

OLDHAM COUNTY

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Oldham County 4-H Members Receive State Level Achievement Awards

The 4-H Achievement Program recognizes exceptional 4-H project work, leadership, communication, and community involvement. There are scholarships for state events available at each level achieved at Bronze level and beyond. Congratulations to Savanna Claggett (pictured below left) who received the Silver award and Chloe Hardesty (pictured below right) who received the Bronze award!



Stay up-to-date on all the latest information and events, check out our NEW Facebook page: facebook.com/OldhamExtension

Extension Leaders of the Year



CONGRATULATIONS to our 2023 Oldham County Extension Leaders of the Year! Kelly Woods, 4-H Youth Development agent and Heather Toombs, Family & Consumer Science agent, presented awards to Debbie Kraus and Emily Johnson at our end-of-the-year awards banquet this past November. (Pictured L-R: Kelly, Emily, Debbie, & Heather)

Debbie and Emily contribute to supporting Extension through serving on the Homemakers' Board and Council as officers. They are also Master Clothing Volunteers teaching sewing classes to youth and adults at the Extension office along with other educational classes.

Get Your Home Garden Off To A Good Start

Source: Rachel Rudolph, horticulture assistant professor

From the Woods Today

From the Woods Today is a weekly internet show co-hosted by Renee' Williams and Billy Thomas with UK Forestry and Natural Resources Extension. The show airs live on Wednesdays at 11 a.m. EDT. Links to live shows are posted on www.fromthewoodstoday.com just prior to the show. Check out the website to watch past episodes that cover a wide variety of topics.



www.FromTheWoodsToday.com

Springtime in Kentucky is the Perfect time to get outside and start your home garden. A few tasks will help you have a successful season.



Planning your garden on paper before you begin allows you to visualize the plants you want to grow and when they will be ready to harvest.

Next, select a good gardening site. Plan a site in full sun, relatively level, well-drained, close to a water source and dries quickly from morning dew. You may need to get a soil test to best prepare the soil. Add fertilizer according to soil test results.

Remember to only plan a garden as large as you can easily maintain. Beginning gardeners often overplant and fail because they can't keep up with the required

tasks. You must manage weeds and pests and apply water so your plants will be ready to harvest on time.

A few other important tips:

- Grow vegetables that will produce the maximum amount of food in your available space.
- Plant during the correct season for the crop.
- Choose varieties recommended for Kentucky.
- Harvest vegetables at their proper stage of maturity. Consider how you will store them if you don't use them right away.

Consult the University of Kentucky College of Agriculture, Food and Environment's Home Vegetable Gardening publication ID-128, available online at <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>.

How to Collect Soil Samples for Testing

Developed by Traci Johnson, Todd County Agriculture Extension Agent

Collect soil for testing using the following guidelines:

- For plowed or tilled areas collect soil from top 6 - 8" of soil.
- For non-tilled areas (lawn, pasture, no-till and minimum till-crops) collect soil from the top 3 - 4" of soil.
- Avoid collecting soil from areas where nutrient levels may be skewed (livestock feeding areas, compost piles, tree driplines, areas adjacent to streets or areas where de-icers have been applied)



- Consider sampling problem areas separately. For example, if there is variation in soil type or drainage characteristics in one part of a yard versus another, then submit a soil sample from each area.
- Use a clean, dry plastic bucket to collect samples. Do not use

rubber or galvanized buckets to collect or mix soil.

- Collect soil randomly across entire area (field, lawn, garden, pasture, etc.) and mix to represent each area soil sample. Pulling soil from only one or two spots may not give an accurate representation of soil nutrient levels. Pulling soil randomly from across entire area will give more accurate results.
- Remove twigs, grass, leaves, etc. from sample.
- Allow soil to air-dry. Do not artificially dry samples.

- Bring enough soil to fill a zip-lock sandwich bag to our office for testing. Office is located at 207 Parker Drive, La Grange, KY.

