

CONTINUED TOPICS

April 19, 2011

Gardening Tips

Cowlitz Co. Master Gardener Panel

Gardening can be a fun hobby that can provide big rewards with very little maintenance if it is done correctly. Interest has grown for putting in raised beds for starting gardens early and for ease. Learn helpful tips from gardening experts on ways to keep your gardens looking great all year long. A panel of Master Gardeners will share their knowledge and experience on what to plant appropriate to our area, basic garden design and how to encourage the plants you have to grow big and strong.

May 17, 2011

Emergency Support Shelter

S.A.F.E Program

What is Domestic Violence?

Hazel Faul

Domestic violence is prevalent in Cowlitz County. Your neighbor or even yourself may be a victim. Learn what domestic violence is and how to help anyone being abused.

WSU EXTENSION PROGRAMS/STAFF

- **SMALL FARM MANAGEMENT, COMMUNITY DEVELOPMENT & GARDENING**
Gary Fredricks, *Director*
- **4-H YOUTH DEVELOPMENT**
Jennifer Leach
- **NUTRITION EDUCATION**
Debbie Fredricks
- **FOOD SAFETY**
Sandy Brown
- **VOLUNTEERS**
Master Gardeners
4-H Volunteers
Sewing & Textile

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2010-2011 BROWN BAG FORUMS

**WSU Extension...
Helping You Put
Knowledge to Work**



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COWLITZ COUNTY EXTENSION

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

BROWN BAG DATES AND TOPICS

All classes are held on the third Tuesday of the month from 12:00 noon—1:00 p.m. in the Cowlitz County Administration Building, Room 300, 207 4th Avenue North in Kelso, WA.

September 21, 2010

Buying and Preparing Fresh Food

Debbie Fredricks
WSU Extension FoodSense Program

We all know that fresh fruits and vegetables are good for us, but sometimes we just don't know how to choose them. Questions also arise about storage and how to prepare them. Join Debbie Fredricks of the Washington State University FoodSense program to learn the best ways to select, store and enjoy a variety of produce.

October 19, 2010

First time Home Owners guide to winterizing your home

Rob Salberg, Cowlitz P.U.D.

Whether or not you are big into conserving energy, we all like to see a smaller electric bill. While we all know to turn off lights, there are other things you can do to save energy and money. Come and find out the many tips you can do around the house to save energy before winter blows into town.

November 16, 2010

Homemade Gift Ideas for the Holidays

Representatives from FoodSense, Master Gardeners and 4-H volunteers

Giving handmade gifts to others brings a personal touch to the holidays, yet it can be difficult to decide what to make. Look no further for ideas for gifts that will be eagerly welcomed as the holiday season draws near. Join in the fun as representatives from WSU Extension programs share some of their favorite homemade gift ideas from the kitchen, the garden, the sewing room and the craft room.

January 18, 2011

Protecting your Home from Robbery

Mark Nelson, Cowlitz County Sheriff

No one plans to be robbed, yet it can be a frightening experience coming home and finding your possessions taken. How can you protect yourself from becoming a victim? Cowlitz County Sheriff Mark Nelson will discuss ways to protect your home and talk about what robbers are looking for in planning a home invasion. Learn how to keep your property safe.



Brown Bag Forums are sponsored by
WSU Cowlitz County Extension.

February 15, 2011

Writing up a Will

Chris Roubicek, Attorney

Attorney Chris Roubicek, of Castle Rock, will address the importance of having a will. A will is a legal document that allows you, not the Washington legislature, to determine where your estate will go. Wills are necessary for people with stepchildren, children under 25, or a child or children with disabilities as well as people with no children.

March 15, 2011

Understanding Property Taxes

Terry McLaughlin, Cowlitz County Assessor

Does your head spin when you open your property tax bill? Ever wonder what all those abbreviations mean? Terry McLaughlin, the county assessor for Cowlitz County, will explain how property taxes are determined and answer your questions.

Continued on next panel