

Magoffin County Cooperative Extension Service Newsletter

September & October 2008

**Cooperative Extension
Service**

Magoffin County

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Agent's Comments



Hello All!!!

The days have been passing by so quickly! Already school has begun and we are preparing to usher in another season!

We've covered several different topics in this edition to try and meet your needs and interests! For those that have questions concerning agriculture cost-share programs there's an article specifically for you!

Keeping with the times, there's also great information on

living "green" with some easy ways to do just that. Also, with school back in session we've included a read on your child and books that any parent can appreciate!

We're also very proud of the way a group our 4-H'ers represented our county at this year's State Fair, so we've shared information concerning their performances inside.

As always, 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...vegetable potato salad!

Sincerely,

Russell Sparks, CEA
for Ag/Natural Resource

Brooke Jenkins, CEA
for Family/Consumer
Sciences

4-H Youth Development



GO GREEN:

Green products reduce energy bills and help environment

With energy costs going through the roof, many people are looking for ways to conserve around their homes. One way to significantly decrease energy costs is to implement green practices. Not only will green practices save money on home energy costs, but they can reduce your carbon footprint on the environment and make your home healthier, cleaner and safer.

Green is a term that can be used rather loosely. Many products on the market claim to be green but in reality, are not. Consumers may find it difficult to determine which products are actually green. When shopping for green household items, remember green products save water, energy and other resources and replace toxic chemicals with safe and healthy components. They also may conserve natural resources, be recyclable and be made from recyclable materials. Examples of green products include fume-free paints, bamboo flooring and textile products, tile made from recycled glass, toxic-free cleaning

products and even reusable fabric shopping bags.

Not all green products will possess all of these characteristics. Choose products that have the qualities that are the most beneficial for you and fit your budget. Even small changes can conserve natural resources and promote energy savings. Shopping locally for these products can help you conserve fuel.

People can do several things to decrease their energy consumption at their residence. Improved insulation and infiltration can go a long way to reduce energy consumption and cost. Effectively utilize natural light. It can help heat your home in the winter while blinds or shades can keep it cooler in the summer. You can also purchase ENERGY STAR appliances, windows and light bulbs to conserve energy.

Many green products cost the same as or less than traditional methods, but some can be more expensive. Even if they are more

costly in the beginning, the energy savings these products provide likely will outweigh any purchasing or installation costs in the long term. Weigh the initial costs against the anticipated savings before determining which product to purchase.

For more information on green products or ways you can help the environment, contact your Magoffin Cooperative Extension Service.

Source: Linda Adler, Extension specialist for home furnishings

Submitted by: Brooke Jenkins



COST SHARE PROGRAMS *Submitted by: Russell Sparks*



The Magoffin County Agriculture Development Council voted to fund several programs using funds provided by the National Tobacco Settlement Fund. If you are interested in applying for any of these funds please watch our local newspaper for announcements about dates to apply.

The Soil Conservation District received \$39,930.18 to fund a Menu Model Program including the Forage Improvement Program, the Hay and Straw Storage Program and the Fencing Program. The Forage Improvement Programs includes the purchase of seed, fertilizer and lime for hay and pasture fields. The Hay and Straw Storage Program have funds to build a new building to store hay or straw. The fencing program has been very confusing to some farmers. It is not just a property line fence program but is a fencing program to fence areas to be used for pasture.

The Magoffin County Horse Association received \$38,755.77 to fund the horse section of the Agriculture Diversification Model Program. It

includes the following project areas: Materials to renovate an existing tobacco barn for use a horse barn, fencing materials for a horse lot, water lines to a paddock area, horse or livestock trailer, computer and promotional and advertising funds.

The Magoffin County Cattle Association received \$38,755.77 to fund the Menu Model Program including the Cattle Handling Facilities, Cattle Genetics Improvement, technology, swine diversification and the honeybee section of the Agriculture Diversification Program. The Cattle Handling Facilities Program includes gates, coral panels, head gates, holding corals, a heifer lot, a bull lot and several other items to better handle cattle on the farm. The Cattle Genetics Improvement program includes funds to purchase a bull, funds to purchase AI supplies and funds to purchase heifers. The technology program has funds to purchase a computer for farm record keeping. The Swine Diversification program includes funds to purchase sows, handling facilities, buildings and other materials for working with swine. The honeybee program

includes funds to purchase bees, hives and supers, chemicals and equipment for working with honey bees.

