



Asotin County *Newsletter*

WASHINGTON STATE UNIVERSITY
EXTENSION

July - August 2020

The Asotin County Courthouse is currently open to the public. You must enter and exit through the main doors by the parking lot. Check in with the attendant in the foyer. Masks are required and available at the front desk.

Make an appointments to visit the WSU Asotin County Extension Office by contacting us at 509-243-2009 or email jreed@co.asotin.wa.us.

We appreciate your patience while we work through the current restrictions.

Welcome to the WSU Asotin County Extension Newsletter!

This is a quarterly newsletter highlighting events and topics of interest to residents of Asotin County and the surrounding areas.

This newsletter can also be viewed on our website: extension.wsu.edu/asotin/

Contact Us

Office location: 135 2nd St, B107 in Asotin
(Basement of the Asotin County Courthouse)

Hours: Mon-Fri 8:00 to 5:00
(closed 12:00 to 1:00)

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Washington State University helps people develop leadership skills and use research based knowledge to improve their economic status and quality of life.

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

4-H News/Events and Youth Opportunities

STAC Convention

By Kim Belanger, WSU Asotin County 4-H Coordinator.

Washington Youth **Reached for the Stars** at **STAC 2020**
June 22nd to 25th

Idaho 4-H State Teen Association Convention is a four-day event focusing on post-secondary and career exploration open to high school aged 4-H youth.



Idaho 4-H State Teen Association Convention

When COVID-19 turned this into a virtual conference it did not stop the planning enthusiasm! There was a favorable turn out with over 150 participants each day. Washington state contributed 38 participants and Hawaii contributed another 19. Washington youth received SWAG kits from CAHNRS with convention T-shirts, Cougs love 4-H hats, posters, lanyards, pop-sockets and pens.

Five 4-H State and County Faculty and Staff from Washington were invited by University of Idaho to take part in planning this annual teen event as well as 2 Washington youth; Riley Ziegler from Asotin County and Alex Gustafson from Spokane County.

The convention ran each day from 9:00 AM until 2:00 PM with Workshops, Service Opportunities, Games and Activities such as Escape Rooms, Quizlet and Kahoot! There were candidate campaigns and elections and daily engaging motivational speeches from Kent Julian. A particular highlight was the Variety Show!

2020 Asotin County Fair Beef Carcass Data

By Mark Heitstuman, Asotin County Extension Director

Beef carcass data was collected on 33 of the 2020 Asotin County Fair 4-H and FFA Show Steers. Steers were processed at Heights Meats in Clarkston, 4 Frenz in Clarkston, and C&L in Moscow.

This was again a good year of high yielding steers, with 24 of the 33 steers (73%) grading at least Low Choice, with an average Yield Grade of 2.9.

Fifteen of the 33 steers qualified as WSU Carcass of Merit winners.



In order to qualify for “Carcass of Merit”, steers must meet the following requirements:

- Hot carcass weight between 600 and 1050 pounds.
- Meet required rib eye area for carcass weight up to 775 pounds; or 13.1 square inches for beef carcasses weighing 775 pounds and above.
- Yield grade 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.

Congratulations Lane Weissenfels of the Asotin FFA for having the top ranked overall steer carcass; and Kodi Gettys of the Country Time 4-H for having the 2nd place overall carcass.

Thank you to the Asotin County Cattlemen’s Association for awarding the top-ranked carcass \$75 and \$50 to the 2nd place carcass. Each additional exhibitor that had a “Carcass of Merit” steer received \$25 support from the Asotin County Cattlemen.

For anyone wanting additional information on how each of the 33 steers were evaluated and the WSU Carcass of Merit requirements, please go the following link on the WSU Asotin County Extension website.

https://extension.wsu.edu/asotin/4h-youth-development/4h_information_page/

There is also a narrated PowerPoint presentation at this link which talks more in-depth about the Asotin County Fair Beef Carcass Contest.

Please contact Mark Heitstuman at (509) 243-2009, heitstuman@wsu.edu if you have any questions regarding the 2020 Asotin County Fair Beef Carcass Data.





