



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

Powell County Extension News

December, 2022

Cooperative Extension Service
Powell County
169 Maple Street
Stanton, KY 40380
(606) 663-6405
powell.ca.uky.edu

December 2nd

Cook Together, Eat Together

December 6th

4-H Teen Cooking Club

December 13th

Clay City Homemakers Meeting

December 14th

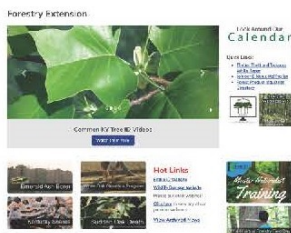
Deadline to Register for Country Ham Project
(Adults, 4-H members, and Cloverbuds)

December 26th—January 2nd

Closed for the Holidays

Want to learn more about Kentucky's forests and wildlife?

Check out these UK Forestry Resources:



For Kentucky forestry and wildlife publications and resources visit our website.

www.UKForestry.org



Watch nearly 300 Kentucky videos on forestry and wildlife by visiting our YouTube channel.

<https://www.youtube.com/c/UKForestryandNaturalResourcesExtension>



To stay up-to-date on the latest Kentucky forestry and wildlife news and updates by liking us!

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



University of Kentucky
College of Agriculture,
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FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Kendyl Redding
Powell County
Extension Agent for
Family and Consumer
Sciences



Clay City Homemakers

Christmas party and bake sale

December 13th

at the Powell Co. Extension Office

Powell County Extension Service
Powell County Nutrition Education
Powell County Livestock Association



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Instagram



Cabbage Jambalaya

1 pound lean ground beef	1 (13 ounces) package turkey smoked sausage, sliced	1 (14.5 ounces) can diced tomatoes
1 ½ cups chopped celery	1 ½ cups chopped onion	2 cups water
2 cloves garlic, minced	1 medium head cabbage, chopped (about 10 cups)	1 cup brown rice
		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

FREE EVENT!



A Cooking Social!

COOK TOGETHER EAT TOGETHER

At this fun cooking event you will:

- Cook with your kids (ages 4-8)
- Get tips that make cooking fast, fun and delicious
- Learn how to make healthy and affordable recipes
- Receive recipes to make vegetables “taste as good as a French fry”
- Get special tips on family meals, leftovers and “less mess” cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets



This project was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

DATE: First Friday of each month beginning Sept 2

LOCATION: Powell County Extension Office

TIME: 5:30-7:00 p.m.

CONTACT: Kendyl Redding, 606-663-6405

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 12

Powell County Extension Office | 169 Maple St. | Stanton, KY | 40380 | (606) 231-1813

THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.

LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.



UNDERSTANDING YOUR "ESTATE"

After your death, the **full contents** of your estate must be distributed. This includes all the items you cherished within it (*and even some you didn't cherish*) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes **everything** you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. *Everything.*



YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD



ASSET DISTRIBUTION PLAN

When deciding “who gets what” in your estate, one way to simplify the process is to create an *asset distribution plan* or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the **Possession** column, list each item or group of items you find. In the next column, indicate the **Recipient** you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the **Reason** column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a **Distribution Method**, such as gift, sell, or donate.

LETTER OF LAST INSTRUCTIONS

Consider attaching a *Letter of Last Instructions* to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

TRANSFERRING CHERISHED POSSESSIONS CURRICULUM

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Transferring Cherished Possessions*, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

ADDITIONAL RESOURCES:

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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ADULT

HEALTH BULLETIN



DECEMBER 2022

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

Powell County
Extension Office
169 Maple St.
Stanton, KY
40380
(606) 663-6405

THIS MONTH'S TOPIC:

THE WINTER BLUES



Do you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page →



Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

→ Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT
HEALTH BULLETIN

Written by:
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123RF.com



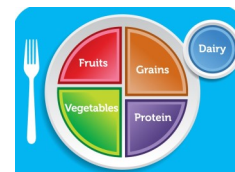


Supplemental Nutrition Assistance Program



Nutrition

One serving of this chowder provides almost half of the recommended dietary allowance for vitamin A. Vitamin A is important for normal vision and the immune system. This recipe uses low-sodium chicken broth. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which is a major cause of stroke and heart disease. When choosing chicken broth, aim to buy low-sodium varieties.



