



OLDHAM COUNTY



SUMMER 2024
**EXTENSION
NEWSLETTER**

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Welcome Elizabeth to Extension

Welcome Elizabeth Sanders, new STEPS Staff Assistant! She has lived in Oldham County with her husband and two children since 2009. She loves the hometown feel of La Grange, yet the many opportunities it affords for learning and growth. It has been a great community to raise her children. She received her bachelor's degree in Marriage and Family Studies; she loves working with children and families. When her children were younger, she volunteered in their schools, and for the last four years she have been a substitute teacher. Over the years she has enjoyed many of the programs offered by the Oldham County Extension office and looks forward to working with the amazing staff as well as the community. She enjoys the summertime, crafting, reading, and crocheting.



4-H Exhibit Dates Announced

Do you want your projects to be on exhibit during the Kentucky State Fair? 4-H members have been working all year creating and designing projects, do not forget to enter those in the 4-H exhibit days to be judged qualifying for the State Fair. Projects will be entered on Monday, July 22 from 3 to 7 PM, judging on July 23 and a Fair Reception on July 24th. Please check our website at: oldham.ca.uky.edu/program-areas/4-H-Youth-Development/4-H-Exhibit-Days for Extension Fair Categories and registration details.



Extension Fair Exhibits

Extension Fair Exhibits is open to all residents of Oldham County aged 6 and older. Entries include agriculture, floral, home & family arts, and photography. For more information on divisions, categories, and entry exhibits please contact the Extension office (502) 222-9453 or stop by the La Grange office, 207 Parker Drive.



4-H Members Advance in Communication Program

Communication skills are an important life skill, over 200 Oldham County 4-H members from November to March explored the components of an effective speech, wrote a speech on a topic of their choice, practiced presentation skills and presented their speech to their fellow club members and judges. The following 4-H members advanced to the Area competition: Bertie Simpson, Magdalene McCollum and Avery Stephens. Congratulations to all of you!

Special congratulations to Magdalene McCollum who won at Area 4-H Communications; she will advance to the State Communications event in the foods demonstration category.



Oldham County 4-H Member Awarded the Kentucky 4-H Gold Award

Kendall Kennedy has been a member of Oldham County 4-H for twelve years. Kendall is a member of the Teen and Shooting Sports clubs, serving as Secretary for Shooting Sports. Throughout her 4-H career, she has been a member of Cloverbuds, Busy 4-Hers, Delicious Delights, and Clover Explorers clubs, serving in the roles of President, Vice President, and Secretary. Currently Kendall leads, with her mother, Delicious Delights and Clover Explorers clubs in Oldham County. Kendall has the following to share about her 4-H career:



“4-H has had a tremendous influence on my life. 4-H has taught me to be responsible, it has taught me to think more of other people’s feelings than of my own and it has

taught me that the more effort I put into something the more I will get out of it. 4-H has taught me that I can make a difference in my community by putting forth the effort to help others any way that I can, that even the smallest thing can make a difference in someone’s life. 4-H has shown me that what I do affects everyone around me not just myself. 4-H has shown me the impact that I can have on my community as well as on my future.” -Kendall Kennedy

Kendall was awarded the Kentucky 4-H Gold Award, she will represent Oldham County at University of Kentucky 4-H Teen Conference and will represent Kentucky at National 4-H Congress in Atlanta. Congratulations, Kendall!

4-H Summer Baking Camp

Youth ages 9-18, join us and learn how to make a double-crust apple pie and a coffee cake with cinnamon topping. These items are eligible to be entered into the Oldham County Fair Exhibits that we will host here at the Extension office. Baking camp will be held on July 16 and July 17 from 10am-Noon. Cost is \$20 per

youth. Pre-register by calling (502) 222-9453 or email Stephanie at s.willis@uky.edu.



Very Berry Salsa

- 4 cups apples, finely diced
- 1 cup blueberries
- 1 cup strawberries, diced
- 1 cup raspberries, halved
- 1 cup blackberries, halved
- 1 T fruit preserves
- ½ T sugar
- ½ T brown sugar

Directions:
In a large bowl, combine apples

and berries. In a small bowl, mix together preserves and sugars until well blended. Pour preserve mixture over fruit and toss to coat. Cover and chill in the refrigerator for at least 30 minutes

Nutritional Analysis: 20 calories; 0g fat; 0mg cholesterol; 0mg sodium; 5g carbohydrate; 1g fiber; 4g sugar; 0g protein.

Recipe from Plate It Up! Kentucky Proud



Oldham County 4-H Volunteers and Youth Recognized at the Ky Volunteer Forum

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.

Oldham Co. Cooperative Extension would like to recognize and thank the following Oldham County 4-H Volunteers for their years of service and leadership to help in the development of our Oldham County youth.



