



Asotin County

WASHINGTON STATE UNIVERSITY
EXTENSION

Newsletter

Jan-Mar 2021

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 appointment 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)

Mailing address: PO Box 9, Asotin, WA 99402

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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

The Welcome Back to 4-H Kits are here!

Leaders, *please call the office, 509-243-2009 first to arrange pick up.*

Each club will receive enough envelopes and name labels to "stuff" with a notebook with special stickers, a mood pencil, a postcard and a marker for the serenity stone project, and a mask for enrolled members.

Please arrange for safe "curbside" style pick up from your members.

If your club is unable to provide a pick up space, please contact Kim and will make arrangements for your club.



Save the Date!

Washington State 4-H 

Know Your Government presents:

The Judicial System - Unmasked!



Opening Speaker February 12, 2021
Virtual Mock Trial February 13, 2021

VIP Attorneys

Act as a Juror

Star Witnesses

Open to Grades 7-12

Contact Your Local Extension Office if Interested

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation should contact dorothy.elsner@wsu.edu, 360-395-2360 or kim.belanger@wsu.edu, 509-243-2009 at least two weeks prior to the event.

Hello Asotin County

7th to 12th graders!

The Planners have been working hard to create a virtual Know Your Government 2021, The Judicial System: UNMASKED. There is some pre-conference learning for you to do to be ready for the conference February 12 and 13th, 2021.

The cost is \$40 and you will receive a box of supplies to use during the conference. As always finances should not be a barrier to taking part in 4-H opportunities, so please reach out to Kim for scholarship assistance.

Registration is open in 4HOnline Events, December 28-January 10.

Here's the link to the "Event Registration Process" video: <https://youtube/28py3W0ltvo>

Master Gardeners and Gardening

Youth Gardening Program

By Deloris Jungert-Davison, Asotin County Master Gardener

“We love the Master Gardeners” is a phrase we have heard from the Fourth-graders at Parkway Elementary School in Clarkston, Third grade in Pomeroy Elementary, and Grantham Elementary for the last ten years! One of the things kids love about Master Gardener Mentors is that we always have “Good Eats” for every Friday afternoon’s Gardening Class—along with digging in the square foot garden that each student calls his/her own.



Our year-around Friday afternoon sessions for different classes of approximately 25 kids each class, includes groups of five students sitting around a table with a Master Gardener Mentor. We have been doing this for the last ten years. And every so often we encounter a student who was in our class years ago—and never fails to tell us that the Master Gardeners Garden class was their favorite—and they come back to visit ten years later. It is not just that we fed them whole foods—foods that they could grow in their gardens or whole food muffins or fresh Cuties, but it’s the great Master Gardener Mentor relationship.



Our vision, ten years ago, was to promote local gardening and healthy eating habits through our Friday afternoon classes at Parkway Elementary School. We especially thank retired Fourth-grade teacher, Judy Akers for her support and interest in establishing both the science-based curriculum and the hands-on school garden on the campus. The school programs have received continued support from WSU Extension educator, Mark Heistuman as well as veteran leaders and mentors such as Ruth Monahan, Mary Jo Murdie, Anna Duman, Debbie Brotnov, Jerry Hendrickson, John Freeman, Kathy and Larry Nelson, Ronda Well-ing, Tana Truscott, Bob Biegert, Sue Fitzgerald, Margaret Cole, and the Van Horns—Tom and Vicki, and others who have mentored over the years.

Our Mission has been to give new and veteran Master Gardeners experience in teaching the science-based principles from the Washington State Science Curriculum. The Mentors have done more; they have created lasting relationships with their students over the years. When a Mentor must have a sub for the day, the kids say, “Where is Mary Jo? Or where is our Mentor, Kathy?”

The daily resource booklet takes the Science Curriculum SYSTEM approach. The booklets contain lessons on making healthy choices about food, eating it and GROWING IT. We begin the first quarter studying and doing experiments on the soil. Then we experiment with water, photosynthesis, the nitrogen cycle, honey bees, container gardens and learn about garden insects --all experienced in hands-on garden activities out in our school gardens.



