Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Ladybugs and Buildings

With the approach of fall and cold weather lady beetles begin congregating on the sides of homes and infesting buildings. This phenomenon has become a recurring fall event in Kentucky and throughout much of the U.S. The culprit is the Asian lady beetle in search of protected places to overwinter. In Kentucky, movement into buildings begins in mid to late-October, continuing through mid-November.

Lady beetle flights are heaviest on warm sunny days, when temperatures climb above 60 degrees F. They tend to initially congregate on the sunnier, southwest sides of buildings in mid-afternoon. Structures that are shaded and not brightly illuminated by afternoon sun are less likely to attract the beetles.

Once the beetles have alighted, they attempt to enter cracks and other dark openings in search of hibernation sites. These locations may be anywhere on the structure, but especially beneath exterior siding, around window and door frames, soffits, fascia boards, and through weep holes and attic or crawl space vents. Sealing exterior cracks and openings with caulk, screening, weather stripping, ext., is the most effective long-term, preventive measure against beetle entry.

Once the beetles are indoors, the best way to remove them is with a vacuum cleaner. Insecticides tend to be less effective and may stain or leave unwanted residues on walls, counter tops, and other exposed surfaces.

While sealing openings is the more permanent way to deny beetle entry, pest-proofing is time-consuming and impractical for many clients. If a household or business continues to be troubled by lady beetles, owners may want to enlist the services of a professional pest control firm. Some companies offer pest proofing services and many offer insecticide treatment of the building exterior, which helps to prevent pest entry. Fast-acting "professional strength" synthetic pyrethroid formulations (e.g., Demand, Demon, Commodore, Optem, Saga, Tempo) tend to be most effective, and can be applied around eaves, attic vents, windows, doors, underneath siding and other likely points of pest entry.

Homeowners bent upon performing exterior treatment themselves will probably get the most for their efforts using either Spectracide Bug Stop (permethrin), Enforcer Overnight Pest Control Concentrate (cypermethrin) or microencapsulated (slow release) Dursban, sold by some hardware/lawn and garden shops. The key is to apply the treatment before the beetles enter buildings to overwinter. Finally, concerned clients should be reminded that lady beetles play an important role in nature, and that their entry into buildings is a sporadic and short-term event. Lady beetles do not injure humans, nor can they breed or reproduce indoors like fleas or cockroaches, i.e., they constitute a nuisance only by their presence.

4-H Speech Contest

By: John McQueary

The Rockcastle County 4-H Council will hold their annual speech contest at 6:00 p.m. on Tuesday, December 5, 2000 at the Mt. Vernon Elementary School (in the gymnasium area). Just as last year, the contest will be held as a joint project with the schools. Through 4-H, winning speakers will have the opportunity to advance to area and state competition.

TALK MEET RULES

1. Any boy or girl, age 9-19, may participate in the 4-H Talk Meet Program. (The participant does not presently have to be enrolled in 4-H.)
2. The top speeches from each grade will compete against other youth of their own age category and not necessarily against their grade. The age category is determined by their age as of January 1, 2000.
3. 4-H'ers cannot use the same speech this year in the county speech contest if he or she won with that speech at the county, area, or state level last year.
4. Junior age categories are 9, 10, 11, 12 & 13. Senior age categories are 14, 15, & 16-19.
5. Junior age category talks are to be 3 to 5 minutes long. Senior age category talks are to be 5 to 7 minutes long.
6. A participant may secure assistance from anyone he chooses in writing or preparing his talk. There is no specific topic; any suitable topic can be used.
7. The participant and those who may work with him should be familiar with the enclosed:
a. Objectives of the 4-H Talk Meet Program
b. Judge' Score Sheet
c. Selecting and preparing the speech
d. Pointers for giving a speech
8. Each contestant will be introduced, along with the title of their talk, by the room chairman.
9. After being introduced, the speaker will present the talk. Talks should not repeat the title of his talk.
10. Each representative for the County Talk Meet must register by calling the County Extension Office at 256-2403 by Friday, December 1, 2000. We need the participant' name, date of birth, full address, grade, teacher, school, and title of speech.
11. Each representative for the County Talk Meet should be aware that if they win first or second place in their age category they will have the opportunity to go to the area contest which will be in April of 2001 in conjunction with the Area Demonstration Contest and Variety Show.