How do viruses form? Since the coronavirus has been all over the news, I've been wondering this question for a long time. - Samantha, 12, N.C.

Dear Samantha,

Viruses are strange things. They're not alive like you or me. But they behave somewhat that way—spreading, growing, appearing in new forms. How can this be?

There's a lot scientists don't know yet about the new coronavirus. But they do know a lot about how viruses work and make people sick.

To learn more, I talked to [Sylvia Omulo](#), a scientist specializing in infectious diseases at Washington State University.

Your body is made of tiny building blocks called cells. Different cells do different types of work. They all follow instructions written in your body: your genes.

Viruses also have genes, but they don't have cells like you or me. Instead, they rely on other creatures' cells to come "alive."

"A virus is a particle of genetic material that causes an infection by invading a cell," Omulo explained. "It's extremely small, smaller than a cell."

You can think of a virus particle like a letter with bad news, tucked inside an envelope. Layers of protein (the envelope) cover a bundle of genes (the letter), protecting it until it's ready to be opened and read.

Virus particles spread through the air or on surfaces. They cause infections if they get inside someone's body. The envelope opens if the virus enters a creature's cell, called the "host." The virus uses its genetic instructions to take over the cell.

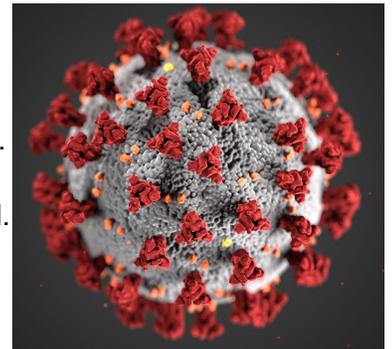
The virus disrupts the cell's usual work, Omulo said, using its resources to make copies of itself. Those virus copies invade other cells, repeating the process. The host becomes sick as a result.

Usually, the virus copies itself exactly. But because viruses have genes, they also evolve over time. This means they're changing, even as they're making copies of themselves. That's part of how new virus forms emerge.

Viruses have been around for millions of years, much longer than humans. Some only affect plants or bacteria. Some affect only some animals.

Other viruses spread from animals to humans. Omulo explained this is one way "new" viruses appear. A virus might affect humans, but not the animals carrying it. If it gets the opportunity to jump to humans, it can make them sick.

But remember: a virus isn't alive on its own. It needs an opportunity to enter a cell. It's your job to ruin that opportunity. When you wash your hands with soap, you rub off the virus's "envelope." The bad news can't go anywhere. When you keep distance from others, you close your "mailbox." Virus particles can't enter your cells or anyone else's.



Without a host, a virus can't do anything. That's why it's so important not to give the virus that chance.

Stay safe and stay curious,
Dr. Universe

Master Gardeners and Gardening

Plant Clinics

Master Gardeners are available for plant identification and disease diagnosis through our virtual clinics.

To submit a question to the Asotin County Master Gardeners, visit our website at: <https://extension.wsu.edu/asotin/master-gardeners/diagnosis-clinics/>

Fill out the appropriate clinic form and Email the form along with photos to: Janice.reed@wsu.edu

If you have questions or need assistance, please call Janice at the Asotin County Extension Office: 509-243-2009



Keep informed on Master Gardener events and gardening information!

- Request to be added to our horticulture email list. Email Janice.reed@wsu.edu
- Like our Facebook page: WSU Asotin County Master Gardeners



Clarkston Farmer's Market

Beachview Park

2nd and Chestnut Streets in Clarkston

Updated information!!

Social Distancing is a must with the governors new proclamation. If social distancing is not occurring and/or is being disregarded, we will have to implement a required mask policy.

