



WINTER 2023

# OLDHAM COUNTY

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## New Staff Assistant



Welcome Linda Harrison, our new Staff Assistant!

Linda has worked for Cooperative Extension for 20 years, most recently in Shelby County. She previously lived in Oldham County and returned five years ago. She loves being in nature, and small-scale gardening is her favorite hobby. She also enjoys studying Kentucky and Civil War history and visiting historical sites.

## Become An Extension Volunteer

There are a variety of ways in which one may volunteer for Extension. Many volunteer roles involve working directly with others; others do not. There are several types of volunteer roles available including the following:

### Club Leader

A person who works to assist the club's members in planning the annual club program, conducting club business and enrolling individually or as a group.

### Project Club Leader

An "expert" or serves as a resource in one specific project area. Project clubs are usually county-wide and are not restricted to specific locations within the county.

### Special Emphasis Volunteer

This is an individual who works with a group and offers a series of activities designed to meet the

needs and interests of people within a community. This is different that a Project Club Leader in that the people do not belong to a "club."

### Council Member

This is a formal, decision-making group serving in an administrative role. Councils generally schedule from 6 to 12 meetings each year and have broad discretion in programmatic oversight.

### Youth Volunteer

An older 4-H member with the ability to function in a variety of 4-H roles including mentoring younger 4-H members, serving on the 4-H Council, 4-H committees, Jr. Camp Counselors, 4-H Ambassadors, etc.

*Call our office if you are interested in becoming an Extension volunteer, (502) 222-9453.*

# FAMILY & CONSUMER SCIENCES



The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

The organization was developed in cooperation with the University of Kentucky Cooperative Extension Service.

Across the state, county Family & Consumer Sciences Extension Agents work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

## LOCAL HOMEMAKER INVOLVEMENT

- Ovarian Cancer Screenings
- New Mothers/  
Babies monthly
- School Supplies Drive
- Coins for Change
- Cultural Arts &  
Heritage Exhibit
- College Scholarships

## Oldham County Homemaker Clubs

*Through a variety of programs and activities, homemakers improve the well-being of themselves, their families, and their communities.*

### 502 Crafters: Mary Wallace

- (502) 438-0546
- See Facebook page for meetings

### Crossroads: Treva Prather

- (502) 396-3250
- Meets 10 am first Wednesday each month @ Oldham Co. Extension

### Goshen Area: Carol Fessler

- (502) 553-2372
- Meets 12:30 pm first Wednesday each month @ Sojourn Church North

### Magic Circle Crochet:

- Susan Brady
- MagicCircleCrochet@yahoo.com
- Meets 6:00 pm third Tuesday each month @ Oldham Co. Extension

### Oldham County Quilters:

- Patti Hardesty
- (502) 558-3068
- Meets 9:00 am every Saturday at Oldham Co. Extension

### Poplar Grove: Faye Korthaus

- (502) 649-6475
- Meets 10:00 am the 1st Friday each month (March & May 2nd Friday) at Brownsboro Community Center

### Scrapbooking & Craft:

- Linda Kiekhefer
- (502) 241-9436, please leave message
- Meets 12:00-5:00 pm, every Wednesday @ Oldham Co. Extension

### Share & Sample: Traci Jones

- (502) 758-1322
- Meets 6:30 pm, second or third Friday each month at Oldham Co. Extension

### Yarnovers: Nancy Dahlgren

- (502) 222-7899
- Meets 9:30 am every Tuesday at Oldham Co. Extension

**Stay up-to-date on all the latest information and events:**

[facebook.com/](https://www.facebook.com/oldhamcountyfcs/)

[oldhamcountyfcs/](https://www.facebook.com/oldhamcountyfcs/)

<http://oldham.ca.uky.edu>

[Oldhamcountyextension.com](http://oldhamcountyextension.com)



# How to Combat Rising Costs of Living Across KY

Source: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance & Resource Management