What is our mission with this program: Direct observation which teaches students to trust their own observations, to experiment, to construct a hypothesis, and to do the work of testing it. For example, the students tested soil for varying amounts of sand, silt, clay and compost by putting soil into a jar of water and letting the component parts settle out.

We always talk about the importance of honey bees in pollination—and we celebrate with HONEY. John and Larry Nelson have yearly brought honey bee hives to show the students. One year in May, John had on his bee suit out in the garden. The students noticed the raspberry hedge alive with honey bees. They all said that John had brought the bees in his empty hive and let them out in the raspberries.



We documented the classes and sent home POST CARDS TO GO HOME so their parents could see their kids doing gardening activities.

We have had community support. The LC Valley community granted us monies for programs, businesses gave discounts for materials, and Clarkston High School students helped mentor, did summer programs and last year constructed new raised beds in the garden. The original grant in 2009 to start the program came from the Seattle Master Gardeners to competing rural programs. As a result, school gardening programs have been started at Grantham School, Pomeroy Elementary, and Highland Elementary who created Pumpkin Patch programs. We serve upwards to 150 students a year.



Pomeroy School Garden



However, the programs had to be halted with the Covid19 modification of school sessions. Asotin County Master Gardeners plan to resume the programs in the near future!.

We want to thank WSU educator, Mark Heistuman and friendly office staff over the years, Peggy, early on and Janice, currently, for keeping us informed and up-to-date on what is going on with WSU Asotin County Extension. Master Gardeners are making an impact –keep it buzzing and growing.



Menaced by Murder Hornets, Bees Decorate Their Hives With Feces

<https://www.nytimes.com/2020/12/09/science/bees-poop-murder-hornets.html>

Asian honeybees have exhibited what scientists call a form of tool used to deter attacks by giant predatory wasps.

By Katherine J. Wu

Dec. 9, 2020

When it comes to the hunt, giant hornets in the genus *Vespa* do not mess around. These matchbox-size terrors — a group that includes the infamous “murder hornets” — will invade honeybee hives, brutally behead the residents and carry the mangled carcasses back to their young. A small cavalry of the hangry hornets can exterminate a colony of bees in hours. But even the mightiest of monsters can be stopped. And a good way for honeybees to fend off Public Insect Enemy No. 1 might be to serve them a helping of No. 2.

To ward off giant hornet attacks, honeybees in Vietnam will adorn the entrances to their nests with other animals' feces, a defensive behavior called fecal spotting, according to a paper published Wednesday in the journal *PLOS One*. The odious ornamentation seems to repel the wasps — or at least seriously wig them out — and offers the intriguing possibility that honeybees might use stool as a type of rudimentary tool.

Decorating one's home with dung might sound indecorous, especially for the docile bees that so many people associate with candy. “We think of bees visiting pretty flowers and collecting sweet nectar,” said Rachael Bonoan, a bee biologist at Providence College who wasn't involved in the study. “This is the complete antithesis to that.”



Honeybees in Vietnam engaged in a defensive behavior called fecal spotting, which appears to ward off predatory hornets.

But the scat-based strategy appears to capitalize on a relatable trend: Most creatures aren't keen on muddying their meals with someone else's waste.

A team of researchers led by Heather Mattila, who studies bees at Wellesley College in Massachusetts, was first alerted to the baffling behavior nearly a decade ago while doing field work in Vietnam, where honey bees are terrorized by *Vespa soror* hornets, a close sister species of the Asian giant hornet, *Vespa mandarinia*, that frightened people in the Pacific Northwest earlier this year.

Local beekeepers had spied a smattering of grayish-brown gunk around the entrances to honey bee colonies, which the insects seemed to decorate in a frenzy in the wake of hornet assaults. No one was certain what the substance was, but “it didn't smell good,” Dr. Mattila said. One keeper noticed bees buzzing around some water buffalo droppings, and wondered if it was the source of the stench.

Dr. Mattila and her colleagues started scouting local farms, squatting in pig pens and chicken coops. In time, Dr. Mattila spotted a honeybee alighting on a jumble of chicken scat. The bee tugged diligently at a mote of the muck with her mouthparts, then carried it away. “I remember running back to the apiary, screaming, ‘It’s true, it’s finally true!’” Dr. Mattila said.

