

# Extension News

**Agriculture\*Family & Consumer Science\*4-H Youth Development**

## Thrifting and upcycling:

Extending the life of used items for a sustainable future

Source: Isaac Hilpp, agriculture extension specialist senior, 4-H central operations  
In a world characterized by fast fashion and the constant churn of consumer goods, 4-H advocates thrifting and upcycling alternatives. These practices save money and also significantly contribute to environmental conservation by extending the life of used items and reducing waste. Thrifting, the act of purchasing secondhand goods, and upcycling, the art of transforming old items into something new, form the cornerstones of a circular economy within the fashion and home industries.

Thrifting is not just about scoring a good deal; it's about being a conscious consumer. Here are some essential tips to make the most of your thrifting experience:

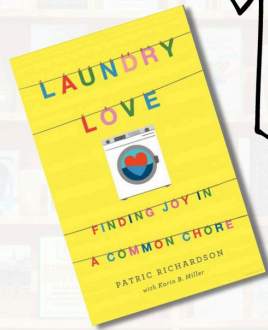
- **Set a Budget:** Before embarking on your thrift-store adventure, determine how much you're willing to spend. Knowing your budget will help you make wise choices and avoid impulsive purchases.
- **Invest Time:** Thrifting often requires patience. You may need to visit multiple stores and locations to find the perfect item. Remember, treasure hunting can take time.
- **Avoid Overspending:** Thrifting should not be a splurge. Stick to your budget, and don't give in to the temptation of buying more than you need.
- **Use What You Buy:** Only buy items you genuinely need and will use. Avoid accumulating more clutter in your life.
- **Inspect for Quality:** Examine items for defects and wear, paying particular attention to high-stress areas and seams. You want to ensure that your finds are durable and will serve you well.

## This issue:

Big Blue Book Club  
LAUGH & LEARN  
Meal Kit Event  
HOMEMAKER HAPPENINGS  
Area Homemaker Meeting  
4-H PET SHOW  
Allergy Sensitivity  
RETURN OF THE FALL  
ARMYWORM?  
Wildfires  
OCTOBER CALENDAR



## BIG BLUE BOOK CLUB



REGISTER @ <https://ukfcs.net/BBBClaundry>

 Cooperative Extension Service

Family and Consumer Sciences

**“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at <https://ukfcs.net/BBBClaundry>.**

**As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.**

**Registration is required to receive the Zoom link.**

## Laugh & Learn Playdate

**DATE:**  
**OCTOBER 22ND**

**TIME:**  
**3:30 P.M.**

**FOR:**  
**AGES 5 & UNDER**

**LOCATION:**  
**LEE EXTENSION OFFICE**

**BE SURE TO CHECK OUT OUR FACEBOOK PAGE AND GIVE US A "LIKE" SO YOU CAN BE UPDATED ON CURRENT PROGRAMS.**





**Interactive -**  
You build your  
**Meal Kit** with the  
ingredients from  
each station.

## Harvesting Health: A Meal Kit Event

Join us for a Health & Wellness Resource event with free meal kit, where you can access resources to help you harvest your health!

**4:30–6:00 p.m. on Tuesday, October 15th**

**Lee County Extension Office**

*(located at 259 Industrial Park Road, Beattyville)*

Featuring: Ask a dietitian • At home exercises • Mental Health resources • Spiritual resources • Meet the Farmer • and more

Registration is required with limited openings. Sign up by Friday, October 11th by calling 606-726-8185 or email [mlmills@mercy.com](mailto:mlmills@mercy.com).

**No restrictions** on who is eligible to receive a kit.

**THIS FREE EVENT IS SPONSORED BY: Mercy Health — Marcum and Wallace Hospital**

IN PARTNERSHIP WITH:

Lee County Cooperative Extension Service,  
Elk Hollow Farm, & Brandenburg Farm

*Pictured above is an example of a past meal kit.*





# Homemaker HAPPENINGS

## Save the dates

Holiday Road Show:  
Nov 8th @10

Homemaker Luncheon:  
Dec 11th Time TBA

## Passport Challenge

We will be starting a new Passport Challenge. Join us on **October 9th at 5 PM**. Log all locations, events, and more in your travel booklet. **Lets explore KY!!**

## Reminder!!!!

Log those volunteer hours!



