

EXTENSION TODAY

November 30, 2007

News from Washington State University Extension

<http://cahnrnews.wsu.edu/extensiontoday>

STORMWATER AND POLLUTANTS

Reducing the impacts of growth

BY DENNY FLEENOR
WSU EXTENSION

Growth happens. With it comes housing, stores, offices, schools, roads and other necessary infrastructure — and the challenge of stormwater runoff. The construction boom in the Puget Sound region is a prime example.

But according to WSU Pierce County extension specialist **Curtis Hinman**, the traditional negative impacts of development, particularly to water quality, are avoidable with planning. The expert in low-impact development techniques has compiled and written a book on the subject.

“Low-Impact Development, Technical Guidance Manual for Puget Sound” is a 258-page guide providing stormwater managers and building site designers with an understanding of low-impact development concepts and objectives, as well as specific management practices they can apply. Hinman is planning a second edition next year.

Mimicking nature

The objective of low-impact development, says Hinman, is to more effectively manage stormwater runoff and the pollutants it carries to protect streams, lakes, wetlands and Puget Sound. The goal is to closely mimic the way water flows in a natural landscape.

“In a natural landscape, precipitation is captured by forest canopies and vegetation and it evaporates back into the atmosphere,” Hinman says. “Water that reaches the ground is absorbed and filtered by the soil before slowly flowing back into waterways.”

By applying the tools detailed in the manual, architects, developers and builders can incorporate systems that effectively reduce runoff and provide a more natural system for drainage.

One tool that can be applied by homeowners, as well as incorporated in large developments, is the



Curtis Hinman, WSU Pierce County extension specialist, right, and Timothy Lowry from Pierce County Water Programs examine bioretention swales at a site in West Seattle that is being redeveloped using low-impact development techniques.

installation of a retention system or rain garden.

Installing a rain garden involves identifying a location to excavate a catchment basin, filling it with an appropriate soil mix for the location and planting it with a selection of native plants. Rainwater from rooftops, driveways and sidewalks is directed into the basin.

“The water soaks in, gets filtered through the soil and flows out into the surrounding soils,” says Hinman.

His newest publication, “Rain Garden Handbook for Western Washing-

ton Homeowners,” is now available by going **ONLINE** @ www.pierce.wsu.edu and clicking the link on the right.

New workshops

Other low-impact development practices include the use of permeable surfaces for such applications as parking lots and driveways that allow stormwater to be absorbed by the soil or gravel underneath, and the installation of so-called green roofs planted with vegetation.

(See “Impact,” page B)

Extension’s critical advantage in building constituent support

BY LINDA KIRK FOX
ASSOCIATE VICE PRESIDENT AND DEAN
WSU EXTENSION

Engagement and connection with the people we serve marks a cornerstone of all land-grant universities. That was the case when the “people’s universities” were founded in the 1800s; it remains the case today.

WSU Extension educators have a natural advantage when it comes to engagement — and not just because it’s in their job descriptions. They each enjoy the benefit of living where our constituents live, in every county, community and corner of the state. Being there makes engagement a lot easier.



Linda Kirk Fox

WSU Extension faculty and staff don’t have to travel far to visit with state legislators or county commissioners. In fact, extension educators run into those influencers and other key constituents all the time in the courthouse hallway, at the grocery store, during chamber of commerce luncheons and at the Friday night high school football games. Their children attend local schools. They are an integral part of the fabric of their communities, and as such, have many opportunities to engage.

Each of those encounters is an opportunity to help our constituents better understand WSU’s impact in their lives. That is especially important in light of the increasing competition for county, state and federal financial support.

WSU President **Elson S. Floyd** clearly understands the value of visiting people where they live. In his travels around the state, he has engaged constituents in a variety of settings. In addition to emphasizing the best work and service of the university, he also listens to the needs and concerns of Washington residents.

The president’s travels have heightened both awareness of and interest in WSU. His expressed commitment to serve the entire state has piqued the interest and enthusiasm of people in rural and urban communities.

That, in turn, reaffirms and heightens our obligation as extension educators to involve and engage Washingtonians. That also increases the pressure to truly be able to articulate outcomes and impact, not just activity.

State residents want and need to know that their university makes a difference in their lives and in their state. When they understand that, they can actively support investing the resources needed to continue the work of the university.

