

# Newsletter

December 2024/ January 2025



## **EXTENSION EVENTS**

### **How to stay up-to-date?**

#### **Monthly Newsletter**

Call or email to be added to the monthly mailing list



#### **Facebook Page**

“Like” our Facebook page-Letcher County Cooperative Extension

Service :

Go to our page & check out events.



#### **Webpage**

Check out the county webpage at

<https://letcher.ca.uky.edu>



*Letcher  
County  
Extension*

Email:  
[letcher.Ext@uky.edu](mailto:letcher.Ext@uky.edu)

Open Monday-Friday  
8 am-4:30pm

478 Extension Dr  
Whitesburg, Ky  
41858

Phone: 606-633-2362

### **Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

### **MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.



AG & NATURAL RESOURCES  
NEWSLETTER



Shad Baker  
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

LETCHER COUNTY  
EXTENSION

*Christmas Trees  
for sale*

Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

PICK OUT YOUR OWN CHRISTMAS TREE

Grown at your Letcher County Extension  
Office  
Pick out your own christmas tree we will cut  
it for you.  
\$10 a foot



Shad Baker  
Ag & Natural Resources Agent

AG & NATURAL RESOURCES  
NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

 **Martin-Gatton**  
College of Agriculture,  
Food, and Environment  
University of Kentucky.

December 2 @ Noon

JOIN US AT

# Christmas Tree WORKSHOP

Learn how to grow your own trees. Five participants will be drawn to receive a free tree.

Please Call and Pre-Register

633-2362  
478 Extension Dr Whitesburg



**Shad Baker**  
Ag & Natural Resources Agent

➤➤➤ **AG & NATURAL RESOURCES** ❄️❄️❄️  
**NEWSLETTER**



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# CHAINSAW SAFETY CLASS

&

# CERTIFICATE

**\$50 FEE**      **DECEMBER 10**  
**WILL RECIEVE:**      **8:30-4:00 PM**

- Lunch
- Goggles
- Gloves
- CERTIFICATE

**CALL NOW TO REGISTER**

 **606-633-2362**



**AG & NATURAL RESOURCES  
NEWSLETTER**



**Shad Baker**  
Ag & Natural Resources Agent



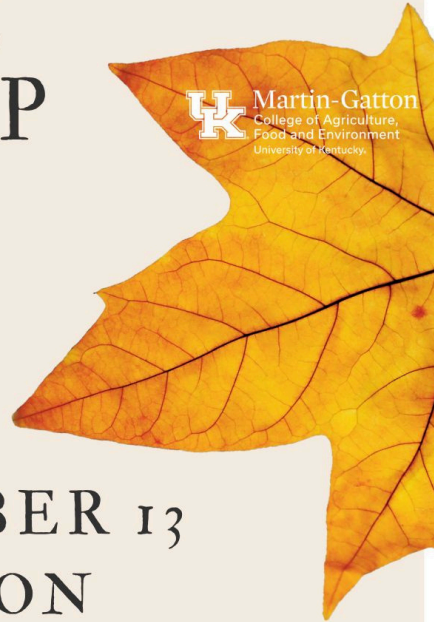
**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

# BEGINNERS MAPLE SYRUP WORKSHOP

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky

**DECEMBER 13  
@ NOON**

**CALL 633-2362 TO PRE-  
REGISTER**





**Shad Baker**  
Ag & Natural Resources Agent

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**NEWSLETTER**



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

**WHITE OAK TREE  
WORKSHOP**

**DECEMBER 17  
@ NOON**

Call 633-2362 to  
Pre-register




**Shad Baker**  
Ag & Natural Resources Agent

➤➤➤ **AG & NATURAL RESOURCES** <<<<  
**NEWSLETTER**



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 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky



# **Beekeepers Meeting**

December 9 @ 6:00 pm

at Letcher County  
Extension Office





## AG & NATURAL RESOURCES NEWSLETTER



Shad Baker  
Ag & Natural Resources Agent



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

### **BUILD A KIT**

**AFTER AN EMERGENCY, YOU MAY NEED TO SURVIVE ON YOUR OWN FOR SEVERAL DAYS. BEING PREPARED MEANS HAVING YOUR OWN FOOD, WATER AND OTHER SUPPLIES TO LAST FOR SEVERAL DAYS. A DISASTER SUPPLIES KIT IS A COLLECTION OF BASIC ITEMS YOUR HOUSEHOLD MAY NEED IN THE EVENT OF AN EMERGENCY.**



**MAKE SURE YOUR EMERGENCY KIT IS STOCKED WITH THE ITEMS ON THE CHECKLIST BELOW. DOWNLOAD A PRINTABLE VERSION TO TAKE WITH YOU TO THE STORE. ONCE YOU TAKE A LOOK AT THE BASIC ITEMS CONSIDER WHAT UNIQUE NEEDS YOUR FAMILY MIGHT HAVE, SUCH AS SUPPLIES FOR PETS OR SENIORS.**