OCTOBER LUNCH & LEARN:

# COMMUNICATION SKILLS

FOR GOOD IMPRESSIONS



**PERRY COUNTY**  
OCTOBER 7TH @ 1 P.M.

**OWSLEY COUNTY**  
OCTOBER 11TH @ 12 P.M.

**WOLFE COUNTY**  
OCTOBER 10TH @ 10 A.M.

**LESLIE COUNTY**  
OCTOBER 15TH @ 11 A.M.

**BREATHITT COUNTY**  
OCTOBER 10TH @ 12 P.M.

**KNOTT COUNTY**  
OCTOBER 17TH @ 10 A.M.

**LEE COUNTY**  
OCTOBER 11TH @ 10 A.M.

**LETCHER COUNTY**  
OCTOBER 17TH @ 12 P.M.



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities accommodated with prior notification.

QUICKSAND AREA

Homemaker

Meeting

October 24, 2024

Registration 10:30 AM

Letcher County Extension Office

Pre-register and Pre-pay \$15 by October 10th  
for catered meal

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**\*Return to the Lee Co  
Extension Office\***

Choose one meat

Menu options:

Fried Chicken\_\_\_

Pot Roast\_\_\_

Desserts:

Butterscotch Lush\_\_\_

SPice Cake & Cream Cheese Icing\_\_\_

All dinners will include:

Mash Potatoes

Carrots

Green Beans

Rolls

Tossed Salad



# LEE COUNTY EXTENSION 4-H PET SHOW

## Pet Show Details

- **Friday, October 25th, 2024**
- **Main Stage at The Woolly Worm Barn**
- **Pet Show begins at 10 a.m.**
- **Registration begins at 9 a.m.**
- **Participants are asked to give their name, their pet's name & species as well as 3 facts about their pet when showing.**

## Pet Categories

- **Cutest Cat/Kitten**
- **Prettiest Puppy**
- **All Creatures Great and Small**
- **Most Impressive *Trick***
- ***Best Costume***
- ***Most Unique Pet***

## Pet Show Guidelines

- **Up to 2 pets can be entered per owner**
- **No dogs/cats in "Most Unusual Pet" category**
- **Animals must be kept under owner's control at all times. Animals not under owners control will be disqualified**
- **Owners must clean up any "accidents" their pet has. Failure to do so will result in disqualification**
- **Any animal posing a threat to audience members, judges, staff or other animals will be asked to leave.**

**For Information Call Lee County Extension Service at  
606-464-2759**

**Cooperative  
Extension Service**

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Lexington, KY 40506



# SHOW SENSITIVITY TO FOOD ALLERGIES THIS HALLOWEEN

JENNIFER TACKETT, EXTENSION SPECIALIST FOR 4-H YOUTH DEVELOPMENT

FOR MANY, HALLOWEEN IS ONE OF THE MOST ANTICIPATED HOLIDAYS OF THE YEAR, BUT IF A CHILD HAS FOOD ALLERGIES, THE HOLIDAY CAN BE FRIGHTFUL FOR THEM AND THEIR PARENTS. PARTICIPATING IN THE TEAL PUMPKIN PROJECT WILL ALLOW YOU TO BE INCLUSIVE OF CHILDREN WITH FOOD ALLERGIES AND OTHER MEDICAL CONDITIONS THIS HALLOWEEN.

THE PROJECT ENCOURAGES INDIVIDUALS TO HELP RAISE AWARENESS OF FOOD ALLERGIES AND PROVIDE ASSISTANCE TO THOSE WHO LIVE WITH THEM. YOU CAN PARTICIPATE BY PAINTING A PUMPKIN TEAL, THE COLOR ASSOCIATED WITH FOOD ALLERGY AWARENESS, AND PLACING IT OUTSIDE. IF YOU DON'T HAVE TIME TO CREATE YOUR OWN SIGN, YOU CAN PRINT A FREE SIGN FROM THE TEAL PUMPKIN PROJECT WEBSITE AND POST IT ON YOUR HOUSE TO LET TRICK-OR-TREATERS KNOW THAT YOU OFFER NON-EDIBLE TREATS AS WELL AS CANDY. YOU CAN DOWNLOAD IT FROM [HTTP://WWW.FOODALLERGY.ORG/TEAL-PUMPKIN-PROJECT/#.v-vzzksc98](http://www.foodallergy.org/teal-pumpkin-project/#.v-vzzksc98).

