

February 2025



MAPLE DAYS
FEB 1 & 15TH

EXTENSION EVENTS

How to stay up-to-date?

Monthly Newsletter

Call or email to be added to the monthly mailing list



Facebook Page

“Like” our Facebook page-Letcher County Cooperative Extension

Service :

Go to our page & check out events.



Webpage

Check out the county webpage at

<https://letcher.ca.uky.edu>



*Letcher
 County
 Extension*

Email:

letcher.Ext@uky.edu

Open Monday-Friday
8 am-4:30pm

478 Extension Dr
Whitesburg, Ky
41858

Phone: 606-633-2362





AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

WINTER AND EARLY SPRING RIVER FLOODING

YOU CAN DAM IT UP, PUT IT TO USEFUL PURPOSES, YOU CAN DEFLECT IT, BUT YOU CAN'T ARGUE WITH IT." THE FURTHER WE HEAD INTO THE WINTER, RIVERS SEEM TO BECOME MORE "ARGUMENTATIVE" AS THEY SWELL AND FLOOD. DEAN ACHESON, A POLITICIAN AND LAWYER, ONCE SAID, "YOU CAN'T ARGUE WITH A RIVER - IT IS GOING TO FLOW. TYPICALLY, SO WHY DO WE SEE MOST OF OUR RIVER FLOODING IN THE WINTER AND EARLY SPRING HERE IN KENTUCKY?"

THERE ARE SEVERAL FACTORS...

1. DURING THE WINTER MONTHS, THE LACK OF VEGETATION, AND THE COLD AND OCCASIONALLY FROZEN GROUND MAKE IT UNABLE TO ABSORB AS MUCH WATER. THIS CREATES MORE RUNOFF INTO AREA CREEKS AND STREAMS, AND EVENTUALLY INTO THE RIVERWAYS.
2. THE WINTER ALSO TENDS TO BRING MORE AMPLIFIED/STRONGER STORM SYSTEMS, WHICH CAN RESULT IN MORE WIDESPREAD SIGNIFICANT PRECIPITATION. TYPICALLY IN THE SPRING AND SUMMERTIME, HEAVY PRECIPITATION ASSOCIATED WITH THUNDERSTORMS IS MORE LOCALIZED, WHILE IN THE WINTER, IT CAN COVER VAST EXPANSES, LEADING TO MORE IMPACTS ON THE RIVERS.
3. JAM - IT ISN'T JUST FOR BREAD! ICE FLOATING DOWN THE RIVER CAN GET BACKED UP AND DAM UP THE WATERWAY, KNOWN AS AN ICE JAM. THE WATER BEHIND THE JAM WILL RISE AND FLOW OUT OF THE BANKS, LEADING TO AREAL FLOODING. SUBSEQUENTLY, THE JAM WILL EVENTUALLY RELEASE, SENDING LARGE CHUNKS OF ICE AND PENT UP WATER DOWN THE RIVER, LEADING TO POTENTIAL FLOODING AND DAMAGE DOWNSTREAM. ICE JAMS TYPICALLY OCCUR FARTHER NORTH THAN KENTUCKY, WHERE RIVERS ARE MORE LIKELY TO FREEZE OVER.



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WINTER AND EARLY SPRING RIVER FLOODING

4. AS WE HEAD INTO THE EARLY SPRING MONTHS, OR EVEN A WARM SPELL AFTER A LARGE WINTER STORM, RISING TEMPERATURES BEGIN TO MELT AWAY AT THE SNOW AND ICE ON THE GROUND. IF TOO MUCH ICE OR SNOW MELTS AT ONCE, THIS CREATES A LARGE AMOUNT OF RUNOFF INTO THE WATERWAYS, LEADING TO SIGNIFICANT RIVER RISES. THIS GETS AMPLIFIED WHEN HEAVY RAINS ALSO FALL ON TOP OF THE MELTING ICE AND SNOW

5. ACCORDING TO FEMA AND THE NATIONAL INVENTORY OF DAMS (2007), THERE ARE MORE THAN 80,000 DAMS IN THE UNITED STATES. DAM FAILURE OR LEVEE BREACHES CAN OCCUR WITH LITTLE WARNING. FAILURES AND BREACHES CAN BE SLOW, LASTING FROM DAYS TO WEEKS, OR CAN BE VERY ABRUPT WITH PROFOUND, SUDDEN IMPACTS TO LOCATIONS DOWNSTREAM. CAUSES OF DAM FAILURE VARY FROM NATURAL CAUSES SUCH AS PROLONGED RAINFALL, LANDSLIDES, EARTHQUAKES, OR EROSION - TO HUMAN CAUSES SUCH AS IMPROPER MAINTENANCE AND DESIGN, AND NEGLIGENT OPERATION.

IN THE LAST FEW MONTHS, THE NWS LAUNCHED NATIONWIDE FLOOD INUNDATION MAPPING (FIM). THESE MAPS ARE AVAILABLE ONLINE AND HELP DECISION MAKERS, SUCH AS EMERGENCY MANAGEMENT, SHOW THE EXTENT OF INUNDATION AT DIFFERENT RIVER STAGE LEVELS (BOTH STATIC AND FORECASTED). FIM WILL HELP TO BETTER MESSAGE THE IMPACTS FOR FLOODING EVENTS, WITH INCREASING ACCURACY AND CAPABILITY MOVING FORWARD.



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BIRD FLU H5N1 – IS THERE A RISK TO PUBLIC HEALTH?