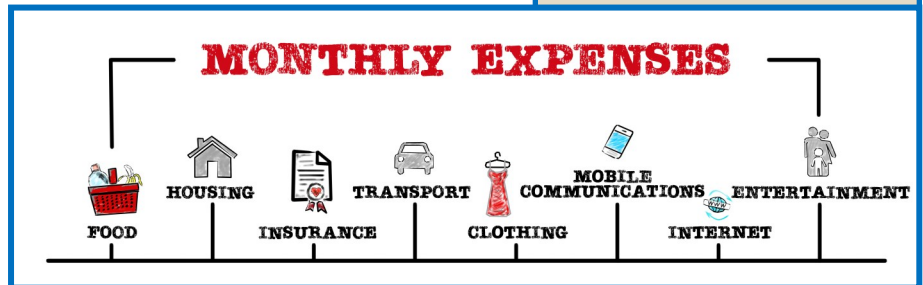
Kentuckians are feeling the weight of rising living expenses. expenses. With national inflation at 7.5%, prices for goods and services are at record highs. These steep costs have forced many households to consider ways to better manage their resources.

To combat rising living expenses, start by finding intentional ways to manage your resources, reduce expenses and stretch your income. Below are a few ways to help your budget absorb the ill effects of inflation.

An inexpensive way to reduce heating and cooling bills is to check for insulation leaks around your home. Simple repairs, such as purchasing a bottle of expanding foam for under \$10, can help if you have cracks around windows or foundations. Stick-on foam strips to place under your doors or along vertical openings also sell for less than \$10.



Setting your thermostat at 68 degrees or below in the winter, or 78 degrees or above in the



summer, can reduce your annual heating and cooling costs by as much as 10%. Remember to regularly clean or change your air filters to keep your HVAC system efficiently working.

Track sales at your local grocery stores and stock up on pantry and freezer staples when items are on sale and in stock. Shelf-stable items such as canned vegetables, legumes and grains can add volume to your meals for less money. Freeze produce, meats, or some cheeses when you find them on sale. Meal plan before you go shopping and select recipes that will yield leftovers or that can be repurposed in multiple meals.

Be flexible when you shop for and prepare meals. Select store-brand products to save money. Explore adding meat or dairy-free recipes to your menu to cut costs on higher priced ingredients. When you look for small ways to save money on everyday essentials, you can stretch your dollars.

*“Free gas station apps or websites track the best local prices on gasoline. If your vehicle can operate on regular gas, choose that over mid-grade or premium fuel options. You are likely to find better deals at stations away from major highways or intersections. Traveling between 65 and 75 mph on highways can save 10% to 20% on fuel costs. Keeping your car’s maintenance current can help to keep it running at optimal capacity. Check your tire pressure and look for opportunities to batch errands. Carpool, take public transportation or walk when possible. “*

*To get more information on family financial topics, contact the Oldham County office of the University of Kentucky Cooperative Extension Service (502) 222-9453.*

# Clean Up Paper Clutter

Source: Rhonda Rex, Campbell County family & consumer sciences extension agent  
Jennifer Hunter, professor of family sciences



- *Cookbook Club: Tailgate*
- *Cookbook Club: PI Day*
- *Sew: Aprons for 2*
- *Cultural Arts Exhibit*
- *Art of Mindfully Eating*
- *Brunch Lunch Bunch*
- *March Big Blue Book Club: "Is Butter a Carb?"*
- *Move Your Way Exercise for Everyone*
- *Job Club Zoom webinars on the 2nd & 4th Tuesday of each month @ 9:00 am*
- *Touch a Truck*
- *Lunch Time Yoga*
- *Canning 101*
- *Beginner Crocheting*
- *Extension Open House & Awards Program Jan. 31st*

Visit our website: [oldham.ca.uky.edu/events](http://oldham.ca.uky.edu/events) or call our office at (502) 222-9453 to learn more about a program and to register.

Despite our best attempts at home organization, many of us are constantly bombarded with paper. Paper is the most common type of clutter. When you think about it, this is not really surprising considering the amount of junk mail, bills, coupons, completed schoolwork and publications that many of us have lying on tables or stuffed in drawers at our homes.

