

FAMILY & CONSUMER SCIENCES



**FCS NEWSLETTER
OCTOBER 2010**

Cooperative
Extension Service
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It's nearly time to carve the pumpkins...and with Fall well underway and the weather changing, as usual, it's time to begin thinking about weatherizing your home. In this issue, there is information on pest proofing your home.

Don't forget to maintain your physical activities levels even though the temperature will begin to drop more and more. Come out to your community's 2nd Sunday event October 10, 2010. In Harrodsburg, it's at the Old Fort Harrod State Park and on West Lexington Street, which will be closed for our fun and physical activities from 3—5 pm. It's a great family outing for fall break! See you there...the first 200 will get a FREE t-shirt—YAY!

Luci Hockersmith,

County Extension Agent for Family & Consumer Sciences

**ZUMBA Fitness
class CHANGE!**



In June and July, as a part of our "Focus on Fun and Physical Activity" we asked Sheri Lewis, certified fitness instructor, to lead Zumba fitness classes—IT WAS SUCH A HIT! Because of the overwhelming response, we will continue to offer Zumba fitness classes...SIX times a week thru December! Can you believe it? Classes are \$3.00 each or two for \$5.00.

~~ALL MORNING CLASSES ARE NOW AT 9 AM~~

MONDAY— 9 am & 5 pm

WEDNESDAY—9 am & 5 pm

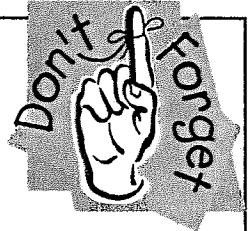
THURSDAY— 9 am & 4 pm

Sheri will also be at 2nd Sunday (mentioned on the cover of this newsletter) for a Zumba Fitness FREE FOR ALL at 3:30 pm and 4:30 pm in West Lexington Street..in front of Old Fort Harrod State Park...come out, participate and earn a free class.

DATES

OCT

- 7—Interagency Council MTG, 12 noon
- 7—Sewing Circle, 6-9 pm
- 7-8—Babysitting Clinic, 8:30 am—4:00 pm
- 9—Beginner Quilting program, \$35.00, class size limited to 10, 9am –1 pm
- **
- 10—2nd Sunday @ Old Fort Harrod, 3-5 pm
- 11—Barn Quilt committee, 5 pm
- 11—Mentor Sewing, 1-3:30 pm
- 11—4-H Sewing, 3:30-5:30 pm
- 12—Diabetes Support meeting, 11 am
- 12—Fiber Arts OPEN, 2 pm
- 14—Senior Wellness Workshop @ Lions Community Center, 10 am-12 noon
- 14—Sewing Circle, 6-9 pm
- **
- 19—Area Annual Homemakers MTG @ Jessamine CO, 9:30 am
- 19—Fiber Arts OPEN, 2 pm
- 21—Sewing Circle, 6-9 pm
- 23—Beginner Quilting Class 2, 9 am-1 pm
- **
- 25—SPECIAL PROGRAM: SLOW COOKERS, 2 pm
- 25—Mentor Sewing, 1-3:30 pm
- 25—4-H Sewing, 3:30-5:30 pm
- 26—Fiber Arts OPEN, 2 pm
- 28—Sewing Circle, 6-9 pm



COMING SOON...

2nd Sunday Teen Movie Night & Media Controversies. This monthly event is geared primarily for teenage youth (Jr/Sr High & Young Adults). The purpose is to challenge our thinking and understanding of who we are, and where we are going. The movies will be entertaining but sometimes controversial. Discussion of what's happening in the areas of media and entertainment, our culture & society, and explore the impacts they have on our world and lives. Sponsored by the Transformation Committee. NOV 14 @ 7pm.

Attention Quilters!

✂ An exciting 3-day shop hop is scheduled for October 21, 22, & 23, 2010. Benefits including discounts, free patterns, gas cards, gift baskets, and numerous other prizes are available at each shop. One lucky participant will win a new state-of-the-art sewing machine. Passports may be obtained at any of the participating shops located in Lexington, Winchester, Mt. Sterling, Elizabethtown, Morehead and Clarkson, KY. You can get more information at www.heartofkentuckyquiltshophop.com



✂ The Wilderness Trace Quilt Guild has planned a beginner quilt workshop to start this month! It will be six Saturday sessions held bi-weekly starting October 9th and registration is limited. Cost is \$35.00. More information is available by calling 734-4378.

