



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

# OLDHAM COUNTY

FALL 2024  
**EXTENSION  
NEWSLETTER**

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## STEP-tember Walk

Walk with team Extension and participate in some friendly competition with neighboring counties. Last year Oldham County won this Traeger Institute sponsored competition. This friendly walk is to help promote active living by counting all steps and activity throughout September. We will be meeting Wednesdays in September at 8:00 am at local parks to help get our steps in.

Call the Oldham County Extension office to register (502) 222-9453. Registrants will receive a STEPPing bag.

Save  
the  
Date

Oldham Co. Extension & 4-H  
Awards Program

November 19, 2024  
6:00 pm

Arvin Education Center  
1650 Colonel Drive  
La Grange, KY

Meal served 6:00 pm  
Awards Recognition begins 7:00 pm  
Questions: (502) 222-9453



## Welcome ANR Agent, Gretchen Winslow, to Oldham Co. Extension

Gretchen hails from the state of Texas where she studied Biology and Plant and Soil Science at Texas Tech University. She grew up around the rural cattle industry of coastal Texas and loves hearing farmers' stories of their land, practices, and new production ideas. Her areas of particular interest include Horticulture, land conservation, and a good question to be answered. She is excited to work with the community of Oldham County as your next ANR Extension agent!



# FAMILY & CONSUMER SCIENCES

## Walking KY—48,558 Miles



One hundred and six walkers accepted the challenge of walking 417 miles “across Kentucky” as part of a two month spring and summer initiative to promote a healthier lifestyle one step at a time. The walkers collectively “walked

across KY” a total of 116 times totaling over 48,558 miles!! We accomplished a lot of goals individually and as a team. Equally important as all the exercise and body moving we got in were all the new people we met.

Some feedback from participants:

- Two participants reported an improvement in all of their health indicator numbers.
- One participant said they were able to get off of two of their medications since walking with the Tuesday/Thursday group.
- “My favorite start of my day! Good exercise, but best of all GREAT company while walking.” -Dina Smith

If you are interested in leading a Walking KY team or being on the planning committee next year contact the Extension office (502) 222-9453.

## Tex-Mex Quinoa Salad

**2-3 ears** shucked corn  
**1 cup** quinoa, uncooked  
**1 (15 ounce)** can black beans, drained and rinsed  
**1 cup** fresh spinach, chopped

**1 cup** cilantro, chopped  
**1 cup** cherry tomatoes, halved  
**8-10** green onions, thinly sliced  
**½ cup** feta cheese crumbles  
**1** small jalapeno, seeded, deveined, minced

**Dressing:**  
**½ cup** lime juice  
**1½ tablespoons** red wine vinegar  
**2 tablespoons** olive oil  
**1 teaspoon** ground cumin  
**1 teaspoon** chili powder  
**1 teaspoon** honey  
Salt and pepper to taste

Fill a large saucepan with water and bring to **boil**, **add** corn and **cook** for 5 minutes or until tender. **Cool**. **Cut** corn from cob using a sharp knife. **Cook** quinoa according to package directions. **Whisk** together dressing ingredients in a small bowl. **Set** aside. When quinoa has cooled, **add** dressing and **stir** to coat. In a large

bowl **combine** remaining ingredients and **add** to the quinoa mixture. **Cool** in refrigerator and serve.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 220 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 32 g carbohydrate, 5 g fiber, 4 g sugars, 9 g protein.



# Kentucky Youth Vaping Leads to Smoking: What You Need to Know

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed. This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

## What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high. Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains. In fact, most adult smokers began smoking before the age of 18.

**Vaping facts** (accordingly to [ky.mylifemyquit.org](http://ky.mylifemyquit.org)):

- **Nicotine leaves you stressed out.** Vaping to handle stress can make you more stressed! When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.

- **Nicotine causes other problems.** Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.
- **Vape and tobacco companies want you to get hooked on nicotine.** By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.

Contact FCS agent, Heather Toombs, at Oldham County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.