SITUATION:

ON JANUARY 7, 2025, THE FIRST HUMAN PATIENT DIAGNOSED WITH H5N1 DIED, RAISING CONCERNS FOR THE GENERAL PUBLIC. THE PATIENT WAS CONFIRMED INFECTED ON DECEMBER 18, 2024, THROUGH ROUTINE SURVEILLANCE WHEN THEY WERE HOSPITALIZED WITH SEVERE RESPIRATORY ILLNESS. THE PATIENT WAS 65 YEARS OLD WITH UNDERLYING HEALTH CONDITIONS AND APPEARED TO HAVE BEEN INFECTED FROM EXPOSURE TO BACKYARD POULTRY AND WILD BIRDS.

FIRST, THE CDC STILL MAINTAINS THAT THE RISK TO THE GENERAL PUBLIC REMAINS LOW. THEY DO, HOWEVER, CAUTION THOSE THAT COME INTO CONTACT WITH WILD BIRDS, POULTRY, OR DAIRY COWS THAT THEY ARE AT A HIGHER RISK. THE CDC IS PROVIDING INFORMATION FOR THOSE POTENTIALLY EXPOSED TO H5N1 BIRDS – [HTTPS://WWW.CDC.GOV/BIRD-FLU/PREVENTION/FARM-WORKERS.HTML](https://www.cdc.gov/bird-flu/prevention/farm-workers.html). FOR SUCH PEOPLE PERSONAL PROTECTION EQUIPMENT (PPE) IS RECOMMENDED. THE CDC ALSO PROVIDES FLYERS ON THE PROPER USE OF PPE, FOUND AT THE SAME WEBSITE. THE INFORMATION IS AVAILABLE IN BOTH ENGLISH AND SPANISH.

BACKGROUND MATERIAL:

H5N1 IS AN INFLUENZA VIRUS THAT PRIMARILY AFFECTS BIRDS BUT IN THE LAST COUPLE OF YEARS HAS STARTED TO AFFECT MAMMALS, INCLUDING DAIRY COWS. IN 2024 THERE WERE 66 CONFIRMED HUMAN CASES OF H5N1 IN THE USA, ALTHOUGH THERE HAVE BEEN MANY MORE GLOBALLY. OF THESE 66 CASES, 40 WERE WORK-RELATED TO EXPOSURE (TO DAIRY COWS). THE HIGHEST INCIDENCE OF HUMAN INFECTIONS HAS BEEN CONFIRMED IN CALIFORNIA (37), WASHINGTON (11), AND COLORADO (10). THERE HAVE ALSO BEEN TWO CONFIRMED CASES IN MICHIGAN AND ONE EACH IN IOWA, LOUISIANA, MISSOURI, OREGON, TEXAS, AND WISCONSIN.

SYMPTOMS OF H5N1:

A DECEMBER 2024 ARTICLE FROM THE NEW ENGLAND JOURNAL OF MEDICINE¹ DESCRIBED 46 HUMAN CASES OF H5N1 CONFIRMED BETWEEN MARCH THROUGH OCTOBER 2024. THE CASES WERE PRIMARILY DUE TO EXPOSURE TO INFECTED POULTRY (20) OR INFECTED DAIRY COWS (25). ONE HAD NO IDENTIFIED EXPOSURE AND WAS HOSPITALIZED WITH NON-RESPIRATORY SYSTEMS AND THE H5N1 CONFIRMED THROUGH ROUTINE SURVEILLANCE. NONE OF THE OTHER PATIENTS WERE HOSPITALIZED. OF THESE, 93% HAD CONJUNCTIVITIS (PINKEYE), 49% HAD A FEVER, AND 36% HAD RESPIRATORY SYMPTOMS ONLY. THE MEDIAN DURATION OF THE ILLNESS FOR WHICH THEY HAVE DATA (16 PATIENTS) WAS 4 DAYS. MOST PATIENTS (87%) RECEIVED OSELTAMIVIR (TAMIFLU). THERE HAS BEEN NO KNOWN PERSON-TO-PERSON TRANSMISSION.



AG & NATURAL RESOURCES NEWSLETTER



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Ag & Natural Resources Agent



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BIRD FLU H5NI – IS THERE A RISK TO PUBLIC HEALTH?

FROM THE CDC – SYMPTOMS CAN INCLUDE:

- EYE REDNESS AND IRRITATION (CONJUNCTIVITIS)
- FEVER (TEMPERATURE OF 100°F [37.8°C] OR GREATER) OR FEELING FEVERISH
- COUGH
- SORE THROAT
- RUNNY OR STUFFY NOSE
- MUSCLE OR BODY ACHES
- HEADACHES
- FATIGUE
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- LESS COMMON SIGNS AND SYMPTOMS INCLUDE DIARRHEA, NAUSEA, VOMITING, OR SEIZURES.

SHOULD THERE BE A CONCERN?

WHILE THE LOUISIANA PATIENT IS THE ONLY SEVERE CASE OF H5NI IN THE USA, A CANADIAN CASE OCCURRED IN NOVEMBER 2024. THE CASE INVOLVED A 13-YEAR-OLD GIRL WHO WAS OVERWEIGHT AND HAD MILD ASTHMA. SHE WENT TO THE HOSPITAL WITH A CASE OF CONJUNCTIVITIS IN BOTH EYES AND A DAY-OLD FEVER. SHE WAS DISCHARGED WITHOUT TREATMENT BUT RETURNED A FEW DAYS LATER WITH A COUGH, VOMITING AND DIARRHEA AND WAS IN RESPIRATORY DISTRESS AND ACUTE KIDNEY INJURY. SHE WAS TREATED WITH OSELTAMIVIR AND RECOVERED.



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BIRD FLU H5N1 – IS THERE A RISK TO PUBLIC HEALTH?

