



## Announcements

### MARCH

**14 Dept. of Ecology Water Resources Program Public Meeting**, Dayton, WA 7:00 p.m., Dayton High School Auditorium

**15 Dept. of Ecology Water Resources Program Public Meeting**, Walla Walla, WA 7:00 p.m., Dept of Transportation, 1210 G St.

**17 Super Saturday**, Pioneer Middle School, 9 a.m. to 3:30 p.m. All youth invited, first grade and above. See 4-H section below for details.

**23-24 The 3rd Annual Statewide Women & Agriculture Conference, *Cultivating Our Reality***, East Wenatchee, WA. The conference is being conducted by WSU Extension to give women the tools and information they need to help their family farm operations and agribusinesses succeed. For conference program and registration information, visit the web site <http://www.ncw.wsu.edu/> and click on *Women & Agriculture Conference*.

## Women & AGRICULTURE

The conference is open to the public. Those planning to attend need to register by March 16. The cost is \$20.00, lunch and snacks included. Registration fees postmarked after March 16 are \$30. For more information, contact WSU Extension at 509-745-8531.

### 31-4/1 April Fools Boer Goat Weekend

For information contact Becki at [Becki@CopperCreekBoers.com](mailto:Becki@CopperCreekBoers.com) or Elise at [eaconlee@yahoo.com](mailto:eaconlee@yahoo.com)

### APRIL

**2-7 Washington State Sheep Producers Shearing School**, WSU Grant-Adams Area Extension. In addition to teaching the skills of shearing and associated equipment information and care, students learn various aspects of wool marketing and production, and sheep husbandry. For information, contact Sarah M. Smith, Shearing School Coordinator, at 509-754-2011 ext. 413 or [smithsm@wsu.edu](mailto:smithsm@wsu.edu).

## Updates

### WATER RIGHTS AND PRIVATE WELLS

Under state law, the waters of Washington belong to the public and cannot be owned by any individual or group. The Washington Department of Ecology (Ecology) may grant individuals or groups the right to use water.



A water right is a legal authorization to use a certain amount of public water for a designated purpose. The water must be put to "beneficial use," which refers to a reasonable quantity of water applied to a non-wasteful use, such as irrigation, domestic water supply, or industry and power generation. A water right is necessary if you plan to divert or withdraw any amount of water for any use from **surface waters** such as lakes, rivers, streams, and springs; **or ground waters** if you plan to withdraw more than 5,000 gallons per day.

Many small ground water uses are exempt from the ground water permit system (see RCW 90.44.050). The four types of groundwater uses exempt from the state water-right permitting requirements are:

- **Water for livestock** - no gallon per day limit or acre restriction.
- **Water for a non-commercial lawn or garden no larger than ½ acre** - no gallon per day limit.
- **Water for a single home or groups of homes** - limited to 5,000 gallons per day).
- **Water for industrial purposes, including irrigation** - limited to 5,000 gallons per day but no acre limit.

In some cases, Ecology regulates or places conditions on ground water withdrawals when they interfere with prior, "senior" water rights, including instream flows.

The permit exemption allows certain users of small quantities of ground water (most commonly, single residential well owners) to construct wells and develop their water supplies without first obtaining a water right permit from Ecology. A family of four

typically uses about 250 gallons a day of water use inside their home.

State laws do establish minimum well construction standards. These laws require you to submit a *Notice of Intent to Construct a Water Well* form and the appropriate fee to Ecology at least 72 hours before construction begins.

Source: Ecy Pub. #06-11-021; DOH Pub. #331-349.

### **PROPOSED RULE AMENDMENTS TO THE WATER RESOURCES PROGRAM FOR THE WALLA WALLA RIVER BASIN**

The Water Resources Inventory Area (WRIA) 32 Watershed Plan was completed by the Watershed Planning Unit, in May 2005 and adopted by the Walla Walla and Columbia Counties' Board of Commissions in June 2005. Members of the local Watershed Planning Unit include local stake holders representing 29 entities, including the Confederated Tribes of the Umatilla Indian Reservation, Walla Walla and Columbia Counties, City of Walla Walla, Gardena Irrigation Dist. #13, and other governmental and non-governmental entities.

