

# Newsletter

September 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.



**AG & NATURAL RESOURCES  
NEWSLETTER**



**Shad Baker**  
Ag & Natural Resources Agent



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



# ROBINSON CENTER FIELD DAY

**FREE FARM TOURS, DEMONSTRATIONS & WORKSHOPS**

**MAKE YOUR OWN CUTTING BOARD TO TAKE HOME!**

**THURSDAY, OCTOBER 3, 2024**

**4 PM-7:00 PM EST.**

**AT THE ROBINSON CENTER**

**130 ROBINSON RD, JACKSON, KY**

**FREE EVENT FOR ALL AGES | MEAL PROVIDED**



➤➤➤ **AG & NATURAL RESOURCES** NEWSLETTER ◀◀◀

**Shad Baker**  
Ag & Natural Resources Agent



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**KENTUCKY COOPERATIVE EXTENSION**  
AN HORTON HUTTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
THE COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

**SHIITAKE MUSHROOM WORKSHOP**

**SEPTEMBER 9 @ NOON**

LIMITED SPACES AVAILABLE  
CALL 633-2362 TO REGISTER

EACH PARTICIPATE WILL RECEIVE  
THEIR OWN MUSHROOM BLOCK

FOR MORE INFORMATION LETCHER COUNTY  
EXTENSION OFFICE 633-2362




**KENTUCKY COOPERATIVE EXTENSION**  
AN HORTON HUTTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
THE COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

**REISHI MUSHROOM WORKSHOP**

**SEPTEMBER 9 @ 5:30 PM**

LIMITED SPACES AVAILABLE  
CALL 633-2362 TO REGISTER

EACH PARTICIPATE WILL RECEIVE  
THEIR OWN MUSHROOM BLOCK

FOR MORE INFORMATION LETCHER COUNTY  
EXTENSION OFFICE 633-2362





AG & NATURAL RESOURCES  
NEWSLETTER

Shad Baker  
Ag & Natural Resources Agent



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KENTUCKY  
COOPERATIVE EXTENSION  
THE MARTIN GASTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KNU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

# WILDLIFE



## Food Plot

### Workshop

September 5th

@ Noon



One participant will go home with a bag of food plot  
seed (covers 1/2 acre)

Call and pre-register 633-2362



606-633-2362



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Ag & Natural Resources Agent



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COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



## Controlling Wasps, Hornets and Yellowjackets

Entfact-620

By Michael F. Potter, Extension Entomologist, University of Kentucky

Wasp and hornet stings are a serious threat to public health. Allergic reactions to these venomous insects account for about 225,000 emergency room visits and as many as 100 deaths per year in the U.S. (a mortality rate that may be underreported due to deaths mistakenly attributed to heart attacks or other causes) (Wilderness & Environmental Medicine, vol. 29 [1] 2018). Paper wasps, hornets and yellowjackets are more dangerous and unpredictable than honeybees. When these insects are foraging for resources they are seldom aggressive. But when the nest is threatened the colony may launch a coordinated assault on the perceived threat. The attack is facilitated by the release of alarm pheromones, which attract other colony defenders to the intruder.

or in attics, barns or sheds. Outdoor nests also may be constructed behind shutters, or inside porch lights, barbecue grills, and mailboxes. Most paper wasps are brownish or rust-colored, although one variety, the European paper wasp, has yellow and black markings much like a yellowjacket. Paper wasps have a 'waist' that is very thin, however, which distinguishes them from hornets and yellowjackets.



Fig. 1: Stinging insects can cause serious harm to the public.

Elimination of wasp and hornet nests should be performed with great care. 'Folk' remedies such as dousing nests with gasoline or a garden hose are seldom successful and can result in multiple stings.

**Paper Wasps** -- Paper wasps (as well as hornets and yellowjackets) construct nests of a paper-like material containing finely-chewed wood fragments and salivary secretions. They typically build their umbrella-shaped nests in protected locations, such as under eaves, gutters and ledges,



Tom Myers Photo



© M. F. Potter

Fig. 2: While most paper wasps are brown or reddish (above), the European paper wasp, *Polistes dominula*, (below), has markings similar to yellowjackets.

Paper wasps are not very aggressive, but stings can occur when householders inadvertently disturb nests that are hidden. If the nest is accessible, it can be eliminated fairly easily with a wasp and hornet spray sold at most retail stores. One advantage of these formulations is that they can be



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sprayed as far as 20 feet. Although it's best to treat all wasp and hornet nests at night, paper wasps can be eliminated during the daytime, *provided you do not stand directly under the nest during treatment*. Most aerosol-based wasp and hornet sprays cause insects to drop instantly; standing directly under a nest increases the risk of being stung. After treatment, wait a few days to ensure that the colony is destroyed, then scrape or knock down the nest.



Fig. 3: Wasp and hornet sprays are useful when treating nests from a distance.

