



Cooperative Extension Service  
Lee County  
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(606) 464-2759  
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extension.ca.uky.edu

*A monthly newsletter on Extension Service programs and events.*

# Extension News —

*Agriculture - Family & Consumer Sciences - 4-H Youth Development*



## *In this Issue —*

- *4-H Camp "Save the Date" May 28-31, 2024.*
- *Kentucky Volunteer Forum*
- *Family & Consumer Science- Program Highlights & Announcements; Homemaker Happenings*
- *Self Care—Taking Care of Your Mental & Physical Health; Wood Working*
- *Fruit & Vegetable Orders*
- *Cattle Market Notes Weekly*

***Call the Extension Service to place your Fruit & Vegetable Plant orders!!***

### **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.

# Save the Date!!

May 28-31, 2024

## 4-H Camp 2024



**Meet New Friends | Try New Things |  
Find Your Spark at 4-H Camp . . .**



4-H Camp provides a place for youth to explore their interests and passions (sparks), surrounded by Kentucky's beautiful natural resources. Campers will meet caring adults and teen volunteers who are committed to their success, who will ensure each youth feels safe, and that they belong. At 4-H Camp, our class leaders emphasize effort in learning rather than ability, and our campers can expect progressive, exciting lessons that are different every day. The county 4-H agents, adult and teen volunteer leaders, and camp staff are committed to helping your camper engage in new adventures while making new friends.

Kentucky 4-H operates four camping locations serving 25,000 guests annually in various programs: summer camp, environmental education camp, extension-sponsored events, camp-sponsored events, and non-extension user rentals.

**Summer Camp is organized by local county Extension offices. The cost of the camp, registration materials, and application deadlines are set by each county extension office.**

**Contact Eric Collins, CEA for 4-H Youth Development**

# Kentucky Volunteer Form

*Volunteers Reaching New Horizons*

Sponsored and Supported By



**KENTUCKY**  
4-H Foundation

*Eric Collins, Lee CEA for 4-H  
Youth Development*

The Kentucky Volunteer Forum is a developmental and educational conference geared towards 4-H and Extension volunteers from all program areas.

The 2024 forum themed "Volunteers Reaching New Horizons" offered 220 workshops in 25 content tracks, professional development sessions, seminars on wheels, networking opportunities, a trade show and three recognition events.



# Family and Consumer Science Program Highlights & Announcements

## Painting for two



## Taste Through the Calendar



FCS Agent went to Senior Citizens to let the participants sample the February NEP Calendar recipe, "Everything Tuna Melt." They also got an update on programs at the Extension office.

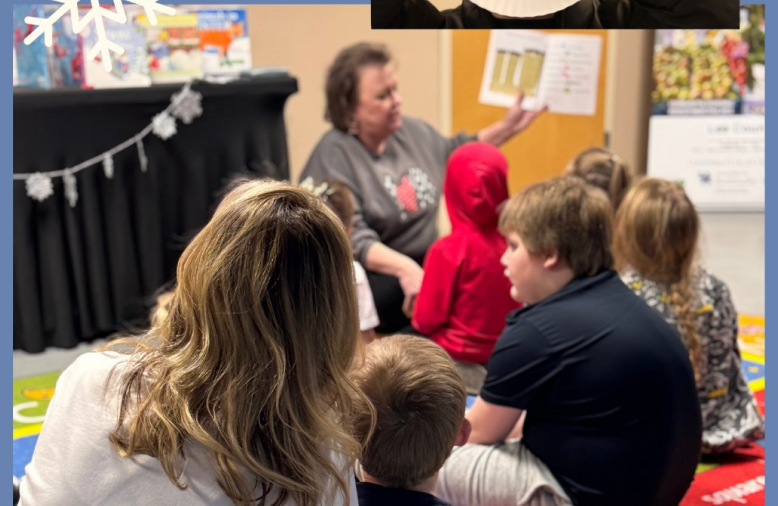


## Laugh & Learn

### Playdate

**DATE:** MARCH 25TH **TIME:** 3:30 P.M.

**FOR:** AGES 5 & UNDER



Laken Campbell, CEA for Family & Consumer Sciences Education

MoneyWise Newsletter view link - [https://fcs-hes.ca.uky.edu/files/moneywise\\_march\\_2024.pdf](https://fcs-hes.ca.uky.edu/files/moneywise_march_2024.pdf)