The Walla Walla Watershed Planning Unit decided that the current rule 173-532 WAC, adopted 1977, did not provide adequate protection for instream-flow resources and existing water rights in the basin.

The new Plan includes a recommendation that Ecology amend the existing water management rule (Chapter 173-532 WAC) to include:

- Instream flow levels,
- modification of existing stream closures, and
- use of winter and spring high flows for water storage projects that improve stream flows for fish.

In addition to the Plan recommendations, the proposed amended rule also:

- closes the gravel aquifer to future withdrawals, except for non-consumptive uses, stock watering and domestic and irrigation of lawn and gardens.
- limits future permit-exempt (RCW 90.44.050) ground water use from the gravel aquifer in highly populated areas.

The rule amendment applies to the Washington portion of the Basin. **The proposed changes do not affect people who have existing water rights.**

Ecology will hold public hearings in Dayton and Walla Walla. To receive comments on the proposed rule amendments for the Water Resources Program for the Walla Walla River Basin, Chapter 173-532 WAC. All attendees will have the opportunity to ask questions and provide their comments on the proposed rule amendments.

Dayton, WA – March 14 at 7:00 p.m.  
Dayton High School Auditorium  
614 South 3<sup>rd</sup> St.

Walla Walla, WA - March 15 at 7:00 p.m.  
Dept. of Transportation Conference Room  
1210 G St.



Please provide comments by close of business on Friday, March 23, 2007. Comments may be submitted online at [http://www.ecy.wa.gov/programs/wr/instream-flows/comments/wallawalla\\_db.html](http://www.ecy.wa.gov/programs/wr/instream-flows/comments/wallawalla_db.html). You may also submit written comments to:

#### **Travis Burns**

Dept. of Ecology – Water Resources Program  
PO Box 47600  
Olympia, WA 98504-7600  
Phone: 360-407-7207; Fax: 360-407-6574  
E-mail: [tbur461@ecy.wa.gov](mailto:tbur461@ecy.wa.gov)

Source: <http://www.ecy.wa.gov/programs/wr/instream-flows/wallawallabasin.html>

For more information on these and other water resource subjects, visit the Dept. of Ecology's home page for water resources at <http://www.ecy.wa.gov/programs/wr/wrhome.html>

#### **WSU EXTENSION TO PARTICIPATE IN REBUILDING IRAQI AGRICULTURE**

WSU is one of five universities teaming up to rebuild Iraq's agricultural sector by strengthening extension programs and training at Iraqi universities. The U.S. Department of Agriculture provided a \$5.3 million grant to the consortium of universities to develop and provide training programs for Iraqi nationals to enhance the management, production, and marketing for small and medium agricultural enterprises.

WSU will focus on dryland cropping systems, for wheat, barley, millets, and legumes grown in Iraq.

The program will strengthen agricultural extension through training Iraqi university faculty in Jordan.

## **WSU EXTENSION WINS \$12 MILLION GRANT TO HELP AFGHANISTAN**

WSU Extension's Center to Bridge the Digital Divide (CBDD) has won a five-year, \$12 million grant from the U.S. Agency for International Development (USAID) to help rebuild higher education in war-torn Afghanistan. Maria Beebe, director of CBDD's global initiatives, began working with USAID in April 2005 on the Afghan eQuality Alliances project.

The new funding comes on the heels of a resounding success in developing higher education alliances in Africa. Beebe also led that project, known as NetTel, which initially involved working with seven African universities and three U.S. universities to develop content and delivery systems for online learning.