**Hornets** -- Hornets are far more difficult and dangerous to control than paper wasps. One common variety, the bald-faced hornet (*Dolichovespula maculate*), constructs a large, gray nest resembling a bloated football, which is typically attached to a tree, bush or side of a building. Oftentimes the nest is concealed among branches, especially in densely canopied trees such as Bradford pear. Hornet nests may contain hundreds of wasps that are extremely aggressive when disturbed. Nests are often located out of reach, requiring use of a ladder and/or other specialized equipment. If elimination is deemed necessary, it is often best to call a professional pest control firm.



Fig. 4: Bald-faced hornets construct large aerial nests (above). The wasps are larger than yellowjackets and white and black in color (below).

Householders bent on exterminating a hornet nest themselves should do so at night, when most of the insects are in the nest and less active (*see night treatment precautions mentioned below for yellowjackets*). A full wasp suit and head veil sealed at the wrists, ankles and collar is strongly recommended. Hornet nests usually have a single opening (typically toward the bottom), where the wasps enter and exit. Apply an aerosol wasp and hornet spray or insecticide dust (e.g., Tempo Dust (cyfluthrin), Delta Dust (deltamethrin) directly into the nest opening. The easiest way to apply insecticide products formulated as dusts is with a 'bulb' or 'bellows' duster sold in hardware stores or online. Professionals often use dusters connected to long extension poles so they can access and treat nests from a greater (and safer) distance. *It is crucial that the paper envelope of the nest not be broken during treatment or the irritated wasps will scatter in all directions, causing even greater problems*. Following treatment, wait at least 3-4 days before removing the nest to ensure that all of



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the wasps are killed. If hornets continue to be seen, the treatment may need to be repeated.

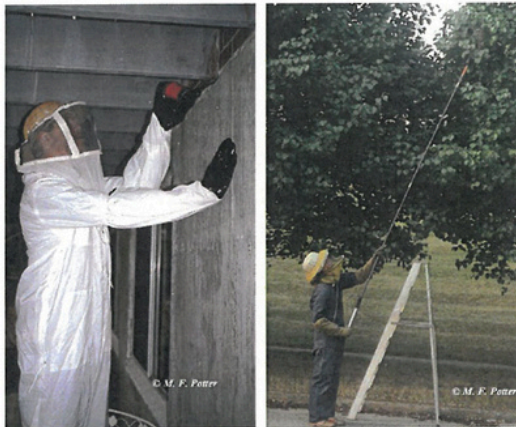


Fig. 5 and 6: Protective clothing is advisable when treating wasp and hornet nests (left). Professionals sometimes use long-handled dusters to treat nests in elevated locations (right).

If the nest is located away from frequently used areas, another option is to wait and do nothing. In Kentucky and other states with cold winters, wasp, hornet and yellowjacket colonies die off naturally once the weather turns cold and the paper carton disintegrates over the winter months.

**Yellowjackets** -- Yellowjackets are arguably the most dangerous stinging insects in the United States. They tend to be unpredictable and usually sting if the nest is disturbed. Nests are often constructed belowground in old chipmunk/rodent burrows, or beneath rocks, gutter splash blocks, or landscape timbers. They also nest in stone walls, crawlspaces, attics, and behind exterior siding of buildings.



Fig. 7: Yellowjackets are one of the most dangerous insect pests in the U.S. Although nests are often constructed belowground, this one was located in an attic.

If the yellowjacket nest can be located, it often can be eliminated by applying an aerosol-type wasp and hornet spray into the opening. Insecticide dust formulations (as mentioned previously for hornets) are especially effective but require a 'bulb' or 'bellows' duster to dispense several puffs of the dust into the nest opening. In lieu of a commercial duster, an alternative is to use a dry, empty liquid detergent bottle filled with a few inches of the dust. A couple pebbles or marbles added to the bottom prevents the dust from caking, and the bottle should be shaken before dispensing. Remember to dispose of the bottle after use, or store it away from children and pets. Dusts tend to be more effective than aerosols when the nest itself is located some distance from where the wasps are entering and existing — as often occurs



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when yellowjackets build nests in rock walls, behind exterior siding, or deep within abandoned animal burrows. Insecticide dust blown into the opening penetrates farther than sprays, and is transported more thoroughly throughout the colony.



Fig. 8: Insecticide dusts are most effectively applied with a bellows-type duster.

As with hornets, treatment should be performed at night when most of the yellowjackets are in the nest and less active. Pinpoint the nest opening during the daytime, so you will remember where to direct treatment after dark. Approach the nest slowly, and do not shine the flashlight beam directly into the nest entrance as this may startle the wasps and cause them to fly toward the light. Instead, cast the shaft of light to the side to illuminate the nest opening indirectly. If possible, place the light source on the ground rather than in your hand.

When contemplating extermination of a yellowjacket nest, householders should realize they are entering a 'DANGER ZONE' — there is no pest control scenario more frightening than a 'botched' treatment. It is usually prudent to call a professional, especially when accessing nests requires use of a ladder, or is otherwise difficult. When treating nests located behind the exterior siding of a home, do not seal the spot where the wasps are entering and exiting, as this may cause them to chew their way inward and emerge indoors.