All these programs are 50-50 cost-share programs that requires the applicant to purchase the materials, complete the project, have it inspected and show proper receipts to get half the funds reimbursed through the cost share program. All the programs have limits as to the maximum amount you can get from each cost share program or sections of a cost share program. All the programs have a lot of rules and paper work but have proved to be well worth the effort for those involved in the cost-share programs.

The applications for funding are just now being sent to the state for approval so it will probably be October before the groups start the application process so watch for dates to apply for these funds. If you need additional information contact the Magoffin County Extension Service at 349-3216.



How to Get Hooked on Books!



According to the National Center for Family Literacy, children begin reading to learn rather than learning to read around the third grade, give or take some time. Reading in order to learn will aid your child in understanding every school experience, which is very important at this stage in your school-going child's life. During his early school years, your child will be building skills that prepare him to read well for the rest of his life. Part of the building time involves learning and exploring new words in order to grow a vocabulary that will stay with him. Not only will listening to you read help him to develop a larger vocabulary, but sounding out the words and matching them to print is also great practice. The reading process is one of trial and error, sounding out words, learning to spell and write words, and slowly piecing sentences together. The process can be an adventure—some, fun-filled exploration into uncharted territories.

Where do you begin? A good place to start is the public library. There you will want to observe your child's reading likes and dislikes. These preferences will help you pick out books that your child will be committed to finishing. Be sure to give your child plenty of time to choose a book. He will need time to

read the cover, look through the first few pages, and possibly hear a portion of the actual text from you.

When searching for the right book to match your child's reading level, try this simple five finger test:

- Open the book to the middle section and pick a page full of words.
- Have your youngster read the page. If he can, have him read it out loud to you.
- Put up one finger every time your child doesn't know a word or can't pronounce it.
- If you have five fingers up by the end of one page, the book is most likely too difficult for him to read alone.
- If you did not put any fingers up, but notice that he is reading very slowly, trying to figure out how to say every word, then this book might not be fun for him. At this age, reading is still pretty demanding. A book with difficult text can be too imposing and drain his energy. Look for books that he feels successful in reading.

It is important to keep in mind that your reader needs your support. Trust him when he makes his own reading choices. He may prefer to read comics, fiction, or adventure stories at first, and

this is a good thing. When children are allowed to treat themselves to pleasurable reading, they are going to enjoy it more, which will help broaden their future interests. Books in series are also a great way to get your young reader eager for more.

With some time and attention, you will see your once-reluctant reader become independent in his choices and eagerness to read. If he is resistant to being read to, borrow or buy books on tape. Talk about the books that currently interest you—it's important for your child to notice that you enjoy reading, too. If your child is still reluctant to read after following these steps, consult your librarian on books for children who have a difficult time reading.



Source: Carole Gnatuk, Extension Child Development Specialist and Laura Arnold, Graduate Assistant, University of Kentucky College of Agriculture

Submitted by: Brooke Jenkins

Congratulations!



Way to go 4-H Poultry, Avian, & Horticulture Teams On Your Performances at the 2008 Kentucky State Fair!

State Fair Result Highlights

Horticulture Judging Team: 2nd Place

Ind.- Johnny May, 3rd Place, Tanner Bowling, Blue Ribbon, Seth Sparks, 4th Place; Austin Howard, Ben Cain, Elizabeth Cain, & Drew Shepherd, Red Ribbons

Avian Bowl Sr. Teams: 1st Place (Johnny May & Drew Shepherd) & 3rd Place (Seth Sparks, Elizabeth Cain, Gage Caudill, & Lance Shepherd)

Avian Bowl Jr. Teams: 1st Place (Austin Howard, Dalton Risner, Tanner Bowling, & Ben Cain)

Ind.: Grace Bailey, Emily Parsons, & Whitney Jenkins, Blue Ribbons

Poultry Judging

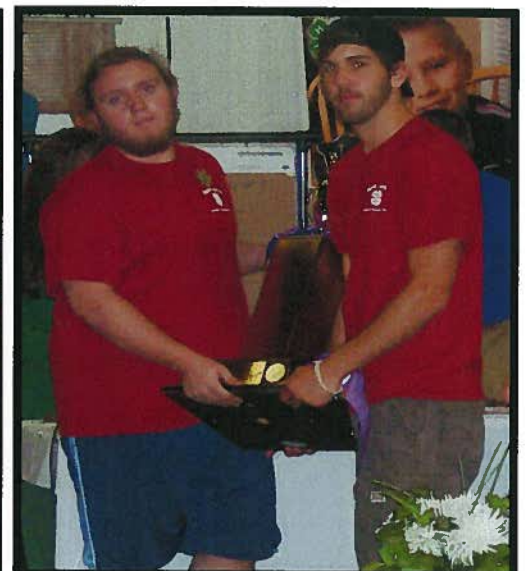
Sr. Team: Lance Stephens, 4th Place, Gage Caudill, 5th Place, Seth Sparks, 6th

Jr. Team: Austin Howard, 6th, Dalton Risner, 10th; Ben Cain, Tanner Bowling, & Grace Bailey, Blue Ribbons; Whitney Jenkins & Emily Parsons, Red Ribbons

Special Honors: Johnny May (Avian Bowl) & Lance Stephens (Poultry) will represent Kentucky at Nationals!!!