### **BASIC DISASTER SUPPLIES KIT**

**TO ASSEMBLE YOUR KIT STORE ITEMS IN AIRTIGHT PLASTIC BAGS AND PUT YOUR ENTIRE DISASTER SUPPLIES KIT IN ONE OR TWO EASY-TO-CARRY CONTAINERS SUCH AS PLASTIC BINS OR A DUFFEL BAG. A BASIC EMERGENCY SUPPLY KIT COULD INCLUDE THE FOLLOWING RECOMMENDED ITEMS:**

**WATER (ONE GALLON PER PERSON PER DAY FOR SEVERAL DAYS, FOR DRINKING AND SANITATION)**

**FOOD (AT LEAST A SEVERAL-DAY SUPPLY OF NON-PERISHABLE FOOD)**

**BATTERY-POWERED OR HAND CRANK RADIO AND A NOAA WEATHER RADIO WITH TONE ALERT**

**FLASHLIGHT**

**FIRST AID KIT**

**EXTRA BATTERIES**

**WHISTLE (TO SIGNAL FOR HELP)**

**DUST MASK (TO HELP FILTER CONTAMINATED AIR)**





## AG & NATURAL RESOURCES NEWSLETTER



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Ag & Natural Resources Agent



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### **BUILD A KIT**

**PLASTIC SHEETING, SCISSORS AND DUCT TAPE (TO SHELTER IN PLACE)**

**MOIST TOWELETTES, GARBAGE BAGS AND PLASTIC TIES (FOR PERSONAL SANITATION)**

**WRENCH OR PLIERS (TO TURN OFF UTILITIES)**

**MANUAL CAN OPENER (FOR FOOD)**

**LOCAL MAPS**

**CELL PHONE WITH CHARGERS AND A BACKUP BATTERY**

### **ADDITIONAL EMERGENCY SUPPLIES**

**CONSIDER ADDING THE FOLLOWING ITEMS TO YOUR EMERGENCY SUPPLY KIT BASED ON YOUR INDIVIDUAL NEEDS:**

**SOAP, HAND SANITIZER AND DISINFECTING WIPES TO DISINFECT SURFACES**

**PRESCRIPTION MEDICATIONS. ABOUT HALF OF ALL AMERICANS TAKE A PRESCRIPTION MEDICINE EVERY DAY. AN EMERGENCY CAN MAKE IT DIFFICULT FOR THEM TO REFILL THEIR PRESCRIPTION OR TO FIND AN OPEN PHARMACY. ORGANIZE AND PROTECT YOUR PRESCRIPTIONS, OVER-THE-COUNTER DRUGS, AND VITAMINS TO PREPARE FOR AN EMERGENCY.**

**NON-PRESCRIPTION MEDICATIONS SUCH AS PAIN RELIEVERS, ANTI-DIARRHEA MEDICATION, ANTACIDS OR LAXATIVES**

**PRESCRIPTION EYEGLASSES AND CONTACT LENS SOLUTION**

**INFANT FORMULA, BOTTLES, DIAPERS, WIPES AND DIAPER RASH CREAM**

**PET FOOD AND EXTRA WATER FOR YOUR PET**

**CASH OR TRAVELER'S CHECKS**

**IMPORTANT FAMILY DOCUMENTS SUCH AS COPIES OF INSURANCE POLICIES, IDENTIFICATION AND BANK ACCOUNT RECORDS SAVED ELECTRONICALLY OR IN A WATERPROOF, PORTABLE CONTAINER**

**SLEEPING BAG OR WARM BLANKET FOR EACH PERSON**



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### **ADDITIONAL EMERGENCY SUPPLIES**

**COMPLETE CHANGE OF CLOTHING APPROPRIATE FOR YOUR CLIMATE AND STURDY SHOES**

**FIRE EXTINGUISHER**

**MATCHES IN A WATERPROOF CONTAINER**

**FEMINE SUPPLIES AND PERSONAL HYGIENE ITEMS**

**MESS KITS, PAPER CUPS, PLATES, PAPER TOWELS AND PLASTIC UTENSILS**

**PAPER AND PENCIL**

**BOOKS, GAMES, PUZZLES OR OTHER ACTIVITIES FOR CHILDREN**

### **MAINTAINING YOUR KIT**

**AFTER ASSEMBLING YOUR KIT REMEMBER TO MAINTAIN IT SO IT'S READY WHEN NEEDED:**

**KEEP CANNED FOOD IN A COOL, DRY PLACE.**

**STORE BOXED FOOD IN TIGHTLY CLOSED PLASTIC OR METAL CONTAINERS.**

**REPLACE EXPIRED ITEMS AS NEEDED.**

**RE-THINK YOUR NEEDS EVERY YEAR AND UPDATE YOUR KIT AS YOUR FAMILY'S NEEDS CHANGE.**

### **KIT STORAGE LOCATIONS**

**SINCE YOU DO NOT KNOW WHERE YOU WILL BE WHEN AN EMERGENCY OCCURS, PREPARE SUPPLIES FOR HOME, WORK AND CARS.**

**HOME: KEEP THIS KIT IN A DESIGNATED PLACE AND HAVE IT READY IN CASE YOU HAVE TO LEAVE YOUR HOME QUICKLY. MAKE SURE ALL FAMILY MEMBERS KNOW WHERE THE KIT IS KEPT.**