- The current fee is \$10.00 per sample for testing services at Oldham County Extension. Vouchers may be available to cover this fee from the Oldham County Conservation District and Oldham County Extension.

- Residents may borrow soil probes for sampling. This is a time saving tool when sampling many areas/fields.

Questions? Call (502) 222-9453



Green Thumbs Garden Club

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

They meet on the 2nd 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, touring nurseries, listening to plant experts, enthusiasts, and growers as well as lending combined "green" talents to a few community service projects.

If you are interested in joining call Extension (502) 222-9453.

How to Have Family Conversations About Estate Planning

Source: Steve Isaacs, UK agricultural economist

Don't wait on your heirs to bring up this discussion. This is one of the times you need to take the reins and initiate an in-person conversation. To help the dialog get flowing, you may want to start at the end and discuss your wishes for your funeral and then move into asset division. You may also ask your financial planner or lender to attend; they can also help you start the conversation.

Before this exchange, think of each of your children, their personalities and interests. Ask yourself questions like:

- *Are they all interested in the family farm?*
- *Are they currently part of the farm's operations?*
- *Is one better with business matters than others?*
- *Will they follow your wishes for family farm preservation?*

Family decisions about inheritance, money and business leadership are never easy and can sometimes be awkward. However, these are extremely important conversations to have with your children or heirs to ensure your wishes for your farm and business are followed.

You never want to create an unnecessary burden or obligation on children with no interest in the property. Your heir (s) should see the estate as an opportunity to continue the family business, not an obligation. At this point, you may need to start sharing information about your farm and its profitability with your heir (s), if you have not already done so. Moving forward, they will need to know where the farm financially stands.

These conversations can put you in a tough position. Some of your heirs may feel like they are getting shortchanged, even if they have no interest in farming or running a business. Be realistic and clear about your wishes and empathetic to your children/heirs. Remember they need to be treated fairly and

not necessarily equally. Those not wanting to farm may be given non-farm assets, life insurance proceeds or off-farm investments. Realize that you may not be able to achieve equality in some situations.

Always put your wishes in writing, and have an attorney prepare a will or an estate plan. Dying with-



out these documents could put your successful farm transition in jeopardy. While a will may seem like a final step, it should not be. Revisit it every few years. People change, circumstances change, and sometimes a child with no interest in farming five or 10 years ago may suddenly express an interest.

Clearly stating your wishes to your family members can help prevent family disputes after you leave.

FAMILY & CONSUMER SCIENCES

Drink Up for Good Health

Source: Heather Norman-Burgdolf, UK extension specialist in food nutrition

Most of us hear early on that we should drink water for good health, but some of us may not know why it is so important.

More than two-thirds of our bodies are made of water. It helps lubricate our joints, and without water, our organs could not properly function. Water is also essential in helping us remove waste from our bodies.

If you don't consume enough water, you run the risk of becoming dehydrated. Dehydration can cause headaches, mood changes, fever, dizziness, rapid heartbeat and kidney problems among others.

The Centers for Disease Control and Prevention suggests adults consume between 91 and 125 fluid ounces of water each day on average. Individuals who choose water when they are thirsty and at meal time usually have no problem drinking enough daily. Water may also be consumed through healthy food choices like fruits and vegetables.

Keep in mind that your daily intake amount can fluctuate depending upon your weight, age, sex, activity level and certain medical conditions. You will also need to consume more water if you

are in a hot climate, are physically active, running a fever, or losing fluids through vomiting and/or diarrhea.

Below are some suggestions on how to increase your and your family's fluid intake.

- Keep a bottle of water with you.
- Eat more foods with high water content like fruit and vegetables.
- Add fruit to water for flavor.
- Give children water when they are thirsty.
- Choose water over sugar-sweetened beverages when eating out. Not only will you consume fewer calories, but water is free in most restaurants.



Strawberry Green Tea

13 cups water
13 green tea bags,
regular size
1 lb. fresh strawberries
1 cup honey
1 lemon, optional

Directions:

Wash strawberries and remove the tops. Chop the berries with a hand chopper in a large pot.

