

Leslie County Informer

November 2023



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

Cooperative Extension Service

Leslie County
22045 Main Street #514
Hyden, KY 41749-8568
606-672-2154
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extension.ca.uky.edu



Annual Leslie County Extension Homemakers Meeting

Meeting was held on October 9th at The Leslie County Extension Office. There were 31 in attendance at the meeting. Hyden, Beech Fork and Stinnett Clubs were represented.

Congratulations Leslie County Homemakers for your total of 46 cultural arts entries this year! Leslie County Cultural Arts awards were given for Grand Champion and Viewer's Choice. Lucy Scott won Viewer's Choice and Grand Champion for her Double Wedding Ring Quilt. Thirty-six Leslie County cultural arts entries received blue ribbons and traveled to compete at Quicksand Area.

Homemakers' also enjoyed a nice evening of socializing while enjoying a meal prepared by Extension staff and homemakers. Our event ended with homemakers spending the "funny money" they had earned throughout the year at their own live auction! Join Homemakers today and experience fun, fellowship and more!

Vicki R. Boggs

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Cooperative Extension Service

Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.

Christmas Holiday Make & Take Program

November 6th - 4:00 p.m. - 7:00 p.m.



*In appreciation of our Clientele, Volunteers and
Staff, we invite everyone to attend Christmas
Holiday Make and Take Program!*

*Join us for a fun-filled evening of
"holiday family fun"!*

Call today to register at 672-2154.

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Lexington, KY 40506



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Know Your Family Health History

Coming Up

Nov. 3rd 1:00 p.m.	Annual Holiday Road Show
Nov. 6th 4:00-7:00	Christmas Make & Take
Nov. 13th 5:00 p.m.	Hyden Homemakers Club Meeting
Nov. 16th 1:00 p.m.	Beech Fork Homemakers
Nov. 30th 10:00 a.m.	Diabetes Support Group Meeting
Nov. 30th 12:00 p.m.	Cooking Through the Calendar
Nov. 30th 1:30 p.m.	DROP IT LIKE IT'S HOT!

November 23rd is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.



You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a

time to talk to relatives about gaps in your knowledge. Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.



Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings.

Finding disease early can often mean better health in the long run, for you and your family members.

Resource: <http://fcs.hes.ca.uky.edu/content/health-bulletins>

Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>

What's Coming up in Extension?

REMINDER! Please call (606) 672-2154 to reserve your spot for all programs.

Annual Holiday Road Show

November 3, 2023 at Leslie County Extension 1:00 p.m.

Plan to join us for Holiday ideas and recipes. Everyone will receive a copy of our 2023 Holiday Road Show book filled with decorative holiday ideas and recipes. **Call 672-2154 to sign up.**

Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension at **5:00 p.m. on Monday, November 13th** for their regular monthly meeting. Lorene will be teaching a Recyclable Snowman or Santa project that everyone is sure to enjoy! Please contact **Faye Couch at (606) 672-3231, Lorene Coots or Vicki Boggs at 672-2154 for more information.**

Leslie County Extension Beech Fork Homemakers

Plan to meet at Lower Beech Fork United Methodist Church on **November 16th at 1:00 p.m.** For more information concerning homemaker meetings contact **Vicki Boggs at 672-2154 or Donna Nantz at 374-5251**

Leslie County Extension 2023 Homemaker Membership continues!

Membership dues are \$10.00 a year for clubs. To become a member, please complete your membership form and return to Leslie County Extension Office, 22045 Main Street #514, Hyden, KY 41749. You may stop by for a paper form or log onto our Leslie County Extension Facebook page or website at leslie.ca.uky.edu for a link to our form. If you would like to receive a paper copy in your mailbox, please contact our office **at 672-2154 and make your request between 8:00-4:30.**



Thank you for your support of Leslie County Extension Homemakers! If you have questions please contact me anytime by phone, messenger or email at vicki.boggs@uky.edu



NEW LOCATION!
10AM HYDEN
Leslie County UK Extension
Office @ 22045 Main Street

*Family and support caregivers
are welcome to attend.*

 You can also join via Zoom at
<https://zoom.us/my/arhdiabetes>

Diabetes Support Group Meeting

November 30th - 10:00 a.m.

Please call 672-2154 to sign up for this monthly program!

Raising kids, Eating right, Spending smart



For more info, please contact:
email csmith11@arh.org
or call 606.672.2154



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Cooking Through the Calendar: November 30th - 12:00 p.m.

We all love the free recipe calendars the Extension Office provides each year! The November recipe is Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes. It spotlights some nutritional benefits of sweet Potatoes used in this recipe. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us and plans to provide incentives and education for this health and wellness program. **Sign up by November 22nd**, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at **672-2154**. It starts with us. #UKFCSExt.



