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# Be Kind to Your Knees | 3 Ways to Support Your Joints

Your body is an amazing machine — whether you're in shape or not — and the strength and stability of your entire lower body hinges, quite literally, on the health of your knees. By ignoring your joint health, you could be putting an expiration date on how long you get to enjoy your body. Why not do everything you can to keep your knees alive and kicking?

**Knee health starts at the hip.** From box jumps to kneeling in the grass and playing with your kids, your knees take a beating, and the best way to relieve the pressure is to make sure your other joints can handle their fair share of the load. Your hips are a pivotal support for your knees, and straight leg raises and marching in place with high knees can isolate and work this muscle group.

**Flex benefits.** Another key element of maintaining healthy knees is ensuring that the muscles surrounding them are limber. Overtightening of the quadricep, hamstring, IT band, and calf

muscle can all contribute to unnatural knee movements which, over time, can increase risk of pain, inflammation, and more serious injury. Don't treat stretching as an afterthought in the few minutes after your workout. Rather, a long stretching session after a warm shower can be a relaxing way to start or end your day.

**A show of support.** While isolating muscle groups can be effective, research has shown that the best way to activate support muscles like the abdomen, and even the tendons surrounding a joint, is through Closed Kinetic Chain (CKC) exercises, like squats, lunges, deadlifts, and power cleans. CKC exercises require that your arms and legs remain planted while your body moves, forcing a more natural and even disbursement of strengthening movements. This can be seen in a squat, for example, where your legs stay planted on the ground, while the muscles in your calves, thighs, glutes, and abdomen are forced to do the supportive work.



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## OVERVIEW OF TERRAVION

Skone Irrigation is proud to announce a new partnership with TerrAvion and Ranch Systems LLC. TerrAvion is a relative newcomer in the aerial imaging world, but they already has vast territories throughout the West Coast and Midwest.

Imaging is nothing new to us in the Columbia Basin. Growers have used aerial imaging for years. Some have even turned to remote control drones outfitted with cameras to provide imaging for their crops. Drones can provide some decent imagery and admittedly be a little fun, but they are expensive, time intensive, and the imaging spectrums are limited to the amount of cameras you can fit on the machine.

There is a better solution. TerrAvion sets itself apart from the use of drones in their combination of multi-spectrum

high-quality images (natural color, infrared, thermal, and NDVI), weekly flights throughout the growing season, and a great price point at \$6 per acre for the entire season.

Within 24 hours of scheduled flights, images are automatically uploaded to a grower's online account and are viewable immediately, giving valuable insights into field conditions not easily spotted from the ground.

### WHAT IS NDVI?

Normalized Difference Vegetation Index (NDVI) is a ratio of the red and the near-infrared light that the plane-mounted camera sees. Plants are good at reflecting light, which increases the value of this ratio. Higher NDVI values mean more chlorophyll is detected, with both leaf area and photosynthetic activity increasing NDVI values. Normally, these two values are conflated into a measure of "vigor," but basically it's a measure of chlorophyll density overall.

### OVERVIEW

Overview is TerrAvion's premiere product. The use of multi-spectrum imaging gives growers a valuable tool in spotting potential problem areas. Some of the potential benefits associated with using imaging in your operation can include optimizing irrigation, improving yield and uniformity, making field scouting more efficient, detecting anomalies caused by pests and disease, as well as supervising and monitoring the effectiveness of chemical applications. All of this coupled with OverView's ability to allow growers to see changes in crop health over the course of the growing season make it an indispensable tool in any farming operation.

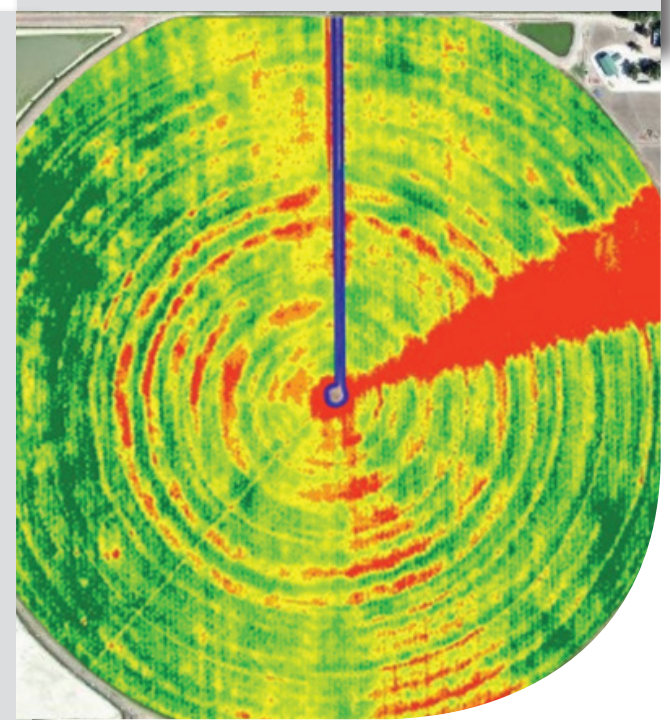
OverView allows producers the ability to share a map with others (agronomists, farm managers, equipment operators, etc.) to help communicate what you see happening on the farm. This works well in conjunction with your current tools, providing a big-picture look you can then follow up with for sampling, moisture probes, and scouting. This allows you to react faster, make better decisions, communicate more easily, intervene less, and lower risk while being more aggressive in pursuit of your goals.