Sam Finney received an Achievement Award for Certified Shooting Sports Volunteers from State 4-H Extension Associate, Ashley Marcum.



Karen Horton received an Achievement Award for Adult 4-H Camp Volunteers from 4-H State Principal Specialist for Camping, Joey Barnard.



Kendall Kennedy received an Achievement Award for Teen Camping Volunteers, as well as recognition for being a 10-year member of Oldham County 4-H, from 4-H State Principal Specialist for Camping, Joey Barnard.

4-H Adventure Club Day Camp

The Adventure Club held it's first day camp on April 13th. Participants learned how to make different types of campfires, enjoyed lunch cooked over campfires, practiced fishing skills, and played outdoor games. It was a beautiful day and members enjoyed exploring nature. Thank you to the

Hockersmith family for hosting the day camp. Also, a thank you to the leaders, Chelsea and Andrew Meredith for organizing the club events this year!



Summer BBQ Class

Youth ages 11-18, join us at the Oldham Co. Extension office and learn how to start a charcoal fire and grill a couple of different types of meat. Class will be held on July 11, 2024 from 1-3pm. Cost \$20/youth. Pre-registration required by calling (502) 222-9453 or emailing Stephanie at s.willis@uky.edu.



Shooting Sports Trash Clean-up

4-H Shooting Sports club members picked up trash along local roads the last weekend of April. Members covered a total of 6.7 miles in the area of Highway 22, Clore Lane, and Haunz Lane. Trash clean up was a family affair with 36 members and parents participating.



AGRICULTURE & NATURAL RESOURCES

Installing a Butterfly Garden

Honeybees, which are native to Europe and introduced to the United States, are important pollinators for home gardens. But numerous pollinator species including native bees, butterflies and moths, beetles, birds and bats benefit our gardens. Sadly, many of the pollinators have suffered from habitat loss, chemical misuse, diseases and parasites.

Gardeners play a critical role in the nurturing and conservation of both native and introduced pollinators. Gardens and landscapes provide pollinators with food, water, shelter and habitat to complete their life cycles. Urban areas typically feature large areas of pavement and buildings and offer little in the way of food and shelter for pollinators. Garden plantings can help bridge that gap.

Just like with any new flower bed, you want to pick a site for your butterfly garden with good drainage, full sun, and an area with good weed control. If you are starting a new butterfly garden, get a soil test, eliminate the weeds and add organic matter.

Honeybees and other pollinators need protein from flower pollen and carbohydrates from flower nectar. Plan to provide a variety of different types of flowers, and aim to have three different flower species in bloom throughout the growing season. Showy, colorful flowers and

massed groups of flowers, particularly in small gardens provide efficient feeding stations for the pollinators. Flowering trees and shrubs also provide excellent food sources. Native plants share a long history with their pollinators. Including a wide variety of natives will make your garden a favorite destination for pollinators.

You want to have a variety of plants, preferably native ones and non-native that will bloom throughout the growing season. Some of these are purple cone flower, black-eyed susan, asters, golden rod, yarrow, tall blazing star, milkweed, coreopsis and many more. The Kentucky Native Plant Society has an updated listing of nurseries in Kentucky that sell native plants.

Be sure to have puddling spots for butterflies to get a drink of water. Pollinators also need shelter from the wind, scorching sun and heavy rain. Fences can serve as a windbreak, which may make the garden more attractive to pollinators.

For more information contact Hope Gardiner at the Oldham County Extension office.

Flowers that Attract Butterflies

- *Butterfly Bush*
- *Butterfly Weed*
- *Coneflower*
- *Aster*
- *Salvia*
- *Lantana*
- *Verbena*
- *Black-eyed Susan*
- *Goldenrod*
- *Joe-Pye Weed*
- *Sunflowers*
- *Phlox*
- *Yarrow*
- *Bee Balm*
- *Sedum*



10 Backyard Chicken Basics

Having a small chicken flock in the backyard is very popular these days. To have a successful flock producing eggs for your family, you'll want to learn the basics.

1. Make sure you check your local city and county ordinances to ensure you're able to have a backyard flock. Some ordinances allow a maximum of three hens and no roosters. Some subdivisions and homeowners' associations have their own rules so be sure and check before you purchase.



For more information about small flocks, visit <https://afs.ca.uky.edu/poultry/poultry-publications>

2. Chickens require daily care. You must feed them, provide clean water and collect eggs every single day. Managing a small flock is an excellent opportunity to teach children a certain amount of responsibility, but ultimately, you'll oversee the health and well-being of your flock.

3. Birds get sick and it may be difficult to find a veterinarian to provide care for them.

4. Cleanliness and sanitation are critical elements in caring for a small flock. Everyone must wash their hands before and after handling the birds. Also, no matter how tempting, avoid bringing your chickens into the house and don't use your kitchen sink to wash equipment.

