

OLDHAM COUNTY

FCS News - Page 2

4-H News - Page 5

Ag News - Page 8

Extension - Page 11

Oldham County Youth Named Kentucky State 4-H Teen Council President



Oldham County 4-H is proud to announce that our very own Case Shirrell is the new Kentucky 4-H Teen Council President. Case has been a long-time 4-H participant in Oldham County, notably within our Shooting Sports Club, Teen Club, and 4-H Camp. There is no doubt that with this opportunity to serve as Kentucky 4-H Teen Council President, Case will continue to shine and encourage others to be their best selves. We are very proud to be the home county of such an outstanding individual!

Check out our website for
all upcoming programs:
oldham.ca.uky.edu



EXTENSION FAIR EXHIBITION

JULY 21-23, 2025

OLDHAM COUNTY EXTENSION
205 PARKER DRIVE, LA GRANGE, KY

MORE INFO



 (502) 222-9453

All Oldham County residents ages
6+ are invited to exhibit and
compete in the Extension Fair

FAMILY & CONSUMER SCIENCES

County Homemaker Happenings



Oldham County

Membership Benefits Include:

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

LEARN MORE

Call Oldham County Extension
(502) 222-9453



Homemaker Scholarship Recipient

Congratulations to 2025 Oldham County Homemakers' scholarship recipient, Blase Harriss. Blase is the grandson of Goshen Area Homemaker, Patricia DeChurch. He will be attending Appalachian State University this fall.

Annual Meeting Recognition

Homemaker of the Year :

- * Traci Jones

Club of the Year:

- * Goshen Area

Volunteer Hours:

- * Poplar Grove - 3,872
- * Goshen Area - 2,610
- * Debbie Kraus - 1,062

- * Carol Russ - 700
- * Peggy Townsend - 628
- * Nancy Williams - 550
- * Debbi Reinke - 515
- * Faye Korthaus - 510
- * Cindy Smith - 510
- * Mary Winokur - 500
- * Pat Honaker - 500

Looking for A Book to Read this Summer?

KEHA Cultural Arts and Heritage Program area annually sponsors a reading program. Here is a link to their list to expand your summer reading:

<https://keha.ca.uky.edu/content/keha-club-materials>



Let's Celebrate

OLDHAM COUNTY HOMEMAKERS

2024-2025

LOUISVILLE AREA CULTURAL ARTS CONTEST

- 39 SUBMISSIONS
- 19 BLUE RIBBON WINNERS
- 10 RED RIBBON WINNERS
- 5 WHITE RIBBON WINNERS
- 87% OF ENTRIES RECEIVED A RIBBON



Help Your Child Get the Sleep They Need

Everyone needs sleep to be healthy. Sleep is important for children because it impacts physical, mental, and emotional growth and development. While asleep, children's bodies release hormones that drive physical growth, bone and muscle development, and overall health. Sleep allows the body to heal from illness and injury and protects against future encounters with disease. Adequate sleep strengthens the immune system, helping prevent serious infections and illnesses. Sleep is vital in cataloging memories and learning new information, helping children remember what they have learned throughout the day. Children who get, on average, the recommended amount of sleep each night tend to have longer attention spans, better focus, problem-solving skills, and concentration, all important for learning and doing well in school. Feeling well-rested helps our brain understand emotions and improve mood, leading to better decision-making and overall behavior.

Just as getting enough sleep helps our body function well, lack of sleep can increase the risk of various health problems, including heart and lung problems, diabetes, and obesity, in the long run. Sleep deficiency can lead to fatigue and impaired judgment, increasing the risk of accidents.

It can be difficult to convince children that sleep is more important

than staying awake. They might not understand all the important work their bodies do while sleeping. It might help to reframe sleep or explain it differently. Please share with your child the critical work their bodies do on the inside while sleeping, like healing, growing, and remembering. You might want to use an analogy, such as sleep helping our bodies recharge their batteries.



You will notice that the range of sleep a child needs can vary. This is because every child and family are different. You may notice that your child needs more sleep. If they have difficulty waking up in the mornings, take a long time to wake up and think clearly, or seem to be dragging by the end of the day, try to increase their sleep time for a few weeks. If they are having difficulty falling asleep or wake up early in the morning on their own, they may not need as much sleep. However, most children's sleep needs should fall within the ranges on the following list.

If you are concerned about your child's sleep, contact your child's pediatrician.