Whether you are a faculty or staff member, student or volunteer, I invite and encourage you to be an engaged WSU representative and citizen. Stay well informed about WSU activities and accomplishments. Help your neighbor, fellow committee member, business affiliate or even family member to better understand the role that WSU and WSU Extension play in their lives and in their community. And to do it daily.



Jasmine Hall, 9, and her sister Alliyah, 11, of Steilacoom write letters to children who have a deployed family member. The letters will be included in the Hero Packs given to children through Operation Military Kids.

OPERATION MILITARY KIDS

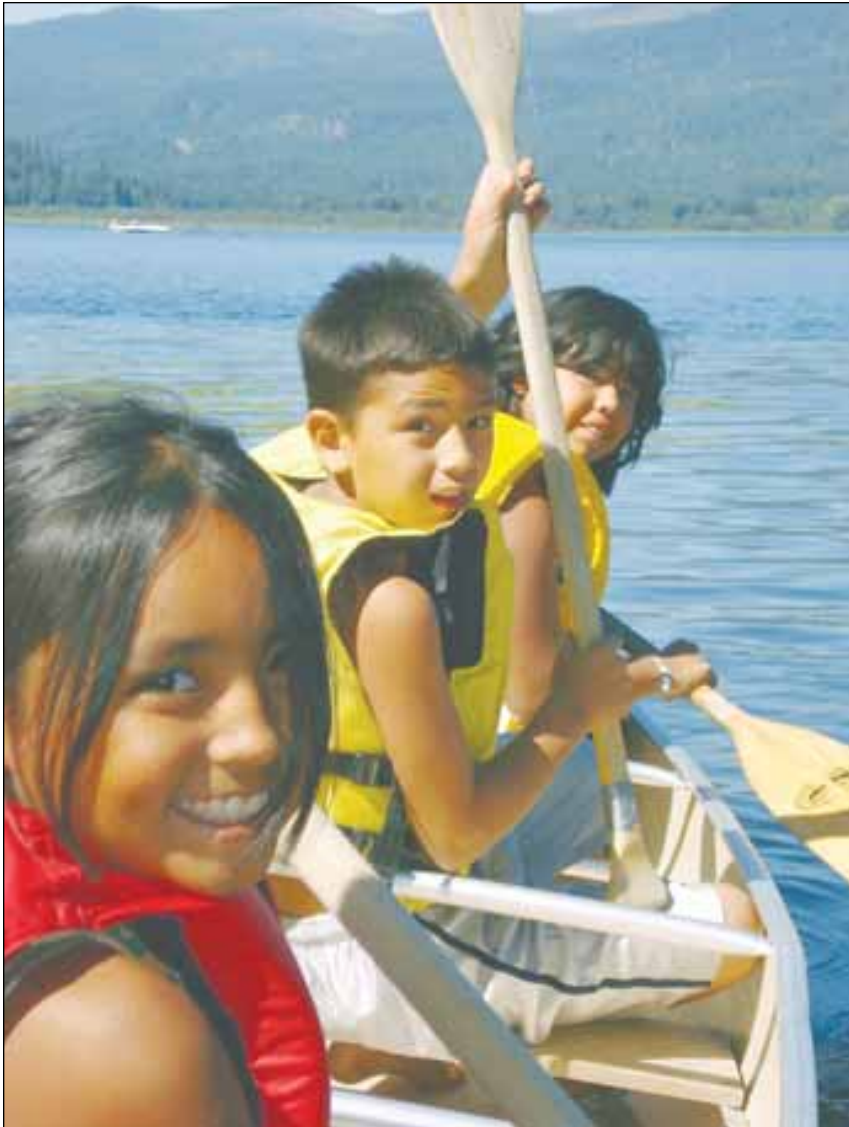
Compassion in a time of complexity

BY BETSY FRADD
WSU EXTENSION 4-H YOUTH DEVELOPMENT

As the number of military families affected by deployment continues to rise, the mission of Operation Military Kids (OMK) in Washington State is broadening its reach to help children cope. In its third year, OMK, funded by the 4-H/Army youth development project, provides support networks for youth before, during and after a parent or loved one in the National Guard or Army Reserve leaves for military service.

An OMK partnership with family assistance centers across the state offers a place for youth to connect with others, take part in fun activities and be with caring adults who understand their life has been dramatically

(See “OMK,” page D)



NEW CAMP A SUCCESS

Award-winning program partners with tribes

BY HANNAH HATHAWAY
WSU EXTENSION NEWS INTERN

The Ferry County Extension 4-H Challenge program has received the Extension Partnership Award in recognition of work done with the confederated tribes of the Colville reservation.

