

# September 2023



Family & Consumer Sciences

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

Cooperative Extension Service  
Letcher County  
478 Extension Rd  
Whitsburg, Ky 41858  
606-633-2362

# COOKING THROUGH THE CALENDAR

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

September 1 @ 11:30 am  
One Pan Shrimp and Veggies



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.  
USDA Supplemental Nutrition Assistance Program - SNAP  
Using Healthy Food With SNAP



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# DROP IT LIKE IT'S HOT

## New Monthly Program

At the first weigh in you will make **goals** for yourself and for the next 12 months you will have different **health** challenges for each month. You can come weigh in at your convenience. **Call to register 633-2362**

**Weigh in:** September 5th  
**Time:** 11:00 AM

**Location:** LETCHER COUNTY EXTENSION

**For:** Anyone looking to make a healthy change



Cooperative Extension Service  
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4-H Youth Development  
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Lexington, KY 40546

Nanette Banks  
Letcher County Extension Agent  
for Family & Consumer Sciences  
Education

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LEXINGTON, KY 40546



Disabilities  
accommodated  
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LUNCH-N-LEARN

# SAVOR THE FLAVOR



Have you ever bought a fresh herb and wondered what to pair it with? Have you ever found a dried herb in your cupboard but weren't sure when and how to use it? Both fresh and dried herbs are commonly found at farmers' markets and grocery stores and provide a new dimension of flavor, but many people still question how and when to use them. The Perry County FCS Agent, Kelsie Sebastian, will be teaching this workshop titled Savor the Flavor: Building Flavor with Herbs on September 5th at 12:00 noon. Join us for this class in which you will learn about adding flavor to food with herbs. This lesson will teach you about common types of herbs with practical suggestions for ways to use them in your food preparation and cooking. You will not want to miss this informative lesson that will include recipes and demonstrations. Please call and register for this program by August 29th. Lunch will be served.

**CALL 633-2362 TO REGISTER**

Letcher Homemakers  
Sept 12 @ 10:30  
Jeremiah Baptist

Crafty Cut-ups  
Sept 12 @ 10:00  
Letcher County Extension

Cowan Homemakers  
Sept 14 11:00  
Cowan Community Center

Jenkins Homemakers  
Sept 7 @ 10:30  
Jenkins Library



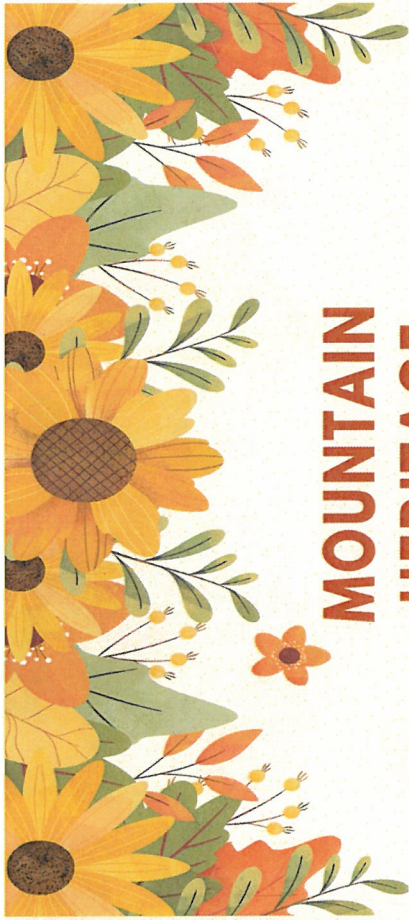
## HOMEMAKER CLUBS

### MONTHLY MEETINGS

Call 606-633-2362 for information on any of these clubs



Family & Consumer Sciences



# MOUNTAIN HERITAGE

## Cultural Arts

All Mountain Heritage entries are for any Letcher County resident. Entries will be due to the Letcher County Extension Office on September 14th. Entries will be available for viewing beginning September 20th. For more information contact Nanette Banks at 606-633-2362.