Many do not realize that corn has about three grams of protein in 2/3 of a cup. This along with its fiber content can help feeling full from one meal to the next. Sweet corn can be found fresh, frozen, and canned.

Cooking Tips

The great thing about soups and chowders is how versatile they are. This recipe can serve as a base for many different variations. Add shredded chicken or white beans. Add diced bell peppers or tomatoes for a burst of color and flavor. Try using black beans and topping with tortilla chips and cilantro for a totally different flavor. When making soups or chowders using milk, the milk is often added toward the end of the recipe. This is to keep the milk from curdling. Store potatoes in a cool, well-ventilated place. Temperatures lower than 50 degrees, such as in the refrigerator, cause a potato's starch to convert to sugar, resulting in a sweet taste and discoloration when cooked.

Physical Activity Tip:

Healthy Holidays

In the midst of all the celebration, take care of your own health while enjoying all your holiday traditions.

*Remember to get at least 30 minutes of physical activity daily!

(Doesn't have to be all at one time. Five or ten minutes here and there to add up to 30 minutes works as well.)

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Recipe of the Month

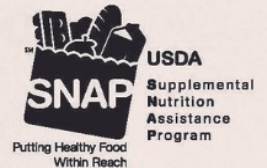


Recipes from the
2022 Food And Nutrition
Recipe Calendar



University of Kentucky
College of Agriculture,
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CHEESE AND CORN CHOWDER



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 380mg sodium; 45g total carbohydrate; 4g dietary fiber; 8g total sugars; 0g added sugars; 11g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Brad Stone, former Lewis County SNAP-Ed Program Assistant

- 2 medium potatoes, diced
- 1 small onion, diced
- 1 medium celery stalk, diced
- 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
- 1 teaspoon garlic powder
- 1/4 teaspoon ground thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups low-sodium chicken broth
- 1 cup skim milk
- 2 tablespoons all-purpose flour
- 1/2 cup shredded cheddar cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.

3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
4. Stir to combine.
5. Cover and cook on high for three hours or until vegetables are tender.
6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
7. Cover and cook on high 30 minutes longer.
8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings

Serving size: 1 cup

Cost per recipe: \$3.88

Cost per serving: \$0.78

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Disabilities
accommodated
with prior notification.



4-H Youth Development



Emilee Hager

Emilee Hager
Powell County Extension
Agent 4-H Youth
Development

Emilee.hager@uky.edu

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 and my world.



Participate in a Kentucky tradition—the 4-H Country Ham Project

Young people can now register to participate in Kentucky 4-H's country ham project. Kentucky ranks second in the United States in country ham production, and some people consider country ham one of the standard symbols of the state.

Kentucky 4-H began offering the country ham project in the 1990s with less than 40 participants the first year. Now, nearly 800 youth from 65 counties exhibit their hams at the annual contest at the Kentucky State Fair.

The country ham project is open to all Kentucky youth ages 9 to 18. Contestants do not need any prior knowledge of country ham production or a background in agriculture to participate.

In the project, youth cure two hams throughout the year. In January or February, they receive their hams and are responsible for washing, trimming and applying a curing mixture to each ham. Made of salt, sugar and spices, most cure mixes are pre-made by a local ham producer or the county 4-H youth development extension agent. 4-H members complete a second washing and curing application in March or April, and make final preparations for the state fair in August. Each county has a designated aging location for hams. In addition to the curing process, youth must complete six hours of training in the 4-H livestock certification program to be eligible to submit their ham to the state competition. This training provides 4-H'ers with insight about the history of country ham production and the current industry.

