

Tis the season—A homeowners' guide to ice dams

Cold weather contributes to many different conditions that can affect homes. When winds are blowing fiercely, homeowners may soon discover deficits in insulation or in caulking around windows and doors. Icy conditions can cause walkways and stairs to become slick.

One winter condition can cause extensive headaches and damage and could be a mystery to many homeowners. Ice dams occur when warm air in the attic heats up the roof and melts accumulated snow. Water from this melt runs down the roof and refreezes when it reaches the colder roof edge. A mound of ice forms at the lower edge of the roofline as a result. Ice dams may help

create a picturesque winter vista, with icicles hanging and glinting in the sunlight, but they can cause significant damage. According to experts, ice dams can weigh hundreds of pounds if they get large enough, potentially affecting the structural integrity of roof eaves. In addition, ice dams can cause melted runoff to back up under roof shingles. This water can eventually make its way inside, ruining ceilings and walls. The roof, gutters, insulation, interior drywall, and other home surfaces can be damaged if ice dams are left unchecked.

The following are some conditions that make a home vulnerable to ice dam formation:

1. The presence of snow on the roof.

2. An average outdoor temperature that is 32 F or lower.

3. A roof surface temperature above 32 F at its higher points and below 32 F at the lower end.

4. Indoor heat making its way to the underside of the roof.

Homeowners should take a few steps to address ice dams. The first is preventing future ice dams from forming. According to First American Roofing and Siding, LLC, improving insulation in the ceiling below the attic and addressing any inefficiencies in the home is necessary. A professional can do a blower door test, which works by depressurizing the home and using a thermal camera to find areas where insulation is poor. In

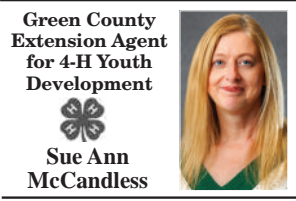


addition, adequate ventilation under the roof deck is necessary so cold air can circulate and prevent the attic from getting so warm that it will melt the snow on the roof.

The next step is to remove excess snow from the roof with a roof rake and keeping gutters clear. If ice dams have already formed, hire a professional to remove them, as it can be dan-

gerous to do it oneself. Snow-covered roofs and landscapes can be beautiful, but also dangerous if conditions that cause ice dams to form are not addressed.

Beat the Winter Blues— Sign up now for Green County 4-H Summer Camp



With winter storm Fern in our rearview, now is a great time to start making plans for the summer. Now is the time to register youth for 4-H summer camp, one of Kentucky's long-standing traditions and great values. 4-H camps offer unique experiences to youth who get to participate in traditional 4-H activities during their stay. The activities include low and high ropes, canoeing, kayaking, archery, swimming, nature hikes, arts and crafts, sports, games and more. Kentucky 4-H camps run from the end of May through early August.

Green County will be attending camp from June 2-5 at the Lake Cumberland 4-H Camp in Jabez, Ky. The current camp fee has been lowered from \$340 to \$240 per child due to our generous 4-H Council that has agreed to cover \$100 per camper. Camp is open to youth ages 9 to 14. Space is limited. Registrations are taken on a first come first served basis. A payment plan is being offered to make the expense of camp more manageable. Youth who register by February 14th may make a \$60 deposit to hold their spot, then they will have the option to make 3 additional monthly payments of \$60 to pay the balance. For those that sign up after February 14th, the deposit for camp will be \$120 to hold

their spot with the balance of \$120 being due by May 15th. The camp fee covers the cost of lodging, transportation, all meals and activities and a t-shirt. Camp scholarships for those with financial need are also available to help, applications for scholarships are available from the Extension Office. Contact the Extension Office at 270-932-5311 or go online for registration forms to: <https://green.mgcafe.uky.edu> look under the 4-H Youth Development tab to find a link for summer camp.