GENOMIC TESTING OF THE H5N1 VIRUS OBTAINED FROM BOTH PATIENTS SHOWED IMPORTANT MUTATIONS THAT LEAD TO THE RESPIRATORY SYMPTOMS. THE MUTATION IN THE H5 HEMAGGLUTININ (THE 'H' IN THE H5N1 DESIGNATION) GENE RESULTED IN INCREASED BINDING TO A RECEPTOR THAT FACILITATES VIRUS ENTRY INTO CELLS IN THE HUMAN RESPIRATORY TRACT AND ENABLED VIRAL REPLICATION. THE PRE-MUTATION VIRUS WAS NOT ABLE TO ENTER CELLS IN THE HUMAN RESPIRATORY TRACT. THE MUTATION OCCURRED IN THE PATIENT, BUT NO PERSON-TO- PERSON TRANSMISSION WAS OBSERVED.

AS A FOLLOW UP TO THE PREVIOUS ARTICLES, AN EDITORIAL PUBLISHED IN THE NEW ENGLAND JOURNAL OF MEDICINE³ CONCLUDED THAT THE CDC STILL DESIGNATES THE PUBLIC RISK OF H5N1 IS LOW AND WE HAVE CANDIDATE VACCINES AND ANTIVIRALS AVAILABLE TO TRY TO MITIGATE SEVERE INFLUENZA IN THE CASE OF WIDER SPREAD. THE INFLUENZA A VIRUS IS HIGHLY SUSCEPTIBLE TO MUTATIONS. THERE IS CONCERN FOR CHANGES TO THE HA GENE RESULTING IN INCREASED BINDING TO THE HUMAN AIRWAY RECEPTORS AND A NEED FOR INCREASED GENE TESTING DURING SURVEILLANCE HAS BEEN RECOMMENDED.



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BIRD FLU H5NI – IS THERE A RISK TO PUBLIC HEALTH?

CONCLUSIONS:

ANYONE WHO COMES INTO CONTACT WITH WILD BIRDS, POULTRY, DAIRY COWS AND OTHER MAMMALS SHOULD USE PROPER PERSONAL PROTECTION EQUIPMENT – GLOVES AND MASK AT A MINIMUM. REPORT ANY SICK OR DEAD WILD BIRDS USING THE KENTUCKY DEPARTMENT OF FISH AND WILDLIFE. CALL 1-800-858-1549 FROM 8:00 AM TO 4:30 PM (EASTERN) ON WEEKDAYS. POULTRY OWNERS WHO THINK THEIR BIRDS ARE SICK PLEASE IMMEDIATELY CALL THE KENTUCKY SICK BIRD HOTLINE AT 866-536-7593. THIS HOTLINE IS AVAILABLE FOR BIRD OWNERS IN KENTUCKY WHO ARE DEALING WITH UNUSUAL SIGNS OF ILLNESS OR INCREASED MORTALITY IN THEIR FLOCK OR LIVESTOCK.

ADDITIONAL RESOURCES:

- KDA'S FACTSHEET: AVIAN INFLUENZA IN KENTUCKY – INFORMATION FOR BIRD OWNERS – [HTTPS://WWW.KYAGR.COM/STATEVET/DOCUMENTS/HPAI_AVIAN_INFLUENZA_HANDOUT.PDF](https://www.kyagr.com/statevet/documents/hpai_avian_influenza_handout.pdf)
- KY FISH AND WILDLIFE AVIAN INFLUENZA WEBPAGE – [HTTPS://FW.KY.GOV/WILDLIFE/PAGES/AVIANINFLUENZA.ASPX](https://fw.ky.gov/wildlife/pages/avianinfluenza.aspx)



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CHAINSAW ACCIDENT STATISTICS: INJURIES, DEATHS, CAUSES, PPE

THE CDC REPORTS THAT THERE ARE “36,000 PEOPLE ARE TREATED IN HOSPITAL EMERGENCY DEPARTMENTS FOR INJURIES FROM USING CHAIN SAWS.” CHAINSAWS, OR THE IMPROPER USE OF CHAINSAWS, ARE BEHIND INJURIES TO THOUSANDS OF INDIVIDUALS EACH YEAR AND, TRAGICALLY, THEY ARE ALSO LINKED TO NUMEROUS FATALITIES.

THE PHRASE ‘CHAINSAW ACCIDENT’ MIGHT INSTINCTIVELY BE SOMETHING YOU’D SHY AWAY FROM RESEARCHING – PARTICULARLY WHEN IT COMES TO IMAGE SEARCHES. HOWEVER, THERE IS VALUE IN CONFRONTING THE STARK REALITIES OF SUCH INJURIES TO DEVELOP RESPECT AND CAUTION WHEN OPERATING CHAINSAWS.

IN THIS DISCUSSION, OUR AIM IS TO DELVE INTO THE SUBJECT OF CHAINSAW ACCIDENTS AND INJURIES, LOOKING AT THE STATISTICS AND IMPARTING INSIGHTS THAT MIGHT GROW AWARENESS AND PREPAREDNESS, ENSURING THAT OUR USE OF SUCH POWERFUL TOOLS IS CHARACTERIZED BY INFORMED CAUTION AND RESPECT.