The overall result is a huge gain in productivity, to the point where OverView actually pays for itself. The blocks where TerrAvion customers used OverView require fewer field visits, saving time and money in travel costs. You'll be able to spot weak areas in fields and make the decisions necessary to correct them.

While nothing replaces boots on the ground and getting out in the field, OverView provides solid peace of mind, knowledge, and the confidence that you are aware of problem areas on your farm.

If you would like to find out more about TerrAvion, feel free to take a look at the TerrAvion website at [www.terravion.com](http://www.terravion.com) or call **Rusty Pixton at 509-760-1099.**

- Erik Skone



# On the Go With JD Gomez

## The Novelty and Challenge of Life as a Service Tech

Being on the go all the time isn't for everybody, but JD Gomez prefers staying busy. When his father-in-law introduced him to Skone Irrigation three years ago, Gomez was attracted to the novelty of service tech work, as every day offers a new situation and challenge. In this business, no two days are the same.

Splitting up the work between the four service techs we have, our team can tackle any new problem or challenge that arises. For Gomez, being out in the field and going from place to place is what he prefers. He'd much rather be out and about using his skills than working at a desk or on repetitive tasks. Although Gomez is the first to admit electrical issues in particular can be quite difficult to diagnose, he's up for the challenge and always willing to go the extra mile to solve a problem.

Gomez has been married to his wife for 13 years, and together they have three boys, ages 12, 9, and 4. Active in wrestling, football, baseball, and outdoor sports like hunting and fishing,

the Gomez family appreciates that JD has the energy and drive to get out there and enjoy quality time with them, even after a busy week at work.

As the weather gets nicer and nicer, the Gomez boys are spending more time at the baseball field and are already dreaming of getting back on the hiking trails and open water this summer. If it's camping they're after — which it will be soon — the Gomez family tends to travel toward Banks Lake reservoir near Grand Coulee, where there's no shortage of water activities. For JD and the family, it's all about spending a warm summer day catching some wakes — they love wakeboarding, kneeboarding, and tubing on the lake.

We're appreciative of JD and his dedication to quality service. We know that no matter what we throw at him, he can handle it. His positive attitude and energy are exactly the team values that make Skone Irrigation such a fantastic place to work.



## Take it Outside!

### Outdoor Play Encourages Family Time

You know the kids have been cooped up too long when they start nagging each other, poking and prodding until one of them finally yells, "He's pinching me!" By the time spring and early summer come around, you're well aware of the restlessness that disrupts your otherwise peaceful home. So how can you cure the last remnants of cabin fever and encourage your kids to get along? Take it outside!

### Create a Family Sports Team

According to Jeroen Vermeulen and Paul Verweel of Utrecht University, The Netherlands, participation in sports helps people solidify their identities and learn to understand social cues and nuances.

"From the perspective of real-life, day-to-day identity," they say, "sport may indeed be seen as providing specific and important resources for constructing bonding and bridging ties." Playing together on an organized team gives your kids a common purpose and goal, and forces them to come up with solutions to problems together. It's also the perfect playing field for teaching life lessons like sportsmanship, fairness, and compassion.

*"Many hands make light work" may not be 100 percent accurate when it comes to toddlers, but many hands working together outside are an excellent cure for cabin fever."*

### Plant a Garden Together

"Many hands make light work" may not be 100 percent accurate when it comes to toddlers, but many hands working together outside are an excellent cure for cabin fever. Labor-intensive gardens can be especially great for strong teenagers to help plant and maintain.

A vegetable garden may be a bit too much of a project for your younger children, though. If that's the case, try sowing a potted herb garden, or create a window-planter masterpiece. Come fall, you'll have delicious foods, spices, or beautiful flowers that your kids can be proud of.

Is your kids' cabin fever driving you crazy? Get them out and moving in the spring sunshine! Whether you start your own flag football team or plant your very first family garden, now is the perfect time to get outside — together.



## Copa Americana 2016



This February saw a unique project for the team at Skone Irrigation. Nathan Cox of Desert Green Turf in Moses Lake came to Erik Skone with a question: "Can you help me design an irrigation system for a soccer field?" Seemed simple enough. As it turned out, however, this wasn't just any soccer field. This turf was destined for CenturyLink field, and it will be used for international soccer matches in the Copa Americana tournament beginning June 4, 2016.

The design of the system presented some interesting challenges. There were 12 zones with a total of 40 sprinkler heads. These heads are designed to operate under high pressure and high gallonage conditions. Each sprinkler has a minimum 55-foot throw and will keep the Rye and Blue grass blend well-hydrated.

The turf will be played on for three separate matches and will be removed at the conclusion of the tournament. Be on the lookout June 4 for some home-grown turf being used on an international stage.



## WILD RICE SOUP

### Ingredients:

- ½ cup uncooked wild rice
- 10 slices bacon, cut into 1-inch pieces
- 1 pint half-and-half
- 2 cups condensed cream of potato soup
- 2 cups water
- 1 small onion, diced
- 2 cups milk
- 1 cup Velveeta cheese

### Directions:

In a medium saucepan, bring water and rice to a boil. Simmer for 35 minutes. While rice is cooking, sauté bacon and onion together. Drain and set aside. Combine half-and-half, milk, potato soup, and Velveeta cheese and warm (DO NOT BOIL).

When cheese has melted, add rice, bacon, and onion.  
- From Lily Martinez, wife of Service Tech Roy Martinez