The goals of 4-H camp remain unchanged, namely, to assist youth in learning new skills and activities, and to foster independent living so that youth learn to take care of themselves and make deci-

sions on their own. By participating in 4-H camp, children become part of a community, which provides a sense of belonging. Young people are assigned responsibilities, such as cleaning the cabin or kitchen duty, and those tasks increase their involvement in the shared experience. For many participants, this may be their first experience having a positive relationship with an adult(s) outside of the home.

All four camps across Kentucky have been accredited since 2005 by the American Camp Association, an accreditation that ensures the program uses best practices in its procedures. These best practices include: Clean and well-maintained facilities Rigorous training of staff and volunteers

Background checks on all staff and volunteers

An on-site health-care provider

Teen leaders are also needed for 4-H Camp. Applications may be picked up from the Extension Office and are due by March 31. Serving as a Teen Leader is an excellent opportunity for youth. Applicants should be 15-17 years old. The fee for teen leaders in training (ages 15) is \$150 and teen leaders (ages 16-17) is \$100. We have a limited need for male adult leaders. Adults must complete a background check and screening process. Approved volunteers attend camp at no charge and take a camper for free, if you are interested, please contact the office at 270-932-5311. Again, spots for

camp are limited and are filled on a first come first served basis. Don't miss out on the fun of 4-H Camp, register today!

For more information, contact Green County Extension Agent for 4-H Youth Development, Sue Ann Loyall at 270-932-5311 or email sue.ann.loyall@uky.edu

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Health benefits of herbs



Herbs are so beneficial to incorporate into your vegetable and flower gardens. They provide flavorful additions to your food and have the potential to aid in the health of your body.

Herbs can be used as a substitute for less healthy taste enhancers such as salt, sugar, and fat. By using herbs, you are not sacrificing flavor.

Herbs are low in calories. Herbs contain essential oils that add flavor and nutrition to our food. To activate and release these oils, herbs can be gently crushed, cooked, or cut and added to many dishes.

Most herbs contain antioxidants. Antioxidants are compounds that prevent oxidation in the body. Herbs may also have protective effects against inflammation and some chronic illnesses. Studies have suggested that eating foods high in antioxidants help support the immune system by reducing inflammation.

Phytonutrients within herbs may provide benefits to your body as well.

These antioxidants and phytonutrients have anti-inflammatory, anti-allergy, and antioxidant properties. Antioxidants suppress harmful effects of cancer-causing pollutants present in foods and beverages. When I use fresh herbs harvested from my own garden, I can definitely taste the difference between them and the dried herbs I purchase from the store. They are much more flavorful, and it is rewarding to cook and eat something you have grown with your own hands.

With so many benefits, why not try a few herbs this season? In-ground, raised beds, or containers are suitable places to grow herbs. I would recommend oregano, basil (annual), thyme (morning sun), chives, and rosemary (mulch with straw to prevent freeze damage).

Sources:
 Nickoll and O'Hara, 2010
 Antioxidants: Beyond the Hype, 2016
 Heneman and Zidenburg-Cher, 2008
 Gupta and Pakash, 2014

University of Arizona

GREEN COUNTY BOARD OF HEALTH ANNUAL MEETING

The Green County Board of Health Annual Meeting will be held on Monday, February 9, 2026, at 5:30 PM in the conference room at the health department. The purpose of the meeting is to approve the budget, set the tax rate, and elect officers.

POWDER MILLS EQUIPMENT ANNUAL ONLINE ONLY CONSIGNMENT AUCTION

Auction Opens February 10, 2026 (8:00 AM CT) and Closes February 14, 2026 (Beginning at 5:00 PM CT)
 Location: 1555 Powder Mills Rd, Magnolia, KY 42757

Inspection Daily (8-5)

Buyer pickup Monday-Friday (8-5) CT (starting Feb. 17)

Accepting Consignments Now thru Feb. 9

For catalog registration, bidding & terms go to: olsonauctions.hibid.com

**Tractors - Planters - Drills - Combine Heads
 Sprayers - Skidsteer/Loader Attachments
 Backhoe - Bulldozer - Haybines - Discbines
 Rakes - Balers - Tillage - Parts - More
 Too Much to List**

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 Call Tony Weston @ 270-528-2583
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