**ALL CULTURAL ARTS EXHIBITS ARE FOR PAID EXTENSION HOMEMAKERS AND WILL BE DUE TO THE LETCHER COUNTY EXTENSION OFFICE BY SEPTEMBER 14TH. ENTRIES WILL BE AVAILABLE FOR VIEWING BEGINNING SEPTEMBER 20TH.**



# Soupbean Dinner



September 20th from 10:30-2:00 the Letcher County Homemakers will be hosting the annual soup bean dinner. All meals will cost \$7 and will include soup, beans, kraut and wiener's, cornbread, and water. Please remember we will need help that day handing dinners out. If you can help, please let me know. If you cannot be there that day, please bring your food on the 19th. For more information contact Nanette Banks at 606-633-2362. All proceeds will benefit ovarian cancer research.





# Beginning Sewing

Beginning September 19th

10:00-11:30

Letcher County Extension

CALL 633-2362 TO REGISTER

LIMITED SPACE



*Hickory Area*

## HOMEMAKER MEETING

Please join us for our annual meeting on...



**OCTOBER 12**

Registration starts at **10:30 AM** and the meeting will start at **11 AM**

**Lee County Extension Office**  
259 Industrial Park Road  
Beattyville, Ky 41311

**Please Pre-Register with your Local Extension Office by**

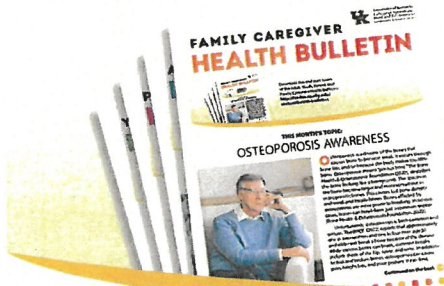
**October 3rd.**





**UK** Cooperative Extension Service

# FAMILY CAREGIVER HEALTH BULLETIN



**SEPTEMBER 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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

## THIS MONTH'S TOPIC:

# FALL PREVENTION: FROM AWARENESS TO ACTION



**F**all Prevention Awareness Week is a nationwide observance that brings awareness to preventing and reducing the risk of falls as well as helping older adults live without fear of falling, according to the National Council on Aging. This is important because more than 1 in 4 adults aged 65 and older fall each year. In 2020, 31.2% of older adults in the Commonwealth reported a fall, the Centers for Disease Control and Prevention report.

The CDC shares that falls are the leading cause of injury and injury-related death among older adults. Severe falls can lead to fractures, traumatic brain injuries, permanent disability, lengthy hospital stays and admission to long-term care facilities. Falls can lessen independence and negatively affect quality of life. It is common for

Continued on the next page →



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## Caregivers should track yearly wellness visits and stay on top of vision and hearing checkups.

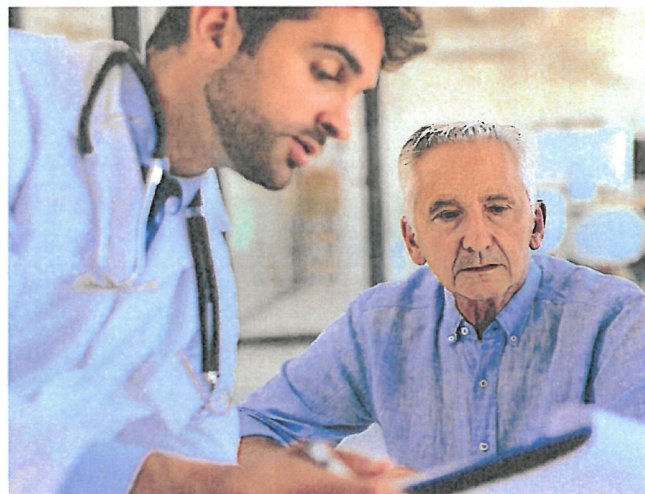
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older adults to fear falling because of the risk of injury. They are also worried about embarrassment and want to remain independent. As a result, a fear of falling can lead to limited activity. This then leads to physical decline and social isolation.