Program coordinator **Phil Linden** incorporates fun with challenging activities, such as canoeing and rock climbing, to focus participants on important life skills like communication, group decision making and group problem solving.

"All of the activities our program facilitates require participants to step up and meet challenges that they will be faced with in their daily lives," Linden said.

Studies of the program's effectiveness indicate the value of strengthening communication skills and fostering a willingness to trust team members. Participants of the challenge program are more successful in school and other aspects of their lives.

Left, youth participate in the Skwant life science camp, held in June at the Paschal Sherman Indian School on the Colville reservation.

The program's newest activity, the Skwant life science camp, was held in June at the Paschal Sherman Indian School on the Colville reservation. The five-day camp brought together a wide variety of educators, researchers and students to inspire campers about education, science and the environment.

The camp focused on team building and leadership through activities such as archery and swimming. Students also were able to engage in hands-on learning in many areas of science such as archaeology, forestry, geology and chemistry.

Campers toured the WSU Pullman campus where they met professors, researchers and students from all around the world who were able to give advice on how to be successful.

"Skwant" is the Salishan name for the area where the camp was held and also translates as "waterfalls."

Campers were not required to pay a fee to attend the camp, thanks to donations from outside organizations and the help of more than 50 volunteers.

Program planners are hoping to make next year's camp a two-week experience.

NATIONAL STUDY CONFIRMS

4-H leads to higher graduation, and less drugs and alcohol

BY KATHY BARNARD
WSU EXTENSION

Young people who participate in youth development programs like 4-H, Boy Scouts, Girl Scouts and Boys & Girls Clubs do better in school, are more likely to graduate from high school and attend college, and are less likely to drink, smoke or use drugs, according to a national study recently released.

"These are characteristics that we always knew reflected our 4-H members," said **Pat BoyEs**, director of WSU Extension 4-H, "but research evidence is beginning to pile up that proves what we have always known."

The 4-H Study of Positive Youth Development is the first-ever longitudinal study to measure the characteristics of positive youth development programs. Led by Richard M. Lerner, a professor at Tufts University, the study involved more than 4,000 young people and 2,000 parents from 25 states. It measures the impact personal and social factors have on a young person's development. The National

4-H Council sponsored the study.

Washington State 4-H was actively involved in the study. The methodology compared a series of youth indicators for adult success with 4-H members and their national non-4-H peers.

The data indicate that Washington 4-H'ers are more likely than their non-4-H national peers to:

- get good grades in school,
- spend more time doing homework,
- graduate from high school and attend college,
- be more competent academically and in the workplace,
- have strong personal values and personal leadership skills
- avoid risk behaviors like drinking, smoking and drug use.

Those findings echoed throughout the national study as well. Results indicate that all youth, regardless of where they live, their family situations, their socioeconomic status, and their race or gender have the capacity to thrive. Findings also show that when communities,

families and schools provide access to youth development programs, as well as opportunities for sustained interaction with and mentoring by adults, young people succeed.

The keys to the positive youth development programs include:

- Provide educational opportunities in an environment that supports long-term, productive interactions between adults and youth
- Emphasize skill-building
- Reflect the diversity of interests of the youth involved
- Emphasize both promotion of positive behaviors and prevention of risk behaviors

• Encourage youth participation and leadership
"We know that all youth have the potential to succeed," said Lerner, "but we've found that the likelihood of success is greatest when youth regularly experience positive adult interaction and mentorship and are involved in youth development programs. We've also found that the nature and frequency of 4-H programs is associated with youth doing their best."



Big Quil 4-H members Jerod Newman, Chelsea Wong and Patrick Knox get creative using an empty mesh clutch bag used to hold oyster shells as a wig for Patrick.

Inspiring kids in their communities

WSU Extension 4-H engages approximately 80,000 young people throughout the state in a variety of programs. For example, members of the Jefferson County 4-H Club, Big Quil Enterprises, operate their own shellfish business, seeding and harvesting the shellfish at a leased beach on the Big Quilcene Bay on Hood Canal. They sell them to area shellfish distributors as well as through retail sales. Many areas of the county have high rates of unemployment and poverty. The aquaculture shellfish industries are starting to turn that around. The students received \$100,000 from the Northwest Area Foundation's annual "Great Strides Award" earlier this year. For more information on the Big Quil project, go to WSU Today online and search on "Big Quil."

Impact ...