## Youth vaping rates are significantly increasing

*Kentucky youth are vaping at a startling rate. The Kentucky Incentives for Prevention survey shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021.*

*In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month.*

*In response, the state has launched a confidential quit line for youths called My Life, My Quit at [ky.mylifemyquit.org/](http://ky.mylifemyquit.org/), which offers free coaching 24/7 via text, chat or call.*

# Financial Series: Finding Resources to Support Kinship Families

**Oldham County**

**Membership Benefits Include:**

- Leadership Training
- Community Involvement
- Learning New Skills
- Sharing Talents & Ideas
- Making New Friends

Call Oldham County Extension  
(502) 222-9453

As Kinship caregivers, the most primary concern we have is being able to care for our families. Money becomes central to that concern. In this webinar, we will explore the resources available to kinship families including recent changes to kinship financial supports including Kentucky Transitional Assistance Program (KTAP), Relative and Fictive Kin Placement Support Benefit (RFKPSB), and the new Subsidized Permanent Custody (SPC) option for those providing kinship foster care.

Kinship Live Webinar Events are offered at **NO COST**.

Webinar will be held Tuesday, September 24, 2024 @ 12:00 pm.

One hour presentation followed by a 30-minute Q & A session

Register: <https://ceu.uky.edu/product-category/kinship/kinship-catalogue/kinship-live-webinar/>



## Homemakers' Week

October 7th-12th is Homemakers' week. Watch for upcoming events to celebrate Homemakers!

**LAUGH & LEARN** Crestwood  
10:30 am  
Play Dates: Aug. 20, Sept. 17, Oct. 15, Nov. 19, Dec. 3  
Registration: 502-222-9453  
Address: Crestwood 6500 Crestwood Drive, Crestwood, KY

**LAUGH & LEARN** Centerfield  
10:00 am  
Play Dates: Aug. 19, Sept. 16, Oct. 14, Nov. 18, Dec. 2  
Registration: 502-222-9453  
Address: Centerfield Elementary, Centerfield Drive, Centerfield, KY

**LAUGH & LEARN AT NIGHT**  
6:00 PM  
Play Dates: Aug. 21, Sept. 19, Oct. 17, Nov. 21, Dec. 5  
Registration: 502-222-9453  
Address: Oldham County Extension, 205 Parker Drive, LaGrange, KY

## Laugh & Learn

Join us as kids age 3-5 & their caregiver engage in playful activities designed to ensure Kindergarten readiness. Each month we will tell a story, sing a song, make crafts, play games & enjoy a snack

Offered at multiple locations with day and night times. Call our office (502) 222-9453 or view our website for details:

[oldham.ca.uky.edu/events](http://oldham.ca.uky.edu/events)



# 4-H YOUTH & DEVELOPMENT

## 4-H Member Talents Shine During Exhibit Days

Oldham County 4-H Exhibit Days involved exhibitors with 306 projects entered and 61 projects advancing to the Kentucky State Fair, August 15th through 25<sup>th</sup>.

While at the State Fair visit 4-H Cloverville and check out the 4-H talent. Congratulations to the following 4-H members who have projects advancing to the State Fair: Lily Albro, Savanna Claggett, Caroline Fitts, Colton Fitts, Levi Gibbs, Luke Gibbs, Tate Green, Barkley Haselton, Caitlin Hicks, Gabriel Holzen, Charlie Kelley, Kendall Kennedy, Carly Kress, Hadyn Lugo, Emilia McCollum, Magdalene McCollum, Ellie Nelson, Gracie Nelson, Tatum Nelson, Caroline Olds, Katherine

Richey, Reagan Smith and Ever Trejo-Lara. Congratulations to all!



**Start your 4-H Achievement Application today!**

*The Achievement program provides the opportunity to receive scholarships to Teen Conference, 4-H Congress, and college scholarships. Interviews at the state level will be needed for certain levels. You can get started in the program when you are in the sixth grade and continue throughout the rest of your 4-H career. An orientation will be held at 205 Parker Drive on September 23rd @ 6:00 pm.*

## State 4-H Horse Contest



Savanna Claggett (picture on left) participated in State Horse Judging, placing first in Performance, Reasons and Overall Placing. She qualified to represent Kentucky during the Southern Regional event.



Above, pictured left to right: Sylvia Lye, Lillian Pettingill, Adeline Gentry, Ziphora Majors, & Naomi Majors competed at the State Horse contest as a team and individually.

# Oldham County Leader Receives State Volunteer Award

## KY 4-H State Teen Council



Case Shirrell will represent Oldham Co. and the surrounding counties on the Kentucky 4-H State Teen Council. Congratulations Case!