1. EACH YEAR, APPROXIMATELY 36,000 PEOPLE ARE TREATED IN HOSPITAL EMERGENCY DEPARTMENTS FOR INJURIES FROM USING CHAIN SAWS [SOURCE].
2. THE POTENTIAL RISK OF INJURY INCREASES AFTER HURRICANES AND OTHER NATURAL DISASTERS, WHEN CHAINSAWS ARE WIDELY USED TO REMOVE FALLEN OR PARTIALLY FALLEN TREES AND TREE BRANCHES [SOURCE].
3. THE LOUDER A SOUND IS, AND THE LONGER YOU LISTEN TO IT, THE MORE IT CAN DAMAGE YOUR HEARING. IT CAN TAKE AS LITTLE AS 2 MINUTES WITH A CHAINSAW TO PERMANENTLY DAMAGE YOUR HEARING IF YOU USE THEM WITHOUT EAR PROTECTION [SOURCE].
4. APPROXIMATELY 40 PERCENT OF ALL CHAINSAW ACCIDENTS OCCUR TO THE LEGS AND WELL OVER 35 PERCENT OCCUR TO THE LEFT HAND AND WRIST. THE AVERAGE CHAINSAW INJURY REQUIRES 110 STITCHES [SOURCE].
5. THE OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION REPORTS THAT MORE THAN 250 PEOPLE DIE ANNUALLY FROM CHAINSAW ACCIDENTS IN THE U.S. THOUSANDS MORE SUFFER SERIOUS INJURIES [SOURCE].
6. FROM 2006 TO 2015 THERE WERE 655 FATAL OCCUPATIONAL INJURIES TO LOGGING WORKERS. IN 2015, THERE WERE APPROXIMATELY 51,000 EMPLOYED LOGGERS WHO WERE COMPRISED OF FALLERS, LOGGING EQUIPMENT OPERATORS, LOG GRADERS, AND SCALERS, AND ALL OTHER LOGGING WORKERS [SOURCE].
7. MEDICAL COSTS FOR CHAINSAW INJURIES AMOUNT TO AT LEAST US\$350 MILLION PER YEAR. ON THE ASSUMPTION THAT FOUR WEEKS OF RECOVERY ARE REQUIRED, WORKERS’ COMPENSATION COSTS CAN BE ESTIMATED TO BE AT LEAST \$125 MILLION ANNUALLY. [SOURCE].



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CHAINSAW ACCIDENTS HAPPEN FOR A HUGE RANGE OF REASONS.

GO INTO ANY RURAL COMMUNITY AND YOU CAN HEAR PLENTY OF FIRST AND SECOND-HAND ACCOUNTS OF THOSE WHO HAVE BEEN INJURED BY EITHER ELECTRIC OR GAS CHAINSAWS. ANECDOTALLY, GAS CHAINSAWS ARE BEHIND THE GREATEST NUMBER OF INJURIES, THOUGH THERE ARE ALSO FAR MORE OF THEM IN USE.

MY FAMILY AND I WERE AT A LOCAL FARMER'S HOUSE FOR LUNCH A NUMBER OF WEEKS AGO AND STARTED TALKING ABOUT SAWS. HE HAD JUST BEEN TO VISIT A FRIEND WHO ALMOST LOST HIS LIFE IN A CHAINSAW ACCIDENT UP A TREE RECENTLY.

THE MAN'S SON HAD BEEN ABLE TO GET A TOURNIQUET ON THE ARM INJURY QUICKLY AND RUSHED HIM TO MEET AN AMBULANCE AS SOON AS IT HAPPENED. THANKFULLY THEY WERE NOT FAR FROM TOWN AT THE TIME OF THE ACCIDENT.

THE FARMER'S COUSIN TOLD A STORY OF HER BROTHER WHO HAD HIS FACE OPENED UP BY A CHAINSAW. THE POOR MAN BASICALLY HAD THE LOWER HALF OF HIS FACE REMOVED. HOWEVER, AS WE WERE TOLD, THE SURGEONS DID A GOOD JOB AND DESPITE NEVER BEING ABLE TO CLOSE ONE EYE AGAIN YOU COULD HARDLY TELL ANYTHING HAD HAPPENED.

IT'S MORE COMMON FOR PEOPLE TO BE INJURED BY TREES AND TREE LIMBS WHILE USING CHAINSAWS, RATHER THAN THE CHAINSAWS THEMSELVES. THEREFORE, IT IS IMPORTANT TO KNOW THE DANGERS AND RISKS OF MAKING CERTAIN CUTS AND BE AWARE OF WHERE TREES AND LIMBS ARE GOING TO FALL.

WHETHER FELLING TREES, PRUNING BRANCHES, OR BUCKING FIREWOOD, CONSTANT VIGILANCE IS IMPORTANT WHEN USING A CHAINSAW.

MOST CHAINSAW INJURIES OCCUR TO THE HANDS, LOWER ARMS, AND LOWER LEGS.

THE MOST COMMON REASONS FOR CHAINSAW INJURY AND DEATH, HOWEVER, ARE INATTENTIVENESS, INEXPERIENCE, AND BEING ILL-PREPARED.

CHAINSAW "KICKBACK" IS A BIG CAUSE OF ACCIDENTS.

KICKBACK IS THE SHARP, SUDDEN, AND UNEXPECTED MOVEMENT OF THE CHAINSAW, OFTEN UPWARDS TOWARDS THE FACE. IT HAPPENS WHEN THE TIP OF THE SAW (THE KICKBACK ZONE) HITS SOMETHING IT SHOULDN'T, IS PINCHED, OR IS USED INCORRECTLY.

VISIT OUR ARTICLE ON THE CAUSES AND PREVENTION OF CHAINSAW KICKBACK TO GAIN A FULLER UNDERSTANDING. CHAINSAW SAFETY GEAR PREVENTS A LOT OF INJURIES, AND A LACK OF APPROPRIATE GEAR IS THE CAUSE OF MANY. YOU DON'T HAVE TO BE WRAPPED UP LIKE A KNIGHT IN ARMOR TO USE A CHAINSAW, BUT THERE ARE SOME ESSENTIAL PIECES THAT CAN SAVE YOUR LIFE IN THE CASE OF AN ACCIDENT.



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BASIC SAFETY GEAR THAT SHOULD BE WORN WHEN USING A CHAINSAW:

- QUALITY CHAINSAW CHAPS OR PANTS
- FACE VISOR AND HELMET
- GOOD CHAINSAW GLOVES
- STEEL CAPPED BOOTS
- EARMUFFS
- SAFETY GLASSES

ADDITIONAL PPE FOR ADDED PROTECTION:

KEVLAR ARM SLEEVES

BODY VESTS

ADDED ANKLE PROTECTION

BAST-ING VINZENT (BACK PROTECTION)

ESPECIALLY IF YOU ARE WORKING WITH A CHAINSAW ALONE, IT'S BEST TO USE EVERY TYPE OF CHAINSAW PROTECTION POSSIBLE. COLLECTING FIREWOOD OR GETTING A TREE OUT OF THE WAY ISN'T WORTH YOUR LIFE.