Projects include building a digital library that can be shared with the other 19 universities in Afghanistan; developing an e-Learning infrastructure; teaching 21st Century skills for college preparation; and English as a second language.

The needs are many. Afghanistan has been at war in one way or another for the past two decades. "The infrastructure was totally destroyed," Beebe said. "And it wasn't just the gutted buildings. We zeroed in on the fact that they were still teaching with 1973 course descriptions and no textbooks."

## *Farming & Livestock*

### **EARN SOME CASH**

WSDA is looking for farmers and backyard poultry owners with established flocks who will allow WSDA to take swab samples from live birds or provide eggs for testing. Participants will be reimbursed up to \$60 per quarter for providing swab samples or \$10 a quarter for providing a dozen eggs to test for the avian influenza virus. WSDA staff will do the quick and painless swabbing and egg pickup during visits to the premises.



"Avian influenza hasn't been found in domestic poultry in Washington, but it will be an advantage to increase the range of our surveillance efforts," said State Veterinarian Leonard Eldridge. "These sentinel flocks will help alert us should avian influenza ever become a problem here. Good

surveillance and early detection will allow us to coordinate a rapid response to bird diseases." The department is particularly interested in testing chickens, pheasants, ducks and geese located near a wildlife or waterfowl refuge, close to commercial poultry operations or within a major migratory waterfowl flyway.

Persons interested in participating in the backyard flock surveillance may contact WSDA through its toll-free Avian Health Hotline at 1-800-606-3056. The hotline also can be used to report sick or dead birds or ask for more information on avian influenza.



The public may also report diseased or dead wild birds, particularly waterfowl or shorebirds, to the Washington State Department of Fish and Wildlife at 1-800-606-8768.

### **SEEDBED PREP FOR FORAGE SEEDINGS**

Seedbed preparation has been called the most important step when seeding both legume and grass forages. Good seedbed preparation provides seeding depth control, proper timing of seeding, and competition control.

When planning forage seeding, you should plan far enough ahead to give yourself the time it takes to perform the needed operations. Start with the desired time of seeding needed for good establishment and work backwards. Be sure to allow for unpredictable weather and machinery maintenance. A delay could rush you too much to do a good job of seedbed preparation and put your seeding too late for optimal conditions.

Since forage legume and grass seeds are so small, they need all the advantages in seeding conditions they can get. This means seed-to-soil contact, adequate moisture, and a seeding depth that will allow the seedling to emerge before it runs out of energy reserves. Small seeds have limited energy reserves.

The recommended seeding depth for most forage legumes and grasses is 1/4" to 1/2". Different soils will require different seedbed preparation methods to ensure this depth. The most common reason for forage seeding failures is seeding too deeply. And the most common reason for seeding too deeply is that the seedbed is too soft. Pack, pack, pack and pack again, especially in coarse textured soils. A "rule of thumb" is that when you walk across a

finished seedbed, your footprints should be no more than 1" deep.

On the other hand, seed that is seeded too shallow may not have the necessary seed-to-soil contact to keep it supplied with moisture. Broadcast seedings sometimes have this problem. Usually if the seedbed has the proper firmness, a very light harrowing or dragging with a piece of chain-link fence after broadcasting the seed will result in the proper seeding depth and seed-to-soil contact.

The timing of seeding and hence seedbed preparation is dependent on moisture availability. Of course, this is of less concern in irrigated situations. In non-irrigated situations it can be as critical as seeding depth, so plan ahead. For forage legumes we also need to be very aware of the temperature. Legumes will not germinate at as low of soil temperatures as most grasses. Also, the legume seedlings cannot survive as much cold air as grass seedlings. There is a very narrow window when forage legumes need to be seeded. The seedbed needs to be warm enough for germination, but not too dry for seedlings to survive.