**Most falls are preventable. The NCOA recommends six steps to prevent a fall:**

- 1. Exercise.** Find an exercise and/or balance program that helps build stability, strength, and flexibility. Make it fun. Go with a friend to make sure you keep going.
- 2. Talk to a doctor.** Be honest about fall history and/or fear of falling. Request a fall assessment.
- 3. Manage medications.** Talk to a pharmacist or health-care provider about prescription and over-the-counter medications. They can help find medications or potential medication interactions that may increase the risk of falling.
- 4. Get eyes, ears, and feet checked yearly.** The eyes, ears, and feet play key roles in balance.
- 5. Enhance home safety.** Remove clutter and tripping hazards. Keep rooms, hallways, and stairways well lit. Use a nightlight at night. Properly install grab bars in the bathrooms and use nonslip bath mats.
- 6. Talk with family and friends.** Be assertive and honest with family and friends so they can play a role in fall prevention. Trusted family and friends can brainstorm ways to support safety and independence as well as reduce any fear of falling. They can help find helpful information and resources. Not only will they know about your changing needs, they can also know what to do after a fall.

As a caregiver, keeping an older adult's health includes safety and preventing accidental injury. It is important to empower someone in your care, at risk of falling, to take action. In some cases, you may have to start the conversation about possible fall concern and encourage the six steps above to help prevent the consequences of a fall. Caregivers



should stay alert and note any changes in health. Caregivers should track yearly wellness visits and stay on top of vision and hearing checkups. It is helpful for caregivers to note if a loved one is holding on to furniture or another person for support or if they are having difficulty transitioning from sitting to standing. A caregiver should also know their loved one's current medications. They should also keep an eye on home safety. The CDC offers a Home Fall Prevention Checklist for Older Adults at [https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf). You can also call your local Area Agency on Aging or County Cooperative Extension Office to find community-based physical activity programs and resources to support fall prevention.

#### REFERENCES:

- CDC. (2020). Older Adult Falls Reported by State. Retrieved June 22, 2023 from <https://www.cdc.gov/falls/data/falls-by-state.html>
- NCOA. (2023). From Awareness to Action: This year's Falls Prevention Awareness Week theme. Retrieved June 22, 2023 from <https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit>

**FAMILY CAREGIVER  
HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 9

Letcher County Extension Office | 104 Raspberry Rd Whitesburg, KY | 41858 | 606-633-2362

## THIS MONTH'S TOPIC: RISING HOMEOWNER'S INSURANCE COSTS

In recent years, households across our commonwealth have experienced a steady stream of costly natural disasters. These severe weather events have cost Kentuckians more than 1 billion dollars in estimated disaster-related claims in the past 10 years.

Because of inflation, as well as the higher costs to repair homes and the recent losses from natural disasters, homeowner insurance premiums have spiked nationally. Kentucky is no exception. Home insurance rates have been on the rise since the pandemic and are predicted to increase an average of 9% in 2023. In this article, we discuss ways to save money on your homeowner's insurance policy.

### WHAT SHOULD YOU DO?

Start by improving your finances. Look for ways to build healthy savings and lower outstanding payments, such as student loans, credit cards, or other high-interest consumer debt. Managing your money wisely can help you prioritize spending. Look for "spending leaks" to plug, or those frequent or small purchases that can drain your account over time. This might mean cutting back on entertainment, travel, or eating out. Examining your spending habits can help you identify how to "free up" money for essentials.



Also work to establish and maintain a solid credit history. Having good credit can reduce your insurance costs. Similarly, a poor credit history or low credit score labels you a "risky" consumer and can increase how much you pay for homeowner's insurance. To protect and build your credit, always pay your bills on time and keep your credit balances as low as possible. Never take out more credit than you need, and regularly monitor your credit report to look for errors or fraud that need correcting. If your credit standing has recently improved, discuss this with your insurer to see if you are eligible for discounts.