Over the years, the 4-H country ham project has provided youth with an excellent education about the food industry, especially country ham production. This project gives youth an awareness of where their food comes from and how it is prepared for grocery stores. In addition, 4-H'ers gain a historical perspective about food preservation prior to the use of refrigeration.

The deadline for people interested in participating in the 2022 4-H country ham contest is Dec. 14. Youth 9 – 18 who participate in the KY State Fair Ham Speech contest will be provided 2 hams FREE for their participation. Cloverbuds (children 5-8) and adults can participate as well for \$40 per ham. These hams will not be exhibited at the KY State Fair.

To register or for more information, contact Emilee Hager at the Powell County Cooperative Extension Service.



Teen Cooking Club



open for 6th - 12th grade students

(students can ride bus to the office from school)

We will meet on 1st Tuesday of each month 4-5:30 PM

call 663-6405 or use the link to sign up!

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- Have your Kroger Plus Card ready!
- Visit kroger.com/communityrewards
- Sign in to your online Kroger Plus Card account, update, or create one
- Scroll down to ENROLL NOW in the Community Rewards Program
- Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490



REMINDER



4-H ART CLUB ON 3RD TUESDAY OF EACH MONTH 5:30 PM

**AGES 5-18 ARE WELCOME!
169 MAPLE STREET
POWELL CO. EXTENSION OFFICE**

Call 606-663-6405 to sign up!
emilee.hager@uky.edu



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**,
and my **World**.

POWELL COUNTY 4-H

4-H

cloverbud club

For
Ages 5
to 8

Fun & Creative
Activities

Meeting the 4th
Tuesday of each
month
5:30 to 6:30

at Powell County Extension
Office, 169 Maple Street

interested in leading this
club??

- contact the office
today!

Register
Today!



For more information:
emilee.hager@uky.edu
Call 606-663-6405



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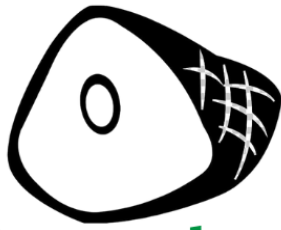
POWELL COUNTY 4-H



University of Kentucky
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4-H Youth Development

COUNTRY HAM



PROJECT



Open to youth and adults for 2023!

4-H members (9-18)

- 4-H members (youth 9 - 18) will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the KY State Fair on August 17, 2023.
- Youth must get 6 hours of education to compete at State Fair. We will have monthly meetings in the evening at Extension Office for this requirement.

Adults

- Cost: \$40 for 1 ham
- Curing space in Powell County Extension Office Ham house

Cloverbuds

- Children 5 - 8 years old
- Cost: \$40 for 1 ham
- Curing space in Powell County Extension Office Ham house
- Monthly education with the 4-H Livestock Club

DEADLINE TO REGISTER: December 14th

Call us at 663-6405 or
email emilee.hager@uky.edu

Emilee Hager
Emilee Hager

Powell County
4-H Youth Development Agent

Cooperative Extension Service
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Agriculture and Natural Resources



Jason Vaughn

Jason Vaughn
Powell County Extension Agent
Agriculture and Natural Resources

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POWELL COUNTY
LIVESTOCK ASSOCIATION



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How Bugs Get Ready for Winter

As the season continues to cool, life outside is preparing for the cold. This includes the insects and spiders who must be able to survive exposure to freezing and sub-freezing temperatures. Insect development and survivorship is at the whim of the climate around them, in particular, temperature drives their lives. Some folks may be hoping that Old Man Winter will provide some free pest control in December or January. Unfortunately, insects have adapted many ways of mitigating the effects of cold and will be able to survive thanks to these “overwintering strategies.” When it comes to dealing with cold, there are two main ways for an insect to survive- either get away from the cold area completely or find local shelter that will provide some shielding.