Here is a list of the recommended daily amounts of sleep for each age, including naps, by the National Institute of Health:

- * *For newborns younger than 4 months, sleep patterns vary widely.*
- * *Babies 4 months to 1 year old should sleep 12 to 16 hours per day.*
- * *Children 1 to 2 years old should sleep 11 to 14 hours daily.*
- * *Children 3 to 5 years old should sleep 10 to 13 hours daily.*
- * *Children 6 to 12 years old should sleep 9 to 12 hours daily.*
- * *Teens 13 to 18 years old should sleep 8 to 10 hours daily.*

Curried Chicken and Melon Salad

3 ounces sliced almonds
2 chicken breasts
¼-¾ teaspoon curry powder
1½ cups seedless red grapes, halved
1½ cups honey dew melon, cubed

1½ cups cantaloupe melon, cubed
6 cups baby spinach leaves, rinsed and dried
Dressing
½ cup reduced fat mayonnaise
½ cup plain Greek yogurt

1 tablespoon fresh lemon juice
1 tablespoon fresh orange juice
2 tablespoons honey
½ teaspoon ground curry powder
1 teaspoon lite soy sauce
¼ teaspoon pepper
Yield: 1 ¼ cups

Preheat oven to 350 degrees F. **Spread** almonds in ungreased shallow baking pan. **Bake** uncovered 5-7 minutes until lightly browned. **Remove** from oven and cool. **Place** chicken breasts in a medium saucepan; **cover** with water, bring to a **boil**; **cook** until tender. **Drain** and **shred** chicken in large bowl. **Add** curry powder to taste, ¼-¾ teaspoon. **Stir** in grapes and melon cubes. **Mix** dressing ingredients in small bowl and **whisk** until smooth. **Add** dressing to taste, not over ¾ cup, to

chicken mixture. **Store** extra dressing in refrigerator. **Serve** 1 cup salad over 1 cup spinach leaves. **Sprinkle** with toasted almonds.

Serving size: 2 cups
Yield: 6

Nutritional Analysis: 270 calories, 12 g fat, 1.5 g saturated fat, 25 mg cholesterol, 270 mg sodium, 28 g carbohydrate, 4 g fiber, 22 g sugars, 15 g protein.



Managing Added Sugars for Better Health

Americans for the most part get about 15% of their calories from added sugars. This adds up to around 360 calories a day. Added sugars are “empty calories.” This means they are often in foods that give mostly calories.

One way to cut down on the added sugars is to switch from drinks with sugar like soda to water and drinks without sugar sweeteners. You can also try to eat fewer desserts.

found naturally in foods and that have been added during processing. Most added sugars come from soda, desserts, fruit drinks, and candy. Foods that have naturally occurring sugars are milk, fruits, and vegetables.

Try to limit added sugars. Higher added sugar use may be linked to high triglycerides, low HDL cholesterol, and high LDL cholesterol. This can raise the risk of getting heart disease.



The Dietary Guidelines for Americans suggests people aged 2 and older limit added sugars to less than 10% of their total daily calories. If someone eats 2,000 calories a day, that's 200 calories or 50 grams of added sugar. Children younger than 2 should avoid food and drinks with added sugars.

Added sugars are sugars not

Adapted from: ucdavis.edu



4-H YOUTH & DEVELOPMENT

County & Area Communications Events

COUNTY:

The Oldham County 4-H Communications event was held on March 25th with youth participating in the areas of Speeches (by age group), Demonstrations (by category), and Mock Interviews.

Congratulations to the following winners who advanced to the Area 4-H Communications event:

Speeches:

- Serenity Schaefer - 9-Year-Old
- Melah Clark - 10-Year-Old
- Reva Holt - 11-Year-Old
- Ezra Dean - 14-Year-Old

Demonstrations:

- Enoch Dean - Jr. Digital Media
- Emilia McCollum - Jr. Visual Arts
- Sara Kramer - Jr. Foods

Mock Interviews:

- Hadyn Lugo

AREA:

The Area 4-H Communications event was held at the Shelby County Extension office on April 26th. Youth from Oldham, Henry, Shelby, Trimble, Bullitt, Nelson, Marion, Spencer and Washington counties competed in the event. Oldham County was well represented at the Area event with all participants receiving blue ribbons.