DROP IT LIKE IT'S HOT!: November 30th – 1:30 p.m.

Join us in a fun wellness challenge that will keep you motivated and the best part, you make your own goals. Each month will include new challenges to help keep you on track to meet your wellness goals! **Call 672-2154 to sign up and join this new Goal Setting and Challenge Program!**

What's Been Happening in Extension

Leslie County Extension Hyden Homemakers met at Leslie County Extension **October 2nd** for their regular monthly meeting. There were many participants who enjoyed this cultural arts sewing class. Special thanks to Bernie Bowling for teaching this Fall Pumpkin Applique. For more information contact **Faye Couch at (606) 672-3231 or Vicki Boggs at (606) 672-2154**. It starts with us. #UKFCS Extension.



On October 18th Homemakers traveled to **RCARS Wood Utilization Center in Jackson Ky**. Doran Howard, John Marcum and Chad Niman, staff with University of Kentucky taught the bird house project and each participant built one using eastern red cedar. Following the activity an educational video was shared highlighting birds and forestry.

Cooking Through the Calendar was held **October 19th**. The recipe prepared was Italian One Pot Pasta and Beans. The recipe spotlighted white beans, great sources of plant-based protein as well as a good source of fiber. Cooking through the



Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH is partnering with us and provided \$20.00 grocery gift cards to each participant as promotional incentives for our program. We greatly appreciate ARH for being an important community partner in supporting health and wellness for our community.

DROP IT LIKE IT'S HOT was held on **October 19th** and began by sharing from their last meeting. Participants weighed in, summarized, and discussed the challenges and benefits of sleeping well, drinking more water and being mindful to take steps daily to remain active. We shared an educational lesson on Fitblue and managing stress. Benefits of their GOALS and CHALLENGES were discussed along with ways to manage stress. Join us in this fun wellness program that will keep you motivated and the best part, you make your own goals.



2023 Leslie County Homemakers Cultural Arts Area Winners

	<i>Item</i>	<i>Crafter's Name</i>	<i>Description</i>
Blue	Art –3 Dimensional/ Carving	James Boggs	Dad's Cane
Blue	Art, Recycled/ Household	Nikki Boggs	Mug/ What a Beautiful Day
Blue	Art, Recycled/ Other	Marie Muncy	Dalmatian
Blue	Basketry – Cane	Lucy Scott	Cane Basket
Blue	Basketry – Miniature	Lucy Scott	Mini Basket
Blue	Basketry – Novelty	Lucy Scott	Brad Basket
Blue	Basketry – Plain	Karen Roberts	Small Basket with Leather Ties
Blue	Beading/Miscellaneous	Marie Muncy	6 pc. Diamond Bead Coasters
Blue	Ceramics/ Molded	River Vanover	Duck
Blue	Crochet/ Accessories	Jessica Woods	Scare Crow
Blue	Crochet/ Fashion	Jessica Woods	4-pc. /Blanket & Dress Set
Blue	Crochet/ Home Décor and Afghans	Karen Roberts	Mosaic Afghan
Blue	Doll/Toy Making/ Cloth	Lucy Scott	When I am Old Woman
Blue	Doll/Toy Making/ Handmade Toy	River Vanover	Pink Bonnet Duck
Blue	Drawing/Pencil-Color	McKenna Cornett	Hyden, KY Horse Drawing
Blue	Holiday Decoration – Summer	Lucy Scott	Patriotic Door Hanging
Blue	Knitting/Fashion	Karen Roberts	Turtleneck Sweater
Blue	Knitting/Home Décor & Afghans	David Stidham	Country Basket
Blue	Painting – Art- Watercolor	Karen Roberts	Truck
Blue	Painting, Decorative/ Other	Karen Roberts	5 Piece Set Painted Rock
Blue	Quilts/Baby-side or Lap-Size	Charlotte Napier	Lone Star Baby Quilt
Blue	Quilts- Hand Pieced (Hand quilted)	Lucy Scott	Double Wedding Ring
Blue	Quilts- Novelty (machine quilted)	Lucy Scott	Handkerchief Quilt

