsters learning and memory. REM sleep affects your mood, memory, and learning efficiency. Getting enough REM sleep can improve recall and memory consolidation and help your brain regulate the synapses associated with some types of motor learning. REM sleep is the sleep phase closest to wakefulness, and where most of our dreaming occurs. The ontogenetic hypothesis claims that neuron activity involved in the REM sleep cycle stimulates newborns’ developing brains, helping them form mature synaptic connections. While scientists are uncertain about the exact reason for dreams, they speculate that it is how our brains process emotions.
Sleep expert Matthew Walker has some tips that can help you get better sleep at night:

**Find a routine.** Your body’s internal clock follows a specific sleep-wake cycle. Going to bed late one night and early the next throws your circadian rhythm off balance. Attempting to catch-up on missed sleep (sleep deficit) over the weekend may not always be effective and can result in physical and mental fatigue. Thus, adhering to a daily sleep schedule can be highly beneficial for your overall health and well-being.

**Cut the late-night cardio.** If you’re feeling run-down in the morning, your late-night workout on the treadmill may be to blame. For some, a midnight workout or intensive yoga session too close to bedtime can make it harder for the brain to wind down. Aim to finish heavy exercise two to three hours before hitting the sack.

**Reduce caffeine and nicotine consumption.** Caffeine temporarily blocks the signal from adenosine, a crucial sleep chemical in your brain, which nonetheless continues to accumulate. This pent-up adenosine eventually breaks through, causing a dramatic crash, often at inopportune times. Nicotine, another stimulant, can lead to very light sleep.

**Tamp down on the alcohol.** Alcohol before bed may help you relax, but too much of it can contribute to a lack of sleep. Alcohol robs you of REM sleep—the deep slumber your brain requires for optimal restoration. Heavy alcohol consumption can also impair your breathing at night and isn’t good for staying asleep, either (you tend to wake up multiple times, even if you don’t remember doing so).

**Eat light at night.** When it comes to late-night eating, small snacks are preferable to heavy meals, which can cause indigestion that interferes with your sleep. Avoid drinking fluids a couple of hours before bedtime to prevent frequent bathroom trips in the middle of the night, interrupting sleep, which can lead to sleep fragmentation.

**Talk to your doctor about your medication schedule.** Some heart and lung medications, and over-the-counter cold and allergy drugs, can disrupt sleep patterns. If you have trouble sleeping, ask your health-care provider or pharmacist if medication may be the culprit, and whether you can take them earlier in the day.

**Leave time to unwind.** Create a relaxing routine before bed, like reading, listening to music, or doing light stretching. Matthew also recommends keeping a worry journal, which can help you process difficult emotions before bed.

**Baths are best.** It sounds paradoxical, but taking a hot bath before bed can drop your body temperature once you’re in bed, in addition to making you feel sleepier and more relaxed.

**Check your devices at the door.** Think of the ideal bedroom as a prehistoric cave somewhere in the Great North: cool, dark, and gadget-free. Charge your phone in another room, get rid of electronics that cause noise, and ditch the alarm clock, which can make you hyper-aware of every passing minute.

**Get some sun.** Exposing yourself to natural sunlight for at least 30 minutes a day can help regulate your sleep patterns. Aim to catch those rays in the morning, which can make you more alert as you start your day. Also, turn the lights down before bedtime to avoid disrupting melatonin production.

**Avoid lying in bed for too long.** Lying in bed for prolonged periods, hoping you’ll finally nod off, isn’t an ineffective sleep strategy, but it can make you anxious and frustrated. Your brain will associate bed with being awake if you do anything in it besides sleeping or sex. If you cannot transition into wakefulness after about 25 to 30 minutes of lying in bed, get up and do a relaxing activity until you start feeling sleepy.
Depressed, rural moms face greater health challenges—and so do their kids

For full article visit: https://news.cahnrs.wsu.edu/article/depressed-rural-moms-face-greater-health-challenges-and-so-do-their-kids/

Research at Washington State University has linked chronic depression with increased health problems for moms and children in poor rural communities, revealing the need for better treatment based on teamwork and trust.

Using data from the ongoing, multi-state Rural Families Speak (RFS) project, Yoshie Sano and Cory Bolkan with the WSU’s Department of Human Development, collaborating with University of Massachusetts scientist Sheila Mammen, examined the experiences of 23 mothers with clinical depression across three years.

There findings revealed that mothers who were constantly depressed experienced more health problems, distrusted doctors, and had a worse outlook on their lives, compared with moms whose symptoms improved.

More than one in five adults deal with depression, a mood disorder that causes persistent sadness, exhaustion and loss of interest, affecting relationships, work, and emotional and physical health. Women are twice as likely to have depression as men, and people in poverty are three times more likely to experience it.

“Depression affects everything—employability, parenting, how we deal with daily life,” said Sano. “Mental health is the core of a productive life.”

While much prior research has found how depression affects childhood development, Sano sought to understand the broader context of maternal depression.