- * Wear a mask if you are able, to help protect the other customers and vendors.
- * Please stay home if you are sick or have symptoms of Covid-19 nature.
- * Please try to limit shopping to one person per household.
- * One way entrances into the market at the north end at Chestnut and 2nd Streets and at the opposite entrance of the parking lot.
- * Stay to the right after entering and wait until a vendor booth is clear of other customers before approaching the booth. Only one household/person per vendor booth at a time.
- * At the entry points, we have a quick health screening, and a voluntary contact tracing sheet.
- * Please if possible wash and/or sanitize hands or wear gloves when entering the market and after handling items throughout the market.
- * Please no dining on the premises.
- * Pets are not allowed in the market this year to minimize distractions and the impacts to social distancing adherence.
- * Parking is allowed in the parking lot due to the vendor set up in the grass facing away from the parking lot. There are plenty of areas to park for disability access in the parking lot.
- * If you have any concerns, please address them with the market manager located at the South entrance.

Thank you for your continued support of the market. We are looking forward to being open to serve our community!



Asian Giant Hornet

<https://www.aphis.usda.gov/aphis/>

[Plant Health](#) / [Pests and Diseases](#) / [Honey Bees](#) / [Asian Giant Hornet](#)

<https://agr.wa.gov/departments/insects-pests-and-weeds/insects/hornets>

The Asian giant hornet (*Vespa mandarinia*) is the world's largest species of hornet. In December 2019, WSDA received and verified two reports of Asian giant hornets near Blaine. These are the first-ever sighting in the United States. Canada had also discovered Asian giant hornets in two locations in British Columbia in the fall of 2019.

In 2020, both Washington and Canada have had new confirmed sightings of Asian giant hornet. If it becomes established, this hornet will have negative impacts on the environment, economy, and public health of Washington State.

The Asian giant hornet attacks and destroys honeybee hives. A few hornets can destroy a hive in a matter of hours. The hornets enter a "slaughter phase" where they kill bees by decapitating them. They then defend the hive as their own, taking the brood to feed their own young. They also attack other insects but are not known to destroy entire populations of those insects.

AGH does not attack people unless it feels threatened. An AGH's stinger is longer than that of bees or wasps found in the United States, and their venom is more toxic. People with an allergy to bee or wasp stings should take particular caution and calmly leave the area if they believe they have sighted an AGH. More information about AGH and human health can be found at <https://agr.wa.gov/departments/insects-pests-and-weeds/insects/hornets/agh-human-health>

In Washington State only, people should report potential sightings of the AGH through the Washington State Department of Agriculture's [website](#). Outside of Washington, contact your [state apiary inspector](#). If it is safe to do so, take a photo or collect a dead specimen of the pest to help experts identify the insect.

Is that an Asian Giant Hornet?

The Asian Giant Hornet (*Vespa mandarinia*), is the world's largest hornet, measuring up to 2 inches long. Despite its large size and distinctive markings, people often confuse it for other species.

Body length

- From 1.5 to 2 inches

Coloration

- Head: Large and solid yellow or orange, with black eyes
- Thorax: Mostly solid dark brown or black, making a striking contrast with the head color
- Abdomen: Alternating bands of dark brown or black and yellow or orange



Asian Giant Hornet (*Vespa mandarinia*)
[USDA Photo by Hanna Royals]

AGH adults have a "wasp waist" between the thorax and abdomen.

Lookalikes

[USDA Photo by Hanna Royals]

Western cicada killer (*Sphecius grandis*)

- Found in the western United States
- Can be up to 2 inches long
- Has a smaller head in proportion to the body than AGH, and different banding on the abdomen
- Has a reddish thorax instead of black, like the AGH

Note: The contrast between the head color and the thorax color is much more apparent in AGH than in cicada killers.

- The Cicada Killer has a smaller band of yellow around the compound eye—inside margin of black compound eyes are NOT notched
- Asian Giant Hornet has a distinctly light orange/yellow head—inside black compound eyes ARE notched



Western cicada killer
(*Sphecius grandis*)



Asian giant hornet
(*Vespa mandarinia*)



Various species of yellowjackets (*Vespula spp.*)



(left) Various species of
yellowjackets (*Vespula spp.*)

(right) Asian giant hornet
(*Vespa mandarinia*)

- Different species found throughout the United States
- Grow to about .5 inches long (workers), significantly smaller than AGH
- Often are more brightly marked with yellow or orange and black than the AGH