IN THE US ALONE THERE ARE OVER 30,000 INJURIES RELATING TO CHAINSAWS EACH YEAR.

THESE ARE SOME EXAMPLES OF RECENT CHAINSAW INJURIES AND ACCIDENTS THAT HAVE MADE THE NEWS. 9NEWS REPORTS THAT A MAN SUFFERED SIGNIFICANT BLOOD LOSS AFTER CUTTING HIS NECK AND SHOULDER WITH A CHAINSAW IN SYDNEY, AUSTRALIA.

THE BLUE MOUNTAINS GAZETTE REPORTS THAT A MAN WAS FLOWN TO HOSPITAL AFTER A FOREARM INJURY FROM A CHAINSAW.

CNN REPORTS ON A MAN WHO WAS RESCUED BY A POSTIE AFTER ACCIDENTALLY CUTTING HIMSELF WITH A CHAINSAW IN NORWALK, CALIFORNIA.

CBC REPORTS ON A CHAINSAW KICKBACK LEG INJURY CAUSED BY ONE MAN TO ANOTHER WHO WAS STANDING NEARBY IN GRAND FALLS-WINDSOR.

THE WASHINGTON POST REPORTS ON AN INCREASE IN CHAINSAW INJURIES AS OPPOSED TO SPORTS INJURIES SINCE THE START OF THE COVID-19 PANDEMIC.



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CHAINSAW INJURIES CAN CAUSE TERRIBLE DAMAGE AND LEAVE MANY DISFIGURED OR MISSING LIMBS. MAKE SURE YOU USE THE RIGHT CHAINSAW SAFETY EQUIPMENT TO PROTECT YOURSELF AND THOSE AROUND YOU.

CHAINSAW DEATHS ARE REASONABLY RARE, BUT THEY HAPPEN.

HERE ARE SOME EXAMPLES OF CHAINSAW DEATHS IN 2021 THAT I SHARE IN THE HOPE IT WILL MAKE US MORE CAUTIOUS AND PREPARED WHEN USING OUR CHAINSAWS.

IF YOUR LOVED ONE IS MENTIONED HERE AND YOU WOULD LIKE THEM REMOVED, PLEASE CONTACT US, AND WE WILL DO SO IMMEDIATELY.

KENT ONLINE REPORTS THAT MATTHEW OVENDEN, 35, DIED FROM LOSS OF BLOOD WHILE WORKING WITH HIS CHAINSAW ALONE IN CANTERBURY, UK.

ONLINE ATHENS REPORTS THAT ANTHONY MAZERKA, 78, DIED AFTER AN INJURY TO THE THROAT FROM A CHAINSAW KICKBACK INCIDENT IN MADISON COUNTY, IOWA.

PUBLIC OPINION ONLINE REPORTS THAT HAROLD STOUFFER, 74, DIED WHILE USING A CHAINSAW AFTER A TREE STRUCK HIM IN THE HEAD IN LURGAN TOWNSHIP, PENNSYLVANIA.

NEWS24 REPORTS THAT YUNUS PILLAY, 17, DIED AFTER SUFFERING AN INJURY TO THE CHEST FROM A CHAINSAW IN PIETERMARITZBURG, SOUTH AFRICA.

NEWSTIME REPORTS THAT STEPHEN CACIOPOLI, 33, DIED AFTER RECEIVING A NECK INJURY FROM A CHAINSAW WHILE ATTEMPTING TO CUT UP A TREE IN NEWTOWN, CONNECTICUT.

9NEWS REPORTS LAWRENCE WILLIAM PHILLIPS, 62, WAS KILLED BY ELECTROCUTION WHILE USING A CHAINSAW TO CUT DOWN TWO TREES.

IT'S ESSENTIAL YOU WEAR THE CORRECT SAFETY GEAR AND IT'S ALWAYS RECOMMENDED TO WORK WITH A PARTNER. THERE IS A MUCH GREATER CHANCE OF SURVIVAL IF YOU ARE NOT ALONE. ALSO, MOST TOWNS WILL HAVE A CHAINSAW SHOP THAT RUNS CHAINSAW CLASSES. EVERYONE SHOULD DO ONE WHEN STARTING OUT.



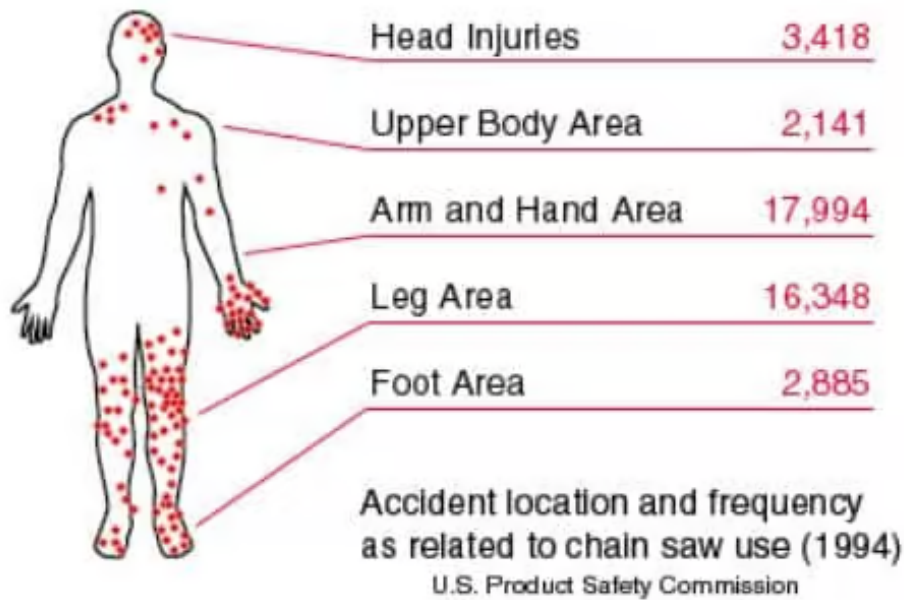
➤➤➤ **AG & NATURAL RESOURCES** NEWSLETTER ◀◀◀