Leslie County Homemakers Cultural Arts Entries and County Blue Ribbon Winners

	<i>Item</i>	<i>Crafter's Name</i>	<i>Description</i>
Blue	Art –3 Dimensional/ Carving	James Boggs	Dad's Cane
Blue	Art, Recycled/ Household	Nikki Boggs	Mug/ What a Beautiful Day
Blue	Art, Recycled/ Other	Marie Muncy	Dalmatian
Red	Art, Recycled/ Other	River Vanover	Bottle w/ Lights
White	Art, Recycled/ Other	Bernice Bowling	Bird on Beef Stew
Blue	Basketry – Cane	Lucy Scott	Cane Basket
Blue	Basketry – Miniature	Lucy Scott	Mini Basket
Blue	Basketry – Novelty	Lucy Scott	Brad Basket
Blue	Basketry – Plain	Karen Roberts	Small Basket
Blue	Beading/Miscellaneous	Marie Muncy	6 pc. Diamond Bead Coasters
Blue	Ceramics/ Molded	River Vanover	Duck
Blue	Ceramics/Pre-made	Audrey Vanover	Gnomes
Red	Crochet/ Accessories	Karen Roberts	Chicken Potholder
Blue	Crochet/ Accessories	Jessica Woods	Scare Crow
Blue	Crochet/ Fashion	Jessica Woods	4-pc. /Blanket & Dress Set
Blue	Crochet/ Home Décor and Afghans	Karen Roberts	Mosaic Afghan
Red	Crochet/ Home Décor and Afghans	Jessica Woods	Chicken
White	Crochet/ Home Décor and Afghans	Lucy Scott	Judith & Bob Afghan
Blue	Doll/Toy Making/ Cloth	Lucy Scott	When I am Old Woman
Red	Doll/Toy Making/ Cloth	Bernice Bowling	Raggedy Ann
Blue	Doll/Toy Making/ Handmade Toy	River Vanover	Bonnet Duck
Blue	Drawing/Pencil-Color	McKenna Cornett	Hyden, KY Horse Drawing
Blue	Holiday Deco. – Autumn	Charlotte Napier	Scare Crow Wreath
Blue	Holiday Deco. – Summer	Lucy Scott	Patriotic Door Hanging
Blue	Holiday Deco. – Winter	Marie Muncy	Christmas Quilt
Red	Holiday Deco. – Winter	Bernice Bowling	Christmas Elf
Blue	Jewelry/Mixed Media	Bernice Bowling	Paper Doll
Blue	Knitting/Fashion	Karen Roberts	Turtleneck Sweater
Blue	Knitting/Home Décor & Afghans	David Stidham	Country Basket
Blue	Painting – Art- Acrylic	Bernice Bowling	Under Water Lady
Red	Painting – Art- Acrylic	Karen Roberts	Trivet Acrylic Pour
Blue	Painting – Art- Watercolor	Karen Roberts	Truck
Blue	Painting, Decorative/ Wood	Karen Roberts	Acrylic Square
Blue	Painting, Decorative/ Other	Karen Roberts	Painted Rock Collection
Blue	Photography – Black & White (mounted/framed)	April Turpin	The Gentle Heart
Blue	Photography – Color (mounted/framed)	Charlotte Napier	Spider on Coneflower
Red	Photography – Color (mounted/framed)	April Turpin	Chasing Sunsets
Blue	Paper Crafting/ Scrapbooking	Bernice Bowling	Journal Book
Blue	Quilts/ Baby-size or Lap-size	Charlotte Napier	Lone Star Baby Quilt
Blue	Quilts- Hand Pieced (Hand quilted)	Lucy Scott	Double Wedding Ring
Blue	Quilts- Novelty (machine quilted)	Lucy Scott	Handkerchief Quilt
Blue	Quilts- Miscellaneous	Lucy Scott	Dutch Girl
Blue	Wall or Door Hanging/Fabric	Lucy Scott	Birds in Tree
Blue	Wall or Door Hanging/Other	Lucy Scott	Baby on Beach
Blue	Miscellaneous	Bernice Bowling	Big Nose Lady
Red	Miscellaneous	Lucy Scott	Candles



Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch
+ 1 tablespoon water

*For a hotter sauce add another
1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings

Serving size: 1 potato with chicken

Cost per recipe: \$8.82

Cost per serving: \$1.47



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake,
Program Coordinator
II, University of Kentucky
Cooperative
Extension Service



Dawna Jace Peters, Leslie County Extension Agent for 4-H Youth Development Education Email: jace.peters@uky.edu

AN ATTITUDE OF GRATITUDE

You may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to

people in your life, it creates loving bonds. It also builds trust and helps you feel closer.

When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.



Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

For more information contact Jace Peters 4-H Youth Development Agent at (606) 672-2154.

Resource: <http://fcs-hes.ca.uky.edu/content/health-bulletins>.



WHAT'S COMING UP IN 4-H



4-H Youth Bee Club Meeting will be November 27th – 4:00 p.m.
at the Leslie County Extension Office.