✂ The quilt on display at the Mercer County Extension Office this month will be presented to the Mercer County Relay for Life. It is a cancer survivors' quilt, pieced and machine quilted by Master Clothing Volunteer, Anna Belle Ulshafer. ALL SURVIVORS are invited to sign the quilt while on display and it will then be presented, as mentioned, to the Mercer County Relay for Life 2010.



Kentucky Master Volunteer in[®] Clothing Construction

SEWING CLASSES

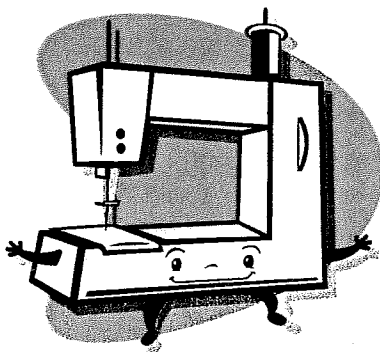
2nd and 4th MONDAYS:

1:00 to 3:30 pm Mentor Sewing

3:30 to 5:30 pm 4-H Sewing

ALL THURSDAYS

6:00 to 9:00 pm
Open Sewing...sewing circle, come and go as you please...bring your own projects, come find out about new things to sew and much, much more.



Aluminum Tab Collection: AUG-SEPT Donations

Vivian Landrum
Paula Moore
Rod & Jill Buckson
Clarice Hatcher
Madrene Houy
Pat @ Central Equipment

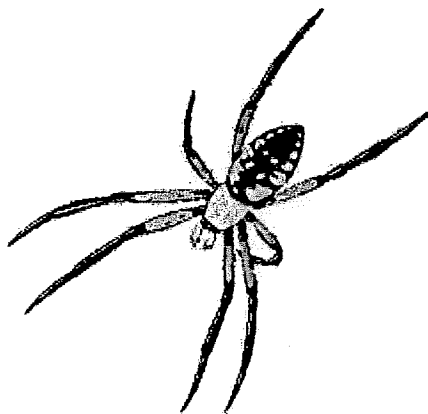


TAB COLLECTIONS THIS YEAR:
1219 Pounds at \$.67 for a total of \$816.73 that will be sent to Indian Summer Camp, a loving community that offers an extraordinary opportunity to influence the lives of childhood cancer patients.

Golden Agriope—Fall Spider Spectacular

By Lee Townsend

The golden argiope is one of the more spectacular and sometimes most alarming of the spiders that we see in early fall. They may bite if bothered but are not considered dangerous. This orb weaver spider makes a flat, wheel-like web with silk lines radiating out like spokes from the center. Webs are usually in sunny overgrown areas where tall grass or brambles can support the web structure, which may be up to 2 feet across. The golden argiope, or black and yellow garden spider, likes to hang head



down in the center of its web. While resting, the spider often holds its legs together in pairs so there seems to be 4 legs rather than 8. In the picture at the right, it is feeding on a silk-wrapped insect that it has captured and trussed up. Having poor vision, the spiders rely on vibrations of trapped victims to know that their web has captured a meal. They may take prey up to twice their size, using their long legs and silk to efficiently immobilize the struggling meal. A zig-zag or "zipper" pattern from the center to the bottom also results in them being called writing spiders. Some think this is to provide structural stability to the web or to attract flying insects. Others think that the "zipper" gives higher visibility so that birds are less likely to fly thru and destroy the web. The spiders are not giving away any secrets.



Time to Pest-Proof Your Home

By Mike Potter,

According to a statewide poll of Kentucky householders, 93% expressed concern over finding insects inside their home. More than half indicated that a single

cockroach, cricket, or spider would prompt them to use a can of bug spray or call an exterminator. What many people do not realize, is that most pests discovered indoors have crawled or flown in from outdoors.

One of the best ways to limit unwanted intrusions by insects, mice, squirrels, raccoons and other pests is to deny them entry- a procedure known as pest proofing. Many pests seek refuge in homes and buildings in response to changes in weather, such as extended periods of rain or drought, or the onset of cool autumn temperatures. Taking steps to deny their entry before they end up inside can greatly reduce the chance of future sightings. Outlined below are six tips for pest proofing one's home or business. Steps 1-3 will also conserve energy and increase the comfort level during winter and summer. Equipment and materials can be purchased at most hardware or home improvement stores.

Install door sweeps or thresholds at the base of all exterior entry doors. Lie on the floor and check for light visible under doors. Gaps of 1/16" or less will permit entry of insects and spiders; 1/4"-wide gaps (about the diameter of a pencil) are large enough for entry of mice; 1/2" gaps are adequate for rats. Pay particular attention to the bottom corners as this is often where rodents and insects enter. Garage doors should be fitted with a bottom seal constructed of rubber (vinyl seals poorly in cold weather). Gaps under sliding glass doors can be sealed by lining the bottom track with 1/2 to 3/4 inch-wide foam weather stripping. Apply sealant (see #3 below) along bottom outside edge and sides of door thresholds to exclude ants and other small insects.