IN THE UNITED STATES, FOOD ALLERGIES ARE A GROWING PROBLEM, WITH ONE IN THIRTEEN CHILDREN LIVING WITH FROM AN ALLERGY. SOME OF THE MOST COMMON ALLERGENS, SUCH AS NUTS, MILK, EGGS, SOY, AND WHEAT, ARE FREQUENTLY FOUND IN CANDY. IN ADDITION TO FOOD ALLERGIES, CHILDREN WITH MEDICAL CONDITIONS SUCH AS CELIAC DISEASE MAY BE UNABLE TO SAFELY CONSUME CERTAIN CANDIES.

SOME CANDIES, ESPECIALLY MINIATURE OR NOVELTY-SIZED VARIETIES, DO NOT ALWAYS LIST THEIR INGREDIENTS ON THE INDIVIDUAL PACKAGING AND MAY CONTAIN DIFFERENT INGREDIENTS THAN LARGER CANDIES. THIS MAKES IT DIFFICULT FOR PARENTS TO DETERMINE WHICH CANDIES ARE SAFE.

FINDING INEXPENSIVE NON-EDIBLE TREATS IS SIMPLER THAN YOU MIGHT THINK. HERE ARE SOME IDEAS:

- GLOW STICKS
- BUBBLES
- SPIDER RINGS
- VAMPIRE FANGS
- STICKERS
- HALLOWEEN ERASERS

# Return of the Fall Armyworm? – University of Kentucky - 2024

In 2021, Kentucky was one of many states that were impacted by a historic outbreak of fall armyworms. That year marked perhaps the worst year for the pest since the 1970's and has inspired fear and dread about these hungry, hungry caterpillars rearing their head again. In the past week, reports from western and central Kentucky have indicated that some folks are seeing egg masses and fall armyworms in turfgrass areas. The sudden onset of fall armyworm in 2021 created temporary shortages of effective insecticidal remedies.

Reports from UKY entomologists indicate we are not at the same levels as in 2021 but it is prudent to review how this pest works and what can be done about it.

## Fall armyworm and Kentucky

Fall armyworms do not overwinter in this state. They are a tropical species, and they typically overwinter in southern Florida and southern Texas. These spots stay warm enough for them to persist and then mate to start the generations that will migrate northward as moths. They usually move from these warmer states into states like Mississippi and Alabama in April and May, arriving next in Tennessee by May or June. Typically, they start to appear in Kentucky by June.

In the bluegrass state, fall armyworms are usually associated with issues in pastures and crops (Figure 1). In this state and others, they will cross over into the home landscape to feed on turf in lawns.

Initially when they feed, the tips of the blades of grass will have windowpane-like damage. As the caterpillars grow, they will progress into consuming whole blades of grass. The term "armyworm" also comes from the fact that these pests move in a group across the grass, creating a distinct line of damage opposed to undamaged grass. Newly planted sod is more susceptible to being killed by these pests than established turf areas.

## What should you do now?

Keep a close watch on your pastures/hayfields for egg masses and armyworms over the next few weeks. Egg masses may be laid on any outdoor surface and have a fuzzy covering. The eggs themselves are small and round, less than 1/8 inch in diameter.

If you have 2-3 caterpillars per square foot or more, then you should consider spraying. In other words, these numbers will likely mean you will have considerable damage to late summer/fall growth in your pastures and hayfields. Fall armyworms have a characteristic inverted 'Y' on their headcap (Figure 2).

Fall armyworm is a sporadic late summer fall pest of alfalfa and mixed stand pastures. Best time to scout for this pest is in the early morning as they hide from the sun at mid-day. Soapy water drenches can be used to flush larvae from the soil at any time. Control should be considered if 2 to 4 larvae per square foot are found.

A potential alternative to insecticide application for hay crops near harvest stage, is to mow the crop IMMEDIATELY. Unfortunately, waiting 2 or 3 days for good curing conditions is not an option since armyworm defoliation is so rapid. Once cut, the conditions in the mowed forage become less conducive for the armyworm.