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CHAINSAW INJURY STATISTICS



IN THE DIAGRAM ABOVE, YOU CAN SEE WHICH PARTS OF THE BODY ARE MOST LIKELY TO BE INJURED AS A RESULT OF A CHAINSAW ACCIDENT. WHILE IT'S OLDER DATA, THERE'S LITTLE DOUBT THE RATIO WOULD BE FAIRLY SIMILAR TODAY.

THE PFANNER PROTOS ARBORIST HELMET IS ONE OF THE BEST ON THE MARKET FOR PREVENTING HEAD INJURIES. WE HOPE THIS HAS HELPED REMIND YOU OF THE DANGERS OF CHAINSAWS – ALWAYS REMEMBER TO STAY ALERT WHEN CUTTING AND BE PREPARED FOR THE UNEXPECTED. IF YOU HAVEN'T YET DONE SO, MAKE SURE YOU TAKE CHAINSAW SAFETY TRAINING SO THAT YOU'RE AWARE OF THE DANGERS AND KNOW HOW TO ASSESS HAZARDS.



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PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

The Farm Service Agency has released a new program called: Marketing Assistance for Specialty Crops. This program provides eligible specialty crop producers with marketing assistance payments to help them engage in activities that aid in expanding domestic specialty crop markets or in developing new markets for their specialty crops in 2025.

Examples of specialty crops eligible for this program include:

- Fruits (Including Dried)
- Vegetables (Including dried edible beans, peas, mushrooms, and seeds)
- Tree Nuts
- Nursery Crops
- Christmas Trees
- Tea
- Floriculture
- Culinary and Medicinal Herbs and Spices
- Honey
- Hops
- Maple Sap
- Turfgrass
- Grass Seed

To be eligible producers must have a farm number, proof/documentation of sales from 2023 or 2024, and complete eligibility forms we have here in the office. The deadline for this program is January 8th ,2025, but we urge producers to get their applications in as soon as possible.

If you know of a producer that may be interested in applying for this program, please tell them to call our office at (606)-666-5105 for additional information.



Shad Baker
Ag & Natural Resources Agent

➤➤➤ **AG & NATURAL RESOURCES** ❄️❄️❄️
NEWSLETTER



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AGRICULTURE

GARDENING Series

Seed Starting
Feb 19 @ Noon

Advanced Gardening
Feb 20 @ Noon

Beginning Gardening
Feb 24 @ Noon

Letcher County Extension Office
478 Extension Dr
Whitesburg, KY 41858

Contact Us to register:
606-633-2362
shad.baker@uky.edu

MAPLE DAYS AT THE EXTENSION OFFICE

FEBRUARY 15TH

8:00-12:00

MAPLE PRODUCTION

FRESH MAPLE SYRUP FOR SALE



BOTANY WORKSHOP

FEBRUARY 25 @ NOON

LETCHER COUNTY EXTENSION OFFICE

REGISTER NOW

633-2362



PLANT I.D WORKSHOP

FEBRUARY 27TH @

NOON

**LETCHER COUNTY
EXTENSION OFFICE**



AG & NATURAL RESOURCES
NEWSLETTER

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Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

UK Cooperative Extension Service

2025 Plant Order Form

Letcher County Cooperative Extension

478 Extension Dr
Po Box 784
Whitesburg, Ky 41858
606-633-2362

Purchaser Information:

Name: _____
Address: _____
City, State, Postal Code: _____
Telephone: _____
Email: _____

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
KY Sales tax of 6% is included in prices.		Total Due	

Pre-payment is required by **Friday, March 7**, for all plant orders.

Make checks payable to: Letcher County Ag

Payment Information:

Receipt number: _____
Paid: YES NO Date: _____
Entered in spreadsheet: YES - By: _____

Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard and/or email to let you know when the plants will be available for pickup.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.



AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky



Beekeepers Meeting

February 11 @ 6:00 pm
at Letcher County Extension
Office



IF NO SCHOOL, NO MEETING



Shad Baker
Ag & Natural Resources Agent

AG & NATURAL RESOURCES NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



MOUNTAIN ZOOM SERIES

TUESDAYS @ 6:00

FEBRUARY 6 **BASIC FARM DOG TRAINING**
[HTTPS://VIRINIATECH.ZOOM.US/J/81137446983](https://viriniatech.zoom.us/j/81137446983)

FEBRUARY 11 **MUSHROOM PRODUCTION & MARKETING**
[HTTPS://UKY.ZOOM.US/J/84314755739](https://uky.zoom.us/j/84314755739)

FEBRUARY 18 **SPONGY MOTH & CITIZENS SCIENCE**
[HTTPS://VIRINIATECH.ZOOM.US/J/83486044274](https://viriniatech.zoom.us/j/83486044274)

FEBRUARY 25 **CHRISTMAS TREE PRODUCTION**
LINK WILL BE POSTED

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



About the KY Master Naturalist Volunteer Program

Becoming a KY Master Naturalist Volunteer requires an initial training with 40 hours of combined classroom and field instruction and 40 hours of approved volunteer service. Currently as of 2021 there are 35 Master Naturalists from the previous pilot program.