Hours of video footage proved the insect’s act wasn’t an anomaly. When the researchers placed buffets of animal dung near several apiaries, bees harvested clumps of it, dabbing their nests in carefully mounded lumps, each roughly the size of a sesame or poppy seed. Spotting seemed to spike in the days after hornets attacked. At their most bedecked, the colony entrances looked “like an everything bagel,” Dr. Mattila said.

Honeybees are typically fastidious creatures, keeping their households spotlessly clean. “Bees don’t even poop in their own hives,” Dr. Bonoan said. Hauling around another animal’s feces, she added, can carry risks of disease or even death.

But hornets spent less time lurking around the entrances of nests freckled with feces, and were less likely to team up to invade colonies.

It’s not yet clear how big an impact spotting has on survival. Honeybees have an array of tactics they deploy when danger is afoot, including a devious and sometimes self-sacrificial move called balling, in which a phalanx of worker bees swarms a hornet to suffocate or overheat it. In the long run, dung might not make a huge difference.

The researchers also don’t know how the flecks of feces are dissuading the hornets. One possibility is that they’re avoiding the noxious plant compounds that linger in some excrement. Dr. Mattila noted that the bees seemed to go especially bonkers for chicken droppings.

And, of course, “poop is really smelly,” Dr. Bonoan said. Feces might act like a reverse deodorant, overlaying its foul stench atop the alluring waxy, floral scent that typically wafts from more pristine nests.

Because spotting involves deliberate manipulation of manure, Dr. Mattila’s team argued that it might qualify as tool use. Dr. Bonoan said she wasn’t yet sold on the idea, noting that the feces might not be altered enough along the way.

Known tool users like humans might be tempted to try and thwart giant hornets with slurries of scat, especially as concerns about invasive *Vespa* species continue to command national attention. While Asian giant hornets don’t typically pay humans much mind, they can occasionally deliver searingly painful, venom-laced stings.

But there’s no guarantee that all giant hornets will shy away from dung, said Margarita López-Urbe, an entomologist at Pennsylvania State University who wasn’t involved in the study. Beekeepers also shouldn’t rush out to spray their hives with feces, which could contaminate the valuable honey within.

Bees might benefit from fecal spotting, Dr. Bonoan said. But “if you’re a human, don’t use poop to try and protect yourself from a murder hornet.”



A forager holding a clump of fecal solids in her mandibles, captured after leaving a dung pile.



Giant hornets at the entrance to a hive. Credit...Heather Mattila

WSU to study Washington wine grapes exposed to wildfires

November 4, 2020

By Lauren Paterson, College of Agricultural, Human and Natural Resource Sciences

Hazy, smoke-filled skies across the West this fall made grape growers nervous, but Washington State University grape and wine chemistry researcher Tom Collins is working to minimize the effects of smoke exposure on wine grapes. When vineyard grapes are exposed to smoke, they can absorb tiny smoke particles into their fruit, causing it to bind with the sugars in the grapes. The grapes can develop unsavory aromas and flavors, causing wine to taste ashy or burned. The wildfire smoke enveloping Washington state in September gave Collins a chance to measure the smoke particulates in the vineyard air. He sampled fruit from several vineyards, both WSU research and commercial vineyards, and will make wine from the fruit to further his research in order to develop mitigation techniques.



Wine grapes from five Washington vineyards will be studied in order to mitigate the effects of smoke exposure.

“We tend to think smoke exposure is always going to be bad, but that’s not necessarily the case. Different variables like proximity to fire, wind direction, and topography all play a role,” said Collins, an assistant professor at the Ste. Michelle Wine Estates WSU Wine Science Center. But sampling a grape is not enough to test if wildfire smoke will alter the taste of the final wine. Through the winemaking and aging process, sugar bonds chemically break, releasing the smoke related compounds that create the ashy flavors.

He said it’s too early to tell how wildfire smoke might affect Washington wines.