**Nuisance Foraging in Late Summer.** During late summer/early fall, yellowjacket colonies are nearing maturity and huge numbers of workers are out foraging for food for the developing queens.

With insect prey becoming scarce, yellowjackets scavenge widely for other sources of nutrition. They're particularly fond of sweets (fruit, soft drinks, ice cream, etc.) but will also feed on meat, fish, and just about anything else we eat.



Fig. 9: Yellowjackets become more apparent in late-summer, when they are attracted to picnic items.

The persistent foraging of yellowjackets this time of year at picnics and other outdoor activities prompts many calls from people wanting to know what can be done to alleviate the problem. Options include:

1. **Sanitation** — The best way to reduce the threat of foraging yellowjackets is to minimize attractive food sources. People eating outdoors should keep food and beverages covered until ready to be eaten. Spills and leftovers should be cleaned up promptly. Trash cans should be equipped with tight-fitting, preferably self-closing lids. Similar sanitation measures should be taken by outdoor cafes, produce stands, and other food establishments. Whenever possible, trash cans and dumpsters should be located away from serving tables, doors, and other high-traffic areas. Trash cans should also be equipped with a plastic liner, and emptied and cleaned frequently.



Fig. 10: Outdoor waste receptacles are very attractive to late-season yellowjackets.





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Maintaining high levels of sanitation early in the summer will help make areas less attractive to yellowjackets later in the year. This approach is especially useful for parks and other outdoor recreation sites. Apples, peaches, and other fallen fruits should be raked up and discarded.

2. **Avoidance** – Another guideline for late-season yellowjackets is avoidance. Workers foraging away from nests are seldom aggressive and usually will not sting unless provoked. People should resist the temptation to swat at the wasps, since most stings occur when foragers are slapped or trapped against skin. If a wasp or bee enters your vehicle, stop the car and open all windows to allow it to escape. *Be extremely careful when drinking from beverage cans into which a foraging yellowjacket may have crawled.* Swelling resulting from a wasp sting inside the mouth can be especially dangerous. Avoidance is also prudent if a yellowjacket (or hornet) nest is located high up in a tree, or other out-of-the-way area. Throughout much of the country, colonies die off in late-autumn with the onset of cold weather; abandoned nests are not reused and soon disintegrate.



© Paul Valade, Chicago Herald

Fig. 11: Consuming beverages can be hazardous when yellowjackets are present. (Photo credit: Paul Valade, Chicago Daily Herald)

3. **Repellents** – Conventional mosquito and tick repellents will not prevent persistent foraging by yellowjackets. While formulations containing DEET may lessen the tendency of wasps to alight on bare skin, long-sleeve shirts and pants are probably a better option when hiking or camping.

Avoid scented soaps, shampoos, deodorants, perfume, or cologne since these tend to attract foraging yellowjackets.

4. **Traps** – Yellowjacket traps of varying design are sold by lawn and garden suppliers. Properly baited and maintained, these traps often attract and capture large numbers of foraging yellowjackets. Unfortunately, late-season nests often contain thousands of individuals and such trapping seldom results in a noticeable decline in activity. If traps are used, position them around the periphery of the area you wish to protect. Otherwise, you may end up attracting more wasps than are trapped.



Fig. 12: Yellowjacket traps may capture several wasps, but do not necessarily alleviate the problem.

5. **Finding/Destroying Nests** – With late-season foragers, this approach is often impractical since the nest(s) may be located several hundred yards away. Nonetheless, it still may be worth checking yards and nearby areas for signs of nests. The best time to do this is during the daytime, when wasps are actively exiting and entering the nest opening. Surveying one's yard for yellowjacket nests during the summer can help prevent a painful encounter while mowing or gardening, or by children at play.

**First Aid for Stings** - The health impacts from insect stings vary widely. Most people experience pain, itching, redness, and localized swelling,



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which can be reduced with over-the-counter antihistamines and an ice pack. Cleansing the affected areas with soap and water can also help prevent infection.

Conversely— about two million people in the U.S. (roughly one percent of the population) are hypersensitive to the venom and can have a potentially life-threatening allergic reaction. Signs and symptoms include hives, widespread itching, difficulty breathing or swallowing, swelling of the face, throat, or mouth, dizziness, rapid pulse, and a drop in blood pressure. Since death can occur in a matter of minutes, people experiencing such symptoms should receive medical attention immediately. *They should not wait to see if the symptoms go away.*

Individuals who are hypersensitive to insect stings are often advised to carry an epinephrine auto-injector (e.g., EpiPen), to be administered immediately after a sting. After the injection, it is still prudent to go to an emergency room to ensure that symptoms do not recur. People who have experienced moderate to severe allergy symptoms, or have been stung repeatedly in the past, should consider being evaluated for hypersensitivity by an allergist or immunologist — a prudent precaution in case they are stung again in the future.



Fig. 13: People hypersensitive to wasp stings are often advised to carry epinephrine.