Migration

Some insects may behave similarly to human “snowbirds” and simply leave when things start to get cold. Migration is a great way to not get cold, as a species you will simply go somewhere warmer! One of the most famous examples of this behavior is the monarch butterfly (Figure 1). In the autumn, these orange and black beauties will start to fly south from northern states, progressively moving towards Mexico. Once they arrive in Mexico, they fly towards the oyamel fir forests north of Mexico City where they will cluster together until spring. Another butterfly species, the painted lady, also migrates long distances and dragonflies are also noted for logging in a lot of frequent flier miles in response to cold.

Cold Tolerance

If they don't pack up and go, then insects are still going to need to survive the winter to get populations restarted the next spring. For many species, this will mean finding an area that can protect them from cold air temperatures. It is important to point out that all species of insects have a lower lethal temperature, meaning there is a cold temperature that will kill them.

(Continued on next page)



Figure 1: Monarch butterflies are some of the most famous migrating insects. They pack their bags every autumn to fly to Mexico from the northern United States. This extravagant overwintering strategy is something many people enjoy watching as the butterflies fly through town. (Photo: Jonathan Larson, UK)

How Bugs Get Ready for Winter

Insects can't warm their own bodies; their body temperature is dictated by their local climate. However, there is also a set amount of time that they must stay at that temperature for death to set in. If their temperature rises above that lower lethal temp, then the clock resets and they may survive. This gives scientists a freezing equation of temperature and time to know when bugs might die from cold.

Some insects may prepare for the cold and ultimately can survive being frozen. These species can produce natural anti-freezes that prevent them from freezing solid or lowering the normal lethal temperature. Other species may be able to control where ice crystals ultimately form in their body. They would let their fat bodies freeze for example rather than their digestive system.

If these freeze tolerance methods aren't in their toolbox, an insect species is going to have to find a way to keep warm in a chilling environment. One trick bugs use is to go into winter as either eggs or pupae, stages of life that require much less food and are already semi protected. Mother bugs may lay their eggs in leaf litter, down in the soil, or provide extra protection. Bagworms and spotted lanternflies are good examples of moms that go the extra mile. Female bagworms never leave their bag-like construction, they lay their eggs inside with them and then perish (Figure 2). The bag then keeps those eggs slightly warmer than they would be outside. Spotted lanternfly females will "spray" a substance on top of their eggs, which helps the eggs to survive the winter.

Pupating insects often burrow into soil or leaf litter to finish the job. Once covered, they have a natural blanket between them and the cold air temps. Wood boring pests can also be highlighted as they are inside of a tree, under the bark and are rarely exposed to the frigid cold that may be hovering just outside their tree.

Some species may go into winter as adults. Brown marmorated stink bugs, multicolored Asian lady beetles, and boxelder bugs are some famous examples. Part of their fame is due to their penchant for using human buildings for their overwintering habitat. Instead of their usual hiding under logs or stones, they have found our homes to be deluxe, heated hideaways! This intersection of insect winter ecology and humanity can be quite annoying.

Pest-proofing Homes

If you have a history of dealing with winter infestations, your house most likely represents an ideal overwintering site to them. It may be down to the height of your home, its geographic situation, or even the color of the exterior. The best thing you can do for these issues is to pest proof the home as best as you can. Inspect your home and check for cracks around windows, doors, pipes, and chimneys and seal openings with silicone or silicone-latex caulk. You can consult another [KPN article](#) for more information on pest-proofing and using insecticides on the outside of the home.

- If you find insects congregating on the exterior of your home, you can spray them with soapy water to kill them before they get inside.
- When stinkbugs or lady beetles are discovered inside, simply vacuum up living specimens and dispose of them outside.

Using bug bombs or other insecticides in the home will not help to deal with the lady beetles and will only serve to expose the people inside to residues. An exterior application of a perimeter insecticide may help to exclude some of these pests. This should be done with a pest control professional or by using a registered product (for example, Ortho Home Defense) and strictly following the label instructions.