4-H TEEN COUNCIL SERVICE PROJECT **WREATHS ACROSS AMERICA**

4-H Teen Council will be volunteering their service for the National Wreaths Across America Day. We will be helping Hurricane Cemetery to remember and honor veterans by laying remembrance wreaths on their graves. This event will be held on December 16th in Leslie County. It starts in front of the courthouse at 9:00 am.

If you would like to sponsor a wreath please contact Mollie Sizemore!



WHAT'S BEEN HAPPENING IN 4-H



Mountain View visits Extension

On October 12th Mountain View Elementary 3rd graders visited Wendover where they toured the Big House, went on a Nature Hike, and had a lesson on Appalachian Ghost Stories. Afterwards they stopped by Leslie County Extension for a super fun Spider Lesson with our new Ag Agent Michelle. Delicious treats were provided, and the kids got to make their very own spider craft to take home. It was a great day of learning about spiders, our local history, and Appalachian Culture. We hope to see them again soon!



Career Day

Career day Jace Peters represented Leslie County Extension during Career Day at WB Muncy for the 7th and 8th graders. Career Day gives students the opportunity to look at different career paths and connect their learning to the real world. Community members and leaders came to share insights about their career and details about necessary education and training for career success. Meanwhile, students get the opportunity to listen to presenters, ask questions, and consider what careers pique their interest.



4-H Science

Mr. Garry's bees officially visited all the 4th graders in Leslie County. His next Science lesson will focus on electricity and circuits.

- Stinnett Nov. 14th**
- Mountain View Nov. 15th**
- Hayes Lewis Nov 16th**
- WB Muncy Nov 17th**





The Amazing Race, Relay for Life Event

The Amazing Race is an annual event that helps raise funds for Relay for Life. 4-H has always been passionate in fundraising initiatives for Relay for Life. It began at 9:00 a.m. on Saturday, October 7th. Regan Greer, Leslie County 4-Her participated in the event with her aunt and they placed second. All the challenges were a test of skill, knowledge, or luck.

4-H Mary Breckinridge Parade Float

Leslie County 4-H received 2nd place in the parade float competition. This year's theme was "Angels on Horseback." It is important to us to create a float that not only recognizes the theme but also represents 4-H. Therefore, we decided to create a float that supported the theme with an emphasis on the Kentucky State Fair. We used horses, angels, a giant memorial quilt with photos of Mary Breckridge topped with a purple Grand Champion state fair ribbon, we also created a giant spool of thread and a giant camera. Wooden horses were painted by 4-Her's Alli Fields, Addi Fields, Regan Greer, and Pierce Greer. A huge thank you to everyone who helped with our float and assisted us through the parade. It would not be possible without you!





Annual 4-H Silent Auction

A fundraiser for Leslie County 4-H

**Friday,
December 1st**

will begin directly after Christmas Parade

Ways to Help

- *Donate or Purchase*
- *Make a tax-deductible donation*

If you wish to make a donation you can drop off at Leslie County Extension or contact us at 672-2154 to arrange a pick-up. We hope to see you at the Silent Auction ready to bid on items!

Thank you for your support!

Concessions will be available during and after parade



AG NEWS

Michelle Brock, Leslie County Extension Agent for Agriculture and Natural Resources Education Phone: (606) 672-2154



 Cooperative
Extension Service

Michelle Brock

Agriculture and Natural Resource Agent
Leslie County
606-672-2154

The Spotted Lanternfly

A new invasive threat to Kentucky

The spotted lanternfly (*Lycorma delicatula*) is a planthopper that is native to Asia. It was first discovered in the US in Berks County, Pennsylvania and has since spread to at least 14 states, with large infestations present in New York, Delaware, and New Jersey.

The spotted lanternfly has been reported to feed on over a hundred species of plants, including grapes, maples, apples, pears, and the invasive plant tree of heaven. This insect has become a major agricultural, forestry, and residential pest in its introduced range and could potentially cause billions of dollars in economic losses.

Spotted lanternfly eggs hatch in early summer and nymphs feed until reaching maturity in late summer or early fall. Adults begin mating and laying eggs in the early fall and die off in the winter. These insects overwinter as eggs and emerge in the early summer, restarting the cycle.

The spotted lanternfly is commonly spread by humans who unwittingly transport them. These insects can lay their eggs on nearly any hard surface, including vehicles, firewood, and outdoor furniture. They can also be spread through the horticultural trade. It is important to check your vehicles and other personal belongings for spotted lanternfly egg masses before leaving areas known to be infested by the spotted lanternfly to prevent the spread of this insect to new locations.