Collins’ research on smoke exposure started in 2016, initially funded by the Washington Wine and Grape Research program administered by the Washington Wine Commission.

“It’s an ongoing project that looks at different aspects each year. In a year like this when we have actual fires, we have real world exposure that allows us to test if what we see in our vineyard trials is close to what we see with the wildfire smoke exposure,” he said.

Collins also wants to understand if the timing of smoke exposure affects grape growth. He plans to present his most recent research findings after the new year.

“If it happens earlier in the season, does that affect grapes differently than if it happens closer to harvest? These are some of the questions we are trying to answer,” he said.

As the second largest premium wine producer in the United States, **Washington is home to over 1,000 wineries**, producing over 17 million cases a year. The impact of smoke on the Washington wine industry could run into the millions of dollars. Severe wildfires have increased in frequency in the west since 2011.

This April, the U.S. Congress allocated \$2 million to the USDA to fund research on smoke exposure, of which \$900,000 was split evenly between WSU, the University of California Davis, and Oregon State University.

The remaining amount retained by the USDA will be used to establish a smoke research program within the USDA’s Agricultural Research Service.

Industry leaders from winegrowing associations in all three coastal states formed the West Coast Smoke Exposure Task Force, of which Tom Collins is a member. “We are working on everything from research and contracts to risk management and crop insurance,” said Collins.

Blue Mountain Weed Management and Cereal Grain Update

Sponsored by the Columbia County Weed Board and WSU Extension

Thursday, January 28, 2021 9:00 am to Noon, and 1 to 3:00 pm Registration 8:45 – 9:00

Virtually on Zoom. Meeting ID: 960 3325 2602 Passcode: 082462

- ◆ Join from PC, Mac, Linux, iOS, or Android:

<https://wsu.zoom.us/j/96033252602?pwd=YUYrL0RnamcwT0o5TTZpSE16eXZRUT09>

- ◆ Phone Call: +1 253 215 8782 (long distance) +12532158782,,96033252602# US (One Tap Mobile Call)

Important Note: Both internal and external WSU meeting attendees must be signed into Zoom to join the meeting. Please refer to this guide on Joining WSU Zoom Meetings before trying to join the meeting:

<https://confluence.esg.wsu.edu/display/KB/Zoom+-+Joining+Meetings+and+Best+Practices>

Attendance of this full day class will provide five recertification credits through WSDA

Topics include:

2021 State Noxious Weed List and Legislative Update
WSDA Pesticide Seasonal Reminders and Update
Herbicides and Biological Control of Weeds
Hessian Fly Management in Spring Wheat
Integrated Weed Control in Cereal Grain Systems



A full schedule and description of topics can be found at:

<https://extension.wsu.edu/asotin/pesticide-application-licensing/>

For more information, please contact Mark Heitstuman at the WSU Asotin County Extension Office at (509) 243-2009; heitstuman@wsu.edu



WSU Farmer's Network

Where Farms & Science Come Together!

Visit the Farmers Network: <https://farmersnetwork.wsu.edu/>

The mission of the Washington State University Farmers Network is to advance soil and nutrient management, crop productivity, farm sustainability and profit through collaborative research, extension and on-farm participatory learning.

The Farmers Network offers a variety of programs and resources for farmers:

Educational programs

Podcasts
Soil Health Café'
Webinars
Workshops
Videos

Resources

Ag Laws
Calculators
Weather
WSU Ag Resources

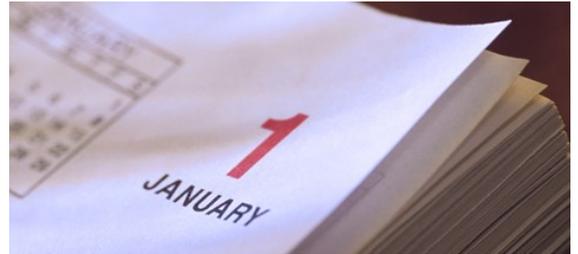
Collaboration

On-farm projects

Making your New Year's resolution stick

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life.