Figure 1. Typical fall armyworm damage in a young orchardgrass stand.



Figure 2. Two large fall armyworm larvae forced out of the ground by a soapy water drench. Note the inverted 'Y' on the headcap of the larvae on the right.



Check with your ag supplier about their current availability of insecticides. A copy of the labelled insecticides is found in Figure 3. Pyrethroids such as Warrior work best on small larvae (less than  $\frac{3}{4}$  inch) while diamides such as chlorantraniliprole works better on larger ones. Always be sure that the crop to be protected is on the label of the pesticide to be used.

Fall Armyworm Insecticides	MOA Group	Graze/harvest – Pre Harvest Interval (days)
carbaryl - Sevin XLR, Sevin 4F, etc.	1A	7 for alfalfa (May temporarily bleach tender foliage) 14 days for pasture and grasses for hay
methomyl - Lannate	1A	7 days for grazing or hay (alfalfa)
bifenthrin – Brigade 2E	3A	Not for use on alfalfa 30 days for forage and hay
<i>b</i> -cyfluthrin - Baythroid XL (1 <sup>st</sup> and 2 <sup>nd</sup> instars only)	3A	1 day forage 7 days for hay (alfalfa) 0 day forage, 7 days for hay (pasture grass)
<i>g</i> -cyhalothrin – Declare, Proaxis EC	3A	1 day forage 7 days for hay (alfalfa) 0 day forage 7 days for hay (pasture grass)
<i>l</i> -cyhalothrin – Warrior II	3A	1 day forage 7 days for hay (alfalfa) 0 day forage, 7 days for hay (pasture grass)
<i>α</i> -cypermethrin – Fastac EC	3A	3 days for cutting or grazing (alfalfa)
<i>z</i> -cypermethrin – Mustang Maxx	3A	3 days for cutting or grazing (alfalfa) 0 days for cutting or grazing (grass forage and hay)
permethrin – Ambush, Permethin 3.2 AG	3A	0 or 14 days depending on rate used (alfalfa only)
pyrethrins - PyGanic	3A	0 day forage/harvest
<i>Spinosad</i> - Entrust	5	0 days for forage, 3 days for hay
Bt products - Agree WG, Biobit HP, DipelDF, Javelin	11	0 days
methoxyfenozide – Intrepid 2 F	18	0 day forage, 3 days for hay (alfalfa) 0 day forage, 7 days for hay (Grass forage, fodder and hay)
chlorantraniliprole – Coragen, Prevathon, Vantacor	28	0 day alfalfa 0 day for grasses grazing or hay

Figure 3. Fall armyworm insecticides, their mode of action (MOA) and the graze/harvest-preharvest interval (days). From ENT-17, University of Kentucky.

#### For the future

In terms of the future, fall armyworm will remain a threat until the first frosts of the fall. Cold weather in the fall and winter kills this insect. It can only overwinter in the extreme southern parts of the United States and re-infests the state each summer.

Watch for updates on this developing pest situation in notices from your Cooperative Extension Office, this publication, in UKY Pest News Alert (<https://plantpathology.ca.uky.edu/extension/kpn>) and UKY Forage News (<https://kyforagenews.wordpress.com/>).

Note: Jonathan Larson and Ric Bessin, both UKY entomologists, contributed significantly to this article.



## Wildfires and Weather

### A Potentially Deadly Combination

Tony Edwards - National Weather Service Charleston, WV



Wildland forest fires are fairly common across the Commonwealth, but especially so in the forests of eastern Kentucky. The Kentucky Division of Forestry reports that, on average, there are over 1,400 wildfires each year across Kentucky. Arson is the number one cause of those fires, with uncontrolled burning ranking second. Ninety-nine percent of all wildfires in Kentucky are caused by humans!

Many of us have seen what look like harmless fires burning in the leaf litter in our forests during the dry fall and spring seasons. Some of us may have even been responsible for a burn pile or two getting "out of control". These situations shouldn't be taken lightly, however, as given the right conditions, these fires can become deadly.