For non-irrigated grass seedings, fall dormant seeding works well in the lower precipitation areas. What this entails is having the seedbed prepared in the fall and seeding after the soil temperature has gone below 42-45°F. The seeds sit dormant and imbibe moisture during the winter. As soon as the soil temperature increases enough, the seeds begin to germinate and get an earlier start on weeds than if you seeded in the spring. This is usually before you could get on the soil, because it is too wet.

Competition control during seedbed preparation includes mechanical control and/or chemical control. The type and severity of the weed population will determine whether herbicides are needed or not. For an herbicide to be effective, it must be the right herbicide and applied at the right time. Be sure to follow the label directions. The biomass from weeds needs to be eliminated. Burning is one method, but local restrictions and guidelines must be followed. One method of eliminating the previous crop is very close harvesting or grazing followed closely by your mechanical seedbed preparation. Another competition control method is as simple as not seeding a companion crop. Research has shown that the advantages of a companion crop are usually outweighed by the competition the

companion crop has with the desired crop for moisture, space and sunlight.

Remember when contemplating a legume or grass seeding, plan ahead and seed at the proper depth of 1/4" to 1/2". Sometimes "Mother Nature" has a hand too. Good luck!

Source: John D. Fouts, WSU Extension, Walla Walla



### SUPER SATURDAY

Improve your skills, meet new people, and explore new areas of interest. Sign up for Super Saturday workshops!



Youths, teens, parents, and 4-H leaders are welcome. You do not have to be in 4-H to attend but you must be in first grade or above. Some of the classes offered this year include fossils, food & nutrition, horse

trailing safety, money matters, computer crimes, CSI, sprinting clinic, karate, drawing & watercolor, care & feeding of goats, fun with speaking, square-foot gardening, judging, and more!



Most classes are free. For those classes requiring a small fee, prepayment is required at the time of registration. Youth scholarships are available in case of financial hardship. Some classes have minimum age restrictions. Register early! Class sizes are limited and fill up on a first come (paid), first enrolled basis.

For more information, stop by WSU Extension at 328 West Poplar for a brochure, call WSU Extension at 524-2685, or email [meagon@wsu.edu](mailto:meagon@wsu.edu).

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WALLA WALLA COUNTY  
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## Food \$ense

### FOOD \$ENSE IN WALLA WALLA COUNTY CLASSROOMS

Did you know there is approximately 30 cups of popcorn (1650 calories) in a jumbo popcorn from the movie theater?

These super size facts are some of the concepts the WSU Food \$ense Program taught to 518 county schoolchildren October 1 through December 31, 2006.

Classrooms receive five lessons each on food safety and basic nutrition concepts. Lessons include fun activities that help children think about the importance of washing their hands before eating, consuming more fruit and vegetables, and being aware of portion sizes.

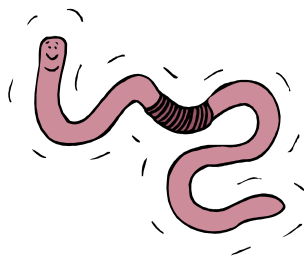
The feedback we are receiving shows we are making an impact. One 5<sup>th</sup> grader from Blue Ridge was asked why he washes his hands more often. He replied, "Because I don't want to get sick like before when I didn't wash my hands often".

Food \$ense will continue delivering nutrition education through the end of the school year.

## Home & Garden

### EARTHWORMS ARE ESSENTIAL TO A HEALTHY SOIL

Good soils contain a range of beneficial organisms that are directly stimulated by the activities of the earthworms. These tiny creatures burrow through the soil, forming channels through which root growth may easily reach down into the subsoil for minerals and moisture. The burrows of earthworms also allow water to flow rapidly through the soil. These pores that worms create can account for up to 90% of the water conducted through a soil profile during times of intense rainfall. Rainfall is absorbed quickly for storage in the soil, instead of running off. The burrows also let in more oxygen that speeds up decomposition of plant materials and enhances plant uptake of potassium and other nutrients. Some data suggests that earthworm activity can increase air capacity in the soil by 60 to 75%.



