

# Oldham County Extension

November—December 2011

## 4-H Youth Development

### 4-H Achievement Awards

If you are a current 4-H member or just getting started in 4-H, now is the time to get involved in the 4-H Achievement Program. Involvement can begin as early as the sixth grade year and span the entire career of the 4-H member. Program participants will be able to interview for scholarships to state and national 4-H conferences as well as college scholarships. The 4-H Achievement Program will replace the current Honors Program. Interested members and their parents are invited to an Achievement Program orientation on Tuesday, January 31, at 6:30 PM, at the Cooperative Extension Office. Call 222-9453 to register your 4-H member.



### Kentucky 4-H Volunteer Forum

The Kentucky 4-H Volunteer Forum is February 9-11 at the Hyatt Regency in Lexington, Kentucky. The theme of this year's Forum is "Kentucky 4-H Volunteers: Leading the Revolution."

Oldham County 4-H is proud to announce several of our 4-H Volunteers will be inducted in the 4-H Hall of Fame. Congratulations to our outstanding volunteers that will be recognized for their accomplishments during the Awards Banquet on Friday evening:

Cindy Guenther—Lifetime Achievement Award  
Terri Griffin—Innovative Creative Enthusiastic (I.C.E.) Award  
Kenny Smith—Certified Shooting Sports Volunteer Award  
Jean Jenkins—Certified Horse Volunteer Award

Over 100 hours of educational workshops are being offered covering the entire spectrum of 4-H Youth Development programs, activities and curricula. Registration was due to the Extension Office by January 6. Late registration is limited prior to January 26.

### America Saves Piggy Bank Contest

Congratulations to Madison Gladstone a club member of Busy 4-Hers of Oldham County and Moore's Famous 4-Hers school club. Madison's pink paper mache bank won best overall bank in the Family and Consumer Sciences sponsored America Saves Piggy Bank Contest. Madison's bank advanced to the district level where it also received first place. Her bank will now advance to the state level for judging. Way to go Madison!!

No matter what you're growing—kids, families, businesses, farms or landscapes—give us a call and learn how we can help.

1815 N Highway 393  
LaGrange, KY 40031  
222-9453  
222-7930 fax  
[www.ces.ca.uky.edu/oldham](http://www.ces.ca.uky.edu/oldham)

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**UK**  
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KENTUCKY  
College of Agriculture

## **Reality Store**

We are very pleased to announce that Oldham County 4-H will host the 4-H Reality Store at both Oldham County High School and South Oldham High School. Oldham County will have the Reality Store on Friday, February 17, and South Oldham's will be held on Friday, February 24. The event will begin at 8:30 AM and conclude at 3:20 PM at each high school. Lunch will be provided. We will offer an orientation luncheon for all volunteers on Thursday, February 2, at Noon, at the Oldham County CES office. We will need many volunteers to make each event a success.

4-H Reality Store is an experiential real-life simulation that provides youth the opportunity to make lifestyle and budgeting choices. During the Reality Store, participants will be faced with supporting their family with income from their career choice. Participants will visit the following booths which represent monthly expenses: SOS, Uncle Sam, Bank, Housing, Auto Insurance, Communication, Child Care, Grocery, Medical Insurance, Transportation, Utilities, Clothing, Health and Beauty, Entertainment, Supplemental Income, and Crystal Ball (unexpected expenses). The goal is to make a purchase at each booth while meeting the family's needs.

Please give this opportunity close consideration. We need many volunteers and you will feel positive about being a part of this 4-H learning experience. If you are interested in volunteering to help with this event, please contact the Extension Office.



## **Kentucky 4-H Youth Summit**

Kentucky 4-H Youth Summit, March 15 -17, is the only 4-H event JUST for middle school youth! This is a fun-filled, three-day conference held at the Kentucky Leadership Center in Jabez, KY. This premier event brings students in grades 6, 7, and 8, from across the state to enhance leadership skills, participate in workshops and have some serious fun! There will be games, a dance and lots of exciting experiences you won't want to miss! Contact the office for registration materials. Registration is due by February 3.

## **4-H Communication Program**

Communicating your ideas and thoughts effectively is an extremely important skill. The 4-H Communication program provides the opportunity for youth to develop effective communication skills.

The Oldham County 4-H Communication Event will be held Thursday, March 29. For information on rules and guidelines please contact the Extension office. 4-H members selected to represent Oldham County will compete at the Louisville Area Communication Event on Saturday, April 28, with champions advancing to the State Competition in July at the University of Kentucky. If you are interested in volunteering to judge a speech or demonstration contest, please contact the Extension Office.

## **4-H Forestry Club**

The 4-H Forestry program allows youth to learn about tree identification, insect and disease pests of forest trees, using a compass for navigation and more. 4-H Forestry participants would meet monthly for learning activities in the classroom and in local woodlands. Youth may also have opportunities to participate in state and national competitions. If you are interested in participating as a youth member or an adult leader please contact us.