### WHAT SHOULD YOU NOT DO?

Do not be tempted to cancel or significantly reduce your insurance coverage, even if you have paid off your mortgage. As Kentuckians have experienced firsthand recently, severe weather often comes with

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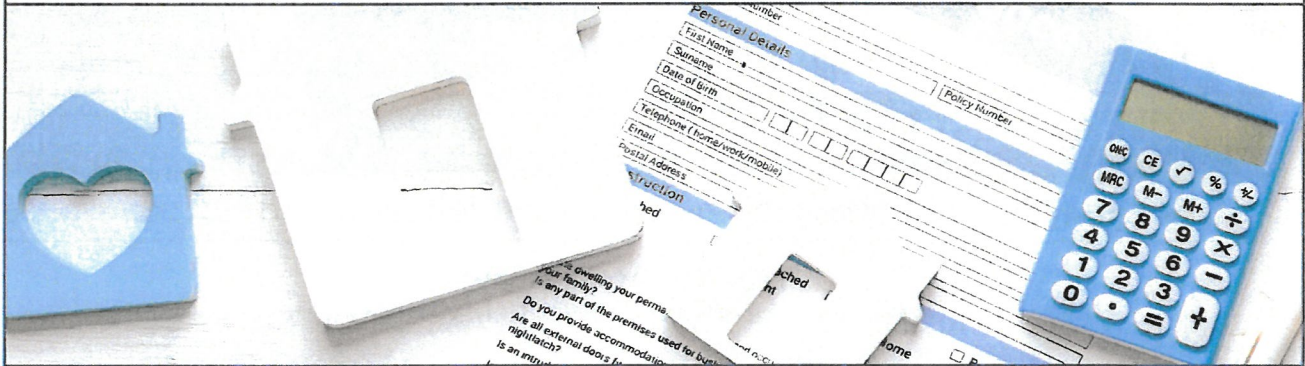
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Disabilities accommodated with prior notification.



## SEVERE WEATHER OFTEN COMES WITH LITTLE WARNING BUT CAN CAUSE MAJOR DEVASTATION.



little warning but can cause major devastation. Not being properly insured could affect your financial future and could quickly deplete your life savings or retirement funds. Also, do not assume your current coverage is adequate. Revisit your policy to make sure your property is properly insured, especially considering inflation rates and rising home prices.

### WAYS TO LOWER PREMIUMS

- **Shop around.** If the last time you shopped for homeowner's insurance was when you bought your home, it may be time to comparison shop. Prices can vary from provider to provider. By comparing multiple quotes, you can determine what company can offer you the lowest premium. Always use caution when comparison shopping to make sure a lower premium doesn't mean less insurance coverage.
- **Claim discounts.** Talk with your agent about eligible discounts that can lower the cost of your policy, such as upgrading your roof, electrical, or plumbing. Other discounts may include upgrades like installing additional fire extinguishers or security systems, bundling services such as home and auto policies, or company loyalty programs. Some companies offer claims-free discounts; lower rates depending on your payment method,

such as automatic drafts or paying in full; discounts for non-smoking households; and even occupational discounts for emergency responders or active military.

- **Raise your deductible.** If you can afford to pay more out-of-pocket initially, increasing your deductible could lower your premium costs. When a homeowner files a claim, depending on their policy, they will pay a certain amount of money upfront (*known as a deductible*) before the insurance company will pay. The higher the deductible, the more money a homeowner can save on their premiums. If you have an emergency fund that could cover a higher deductible if incurred, this may be a way to save.