To retain certification in each subsequent year, members must complete a minimum of eight hours of advanced training and complete a minimum of 40 hours of approved volunteer service.

Core training to become a Master Naturalist Volunteer covers:

1. Ecoregions of Kentucky
2. Ecological Concepts
3. Archaeology
4. Geology
5. Soils
6. Entomology
7. Weather and Climate
8. Water Resources
9. Botany (Woody)
10. Safety and Health
11. Invasive Species
12. Wildlife
13. Botany (Herbaceous)
14. Environmental Education and Ethics
15. Citizen Science
16. Outdoor Learning Environments

**Please call and register if
interested
633-2362**





AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Harvest overwintered vegetables Order herb seeds
2 Apply lime and fertilizer Order fruit trees Build a high tunnel	3 Seed head lettuce (indoors) Turn compost	4 Build a low tunnel or cold frame Seed leeks (indoors)	5 Seed cauliflower (indoors) Seed celery (indoors)	6 Clean dust from houseplants with damp cloth	7 Seed carrots, leafy salad greens and radishes in high tunnel	8
9 Start a kitchen herb garden Prune grapes	10 Seed broccoli and cabbage (indoors) Seed collards and kale (indoors)	11 Seed peas (outdoors) south of U.S. Rt. 60	12 Order seed potatoes	13 Plant Irish potatoes in high tunnel	14 Prune blueberries, raspberries, blackberries, elderberries and fruit trees	15
16 Seed carrots, onions and greens in cold frame or low tunnel	17 Apply lime sulfur to blueberries Apply dormant oil spray to fruit trees	18 Prune deciduous trees and shrubs	19 Mow asparagus ferns	20 Propagate grapes and blueberries from hardwood cuttings	21 Presprout seed potatoes Build a raised	22
23 Presprout seed potatoes Build a raised bed garden	24	25	26 Seed celery as transplants	27 Prune figs	28	



FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

BINGO-ize

10 week, evidence-based health promotion program. Combines exercise and health information with the game of bingo. Great fun way to get older adults moving and socializing. We will meet two times per week for 10 weeks.

February :
3rd, 6th, 10th,
13th, 17th, 21st,
24th, 27th

11:00 am

Call 633-2362 to register



Homemakers Passport Challenge

Informational Meeting

Adventure calls, and its time to answer. Lets embark on a journey of discovery and self-exploration. Log your journey throughout Kentucky in your "passports" that you will get from the Extension Office. Join us for our kick off to our passport challenge.

Can't attend? Stop by the Letcher County Extension Office to pick up your passport

FREE
February 7th
12:30
Letcher Co
Ext Office

EXPLORE KENTUCKY



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disability accommodated with prior notification.

Lexington, KY 40506



Nanette Banks
Family and Consumer Sciences

»»» **FAMILY AND CONSUMER
SCIENCES** «««
NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky

**SWEETS AND
TREATS**



FEBRUARY **7TH** AT 10 AM

Hands on program where you
will be able to make several
treats to sample.

Pre-register by January 31st

633-2362



**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

**WITS
WORKOUT**

Join Now!

**WITS
WORKOUT**

Engaging in interactive and educational brain health program

**February 3rd
&
February 17th
@ Noon**

Call 633-2362 to register

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



**PARENTING A SECOND TIME AROUND
PASTA**

**FEBRUARY 10TH @ 9:30 AM
LETCHER COUNTY EXTENSION**

FOR MORE INFO ON THE PROGRAM CONTACT NANETTE BANKS 633-2362

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky





FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

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

HOW TO GET OUT OF A *Mealtime Rut*

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

We look forward to seeing you!

February 13, 2025

12:00 Noon

at
Letcher County Extension

For more information, contact...
Nanette Banks @
Letcher County Extension
633-2362 or nsbank2@uky.edu
call and pre-register by 2-6-25



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.



FAMILY AND CONSUMER
SCIENCES
NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



Plate It Up
Ky Proud Cooking Class

February 24 @ noon

► Kentucky Proud Products

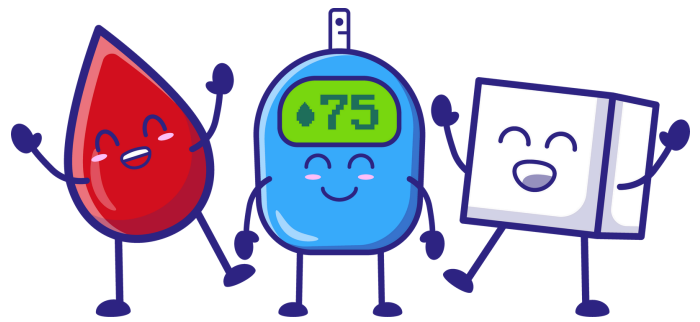
Recipes: prepare them
for tasting

✓ Pre-register
by February
9th

✓ This will be a
monthly program

Contact Us →

Phone Number
606-633-2362



FEB 27 | 1PM

Talking about Nutrition

Letcher County UK Extension Office
478 Extension Drive in Whitesburg

Join us at 10am via Zoom
from anywhere!

zoom.us/my/arhdiabetessupport

TO PRE-REGISTER OR FOR MORE INFO:

606.789.3511
ext. 1229

diabetesarh1@arh.org

Join us immediately after the meeting for
FREE Physical Activity Class
Kelli Haywood, certified
instructor, focuses on
chair yoga, resistance
band exercises and
mindfulness exercises.

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!