You can get a handle on this type of clutter by following these tips:

- *Immediately act when you get a new piece of paper. Read it, file it, shred it or throw it in the trash.*
- *Keep a shredder or waste basket near the area where you go through your mail so you can immediately eliminate junk mail.*
- *Sign-up for online bill pay so you get fewer statements in the mail.*
- *Remove your name from direct mailing lists and magazines and catalogs that you no longer want.*
- *Determine a day of the week to organize papers around your home and workplace. It doesn't have to be the same day.*
- *Set aside one day during the year to purge your files.*



- *Keep your children's mementos, such as crafts or memorable school assignments, in a container. At the same time, realize you don't have to keep everything your child creates.*

- *Organize your credit card receipts by putting them together in a container so you can match and attach them to the bill when you pay it.*

Keep your coupons in a container. Don't get discouraged if you have

years of papers to go through. Start small; set a goal of cleaning out one drawer. Once that drawer is complete, move on to the next one. As you go through your papers, decide what you need to keep and how you are going to store it. Put what you need to keep in some type of container; it can be as simple as a cardboard box. Then label the container so you know what's inside. Shred or throw away unnecessary papers.

More information on home organization is available at the Oldham County office of the University of Kentucky Cooperative Extension Service.



# 4-H YOUTH & DEVELOPMENT

## Communication Skills Are An Important Life Skill

Effective communication skills are more important than ever in today's environment. The 4-H Communications Event provides 4-H members the opportunity to practice public speaking skills and receive positive, constructive suggestions for improvement. Categories for participating in the event are demonstrations, speeches, and mock interview and details can be found at: <https://oldham.ca.uky.edu/>

[program-areas/4-H-Youth-Development/4-H-Communications-Program](#)

Registration for the Oldham County Event on March 27th is due by March 20th. County champions will have the opportunity to advance to area and state competitions. For more information contact the Extension office at (502) 222-9453 or email [kwoods@uky.edu](mailto:kwoods@uky.edu).



### **4-H Camp Recruitment Starting Soon**

*Time Warp is the 2023 4-H Camp theme, campers will have the opportunity to specialize in four classes while at camp.*

*Oldham County 4-H will be at camp June 26 thru June 30th at Lake Cumberland.*

*Camper enrollment materials will be available February 1<sup>st</sup> with Adult, Teen and CIT Leader applications available on January 17th. Adult, Teen and CIT applications are due February 14th.*

*Call (502) 222-9453 or email [amy.logsdon@uky.edu](mailto:amy.logsdon@uky.edu) to request registration materials.*

## Upcoming Events

**Extension Open House & Achievement Awards Program**  
*January 31st at 6:00 pm at the Extension office.*

**4-H Passport Kitchen:** February 6, 17, 20, & 27th. Cost is \$30. Explore cultures, countries and food. We will cook our way through 6 countries in this 4 day program. Call to register (502) 222-9453. Space is limited.

## Oldham County Horse Club



Oldham County Horse Club members Carrie Olds, Ella Olds and Savanna Claggett (pictured left to right) represented Kentucky 4-H at Southern Regional 4-H Horse Championships, Quarter Horse Nationals and Eastern Nationals. During Eastern Nationals the team finished 3<sup>rd</sup> in Horse Bowl out of 17 teams from across the US. Carrie Olds finished 3<sup>rd</sup> in the Individual Overall. Congratulations!

# Wally Wildcat Superhero Muffins

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension specialist, University of Kentucky Cooperative Extension Service



## Congratulations to our Oldham County Piggy Bank Winners:

**James Carter**, bank pictured on the top and **Jocelyn Richey**, bank pictured on the bottom. James and Jocelyn will be recognized at the January 31<sup>st</sup> Extension Open House Event.



- 2 cups blueberries
- 1 cup sugar, divided
- 1 ½ cups all-purpose flour
- 1 cup whole-wheat flour
- 2 ½ teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- ½ cup vegetable oil
- 1 cup 1% milk
- 1 ½ teaspoons vanilla extract
- Cooking spray

1. Preheat the oven to 350°. Spray an 18 cup muffin tin with cooking spray or insert paper liners in muffin cups.
2. Place 1 cup of the blueberries and 1 tablespoon sugar in a small saucepan and simmer over medium heat, mashing berries and stirring often, for about 6 minutes until mixture is thickened and reduced to about ¼ cup. Cool.
3. In a large mixing bowl, stir together the remaining sugar, flours, baking powder, and salt.
4. Make a well in the center of the dry ingredients. Add eggs, oil, milk, and vanilla. Whisk together the liquid ingredients. Use a rubber spatula to fold together the liquid and dry ingredients, just until moistened. Fold in the remaining berries.
5. Divide batter equally among the muffin cups, filling about two-thirds full.
6. Spoon approximately ½ teaspoon of cooked berry mixture onto each cup of batter. Use a skewer or dinner knife to gently swirl the berry topping into the batter.
7. Bake 17-19 min. until muffin tops are golden. Cool for several minutes before transferring to a cooling rack.