Due to the close proximity of the infestations in Indiana and Ohio to the Kentucky border, surveys are being conducted in northern Kentucky to detect any potential spotted lanternfly introductions into the state. Nurseries, vineyards, botanical gardens, forests, and public parks in the region are being inspected for signs of spotted lanternfly infestation.

If you think you see the spotted lanternfly, take a picture, squish it, and report it! You can report sightings of the spotted lanternfly and other invasive pests by sending an email to ReportAPest@uky.edu. Or by calling the **Leslie County Extension office at 606-672-2154**.

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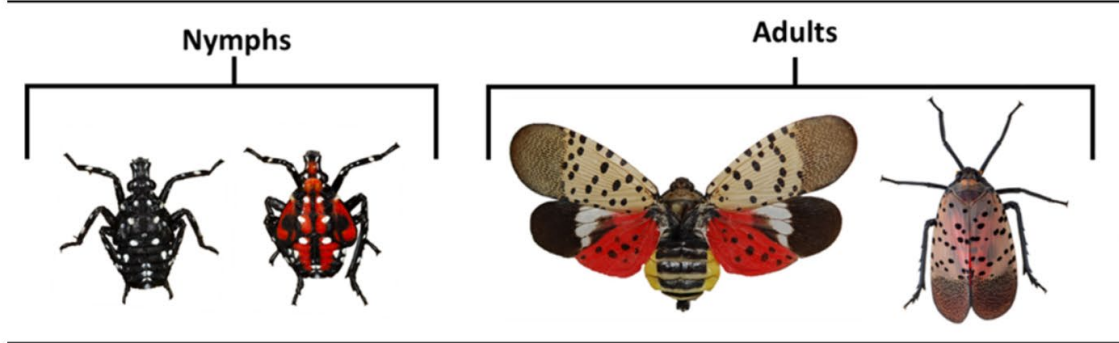
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
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Disabilities
accommodated
with prior notification.

Life Stages



Nymphs

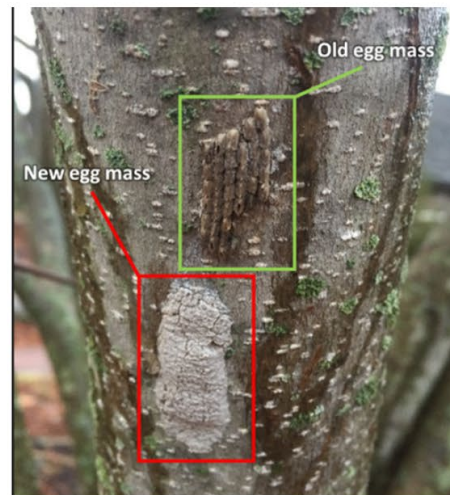
Young spotted lanternfly nymphs are black with white spots and approximately $\frac{1}{4}$ of an inch long. Older nymphs are black and red with white spots and can grow up to $\frac{3}{4}$ of an inch.

Adults

Adult spotted lanternflies are about 1 inch long and have wings. These insects are most commonly found with their forewings folded tent-like over their body, covering their hindwings. Spotted lanternflies have pinkish gray or tan forewings with black spots on the first two thirds of the wing. The rear third of the forewing is covered with a grid of black rectangular bars. The hindwings can only be seen when the insect is in flight or preparing for flight. The inner half of the hindwings are red with black spots, whereas the outer half is black with large white markings. These insects have short, bulbous, orange antennae and yellow abdomens with black stripes.

Eggs

Female spotted lanternflies can lay up to 50 eggs at a time. They cover their eggs with a light gray substance that turns brown or tan over time. These egg masses are laid on nearly any hard surface, including trees, rocks, and buildings. Old egg masses may have exposed eggs that have small holes in them, meaning the eggs have already hatched.



Want to learn more? Visit the University of Kentucky's Entomology page at: entomology.ca.uky.edu

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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.

Cooperative Extension Service

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

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Annual Parade of Lights Holiday Craft & Vendor Sale



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



On Friday, December 1st in conjunction with the Holiday Parade of Lights there will a holiday craft/baked goods sale at Leslie County Extension.

Vendors can set up at 9:00 am and are welcome to stay until the auction is over (usually 8:00-8:30pm)

\$10.00 DONATION TO SET UP
OR ITEM DONATION TO THE SILENT
AUCTION

Contact Leslie County Extension at 672-2154 to reserve your spot!

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LEXINGTON, KY 40546



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Leslie County Cooperative Extension
22045 Main Street #514
Hyden, KY 41749-8568

RETURN SERVICE REQUESTED