On April 6, 1999, rapidly changing weather conditions and steep terrain combined on a wildfire (named the Island Fork Fire) in Rowan County, resulting in the death of two volunteer firefighters, ages 28 and 30. These firefighters were overrun by the wildfire which likely started when a landowner lost control of a fire while clearing a fence line. The wildfire advanced quickly up the steep terrain, with flames as high as 20 feet and winds increasing rapidly to over 35 mph! Char marks on the tree bark were up to 50 feet high! While such fire conditions are rare in Kentucky, they illustrate how dangerous wildfires can be and why you should take measures to prevent them from occurring.

The National Weather Service issues Red Flag Watches and Red Flag Warnings to inform fire management agencies and the public when weather conditions are right for rapid wildfire growth. A **Red Flag Watch** means to be prepared as dangerous fire weather conditions are possible in the next few days but are not occurring yet. A **Red Flag Warning** means dangerous fire weather conditions are occurring now or are expected to occur shortly. During a Red Flag Warning, you should use extreme caution when dealing with anything that could pose a wildfire hazard.

When fire danger is elevated, you may see a burn ban go into effect. Usually these are on a local county level, and are enforced with assistance from local law enforcement. Burn bans generally prohibit burning of forest, grass, crops, woodlands, marshes and other similar areas. Make sure to check with your local fire department or county officials before burning.

Keep in mind that during fire seasons in Kentucky, 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. The **Spring Forest Fire Season runs from February 15 - April 30** and the **Fall Forest Fire Season runs from October 1 - December 15**. Violation of the burn ban is a misdemeanor punishable by law!

# What Causes Wildfires?

A spark, in the presence of fuel and oxygen, can cause a fire, which can further spread depending on various weather conditions.

**A SPARK + FUEL & OXYGEN = FIRE! X WEATHER CONDITIONS**

Fires can be sparked by natural causes, but most wildfires in the U.S. are caused by human activity.

Natural causes:



Lightning strikes



Heat from the sun

Human activity:



Vehicles & machinery



Cigarette butts



Fireworks



Campfires & burning brush

Fuel is usually dry vegetation.



Grass



Brush



Trees

Oxygen is almost everywhere.



Certain weather conditions can make fires bigger, faster, and more dangerous.



Strong wind



Drought



High temperatures & low humidity

weather.gov



## FIRE WEATHER WATCH

A Fire Weather Watch is issued when **critical fire weather conditions are possible**.

“Critical fire conditions” means warm temperatures, low humidity, and strong, gusty winds.

**Be Prepared.**



weather.gov

## RED FLAG WARNING

A Red Flag Warning is issued when **critical fire weather conditions are happening or are about to happen**.

Avoid burning, be careful around open flames, safely dispose of cigarettes. Fires can spark and grow very quickly.

**Take Action!**

# OCTOBER 2024

10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Services**
- Farm Planning
  - Gardening
  - Forge Evaluations
  - Crop Evaluations
  - Timber Stand
  - Improvement
  - Pest & Disease
  - Diagnostics
  - Lawn Care
  - Landscapes
  - Evaluations
  - Pond
  - Management
  - Hay & Soil testing
  - Beef Quality & Care Assurance free on the KY
  - Beef Network
  - Pressure Gauge Testing

5  
**Blood Drive**

4  
Pumpkin Days (Kindergarten/1st) @ RCARs  
**Field Day** @ RCARs

3  
Pumpkin Days (Headstart/Preschool) @ RCARs  
Amnesty Disposal and Rinse & Return 10-12 Pm @ Breathitt CO Ext Office

2  
Youth Science Days @ RCARs

1  
Walking Series @4  
**Wits Workout** @4:30  
Commodities

11  
Communications Homemaker Lesson @10 AM  
Homemaker Council Meeting @ 11

10

9  
Passport Challenge @5

8  
**Eden Shale Farm** Owenton, Ky 9AM

19  
**Annual Producer Conference** Fleming County \$35

18

17  
Family Cooking Series @4-6

16

15  
Meal kits @4:30-6 PM  
Tasting Through the Calendar @ Senior Citizens @10

26

25  
Health Fair @ Senior Citizens  
Pet Show @ 10

24  
Area Homemaker Meeting @Letcher CO Ext. @10  
Raised Bed (fall crop & irrigation) 12-6 PM

23

22  
Laugh & Learn @3:30PM

31

**HALLOWEEN**

Hydroponics 5:30-7PM

29  
Diabetes Support Group @6 PM