## Qualifying for 4-H Horse and Dog Competitive Events

4-H members who would like to qualify to participate in any 4-H Competitive Horse and Dog events must complete 6 hours of instructional training taught or approved by their 4-H Certified Horse Club Leader. Please meet with your leader now to ensure you will have your completed and documented 6 hours of instruction by May 1st. Documentation must accompany your registration or show paperwork.

**Attention: Please do not forget all 4-H members must be registered with Oldham County 4-H by April 15<sup>th</sup>, 2023 in order to qualify to compete in any 4-H events. This requirement applies to all 4-H competitions including Horse Show, Horse Contest, Dog Shows and County 4-H Fair.**

# RSV: More Than Just A Cold

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

RSV is a virus that can be just like a common cold for older kids but can be dangerous for babies and small children. You've probably had RSV sometime in your life. Most people catch it at least once by the time they are 2 years old. Many children get better and don't get very sick. But babies, young children, and people who have other health complications can get very sick with RSV.

Kids in school catch and pass germs like viruses often. That's because they share spaces like classrooms, bathrooms, and school buses. These germs don't usually make you very sick, but you could pass them to a younger sibling or other small child.

If you have RSV, you might feel bad and have these symptoms:

- Fever
- Cough and/or wheezing
- Stuffy nose
- Runny nose
- Sneezing
- Headache

If you feel bad like this, tell your parent or other adult. Try not to spread your germs to others. Here are some ways you can stop the spread of germs:

- **Stay away:** Do not get close to babies or small children. Do

not play with their toys or use their blankets.

- **Wash your hands:** After using the bathroom, every time you sneeze or wipe your nose, and before touching food, scrub your hands with warm water and soap for at least 20 seconds.
- **Do not share:** Keep food, drinks, or anything that touches your mouth or nose to yourself.
- **Cover your nose and mouth if you sneeze:** You should use a tissue and throw it away after.
- **Cough into your elbow:** Don't use your hands to catch germs.

Using your elbow will not send them into the air.

- **Stay home from school:** If you have a fever higher than 100.4, stay home.

- **Go to the doctor:** If you feel worse or stay sick for more than two days, see a doctor.

We all get sick from time to time. But you can make good choices to help slow the spread of dangerous germs to babies and small children. As they get older, just like you, their bodies will get stronger. Then they will be able to fight off viruses like RSV.



## ***Are You Looking for a Volunteer Opportunity?***

*Do you have a special skill you would like to share?*

*Oldham County 4-H is recruiting volunteers to lead after school programs in sewing, wood-working, crocheting, painting or any other special talents that could be shared with our members.*

*Those interested would complete a volunteer application, complete a background check, provide references and attend an orientation.*

*Contact Kelly Woods at (502) 222-9453 for more information on getting started.*

# AGRICULTURE & NATURAL RESOURCES

## Tractor Maintenance Workshop a Success



Thank you to local farmer Tee Ray and UK Extension's Josh Jackson for teaching our Tractor Maintenance Workshop in December. We limited participation to help make the learning experience better for par-

ticipants. Based on feedback, we are planning to do further workshops, focusing on equipment maintenance, tractor safety, and hauling safety. Please contact Traci Johnson at [Traci.Johnson@uky.edu](mailto:Traci.Johnson@uky.edu) if you're interested in receiving info as dates are set.



*To be eligible for the Kentucky State Cost Share applicants must file an Agricultural Water Quality Plan (AWQP) with the Oldham County Conservation District. Any landowners interested in the state cost share program should contact the Oldham County Conservation District at (502) 702-9090 or [oldhamswd@gmail.com](mailto:oldhamswd@gmail.com)*

## Cost-Share Programs Available

The Kentucky Soil Erosion and Water Quality Cost Share Program and the Kentucky Soil Stewardship Program help agricultural operations protect soil and water resources of Kentucky.