Earthworms also break down organic matter and spread it throughout the top 12 inches of soil, further improving the quality of the soil. Bacteria that break down organic matter are produced in the gut of the earthworm. These bacteria, along with the fertilizer-like waste material produced by the worms, are put into the soil through the castings, or "earthworm manure". The castings contribute up to five times more available nitrogen, seven times more available phosphorus, and eleven times more exchangeable magnesium than the surrounding mineral soil. Earthworms essentially take in nutrients in forms that are not readily available to plants and convert these nutrients into plant-available forms of plant nutrients, according to Dr. Eileen Klavivko, the worm expert at Purdue University. Two pounds of earthworms will recycle one pound of organic waste in 24 hours. In ideal conditions, earthworms will recycle their own weight in wastes every 24 hours.

Earthworms also work to neutralize soil pH. Research has shown that earthworm castings have a more neutral pH, closer to 7, than the soil material that the earthworms ingest. These earthworms are essentially converting relatively insoluble or unavailable forms of calcium into compounds similar to what we do when we apply limestone or acidifying agents to our soils. In fact, some researchers feel that earthworms are counterbalancing some of the chemical effects of our fertilizer additions - but this is still being investigated.

Research has also shown that higher earthworm populations go hand in hand with managing harmful nematodes - one of the more recently discovered pests on the scene in some locations. Because earthworms stimulate beneficial organisms within the soil, these beneficial organisms simply trap, strangle, eat, and crowd out the plant-eating nematodes. In contrast, in many locations where high value crops are adversely affected by nematodes, farmers lay out significant financial expenditures for fumigation to rid themselves of these nematodes. Fumigation kills both the beneficial and harmful organisms.

### Earthworm Q and A:

#### Q: How many earthworms do you need?

A: To gain the benefits of a good earthworm population, you need eight to ten worms per square foot of soil six to eight inches deep.

**Q: How do you get more earthworms to inhabit your soil?**

A: Create ideal conditions for the earthworms. You can encourage earthworms by 1) planting cover crops, 2) adding manure and compost, 3) reducing the amount of tillage and disturbance of the soil, and 4) by keeping the soil covered with a layer of mulch such as shreadings. Worms like warm - not hot, and moist - not saturated - conditions.

**Q: What are the ideal living conditions for an earthworm?**

A: Earthworms require an environment with a lot of crop residue and a calcium-rich soil. They like shaded conditions such as that which a cover crop will provide. They tolerate a range of temperatures from freezing to 100 degrees F (0-35 C). They live in almost all soil types, except very coarse soils (sands) and those that are very acidic.

**Q: What do you not want to feed earthworms?**

A: This almost seems pointless to say, but don't feed them metals, foils, plastics, chemicals, oils, solvents, insecticides, soaps, paint, citrus products, spiced foods, or high acid foods. (All the things you don't apply anyway.)

**Q: What about anhydrous ammonia and nitrogen fertilizer? Does it hurt worms?**

A: Although ammonia itself will kill worms it comes in contact with, this is most likely a small effect on a field-scale basis. In fact, some studies have shown that although earthworm and soil organism populations are reduced in the immediate vicinity of the anhydrous band, with time the populations of soil organisms often increase to levels greater than before the fertilizer addition - a response to stimulation and enrichment by the fertilizer itself.

In some of today's agriculture practices of frequent tillage, fertilization, pesticide use, the earthworm has all but been forgotten. They are fighting an "up-hole" battle. No-till farming practices are much more beneficial to the earthworm population. Earthworms are extremely valuable to a soil in all scales of farming. They essentially do everything we try to do with our modern farming methods. Maybe we should be looking at investing in a herd of earthworms. If they fail to meet your expectations, at least you'll have some good fishing buddies.

Fact: Did you know that when the Pilgrims showed up on the shores of North America, the night crawler was not present on the North American continent. Nightcrawlers are an imported organism from Europe.