<https://www.apa.org/topics/new-year-resolutions>



Lose weight? Check. Start exercising? Check. Stop smoking? Check.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Strength training: Get stronger, leaner, healthier

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

By Mayo Clinic Staff

Strength training is an important part of an overall fitness program. Here's what strength training can do for you — and how to get started.

Want to reduce body fat, increase lean muscle mass and burn calories more efficiently? Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone.

Use it or lose it

Lean muscle mass naturally diminishes with age.

You'll increase the percentage of fat in your body if you don't do anything to replace the lean muscle you lose over time. Strength training can help you preserve and enhance your muscle mass at any age.

Strength training may also help you:

Develop strong bones. By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis.

Manage your weight. Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.

Enhance your quality of life Strength training may enhance your quality of life and improve your ability to do everyday activities. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.

Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.

Sharpen your thinking skills. Some research suggests that regular strength training and aerobic exercise may help improve thinking and learning skills for older adults.



Consider the options

Strength training can be done at home or in the gym. Common choices include:

Body weight. You can do many exercises with little or no equipment. Try pushups, pullups, planks and leg squats.

Resistance tubing. Resistance tubing is inexpensive, lightweight tubing that provides resistance when stretched. You can choose from many types of resistance tubes in nearly any sporting goods store.

Free weights. Barbells and dumbbells are classic strength training tools. If you don't have weights at home, you can use soup cans.

Weight machines. Most fitness centers offer various resistance machines. You can invest in weight machines for use at home, too.

Getting started

If you have a chronic condition, or if you're older than age 40 and you haven't been active recently, check with your doctor before beginning a strength training or aerobic fitness program.

Before beginning strength training, consider warming up with brisk walking or another aerobic activity for five or 10 minutes. Cold muscles are more prone to injury than are warm muscles.

Choose a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions. When you can easily do more repetitions of a certain exercise, gradually increase the weight or resistance.

Research shows that a single set of 12 to 15 repetitions with the proper weight can build muscle efficiently in most people and can be as effective as three sets of the same exercise.

To give your muscles time to recover, rest one full day between exercising each specific muscle group.

Also be careful to listen to your body. If a strength training exercise causes pain, stop the exercise. Consider trying a lower weight or trying it again in a few days.