Figure 2: Bagworm bags are made of insect silk and materials from the host tree (bits of leaves and needles mostly) and provide protection for the caterpillar inside the bag for the summer. In the winter though, some bags will contain eggs that are protected by the bag as well. (Photo: Jonathan Larson, UK)

Think ahead to meet winter hay needs

Source: Tom Keene, UK Plant and Soil Sciences Hay Specialist

Hay availability in Kentucky may be short this winter because of multiple, compounded issues. The variability of yield, quality and number of cuttings indicate the hay supply could get tight. It is important to protect the hay crop you have and use it wisely—that smart conservation and planning will help make hay last longer through the winter.

Due to weather events—droughts and floods—both hay quality and yield are down. To ensure an adequate amount of hay, farmers should enact several measures. Store hay inside a barn, where it will remain dry. Remember to store hay in barns that have access in all types of weather. If that is not feasible, cover with a tarp to protect from the elements. Buy hay by the ton if possible and require certified stamped weight.

Testing is the first step to knowing how much will be necessary to meet the nutritional needs of the animals they feed, from horses to cattle to goats. Hay is tested primarily for crude protein, acid detergent fiber, neutral detergent fiber, total digestible nutrients and relative feed value. Get your hay tested by the Kentucky Department of Agriculture to determine if you need to buy additional hay. For more information, refer to University of Kentucky Cooperative Extension Service publication “Interpreting Forage Quality Reports,” at <http://www2.ca.uky.edu/agc/pubs/id/id101/id101.pdf>.

Farmers typically feed hay from mid-December until mid-March, approximately 110 days, though that will vary due to weather, pasture conditions and the needs of different animals. To reduce waste, you should get hay, whether round or square bales, off the ground, either by using pallets, feeders or hay carts. Doing this will help you reduce wasted hay by almost half. If that is not possible, feed in long rows so hay is immediately consumed, rather than leaving a round bale out for animals to pick at over time. They will consume the center of the round bale, which has remained dry and protected, first, and that judicious eating will greatly increase waste.

To determine hay needs:

- Calculate the number of days animals will need feed.
- Weigh a random sample of bales using scales at feed mills or truck stops so you know the average weight of your bales.
- With the results of a hay test, calculate how many pounds each animal will need daily.
- Determine the total amount of hay the herd will require over the winter.

Forward planning and good management practices will help ensure an adequate hay supply during the winter. Because hay is a commodity, with a price that relies on supply and demand, it is unlikely that prices decrease in the coming winter months. So, if you do not have enough, you should buy it now, before more buyers move into the market. A tight supply, plus possible hay purchases from bordering states, may possibly elevate what are already high prices. Straw is also likely to be expensive.

For more information, review University of Kentucky Cooperative Extension Service publication “Quality Hay Production,” <http://www.ca.uky.edu/agc/pubs/agr/agr62/agr62.pdf>, or contact the Powell County Cooperative Extension Service.

Contact Jason Vaughn, Powell County Extension Agent for Ag and Natural Resources, to have your hay tested. 663-6405

EASTERN KENTUCKY



VIRTUAL BEEKEEPING SCHOOL



SATURDAY, JANUARY 21, 2023

All times are Eastern time zone

- **9-00 a.m. Opening comments, Charles May, Perry County Extension Agent for ANR and Missy Fugate, President, Perry County Beekeepers Association.**
- **9:30 a.m. Hive Health Sampling, Kenneth Holbrook, Kentucky State University.**
- **10:00 a.m. Honey Testing lab and its Service, Dr. Audrey Law, Bluegrass Community and Technical College.**
- **10:30 a.m. Beginner Beekeeping Equipment, Dr. Tammy Potter, KY State Apiarist.**
- **11:00 a.m. The Role of Genetics and Purdue Lab Services, Dr. Brock Harpur, Purdue University.**
- **12:00 p.m. Beginner Beekeeping II, Where to get Bees, Dr. Tammy Potter, KY State Apiarist.**
- **12:30 p.m. Question and Answer / Adjourn**

For more information and to register for the Virtual Beekeeping School, call the Perry County Extension Office (606-436-2044), provide your name, address, phone number and email address. A link will be sent to your email sometime a week before the school. This virtual Beekeeping school will be presented Via Zoom. Visit the Perry County Extension Service web page at <http://ces.ca.uky.edu/perry> and click on the Agriculture & Natural Resource Link for a registration form. Or contact Charles May at cmay@uky.edu.

