

# Newsletter

November 2024



## **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.



**Shad Baker**  
Ag & Natural Resources Agent

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



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

# SUCCULENT & ALOE WORKSHOP

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

NOVEMBER 4TH @ NOON



**LIMITED SPOTS**



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

**Cooperative Extension Service**

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

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**AG & NATURAL RESOURCES  
NEWSLETTER**



**Shad Baker**  
Ag & Natural Resources Agent



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

**A WINDY START TO FALL**

**JANE MARIE WIX AND PHILOMON GEERTSON - NWS JACKSON, KY**

**USUALLY FOR THIS TIME OF YEAR WE TALK ABOUT INCREASED WINDS DURING THE FALL SEASON, AND WIND SAFETY. HOWEVER, MOST OF THE TIME WE AREN'T REFERRING TO HIGH WINDS DUE TO A HURRICANE! HURRICANE HELENE WREAKED HAVOC AS IT MOVED INLAND - ALL THE WAY NORTH INTO KENTUCKY. IT'S NOT THE FIRST TIME WE'VE EXPERIENCED THE REMNANTS OF A HURRICANE IN THIS STATE, AND IT WON'T BE THE LAST. BUT, HAVING SUCH HIGH IMPACTS IS QUITE RARE. WE THOUGHT THIS WOULD BE A GOOD TIME TO RECAP WHAT HAPPENED.**

**THE REMNANTS OF HURRICANE HELENE BROUGHT WIDESPREAD WIND DAMAGE TO MUCH OF KENTUCKY ON FRIDAY, SEPTEMBER 27TH. HELENE INITIALLY MADE LANDFALL ALONG FLORIDA'S BIG BEND REGION DURING THE LATE EVENING OF THURSDAY, SEPTEMBER 26TH AS A FAST-MOVING CATEGORY 4 HURRICANE. THE HURRICANE'S RAPID FORWARD MOVEMENT DID NOT GIVE THE SYSTEM MUCH TIME TO WEAKEN BY THE TIME THE SYSTEM'S TROPICAL RAIN BANDS SPREAD ACROSS EASTERN KENTUCKY BY EARLY FRIDAY MORNING. AS THE DISSIPATING CORE OF THE HURRICANE APPROACHED, NORTHEAST TO EASTERLY WINDS RAPIDLY INTENSIFIED ACROSS EASTERN KENTUCKY BETWEEN 6 AM AND 10 AM EDT. WIND GUSTS PEAKED AT AROUND 12 PM, RANGING FROM 35 TO 60+ MPH AT MOST LOCATIONS. THE STRONGEST WIND GUST IN EASTERN KENTUCKY, 64 MPH, WAS REPORTED ATOP KOOMER RIDGE JUST WEST OF CAMPTON. THE COMBINATION OF FULL FOLIAGE ON THE TREES, SATURATED SOILS, AND AN ATYPICAL WIND DIRECTION LED TO MANY UPROOTED TREES, RESULTING IN BLOCKED ROADS AND EXTENSIVE POWER LINE DAMAGE. ISOLATED INSTANCES OF STRUCTURAL DAMAGE WERE ALSO OBSERVED.**



## AG & NATURAL RESOURCES NEWSLETTER



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Ag & Natural Resources Agent



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### **A WINDY START TO FALL**

