

**Eric Baker**  
Estill County Extension  
Agent for Agriculture  
& Natural Resources

It is that time of year... Asian lady beetles are moving to wintering sites. Asian lady beetles (*Harmonia axyridis*), are a large orange lady beetle that may or may not have spots. The segment over the head is white with a black "M".

Lady beetle flights are heaviest on warm sunny days (after a period of cold weather) when temperatures climb above 60 degrees F. They tend to congregate initially on the sunnier, southwest sides of buildings in mid-afternoon. Once the beetles alight, they attempt to enter crevices and other dark openings in search of hibernation sites. These lo-

## Asian Lady Beetles Move Indoors

cations may be anywhere on the structure, but especially beneath exterior siding, around window and door frames, soffits, fascia boards, and through weep holes and attic or crawl space vents. Sealing exterior cracks and openings with caulk, screening, weather stripping, etc., is the most effective long-term, prevention against beetle entry (For details, contact the Extension Office and ask for ENTFACT-641 - "How to Pest-Proof Your Home").

Once the beetles are indoors, the best way to remove them is with a vacuum cleaner. When brushed or handled the beetles often secrete a yellowish-orange fluid, making vacuuming a better option for indoor removal than brooms, mops, etc. Insecticides applied indoors tend to be ineffective and may stain or leave unwanted residues on walls, counter tops, and other surfaces.

While sealing exterior openings is the more permanent means of denying ladybug entry, pest proofing is time-consuming and impractical for many clients.

If a household or business continues to be troubled by lady beetles, owners may want to enlist the services of

a professional pest control firm. Some companies offer pest proofing services and many offer insecticide treatment of the building exterior, which helps to prevent pest entry. Fast-acting, "professional strength" pyrethroid formulations (e.g., Demand, Suspend, Talstar, Tempo) tend to be most effective, and can be applied around eaves, attic vents, windows, doors, underneath siding, and other likely points of entry.

Homeowners insistent upon applying exterior treatments themselves will usually get the most for their efforts using products such as Spectracide Triazicide, Ortho Home Defense Max, or Bayer Advanced Powerforce Multi-Insect Killer. In

order to have any benefit, exterior treatments must be applied before the beetles enter buildings to overwinter.

When all else fails, just remember that lady beetle entry into buildings is a relatively short-term event which generally runs its course by the end of November. The beetles sometimes can emit a foul odor, stain indoor surfaces, and occasionally give a "nip" if they land on one's skin. They do not breed or reproduce indoors like fleas or cockroaches, and constitute a nuisance mainly by their presence.

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**Terracotta** ("baked earth") has been used throughout history for sculpture, pottery and building materials. In ancient times, clay was dried in the sun after being formed, but eventually kilns were used to bake the clay, and this is still done today. The clay's iron content gives the terracotta a yellow, orange, red, pink, grey or brown color. Fired terracotta is not watertight, but can be glazed to make it so.

- Brenda Weaver  
Source: wikipedia.org

## Wishing Well®

7	6	7	4	5	2	5	8	4	3	5	7	2
J	Y	O	L	R	A	E	A	O	S	A	Y	S
8	7	3	4	6	8	6	3	7	2	7	4	7
N	F	P	T	O	E	U	L	R	W	O	S	M
3	7	4	8	7	5	2	3	8	7	4	8	3
E	T	O	X	E	C	E	N	C	E	F	I	D
8	6	4	7	2	7	3	8	5	3	7	8	3
T	S	G	N	E	A	I	I	H	D	G	N	V
2	6	3	6	7	5	8	3	4	7	6	3	4
T	T	I	A	E	F	G	C	R	R	R	T	E
6	8	5	6	4	5	4	2	5	8	6	3	8
T	D	O	D	E	R	N	L	T	A	I	O	Y
3	2	6	5	3	5	2	6	2	5	6	5	5
R	I	A	H	Y	E	F	R	E	T	Y	O	P

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## CryptoQuote

AXYDLBAAXR  
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

PXI LIDP PYWI PJ DPHSP

PXYZFYZV HLJNP UJNS

SIPYSIWIZP YD LIAJSI PXI

LJDD QJID. — HZJZUWJND

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: P equals Y

OGAAROVFK PRG LOJDY SD QR

FLSD OVFKDW HDWWP'O TDWP

BLTRWVQD HDDB YVOX, V'Y OLP

UXGUJ WRLOQ.