2023 Eastern Kentucky Winter Virtual Beekeeping School Registration Form

Date: Saturday, January 21, 2023

Location: **Virtual Via Zoom**

Time: 9 a.m. All Times are Eastern Time Zone



Registration

Please print clearly or type:

Name, First _____ Last _____

Address _____ City: _____

State _____ Zip _____

Optional phone (_____) _____

Email address- Required to participate in Virtual Beeschool

Place Email Here: _____

**Zoom Link will be sent Via Email a few days Prior to The Date of the School
If you have received a receipt of registration and not received a link the few days prior
to the event call 606-436-2044 and the link will be provided.**

Questions about registration call Charles May at 606-436-2044 or email: cmay@uky.edu.

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with prior notification.

ECONOMIC & POLICY UPDATE

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More with Less.... Really?

Author(s): Steve Isaacs

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We've all heard it. Budgets are tight. Profits are down. Vacancies are not filled. People are laid off. So... those who are left have to do their own jobs... and the jobs of those who aren't here... and we're going to do MORE? REALLY?

It's well-intentioned and probably said in an attempt to motivate those who are still around. Most bosses, managers, and administrators have probably said it at one time or another, "We have to do more with less." The idea is to buckle down and do even better (and more) than we have before. REALLY?

Perhaps it's a compliment to those who are left, an endorsement of the confidence of their managers. Perhaps it's an insult to those who have left, that not only are we not going to miss you, but we're going to do more than we did while you were here. REALLY?

If indeed we expect to accomplish "more with less," then perhaps we weren't operating very efficiently before. Economists would say we had slack resources, and maybe we really did need to reduce staffing. If we're going to actually accomplish "more with less," then we probably weren't doing very well before.

If, however, an organization was operating efficiently, we should expect that the loss of valuable personnel will inevitably lead to a drop in productivity. An attempt to wring more out of fewer people is at best what Susan Fowler would refer to as an IMPOSED motivational outlook. Fowler describes an Imposed outlook as being driven by pressure, guilt, obligation, or expectations; and it is not an optimal outlook. It is not a motivational outlook that is sustainable.

So, now what? What's the goal? Is it really to increase productivity? Or, is it to keep the train on the tracks till things improve? Or, is it an opportunity to prioritize, or to look for efficiencies beyond expecting people to work harder?

Prioritize. What's the most important thing we have to do? What's the least important, or the least productive? It is usually easier to identify and focus on the most important or most valuable components. Deciding what should go is harder. We have to ask, "why are we doing this?" Does it

fulfill our mission or are we doing it because we always have? Which, if that's the only reason, is a terrible reason. Prioritize.

Look for efficiencies. While this should have always been a responsibility, never waste a crisis. Look for things that can be done cheaper, quicker, with fewer resources. Be careful. Don't make a cut that leads to a loss in productivity that's greater than the cost savings. Make sure a cut makes economic sense.

A pet peeve, "We're going to cut all but essential travel." Does that mean we were doing non-essential travel? Why? If it wasn't essential, we shouldn't have been doing it in the first place. Make sure a cut makes economic sense.

All this should be part of the organization's predetermined strategy. While we should not plan for failure, we should plan for adversity. Know the mission. Know the goals. Prioritize the goals and the tactics. Run a contingency planning exercise occasionally. Start with, "What'll we do if...."

We anticipate growth. We probably should anticipate contractions. Don't wait till the opportunity arises to develop a plan to grow. Don't wait till budgetary disaster strikes to figure out what to do.

Know what absolutely HAS to happen, what can be delayed, what can be cut. A good time to examine whether it should've been cut is before adversity strikes. But for sure when it does.

If you're running a good organization, don't expect "more with less." Change "more with less" to "more of our best with less, and less of some of the other stuff."

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