**WORK: BE PREPARED TO SHELTER AT WORK FOR AT LEAST 24 HOURS. YOUR WORK KIT SHOULD INCLUDE FOOD, WATER AND OTHER NECESSITIES LIKE MEDICINES, AS WELL AS COMFORTABLE WALKING SHOES, STORED IN A "GRAB AND GO" CASE.**

**CAR: IN CASE YOU ARE STRANDED, KEEP A KIT OF EMERGENCY SUPPLIES IN YOUR CAR.**



## AG & NATURAL RESOURCES NEWSLETTER



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Ag & Natural Resources Agent



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

### **PREVENTING AND MANAGING FALL PESTS IN YOUR HOME**

**SOURCE: JONATHAN LARSON, UK ENTOMOLOGY ASSISTANT PROFESSOR OF EXTENSION**

**AS TEMPERATURES DROP THIS FALL, YOU MAY NOTICE MORE INSECTS AROUND YOUR HOME. INSECTS OFTEN RETREAT INDOORS TO ESCAPE THE COOLER TEMPERATURES AS A PART OF THEIR OVERWINTERING STRATEGY.**

**AS PESTS MISTAKE YOUR HOME FOR A HEATED PILE OF ROCKS, YOU MAY SEE HUNDREDS, EVEN THOUSANDS, OF INSECTS AROUND YOUR HOME THIS FALL AND WINTER. THE MOST COMMON AUTUMN HOME INVADERS YOU MAY SEE ARE MULTICOLORED ASIAN LADYBEETLES AND THE BROWN MARMORATED STINK BUG. BROWN MARMORATED STINK BUGS TEND TO BE THE FIRST INVADER WITH THE MULTICOLORED ASIAN LADY BEETLE FOLLOWING ABOUT A MONTH LATER. THE LADY BEETLE IS SOMETIMES CALLED THE HALLOWEEN BEETLE FOR ITS COLORATION AND THE FACT THAT PEOPLE USUALLY START TO NOTICE THEM IN OCTOBER.**

**WHILE COOLER TEMPERATURES HAVE BEGUN, YOU STILL HAVE WAYS TO PEST-PROOF YOUR HOME BEFORE PESTS MASS EXODUS TO WARMER HIDEAWAYS.**

**INSPECT THE EXTERIOR OF THE PROPERTY AND LOOK FOR GAPS IN WINDOWS AND DOORS, HOLES IN SCREENS, OPENINGS IN CAULK OR OTHER SEALANTS AND FIX THEM. WITHOUT THESE EASY ENTRY POINTS, INSECTS HAVE A TOUGHER TIME COMING INSIDE.**

**PESTICIDE APPLICATIONS OUTSIDE THE HOME MAY ALSO PROVIDE SOME RELIEF BUT TIMING IS CRUCIAL. WHEN USING PESTICIDES, FOCUS ON DOORS, WINDOWS, UTILITY OPENINGS AND BANDING AROUND THE FOUNDATION. CHECK THE PESTICIDE'S LABEL TO MAKE SURE YOU CAN APPLY IT TO THE NECESSARY AREAS.**

**SINCE THE PRIMETIME FOR PESTICIDE APPLICATION HAS PASSED, IF YOU SEE CLUSTERS OF PESTS ON THE EXTERIOR OF YOUR HOME, YOU MAY ALSO SPRAY THEM WITH SOAPY WATER TO KILL THEM BEFORE THEY START SQUEEZING THEIR WAY INSIDE.**

**ONCE THE PESTS HAVE COME INTO YOUR HOME, IT IS BEST TO MANAGE THEM SIMPLY BY VACUUMING OR SWEEPING THEM UP FOR DISPOSAL. INTERIOR PESTICIDE APPLICATIONS ARE USUALLY UNNECESSARY, ESPECIALLY "BUG BOMB" TYPE APPLICATIONS WHICH USUALLY DON'T REACH THE HIDING SPOTS OF OVERWINTERING PESTS.**

**FOR MORE INFORMATION ABOUT PEST PREVENTION AND MANAGEMENT, CONTACT YOUR LETCHER COUNTY COOPERATIVE EXTENSION SERVICE.**



## AG & NATURAL RESOURCES NEWSLETTER

Shad Baker  
Ag & Natural Resources Agent



### PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES) KEEP YOUR CHICKENS HEALTHY THIS WINTER



SOURCE: JACQUELINE JACOB, AGRICULTURE EXTENSION PROJECT MANAGER

KEEPING YOUR CHICKENS HAPPY AND HEALTHY IN THE WINTER IS IMPORTANT, BUT MAINTAINING A COZY AND VIGOROUS FLOCK DURING THE COLDER MONTHS DEMANDS DILIGENT CARE.