Revised: 9/10/2018

**CAUTION:** Some pesticides mentioned in this publication may not be legal in your area of the country. If in doubt, please consult your local cooperative extension service or regulatory agency. Furthermore, **ALWAYS READ AND FOLLOW LABEL DIRECTIONS FOR THE PRODUCT YOU ARE USING.**

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# September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Order spring-flowering bulbs	3 Build a high tunnel or cold frame	4 Seed spinach Plant crocus	5 Dig late potatoes Turn compost Renovate lawn or reseed bare spots	6 Seed cover crop to improve soil health Prepare root cellar	7 Seed lettuce for fall crop Plant fall turnips and radishes
8	9 Divide peonies Seed carrots in high tunnel or cold frame	10 Harvest early pumpkins Don't let weeds go to seed	11 Plant hardy evergreens	12 Seed bunching onions in a cold frame	13 Control broadleaf weeds in lawn Harvest peppers	14 Plant garden mums Begin 14 hours of darkness to turn color of poinsettias
15	16 Begin pumpkin harvest Seed lettuce in high tunnel	17 Transplant winter sprouting broccoli	18 Repot houseplants Seed fall spinach	19 Harvest early-planted sweet potatoes	20 Plant shallots and potato onions	21 Water young trees and shrubs during dry periods
22	23 Plant elephant garlic Seed salad greens in high tunnel	24 Plant hyacinths Harvest storage onions	25 Bring rosemary plants indoors before frost	26 Seed carrots in high tunnel or cold frame	27 Save heirloom tomato seeds	28 Seed leeks for overwintering in cold frame
29	30					

# Hiking for Health

Sept  
23



Leaving the office at 8:30

Please layer clothing and wear appropriate shoes. For more information contact Shad Baker or Nanette Banks 633-2362



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks  
Family and Consumer Sciences



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



**Jenkins Homemakers  
September 4th  
11:15  
Jenkins Library**

**Letcher Homemakers  
September 10th @ 10:00  
Pine Mountain Grill**



**Homemaker Lunch-n-Learn:  
Creating Welcoming Communities  
(lunch will be served)  
September 5 @ noon**

**WITS WORKOUT**

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

**When:** September 5  
**Time:** 1:00 pm  
**Where:** Letcher County Extension Office  
478 Extension Drive  
Whitesburg, Ky  
**Register:** Call 606-633-2362

Cooperative Extension Service

Wits Workout is a program developed by University of Illinois Extension



**Crafty Cut-Ups  
Homemaker Meeting  
September 10th @ 10:00  
Letcher County Extension**

**WITS WORKOUT  
September 5th @ 1:00**



**FAMILY AND CONSUMER  
SCIENCES  
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Nanette Banks  
Family and Consumer Sciences

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**Cowan Homemakers  
September 12 @ 11:00  
Cowan Community Center**



**Diabetes Support  
Group  
September 26th @  
1:00**



**Senior Cooking  
September 24th & September 30  
10:00-2:00**

**KRADD Senior  
Health Fair  
September 27 @  
9:00-12:00  
Letcher County  
Extension Office**

**HOMEMAKER  
COOKBOOKS  
FOR SALE  
\$15**

*Letcher County  
Homemakers  
Cookbook*

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

**Whitesburg Days  
(set up to sell cookbooks)  
8:00-2:00**



**FAMILY AND CONSUMER  
SCIENCES  
NEWSLETTER**



Nanette Banks  
Family and Consumer Sciences



# Painting Class

ADULT

**FREE!!**

- \*Location: Letcher Extension Office
- \*Date: September 6th
- \*Time: 10 AM



**Call: (606) 633-2362 to register**



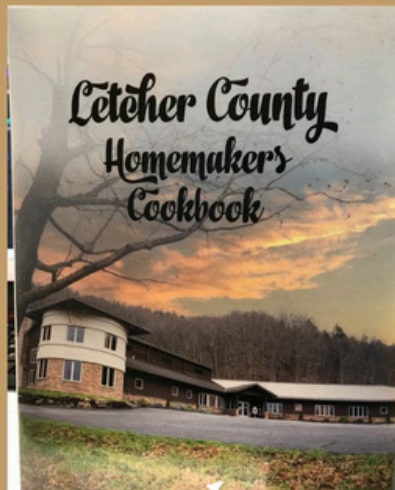
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HOMEMAKER  
COOKBOOKS  
FOR SALE  
\$15



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







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**KENTUCKY**  **COOPERATIVE EXTENSION**  
IN PARTNER-SHIP WITH THE COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
AND THE COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

QUICKSAND AREA

# Homemaker meeting

October 24

Registration 10:30

606-633-2362

Pre-register and Pre-pay by October 10 for catered meal

Silent auction all proceeds  
going toward Ovarian Cancer  
screenings



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks  
Family and Consumer Sciences



### Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



## Emergency Supply List



### Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

FEMA's Ready Campaign educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

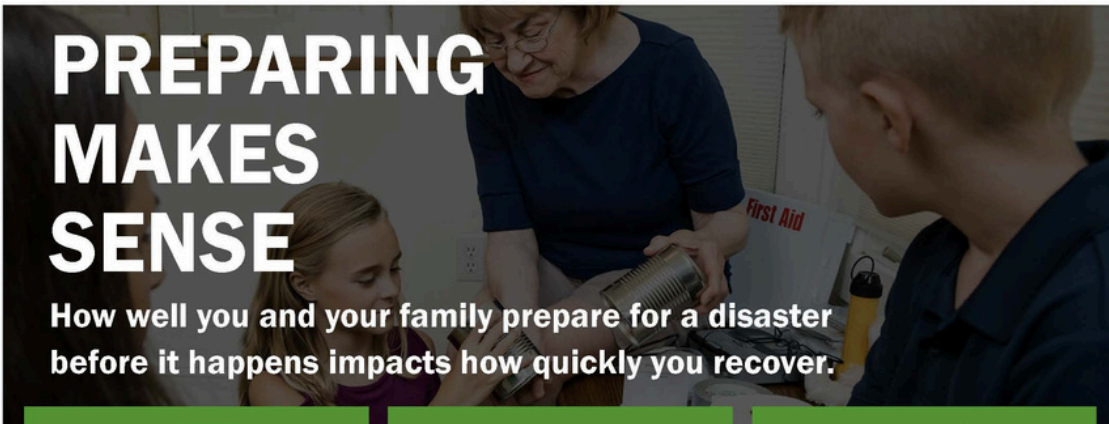




Nanette Banks  
Family and Consumer Sciences



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



## PREPARING MAKES SENSE

How well you and your family prepare for a disaster before it happens impacts how quickly you recover.



### KNOW YOUR RISK

Prepare for the risks where you live.

Visit [FEMA.gov](https://www.fema.gov) where you can input your location to get information about disasters in your area.

Visit [Ready.gov](https://www.ready.gov) to know how to prepare for disasters and what to do during an emergency.

Download the [FEMA mobile App](#) to receive real-time weather and emergency alerts, locate shelters, send notifications to loved ones and more.



### MAKE A PLAN

Prepare yourself and your family before disaster strikes.

Consider the **specific needs of your household** like medical needs or items for your pets.

**Practice your family's plan.**

Visit [Ready.gov/plan](https://www.ready.gov/plan) and use our template to create a Family Emergency Plan you can email to yourself.



[ready.gov/plan](https://www.ready.gov/plan)



### TAKE ACTION

Be ready to respond to and recover from a disaster.

**Gather supplies** that fit your family's needs.

**Secure important documents.**

Understand your **insurance coverage.**

**Participate** in community disaster preparedness events.



Go to [Ready.gov](https://www.ready.gov) for more information to help you be prepared!



Nanette Banks  
Family and Consumer Sciences



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



**Everyone Has a Role** As you prepare, adjust your plans and emergency supply kits to your own daily living needs and concerns.



## BUILD A KIT

Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. Your emergency kit will be unique to you. Consider items your family may need such as medications and infant supplies, and remember to pack for your pet!

[www.ready.gov/kit](http://www.ready.gov/kit)

Your basic kit should include enough items to last for several days:

- Water
- Non-perishable food
- Cash
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- Non-electric can opener
- First aid kit
- Whistle
- Prescription medications
- Personal hygiene items
- Dust mask to help filter contaminated air
- Moist wipes, garbage bags and plastic ties
- Wrench or pliers to turn off utilities

## LEARN MORE AND GET INVOLVED



Learn how to take action in emergency situations and provide lifesaving care before professional assistance arrives through **You Are the Help Until Help Arrives.**



Visit [FEMA.gov/cert](http://FEMA.gov/cert) to find a Community Emergency Response Team program, and train to help your community respond and prepare for disasters.



Take a CPR and first aid class offered by a local community organization, so that you know what to do if a family member, neighbor or co-worker is hurt.



Go to [Ready.gov](http://Ready.gov) for more information to help you be prepared!



## FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks

Family and Consumer Sciences



Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Local police and fire departments, emergency managers, the National Weather Service (NWS), the Federal Emergency Management Agency (FEMA), the Federal Communications Commission (FCC), the National Oceanic and Atmospheric Administration (NOAA), and private industry are working together to make sure you can receive alerts and warnings quickly through several different technologies no matter where you are—at home, at school, at work, or in the community.

For those with access and functional needs, many messages are TTY/TDD compatible and many devices have accessible accommodations. Review this fact sheet to make sure you will receive critical information as soon as possible so you can take action to be safe. Be sure to share this information with your family, friends, and colleagues. And remember to keep extra batteries for your mobile phone or radio in a safe place or consider purchasing other back-up power supplies such as a car, solar-powered, or hand crank charger.



**Organized by FEMA, the Integrated Public Alert and Warning System (IPAWS) is the Nation's alert and warning infrastructure. It provides an effective way to alert and warn the public about emergencies using the Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), NOAA Weather Radio All Hazards, and other public alerting systems from a single interface. IPAWS is used to send notifications for three alert categories—Presidential, AMBER, and Imminent Threat.**

For more information on IPAWS, EAS, and WEA, visit [www.ready.gov/alerts](http://www.ready.gov/alerts).