Add water to the chopped berries and bring to a boil, stirring occasionally. Remove from heat and let mixture cool for 5 minutes. Add tea bags and submerge. Steep tea for 2 - 3 minutes. Strain the tea through a mesh strainer or cheesecloth-lined colander into a 1-gallon pitcher. Add honey and stir until dissolved. Chill and serve. Garnish with a lemon slice or fresh strawberry if desired.

Nutritional Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein, 30 % Daily Value for vitamin C

Recipe from Plate It Up!
Kentucky Proud

We are Moving, Moving!

Laugh & Learn

A 1-hour playdate for children ages 3-5 and their caregiver to engage in fun activities designed for school readiness. We will tell stories, sing songs, make crafts, play games and enjoy a snack. Call Extension (502) 222-9453 to learn more.

Looking to move your body and get more exercise? We have several opportunities available.

Walking

Every Tuesday at 8:00 am our walking group meets at different trails/paths throughout the county and walks for about an hour.

We are gearing up and getting excited for our 2024 Walking KY program that starts May 1 and runs through the middle of June.

Team leaders, please reach out to Extension and register your team (502) 222-9453. What are we competing for? Better health for our friends, family, and

neighbors. Join us for our second annual Walking KY!

Yoga

Namaste with us! Our weekly Thursday Yoga classes meet at 12:00 pm and run for an hour. Bring a mat, water bottle, and a friend!

Brain Exercises

Don't forget one of the most important body parts we have - our brain! Join us Fridays April 12- June 14th at the Extension office for our WITS workout. We'll be exercising through social connect-edness and intellectual engagement. Learn what you can do in your daily life to keep your brain healthy.

Partnering with Centerfield Elementary Family Resource

LAUGH & LEARN

A 1-hour laugh & learn playdate for children ages 3-5 and their caregiver to engage in playful activities designed for school readiness. We will tell stories, sing songs, make crafts, play games and enjoy a snack.

10:00 AM
Mondays 2024
Jan 29, Feb 26, Mar 18,
Apr 15, May 13
Centerfield Elementary
4912 Centerfield Drive
Crestwood, KY

Call Extension to register (502) 222-9453

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Centerfield Elementary

Mondays @ 10:00 am

- 3/18, 4/15, & 5/13

Crestwood Elementary

Tuesdays @ 10:30 am

- 3/19, 4/16, & 5/14

THE INSTANT NEW YORK TIMES BESTSELLER

"Brilliant and compassionate... deeply affectionate yet clear-eyed, a portrait of proud, hardworking Midwestern farm families. You will fall in love with the people of Heartland."
—JEANNETTE WALLIS, author of *The Glass Castle*

Heartland

A Memoir of Working Hard and Being Broke in the Richest Country on Earth

SARAH SMARSH

NATIONAL BOOK AWARDS FINALIST

WE ARE EXCITED TO READ WITH YOU THIS YEAR!

BIG BLUE BOOK CLUB

Watch Party 2024

April 11, 18, & 25

11:00 @ Oldham Co. Extension

Participants can Zoom from the comfort of their homes or meet at the Extension office to watch and discuss the book with other participants.

Contact the office to learn ways to obtain copies of the book (502) 222-9453.

Homemaker Dates to Remember

- April 5 Louisville Area Cultural Arts
- April 9 postmarked deadline for early registration fee for KEHA state meeting
- April 13 scholarship fundraiser yard sale at the Oldham County Extension
- April 23 final postmarked deadline for KEHA state meeting registration
- May 7-9 KEHA state meeting in Bowling Green, KY
- May 7 KY State Cultural Arts
- May 18 Oldham County Homemakers annual meeting



Area Positions

The following KEHA state officer and chair positions are open for election May 2024:

- President Elect
- Second Vice President
- Cultural Arts & Heritage Chair
- Family & Individual Development Chair
- International Chair

Please contact Debbie Kraus or Heather Toombs if interested (502) 222-9453!