Dr. Fernanda Camargo, Associate Professor, Equine Extension Specialist presented Jean Jenkins with the Outstanding Kentucky 4-H Horse Volunteer Award at the 2024 4-H State Horse Show. Jean has served as a 4-H volunteer for 20 years, leading the Ballardsville High Riders 4-H Horse Club. For the past three years, Oldham County has had members qualify for the State Teams participating in Southern Regionals, Quarter Horse Congress and the North American.

Jean, and co-leader Jackie Olds, work all year preparing the members for these events.



Jean is a member of Extension Council, 4-H Council and Extension District Board. She is a committed volunteer with a sincere heart for Extension and for service, to make the Oldham County 4-H

Program and Extension Service the best it can be. Thank you, Jean, for your outstanding service!

## 4-H Camp Ignites a Spark

In the heart of every child lies a spark waiting to ignite—a passion for learning, exploring, and growing. Oldham County 4-H Camp ignited a spark for 309 campers, 33 teen leaders and 51 adult counselors. The benefits of attending a 4-H summer camp extend far beyond the memories made and the skills learned during a single camp session. They plant seeds of curiosity, nurture the spark of potential, and empower youth to thrive in all aspects of life. As we look to

the future, investing in Kentucky 4-H summer camps not only enriches the lives of individual campers but also strengthens our communities.

Volunteer camp counselors, in many cases former campers themselves, serve as role models, inspiring the next generation through their dedication and passion for service.

This mentorship extends beyond the summer months, with many campers continuing their involvement in 4-H clubs and programs throughout the year.



# Keep that Spark Going! Get Your Child Involved in 4-H Today!

Community clubs will begin meeting in September. Visit our website at: [oldham.ca.uky.edu/Program-Areas/4H-Youth-Development/4H-Clubs](http://oldham.ca.uky.edu/Program-Areas/4H-Youth-Development/4H-Clubs) for further details and leader contact information or call Kelly Woods at (502) 222-9453.

## 6-8 yrs. old (K-3<sup>rd</sup>)

**Cloverbuds or 4-H Friends Cloverbuds Clubs:** These clubs are for our youngest members to learn to become 4-H'ers. They focus on making new friends and having fun while learning new skills creating projects or performing acts of community service.

## 9-13 yrs. old (4<sup>th</sup>-8<sup>th</sup>)

**Clover Explorers:** This 4-H group focuses on learning new skills by creating projects that are eligible for entry to the 4-H Fair Exhibit Days. This club will create a new project or learn a new skill each month. The club will meet one day a month throughout the school year.

## 8-11 yrs. old (3<sup>rd</sup> - 5<sup>th</sup>)

**Delicious Delights:** This is the 4-H cooking club that cooks up tasty treats once a month throughout the school year. Learn cooking skills and proper techniques to become a star chef in your kitchen.

## 12-18 yrs. old (6<sup>th</sup>-12<sup>th</sup>)

**Teen Chef Club:** If you are in middle or high school and enjoy culinary arts; then join us and take

your skills to the next level. We will meet one Tuesday night a month from October thru April from 6-8 pm.

## 9-18 yrs. old (4<sup>th</sup>-12<sup>th</sup>)

**Adventure Club:** This club focuses on being active and learning a variety of outdoor skills. We explore activities such as hiking, fishing, kayaking, and other outdoor skill building activities. We meet at a variety of locations depending on the activity.

**Ballardsville High Riders:** This club is for horse lovers who want to learn more about horses and make friends with others who also enjoy horses. This club will take field trips and learn about horse care, tack, general horsemanship, and riding. You do not have to own a horse to be a member. There are opportunities to participate in horse shows, arts, crafts, photography, and academic contests. This club meets once to twice a month.

**Leaders of the Pack:** This club meets monthly to learn a variety of canine related topics. Some topics covered include dog health and care, dog careers, and homemade dog treats. This club offers opportunities to prepare your dog for showmanship, agility, and obedience competitions and to participate in community service projects.

## 9-18 yrs. old (4<sup>th</sup>-12<sup>th</sup>)

**Shooting Sports:** Youth learn to safely manage and shoot firearms and archery equipment. Disciplines offered are archery, shotgun, rifle, air pistol, black powder, and pistol. This club meets from March to September. Space is limited due to practice area limitations.