# Family and Consumer Science Program Announcements

## Upcoming Dates

\*Bingocize: @1 PM 3-1-24

\*Bingocize: @1 PM 3-6-24

\*Bingocize: @1 PM 3-8-24

\*Bingocize: @1 PM 3-8-24

\*Bingocize: @1 PM 3-13-24

\*Bingocize: @1 PM 3-15-24

\*Self Care @10 A.M. 3-14-24

\*Bingocize: @1 PM 3-15-24

\*Drop it like its hot Kick Off:  
@5:30 PM 3-18-24

\*Bingocize: @1 PM 3-20-24

\*Bingocize: @1 PM 3-22-24

\*Drop it like its hot Weigh in: 3-25-24

\*Laugh & Learn: @3:30 3-25-24

\*Diabetes Support Group: @6 3-26-24

\*Bingocize: @1 PM 3-27-24

\*Bingocize: @1 PM 3-29-24



## Outdoor COOKING

**Date:** April 4th **Location:** Lee Extension Office **Time:** 10:00 A.M.

This lesson will cover steps for food safety and fire safety when cooking outdoors. Participants will explore various categories of outdoor meals such as picnics, front country camping (at established campsites), and backcountry camping (more remote, undeveloped campsites). Enjoy seeing outdoor equipment like the Cast iron Dutch oven that has been around for generations. Have fun also exploring ways to cook and bake outdoors. Vicki Boggs, Leslie County FCS agent, will be presenting this lesson.

## DROP IT LIKE IT'S HOT

### 10-week Challenge

Want to make a healthy change? Join our 10 week health and wellness program. Each week there will be a different topic highlighted and challenges associated with that topic. There will be an inperson meeting to set goals for the program and discuss the layout of the 10 weeks. If you have questions call 606-464-2759.

**Date:** March 18th, 2024

**Time:** 5:30 PM

**Location:** Lee County Extension Office



# Homemaker HAPPENINGS

## Wood Center



## Healthy EATING

Around the World

CANADA



## Reminder

Log those volunteer hours!

## Passport Challenge

Interested in participating in our challenge? Log all locations, events, and more in your travel booklet. **Lets explore KY!!** You can pick up booklets at the Lee County Extension Office.



# Self-Care: Taking Care of Your Mental and Physical Health

*Date: March 14th*

*Location: Lee Extension Office*

*Time: 10:00 A.M.*

Self-care is essential for maintaining overall well-being, encompassing both mental and physical health. It involves nurturing yourself emotionally, mentally, and physically to reduce stress, enhance resilience, and improve quality of life. Taking time for activities such as exercise, meditation, hobbies, and relaxation can help alleviate stress and promote a sense of balance. Prioritizing self-care also involves setting boundaries, practicing self-compassion, and seeking support when needed. By making self-care a priority, individuals can cultivate greater resilience and vitality, enabling them to thrive in all aspects of life.



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Disabilities accommodated with prior notification.

**Laken Campbell, CEA for Family & Consumer Sciences**

# BINGOCIZE®

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**TRY BINGOCIZE®!**  
**BINGO + EXERCISE = BINGOCIZE®**



**COST: FREE**  
**TIME: 1 P.M.**  
**WHERE: LEE COUNTY  
EXTENSION OFFICE**  
**WHEN: WEDNESDAYS &  
FRIDAYS STARTING  
FEBRUARY 28TH.**

**BINGOCIZE® IS A HEALTH PROMOTION  
PROGRAM THAT COMBINES THE GAME OF  
BINGO WITH FALL PREVENTION EXERCISE.  
COME PLAY BINGO AND MEET NEW PEOPLE  
WHILE LEARNING ABOUT TECHNIQUES TO  
REDUCE FALLS.**

**PLEASE REGISTER BY CALLING  
606-464-2759**

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Disabilities  
accommodated  
with prior notification.



# FRUIT AND VEGETABLE PLANT ORDERS

Pre-Payment is required by **Friday March 13th**, for all plant orders.

Make checks payable to: **Lee County Extension**

All sales are **final!**



**\$6.50**

Allstar

**STRAWBERRIES**  
(Bundle of 25)  
(June Bearing, larger berry)



**\$6.50**

Earliglow

**STRAWBERRIES**  
(Bundle of 25)  
(June bearing, smaller, sweeter berry)



**\$4.00**

NATCHEZ

**BLACKBERRIES**



**\$8.00**

Duke

**BLUEBERRIES**  
(Two varieties needed for pollination)



**\$8.00**

Chandler

**BLUEBERRIES**  
(Two varieties needed for pollination)



**\$4.00**

Prelude

**RASPBERRIES**

(bare root)



**\$4.00**

**JEWEL BLACK  
RASPBERRIES**



**\$1.00**

MILLENNIUM

**ASPARAGUS**



**\$5.00**

CANDY

**ONION**  
(Bundle of 60)

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# Cattle Market Notes Weekly