## **State & District Horse Show T-Shirt Design Contest**

Calling all 4-H Artists!! You have the opportunity for your t-shirt design to be selected as the official design for the 2012 State or District Horse Show t-shirt. Just send in your designs to the Cooperative Extension office by the date indicated and follow the directions below:

- 1) Drawings should be clean lines or solid shapes. No shading or grey scale.
- 2) Drawings should be "camera" ready.
- 3) Themes should be tasteful and reflect the spirit of 4-H.
- 4) PLEASE HAVE A THEME PHRASE IN THE DESIGN.
- 5) Themes should be meaningful to most 4-H members, families and disciplines.
- 6) Color designs may be submitted but may not be printed in color. Please make your suggestions known when submitting your design.
- 7) Designs can be original art work or unlicensed clip art.



District and State t-shirt designs are due to the CES office by February 10.

## **Horse Club Members**

4-H members who would like to qualify for participation in any 4-H Competitive Horse Event (this includes 4-H Horse shows) must complete 6 hours of instructional hours taught by their 4-H Certified Horse Club Leader. The 6 instructional hours must be completed before April 15th and be documented by the Certified Horse Club Leader.

Please meet with your 4-H Certified Horse Club Leader now to ensure you will have your completed and documented 6 hours of instruction prior to April 15. Members must also have their 4-H enrollment form submitted to the CES office on April 15. Documentation of hours completed must accompany your registration or show paperwork.

## **4-H Summer Camp**

Oldham County 4-H Camp at Lake Cumberland will be Tuesday, July 10, through Friday, July 13. *Camp Madagascar* will be our theme. Watch your mailbox for your application. The camp video may be viewed at our website: <http://ces.ca.uky.edu/oldham/4HCamp>. If you are interested in volunteering as an adult or teen leader, please contact the Cooperative Extension Office.

## **Want to be a 4-H Camp Staff Member?**

If you have attended 4-H Camp, you know how much fun the staff have all summer while working at 4-H Camp. If you are 18 years of age or older, love camp and need a summer job, this is a great opportunity for you.

The camp staff positions for the 2012 summer season are now posted on the University of Kentucky Jobs site at <http://www.uky.edu/HR/working/>. Applicants may search for these positions using the keyword "camp" and selecting "temporary" as the type of position. Applications are due March 5.



## Shooting Sports Certification Workshop

A workshop designed to familiarize participants with the National Shooting Sports materials and to receive certification as a 4-H Shooting Sports Coach will be held at the Kentucky Leadership Center in Jabez, KY. Topics to be covered are the role of shooting sports in 4-H, productive club meetings, teaching resources, how to teach safety, and information on state competition. A workshop will be held March 9-11 for 4-H coaches seeking their first 4-H Certification. Returning coaches can become trained as 4-H Range Safety Officers for an additional \$20, as well as attend the training and become certified in a discipline. (Choose from 6 disciplines: Coordinator, 22 Rifle/Air Rifle, 22 Pistol/Air Pistol, Black Powder, Shotgun/Trap, or Archery) First time coaches are not eligible for the RSO certification. For more information about the workshop please contact the Extension Office. Registration is due by Friday, January 20.

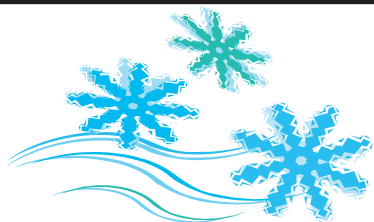
## 2012 Kentucky Saves Week Poster Contest



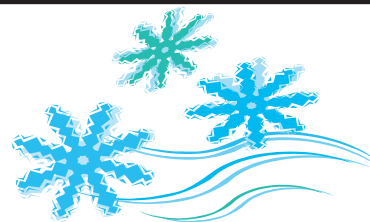
*Theme: Save Today and It Will Pay!*

The 2012 Kentucky Saves Week Poster Contest is open to all Kentucky students in grades 6, 7, or 8. The contest is open to individuals, classes and non-school related groups; however, entries will only be accepted from Kentucky students in grade levels 6 through 8. All posters must be 8 ½ X 11-inches on white paper/stock. Original hand-drawn and/or computer-generated artwork is accepted. Submissions will be accepted through January 31, 2012. Posters will be judged on expression of the theme (40%), artwork style and content (30%), and creativity (30%).

The first-place winner from each grade level will receive a \$50 US savings bond, and the winning posters will be displayed at the Kentucky State Capitol during Kentucky Saves Week, February 19-26, 2012. Other students also will be recognized for their work, as an additional selection of posters will be chosen for display. The Kentucky Saves Week Poster Contest is sponsored by the Kentucky Jump\$tart Coalition for Personal Financial Literacy. Call the extension office for more details and entry form.



