



Latah County Idaho
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MARCH 2026 NEWSLETTER

CERT MEETINGS:

Latah CERT – Next meeting is on April 1st, 2026, at 6:00 pm – Latah Fairgrounds Classroom, ID. Topic is CERT deployment & operating procedures.

Stop the Bleed Training – May 2nd, 2026, drop by anytime from 1:00-3:00 pm – Latah Fairgrounds – Grange Room

Whitman CERT – Next meeting is May 6th, 2026, at 6:00 pm – Sacred Heart Social Hall, 440 NE Ash St., Pullman, WA. Topic to be announced later.

National Nutrition Month & Space Weather

March is National Nutrition Month which is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. The theme for 2026 is “Discover the Power of Nutrition.” Nutrition has the power to help individuals and communities thrive. We are going to focus on health tips and eating right on a budget. Eatright.org, the source of our information, has lots of helpful information on how to build healthy habits into your day to help you feel great now and in the future.

Our second topic is a quick look at the NOAA Space Weather Prediction Center. This website has useful information on a wide variety of space weather and its impact on earth. You will see interesting current images and diagrams of current space activity at www.swpc.noaa.gov which is the source of our information. (The website is pretty cool and very informative!)

The Power of Nutrition!

Start your day with a **healthy breakfast** that includes lean protein, whole grains, fruits and vegetables.



Make half your plate fruits and vegetables to add color, flavor and texture plus vitamins, minerals and dietary fiber.



Watch your portion sizes by using half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.



Regular physical activity has many healthy benefits. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week.

Get to know food labels. Reading the nutrition facts panel can help you choose foods and drinks to meet your nutrient needs.



Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein.



Consult a registered dietitian nutritionist who can provide sound, easy-to-follow personalized advice whether you want to lose weight, lower your health-risks or manage a chronic disease.



Follow food safety guidelines to reduce the chances of getting sick. This includes regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to right temperature, and refrigerate promptly.



Drink more water. Stay hydrated and drink water, especially if you are active, an older adult or live or work in hot conditions.

Power of Nutrition continued...

- ☑ Get cooking at home
- ☑ Order or Eat Out without Ditching Goals
- ☑ Enact Family Mealtime
- ☑ Reduce Added Sugars
- ☑ Eat Seafood Twice a Week
- ☑ Explore New Foods and Flavors
- ☑ Experiment with plant-based meals
- ☑ Slow down at Mealtime

Getting the most nutrition for your food budget starts with a little extra planning before you shop. Here are some budget-friendly tips. The newsletter attachment on “Eating Right on a Budget” has more details on each list suggestion.

- Cook more, eat out less
- Plan what you’re going to eat
- Decide how much to make or buy
- Determine where to shop
- Shop for foods that are in season
- Watch portion sizes
- Focus on nutritious, low-cost foods
- Make your own healthy snacks
- Start a garden or visit a Farmers Market
- Quench your thirst with water

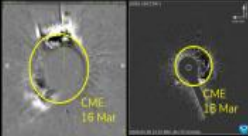


SPACE WEATHER PREDICTION CENTER
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

Space weather refers to variations in the space environment between the sun and earth (and throughout the solar system) that can affect technologies in space and on Earth. Space weather is primarily driven by solar storm phenomenon that include coronal mass ejections, solar flares, solar particle events, and solar wind. These phenomena can occur in various regions on the sun’s surface, but only Earth directed solar storms are potential drivers of space weather events on earth.

At www.swpc.noaa.gov, you can find a wide variety of information (1) on the impact on electric power, GPS, HF Radio, and satellite communications; and (2) the various phenomena including auroras, coronal holes and mass ejections, earth’s magnetosphere, galactic cosmic rays, geomagnetic storms, the ionosphere, radiation belts, solar flares and other related events, sunspots and electron content.

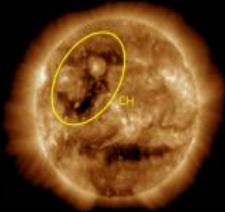
Space weather is a global issue. Unlike terrestrial weather events, like a hurricane, space weather has the potential to impact not only the United States, but wider geographic regions. These complex events can have significant economic consequences and have the potential to negatively affect numerous sectors, including communications, satellite and airline operations, manned space flights, navigation and surveying systems, as well as the electric power grid.

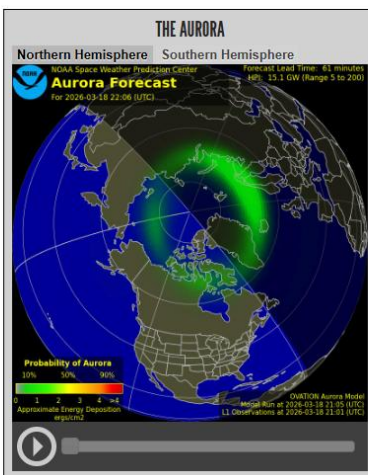
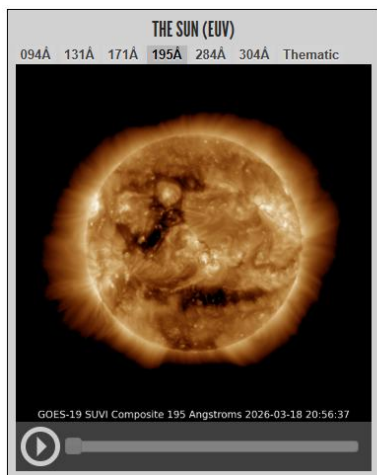
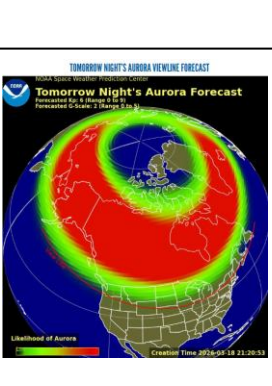


EVENT:
Coronal mass ejections (CME) are eruptions of solar material and magnetic fields. A Coronal Hole (CH) is a less dense area in the solar corona. Solar wind escapes from these CH features at higher speeds, known as High Speed Streams (HSS). When either of these phenomena arrive at Earth, a geomagnetic storm can result. Watches of this level are not uncommon.

EXPECTATION:
CMEs are anticipated to affect Earth with elevated geomagnetic response and dependent upon the orientation of the embedded magnetic field, potential exists for G2 storm levels. CH HSS effects will follow by 21 Jan and likely lead to G2 storm potential as well.

EFFECTS:
Minor - mainly manageable effects to some technological infrastructure. The aurora may become visible over some northern and upper Midwest states from New York to Idaho. Those wishing to see the aurora should visit our webpage for updates.





Created by: CERT V. Lawrence