Tips for a Safe Halloween

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science

Halloween is a favorite holiday of many children and adults alike. It's important to make sure all activities stay within the bounds of safety. Nothing can ruin a good time for a bunch of goblins faster than an accident or someone getting hurt. So, here are a few guidelines to keep your little princesses, pirates, and super-heroes safe and sound.

Candy Safety:
*Make sure an adult has carefully checked all candy before children eat it.
*Accept only wrapped candy. Check for tampering.

Costume Safety:
*Choose costumes that are flame resistant. Advise children to steer clear of candles, especially if their costumes are flimsy or loose-fitting.
*Make sure costumes are bright enough to be seem by motorists. For added safety, attach strips of reflective tape to the child's costume.
*A costume should allow the child to walk freely without danger of tripping. Pay close attention to scarves and make sure shoes fit well.
*Be sure the child/s vision is not obscured. See that hats and scarves are secure and will not slip over the child's eyes. Make sure masks allow for full vision.
*Masks should allow for proper breathing. Consider face-paint as an alternative.

Pedestrian Safety:
*Young children should always be accompanied by an adult as they go door to door.
*Bring a flashlight if you plan to be out after dark.
*Obey all normal pedestrian safety rules such as only crossing streets at corners, not running out from between parked cars, and staying on the sidewalk.
*Stay in neighborhoods that you know.
*Watch for cars backing up or turning.
*Motorists should be extra cautious

Safe Houses:
*Children should only approach well-lit houses.
*Children should not enter the home.
*People expecting trick-or-treaters need to make sure their porches and lawns are clear of potential dangers such as objects that children might trip over.

Classified Deadline is Noon Tuesday

Fortney receives award

On September 25, Lynnett Fortney, dietitian at the Rockcastle Health Department was presented a recognition award at the 27th Annual Region IV Conference for Maternal and Child Health, Family Planning and Children with Special Health Care Needs. The annual awards recognize recipients for their outstanding contribution to the health of mothers and children. The award was presented at the Maternal and Child Health Department at the University of North Carolina at Chapel Hill.

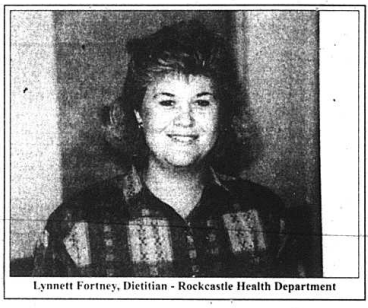
Ms. Fortney was nominated for her efforts in preventing birth defects in infants. Ms. Fortney wrote and was awarded a March of Dimes grant which enabled Cumberland Valley District Health Department to initiate a community awareness campaign on the benefits of folic acid.

Folic acid is a B vitamin found in liver, some vegetables and fruits, particularly orange juice and fortified breads and cereals. There is compelling evidence that this vitamin can prevent birth defects of the brain and spine. Therefore, women of childbearing age are encouraged to take 400 micrograms (mcg.) of folic acid daily. Although folic acid is found in many foods it is difficult for the body to derive a sufficient amount of this vitamin from food. Women of childbearing age should take a folic acid supplement or a multivitamin with folic acid daily.

Folic acid helps build red blood cells and can prevent certain anemias. It may also prevent heart disease and strokes by lowering the risk of clogged arteries. Therefore, men are also encouraged to consume 200 mcg. of this vitamin each day.

In the community awareness campaign spearheaded by Lynnett Fortney 10,000 tray liners describing the benefits of folic acid were used at McDonald's and Dairy Queen establishments in Rockcastle, Jackson, Bell, Harlan and Clay counties. Restaurants in Rockcastle County also displayed attractive table tents describing the benefits of folic acid during national nutrition month. The table tents were also displayed at Rockcastle County High School at a theme day in May. On that day, the high school food service prepared meals with foods high in folic acid. Fortified cereal and orange juice was served for breakfast. Bean burritos and salad was served for lunch.