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## Getting the Most of a New Energy Efficient Heating or Cooling Unit

It's a common misconception that purchasing a new home heating or cooling unit will automatically lower your energy bills. However, this answer is not always so simple.

Purchasing a new energy efficient or cooling unit should lower your energy bills. However, you may want to ask yourself if your home is prepared to fully realize the potential cost savings of a new energy efficient unit.

Air conditioning and heating units are a part of your heating, ventilation and air conditioning (HVAC) system. An HVAC unit is a small system working within the larger system of your home. The full potential energy and cost savings of a new, energy

efficient heating or cooling unit is only possible when the HVAC system is working with the home's system.

To make sure these systems are working together, purchase the correct size central air or heating unit for your home's square footage. Heating units that are too large for homes will not cycle properly and that will result in wasted energy. These units may also have a shorter life. Oversized air conditioners are susceptible to short cycling, inadequate dehumidification and large temperature variations within a home.

Heating units that are too small will not provide enough heat to be comfortable during very cold weather, and air conditioners that are too small may not be able to adequately cool and dehumidify your home during warmer months.

Central air and heating is delivered via a duct system. The duct system needs to be properly sized, installed, sealed and insulated. If it's not, it will affect the amount of energy required to heat or cool your home. Properly sealed duct work ensures that conditioned air is not lost during delivery. Duct work located outside of the home's thermal boundary, or insulated boundary, should be insulated. Insu-

lating the duct work ensures that the conditioned air is not lost through conduction to unconditioned spaces.

Your home's thermal boundary plays an important role in the effectiveness of your home's HVAC equipment. Air leaks within the thermal boundary will cause the loss of conditioned air and will cost you the full energy savings potential of the new unit. Sealing these leaks will correct the problem.

Remember when sealing your home's thermal boundary, that it can affect

a home's ventilation system. Make sure you have adequate ventilation to have proper indoor air quality.

Additional information about topics related to energy efficiency is available at the UK Estill County Cooperative Extension Service located at 76 Golden Court.

Source: Beverly Miller, Senior Extension Associate for Biosystems and Agricultural Engineering

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Five Things Gray Catbirds Love:

1. Shelled peanuts and sunflower hearts.
2. Fruit-and-nut seed cakes (blocks).
3. Red and green grapes.
4. Lots of fresh water.
5. A well-trained person to toss peanuts to them.

E-mail: birdingbits@qlrr.com  
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## Homemakers Events

Saturday, November 9th, 9am-12:30pm

### Living Well - The Holiday Edition Seminar

Looking for a jumpstart to the holidays? Living Well: The Holiday Edition will be held on Saturday, November 9th, 9:00 a.m. - 12:30 p.m. A great way to kick off the season, this annual entertaining event takes place at the Fayette County Extension Office.

1140 Red Mile Place, Lexington, KY 40504, and includes the following presenters:

Holiday Ideas from the Garden - Jon Carloftis, Kentucky native and award winning garden designer Turkey, Trimmings & Finishing Touches - Executive Chef Jeremy Ashby and Sylvia Lovely, AZUR Restaurant Bluegrass Holiday Decorating Sampler - featuring displays from some of the best home décor shops and galleries in the Bluegrass Area.

A light breakfast and program are included in the \$10.00 registration. Seating is limited. Registration is required, first come, first served. Contact the UK Estill County Cooperative Extension Service at 606-723-4557 if interested in going. Living Well Seminars are presented by UK Bluegrass Family and Consumer Sciences Extension.

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## UK COOPERATIVE EXTENSION SERVICE

### EXTENSION NOTES

#### Family And Consumer Sciences

#### Gluten-free Diets Are Not For Everyone

Recent publicity about celiac disease and the gluten-free diet has led to misconceptions about gluten and its role in weight loss. As a consequence, many individuals without gluten intolerance are following a gluten-free diet.

