

CONTINUED TOPICS

April 21, 2010

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.

WSU EXTENSION PROGRAMS/STAFF

- **SMALL FARM MANAGEMENT & COMMUNITY DEVELOPMENT**
Gary Fredricks, *Director*
- **4-H YOUTH DEVELOPMENT**
Jennifer Leach
- **COMMUNITY HORTICULTURE MASTER GARDENERS**
Gary Fredricks, *Director*
- **NUTRITION EDUCATION**
Debbie Fredricks
- **FOOD SAFETY**
Sandy Brown
- **4-H SEWING & TEXTILE VOLUNTEERS**
Jennifer Leach

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WASHINGTON STATE
UNIVERSITY EXTENSION

2009-2010 BROWN BAG FORUMS

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



WASHINGTON STATE UNIVERSITY
 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 Wednesday of the month except as noted from 12:00 noon—1:00 p.m. in the Cowlitz County Administration Building, Room 300, 207 4th Avenue North in Kelso, WA.

September 16, 2009

Starting a Small Business

Susan Hoosier, WSU Small Business Development Center

Starting and managing a business takes motivation, desire and talent. It also takes research and planning. Like a chess game, success in small business starts with decisive and correct opening moves. Although initial mistakes are not fatal, it takes skill, discipline and hard work to regain the advantage. Learn the basics of what to do and not to do when starting a new business. Learn what resources are available to you locally, including help in building a business plan.

October 14, 2009 (2nd Wednesday)

Making a Green Cleaning Kit

Debbie Fredricks, WSU Nutrition Education Assistant

Learn how to save money and the environment by making your own cleaning products. Start out the spring with nontoxic products keeping your pets, children and the environment healthy

November 18, 2009

Homemade Gift Ideas for the Holidays

Panel of WSU Master program 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 20, 2010

Herb and Container Gardening

Marjorie Pitcher, WSU Master Gardener

Herbs truly bring the spice of life to cooking. They provide a variety of flavors that will enhance your meals. Here is your opportunity to learn how to grow fresh herbs in your home. Find out how to grow the herbs of your choice and what is the best way to use them in your cooking.

Brown Bag Forums are sponsored by WSU Cowlitz County Extension.

February 17, 2010

Heart Disease in Women

Debbie Fredricks, WSU Nutrition Education Assistant

Heart and blood vessel disease is the number one killer of women in America, with almost 500,000 deaths a year. American women have yet to fully appreciate that cardiovascular disease kills more women than breast cancer, osteoporosis, domestic violence and AIDS combined. Discover ways to reduce your risk of heart disease through diet and lifestyle.

March 17, 2010

Gardening Tips

WSU Cowlitz County Master Gardener Panel

Gardening is a fun hobby that can provide big rewards with very little maintenance if it is done correctly. Learn helpful tips from the 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.

Continued on next panel