Earthworms are extremely valuable to a soil in all scales of farming. They essentially do everything we try to do with our modern farming methods. Maybe we should be looking at investing in a herd of earthworms. If they fail to meet your expectations, at least you'll have some good fishing buddies.

To access more information on the benefits of earthworms, try the following web sites: <http://www.agcom.purdue.edu/AgCom/Pubs/AY/AY-279.html> and <http://www.wormwoman.com/> or contact Eileen J. Kladvko, Purdue University worm guru, [kladvko@purdue.edu](mailto:kladvko@purdue.edu) or Clark Gantzer, University of Missouri worm guy, [GantzerC@missouri.edu](mailto:GantzerC@missouri.edu)

*Master Gardeners*



**PLANT CLINICS BEGIN**

Extension office Master Gardener clinics begin in April. Visit the Walla Walla Extension office on Tuesday from 2:00-4:00 p.m or Thursday from 9:00 -11:00 a.m. Bring in your home garden questions and problems and speak to a Master Gardener.

Problem plant samples may be left at any time during office hours and a Master Gardener will look at the specimen during clinic hours and contact the home owner.

**HORTICULTURAL SNAKE OIL SALESMEN**

"Step right up, folks! Get your yard and garden tonic here - Granddad's recipe of tobacco, tea and shampoo!" There are plenty of advertisements for products touting miracle cures for anything horticultural.

Some of the yard tonics suggested include using ingredients like shampoo, ammonia, cola and instant tea. According to Bob Gough, Montana State University Extension horticulture specialist, these recipes have no basis in science. He agrees that "the shampoo would act as a wetting agent, the ammonia a transient source of nitrogen, the cola a source of CHO (which the grass is not likely to use anyway), and the tea???" I don't have a clue."

Other recipes include everything from chewing tobacco to human birth control pills. It is this kind of strange, or even dangerous, advice that has drawn

criticism from university horticulture professionals across the country.

Gough speaks for many of them when he states that "it's a stretch of the imagination to figure out just how some of these things might work. I know of no research backing up most of these claims."

Most of the "down-home" seller's advice is simply unfounded, but some of it can be dangerous. Extension agents and Master Gardeners warn home gardeners that much of the advice is not necessarily a good idea to follow.

## Family Living

### WHAT FOOD "SELL-BY" DATES REALLY MEAN

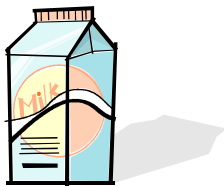
Many states require food manufacturers to mark perishable foods with a date so that customers can gauge product freshness – but since there are no federal regulations requiring products to be dated, there isn't a uniform system. Here is a guide to the most common terms and what they really mean...

**Sell-by dates** let stores know how long products can remain on the shelves. They are also used as guides for rotating stock. The sell-by date takes into consideration the length of time a product typically sits on the shelf at home after purchase.

Perishable foods remain good for a period of time after the sell-by dates, assuming that they have been stored properly. Use your eyes and nose to judge product freshness. For example, milk, cheese, and yogurt that smell sour or have turned color should be thrown out.

General guidelines for shelf life beyond sell-by dates:

- **Eggs** usually are good for 3-5 weeks past the sell-by date.
- **Milk** typically is good for up to 7 days past the sell-by date.
- **Fresh chicken and turkey** should be cooked or frozen within two days after the date.
- **Fresh beef, pork, and lamb** should be cooked or frozen within 3-5 days after the date.
- **Ground meats** should be cooked or frozen within 2 days of the date.
- **Unopened processed meats**, such as bacon, hot dogs, and luncheon meats, should be used within 2 weeks after the sell-by date.



- **Unopened canned meats**, such as tuna and sardines, will keep for about two years beyond the sell-by date.



**Best used by** and **use by** dates refer to the point after which peak quality – flavor or texture – begins to decline. These are not safety or purchase dates.