Josh Maples



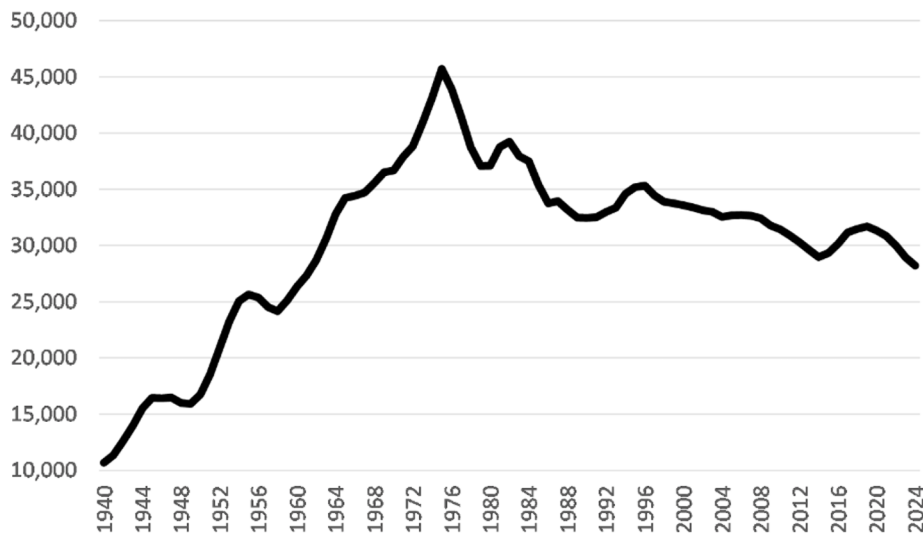
James Mitchell



Kenny Burdine



January 1 US Beef Cow Inventory - 1940 to 2024  
USDA-NASS (1,000 cows)



## Interest Rates are Likely Impacting Producer Interest in Expansion By: Kenny Burdine, University of Kentucky

USDA's cattle inventory report confirmed that the US cowherd continued to get smaller during 2023. Higher input costs, regional weather challenges and hay supply issues, strong cull cow prices and several other factors have contributed to a prolonged liquidation phase of this cattle cycle. Despite the fact that calf prices were relatively strong during 2023, there is no indication that heifer retention has begun. It would appear that we are likely to see a "slow expansion" when beef cow numbers do start to grow in the coming years. At some point, the cattle market will be strong enough, and weather will be cooperative enough, that we will reverse this trend of decreasing cow numbers.

View the Off the Hoof Newsletter at — <https://afs.ca.uky.edu/sites/afs.ca.uky.edu/files/Off-The-Hoof-February-2024.pdf>

Occasionally someone will ask why we tend to expand the cowherd when prices are high. It would seem that the best time to expand would be when prices are low because females are worth less. It's a good question and I understand why someone would ask it. On the surface it is true that the cost of breeding stock tends to be lower when calf prices are lower and the full cost of developing a heifer is lower when heifer calves are less valuable. But producers tend to expand during high priced times for two reasons. First, the high calf prices make them more interested in having a larger number of calves to sell in the future. And secondly, high price times often provide the ability to sell fewer calves and still meet financial obligations. By that I mean it is easier to sell fewer heifer calves when the steers and heifers you do sell are fetching a higher price.

I wanted to walk through this to set up the idea that the current interest rate environment is another factor making expansion less attractive to cow-calf producers. The expansion decision is really a tradeoff. A cow-calf producer choosing to expand makes a short-term investment (heifer retention or breeding stock purchase) in hopes of seeing higher profit levels in the future. Any time a short-term / long-term discussion is had, interest rates and inflation are likely to enter the conversation.

The first impact of high interest rates on expansion is the most obvious – the cost of financing breeding stock increases. A farmer wishing to purchase bred heifers in order to expand the number of cows he / she runs will pay more in interest over the length of that loan. The higher interest expense lowers the potential profitability on that bred heifer as she starts to produce calves in the future. A producer that expands through heifer retention is still impacted as that producer sells fewer heifers in the short run and incurs development costs on those heifers retained. Even if money is not borrowed directly for this purpose, the opportunity cost of the money not received by selling the heifer calves and the money spent on development is more significant in a higher interest rate environment.

The second impact is one that is not discussed as often, but I also feel that is very relevant – interest rates impact the time value of money. Money in the present is always preferred over money in the future and interest rates largely determine how significant that preference is. When a producer retains a heifer for replacement purposes, he / she forgoes her value as a calf (present) in order to see increased revenues from the sale of her calves after she enters the herd (future). The preference for money now, from the sale of the weaned heifer, is greater when