Using IPAWS, officials can send messages simultaneously through multiple pathways, including:

- EAS: used by alerting authorities to send detailed warnings to broadcast, cable, satellite, and wireline communication pathways;
- WEA: Free, 90-character emergency text messages sent by local alerting authorities to equipped mobile devices within range of cell towers broadcasting in the affected area. You do not have to sign up for WEA alerts. To find out if your mobile device is capable of receiving WEA alerts, contact your cellular service provider or visit [www.ctia.org/WEA](http://www.ctia.org/WEA); and
- IPAWS compliant digital road signs, sirens, and other systems.



# FAMILY AND CONSUMER SCIENCES NEWSLETTER



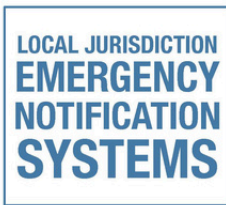
Nanette Banks  
Family and Consumer Sciences



The NOAA Weather Radio All Hazards, or NWR, is a nationwide network of radio stations broadcasting forecasts, warnings, and emergency information 24 hours a day. It is a comprehensive weather and emergency information service available to the public. All-hazards messages include weather events, technological incidents like chemical spills, AMBER alerts, and national emergencies. NWR also broadcasts EAS notices.



A special weather radio receiver is required to receive NWR broadcasts. You can buy these receivers at many retail outlets such as electronics stores, department stores, big box stores, or online. Be sure to look for the Public Alert or NWR logo to ensure the radio meets technical requirements. Models identified as SAME, or Specific Area Message Encoding, receivers allow users to select alerts for specific geographic areas. For information on NOAA Weather Radio All Hazards, visit [www.nws.noaa.gov/nwr](http://www.nws.noaa.gov/nwr).



## OPT-IN/SIGN-UP TEXT AND EMAIL SYSTEMS

Many jurisdictions have opt-in public alert and warning systems. An opt-in system means you must sign up to receive the alert. Once you have signed up, officials in your area can send you text or email messages about local emergencies. Most opt-in systems allow subscribers to choose the devices that receive alerts as well as the types of alerts. Because you may not be near a television or radio when something happens, a local text or email alert can be an extremely useful source for critical information. Small costs may be associated with receipt of text messages from your mobile device service provider.

To find out what alerts are available in your area, you can do an Internet search with your town, city, or county name and the word "alerts"; you can go to the website for your local emergency management or public safety office; or you can contact these offices by telephone.

## ENHANCED TELEPHONE NOTIFICATION (ETN) SYSTEMS

In the event of an emergency, local officials in many local communities can send warning messages and instructions to individuals in an at-risk area through an ETN system, such as a Reverse 911® system. Most systems include landline phone numbers, but some also allow for messages to Voice over Internet Protocol (VoIP) and mobile phones through an opt-in process—check with your local emergency management for information on this system and available features.



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## OUTDOOR SIRENS AND/OR VOICE ALERT SYSTEMS

Outdoor sirens and/or voice alert systems are used to alert people outdoors of an immediate danger so they can take cover. The system is not designed to be heard inside building walls. Note that some communities may still have the siren infrastructure in place but it may no longer be operable, so it is important to check with your local emergency management office to understand if this service is currently provided.

## LOCAL SCHOOL OR ORGANIZATION NOTIFICATION SYSTEMS

Many workplaces, schools, and community- and faith-based organizations have notification systems to warn individuals of emergencies and provide tailored notifications. These may range from listservs to opt-in text and email systems similar to those used by local jurisdictions.

### MOBILE APPS WITH LOCAL ALERT FUNCTIONS



#### FEMA APP

Stay updated with severe weather alerts from the National Weather Service for up to five locations across the U.S.; learn how to stay safe before, during, and after over 20 types of hazards; save a custom list of the items in your family's emergency kit; and locate and receive driving directions to open shelters and disaster recovery centers. You can also submit disaster-related photos to a public map using the Disaster Reporter feature. The FEMA App is also available in Spanish. Download the app to your mobile device or smartphone free on iTunes or Google Play. Learn more at [www.fema.gov/mobile-app](http://www.fema.gov/mobile-app).



#### AMERICAN RED CROSS APP

The Red Cross Emergency app combines more than 35 different types of severe weather and emergency alerts. You can choose the alerts that are important to your location or the location of loved ones. The "Family Safe" feature allows you to notify loved ones that an alert has been issued in their area and check to see if they are safe. The app also offers information on what to do before, during, and after severe weather hits and how to find open Red Cross Shelters. All content is also available in Spanish. You can download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later) and Google Play (Android). Learn more at [www.redcross.org/prepare/mobile-apps](http://www.redcross.org/prepare/mobile-apps).



#### THE WEATHER CHANNEL APP

Tracks weather and provides local forecasts and push alerts of severe weather to your mobile device. Download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later), Google Play (Android), App World (BlackBerry), and Windows Phone at [www.weather.com/apps](http://www.weather.com/apps).