### REFERENCES:

AARP. <https://www.aarp.org/money/budgeting-saving/info-2023/homeowners-insurance-prices-soar.html>

Insurance Information Institute. <https://www.iii.org/article/12-ways-to-lower-your-homeowners-insurance-costs>

National Association of Insurance Commissioners. <https://content.naic.org/consumer/homeowners-insurance.htm>

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# 2023 KENTUCKY MAPLE SCHOOL



[kmsa.kymaple@gmail.com](mailto:kmsa.kymaple@gmail.com)

**SAVE THE DATE**

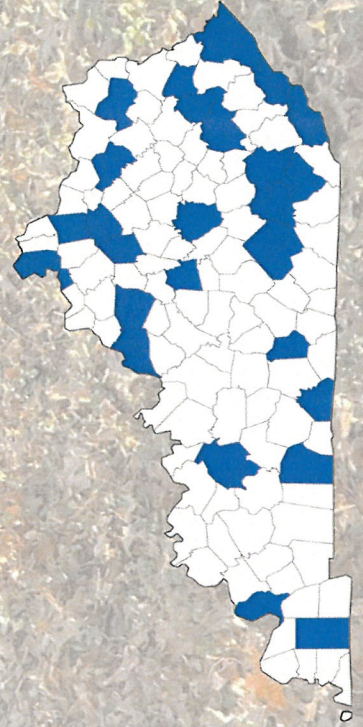
**2023 Kentucky Maple School**

**November 4, 2023**

**Berea College Forestry**

**Outreach Center**

*More details  
coming soon!*



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University of Kentucky



# **Martin Co Apple Tour**

**SEPTEMBER 12TH  
LEAVING LETCHER COUNTY  
EXTENSION AT 10:00**

**Call 633-2362 to register by  
September 14th**



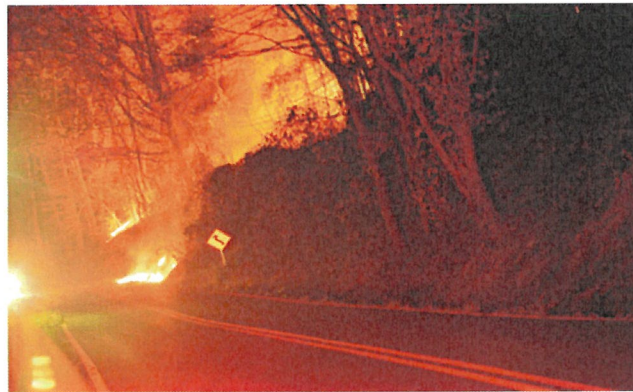


## Wildfire Preparedness

Simone Lewis - National Weather Service Charleston, WV



When the word **wildfire** comes to mind, images of burning forests in the western United States usually enter the thoughts of most. But did you know that Kentucky is also prone to wildfires? In fact, the state averages 1,447 wildfires a year! The following article will discuss what weather conditions are favorable for wildfire development, the weather alerts that are issued during periods of favorable fire weather, and what you can do to prepare for and prevent wildfires.



The first question on your mind is probably “What is Fire Weather”? Essentially, fire weather is any sort of weather that can ignite or lead to rapid spread of fires. This includes thunderstorms (which contain strong gusty winds and lightning that can lead to rapid spread or ignition of a fire), days when the relative humidity is low (often in the early spring and fall seasons), and windy days (which acts to not only spread wildfires but also leads to the drying of vegetation, making it more susceptible to burning).

### **Wildfire Prevention**

Most wildfires in the state of Kentucky are caused from arson or from uncontrolled debris burning. In fact, 90% of all wildfires in Kentucky are caused by humans. Unlike many fires in the western United States, most of the fires in Kentucky are fought by firefighters *on the ground* (Source: Kentucky Energy and Environment Cabinet). They are putting their lives in danger to control the spread of these fires. It is therefore important to always be fire aware, and heed any Fire Weather Watches or Red Flag Warnings issued by the NWS.

### **Here are some general guidelines to follow when the following products are issued:**

**Fire Weather Watch = BE PREPARED!** Dangerous fire weather conditions are possible in the next few days but are not occurring yet.

**Red Flag Warning = TAKE ACTION!** Dangerous fire weather conditions are ongoing or expected to occur shortly. During a Red Flag Warning, you should avoid or use extreme caution when dealing with anything that could pose a fire hazard.