CHICKENS, WHICH TYPICALLY HAVE AN INTERNAL TEMPERATURE AROUND 106 DEGREES FAHRENHEIT, MAY EXPERIENCE COLD STRESS WHEN THE ENVIRONMENT'S CHILL OVERWHELMS THEIR HEAT-GENERATING CAPABILITIES. INDICATIONS THAT YOUR CHICKENS MIGHT BE FEELING THE COLD INCLUDE BEHAVIORS LIKE FEATHER FLUFFING, HUDDLING AND TUCKING ONE FOOT UP TO THEIR BODY FOR WARMTH. WHEN SUCH STRESS IS PROLONGED, IT CAN IMPAIR THEIR WELL-BEING AND COULD BE FATAL.

WHEN CONSIDERING YOUR FLOCK, IT'S VITAL TO RECOGNIZE THAT NOT ALL BREEDS ARE EQUALLY WINTER-RESISTANT. HEAVIER BREEDS, SUCH AS THE PLYMOUTH ROCK OR ORPINGTON, TEND TO ENDURE COLD BETTER THAN THEIR LIGHTER COUNTERPARTS OR THOSE WITH SUBSTANTIAL COMBS AND WATTLES, WHICH ARE SUSCEPTIBLE TO FROSTBITE. MONITORING THE FLOCK DYNAMICS, ESPECIALLY IF DIVERSE BREEDS ARE PRESENT, IS CRUCIAL SINCE BULLYING OVER RESOURCES CAN LEAVE SOME CHICKENS MALNOURISHED AND MORE VULNERABLE TO THE COLD.

PREPARING YOUR COOP FOR THE WINTER IS FUNDAMENTAL. IT SHOULD BE A SANCTUARY, PROTECTING AGAINST ELEMENTS AND PREDATORS ALIKE. ROOSTS ARE ESSENTIAL, PROVIDING AN ELEVATED PERCH THAT SHIELDS THEM FROM THE COLD GROUND AND ALSO ALLOW THE FEET TO DRY BETTER. THESE SHOULD BE CRAFTED FROM MATERIALS LIKE WOOD, AVOIDING METAL OR PLASTIC, WHICH CAN AGGRAVATE THE COLD. PERCHES SHOULD BE SPACIOUS TO PREVENT OVERCROWDING, BUT COZY ENOUGH TO ALLOW SHARED BODY HEAT.

MANAGING AIRFLOW IS ESSENTIAL; YOU MUST ENSURE ADEQUATE VENTILATION TO PREVENT THE BUILDUP OF HARMFUL AMMONIA AND MOISTURE ACCUMULATION. CHICKENS CAN WITHSTAND RELATIVELY COLD TEMPERATURES AS LONG AS THEY ARE DRY. YOU MAY NEED TO INSULATE THE COOP TO KEEP THE WARMTH IN. ON BELOW FREEZING NIGHTS, IT MAY BE NECESSARY TO PROVIDE SUPPLEMENTAL HEAT.

HISTORICALLY, INFRARED HEAT LAMPS HAVE BEEN USED TO PROVIDE SUPPLEMENTAL HEAT, BUT THEY CAN BE A MAJOR FIRE RISK. ALTERNATIVE HEAT SOURCES THAT HAVE LOWER FIRE RISK ARE NOW AVAILABLE. USE ONLY EQUIPMENT DESIGNED FOR LIVESTOCK, AND ALWAYS HAVE INSTALLATIONS CARRIED OUT BY A PROFESSIONAL.

REGARDING NUTRITION, CHICKENS' DIETARY INTAKE TENDS TO INCREASE DURING WINTER SINCE THEY REQUIRE MORE ENERGY TO KEEP WARM. TREATS LIKE SCRATCH GRAINS ARE BENEFICIAL FOR THEIR WARMTH-INDUCING DIGESTION AND AS AN ACTIVITY STIMULANT, BUT SHOULD BE OFFERED SPARINGLY AND NEVER MIXED WITH A COMPLETE, NUTRITIONALLY BALANCED FEED AS IT WOULD DILUTE NUTRIENTS. ENSURING CONTINUOUS ACCESS TO UNFROZEN WATER IS EQUALLY IMPORTANT BECAUSE CHICKENS WILL NOT EAT IF THEY CANNOT DRINK.

EGG PRODUCTION MIGHT DIP DUE TO REDUCED DAYLIGHT; THEREFORE, SOME OPT FOR SUPPLEMENTARY LIGHTING TO STIMULATE LAYING. IT IS IMPORTANT THAT THE NUMBER OF LIGHT HOURS PER DAY NEVER DECREASES DURING EGG PRODUCTION. A MINIMUM OF 14 LIGHT HOURS PER DAY (NO MORE THAN 18) IS RECOMMENDED TO MAINTAIN EGG PRODUCTION THROUGHOUT THE YEAR.