Seal utility openings where pipes and wires enter the foundation and siding, such as around outdoor faucets, receptacles, gas meters, clothes dryer vents, and telephone/cable TV wires. These are common entry points for ants, spiders, wasps, rodents and other pests. Holes can be plugged with mortar, caulk, urethane expandable foam, copper mesh (like the material in pot scrubbers), or other suitable sealant. Seal cracks around windows, doors, fascia boards, etc. Use a good quality silicone or acrylic latex caulk/sealant. Although somewhat less flexible than pure silicone, latex-type caulks clean up easily with water and can be painted. Caulks that dry clear are often easier to use than pigmented caulks since they don't show mistakes. Buy a good caulking gun. Features to look for include a back-off trigger to halt the flow of caulk when desired, a built-in 'slicer' for cutting the tip off of new caulking tubes, and a nail for puncturing the seal within. Hardware stores sell

caulking guns with these features for less than \$10.00. Prior to sealing, cracks should be cleaned and any peeling caulk removed to aid adhesion. For a professional look, smooth the bead of caulk with a damp rag or a moistened finger after application. A key area to caulk on the inside of basements is along the top of the foundation wall, where the wooden sill plate is attached to the concrete foundation. Ants, spiders, and other pests often enter through the resulting crack. Repair gaps and tears in window and door screens. Doing so will help reduce entry of flies, gnats, mosquitoes and midges during summer, and cluster flies, lady beetles, and other overwintering pests in autumn. Certain insects are small enough to fit through standard mesh window screen. The only way to deny entry of these tiny insects is to keep windows closed during periods of adult fall emergence. Install 1/4-inch wire mesh (hardware cloth) over attic, roof, and crawl space vents in order to prevent entry of birds, bats, squirrels, rodents, and other wildlife. Be sure to wear gloves when cutting and installing hardware cloth as the wire edges are razor sharp. Backing the wire mesh from the inside with screening will further help to prevent insects such as ladybugs, paper wasps and yellowjackets. If not already present, invest in a chimney cap to exclude birds, squirrels, raccoons and other nuisance wildlife.

Raccoons, in particular, are a serious problem throughout Kentucky. Many chimneys become home to a family of raccoons which, in turn, are often infested with fleas. Consider applying an exterior (barrier) insecticide treatment. While sealing is the more permanent way to exclude pests originating from outdoors, comprehensive pest-proofing is laborious and sometimes impractical. For clients needing an alternative, pest proofing can be supplemented by an exterior treatment with an insecticide. Homeowners will get the most for their efforts by applying longer-lasting liquid formulations containing pyrethroids (e.g., Bayer Advanced Home/Garden™ Multi-Insect Killer, Spectracide Triazicide™, Ortho Home Defense System™). Such products are sold at hardware and lawn and garden shops. For better coverage, it's often best to purchase these products as concentrates so that they can be diluted and applied with a pump up sprayer, hose end sprayer, etc. Treat at the base of all exterior doors, garage and crawl space entrances, around foundation vents and utility openings, and up underneath siding. It also may be useful to treat around the outside perimeter of the foundation in a 2 to 6-foot-wide band along the ground, and 2-3 feet up the foundation wall. Clients who choose not to tackle these activities may want to hire a professional pest control firm. Many firms offer pest proofing services. For the occasional bug that wanders in from outdoors, a vacuum cleaner or broom is often all that's needed.

Note: Trade names are used to simplify the information presented in this newsletter. No endorsement by the Cooperative Extension Service is intended, nor is criticism implied of similar products that are not named.

COOPERATIVE
EXTENSION
SERVICE



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SENIOR WELLNESS WORKSHOP:
A four-part series

~~~~~**DATE CHANGE**~~~~~

**OCT 14 @ Lions Community Center**  
**10 am to 12 noon**

Assistive Device Check  
(Wheelchairs, Walkers & Canes) &  
Balance-Gait Screening  
Medicare representative Mary Lou  
Campbell on site to answer your  
questions

**NOV 18**

A Matter of Balance & Fall Prevention  
Overview from UK Extension



**Old Fort Harrod State Park**

**Sunday, October 10, 2010**

**3-5 PM**

**FUN & FREE**

**10.10.10 Be there. Be Healthy.**