## 14-18 yrs. old (9<sup>th</sup>-12<sup>th</sup>)

**Teen Club:** This club focuses on leadership skills, community service, and having fun while building friendships amongst teens from around our county. This club meets monthly and offers a wide variety of activities throughout the school year.

## K-12 Homeschool

**Clever Clovers:** This club is for homeschooled youth and meets twice a month to explore a wide variety of interests. The club focuses on learning new skills, community service, and career exploration.



## Identifying and Taming Poison Ivy



Poison ivy is a common perennial plant notorious for causing itchy rashes and allergic reactions in humans. It can be challenging to control due to its ability to spread rapidly and its resilience in various environ-

by itching, redness, swelling and blisters. The oil can remain on clothing, pets, or tools that touch it. Avoid unprotected contact with poison ivy and take necessary precautions when attempting to control it. Responses may range from mild to severe depending on the person, the amount of oil contacted, the method of contact (touching, inhalation from burning, etc.) and the time of year.

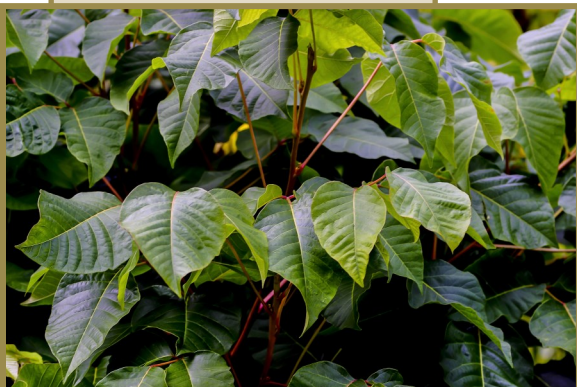
ments. With proper knowledge and effective strategies, you can manage and control poison ivy.

Here are some effective strategies for controlling poison ivy growth:

### **Identifying Additional Touch-Me-Nots:**

Learn how to identify poison ivy. It is a deciduous vine, shrub, and ground cover that typically grows in clusters of three leaflets, although leaf count may vary. Its leaves are glossy, oval-shaped, and may have serrated or smooth edges. The plant's color ranges from light green to reddish orange, depending on age and time of year. Birds love the white, waxy poison ivy berries.

1. Wear protective clothing. When dealing with poison ivy, wear long sleeves, long pants, gloves and closed-toe shoes to minimize skin exposure. Eye protection and a hat may be necessary. Use disposable gloves and turn them inside out when removing them. You may need to use disposable garments such as those used by pesticide applicators, or make sure to wash clothing separately from other items to prevent urushiol transfer.



*Poison sumac leaves have 5-7 leaflets with smooth to wavy edges. Stems are a bright red color.*

The pesky plant poses health risks through its oily resin called urushiol, which causes allergic reactions.

2. You can manually remove small infestations of poison ivy by digging up the roots with a garden trowel or gloved hands. Ensure you remove the entire plant, including the roots, to prevent regrowth.

Direct contact with any part of the plant—leaves, stems, roots or even the smoke from burning it—can trigger a rash, accompanied



3. The use of glyphosate-based herbicide is recommended in late summer through fall when the plant is preparing for winter and sending reserves to the roots and the chemical is transported with it to kill the root. Carefully read and follow the instructions on the product label and consider using a targeted application method like a paintbrush to minimize damage to desirable plants in the same area.
4. Smothering it with a barrier. Try using layers of newspaper or cardboard covered with mulch or soil to block sunlight and prevent the plant from growing. Regularly monitor the covered area for any new sprouts. Unfortunately, poison ivy can travel as a vine for a considerable distance so this method will not usually be very effective.
5. Don't be afraid to call in a professional. In severe cases, or if you are unsure about dealing with poison ivy yourself, consider seeking professional help from landscapers or pest control services experienced in poison ivy removal.

Now that you've removed the pest, you want to prevent it from regrowing. Remain vigilant with a few preventative measures:

- Regularly inspect your property for new poison ivy growth, especially in areas where it is

known to thrive, such as fence lines, wooded areas, neglected corners, and areas where birds roost.