Special congratulations to these three youth who placed as the

grand champion in their age group or category:



Reva Holt: 11-year-old speech - "We Should Not Overfish"
Reva, on the right, is pictured with 4-H Agent Hannah Ratliff



Enoch Dean: Junior Digital Media Demonstration - "Need for Speed"

Sara Kramer: Junior Foods Demonstration - "Fresh and Zesty Lemon Tarts"



The Area grand champions will compete at the State 4-H Communications event to be held on July 12th at Conkwright Elementary School in Winchester, KY.



Youth Cooking Opportunities

July 15 & 17
1:00 - 3:00 pm

Passport Kitchen classes are back! We will explore China and Argentina. In this program, 9-18 yr. olds will learn a bit about the culture and food of these two countries. They will also learn how to prepare Chinese Dumplings and Argentinian Empanadas. Registration opens for this series on June 16th. To register, call the Extension Office at (502) 222-9453. Fee for this series is \$20.

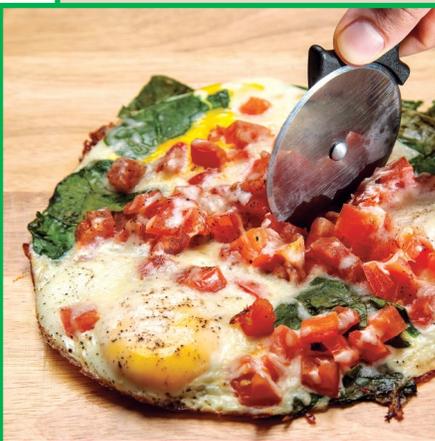
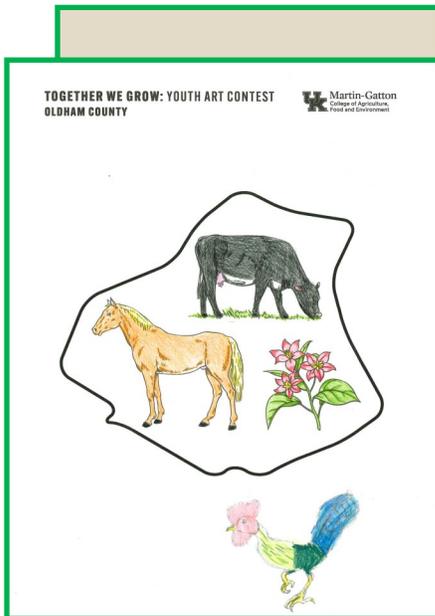
Together We Grow: Youth Art Contest

In celebration of National Agriculture Week, the University of Kentucky Cooperative Extension offices invited youth from our communities to participate in a fun and creative art contest!

This contest was an opportunity for young artists to showcase their creativity while learning about the important agricultural commodities that are represented in their county. Each partici-

pant completed a coloring page that features various local commodities, with plenty of space to add their own personal touch and imagination. The winning entry from each county will be featured on a special map of Kentucky at the 2025 Kentucky State Fair.

The winner from Oldham County was Grace Nelson. She participates in the Adventure Club.



Easy Tortilla Breakfast Pizza

Ingredients:

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

Directions:

- Spray a 10-inch skillet with nonstick spray and place tortilla inside.
- Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can

be cut into three triangles once done.

- Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
- Cover with lid and cook on medium low heat for 12 minutes, or until egg yolk is cooked through.
- Remove from heat and slice into three wedges with one egg each to serve.
- Store leftovers in the refrigerator within 2 hours.

Servings: 3 Serving Size: 1/3 of pizza Recipe Cost: \$3.25 Cost per Serving: \$1.08

Readying Kids for Camp

4-H Camp is an exciting opportunity for youth, but a group living environment with high independence can also be stressful. Basic tasks like managing one's own belongings and navigating the campgrounds can be a big adjustment. Parents and caregivers can make sure their future campers are physically, mentally, and emotionally prepared for their upcoming 4-H adventure with these nine helpful exercises:



1. Pack a suitcase with your child a few days before camp.
2. Practice stocking a daypack.
3. Test-drive a shower caddy for toting toiletries.

4. Help your child keep track of shower time.
5. Prepare to "pitch in" to keep the camp clean.

6. Get comfortable with tracking time and monitoring surroundings.

7. Encourage your child to stay hydrated by drinking plenty of water.

8. Learn how to air-dry wet items.

9. Teach your child how to take a break.

Above all, remind your youth that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and are committed to supporting your camper.

