

COOPERATIVE
EXTENSION
SERVICE



Cooperative Extension Service

University of Kentucky

Magoffin County

P.O. Box 349

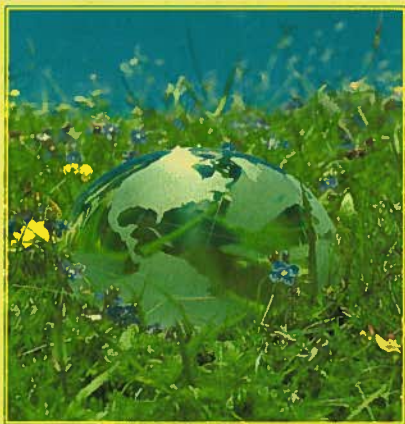
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**welcome
Spring...**



**MARCH & APRIL
2009 EDITION**

MAGOFFIN COUNTY COOPERATIVE EXTENSION SERVICE

Newsletter Newsletter Newsletter Newsletter

Agents Comments

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Greetings Readers!

Here's hoping everyone is successfully recovering from the harsh winter weather we were recently dealt! Fortunately, Spring is just around the corner bringing welcome relief for us all!

For those of you who are trying to decide what to do with trees that may have ravaged by the ice storm, refer to the inside article targeting ice damaged trees.

As always, we've included current 4-H news and information for our younger readers or for those of you who might be looking for an excel-

lent opportunity to get involved with the youth in our community. In addition, other articles concerning popular issues of the times such as the rising cost of living and kids increasing use of media are provided for you.

Check out our new photo gallery to see if you've been caught on camera! If we missed you this time around, hopefully we'll get you soon!

If you'd like more information on anything you've read or are interested in topics we haven't touched on, let us know.

Don't forgot to check out our featured recipe...baked lemon pork chops!!!

Sincerely,

Russell Sparks, CEA for Ag/Natural Resource

Brooke Jenkins, CEA for Family/Consumer Sciences

Dora Webb, CEA for 4-H Youth Development

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NEP Assistant Position Filled!

Best Wishes, Amanda Faye Howard, in your new role with Extension!!!



Congratulations!

Ice Damaged Trees

By: Russell Sparks

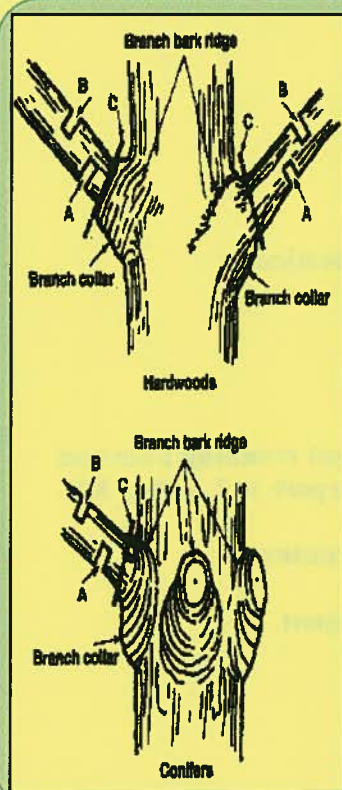
The citizens of Magoffin County had a lot of ice and wind damage to trees and shrubs during the storms earlier this winter. The big decision that needs to be made is whether to take the tree down or to try to prune and save it. For about 15 trees laying in my orchard, yard and hay field the decision was made for me. Many others have recovered from the bending damage of the ice and are looking much better. The ones that have broken tops and branches but are still standing are the ones that decisions as to prune them or cut them down will be made on each tree.

Dr. Bill Fountain that works with landscape trees and Dr. Jeff Stringer that works with forest trees both provided important information that I can share with you. If you need this information please contact me at 349-1236.

Landscape trees and shrubs are probably the ones that need attention first for most folks since we get to start mowing next month. One main point that Dr. Fountain made to us as agents was that we are to never recommend topping a tree. Topping a tree is the beginning of what could be a slow or sudden death of the tree depending on the type of tree. Topped trees are also dangerous since the new growth is so fast growing and weak that it breaks much easier than the original slow growth. If the main trunk of the tree was damaged it should be removed from the landscape. If side branches were damaged and it does not completely destroy the shape of the tree the branches can be removed and the tree saved. We have some trees way to close to the house and out buildings that should be removed even if they are not damaged and replaced with small trees or large shrubs. Large trees should never be placed closer than 45 feet of a building. Small trees or large shrubs should never be placed closer than 15 feet of a building. We have a publication on selecting trees and shrubs that is an excellent reference when selecting new plants for our landscape. The plant label also provides information on how tall and wide a tree will get when full grown.

The Kentucky Division of Forestry has information on the management of forest trees that can be of help in evaluating what to do with damaged timber trees. Pine trees are not of much value in today's timber market and was the ones damaged the most. I had about 15 turn over root ball and all. This damage will always be present because of the hole left from the roots being pulled out of the ground. I will never recommend anyone ever planting a pine tree again and plan to kill all of mine this summer either by cutting them down or girdling them. Keeping small pine trees from growing on your property can be achieved by cutting down all the large pine trees that produce pine cones or seeds. Pine trees do not sucker and send up new growth when cut down like many of our hardwood tree species.