(Continued from page A)

"Green roofs make people think of the roof leaking or collapsing because of the weight," says Hinman. "They can be made virtually leak proof, and we use lightweight soil mixes that are relatively shallow."

Hinman says the green roof is a proven practice for absorbing water, and thus reducing runoff, and is required in new developments in some jurisdictions in Europe.

Hinman is developing a new series of low-impact development workshops for the Puget Sound region, as well as revising a two-day course on the subject taught through the University of Washington's civil and environmental engineering program.

"This next generation of workshops will be more technical and offer specific guidelines for performance and construction," he says.

More information is available **ONLINE @** www.pierce.wsu.edu/Water_Quality/LID/.

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WASHINGTON STATE UNIVERSITY
EXTENSION

Building a better steak attracts a crowd

BY DENNIS BROWN
WSU EXTENSION

One of the hottest tickets in Pullman the first week of October was Beef 300, a sold-out short course at WSU's Cattle Feeding Laboratory and Meats Lab. The event attracted 60 people from all segments of the Pacific Northwest beef industry.

"We had people from small operations, large cow-calf operations, feedlot people, meat processing people and people with ties to retail," said **Jan Busboom**, WSU extension meats specialist and one of the organizers of the event.

The collaborative program hosted by WSU Extension and the animal sciences department, provided participants with an overview of management, environmental, nutritional and genetic factors contributing to muscle quality in beef cattle.

"It took participants all the way from the live animal through the marketing of subprimal cuts," said **Shannon Neibergs**, WSU Extension economist. Subprimal cuts are sold to supermarkets.

Along the way, participants got hands-on experiences in live animal evaluation, meat cutting, food safety and much more.

"We wanted them to understand the dynamics of the entire production chain and make contacts throughout the chain, Busboom said. "When producers understand the implications of their decisions, they are more likely to do things that are required to make a high-quality product."

One point made repeatedly was that cow-calf operators need to track the results of their breeding decisions throughout the entire production chain in order to increase the quality and price of the animals they sell to feedlots.

"To have a high quality product, we've got to start with a high quality product,"



said **Sarah Smith**, an area extension educator based in Grant County and another of the event's organizers.

Organizers promoted communications by mixing participants in work group assignments and offering speakers from various areas of the supply chain, including a commercial cow-calf producer, a niche producer, a representative of the Washington Beef Commission, a feedlot operator and other industry representatives.

"The better our team understands these processes, the better we can deliver quality products that satisfy consumer demands," said **Kristin Schwarz**, marketing manager of AB Foods, Boise, Idaho.

And that, after all, was the underlying purpose of the event, according to Smith.

"Ultimately, we want a better product for our consumers and increased demand for beef."



Above, *Capital Press* reporter **Scott Yates** interviews **Kathleen Maine**, a cattle sorter at **Beef Northwest Feeders**. She was one of 60 people who attended the **Beef 300** short course.

Top, **John Unruh**, professor of animal sciences and industry at **Kansas State University**, demonstrates meat cutting at WSU's **Meats Lab** during **Beef 300**. Unruh, a native of **Warden** and a **WSU** graduate, taught at **WSU** in the 1980s.

Where's the beef?

- Beef is raised in almost every county of Washington by about 13,000 ranchers and 810 dairy farmers.
- About 5,000 beef producers have nine head of cattle or fewer.
- On Jan 1, 2006, the state's population of cattle was 1.12 million head, roughly double the number of people that the 2000 Census reported living in Seattle. The number of cattle includes 237,000 dairy cows.
- Receipts from sales of cattle and calves added more than \$540,000 to the state's economy in 2004, the most recent year in which complete figures are known.

Sources: *Washington State Beef Commission* and the *USDA National Agricultural Statistics Service*

SPEAKING SPANISH PREFERRED

Extension steps up outreach to Hispanic/Latino population

BY DENNY FLEENOR
WSU EXTENSION



Garcia-Pabon

WSU Extension's new Latino community development specialist has been traveling the state learning about Washington and the needs of its Hispanic/Latino population. **Jose Garcia-Pabon** joined the department of

community and rural sociology as an extension specialist in July. He recently completed a round of outreach meetings in all four of the state's extension districts.

"I have learned that there are Latinos living in every county in the state," says Garcia-Pabon. "Yakima and King counties have the largest total number of Latinos, but as a percentage of population Franklin and Adams counties are the highest. Regardless of

location, Spanish is the preferred language for most."