Do not start a campfire or ignite a burn pile.

Do not burn trash.

Avoid using a lawnmower, chainsaw, or any other equipment that may emit sparks.

Do not dispose of cigarette butts on the ground or outside of your car.

If using an outdoor grill, make sure to have a water source nearby and do not dispose of the ashes until the Red Flag Warning has expired or been canceled AND the ashes are fully extinguished!

Watch for smoke nearby. If you spot an unattended fire, call 911 and report it immediately!



### *What do I do to prepare?*

Take personal responsibility by preparing long before the threat of a fire, so your home and family are ready.

If there are concerns of fire potential, create a defensible space by clearing brush that is easier to ignite away from your home.

Put together a basic emergency supply kit. Check emergency equipment, such as flashlights and generators.

Plan escape routes and make sure all those residing within the home know the plan of action.

Sit down with your family and close friends, and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Keep a copy of this plan in your emergency kit, or another safe place where it can be accessed in the event of an emergency.

Review your insurance policies to ensure that you have adequate coverage for your home and personal property in the event of fire.

Follow the latest NWS forecasts and listen to a NOAA Weather Radio for the latest updates.



### *What are Kentucky's Fire Laws?*

Lastly, it's important to know and heed the fire laws and seasons for the state of Kentucky. During the following periods, it is illegal to burn anything within 150 feet of any woodland or brushland between the hours of 6 a.m. and 6 p.m.

Spring Forest Fire Hazard Season: February 15 - April 30

Fall Forest Fire Hazard Season: October 1 - December 15

Also, burn bans can be issued at any time of the year if conditions warrant, particularly during periods of drought, and should always be followed.



## COOPERATIVE EXTENSION SERVICE

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



## Controlling Wasps, Hornets and Yellowjackets

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

Entfact-620

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.



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,

or in attics, barns or sheds. Outdoor nests also may be constructed behind shutters, or inside porch lights, barbeque 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.

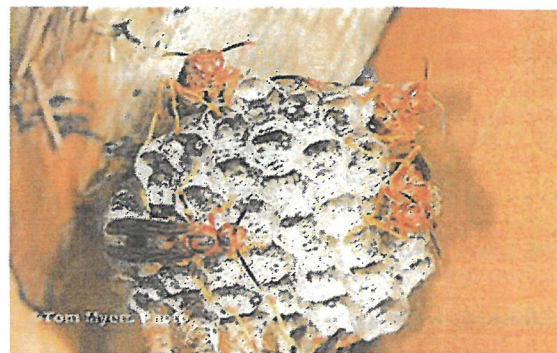


Fig. 2: While most paper wasps are brown or reddish (above), the European paper wasp, *Polistes dominula*, (below), has markings similar to yellowjackets.

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



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



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



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.

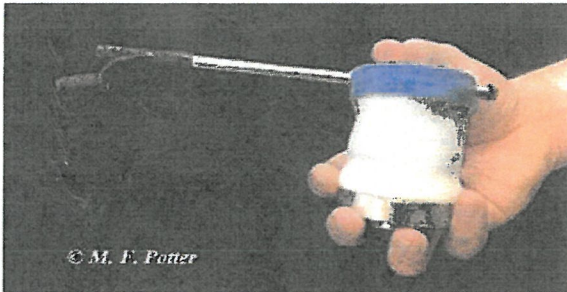


Fig. 8: Insecticide dusts are most effectively applied with a bellows-type duster.

*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.





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.