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## SUMMARY OF ACTIONS

### FOR INDIVIDUALS

- Confirm your mobile device can receive Wireless Emergency Alerts.
- Sign up for text and/or email alerts from your local jurisdiction.
- Consider purchasing a NOAA Weather Radio All Hazards.
- If you do not have a landline, check to see if your jurisdiction has options for VoIP and mobile phones to be connected to ETN systems such as Reverse 911®.
- Sign up for listservs and alerts for the workplace, schools, houses of worship, or other community organizations you'll want to hear from in an emergency.
- Download relevant hazard alerts and warnings apps.
- Create a list of all the alert systems available to you, and make sure everyone in the household receives the alerts as part of your household communication system.

### FOR ORGANIZATIONS

- Test internal communication systems to ensure all individuals in the organization can be contacted.
- Designate individuals to be responsible for distributing alerts from official sources.
- Consider purchasing a NOAA Weather Radio All Hazards.
- Develop a list of all the alert systems available for your community and your organization as a guide for people in the organization.
- Encourage individuals to sign up for alerts and warnings, and assist them with finding any needed information.

*The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.*



## 12 WAYS TO PREPARE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sign up for Alerts and Warnings	Make a Plan	Save for a Rainy Day	Practice Emergency Drills	Test Family Communication Plan	Safeguard Documents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan with Neighbors	Make Your Home Safer	Know Evacuation Routes	Assemble or Update Supplies	Get Involved in Your Community	Document and Insure Property





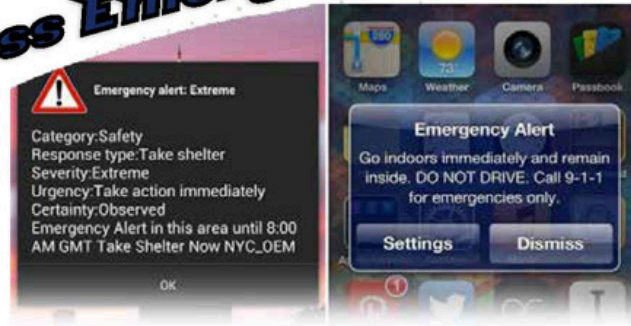
# FAMILY AND CONSUMER SCIENCES NEWSLETTER



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## Wireless Emergency Alerts (WEA)



**Wireless Emergency Alerts, or WEAs,** are emergency messages sent to your cell phone by public safety and weather officials to grab your attention and help keep you safe during an emergency.

A WEA can warn you about a potential hazard in your area. You will be alerted about hazards like floods, tornadoes, wildfires, winter storms, or other emergencies in your area. A WEA can alert you about a missing child with an **AMBER Alert** too!

Can I get a WEA?

Ask parents or adults to check with your wireless provider.

- WEAs are sent to help you know about dangers and can include life-saving information to keep you safe during an emergency.
- The WEA message will "pop-up" on the screen of a cell phone or other wireless device with a loud beeping sound, vibration and a short warning about the danger.
- There are no charges or fees for receiving WEA alerts.



Words To Know!

**Wireless Emergency Alerts** or WEAs, are free one-way emergency messages sent from local public safety officials or the National Weather Service directly to cell phones in the local area of an emergency.

**AMBER Alerts** are public safety messages about missing children.



<http://www.ready.gov/alerts>  
<http://www.fema.gov/ipaws>



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

### LOOKING TO BUILD LEADERSHIP SKILLS? JOIN A 4-H CLUB

SOURCE: KIMBERLY SCHRADER, EXTENSION SPECIALIST, 4-H YOUTH DEVELOPMENT

**KENTUCKY 4 H EMPOWERS YOUNG PEOPLE TO BECOME LEADERS. BUT WHAT DOES THAT MEAN, AND HOW DOES INVOLVEMENT IN 4-H PLAY A PART?**

**TRUE LEADERS HAVE CONFIDENCE. THEY KNOW HOW TO WORK WELL WITH OTHERS. THEY CAN ENDURE CHALLENGES, AND THEY WILL STICK WITH A JOB UNTIL IT GETS DONE. AS PART OF A 4-H CLUB, YOUNG PEOPLE CAN BUILD AND REFINE ALL THESE CRITICAL LIFE SKILLS AND MORE.**

**THROUGH CLUBS, KENTUCKY 4-H APPLIES A COMPREHENSIVE, HANDS-ON APPROACH TO LEARNING CALLED POSITIVE YOUTH DEVELOPMENT, WHICH EQUIPS YOUNG PEOPLE WITH GUIDANCE, TOOLS, AND ENCOURAGEMENT, PUTS THEM IN THE DRIVER'S SEAT TO MAKE GREAT THINGS HAPPEN. AS A RESULT, 4-H PROGRAMS HAVE BEEN SHOWN TO MAKE POSITIVE, MEASURABLE CONTRIBUTIONS NOT JUST TO SOCIAL AND EMOTIONAL GROWTH BUT ALSO TO BEHAVIORAL AND COGNITIVE DEVELOPMENT OF THE YOUNG PEOPLE WHO TAKE PART.**