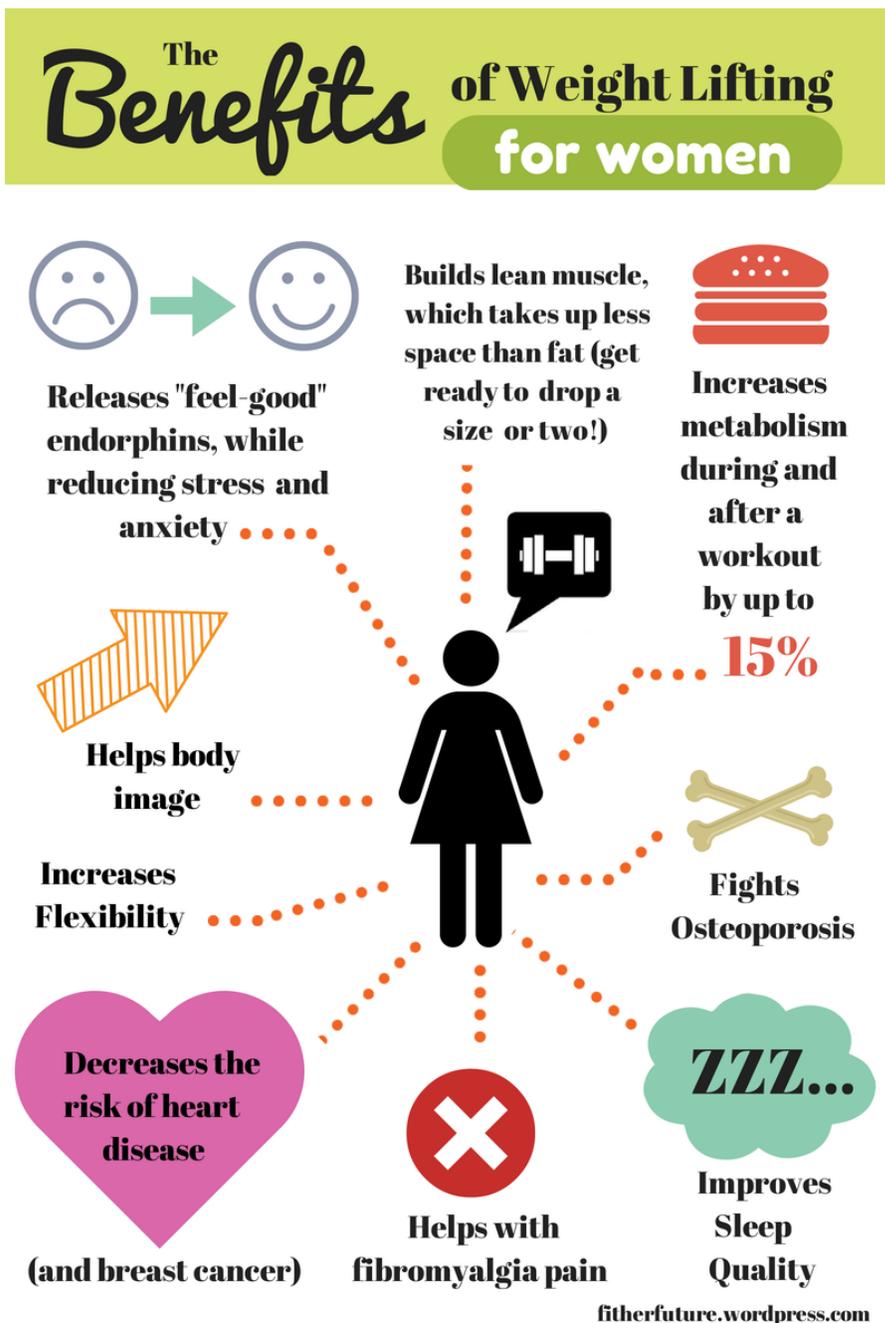
It's important to use proper technique in strength training to avoid injuries. If you're new to weight training, work with a trainer or other fitness specialist to learn correct form and technique. Remember to breathe as you strength train.

When to expect results

You don't need to spend hours a day lifting weights to benefit from strength training. You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week.

The Department of Health and Human Services recommends incorporating strength training exercises for all major muscle groups into a fitness routine at least two times a week.

As you incorporate strength training exercises into your fitness routine, you may notice improvement in your strength over time. As your muscle mass increases, you'll likely be able to lift weight more easily and for longer periods of time. If you keep it up, you can continue to increase your strength, even if you're not in shape when you begin.



Do you have COVID-19, the Flu, or a Cold?



Infograph courtesy of
WSU Extension Klickitat County

Learn how to tell the symptoms apart.

	Frequently ●●●	Sometimes ●●	Occasionally ●	Rarely ◐	Not at all ⊗	
	COVID-19	Flu	Common Cold	<p>Avoid the increase of spreading COVID-19 by wearing masks correctly. If you are experiencing any symptoms please call your Doctor or contact the County Health Department:</p> <p>Asotin County 509-243-3344</p> <p>Nez Perce County 208-799-3100</p>		
Dry Cough	●●●	●●●	●			
Fever	●●●	●●●	◐			
Nasal Congestion	◐	●●	●●●			
Sore Throat	●●	●●	●●●			
Shortness of Breath	●●	⊗	⊗			
Headache	●●	●●●	◐			
Body Ache	●●	●●●	●●●			
Sneezing	⊗	⊗	●●●			
Exhaustion	●●	●●●	●●			
Diarrhea	◐	●●	⊗			

UPDATED LIST FOR COVID-19 SYMPTOMATIC TESTING SITES



- Tri-State Minor Care: (509) 769-2200
- Valley Medical Center: (208) 746-1383
- Lewis and Clark Health Center (CHAS Health): (208) 848-8300
- St. Joseph Respiratory Infection Clinic: (208) 750-3840
- NiMiiPuu Health: (208) 843-2271
- Online options with Albertsons or Costco



**FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE:
TRISTATEHOSPITAL.ORG/COVID-19**