***Special thanks to all those that helped the teams achieve their accomplishments!!!**



IMPORTANT DATES TO REMEMBER:**SEPTEMBER**

- Office Closed-Labor Day., September 1
 - Cattle Assoc. Mtg., September 3
- Homemaker Leadership Retreat, September 5
- District Board Mtg., September 9
- Horse Association Mtg., September 11
- Patchwork Playdates, September 11 & 25
- Preserving Heirlooms, September 12
- Quilt Guild, September 12 & 26
- 4-H Forestry @ Cave Run, September 22
- Homemaker Enrichment Camp, September 23-25
 - God's Pantry Food Bank, September 24
- Robinson Station Field Day, September 25

**IMPORTANT DATES TO REMEMBER:****OCTOBER**

- Cattle Assoc. Mtg., October 2
- CEC Mtg. & Welcome 4-H Agent, October 7
- Horse Assoc. Mtg., October 9
- Patchwork Playdates, October 9 & 23
 - Quilt Guild., October 10 & 24
- The Second Sunday Event, October 12
 - 4-H Win with Wood, October 16
 - Photo Preservation, October 17
- Funyons Hiking @ Gorge, October 18
- God's Pantry, October 22
- Northeast Area Annual Homemaker Mtg., October 24

Vegetable**Potato
Salad****Featured Recipe**

4 medium potatoes, cooked, peeled & sliced

7 oz. whole kernel corn, drained

1/2 cup celery, sliced

1/2 cup carrots, thinly sliced

Dressing:

3/4 cup mayonnaise

1 Tbsp. sugar

2 tsp. prepared mustard

1/4 cup radishes, sliced

1/4 cup green pepper, chopped

1/4 cup onion, chopped

1 medium tomato, cut into 8 wedges

Dash pepper

1 Tbsp. vinegar



In a small bowl, combine all dressing ingredients and blend well. In a large bowl combine all salad ingredients except tomato wedges. Fold together salad and dressing. Cover and refrigerate. When ready to serve, garnish the salad with tomato wedges.

Reduced calorie mayonnaise would cut the fat in this recipe by one-third.

**Serves 10, 1/2 cup servings. Nutritional Information per Serving: 200 calories, 2 g. protein, 20 g. carbohydrates, 13. g. fat, 10 mg. cholesterol.*

Source: Kentucky Potatoes. Prepared by Pam Sigler, University of Kentucky Cooperative Extension Service.

September 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day- Office Closed	2	3	4 Cattle As- sociation Mtg., 7PM	5 Homemaker Leadership Retreat	6
7	8	9 Ivyton Homemakers Mtg., 6PM; District Bd. Mtg., 7PM	10	11 Horse Association Mtg., 7PM; Patchwork Playdates, 2-4 PM	12 Preserving Heirlooms, 11AM; Quilt Guild, 9AM	13
14	15	16 Funyons Homemakers Mtg., 6:30 PM	17 Downtown Drifters Mtg.	18	19	20
21	22 4-H For- estry @ Cave Run Fall Begins	23 Homemaker Enrichment Camp Begins -Runs through 25th	24 God's Pan- try, 11AM	25 Robin- son Station Field Day; Patchwork Playdates, 5-7PM	26 Quilt Guild, 9AM	27
28	29	30				



Disabilities accommodated
with prior notification.

October 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Cattle Association Mtg., 7PM	3	4
5	6	7 CEC Mtg. & Welcome for New 4-H Agent, 6PM	8	9 Horse Association Mtg., 7PM; Patchwork Playdates, 2-4PM	10 Quilt Guild, 9AM	11
12 The Second Sunday Event	13	14	15	16 4-H Win with Wood Event	17 Photo Preservation, 10AM	18 Funyons Hiking @ Gorge
19	20	21	22 God's Pantry, 11AM	23 Patchwork Playdates, 5-7PM	24 Northeast Area Homemaker Mtg.; Quilt Guild, 9AM	25
26	27	28	29	30	31 Halloween	



Disabilities accommodated with prior notification.