**JANE MARIE WIX AND PHILOMON GEERTSON - NWS JACKSON, KY**

**POWER OUTAGES ACROSS THE COMMONWEALTH NUMBERED OVER 200,000 CUSTOMERS, THE VAST NUMBER OF WHICH WERE IN EASTERN KENTUCKY, BY THE TIME THE WINDS HAD DIMINISHED FRIDAY AFTERNOON. KENTUCKY POWER ALONE REPORTED AT LEAST 137 BROKEN POWER POLES AND 734 SPANS OF DOWNED WIRE. CLARK ENERGY REPORTED OVER A 100 BROKEN POLES IN THEIR SERVICE AREA. JACKSON ENERGY REPORTED 71 BROKEN POWER POLES AND CLOSE TO 400 SPANS OF DOWNED WIRE. POWER RESTORATION EFFORTS CONTINUED FOR DAYS AFTER THE STORM, AS SOME CUSTOMERS IN THE HARDEST HIT LOCATIONS DID NOT SEE THEIR POWER RESTORED UNTIL OCTOBER 3RD. THERE WERE ALSO SEVERAL REPORTS RECEIVED OF TREES FALLING ON HOMES. FORTUNATELY, ONLY 1 INJURY WAS REPORTED IN THE STATE, DUE TO A TREE FALLING ON A HOME. THE WINDS ALSO PUT A DAMPER ON THE FESTIVITIES AT THE WORLD CHICKEN FESTIVAL IN LAUREL COUNTY AND THE SORGHUM FESTIVAL IN MORGAN COUNTY FOR MOST OF THE DAY.**

**ON A NON-WIND NOTE - BEFORE THE HURRICANE, WEEKS OF UNUSUALLY DRY WEATHER HAD LED TO THE DEVELOPMENT OF ABNORMALLY DRY TO SEVERE DROUGHT CONDITIONS ACROSS MOST OF THE STATE. THUS, WHEN A SLUGGISH FRONTAL BOUNDARY AND UPPER LEVEL LOW BECAME SOMEWHAT STATIONARY OVER THE STATE EARLIER IN THE WEEK (AROUND SEPTEMBER 23RD AND 24TH), THE REPEATED ROUNDS OF RAINFALL WERE HIGHLY BENEFICIAL FOR ALLEVIATING THE DROUGHT. ADDITIONAL RAINFALL FROM HELENE, THEREFORE, ONLY LED TO MINOR INSTANCES OF STREAM AND STREET FLOODING.**

**OUTSIDE OF HELENE, ONE OF THE LAST IMPACTFUL HURRICANES THAT I REMEMBER IN KENTUCKY WAS HURRICANE IKE IN 2008. THE REMNANTS OF THIS HURRICANE BROUGHT SUSTAINED STRONG WINDS AND HIGH WIND GUSTS TO WESTERN AND CENTRAL KENTUCKY. WIND GUSTS RANGED FROM 50-75 MPH, WITH THE FASTEST GUST RECORDED AT 75 MPH AT THE LOUISVILLE AIRPORT. LOUISVILLE ALSO EXPERIENCED ITS WORST POWER OUTAGE EVER, WITH OVER 400,000 HOMES LOSING POWER. SADLY, NINE SOULS ALSO LOST THEIR LIVES IN THIS EVENT. MANY PEOPLE IN THE STATE CALLED THIS STORM "DRY IKE", BECAUSE WHILE IT BROUGHT HIGH WINDS, IT DIDN'T BRING ANY PRECIPITATION WITH IT!**



**AG & NATURAL RESOURCES  
NEWSLETTER**



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**A WINDY START TO FALL  
JANE MARIE WIX AND PHILOMON GEERTSON - NWS JACKSON, KY**

**IT'S BEEN AN ACTIVE HURRICANE SEASON THUS FAR, ESPECIALLY FOR THOSE IN FLORIDA. WHILE TECHNICALLY HURRICANE SEASON SPANS FROM JUNE 1ST UNTIL NOVEMBER 30TH, MOST HURRICANES FORM DURING THE MONTHS OF AUGUST, SEPTEMBER, AND OCTOBER. AS WE HEAD INTO NOVEMBER, HOPEFULLY THIS MEANS HURRICANE ACTIVITY IS WINDING DOWN, AND WE WON'T EXPERIENCE ANY MORE HURRICANE HELENE-LIKE STORMS - BUT WE'LL HAVE TO WAIT AND SEE.**