Sewing Volunteers Needed

Master Clothing Volunteers are looking for volunteers to assist in teaching sewing skills to youth and adults. Please contact the office if interested (502) 222-9453.



Oldham County Extension Service
205 Parker Drive, La Grange, KY

March 12, 2024 ~ 10:00 a.m.

Using Spices, Oils & Vinegars

April 9, 2024 ~ 10:00 a.m.

Using Herbs

Register for one or both sessions: (502) 222-9453



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Join the Oldham County-Homemaker Facebook group:

facebook.com/groups/ochemakers

4-H YOUTH & DEVELOPMENT



Congratulations 4-Hers!

Awards were recently presented at our November awards banquet to several leaders and 4-Hers, below are a few that were recognized.



Clover Level 1 - Pictured L-R: 4-H Agent, Kelly Woods, Lillian Pettingill, Lyla Wolf, Colton Fitts, Caroline Fitts, Hailey Hockersmith, Jaxon Hockersmith



Pictured L-R: Outstanding Senior 4-H Member Chloe Hardesty, Outstanding Junior 4-H Member Magdalene McCollum and 4-H Agent Kelly Woods

Clover Level 2 – 4-H Agent Kelly Woods with Magdalene McCollum



Ten Year Member award presented to Trent Fitzner by District Board member Sam Finney



Clover Level IV - Pictured L-R: 4-H Agent Kelly Woods, Chloe Hardesty, Ben DeCuir, Peyton DeCuir



Kathy Hockersmith Outstanding 4-H Shooting Sports Member- Kendall Kennedy, presented by 4-H Agent Kelly Woods

Young People's Relationships with Horses Can Be Therapeutic

Source: Fernanda Camargo, equine extension specialist

The benefits of human-horse interaction are numerous. For years, horses have been used as therapy for individuals with physical disabilities, but now researchers are seeing that equine-assisted therapy can improve a person's mental and emotional health too, regardless of their age.

Horses can help young people calm their emotions with their comforting smell, their large presence and their warmth; they are often several degrees warmer than we are.

Since they are prey animals, horses are more attuned to their environment and highly responsive to human emotions. For example, if you come into a barn in a bad mood, a horse can sense your emotions and may stay away from you or become excited. The latter could create a potentially dangerous situation. This is why it is important for individuals to be able to control their emotions as they approach their horses. Since horses are so responsive to human emotions, they can also help young people develop self-awareness and process their feelings.

Horses are unbiased and non-judgmental. They do not care about the brand of clothing you are wearing or how your hair is

fixed. They only respond to a person's behavior and emotions. You do not even have to speak for them to know how you are feeling. For this reason, they may offer a sense of peace and comfort for young people.

Horses also provide a sense of responsibility, as they rely on us for their basic needs. Regularly feeding and grooming can help youth build a stronger relationship with their horses and give both a set daily routine. It also gives young people a reason to get outside every day, which naturally improves their moods.

Like people, horses have good and bad days, so it is important for young people to learn and practice kindness and fairness with their horses instead of becoming frustrated. Riders should reward a horse if the horse attempts to follow their instruction, even if it does not succeed at first. Many times, it takes a substantial amount of practice for the horse to learn a new technique. For this reason, horses are a good way to teach young people patience, perseverance and resiliency.



Horses and humans have a give-and-take relationship, which provides for a rewarding experience for both. We provide horses with their basic needs, and they allow us to ride them. This relationship creates a long-lasting level of trust.

Grooming and riding horses requires young people to be present in the moment and attentive to their horses and the environment. This can create a sense of calmness and help reduce anxiety and stress from the day.

Attention: Please do not forget all 4-H members must be registered with Oldham County 4-H by April 15th, 2024, to qualify to compete in any 4-H events. This applies to all 4-H competitions including Horse Show, Horse Contest, Dog Shows, Poultry Shows and County 4-H Fair.