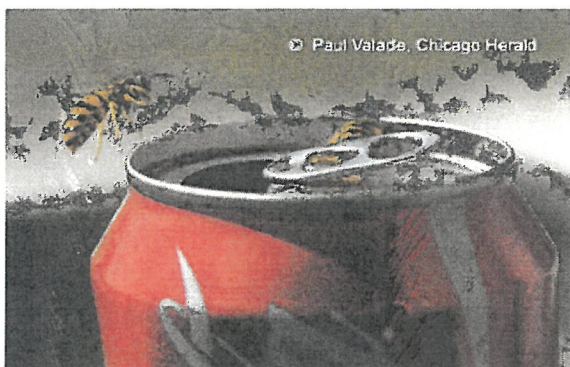


Fig. 11: Consuming beverages can be hazardous when yellowjackets are present. (Photo credit: Paul Valade, Chicago Daily Herald)

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.

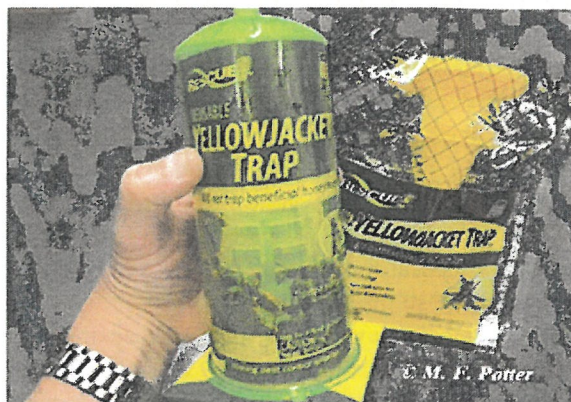


Fig. 12: Yellowjacket traps may capture several wasps, but do not necessarily alleviate the problem.

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,



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 2023

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



# NATIVE GRASSES

Learn the different native grasses  
and how to treat them

SEPTEMBER 5 @ 12 NOON

Call 633-2362 to register



## Fall Invaders

September 19 @ 12 Noon  
Letcher County Extension Office



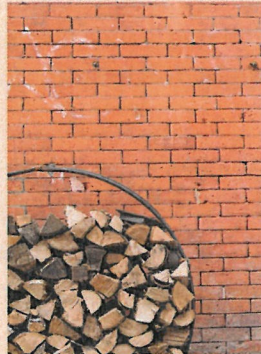
Lady Bugs, Stink bugs, Seed Bugs etc

CALL AND REGISTER 633-2362





# Firewood Basics Sept 25th @ 12 Noon



# Hawk & Butterflies Migration



Guest Speakers :Mitch Whitaker &  
Chris Allgyer  
September 27 @10:00 am  
Jenkins Pull Off



GROW -YOUR-OWN

*Christmas*  
TREE

Come join us and learn how to  
get started growing christmas  
trees

SEPTEMBER 28 @ 12 NOON



*Christmas Tree Farm*



## Greenhouse Update

Brad Sexton

### AG & Natural Resources Assistant

Hard to believe we are heading into fall, time is definitely not slowing down. I wanted to show some pics of the harvest from the raised beds in front of and the plants growing in the greenhouse. Bush variety of cucumbers doesn't take up much space but you still get full size cucumbers with great flavor. Tomatoes continue yielding beautiful fruits from bush varieties, greenhouse, and cherry as well. Even had a nice harvest of ambrosia corn from the raised beds out front of the greenhouse. This is proof that you can enjoy fresh fruits and vegetables without requiring large amounts of land.

The flowers continue their spectacular bloom shows as you can see from the pictures below. I have also started a few more varieties for the upcoming fall season I hope to share with you on the next greenhouse update. If you all have any questions regarding greenhouses or want to come by and tour the Letcher County Extension Greenhouse just give us a call. Check back next time to see what's growing in our greenhouse.

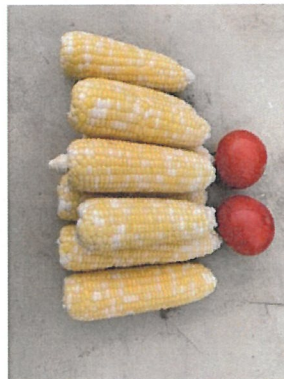
Bush Cucumbers



Bush Tomatoes



Ambrosia Corn and  
Wisconsin Tomatoes



Ever Sweet  
Strawberries



Calibrachoa



Apple Blossom Geranium



Sweet Pepper



Nasturtium





Crystal Smith  
4-H Agent



# Letcher County 4-H

Crystal Smith, CEA for 4-H Youth Development



Kentucky 4-H  
Youth Development

SEPTEMBER 2023

[www.Kentucky4H.org](http://www.Kentucky4H.org)

4-H Logo:



4-H moto

"To make the best better..."