**AG & NATURAL RESOURCES**

**NEWSLETTER**



**Shad Baker**  
Ag & Natural Resources Agent



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## **OUTDOOR BURNING LAWS**

**THE KENTUCKY DIVISION OF FORESTRY IS MANDATED BY LAW TO "PROVIDE FOR ORGANIZED FIRE PROTECTION." THIS MANDATE IS CARRIED OUT THROUGH WILDLAND FIRE DETECTION, SUPPRESSION AND LAW ENFORCEMENT CARRIED OUT BY NINE DISTRICTS LOCATED THROUGHOUT THE STATE. THE DIVISION SUPPLEMENTS ITS FIRE SUPPRESSION EFFORTS THROUGH COOPERATION WITH RURAL FIRE DEPARTMENTS BY PROVIDING THEM WITH TRAINING, EQUIPMENT AND VEHICLES. THE DIVISION ALSO UTILIZES DEPARTMENT OF CORRECTIONS CREWS AND KENTUCKY NATIONAL GUARD PERSONNEL AND EQUIPMENT DURING FIRE EMERGENCIES. THESE ACTIVITIES ARE FUNDED IN PART BY A COUNTY ASSESSMENT OF 2 CENTS FOR EACH TIMBERLAND ACRE.**

**TO REPORT A FIRE, PLEASE CONTACT THE FIELD BRANCH OFFICE THAT SERVES YOUR COUNTY.**

### **FOREST FIRE HAZARD SEASONS**

**VIEW KRS 149.400**

**DURING FIRE SEASONS, IT IS ILLEGAL TO BURN ANYTHING WITHIN 150 FEET OF ANY WOODLAND OR BRUSHLAND BETWEEN THE HOURS OF 6 A.M. TO 6 P.M.**

**SPRING FOREST FIRE HAZARD SEASON: FEB. 15 - APRIL 30.**

**FALL FOREST FIRE HAZARD SEASON: OCT. 1 - DEC. 15.**

### **OPEN BURNING REGULATION**

**VIEW 401 KAR 63:005**

**OPEN BURNING REGULATIONS ARE ENFORCED BY THE DIVISION FOR AIR QUALITY. FOR MORE INFORMATION ABOUT WHAT CAN AND CANNOT BE BURNED, PLEASE VISIT THEIR WEB PAGE. IT IS ILLEGAL TO BURN GARBAGE OR ANY OTHER MATERIALS, EXCEPT NATURAL PLANT MATTER, SUCH AS BRUSH AND WOODY DEBRIS. VISIT THE DIVISION FOR AIR QUALITY WEB SITE FOR MORE INFORMATION.**



## AG & NATURAL RESOURCES NEWSLETTER



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## OUTDOOR BURNING LAWS

### LOCAL ORDINANCES

**BEFORE CONDUCTING ANY OUTDOOR BURNING, CITIZENS SHOULD CHECK WITH THEIR LOCAL FIRE DEPARTMENT AND COUNTY GOVERNMENT TO FIND OUT ABOUT RESTRICTIONS AND LOCAL ORDINANCES.**

### FOREST PROTECTION LAWS

**VIEW KRS 149.010 - KRS 149.991**

**FOREST PROTECTION LAWS PLACE THE PRIMARY RESPONSIBILITY OF PROTECTING KENTUCKY'S FORESTLAND ON THE DIVISION OF FORESTRY. SOME OF THE AREAS COVERED BY THIS LAW INCLUDE: FIRE HAZARD SEASONS, COLLECTION OF FIRE SUPPRESSION COSTS, AUTHORITY OF FOREST WARDENS, COLLECTION OF TIMBERLAND ASSESSMENT AND WILDLAND ARSON. CLICK FOREST PROTECTION LAWS FOR A COPY OF THE LAWS ADMINISTERED BY THE KENTUCKY DIVISION OF FORESTRY.**

**FOR MORE INFORMATION ABOUT FOREST PROTECTION LAWS, CONTACT MICHAEL FROELICH AT THE KENTUCKY DIVISION OF FORESTRY OR CALL 502-782-7159.**