TENDING TO CHICKENS IN WINTER REVOLVES AROUND STRIKING A DELICATE BALANCE: ENSURING THEY'RE WARM BUT NOT OVERHEATED, WELL-FED BUT NOT OVERINDULGED AND ACTIVE YET SECURE FROM THE HARSH EXTERNAL ENVIRONMENT. WITH METICULOUS PLANNING AND PROACTIVE MANAGEMENT, YOUR POULTRY CAN THRIVE EVEN WHEN THE TEMPERATURES DROP.

MORE INFORMATION ON CARING FOR CHICKENS AND OTHER LIVESTOCK IS AVAILABLE AT THE LETCHER COUNTY EXTENSION OFFICE.



>>>
**AG & NATURAL RESOURCES**
<<<  
**NEWSLETTER**

**Shad Baker**  
**Ag & Natural Resources Agent**



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

December		2024				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Protect shrubs from harsh weather		Mulch hybrid roses Select cut Christmas tree with flexible needles	Overwinter spinach and Swiss chard	Mulch perennial herbs	Begin harvest of high tunnel carrots and lettuce
8	9	10	11	12	13	14
	Buy live Christmas tree	Store leftover and saved seed in cool, dry place			Harvest Brussels sprouts	
15	16	17	18	19	20	21
			Turn compost			Winter Begins
22	23	24	25	26	27	28
			Hanukkah Begins Christmas Day	Plant live Christmas tree		
29	30	31				
		New Year's Eve				

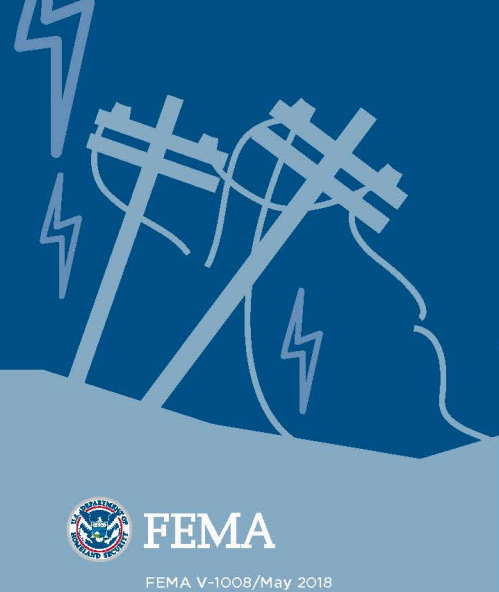


# AG & NATURAL RESOURCES NEWSLETTER

**Shad Baker**  
Ag & Natural Resources Agent




**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**



## BE PREPARED FOR A POWER OUTAGE

**Extended power outages may impact the whole community and the economy.**



**FEMA**  
FEMA V-1008/May 2018

A power outage is when the electrical power goes out unexpectedly.



May disrupt communications, water, transportation



May close retail businesses, grocery stores, gas stations, ATMs, banks, and other services



Can cause food spoilage, water contamination



Can prevent use of medical devices

## PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and refrigerators closed.



Disconnect appliances and electronics to avoid damage from electrical surges.

Only use generators outdoors and away from windows.



Use alternate plans for refrigerating medicines or power-dependent medical devices.

Do not use a gas stove to heat your home.



If safe, go to an alternate location for heat or cooling.



Check on neighbors.



# AG & NATURAL RESOURCES NEWSLETTER



**Shad Baker**  
Ag & Natural Resources Agent



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

## HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS



**Take an inventory now** of the items you need that rely on electricity.

**Talk to your medical provider** about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

**Plan for batteries and other alternatives** to meet your needs when the power goes out.

**Sign up for local alerts and warning systems.** Monitor weather reports.

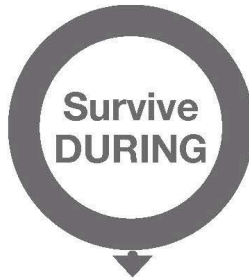
**Install carbon monoxide detectors with battery backup** in central locations on every level of your home.

**Determine whether your home phone will work in a power outage** and how long battery backup will last.

**Review the supplies that are available in case of no power.** Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

**Use a thermometer in the refrigerator and freezer** so that you can know the temperature when the power is restored.

**Keep mobile phones and other electric equipment charged and gas tanks full.**



**Keep freezers and refrigerators closed.** The refrigerator will keep food cold for **about four hours**. A full freezer will keep the temperature for **about 48 hours**. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

**Use food supplies that do not require refrigeration.**

**Avoid carbon monoxide poisoning.** Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

**Check on your neighbors.** Older adults and young children are especially vulnerable to extreme temperatures.

**Go to a community location with power** if heat or cold is extreme.

**Turn off or disconnect appliances, equipment, or electronics.** Power may return with momentary "surges" or "spikes" that can cause damage.



**When in doubt, throw it out!** Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

**If the power is out for more than a day, discard any medication that should be refrigerated,** unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

### Take an Active Role in Your Safety

Go to **Ready.gov** and search for **power outage**. Download the **FEMA app** to get more information about preparing for a **power outage**.



**FEMA**  
FEMA V-1008  
Catalog No. 17233-B



AG & NATURAL RESOURCES  
NEWSLETTER

Shad Baker  
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



# BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

## IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Listen for emergency information and alerts.

Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.