Ms. Fortney, a graduate of Berea College and the Community Nutrition Master's Program at Eastern Kentucky University, is a representative for the Kentucky Folic Acid Partnership. She serves as Secretary of the Kentucky Public Health Association. Ms. Fortney works with the Kentucky Cardiovascular Coalition and serves on the Jackson and Rockcastle Community Health Counties' Health Councils. We, at Rockcastle County Health Department, congratulate Lynnett on her efforts to improve the health of our community.



Lynnett Fortney, Dietitian - Rockcastle Health Department

Try this simple cost-cutting exercise.

Cut, clip, snip or rip these money-saving coupons.

Save 40¢
Save 40¢ on a two-liter bottle of Coca-Cola® Classic or Diet Coke® with purchase of FormulaShell® gasoline. 8 gallon minimum. Take this coupon to a Shell station listed below.
Offer valid at Shell Food Mart Exit 62, Renfro Valley
Offer valid Oct 19 - Nov 1. Coupon may not be duplicated
Shell

Save 40¢
Save 40¢ on a two-liter bottle of Coca-Cola® Classic or Diet Coke® with purchase of FormulaShell® gasoline. 8 gallon minimum. Take this coupon to a Shell station listed below.
Offer valid at Shell Food Mart Exit 62, Renfro Valley
Offer valid Oct 19 - Nov 1. Coupon may not be duplicated
Shell

Free Car Wash
Free car wash with a fill-up of FormulaShell® gasoline. 8 gallon minimum. Present this coupon at a participating Shell station listed below.
Offer valid at Shell Food Mart Exit 62, Renfro Valley
Offer valid Oct 19 - Nov 1. Coupon may not be duplicated
Shell

Free Car Wash
Free car wash with a fill-up of FormulaShell® gasoline. 8 gallon minimum. Present this coupon at a participating Shell station listed below.
Offer valid at Shell Food Mart Exit 62, Renfro Valley
Offer valid Oct 19 - Nov 1. Coupon may not be duplicated
Shell

NOW OPEN!!
AUTOMATIC CAR WASH
at Shell Food Mart Exit 62, Renfro Valley
(Across from Hardee's)

Featuring:
Foam Brite Car Wash • Foam Bath • Under Car Wash
Tire Chemical Spray • Wheel Scrub • Rinse • Hot Wax
Double Power Dry • Vacuum

Open 6:30 a.m. to 10 p.m. 7 Days A Week
Phone 606-256-3818
Danny Smith, Manager • Angie Smith, Asst. Manager

Come See The Difference • Bottom Line Deals • Come See The Difference • Bottom Line Deals • Come See The Difference

NEAR NEW AUTO INC.
-NO BULL- "Just Good Deals!"

OVER 60 UNITS TO CHOOSE FROM - BEST SELECTION, BEST PRICES, BEST DEALS

BIG 8 DAY SALE!
10/16/00 Thru 10/23/00
* $49 DOWN BUYS
Payments Marked On All Windshields
Nothing Held Back
First Come, First Served

We will pay off your trade-in when we make a deal. Bring title & payment book.

WE ARE DEALING!
First Ever Sale Like This in 23 Years
75 UNITS TO CHOOSE FROM

No Reasonable Offer Ever Refused... WE WON'T BE UNDERSOLD!
No Down Payment Needed
*With Approved Credit, Prices Thru Weekend
U.S. 25 North, Berea KY
986-8888
toll free 1-800-735-1028
Fully Serviced • Safety Checked • Road Tested
Top Quality • Extra Clean • Only The Best
Just Remember "PRICE SELLS". Good cars make happy customers. We have both!
Our Reputation Is Your Guarantee

Come See The Difference • Bottom Line Deals • Come See The Difference • Bottom Line Deals • Come See The Difference