**A 4-H CLUB IS A GREAT WAY TO JOIN OTHER YOUTH IN YOUR COMMUNITY WHO SHARE A COMMON INTEREST IN AN IMPORTANT FIELD SUCH AS NATURAL RESOURCES, AGRICULTURE, COMMUNICATION AND EXPRESSIVE ARTS, FAMILY CONSUMER SCIENCES, HEALTH AND WELLNESS, LEADERSHIP, OR SCIENCE ENGINEERING AND TECHNOLOGY.**

**TODAY'S 4-H CLUBS CAN TAKE MANY FORMS, BASED ON THE NEEDS, INTERESTS AND ENTHUSIASM OF THEIR MEMBERS. THEY CAN INCLUDE COMMUNITY CLUBS THAT MEET OUTSIDE OF SCHOOL HOURS, IN-SCHOOL CLUBS THAT COME TOGETHER WHEN SCHOOL IS IN SESSION, OR PROJECT-BASED CLUBS THAT FOCUS ON A SPECIFIC AREA OF INTEREST. AS PART OF A 4-H CLUB, MEMBERS ELECT THEIR OWN OFFICERS AND MEET THROUGHOUT THE YEAR FOR A MINIMUM OF SIX HOURS OF EDUCATIONAL INSTRUCTION.**

**RESEARCH ON 4-H PROGRAMS HAS PROVEN THE UNPARALLELED IMPACT OF THE 4-H EXPERIENCE. ACCORDING TO A 2012 TUFTS UNIVERSITY STUDY, 4-H MEMBERS ARE "FOUR TIMES MORE LIKELY TO GIVE BACK TO THEIR COMMUNITY, TWO TIMES MORE LIKELY TO MAKE HEALTHIER CHOICES, AND TWO TIMES MORE LIKELY TO PARTICIPATE IN SCIENCE ENGINEERING AND TECHNOLOGY PROGRAMS" THAN THEIR COUNTERPARTS WHO DON'T PARTICIPATE IN 4-H.**

**FOR MORE INFORMATION ABOUT 4-H CLUB OPPORTUNITIES IN YOUR COMMUNITY, CONTACT THE LETCHER COUNTY COOPERATIVE EXTENSION OFFICE OF THE UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE.**

**EDUCATIONAL PROGRAMS OF THE COOPERATIVE EXTENSION SERVICE 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 EXPRESSIONS, PREGNANCY, MARITAL STATUS, GENETIC INFORMATION, AGE, VETERAN STATUS, OR PHYSICAL OR MENTAL DISABILITY.**



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

# teen club

## Letcher County 4-H



## New Officer Selections Fall 2024 Leadership Plans

*September 4, 2024*

*4 pm*

Letcher County Extension  
Office

Sign up now or ask any  
questions at 6066332362



4-H



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Crystal Smith  
4-H Youth Development

LETCHER COUNTY EXTENSION OFFICE

**LETCHER COUNTY 4-H**  
homeschool club

10  
September

1:00 PM-2:30 PM  
Festive food  
Kids activities  
Crafts  
Skills

PLEASE CALL US FOR  
ANY QUESTIONS OR  
TO SIGN UP AT  
6066332362



4-H



## NEWSLETTER

Crystal Smith  
4-H Youth Development

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 Martin-Gatton  
College of Agriculture,  
Food and Environment

# Letcher County 4-H Art Club

## SEPTEMBER

### art club

SEPTEMBER 16, 2024 4PM

Each session we learn about famous artists' or Art History, and create unique artworks to celebrate them. If you or someone you know within the ages of 9-18 years old is passionate about art, please join us.

It is the perfect time to join.

- KINDNESS
- CLUB OFFICER NOMINEES
- FESTIVE FOOD
- PAPER MACHE MASKS
- FAMOUS ART HISTORY

Transportation is provided from LCCHS to the Letcher County Extension Office

Please call us for any questions or to sign up at:

6066332362



4-H



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Crystal Smith

4-H Youth Development

LETCHER COUNTY 4-H  
**CLOVERBUDS**

09.19.2024

- SKILLS
- FUN
- FRIENDS

Start at 4pm / Ages 4-8 Years Old

LETCHER COUNTY EXTENSION OFFICE  
PLEASE CALL FOR ANY QUESTIONS OR  
TO SIGN UP AT: 6066332362



4-H



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Crystal Smith  
4-H Youth Development





4-H



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Crystal Smith

4-H Youth Development

# 4-H SUMMER CAMP

Where Fun Meets Learning  
Under the Sun



## Weird Science





4-H



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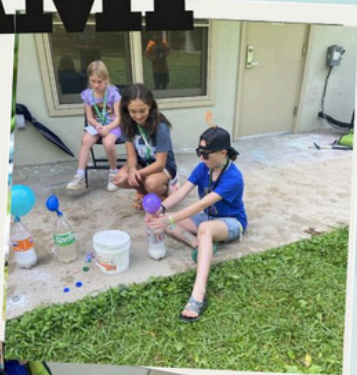
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Crystal Smith

4-H Youth Development

2024

# 4-H CAMP





4-H



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4-H Youth Development





4-H



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4-H Youth Development





4-H



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4-H Youth Development





4-H



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

Return Service Requested