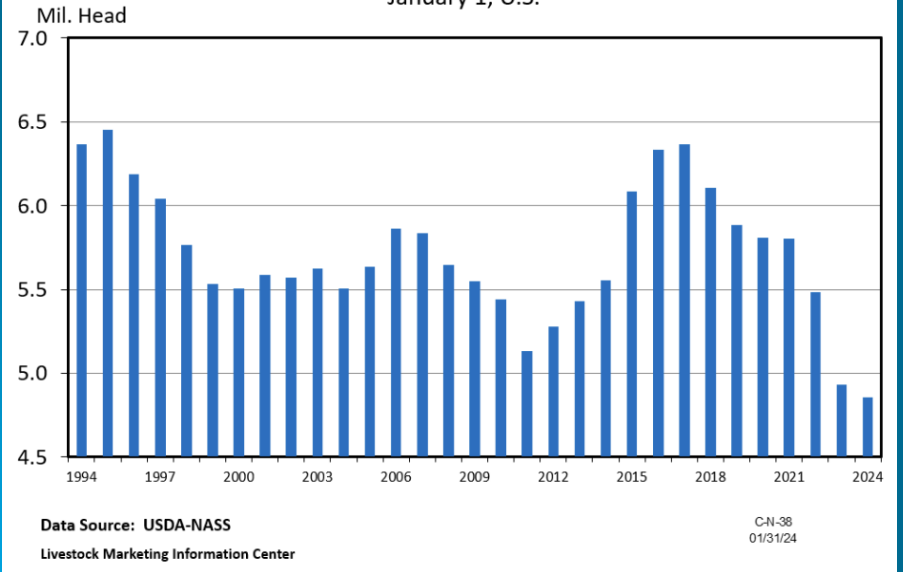
**[View this link for the Kentucky Beef Book—](http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf)**

**<http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf>**

interest rates are higher. At the same time, the real value of those future calves is lower due to higher interest rates. An economist might say those future returns are “more heavily discounted” in a higher interest rate environment. This combination results in less desire to hold heifers for development purposes and I think we are seeing some impact from this today.

### HEIFERS HELD AS BEEF COW REPLACEMENTS

January 1, U.S.



I think weather (forage supply), calf prices, and production costs are the three main determinants of expansion. But we also can't ignore the fact that we are in a very different interest rate environment in 2024 than we were during our last expansion phase. Interest rates have been another factor delaying expansion of the cowherd and should be watched as we consider when we will turn the corner on this cattle cycle.

## The Markets —

Overall, prices for feeder cattle and calves were higher last week and remain well above 2023 levels. Futures prices were largely steady, while corn price fell a bit more.

For Additional Information — Contact Ted Johnson, CEA for Agriculture & Natural Resources Ed at (606) 464-2759.

<b>Cattle Market Report</b>		For Weeks Ending On			% Chg	% Chg	
Prices \$/cwt. Sources: USDA, LMIC, and CME		2/16/24	2/9/24	2/17/23	Prev. Week	Prev. Year	Chg Prev. Week
<b>500-600 lb. Feeder Steers</b>	Mississippi M/L #1-2	\$274.64	\$266.24	\$178.43	3%	54%	\$8.39
	Arkansas M/L #1	\$293.81	\$289.73	\$199.57	1%	47%	\$4.08
	Kentucky M/L #1-2	\$268.37	\$262.69	\$199.57	2%	34%	\$5.68
	Oklahoma City M/L #1-2	\$279.19	\$277.04	\$199.50	1%	40%	\$2.15
	Alabama M/L #1	\$293.66	\$284.02	\$194.67	3%	51%	\$9.65
	Tennessee M/L #1-2	\$277.26	\$264.83	\$195.52	5%	42%	\$12.43
	Missouri M/L #1-2	\$281.47	\$280.13	\$207.86	0%	35%	\$1.34
<b>700-800 lb. Feeder Steers</b>	Mississippi M/L #1-2	\$209.17	\$212.50	\$146.86	-2%	42%	(\$3.33)
	Arkansas M/L #1	\$246.32	\$232.30	\$171.92	6%	43%	\$14.02
	Kentucky M/L #1-2	\$223.69	\$223.79	\$167.96	0%	33%	(\$0.10)
	Oklahoma City M/L #1-2	\$241.50	\$235.31	\$175.99	3%	37%	\$6.19
	Alabama M/L #1	\$235.74	\$222.67	\$167.70	6%	41%	\$13.07
	Tennessee M/L #1-2	\$230.71	\$225.04	\$165.36	3%	40%	\$5.67
	Missouri M/L #1-2	\$235.39	\$235.11	\$179.14	0%	31%	\$0.28
<b>Negotiated Feeder Steers</b>	Live Price	\$180.35	\$181.15	\$161.17	0%	12%	(\$0.80)
	Dressed Price	\$286.61	\$287.37	\$256.78	0%	12%	(\$0.76)
<b>Boxed Beef</b>	Choice Valuc, 600-900 lb.	\$294.37	\$294.32	\$275.65	0%	7%	\$0.05
	Calcd Valuc, 600-900 lb.	\$296.20	\$296.60	\$260.04	1%	10%	\$1.60