Piggy Bank Winner Recognized

Sara Kramer was recently recognized at the KY State Capitol for her winning piggy bank. Each year Cooperative Extension Services holds a contest through the Family and Consumer Sciences Division for youth to design a piggy bank to bring awareness to the KY Saves program. The Extension Area winners had their winning piggy banks on display at the Capitol Rotunda throughout the month of

March, and were recognized with a certificate during the Kentucky Saves Week celebration. Kentucky Saves is part of the nationwide America Saves effort focused on making household savings a priority. Kentucky Saves promotes positive saving habits to help Kentuckians work toward a stable financial future. Congratulations to Sara!



Fair Entries

4-H Online registration information will be available on our website around July 1. Visit: oldham.ca.uky.edu/program-areas/4-H-Youth-Development/4-H-Exhibit-Days

4-H families, please call the Extension office at (502) 222-9453 or email Amy.Logsdon@uky.edu



Periodical Cicadas Emerge Across Kentucky This Spring: How to Protect Your Trees and Shrubs

More information can be found at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment publication here: entomology.ca.uky.edu/ef446

UK's From the Woods episode 245: forestry.ca.uky.edu/episode/woods-today-cicadas



Kentucky will be the epicenter for the emergence of Brood XIV of 17-year periodical cicadas this spring. Periodical cicadas have appeared in Western Kentucky counties over the past few years, but the largest emergence area for 2025 will occur across most of Central and Eastern Kentucky.

While these time-keeping, red-eyed insects are not harmful to humans or pets, their egg-laying habits could damage the branches of young trees and shrubs. Tree netting is the most effective, non-invasive way to protect your landscaping and fruit trees.

The 17-year periodical cicadas are expected to emerge from the soil to molt into their flying, adult form in late April to early May, when the soil warms to the mid-60s. Periodical cicadas emerge much earlier than annual cicadas and in greater numbers.

Cicadas do not bite or sting, and the feeding habits of the adults do not damage plants. Some may find the abundance of molted shells and loud, near deafening singing a nuisance, while others will enjoy this pageantry of nature. The periodical cicadas' choral song, however, is a cue to protect landscaping and orchards.

Female cicadas will lay their eggs into the new, lower branches of several species after mating: apple, arborvitae, ash, beech, berry and grape vines, crab apple, cherry, dogwood, hickory, holly, maple, lilacs, magnolia, oak, peach, pear, rose bushes, spirea and willows are the most likely targets.

The cicada's ovipositor is long and sharp, and they will inject 200 to 600 eggs into the stem tissue. This "flagging" may cause the tender branches to snap. The fallen branch makes for a much shorter journey for the hatching nymphs from egg to soil but is not beneficial for the growing tree. Once the eggs hatch, the nymphs will feed on root sap, and a heavy population of nymphs in the soil may also impact the tree's root system.

While using insecticides may be less costly, the safest and most effective way to prevent tree and shrub damage is by using cicada netting, which prevents females from laying their eggs. Netting is suggested for use on new and smaller trees and should be installed when the cicadas begin to sing, about mid-May for most of the area. Trees that are established in the landscape—too tall to net for most people—will grow throughout the egg-laying period.

Snakes! Learn More, Fear Less

Around Kentucky, a fascinating world often misunderstood by many unfolds—the world of snakes. Despite their infamous reputation, these creatures are far more complex and essential to the state's ecosystem than meets the eye. More than 30 snake species live in Kentucky, but only four possess venom, while the rest contribute to the intricate balance of nature. Kentucky's diverse landscapes provide an ideal habitat for these often-maligned creatures.

The venomous snakes, ranging from the secretive copperhead and Western cottonmouth, aka water moccasin, to the pygmy rattlesnake and the graceful timber rattlesnake, are vital to the state's environment. They often go unnoticed, keeping populations of mice and other rodents in check. Numerous non-venomous snakes such as the common garter snake and the North American black racer thrive throughout the state.

The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment offers a comprehensive website to help you identify and learn more about snakes you may encounter around your home or farm.

A user-friendly interface allows you to pinpoint snake species based on its geographic location and unique characteristics. A snake's head shape, body structure or color pat-

terns all offer clues to help with identification. Whether you find a snake while hiking through the woods or exploring your own backyard, this platform will help you fight fear with information.