5. Poop happens. Chickens eat a lot and hens use about 60% of the feed they consume and excrete the other 40% as manure. You must have a plan for that manure. One option is adding it as an odor-free fertilizer for your home garden.

6. Keep it down. Chickens make noise. Only roosters crow, however, hens are not always quiet and can make a lot of noise letting everyone know they just laid an egg.

7. The egg season will come to an end. Chickens stop producing eggs

at some point in their lives and may live a long time beyond their egg-laying years. Have a plan for what you will do with hens that stop producing. If you keep them as pets, you'll have to keep feeding them and providing other resources for their care.

8. Housing is a big part of keeping a flock. Your birds will need a house that provides shelter from the weather, nest boxes for egg laying and perches for roosting at night. Make sure housing is easy to clean and provides protection from predators. You'll have to manage their bedding well to prevent rodents from making your chickens' house their home.

9. Scratch that. Chickens scratch when they forage. If you let hens run free, you may need to place a fence around your garden if you don't want the birds to destroy it.

10. Know how to get chicks. You will most likely want to raise your hens from chicks. You can buy them online and have them shipped to your home, but some suppliers have minimum quantities for orders. You may have neighbors or friends who also raise chickens willing to join you in an order. You might also get talked into buying a group of chicks during a trip to your local farm store by your kids! Remember you'll need to provide new chicks with a heat source, such as a lamp, for at least six weeks.

Effective Strategies to Prevent Plant Diseases in Your Garden

In our vegetable gardens, plant pathogens including fungi, bacteria, nematodes and viruses are ever-present threats. However, with a little extra attention, gardeners can successfully manage these threats and maintain healthy vegetable gardens.

Selecting the right location for your garden is the first step in prevention. Choose a sunny area with well-drained soil to discourage the growth of pathogens. Raised beds can be an effective solution for improving drainage and air circulation around plants. It's also crucial to clear out old plant debris, which can harbor diseases from the previous season.

When choosing plants, prioritize disease-resistant varieties and inspect any transplants for signs of disease before introducing them to your garden. For seeds, consider those that have been treated with fungicide to give them a better chance of thriving. Planting in warm soil and ensuring proper spacing between plants are additional measures that can minimize stress and disease susceptibility.

Crop rotation is an invaluable strategy, especially in smaller gardens. Changing what's planted in a specific area every few years can prevent the buildup of soil-borne diseases. For crops that are particularly disease-prone, consider skip-

ping their cultivation for a few years or growing them in containers separate from the garden.

Maintaining a weed-free garden throughout the growing season is essential. Weeds can serve as hosts for pests and diseases, transferring them to your vegetable plants.

Proper watering techniques can also make a significant difference; water at the base of plants to avoid wetting foliage, and if overhead watering is necessary, do so early in the day to allow leaves to dry.

Avoiding mechanical injury to plants, such as from gardening tools or rough handling, can prevent openings for pathogens. Furthermore, refraining from working in the garden when plants are wet can reduce the spread of diseases.

By taking these steps gardeners can effectively manage plant diseases. This approach not only protects the garden from the plethora of pathogens waiting to attack but also leads to a bountiful and healthy harvest.



Did You Know?

Weekly horticulture trainings are provided by agents and specialists from the University of Kentucky. Check out past topics:

*[www.youtube.com/
@HorticultureWebinarWednesday](http://www.youtube.com/@HorticultureWebinarWednesday)*

and...

kentuckyhortnews.com/

FAMILY & CONSUMER SCIENCES

It is also good to cut down waste before it even enters your house or office. Is this something that you are going to use once, or until you get a lot of use out of it? Many common items can be rented for less than the purchase price of a new one. This is an especially good option if you plan on using it only a time or two. Determine if you already own something which can be used for the same purpose.

If you're like a lot of people, you might find that your home or office isn't exactly the neatest of places. Junk mail, papers, magazines and other items could be cluttering up your space. Don't fret and get bogged down, there are many small things you can do to keep your area spruced up.

One of the first things you should ask yourself is "do you really need this?" Everything from our desks to our closets can become filled with things we haven't used since 1987. Start looking for things which you might not need or necessarily even want. Have you worn that outfit in the past year or two? Do you really need that many pens? Do you think that you'll use these in the next few months? These are some good questions to ask yourself when you begin decluttering. Maybe there is even something you have which is broken that can be recycled or trashed. This is a great time to take advantage of

thrift stores. Places like Goodwill, Habitat for Humanity Re-Store and local churches are always looking for donations.

Gather and sort all like items and put them in their own "zones" or areas where they will be used.

This not only makes things look nicer, but it helps save time when you need something like a rubber band or your keys. It is good to think about where you would search for something. If you need an item, where would be the first place you would think to look? This is also a good time to think about labels. If you have others in your house and you want to keep the place tidy, make sure they know where everything goes so reorganizing doesn't have to become a regular activity.