Thrifting and Upcycling: Extending the Life of Used Items for A Sustainable Future

Source: Isaac Hilpp, agriculture extension specialist senior, 4-H central operations

In a world characterized by fast fashion and the constant churn of consumer goods, 4-H advocates thrifting and upcycling alternatives. These practices save money and also significantly contribute to environmental conservation by extending the life of used items and reducing waste. Thrifting, the act of purchasing secondhand goods, and upcycling, the art of transforming old items into something new, form the cornerstones of a circular economy within the fashion and home industries.

Thrifting is not just about scoring a good deal; it's about being a conscious consumer. Here are some essential tips to make the most of your thrifting experience:

- **Set a Budget:** Before embarking on your thrift-store adventure, determine how much you're willing to spend. Knowing your budget will help you make wise choices and avoid impulsive purchases.
- **Invest Time:** Thrifting often requires patience. You may need to visit multiple stores and locations to find the perfect item. Remember, treasure hunting can take time.
- **Avoid Overspending:** Thrifting should not be a splurge. Stick to your budget, and don't give in to the temptation of buying more than you need.
- **Use What You Buy:** Only buy items you genuinely need and will use. Avoid accumulating more clutter in your life.
- **Inspect for Quality:** Examine

items for defects and wear, paying particular attention to high-stress areas and seams. You want to ensure that your finds are durable and will serve you well.

Upcycling is a creative way to breathe a new life into old items.

Here's how you can start your upcycling journey:

- **Visualize the End Product:** Before you begin upcycling, have a clear idea of what you want to create. Planning ahead will help you make the most of the materials at hand.
- **Prioritize Used Materials:** Whenever possible, use materials from other old or unused items in your upcycling projects.

This promotes a more sustainable approach.

- **Minimize Waste:** Plan your project meticulously to utilize as much of

the original item as possible, leaving little to no waste behind.

- **Set Realistic Goals:** Don't bite off more than you can chew. Choose upcycling projects that match your skill level and resources to avoid unnecessary waste.

Thrifting and upcycling are more than just trends; they are powerful tools for creating a more sustainable and responsible future. By embracing these practices and sharing them with the younger generation through initiatives like 4-H, we can collectively reduce waste, lower our environmental impact and inspire a new wave of conscious consumers.

Make It Fun: Upcycling can be a great family project, fostering creativity, sustainability, and quality time. Involve your loved ones and enjoy the process.





UPCOMING EVENTS

March

3/6	Soils: Test Results & Fertilizers
3/7	Yoga
3/11	Green Thumbs @ Parklands
3/12	Savor the Flavor: Using Spices, Oils & Vinegars
3/14	Yoga
3/15	Friday Fun Day-Garden Totems
3/19	Shooting Sports New Member Enrollment
3/20	Dahlias
3/21	Sewing class
3/21	Yoga
3/26	4-H OC Communications Contest
3/28	Yoga
3/29	Cinnamon Rolls

April

4/4	Yoga
4/5	WITS Workout
4/8	Green Thumbs Garden Club
4/9	Savor the Flavor: Using Herbs
4/11	Yoga
4/11	Big Blue Book Club Watch Party
4/12	WITS Workout
4/12	Sewing class

4/13	Homemaker Community Yard Sale
4/15	Big Blue Book Club Watch Party
4/16	Shooting Sports Taco Night Fundraiser
4/18	Big Blue Book Club Watch Party
4/18	Yoga
4/19	WITS Workout
4/19	Friday Fun Day-Botanical Stamped Dish Towels
4/20	Pond & Lake Mgmt. Field Day
4/25	Yoga
4/26	WITS Workout
4/26	Shooting Sports Coaches Certification
4/27	Touch A Truck
4/27	Shooting Sports Trash Pick Up

May

5/1	Walking Ky Begins
5/2	Yoga
5/9	Yoga
5/16	Yoga
5/17	Friday Fun Day-Pressed Flower Lanterns
5/22	Canning 101
5/23	Yoga
5/30	Yoga

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



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Cooperative Extension Service

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Heather Toombs
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