- When you spot new poison ivy plants, promptly remove them using the methods mentioned earlier to prevent their spread.
- Educate yourself and others about poison ivy identification and precautions to avoid contact. Knowledge will empower you to take proactive measures and prevent accidental exposure.

Controlling poison ivy requires a combination of identification, protective measures, and effective removal strategies. By understanding the plant's characteristics and using appropriate methods, you can minimize the risks associated with poison ivy and regain control over your environment. Remember to prioritize safety and when in doubt, seek professional assistance to ensure effective and long-lasting control.



*Poison oak leaves have leaflets with rounded edges that are not as shiny as poison ivy.*

*Poison hemlock has hollow finger-thick purple spotted stems and stands about 6-10' tall at maturity.*



# Time to Plant Your Fall Garden

As the summer warmth begins to wane, you don't have to bid farewell to the joys of cultivating your garden. This time between seasons offers a golden opportunity to plant a vibrant fall vegetable garden, promising an uninterrupted flow of produce throughout autumn. Alternating balmy days and brisk nights support a variety of cool-season vegetables for your family to enjoy.



soil moist until seeds have germinated. Be aware that cool nights slow growth, so plants take longer to mature in the fall than in the summer.

You may use polyethylene row covers to extend the growing season of frost-sensitive crops, such as tomatoes, peppers and cucumbers. This helps trap heat from the soil and protect the crop from chilly night temperatures.

Often Kentucky experiences a period of mild weather after the first killing frost. If you protect frost-sensitive vegetables at critical times in the fall, you could extend the harvest season by several weeks.

Once these vegetables die due to lower temperatures, you may be able to plant cool-season crops in their place. Leafy greens like lettuce and spinach may grow into November or December under polyethylene row covers if outside temperatures do not drop below the teens. Be sure to allow for ventilation on sunny days to prevent overheating.

You may successfully seed or transplant the following vegetables for fall harvest: beets, Bibb lettuce, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, collards, endive, leaf lettuce, kale, mustard greens, spinach, snow peas and turnips.

Some of the best quality vegetables are produced during fall's warm days and cool nights. These environmental conditions add

sugar to late-season sweet corn and cold crops, such as cauliflower and cabbage, and add crispness to carrots.

Fall vegetables harvested after early September consist of two types: the last succession plantings of warm-season crops, such as corn and bush beans, and cool-season crops that grow well during the cool fall days and withstand frost.

When planting a fall garden, group crops the same way you would in the spring; plant so taller plants don't shade out shorter ones. To encourage good germination, fill each seed furrow with water and let it soak in. Keep the

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

*Do you have a special skill you would like to share? Oldham County Extension is recruiting volunteers to lead programs in woodworking, crocheting, cooking/baking, painting or any other special talents that could be shared with youth or adults. Contact our office at (502) 222-9453 for more information on getting started.*

# UPCOMING

## *September*

	Yoga - Thursdays @ Noon
9/4	STEPtember Walk
9/9 & 9/16	4-H Fall Cooking Camp
9/10	Clover Explorers 4-H Club
9/11	STEPember Walk
9/12	Open Sew
9/13	WITS Workout
9/18	STEPtember Walk
9/19	4-H Leader Orientation
9/19	4-H Council Meeting
9/19	Seed Saving
9/20	WITS Workout
9/23	4-H Achievement Orientation
9/25	STEPtember Walk

## *October*

	Yoga - Thursdays @ Noon
10/1	4-H Teen Chef Club
10/3	Turkey Fry Demonstration
10/7	Delicious Delights 4-H Club
10/7-10/12	Homemaker's Week
10/8	Clover Explorers 4-H Club

10/10	Open Sew
10/11	WITS Workout
10/11	Murder Mystery
10/14	4-H Teen Club
10/16	Bread Class
10/18	WITS Workout
10/18	Medicare Education
10/25	WITS Workout
10/29	4-H Teen Chef Club
10/30	Wreaths from Nuts & Seeds

## *November*

	Yoga - Thursdays @ Noon
11/1	WITS Workout
11/4	Delicious Delights 4-H Club
11/7	Introduction to Beekeeping
11/12	Clover Explorers 4-H Club
11/14	Open Sew
11/18	Medicare Education
11/19	Extension Awards Night
11/25	4-H Teen Club Community Service

***Call the Extension office to learn more (502) 222-9453***



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*Heather Toombs*  
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