# AG & NATURAL RESOURCES NEWSLETTER



**Shad Baker**  
Ag & Natural Resources Agent



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

## HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



**Know your area's risk for winter storms.** Extreme winter weather can leave communities without utilities or other services for long periods of time.

**Prepare your home to keep out the cold with insulation, caulking, and weather stripping.** Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

**Pay attention to weather reports and warnings of freezing weather and winter storms.** Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

**Gather supplies in case you need to stay home for several days without power.** Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

**Create an emergency supply kit for your car.** Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

**Learn the signs of and basic treatments for frostbite and hypothermia.** For more information, visit: [www.cdc.gov/disasters/winter/staysafe/index.html](http://www.cdc.gov/disasters/winter/staysafe/index.html).



**Stay off roads if at all possible.** If trapped in your car, stay inside.

**Limit your time outside.** If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

**Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows.** Never heat your home with a gas stovetop or oven.

**Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.**

**Watch for signs of frostbite and hypothermia and begin treatment right away.**

**Check on neighbors.** Older adults and young children are more at risk in extreme cold.



**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

### Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.





# AG & NATURAL RESOURCES NEWSLETTER

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Ag & Natural Resources Agent

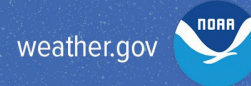


**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

## WINTERIZE Your Home



*Your home isn't the only one that can be winterized. Your neighbors and those most vulnerable might need your help too!*



### Be Ready! Winter Weather

**Weatherproof your home to protect against the cold.**

- Install a smoke detector and carbon monoxide detector in your home.
- Have your chimney or flue inspected every year.
- Make sure the batteries are working!
- Insulate walls and attic.
- Caulk and weather-strip doors and windows.

**Check out more tips on winter weather indoor safety.**

- Never leave lit candles or other flames unattended.
- Bring your pets indoors as temperatures drop!

**Prepare yourself for exposure to winter weather.**

- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.

**Make sure your car is ready for winter travel.**

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Make a winter emergency kit to keep in your car.

**If power lines are down, call your local utility and emergency services.**

- If power lines fall on your car, warn people not to touch the car or power lines.

[www.cdc.gov/phpr/infographics.htm](http://www.cdc.gov/phpr/infographics.htm)



**FAMILY AND CONSUMER  
SCIENCES  
NEWSLETTER**



Nanette Banks  
Family and Consumer Sciences

**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**



**Homemaker Ornament  
Exchange**

**Dec 2 @ 11:00**

Bring your ornament (cost \$5 or less) and also bring a finger food. Plan to spend the morning playing games and having fun.

**HOMEMAKER  
COOKIE  
EXCHANGE**

**DEC 11 @ 11:00**

PRE-REGISTER BY DEC 5TH  
SO PARTICIPANTS WILL  
KNOW HOW MANY  
COOKIES TO BRING



➤➤➤ **FAMILY AND CONSUMER SCIENCES** ◀◀◀  
**NEWSLETTER**

Nanette Banks  
 Family and Consumer Sciences



**PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)**

**PLEASE CALL AND PRE-REGISTER 633-2362**




# COOKING CLASSES



**TRAVELING WITH EXTENSION  
 DEC 12 @11:00**



THIS MONTH WE WILL BE EXPLORING CULTURES AND FOODS OF ITALY.



**Cooperative Extension Service**  
**COOKING THROUGH THE Calendar**  
 December 11  
 1:00  
**Slow Cooker Navy Bean Soup**

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:  
 Letcher County Extension Office  
 479 Extension Dr  
 Whitesburg, KY 41399  
 (606) 633-2362

**EFNEP** **SNAP** **USDA** **100% use report**

Cooperative Extension Service  
 Martin-Gatton College of Agriculture, Food and Environment  
 University of Kentucky  
 410 North Limestone  
 Lexington, KY 40506-0026  
 www.uky.edu



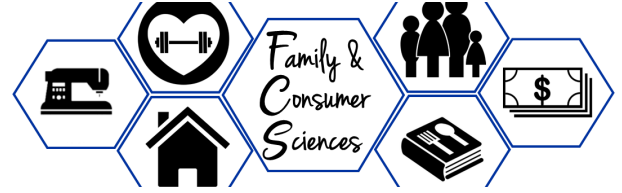
**JANUARY 16 @ 12:00  
 DURING THIS CLASS WE  
 WILL TAKE A LOOK INTO  
 KENTUCKY PROUD  
 PRODUCTS AND RECIPES.**





Nanette Banks  
Family and Consumer Sciences

»»» **FAMILY AND CONSUMER  
SCIENCES** «««  
**NEWSLETTER**



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# WITS WORKOUT

Join Now!