Agriculture and Natural Resources

Weeds: They Never Go Away and Greatly Influence Your Crop Yields

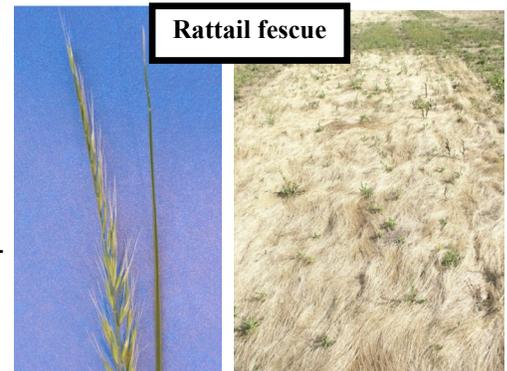
CAHNRS & WSU EXTENSION

For questions or comments contact Steve VanVleet via email svanvleet@wsu.edu, or call 509-397-6290

Two Invasive grass weeds in wheat have been added to our common weeds list: **rattail fescue** & **ventenata**. Please visit the Weed Resources page, <http://smallgrains.wsu.edu/weed-resources/>, for information on these weeds and other common weeds in wheat and small grains.

Also view our extension publication about rattail fescue: Rattail Fescue: [Biology and Management in Pacific Northwest Wheat Cropping Systems](#).

Rattail fescue and ventenata can be a severe problem in reduced tilled and no-till crop production systems. This does not exclude conventionally tilled ground of being devoid of rattail fescue or ventenata. Cropping rotation can be one of the best methods for rattail and ventenata management. Rotating into a spring pulse, spring Brassica, winter pulse, or winter Brassica crop can give you options for rattail and ventenata management. Rattail fescue and ventenata can reduce crop yields up to 30%. Early application of several ACCase- or ALS-inhibiting herbicides can control ventenata in a competitive grain crop. There can be effective control of rattail fescue using flufenacet+metribuzin or pyroxsulfone applied pre-emergence or glyphosate, pyroxsulam, flucarbazone-sodium, or mesosulfuron + thiencazone post emergence, depending on cropping system and weed growth stage.



Ventenata



The WSU Wheat Beat Podcast



With Drew Lyon

CHECK OUT THE TIMELY TOPICS ON
THE WSU WHEAT BEAT PODCAST

VISIT: <http://smallgrains.wsu.edu/>

Healthy Living

Coping with COVID-19

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
<https://www.health.state.mn.us/communities/mentalhealth/support.html>

Coping Tips

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.
- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or your local 211 and 311 services, if available.

The national [Disaster Distress Helpline](https://www.8009855990.com) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor. If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org) or your [local crisis line](#).

For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health's Safe Space at vibrant.org/safespace. [The National Domestic Violence Hotline](https://www.thehotline.org) has highly trained advocates available 24/7 to ensure services and continue to support survivors.

Staying Connected

Tips to remain connected while practicing social distancing or in quarantine:

- Use technology to stay in touch if available, especially video contact. Seeing someone's facial expressions can help increase connection.
- Check in with your friends, family, and neighbors regularly, using texts, phone calls, emails and other virtual tools.
- Wherever you can, help people in your life who may be more vulnerable (e.g. those with no access to the internet or need help grocery shopping)
- Connect with the people in your household. Use this time to improve your existing relationships!
- Manage your stress. Create a daily self-care routine. Exercise, meditate, and keep to a daily routine as much as possible. For more information on to be active, visit [Staying Active During COVID-19 Pandemic](#)

Show kindness to others in your community. This is very stressful for many people, especially those who are vulnerable and families who may be struggling already with poverty or other family stressors. It is also very stressful for health care workers and their families. Helping others increases your sense of purpose and value, improving your own well-being. It's not just family and friends who require support, but others in your community.

Connect Online

[National Alliance on Mental Illness \(NAMI\) Minnesota](https://www.namimn.org) is hosting a variety of online courses and support groups. Check the website for up-to-date information. [Practicing Resilience in Community](#) - Minnesota Communities Caring for Children invites you to join a daily 30-minute family-friendly practice of resilience. Monday-Friday, 12:30 p.m. during the COVID-19 pandemic.