“Mothers are one of the main supports of the family,” she said. “They’re raising children, paying bills, and organizing events. When they’re depressed, the entire family is impacted.” Both groups of moms had similar struggles in dealing with their children’s health. But chronically depressed moms faced greater challenges in dealing with their children’s emotional and behavioral issues, which were often compounded by a lack of childcare options, employment, concerns for delinquent behaviors, and day-to-day behavioral management issues.

“We found that children’s health—particularly their emotional and behavioral health—is one of the most challenging contributors to maternal depression,” Sano said.

Policy makers often focus on physical health as a direct obstacle to self-sufficiency for low-income families, said Sano. “But especially for moms, mental health is the major obstacle,” she said. “There’s a huge stigma around mental health, especially in rural areas. Women try to deal with it alone.”

The scientists found that chronically depressed mothers expressed strong distrust of healthcare professionals and their prescribed treatments. “It’s critical for mothers to find at least one provider with whom they can build a trusting relationship—someone who knows their overall health histories, understands their family histories, and listens to their concerns,” Sano said.

For rural communities with limited care providers, Sano underlined the importance of coordination between doctors, mental health professionals, and social workers, as well as the need to incorporate mental health screening into existing support systems, such as schools and public assistance.

“We hope our results will inspire new conversations among health care providers, and raise awareness that this is a hidden but deep problem for low-income mothers,” she said. “Once people recognize this issue, the stigma attached to mental health will decrease.”

Garfield County Quilt Camp
Camp: July 19-22 – 9AM to 1PM
Garfield County Fairgrounds - Dick Brown Building

Camp will be Monday through Thursday from 9AM to 1PM. This is a hands-on quilting class in which youth will make a pillowcase as a warm up project and a lap-size quilt to take home. Youth may bring their own sewing machine or use one of the sewing machines provided. (You must let us know if you need a machine since we only have three.)

**If you would like to attend Quilt Camp but the time does not work for you please contact Sheree 843-1426 or Corky 843-3455.

Program Cost
Fee: $10.00 nonrefundable
Checks must be made payable to 4-H Leaders Council.

Class Requirements
- Quilt camp is for youth from 4th-12th grade.
- No Prior sewing skills are needed.
- An adult must attend and assist youth.
- Youth and adults should bring a sack lunch to sewing lessons.
- Youth must provide their own fabric and sewing supplies.
- You may pick up a registration form and supply list at the Extension Office.
- Registration form and $10 fee are due July 14th.

Raffles
Support the Garfield County Fair

A Fishing Trip or Snake Dancer Excursions Trip
The Garfield County Fair Board are raffling off two trip as a fundraiser to earn money for the Garfield County Fair. The fishing trip raffle is with Z & S Outfitters. The trip will be a guided fishing excursion up Hell Canyon for a day fishing trip. More details to follow.

The Snake Dancer Excursion is for a trip up to Hells Canyon Dam for two people. On the trip you will experience 11 hours of scenery, wildlife, and history, as well as some thrilling Snake River Rapids. Breakfast and Lunch will be included. This trip for two would normally be valued at $578.

The tickets are $5 each for both raffles and each trip is limited to 500 tickets. Tickets can be purchased from fair board members now and up until the drawing, which will be held at the 2021 Garfield County Fair Rodeo or until tickets are sold out. The people whose names are drawn at the rodeo need not be present to win.

Quilt Raffle
The Pomeroy Quilters are raffling off two quilts, a 62 x 64 inch kid’s quilt & a 64 x 68 inch quilt. The quilts will be displayed in various businesses throughout town.

Tickets can be purchased at the Eastern Washington Bank, Garfield County Extension Office, Pomeroy Pharmacy, & The Blue Mountain Artisan Guild for a $1 a ticket or 6 for $5. Proceeds will be donated to the Garfield County Fair Drawing will be made during the 2021 Garfield County Fair Rodeo. Need not be present to win.
Did you know the Rachael Ray Show
Featured Cougar Gold
By Seth Truscott,
The Clip from the Rachel Ray Show on Cougar Gold

Cougar Gold cheese, and the students who gain career skills making it at the Washington State University Creamery and campus dairy, were featured on The Rachael Ray Show, Monday, May 24, the episode highlighted how students use milk from the university’s Knott Dairy Center, and other sources, to make cheese.

Ray and the show’s producers were inspired to feature WSU’s cheese-making process after a friend sent Ray a surprise gift of Cougar Gold cheese. Creamery and dairy student employees and college staff captured footage and shared with producers this spring.

Operating for more than 70 years, the WSU Creamery produces more than 250,000 cans of cheese and 22,000 gallons of ice cream annually, while providing work and learning opportunities as well as financial support to students and university operations. Knott Dairy Center, founded in 1962, offers real-life experience that prepares students for careers in the dairy industry.

“I’m excited that Rachael Ray chose to showcase the behind-the-scenes work by students and staff to make the Cougar cheeses and ice cream that customers have come to know and love,” said John Haugen, WSU Creamery manager. “Our student employees work hard, between their classes, to make and sell high-quality products that start with students at the WSU dairy. But the result we’re most proud of are our student employees, who receive practical experience as part of their education.”

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