## WITS WORKOUT

Engaging in interactive and educational brain health program

**Dec 12 @ 12:30**  
&  
**Jan 6 @ 12:00**  
&  
**Jan 30 @ 12:00**

Call 633-2362 to register







# PASTA PARENTING A SECOND TIME AROUND GROUP

DECEMBER 13TH @ 9:30  
&  
JANUARY 22 @ 9:30

**REGISTER NOW**

 606-633-2362





# FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks  
Family and Consumer Sciences



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## Homemaker Monthly Meetings



Crafty Cut-ups  
Dec 10 @ 10:00  
&  
Jan. 14 @ 10:00  
Letcher County  
Extension Office

Jenkins Homemakers  
Dec 13 @ 11:30  
&  
Jan 17 @ 11:30  
Jenkins Library



Letcher Area Homemakers  
Dec. 10 @ 10:30  
&  
Jan. 14 @ 10:30  
Jeremiah Baptist  
Missionary

Cowan  
Homemakers  
Dec 10 @ 11:00  
&  
Jan 14 @ 11:00  
Cowan  
Community  
Center





>>> **FAMILY AND CONSUMER** <<<  
**SCIENCES**  
**NEWSLETTER**

Nanette Banks  
Family and Consumer Sciences



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**BINGO**  
*-size*

10 week, evidence-based health promotion program. Combines exercise and health information with the game of bingo. Great fun way to get older adults moving and socializing. We will meet two times per week for 10 weeks.

January :  
6th, 9th, 13th  
16th, 21st, 23rd  
27th and 30th

Call 633-2362 to register

Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

*declutter with me!*

**Lunch-Learn**

Lorie Adams,  
Knott County FCS Agent  
will be teaching this  
lesson.



**January 9 @ 12 Noon**

**Letcher County Extension  
Office**



Time Well Spent-Productivity allows us to make progress on and complete necessary tasks. However many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You will gain ideas for better ways to organize your time and workspace.

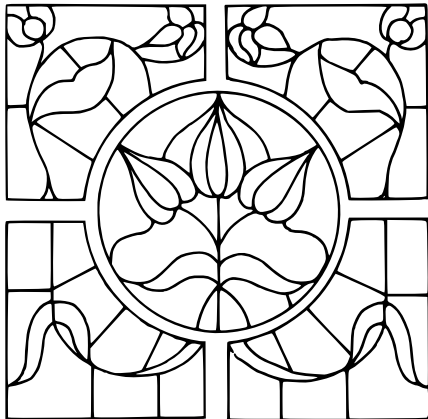
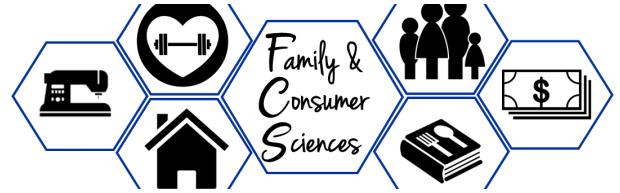




# FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks  
Family and Consumer Sciences



**UK** Cooperative Extension Service

## Survive & Thrive Disaster Preparedness Series

December Topic: *Winter Weather Preparedness for Home & Family*

**PERRY COUNTY  
DECEMBER 3 @ 10:00 AM**

Register for one of these events by calling the Extension Office where you wish to attend:

**LETCHER COUNTY  
DECEMBER 5 @ 10:00 AM**

Perry Co. – 606.436.2044  
Letcher Co. – 606.633.2362  
Lee Co. – 606.464.2759

**LEE COUNTY  
DECEMBER 6 @ 10:00 AM**



Ornaments with Kenna  
January 28 @ 10:00



Homemaker trip to Prestonsburg to make stain glass ornaments. \$25 per ornament. We will leave the extension office at 9:00.

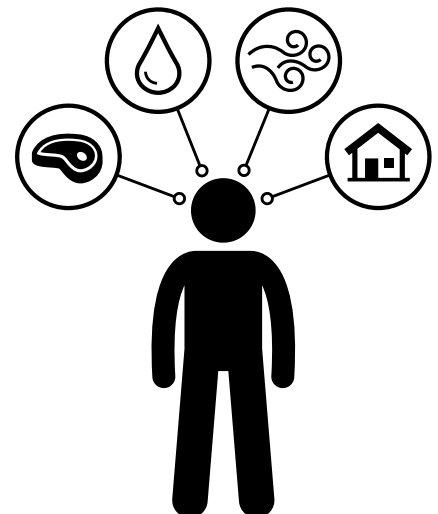
Register and pay by January 14th

### Cooperative Extension Service

Community and Natural Resources  
Family and Consumer Sciences  
Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506







4-H



# NEWSLETTER

- HEAD - Problem solving:** ability to sort out complex problems.
- HEART - Emotional development:** developing good attitudes toward work and learning; developing acceptance and appreciation of other people.
- HANDS - Skills development:** ability to do, skill in doing and habit of doing.
- HEALTH - Physical development:** understanding and appreciating a growing and changing body.