For more information on working with trees and shrubs contact our office at 349-1236 or 349-3216.





4-H News!



It's Time to Think about 4-H Camp!

The 4-H camping program is more than just outdoor fun and activities. It is a series of learning experiences for youth 9-14 years of age designed to bring about positive youth development. Our resident camping program is one of the most formative experiences in a young person's life.

At camp your child will:

- Be in a safe and secure environment
- Learn new skills through hands-on classes and activities
- Be provided nourishing meals that meet the Federal Food Program guidelines for healthy eating
- Be supervised by screened and trained camp staff and volunteers
- Have access to an onsite EMT if needed
- Have many happy memories from 4-H camp!



What do campers do at camp?

Safe and approved instructional methods and materials are used in classes taught by our trained staff. Activities and classes include:

- | | |
|--------------------|--------------|
| ■ Swimming | ■ Sports |
| ■ Canoeing | ■ Fishing |
| ■ Rifle/Archery | ■ First Aid |
| ■ Arts & Crafts | ■ Nature |
| ■ Challenge Course | ■ Recreation |
| ■ AND MUCH MORE!!! | |

Evenings are filled with a variety of fun, social and creative activities that include dancing, singing, special events and campfire programs!

Benefits of the 4-H camping Program

- Character building
- Cultivating a desire and ability to cooperate with others
- Strengthening personal standards and citizenship ideals
- Appreciating nature
- Seeing one's relationship to our environment
- Practicing healthful living
- Learning constructive use of leisure time
- Exploring career opportunities and the need for continuing education
- Learning the decision making process
- Realizing the satisfaction and dignity of work
- Developing leadership talents and abilities

When and Where is 4-H Camp?

For Magoffin County camp will be a four day event from **Monday July 27th** and returning home on **Thursday July 30th**. J.M. Feltner camp is located just past Levi Jackson State park in London, KY.

For more information for youth participants and adult volunteers please contact:



Dora Parker, Magoffin County 4-H/Youth Development Agent
606-349-3216
Dora.webb@uky.edu

Eating on a Budget

If you've been at the grocery store lately, you know the cost of basic staples is on the rise. According to the Boston Globe, a loaf of white bread has risen nearly 25 cents, red delicious apples are up 20 cents a pound, and eggs have jumped up 73 cents a dozen, between 2006 and 2008. Since the article was published in May 2008, store prices continue to climb.

Of most concern to nutritionists is that nutritious foods seem to be climbing in cost, while junk food seems to get cheaper. Since 1985, fruits and vegetable have increased in cost by 40 percent, while colas have actually decreased 23 percent. While a bag of chips may cost less than a pint of fresh strawberries, there are hidden costs to consider. Cheap calories can lead to obesity and other chronic diseases. It is estimated that medical costs associated with obesity \$90 billion a year in the United States.

To stretch your budget in a healthful way, consider planning before going shopping. Planning allows you to take advantage of store specials on more expensive items, such as meat, poultry, and fish. If you have the space, buy extra while it's on sale and freeze for later use. The larger packages may be cheaper and you can re-package them in the size you need when you get home. Check the unit pricing, because the larger package is not always cheaper per unit.

You can also stock up on staples that are non-perishable and have a longer shelf-life. Look for whole-grain cereals, brown rice, legumes, dried beans, and nuts. Choose fresh, seasonal fruits and vegetables. The local farmers market may be fresher and cheaper than your grocery store. Stick to frozen fruits and vegetables if you find that your fresh produce is spoiling. It may be cheaper and easier to eat extra calories, but extra calories are harder to get rid of if you watch a lot of television or play a lot of video games. Physical activity should be an important part of your daily routine, whether you choose to eat nutritiously or not.

Source: Sandra Bastin, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture

Submitted by: Brooke Jenkins

To stretch your budget in a healthful way, consider planning before going shopping.



Children's Trends in Electronic Media Use

Researchers find that many children have far too much TV in their lives. Twenty-five percent of 8 to 18 year olds live in families where the TV is on all day. They watch during meals. The TV is on even when no one is watching it. In these homes, parents do not try to control the use of media at all. Children in those homes say they use media a great deal. They use all kinds of media over 2 hours more than children whose parents limit television and other media.

Young people who earn high grades spend less time with media than students who earn lower grades. However, there is less difference in media time between the two groups than in similar research five years ago. In a 2004 study children, who reported feeling well adjusted and contented, used media less often. Children who were less satisfied with their lives used media more.

Children are multi-tasking. Nationally, 81 percent use two or more forms of media at the same time. For example, they may listen to music, watch TV, read, and email all at once. Children are more likely to multi-task if they report heavy use of media. They also will multi-task more if they can see a TV while they use a computer. Also, children who live in homes where several TVs are left on all day are more likely to multi-task. Those who are easily bored and who constantly look for stimulation are more likely to multi-task, as well.