Photographs and descriptions offer a visual encyclopedia for both venomous and non-venomous species in the region. If you come in close contact with a venomous snake, use caution and respect. You may learn to appreciate them from a safe distance and admire them in their natural habitats.

The website details each snake's unique natural history and conservation status. With newfound knowledge, you may see snakes in a new, fresh light.

Visit the website: kysnakes.ca.uky.edu/

For more information about Kentucky wildlife and other topics, contact the Oldham County Extension Service at (502) 222-9453.



Copperhead



Eastern Ribbon



Western Cottonmouth

Issues with Ponds

You may notice that your pond is shrinking and not holding water after every season. This may be the result of a leak or similar issue. If you suspect that your pond has a leak or compromised dam, contact:

Natural Resources Conservation Service (NRCS) at: (502) 633-3294

Pond leak or dam management should not be completed without first calling the NRCS as there could be a safety risk of dam failure and flooding.

As the weather heats up, you might start to notice some really good (and really bad) events happening in your ponds. Below are some of the most common issues that we see in a year of pond management.

Ponds are great sources of beauty and fun for the entire family. As you explore your pond, you may notice plenty of fish, frogs, plants, and birds. If your pond is healthy, you may even notice bigger fish that could be caught on your fishing pole. However, if your pond is not healthy or has recently experienced extreme weather, you might notice that your fish will begin to die off. These “Fish Kills” can happen both in the winter and the summertime. Usually, fish kills in winter are a result of a shallow pond, or a prolonged period of snow-covered ice. In the summertime, fish kills are

can also be placed in your pond to provide oxygen to the lower levels of water. This added oxygen can reduce the severity of a pond turnover. If you notice any fish kills, removing dead fish from the water can also help prevent more algae blooms and kills. If you have experienced a fish kill and would like to know more about restocking your pond, contact your District Fishery Biologist at (502) 892-4464 for information.

In addition to fish, personal ponds can also be a host to many different aquatic plants. These aquatic plants not only provide food for insects and fish, but they are also the main contributors to the oxygen levels in your pond. Even still, too much of a good thing can often turn bad.

If you have any questions regarding what aquatic plants are in your pond, contact agriculture agent, Gretchen Winslow, at (502) 222-9453



normally results of algae blooms, pond turnovers, and cold rain showers. You can prevent unwanted fish kills by simply monitoring what goes into your pond. Avoid fertilizing lawns or pastures right before a storm as these chemicals will wash into your ponds and create algae issues. A bottom aerator

or visit the Extension office with a bag of aquatic plants to identify.

If you notice that the aquatic plants are taking over your pond, contact your District Fishery Biologist at (502) 892-4464 for control options.

UPCOMING

Events listed by date and type: **4-H Youth Development**, **Ag & Horticulture**, and **Family & Consumer Sciences**.

JUNE

-  Walking KY - Wednesdays
-  Yoga - Thursday
-  4 Understanding Your Soil Results
-  4 Walking Wednesday
-  5 Garden & Crop Pests
-  6 Cooking Through the Calendar
-  11 Walking Wednesday
-  12 Garden Weeds
-  13 Cooking Through the Calendar
-  16 Canning 101
-  17 Homemaker Area Meeting
-  18 Walking Wednesday
-  20 Longest Day of Play
-  20 4-H Camp Lice Check
-  23-27 4-H Camp
-  25 Walking Wednesday
-  30 Farmers Bread

JULY

-  Yoga - Thursdays
-  7 Sewing: Christmas in July
-  10 What's Bugging Your Vegetables
-  10 Stockpiling Your Winter Forages
-  10 Cooking Through the Calendar
-  12 Sewing: Christmas in July
-  15 Harvesting & Handling
-  15 4-H Passport Kitchen
-  17 4-H Passport Kitchen
-  21 Fair Exhibit Check-in
-  23 Fair Showcase & Reception
-  23 Laugh Yoga
-  23 Walking Wednesday
-  29 Seasonal Vegetable Highlight
-  31 Shade Gardening

AUGUST

-  Gratitude Walks - Wednesdays
-  Yoga - Thursdays
-  7 Native Trees
-  12 Seasonal Vegetable Highlight
-  14 Cooking Through the Calendar
-  21 Planting a Fall Vegetable Garden
-  26 Seasonal Vegetable Highlight

Are You Looking for A Volunteer Opportunity?

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



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