Garcia-Pabon says that he also learned firsthand from extension faculty and from community leaders about the issues and challenges that face the state's Hispanic/Latino population.

"I'm looking forward to building partnerships to help address the community's most pressing issues, including education, health, nutrition and labor-force training," he says.

Career in extension

Garcia-Pabon relocated to WSU's Tri-Cities campus from the University of Missouri where he ran a similar Latino outreach program.

"My work has concentrated in areas related to migrant and agricultural labor, Latino and minority farmers, and sustainable agriculture and community food systems," he says.

Garcia-Pabon says he's been involved in extension and education in rural areas since the early days of his professional career.

"I worked in international development and cooperation in various countries in Latin America," he says. "That has included providing technical assistance to small and limited-resource farmers, providing vocational education in agriculture, and coordinating and implementing rural development initiatives."

Garcia-Pabon says that he is looking forward to collaborating with extension educators and to partnering with other organizations to develop and deliver relevant and effective programs to the state's Latino population.

He has already teamed up with **Malaquias Flores**, Hispanic/Latino outreach specialist with the WSU Small Farms Program.

Communication challenge

Flores likes to point out that Latinos comprise the largest growth sector in farm ownership in the state. He and Garcia-Pabon say that the biggest challenge in bringing extension outreach and information to the Latino

population is communication.

"There isn't enough information in Spanish," says Garcia-Pabon.

Flores adds that the solution will involve more than simply translating English educational materials into Spanish.

"Part of our challenge is that many of these people can't read or write in Spanish, let alone in English," he says. "Most are former farm workers so they know a great deal about the technical aspects of farming, but now as farmers they have to make financial and business decisions and keep good records."

Flores already teaches the Small Farms Program's successful farm planning course in Spanish as well as coursework in business management.

Flores and Garcia-Pabon intend to provide even more training and extension information in Spanish.

"If we can help them to learn how to do good farm planning, good bookkeeping and recordkeeping, then they can make it in agriculture," says Flores. "And many of them already are."



Emily Burt, center, teaches global positioning system (GPS) mapping skills to a group of 4-H'ers.

CHARTING YOUR OWN COURSE

GPS training positions people for the future

BY HANNAH HATHAWAY
WSU EXTENSION NEWS INTERN

Through 4-H and local schools, WSU Ferry County extension educator **Emily Burt** actively encourages youth and families to become good environmental stewards by equipping them with the latest technological tools necessary to do that.

Burt teaches introductory global positioning system (GPS) classes for 4-H groups and local schools as well as adults in the county. She has worked with more than 100 youths and adults to provide them with in-depth training in GPS and skills to make critical land-management decisions.

Students ages 11 to 16 are mapping community assets, locating critical landmarks and identifying areas in the forest where diseases occur. That information helps forest owners make better decisions about timber harvest and forest health.

Her goal is to involve children more in the community and to enhance the local economy.

"We also want to get kids outside," she said.

"It teaches them skills they can use later in their careers."

With the GPS skills Burt taught them, one Ferry County 4-H group is mapping and geocaching local attractions and historical sites to share some of their favorite spots with other kids and promote tourism. Their partners are the Ferry County commissioners, the chamber of commerce and the historical society.

"(Working with the kids) is enjoyable because we're outside, and what they're learning is applicable," Burt said. "It teaches them skills they can use later in their careers."

Burt has also worked with the Republic Middle School Math Olympiad team and forestry classes at Inchelium High School. She takes special interest in teaching youth about geography and maps to leave them with job skills relevant to the region.

OMK ...

(Continued from page A)

altered by deployment. Centers in Spokane, the Tri-Cities, Yakima, Tacoma and Kelso/Longview provide hands-on opportunities including robotics, photography and babysitting instruction.

"So many of the children are on an emotional roller coaster," said WSU 4-H OMK liaison **Darlene Munson**. "We're able to provide them an opportunity to learn a new skill, laugh with others and be in a safe environment with other youth who are going through similar situations."

Camps, conference

Washington OMK has expanded its program to include a week-long day camp in Vancouver. This session, offered in conjunction with Vancouver Parks and Recreation, offers instruction, games and emotional support to children affected by deployment.

In addition, OMK is part of the curriculum in three residential camps, which provide counselor training for teens of military families to work with younger children. This summer 300 youth attended the camps in Wenatchee and in the Spokane area. More than 2,000 children in Washington have received some type of service from OMK.