Organization tools such as folders, bins and vacuum bags are great for storing items and keeping them squared away. Containers help define "homes" for our items and help set limits.

Make a cleaning schedule and assign certain days certain tasks. For example, maybe Tuesday is a great time to clean the bathroom, Thursday is a great day to dust, and Sunday is perfect for laundry. This is when you can reap the benefits of decluttering: the less stuff you have, the less stuff there is to move, dust or clean.

Just remember, once an area is decluttered and organized, spend a few minutes each day putting things away and keeping things tidy. This daily maintenance is much easier than reorganizing or cleaning your area from scratch, thereby preventing bigger hassles and stress down the road.



Practice Safe Canning This Summer

Gardens are beginning to bear the fruits of your labor. Soon, it will be time to start thinking about preserving some of that excess produce for winter months. Safety is of utmost importance for those of us preserving food, because improperly home-canned food can lead to foodborne illness.

Bacteria, yeasts and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce. Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds; remove excess oxygen from the food; destroy spoilage enzymes; and allow for year-round enjoyment of the foods from your garden.

Despite what you may find on the internet or social media, there are only two acceptable methods for home canning safe, quality products--the boiling water canner method and the pressure canner method. The type of food you are preserving will dictate which method to use. You should use boiling water canners to preserve foods that are naturally high in acid, like most fruits. Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can prevent botulism, a deadly form of food poisoning associated with canned food.

You can safely process foods that are naturally high in acid or foods that have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods. However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria. You can only reach these temperatures using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working condition. It's never a good idea to purchase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners. You should test the gauge on dial-gauge pressure canners each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing.



Always use research-based recipes to preserve foods. These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving or the National Center for Home Food Preservation's website nchfp.uga.edu/.

Follow each recipe exactly as written. Do not make additions or changes unless the recipe provides information on these options. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.

Contact Heather Toombs, FCS agent, with any preserving questions (502) 222-9453.

Become a Smoothie Pro with these Easy, Nutritional Steps

Strawberry Beet Smoothie

*1 cup orange-pineapple juice**

1 cup low-fat vanilla yogurt

½ cup canned or cooked sliced beets

1 apple, cored & cut into eight pieces

1 frozen banana

1½ cups frozen strawberries

In a blender, combine juice and yogurt and blend until smooth.

Add sliced beets, apple and banana and puree until smooth.

Add strawberries and blend on highest speed until smooth, stirring as necessary.

Nutrition facts per serving: 110 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 24g carbohydrate; 2g fiber; 19g sugar; 2g protein; 0% Daily Value of vitamin A; 24% Daily Value of vitamin C; 6% Daily Value of calcium; 4% Daily Value of iron

Recipe from PlanEatMove



Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.

- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.
- Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It’s that simple.

UPCOMING

June

	Yoga - Thursdays @ Noon	
6/3	Story Walk Centerfield Elementary	7/8
6/4	Story Walk Crestwood Elementary	7/9
6/4	4-H Camper Orientation	7/10
6/5 & 6/12	4-H Buckner Elem. Project Day	7/10
6/5	Walking KY - Harrod's Creek	7/10
6/5 & 6/19	4-H Centerfield Elem. Summer Care Project Day	7/11
6/5 - 6/17	4-H Horse Contest/Judging	7/11
6/5	4-H Camp Leader Orientation	7/16 - 7/17
6/6	MG Weed Management	7/18
6/7, 14, 21	WITS Workout	7/22
6/11 - 6/14	4-H Teen Conference	7/23
6/12	Walking KY - Anchorage Park	7/24
6/12	4-H Harmony Elem. Project Day	
6/13	Open Sew	
6/13	MG Soils, Fertilizers & Compost	8/1
6/18	How to Exhibit Horticulture Products at the Extension Fair	8/5 - 8/10
6/19	Walking Ky - Peggy Baker Park	8/8
6/20	MG Entomology	8/15 - 8/25
6/22	Beginner Basketweaving	8/15
6/24 - 6/28	4-H Camp, Lake Cumberland	8/17
6/26	Walking KY - Wilborn Park	8/29

July

	Yoga - Thursdays @ Noon
	Story Walk Centerfield Elementary
	Story Walk Crestwood Elementary
	Design with Your Senses
	4-H Buckner Elem. Project Day
	4-H Harmony Elem. Project Day
	4-H BBQ Class
	Open Sew
	MG IPM/Pesticide Safety
	4-H Baking Camp
	MG Propagation
	Fair Exhibit Drop off
	Fair Exhibit Judging
	Fair Reception

August

	Yoga - Thursdays @ Noon
	MG Landscape Design
	4-H State Horse Show
	Grains & Proteins Food Bowls
	KY State Fair
	MG Native Plants & Pollinators
	Barnyard Fun - La Grange Farmer's Market
	MG Final Exam

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



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