# November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Plant short-day onions in cold frames	5 Remove stakes and trellises	6 Mulch carrots for winter use	7 Fertilize under deciduous trees and shrubs	8 Water trees and shrubs thoroughly if fall has been dry	9 Remove diseased plant debris from garden
10	11 Apply lime and fertilizer according to soil test	12	13 Harvest parsnips	14 Harvest Brussels sprouts	15 Mulch strawberries	16 Mulch thyme plants before winter
17	18 Turn compost	19 Mulch perennial beds	20 Harvest salad greens from high tunnel	21 Cut hardy chrysanthemums to 2 or 3 inches and mulch	22	23 Mulch perennial herbs
24	25 Fertilize houseplants	26 Mulch garlic	27 Store winter squash and gourds for winter	28	29	30 Harvest parsnips





**FAMILY AND CONSUMER  
SCIENCES  
NEWSLETTER**



Nanette Banks  
Family and Consumer Sciences

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**Sewing Workshop**  
**November 11 @ 9:00 & 12:30**  
**Fall Table runner**  
**pre-register by Nov 6th**  
**Letcher County Extension**

**Crafty Cut-ups**  
**November 12th @ 10:00**  
**Letcher County Extension**



**Letcher Area  
Homemakers**  
**November 12th @  
10:30**  
**Jeremiah  
Missionary Baptist  
Church**



**COWAN  
HOMEMAKERS**  
**NOVE 10TH @  
11:00**  
**COWAN  
COMMUNITY  
CENTER**

**JENKINS HOMEMAKERS**  
**NOVEMBER 18 @ 11:30**  
**JENKINS LIBRARY**





Nanette Banks  
Family and Consumer Sciences

➤➤➤ **FAMILY AND CONSUMER  
SCIENCES** ❄️❄️❄️  
**NEWSLETTER**



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

# Holiday Roadshow

November 15 @ 1:00

Please call and pre-  
register 633-2362



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks  
Family and Consumer Sciences



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



**UK** Cooperative Extension Service

## COOKING THROUGH THE Calendar

November 19  
1:00 pm  
Hearty Harvest Bowl

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Letcher County Extension Office  
478 Extension Dr  
Whitesburg, Ky 41858  
(606) 633-2362



USDA Supplemental Nutrition Assistance Program  
Putting Healthy Food With You

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Institutions. KY-2019-0000



## WITS WORKOUT

NOVEMBER 19TH @ 2:00 PM  
ENGAGING INTERACTIVE, EDUCATIONAL  
BRAIN HEALTH PROGRAM

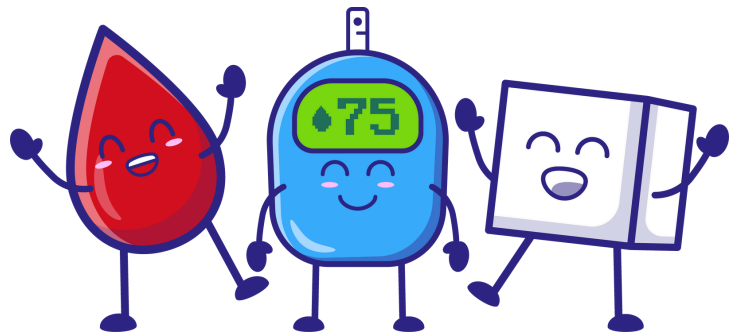


Diabetes Support Group  
November 21st @ 1:00 PM  
Diabetes Trivia  
pre-register by Nov 18th



## PASTA

Parenting a Second Time Around  
November 26th @ 9:30 am  
pre-register by Nov 19th






# FAMILY AND CONSUMER SCIENCES NEWSLETTER




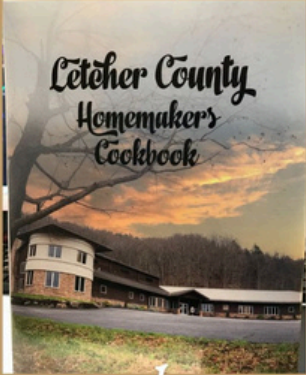

Nanette Banks  
Family and Consumer Sciences


**KENTUCKY COOPERATIVE EXTENSION**  
THE MARTIN LUTHER KING, JR. CENTER FOR RURAL AND ENVIRONMENTAL ACTION  
AND COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCE

## HOMEMAKER COOKBOOKS FOR SALE

# \$15

*All proceeds go to the High School Senior Scholarship Fund!!  
Stop by our office to pick one up today*



# World Diabetes Day

## MON | NOV 11 10A-2P

Letcher County Cooperative Extension Office  
478 Extension Drive in Whitesburg



**Speaker: Teresa Gibson, PMHNP**  
**Diabetes and Your Wellbeing**

- T-Shirts to the first 100
- Free Lunch
- Free Photo Booth
- Free Health Screenings - blood pressure, A1C, and more
- No Cost To You Vaccines (must provide proof of insurance)
- Free Education and Resources

*Everyone Welcome!*



**ARH**  
Partners for Rural Impact

For more info on how to be involved, please contact  
**Ashley Webb, RN, LDE,**  
System Diabetes Education Coordinator  
[ewebb2@arh.org](mailto:ewebb2@arh.org)





Nanette Banks  
Family and Consumer Sciences

Family and Consumer  
Sciences  
Newsletter



**Homemaker  
COOKIE  
EXCHANGE**

Bring your favorite homemade cookies, share the joy of baking, and leave with an assortment of festive treats to sweeten your holiday season.

Please have your cookie recipes to Nanette by November 25th for the recipe book. Pre-register by December 5th

**| DECEMBER 11 | AT 11 AM**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and National Extension Cooperation, Lexington, KY 40506



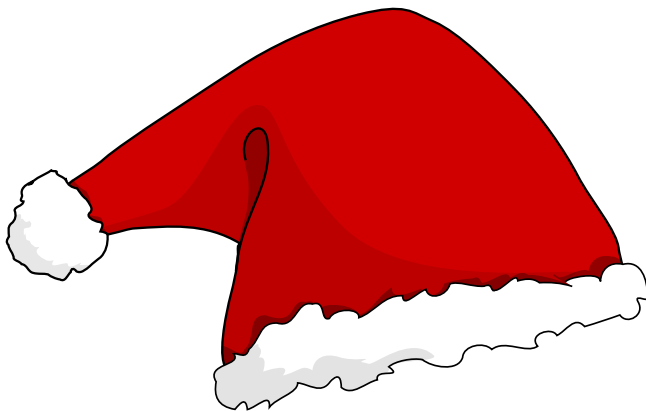
**HOMEMAKER  
ORNAMENT  
EXCHANGE**

December 2 @ 11 am  
Letcher County Extension Office

Please bring an ornament-cost \$5 or less. Bring a finger food to share with those in attendance.

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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Nanette Banks  
Family and Consumer Sciences



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



**UK** Cooperative  
Extension Service

## Survive & Thrive Disaster Preparedness Series

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

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

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

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

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

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

### Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



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



## Cloverbuds





Crystal Smith  
4-H Youth Development



4-H



## NEWSLETTER

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KENTUCKY SAVES

# 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



KENTUCKY SAVES

## 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED

**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **DATE November 1** and ends on: **DATE December 1**

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 7-11, 2025

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWise:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

Letcher County  
Cooperative Extension Office  
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41815  
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**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

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4-H



# NEWSLETTER

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

Crystal Smith

4-H Youth Development



**KENTUCKY 4-H  
YOUTH DEVELOPMENT**

# 4-H Clubs

**TEEN  
Club**

November 6 @ 4

**CLOVERBUDS  
NOV 20**

**4:00**

**HOMESCHOOL  
CLUB**

**NOV 19**

**1:00**

**ART CLUB**

**NOV 14**

**4:00**

# Come join the Fun

**Cooperative  
Extension Service**

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Po Box 784  
Whitesburg, Ky 41858

Return Service Requested