Recently, an all-day conference in Tacoma provided sessions on post-traumatic stress disorder, traumatic brain injury, how kids cope with deployment, school transition challenges and the financial impact of deployment on children. The conference drew hundreds of teachers, counselors and health-care providers who also learned skills to assist them when working with military families.

Variety of programs

OMK is continuing its work in Washington through the creation of Hero Packs. These backpacks contain books, stuffed animals and toys

that are delivered to military youth to let them know they, too, are heroes during this time of transition.

Other services include the mobile technology lab, which travels to different military posts around the state to let kids work on different projects to send to their loved ones. Ten computer stations allow youths to make cards, create photo albums or shoot and edit video postcards.

During the next six months, OMK will continue to develop its Speak Out for Military Kids program. Youth, eager to tell their story to community service groups and others, will explain what it's like to live with a deployed parent and educate people about their situation.

The OMK program is a partnership of WSU 4-H, the Office of the Superintendent of Public Instruction, the Washington State National Guard, Boys and Girls Clubs, American Legion, and the U.S. Army Reserve. For more information visit **ONLINE @** <http://4h.wsu.edu/omk>.

EXTENSION BRIEFS

Ostrom recognized for excellence in programming

Marcy Ostrom, area extension educator and director of the Small Farms Program of WSU's Center for Sustaining Agriculture and Natural Resources, received the 2007 Western Regional Excellence in Extension Award at the Nov. 11 annual meeting of the National Association of State Universities and Land-Grant Colleges in New York. The award is presented annually to an individual who has strived to achieve benchmarks reflective of excellence in extension educational programming.



Marcy Ostrom

Training materials spotlighted on USDA website



Manenica

Building on a Healthy Base, a local adaptation of the U.S. Department of Agriculture's MyPyramid, offers a series of handouts, posters and other materials that help extension educators and others teach healthful food choices to limited resource audiences.

These materials were spotlighted and reviewed on the USDA's Food Stamp Nutrition Connection webpage in October. The reviewer wrote in part, "The brilliance of this resource is its versatility. BOHB is so flexible it can be used in its original purpose as staff training, as was the case at Washington State (University), or on a one-to-one basis."

BOHB was developed by **Kathleen Manenica**, extension coordinator specialist, and **Gerald Steffen**, WSU Extension designer.

Concurrently, a preliminary study with faculty coauthors **Jill Armstrong-Schultz** and **Sue Butkus** on the usability of these teaching tools with target populations was published earlier this year in the *Journal of Nutrition Education and Behavior*. Armstrong-Schultz is a professor of human nutrition. Butkus is a WSU Extension nutrition specialist.



Steffen

Susie Craig on NBC Today Show

Susie Craig, WSU King County Extension educator, was interviewed on an NBC Today Show story about a Florida Department of Health ad campaign to raise awareness of the importance of hand washing. The story aired on Oct. 11. Craig provides multi-state leadership of the Germ City: Clean Hands, Healthy People program. Craig was cited later in a "Your Health" column on hand washing in USA Today.

CBDD director to focus on rural development

Bill Gillis, director of WSU's Center to Bridge the Digital Divide, has resigned his position to focus on rural economic development. **Vickie Parker-Clark**, director for WSU Extension's northeast district and an accomplished extension professor with more than 25 years of experience, will serve as interim director.

Founded in 2001, the center focuses on empowering people to apply technology in ways that build community and create opportunity. It fosters collaborative partnerships and provides education outreach as well as research and policy guidance to expand access to telecommunications infrastructure and critical information technologies among underserved populations.

The center has pursued projects both internationally and in Washington. It has significant work under way in Africa and Afghanistan. Its Rural Bridges program is working to create 5,000 new, sustainable jobs in Washington over the next five years. Gillis will be a part of that effort in his new role as leader of the center's Rural Networks project.



Parker-Clark

Olmstead honored

Mercy Olmstead, WSU Extension viticulturist, and colleagues at Michigan State University and California State Polytechnic University at Pomona received the 2006 ASHS Fruit Publication Award for their paper, "Xylem Vessel Anatomy of Sweet Cherries Grafted onto Dwarfing and Nondwarfing Rootstocks" this summer at the American Society of Horticultural Science Annual Conference in Scottsdale, Ariz.



Olmstead

Extension Today picks up another award

Extension Today has won a Gold Award for internal newsletters in the 2007 MarCom Awards, an international competition for communication professionals. The annual competition recognizes "creative excellence in marketing and communication programs and materials."