Nanette Banks
Family and Consumer Sciences

»»» FAMILY AND CONSUMER
SCIENCES
«««
NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

**TRAVELING THE WORLD WITH
EXTENSION**

MEXICO

**FEBRUARY 28TH @ 11
LETCHER COUNTY EXTENSION**

**COME EXPLORE
CULTURES AND
FOODS OF
MEXICO**

SOPAS · GRINGAS · TACOS · SOPES
TORTAS · HUARACHES · POSTRES · BEBIDAS · MÚSICA EN VIVO

**PLEASE PRE-REGISTER BY
FEBRUARY 7TH
CALL 633-2362**



Nanette Banks
Family and Consumer Sciences



FAMILY AND CONSUMER SCIENCES NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Homemakers Monthly Meeting

Jenkins Homemaker
February 11th @ 11:30
Jenkins Library



Crafty Cut-Ups
February 11th @ 10:00
Letcher County Extension

Letcher Homemakers
February 11 @ 10:30
Jeremiah Baptist

Cowan Homemakers
February 11 @ 11:00
Cowan Community Center

FCS Council Meeting
February 21 @ Noon

(if no school it will be rescheduled)



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.

Crystal Smith
4-H Youth Development



JR TEEN & TEEN CLUB

FEB 5

4:00-5:00PM

LETCHER COUNTY EXTENSION
OFFICE



For more information contact
Crystal Smith @ 633-2362 or
crystal.smith@uky.edu



AGE
5-8
YEARS

CLOVERBUDS

FEB 11 @ 4:00

ACTIVITIES

LEARN BY DOING, COME JOIN
THE FUN



478 EXTENSION DR WHITESBURG





Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

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Discover
Yourself
in 4-H

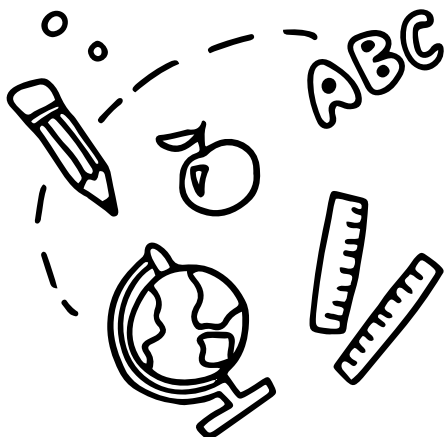
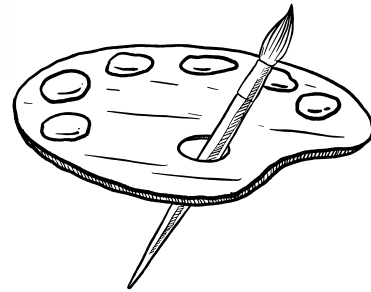



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

4-H

Art Club

February 20
@ 4:00-6:00 pm


Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

4-H HOME SCHOOL CLUB

Your paragraph text

February 25 @ 1:00 - 3:00pm

Contact us: 606-633-2362
Crystal Smith





4-H



NEWSLETTER

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Crystal Smith
4-H Youth Development

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

LETS GO TEAM

4-H Camp 2025
July 22-25

**GET READY
TO LEARN
AND HAVE
FUN TOO!**

PROGRAM:

- Skill Development
- Strength Conditioning
- Game Strategy
- Team work

WHO CAN JOIN?

Age 9-18

Pick up a
application
606-633-2362
478 Extension Dr Whitesburg



4-H



NEWSLETTER

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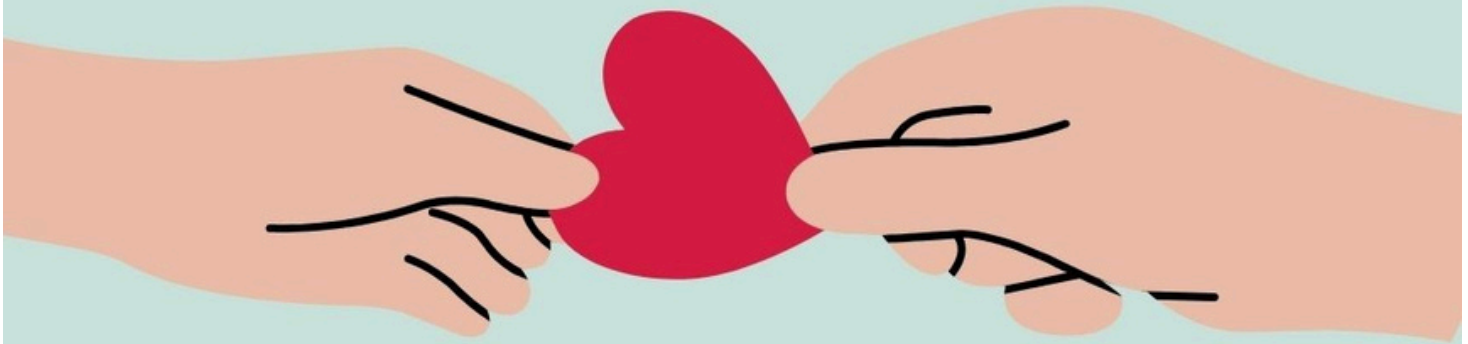
Crystal Smith
4-H Youth Development



UK Cooperative
Extension Service

Kentucky 4-H: Helping Youth Serve Others

Serving others teaches 4-H'ers about the challenges and issues their community faces and gives them a chance to make a positive impact. As a national organization, service is something we feel very strongly about. In fact, 4-H'ers commit their hands to larger service as part of the official 4-H pledge said at every club meeting.



TWO TYPES OF 4-H SERVICE

Service Learning and Community Service

*Source: Chuck Stamper
An Equal Opportunity Organization.*



Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

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UK Cooperative
Extension Service

DID YOU KNOW

The 4-H Health and Wellness Education program is designed to promote the holistic well-being of youth through a comprehensive approach that integrates positive youth development principles.

#amplifyky4h

An Equal Opportunity Organization.



Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

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HOMESCHOOL



CLOVERBUDS



JR TEENS/TEENS CLUB





Letcher County Extension
478 Extension Dr
Po Box 784
Whitesburg, Ky 41858

Return Service Requested