The program helps landowners address existing soil erosion, water quality and other environmental problems associated with their farming or woodland operation. Practices eligible for cost share are:

- Agriculture and animal waste control facilities
- Animal waste utilization
- Vegetative filter strips
- Integrated crop management
- Pesticide containment
- Sinkhole protection
- Pasture and hay land forage quality
- Heavy use area protection
- Rotational grazing system establishment
- Water well protection
- Forest land and cropland erosion control systems
- Closure of agriculture waste impoundment
- On-farm fallen animal composting
- Soil health management
- Precision nutrient management
- Strip intercropping system
- Livestock stream crossing and riparian area protection.

DEVELOP AN  
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QUALITY PLAN.





# It's OK to Not Be OK

Reprinted with permission. "It's OK to not be OK," by Tom J. Bechman, 2022, *Indiana Prairie Farmer*, Volume 196, Number 10, page 11. (<https://www.farmprogress.com/indiana-prairie-farmer>)

Even today in many rural communities, talking about how you feel in public is taboo. The unspoken rule is that if you can't get a grip, it's because you're weak.

That attitude, real or perceived, means many people keep their feelings to themselves. If you don't want to suffer ridicule, don't talk about how you're depressed – especially if you're a man.

Fortunately, cracks in that unspoken rule are appearing in farm country. Recently, I attended a soil conservation field day at Roger Wenning's farm near Greensburg. He invited Nathan Brown, a no-till farmer from Hillsboro, Ohio, to speak.

Brown didn't talk about cover crops. Instead, he talked about mental health – his own. It hasn't been up to par this year after the death of a close friend. No one gasped. No one laughed. No one told him to sit down. In fact, when he finished, I was so moved that I told my own story.

My plate was full in 1998 with four active children, traveling, writing and carrying out leadership duties at church. Very early one Sunday morning, after a contentious church meeting, I woke up, certain I was having a heart attack. I felt pain, ached, tingled and simply didn't have control.

As it turns out, it was a panic attack. But I didn't know it then. I made it through the day, but that began a downward spiral.

Then one Sunday, a cousin of mine pulled me aside. She could tell something was wrong. I did-

n't hold back. I told her the truth. To my surprise, she said I needed to talk to her husband. He went through the same thing a few months earlier. What? One of the calmest leaders in the church?

Call him, she insisted. I did. His advice was simple. Make a list of everything that was stressing me out. So, I did, that very night. When the list zoomed past 20 things, I knew why I was having panic attacks.

I visited my local doctor the next day and started sharing my list. By the time I reached No. 5, he'd heard enough. "You're stressed, Tom," he said. "It's not weakness, it's a chemical imbalance – a condition, brought on by stress. We can prescribe medicine to help."

He did. It wasn't a quick or easy fix. It took adjusting to the medicine and waiting for results, plus letting go of some things in my life that weren't that important.

The bottom line is that I sought help before it was too late. Help is out there, and not always through medicine. It might be through talking things out with someone who understands your situation.

After I finished speaking at the field day, I told Brown I was sure he was on the road to recovery. He had taken a big step – opening up about his situation. He went one step further – sharing it with others to encourage them to take that first step, too.



Resources

**Contact Your Primary Care Provider**

**Find a Mental Health Provider**

<https://findtreatment.samhsa.gov/locator>  
<https://providerdirectory.dbhddid.ky.gov/ProviderDirectory.aspx>

**Contact a Community Health Center**

<https://dbhddid.ky.gov/crisisnos.aspx>

**Call the National Suicide Prevention Hotline**

1-800-273-TALK (8255) (Veterans: Press 1)

**Text KY to 741741 (Crisis Hotline)**

**Call 911 for Emergencies**

# Native Grasslands Researchers Visit Oldham County Farms

## UK Publishes 2022 Ag Economic Situation & 2023 Outlook

View the report online at <https://agecon.ca.uky.edu/ag-economic-situation-outlook> or contact the Extension Office for a printed copy.

### Save the Date

Extension Open House & Awards Program

January 31st @ 6:00 pm at the Extension office.