Crystal Smith  
4-H Youth Development

Martin-Gatton College of Agriculture, Food and Environment  
Kentucky4-H Youth Development

## 4-H HOMESCHOOL CLUB

December 10<sup>th</sup> 1:00-3:00  
Letcher County Extension Office  
478 Extension Drive  
Whitesburg, KY 41858

Please contact us at the Extension Office to sign up or for any questions: 606-633-2362

Cooperative Extension Service  
MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Agriculture and Range of Resources, Family and Consumer Sciences, 4-H Youth Development, Community and Economic Development



Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

## HOME SCHOOL CLUB

JANUARY 14 @ 1:00-3:00  
LETCHER COUNTY EXTENSION

MORE INFORMATION  
Crystal Smith  
633-2362





4-H



# NEWSLETTER

**HEAD - Problem solving:** ability to sort out complex problems.

**HEART - Emotional development:** developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

**HANDS - Skills development:** ability to do, skill in doing and habit of doing.

**HEALTH - Physical development:** understanding and appreciating a growing and changing body.

Crystal Smith  
4-H Youth Development



**JR. TEEN/TEEN CLUB**  
AGES: 12-18

Do you want to be part of a group that makes a difference?  
December 11, 2024 at 4:00-5:00 P.M.  
Letcher County Extension Office  
Please call us to sign up or for any questions: 606-633-2362

Martin-Gatton College of Agriculture, Food and Environment  
Kentucky 4-H Youth Development

Cooperative Extension Service  
MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

**TEEN CLUB**

Martin-Gatton College of Agriculture, Food and Environment  
University of Kentucky

January 8 @ 4:00  
call 633-2362 to pre-register

**DECEMBER 11 @ 4:00  
COME BE A PART OF A GROUP  
THAT MAKES A  
DIFFERENCE ???**



4-H



# NEWSLETTER

- HEAD - Problem solving:** ability to sort out complex problems.
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Crystal Smith  
4-H Youth Development



Kentucky4-H  
Youth Development

Letcher County 4H

## Cloverbuds Club

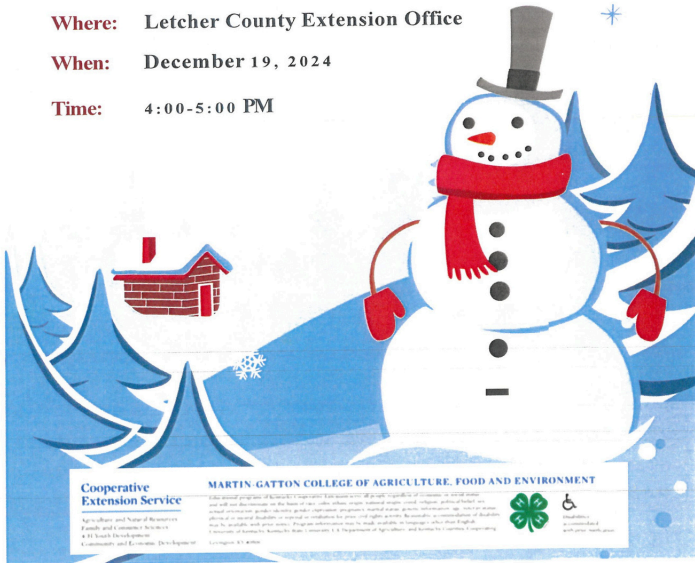
Free, educational & fun!

Ages: 4-9 years old

**Where:** Letcher County Extension Office

**When:** December 19, 2024

**Time:** 4:00-5:00 PM



**DECEMBER 19 @ 4:00**



# CLOVERBUDS

**JAN 16**

**Age 4-9 years**

**ACTIVITIES**  
SCIENCE, FOOD FUN,  
HEALTH, NATURAL RESOURCES  
ARTS & CRAFT AND MORE!



478 EXTENSION DR  
WHITESBURG, KY  
41858





4-H



# NEWSLETTER

**HEAD** - Problem solving: ability to sort out complex problems.

**HEART** - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

**HANDS** - Skills development: ability to do, skill in doing and habit of doing.

**HEALTH** - Physical development: understanding and appreciating a growing and changing body.

Crystal Smith

4-H Youth Development

Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

**ART Club**

December 17 @ 4:00  
Letcher County  
Extension Office

**DECEMBER 17 @ 4:00**



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

**ART CLUB**

January 23 @ 4:00  
Letcher County Extension  
Office  
478 Extension Dr  
Whitesburg, KY  
Register 633-2362



4-H



# NEWSLETTER

**HEAD - Problem solving:** ability to sort out complex problems.

**HEART - Emotional development:** developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

**HANDS - Skills development:** ability to do, skill in doing and habit of doing.

**HEALTH - Physical development:** understanding and appreciating a growing and changing body.

Crystal Smith

4-H Youth Development

**4-H**  
**COMMUNITY**  
**SERVICE**

Garbage Pickup on Little Shepherd Trail

The collage features several circular and rectangular photos: a group of eight 4-H members posing on a wooden bridge overlooking a valley; a group of about ten members standing on a path covered in fallen autumn leaves; a group of seven members posing in a wooded area; a person in a blue shirt working on a tree stump; and a person walking on a leaf-covered path.



Letcher County Extension  
478 Extension Dr  
Po Box 784  
Whitesburg, Ky 41858

Return Service Requested