**Caution:** Shelf life depends upon handling and storage conditions. Fresh perishable foods should be kept at 38-40° F for maximum safety and quality.

*Source: Suzanne Havala Hobbs, DrPH, RD, School of Public Health, University of North Carolina at Chapel Hill*

### SAFE BLOGGING

Simply put, blogs (short for Web logs) are online journals. Just as in any journal, the blog owner (or blogger) can speak out on any subject he or she pleases in words or drawings. Anyone can visit a blog and comment on what the blogger is saying.

A blog is a great way to express yourself and broadcast your opinions. Unfortunately, public blogs are also used by criminals as a way to collect information that can be used to steal your identity, rob your home, harass or physically harm you, your children, or your friends.

### Eight Safety Tips For Blogging

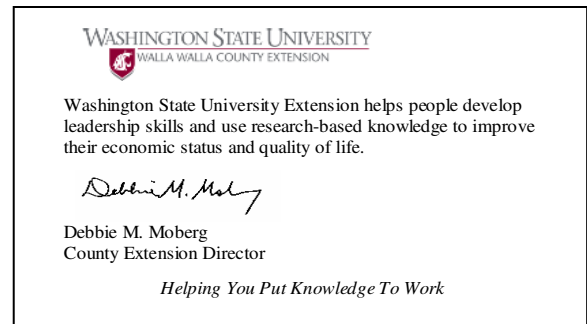
1. The more personal or identifiable the information you share, the fewer people you should share it with. Periodically review who has access to your site and make changes if necessary.
2. Keep identifying details to yourself and close friends. **A good rule of thumb: if you wouldn't share the information on your blog with a strange guy on a dark street, don't post it for the public.**
  - Don't use your real name on your site (or anyone else's either). Create a nickname that doesn't attract the wrong kind of attention or help someone find you.
  - Don't mention such details as your address, school, where you work, even the town name if it's small.
  - Don't reveal any information that gives away your age such as your birth date or year of graduation.

3. Be smart about the photos you post.
  - What does the picture show about you? Does it attract the wrong kind of attention or help someone find you?
  - What's in the background? Does the photo show your house number, a street sign, a license plate, a clear landmark?
  - Did you caption your photos with full names or other identifying details?
  - What's on your shirt? The name of your school, sports team, or club? Your name?
  - Who's in the picture? If it shows friends or family members, you may be putting them at risk, too.
  
4. Be careful about sharing your feelings in your blog. The poems you select, the music you list, the pictures you post—all these tell a lot about who you are and how you feel. All of this is great information to a predator who's on the hunt and who would be delighted to make you feel important or special.
  
5. Check out what your friends write about you. Maybe they're giving out your address or real name so someone can find you. Check the comments they leave on your blog, too, to make sure they don't give away personal details.
  
6. Be very cautious about meeting in person someone you only know through blogging. Everything they've told you about themselves and their motivation for meeting you may be completely true - or none of it could be. They may feel like a close friend, but they are still a stranger.
  
7. If you think there's a problem, report it immediately. No one has the right to threaten or upset you. Your blogging site should have tools to help protect your safety such as a way to control who has permission to see your blog, the ability to block harassing users and to turn on or off comments, site monitors, and a simple way to report abuse.
  
8. Help your kids to blog safely. Young bloggers, particularly teens, are at high risk if they make their blogs available to the public instead of to a limited group of friends and family. This is a time when teens are reaching out for new identities, friends, and validation and are less

concerned about their overall safety making them relatively easy targets for predators.

- Talk frankly about what it takes to stay safer when blogging; the points above are a great place to begin.
- Periodically ask you child or teen to show you what they are saying in their blog, what comments they're getting, and so on.

Source: Joy Faerber (Adapted from "Look Both Ways – How to Keep Your Family Safe on the Internet" by Linda Criddle; website: <http://look-both-ways.com>)



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