What can parents learn from these recent studies?

- * This is the "media generation." On average, children and youth today spend more time with various forms of media than in any other activity except sleeping.

- * Young people are media multi-taskers. Computers now have many functions and can connect with still other devices. It is now easy to do several activities on the computer at the same time.

- * Parents who want to preserve family time must limit the number of TVs, computers, and other media in the home. Televisions and computers should not be permitted in children's bedrooms.

- * Parents must learn how to use various forms of media and regulate the content their child sees.

- * Parents must make and enforce rules about time spent with media.

- * Parents must provide a home filled with love, trust, open communication, and consistent discipline.

- * Parents should try to spend quality time with their children. They should find interesting activities inside and outside the home to stimulate children's minds.

Reference:

Roberts, D. F. & Foehr, U. G. (2008). Trends in media use. In J. Brooks-Gunn & E. H. Donahue (Eds.), *Children and electronic media. The Future of Children*, 18 (1), (pp. 11 -37). Retrieved 10/20/08 from http://www.futureofchildren.org/usr_doc/18_02_Roberts...

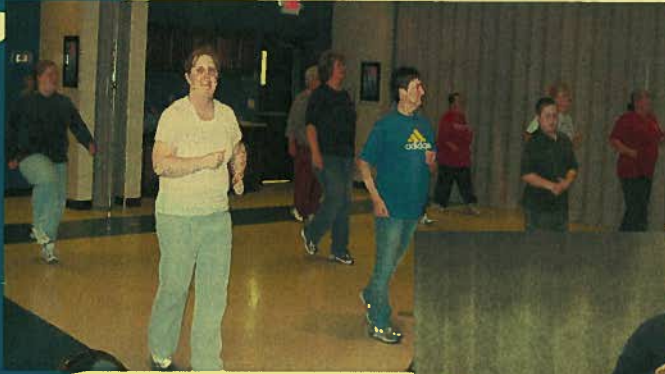
Source: Carole Gnatuk, Extension Child Development Specialist, University of Kentucky, College of Agriculture

Submitted by: Brooke Jenkins



Extension Photo Gallery

2009 Biggest Loser & Exercise Classes



Valentine Patchwork Playdates!





March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Ag Policy Mtg., 7 PM	3 Master Cattlemen, 6 PM, Paintsville; Weight the Reality Series, 3 PM	4	5 Honey Bee Class, 6:30 PM; Goat College, 7PM, West Liberty; Cattle Assoc., 7PM	6	7 4-H Teen Summit through March 9	
8 Daylight Savings Time Begins	9 Master Cattlemen Mtg., 6 PM, Paintsville	10 Weight the Reality Series, 3 PM; Ivyton Homemaker Mtg., 6 PM	11	12 Patchwork Playdates, 2-4PM; Horse Assoc.; 5 PM; Goat College, West Liberty, 7PM	13 Quilt Guild, 9 AM	14	
15	16 	17 Master Cattlemen, Paintsville, 6PM; Weight the Reality Series, 3 PM; Funyons, 5:30 PM	18 FCS Council Mtg., 9 AM	19 Grafting Classes, 1 & 7 PM	20 First Day of Spring 	21 Quilter's Day Out, Paintsville	
22	23 Color is the Key, North Magoffin (through 24th); Night Owl Quilt Guild, 2 PM	24 Master Cattlemen, 6 PM, Paintsville; Weight the Reality Series, 3 PM; Country Dumplings, 10:30 AM	25 Color is the Key, South Magoffin	26 Goat College, 7PM, West Liberty; CEC Mtg., 6:30 PM; Patchwork Playdates, 5-7 PM	27 Color is the Key, SGS; Quilt Guild, 9 AM; Home-maker Lesson, 11 AM	28	
29	30 Ovarian Cancer Screening Day, Lexington	31 Master Cattlemen, 6 PM, Paintsville; Weight the Reality Series, 3 PM	Remember to Set Clocks Forward this Month!				

April 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Cattle Assoc. Mtg., 7 PM	3	4
<p>Celebrate the Planet this Month!</p>						
5	6	7 Master Cattlemen Mtg., 6 PM, Paints- ville; Weight the Reality Se- ries, 3 PM	8	9 Horse Assoc. Mtg., 7 PM; Patchwork Playdates, 2-4 PM	10 Quilt Guild, 9 AM; Home- maker Coun- cil Mtg., 11 AM; Meal Manners Lesson, Noon	11
12 Easter 	13 Interna- tional Day Program, Noon	14 Get Moving KY Info Ses- sion, 3 PM Master Cat- tlemen Mtg., 6 PM, Paintsville	15	16	17	18
19	20	21 Fuynons Mtg., 5:30 PM; Master Cat- tlemen Mtg., 6 PM, Paintsville	22  Earth Day	23 Patchwork Playdates, 5-7 PM	24 Quilt Guild, 9 AM  Arbor Day	25
26	27	28 Get Moving KY, 3 PM; Master Cat- tlemen Mtg., 6 PM, Paintsville	29	30 4-H/FCCLA Scholar- ships Due		