4-H Pledge:

I pledge my **HEAD** to clearer thinking,

My **HEART** to greater loyalty,

My **HANDS** to larger service,

And my **HEALTH** to better living,

For my **Club**,  
my **Community**,  
my **Country**  
& my **World**.

Cooperative Extension Service

Letcher County  
478 Extension Dr.  
Whitesburg, KY 41858  
(606) 633-2362  
Fax: (606) 633-0369  
<http://ces2.ca.uky.edu/letcher/>

## 4-H JR. Teen & Teen

The 4-H Teen Council is a group of teens who want to become better leaders, make a difference in their community and have fun! 4-H Teen Council meets after school at Letcher County Extension Office. The Teen Club is open to middle and high school students. **Want to check it out?** Join us at our next meeting on September 19, 2023.



Call 633-2362 or  
Check us out on Facebook  
Letcher County 4-H!

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Community and Economic Development

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Disabilities  
accommodated  
where possible



Crystal Smith  
4-H Agent

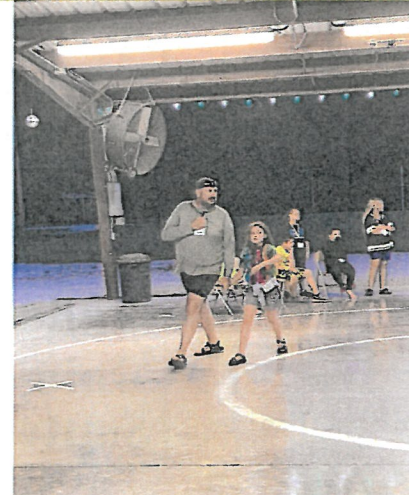


2023 4-H



Martin-Gatton  
College of Agriculture,  
Food and Environment

Kentucky 4-H  
Youth Development



**The Summer 2023 Letcher County 4-H Camp was August 1, 2023– August 4, 2023. Letcher County was excited to be camping with Harlan, Leslie, Clay, & Perry Counties this summer! 4-H Camp was a blast this summer!**

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Disabilities  
accommodated  
with prior notification





Crystal Smith

4-H Agent



# 4-H Camp 2023

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

Kentucky 4-H  
Youth Development



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Crystal Smith  
4-H Agent



## Kentucky 4-H Youth Development

### September 2023 DATES :

September 14, 2023: Homeschool Club, at 1:00-2:30p.m. Letcher County Extension Office.

September 19, 2023: 4-H Teen Meeting, at 3:30-5:00p.m. Letcher County Extension Office.

September 21, 2023 Art Club Meeting, at 4:00-6:00p.m Letcher County Extension Office.



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Disabilities  
accommodated  
wherever practical.



Crystal Smith  
4-H Agent



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

New 4-H program year starts soon. Did you know that 4-H offers seven core program areas?

- Agriculture & Natural Resources
- Animal Sciences
- Communication and Expressive Arts
- Leadership
- Health
- Science, Engineering, and Technology
- Family Consumer Sciences



Kentucky 4-H  
Youth Development

KENTUCKY 4-H  
PROGRAM YEAR 2024  
SEPTEMBER 1, 2023 - AUGUST 31, 2024

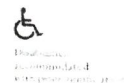
HOW OLD WILL YOU BE ON JANUARY 1, 2024?  
THAT IS YOUR 4-H AGE!

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Agriculture & Natural Resources



Nanette Banks  
CEA for Family & Consumer  
Sciences Education



Crystal Smith  
4-H Youth Development