Celiac disease is an inherited, autoimmune disorder in which some people's gastrointestinal tract cannot properly digest gluten, a protein found in wheat, barley and rye. In celiac disease, gluten destroys some of the intestine's lining as it passes through the digestive tract, which hinders nutrient absorption. Only 1 percent of the population has been diagnosed with celiac disease, while 30 percent of the population carries its genetic markers.

It is estimated that 1 in 133 people show signs of gluten sensitivity, which like celiac disease include indigestion, bloating, diarrhea and fatigue. An immune system response to gluten is thought to cause non-celiac gluten intolerance. A gluten-free diet is the current treatment for those with either disease.

The reason why a gluten-free diet became a fad weight-loss diet is unknown. But the popularity of the diet has caused the gluten-free market to explode in recent years with gluten-free products commanding a premium price. A recent survey found that only 10 percent of the people who purchase gluten-free products do so out of necessity. The other 90 percent purchase them because of the perceived health benefits of going gluten free.

In fact, some who have been diagnosed with celiac disease may find that switching to a gluten-free diet causes them to gain weight. Gluten-free foods tend to have a higher amount of fat, refined carbohydrates and calories to make up for the taste gluten gives food. While the gluten-free diet is higher in fat and calories, it is often lower in important nutrients including fiber, iron, folate, carbohydrates, niacin, calcium and vitamin B12.

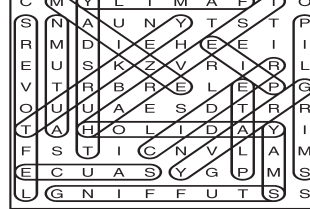
If you're interesting in weight loss or maintenance, consider adding more fruits, vegetables, whole grains and lean proteins to your diet rather than going gluten free. More information on gluten is available in the UK Extension publication FCS3-564: The Gluten-Free Choice: Is it for me? or through the Estill County office of the University of Kentucky Cooperative Extension Service.

Source: Janet Mullins, University of Kentucky Food and Nutrition Extension Specialist

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### Puzzles4Kids

Answer



Riddle Answer: Count their blessings.

### Letter Box

Solution

U	B	M	S	L	I	H	G	E
S	I	H	E	G	B	L	M	U
L	E	G	H	U	M	B	I	S
E	S	B	M	H	G	I	U	L
M	U	I	L	B	S	E	H	G
H	G	L	U	I	E	M	S	B
B	L	U	I	S	H	G	E	M
I	M	S	G	E	L	U	B	H
G	H	E	B	M	U	S	L	I

### FEAR & KNIGHT

answer



### Even Exchange

answers

1. Twins, Twine
2. Hammer, Hamper
3. Locket, Locker
4. Blush, Brush
5. Peace, Peach
6. Staple, Stable
7. Saute, Sauce
8. Judge, Nudge
9. Buster, Butter
10. Cruet, Crust

### Weekly SUDOKU

Answer

4	9	1	7	8	3	2	5	6
6	3	5	4	2	9	8	1	7
8	2	7	6	5	1	4	3	9
9	4	6	3	7	5	1	2	8
7	5	8	2	1	4	9	6	3
2	1	3	9	6	8	5	7	4
5	6	2	8	9	7	3	4	1
1	8	4	5	3	6	7	9	2
3	7	9	1	4	2	6	8	5

### King Crossword

Solution time: 21 mins.

R	O	W	S	G	O	V	T	S	A	R
A	N	A	T	O	L	I	A	H	O	P
F	O	R	E	T	E	L	L	R	O	S
W	R	A	P	S	D	Y	A	N	E	R
H	E	R	E	F	O	R	G	E	R	Y
Y	E	N	E	R	N	I	E	O	A	F
F	O	R	T	U	N	E	P	O	L	E
A	R	I	A	W	A	K	E	N		
P	R	I	V	E	T	E	A	R		
A	L	A	N	U	N	I	O	N	I	Z
N	O	N	E	L	E	E	T	R	I	G

### Bible Trivia Answers

Casey's trivia book "Know It? ... or Not?" is available from BearManorMedia.com

ANSWERS: (1) New; (2) Cyrus; (3) Eubychus; (4) 12; (5) But-ter; (6) Judges 16