### Census Reminder:

2022 Census of Agriculture is underway. Please take time to respond at <https://www.nass.usda.gov/agcensus/>

Scientists and researchers participating in the Eastern Native Grasslands Symposium had the opportunity to visit two Oldham County farms in October. The farms featured native grasses used for grazing and wildlife habitat and provided a first-hand look at principles in practice.



Thanks to Kristopher Kelley, Holiday Farm, and Steve Rutledge and John Emerson Smith, Barford Landing Farm, for showing how these native forages are utilized here. Special thanks to former District Conservationist Kurt Mason for helping identify potential farms to host the tour.



## Extension Ag Events 2023

**Horses & Horsemen:** January 28 @ 9:00 am - 1:00 pm, Trimble Co. Extension. Cost is \$5. Topics covered include Nutrition, Healthcare, First Aid & Facilities

**Making Hay Part 2:** January 31 @ 6:00 pm, Henry Co. Extension

**New Farm Service Agency Sign-ups for Livestock, Row Crops,**

**Specialty Crops:** February 4 @ 9:00 am, Oldham Co. Extension.

**You may be eligible for payments.** FSA Director, Katie Taylor, will tell us

about new programs and deadlines to sign up.

**Beginner Beekeeping Survival School:** Begins February 19, organized by local Beekeepers Associations. Visit <https://www.eventcreate.com/e/beekeepersurvival> for event information and registration.

**Oldham Co. Ag Connection:** March 7 @ 6:00 pm, Oldham Co. Extension. Farm Service Agency Director, Katie Taylor, will discuss why farmers should become familiar with Farm Service Agency and their available programs.

**Raising the Steaks & Chops:** Finalizing details, to begin in February.



# Green Thumbs Garden Club

The Green Thumbs Garden Club is a group of local residents interested in ornamental plants and flowers.

They began in 2000, under the Oldham County Extension Service. They meet on the 2<sup>nd</sup> Monday of each month, usually beginning with a short business meeting and then sharing the morning with a guest speaker; or going on a “field trip”; or occasionally pulling on their garden gloves to help a local group with some pruning or weeding. They always enjoy learning new things about gardening, visiting established gardens, tour-

ing nurseries, listening to plant experts, enthusiasts, and growers as well as lending combined “green” talents to a few community service projects. Since the beginning, the group decided that its interests would stay wide-ranging and totally non-competitive. There would be no “best backyard garden of the year” competition between their members.



**Green Thumbs:**  
*Held the second Monday of every month @ 9:30 am at Oldham Co. Extension*

## Master Gardener Volunteer Program

The Extension Master Gardener program provides horticulture training in exchange for volunteer service. **Participants are required to complete 40 service hours within one year of graduation to become certified.**

Benefits include meeting other gardeners, building and sharing gardening knowledge, connecting with the community, and being associated with a well-respected national program.

**Master Gardeners maintain certification in following years by completing 20 service hours and 10 hours of continuing education annually.**

The Extension Master Gardener program is offered through local Cooperative Extension Service offices. Cooperative Extension is an outreach unit of Kentucky’s Land-Grant universities—the University of Kentucky and Kentucky State University.

Extension Master Gardeners use and provide research-based recommendations for clients.

**Master Gardener Volunteer Classes:** Begin March 9 @ 6:00 pm, Oldham Co. Extension. Contact horticulturist, Hope Gardiner, at [Hope.Gardiner@uky.edu](mailto:Hope.Gardiner@uky.edu) for details and registration information.

### *Horticulture Upcoming Classes*

- 2/16 Fruit Tree Pruning*
- 2/17 Fun Day Friday*
- 2/24 Vegetable Gardening*
- 3/16 Seed Starting*
- 3/17 Fun Day Friday*
- 4/21 Fun Day Friday*
- 4/26 Alternative Methods to Growing*
- 5/9 Dividing Spring Perennials*

*Call the office to register,  
(502) 222-9453.*



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## Your Oldham County Cooperative Extension Service



Hope Gardiner,  
 Horticulture Program  
 Assistant



Linda Harrison,  
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Traci Johnson, Ag &  
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*Traci Johnson*



Amy Logsdon, 4-H  
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