## 4- H Calendar



### January:

- 5 Leaders of the Pack Dog Club
- 6 EOMS Patriot Pride Club
- 10 Shooting Sports 4-H Club
- 12 Candy's Clovers 4-H Club
- 16 Ballardsville High Riders 4-H Club
- 17 CES Council & District Board
- 19 4-H Council Meeting
- 26 4-H Horse Club Leaders Meeting
- 30 CES Surplus Equipment Sale
- 31 4-H Achievement Orientation

### February:

- 2 Leaders of the Pack Dog Club
- 9 Candy's Clovers 4-H Club
- 9-11 Volunteer 4-H Forum
- 14 Shooting Sports 4-H Club
- 17 Oldham County High Reality Store
- 20 Ballardsville High Riders 4-H Club
- 24 South Oldham High Reality Store

*Kelly Woods*

Kelly Woods, Agent 4-H Youth Development

# Family & Consumer Sciences

## ***Small Steps to Health and Wealth™ Online Challenge Begins January 15***

Just in time to rescue failed New Year's resolutions to improve health and personal finances, the Cooperative Extension system is launching an online *Small Steps to Health and Wealth™* (SSHW) Challenge called "Winter 2012 SSHW Challenge." This free six-week program, open to anyone who enrolls online, will be held from Sunday, January 15, through Saturday, February 25, 2012. Prizes will be awarded for participants who report the highest point totals.

To sign up for the SSHW Challenge, follow the "Challenges" link on the *Small Steps to Health and Wealth™* Web site at <http://njaes.rutgers.edu/sshw/>. Set up a user name and password and download a simple one-page user's guide with instructions about how to proceed. Enroll in the Challenge titled "Winter 2012 SSHW Challenge."

The SSHW Challenge is part of *Small Steps to Health and Wealth™*, a national Cooperative Extension program developed to motivate Americans to take action to simultaneously improve their health and personal finances. SSHW was built around a framework of 25 research-based behavior change strategies.

An introductory class will be held at 10:00 AM, Saturday, January 14, at the LaGrange Community Center, for anyone who would like more information about Small Steps to Health and Wealth or who does not have web access.



## **SEASONAL BARGAINS**

January: Oranges, Tangelos, & Split Peas  
February: Cabbage, Potatoes, & Onions

Visit our website for seasonal recipes: <http://ces.ca.uky.edu/oldham/>

**Living Well Tips:** 1) To control portions sizes and calories, never eat directly from a box or package. Before snacking, measure portions into a container. 2) According to the US Department of Health and Human Services, adults need at least 30 minutes of moderate-level, physical activity every day to be healthy. Children need one hour every day.

### ***Cabbage Noodle Casserole***

5 strips turkey bacon  
1 Tablespoon vegetable oil  
2 teaspoons sugar  
1 teaspoon salt  
1/2 teaspoon pepper

6 cups cabbage, chopped into 1-inch pieces  
3 cups whole grain egg noodles, cooked  
1 cup reduced-fat sour cream  
1 teaspoon paprika

In a large skillet, cook bacon until crisp. Remove and set aside. Add oil, sugar, salt and pepper to the skillet with the bacon drippings. Add chopped cabbage and stir until coated. Cover and cook 7-10 minutes. Crumble bacon and add to cabbage. Stir in noodles. Spoon into a greased 2-quart casserole dish; cover and bake at 325°F for 30 minutes. Remove from oven. Spread sour cream over the top and sprinkle with paprika. Bake 5 minutes. Yield: 6, 1-cup servings. Nutritional Analysis: 260 calories, 12 g fat, 4.5 g sat. fat, 40 mg cholesterol, 720 mg sodium, 30 g carbohydrates, 5 g fiber, 10 g protein.



## TAKE CARE OF YOUR VISION

From waking in the morning until resting your head on the pillow at night – your eyes are critical to your day-to-day activities. It is very important to take care of your eyes and eyesight. Often, the loss of eyesight contributes to the loss of quality of life. When an individual does not have good vision, there will be a limit in their movement and independence.

Consider this:

- Over 50,000 people lose their sight each year.
- More than 1.1 million Americans are legally blind.
- Blindness is the no. 1 complication of diabetes.



An individual should be going to an eye doctor at least once a year for an annual checkup. If it has been a long time since you have been to the eye doctor, talk to family and friends about who they recommend. Someone you know may have a great suggestion. Prepare for your appointment. There are a few health matters you will want to share with your eye doctor. You want to tell your eye doctor if you have any medical conditions such as diabetes, high blood pressure or other serious illnesses. You should also share your health history and if there is any family history of eye problems. If you have had any changes in your vision you should tell your doctor. Some examples are double vision, tired eyes, itchiness or other eye issues. You should share the names of the medications you are currently taking. Some medications can impact the eyes and vision. Be prepared to talk about what you would like to do if you need glasses or contact lenses. Take the time to make a list of questions that you want to ask the doctor. Do not be afraid to take notes. The notes you take may help you remember something important that the doctor said during the exam.

### What happens at an eye exam?

**Visual Acuity** – A visual acuity test is simply a measure of how well you see. This test is performed by reading letters on a chart that is 20 feet away. On this chart there will be letters of all different sizes.

**Visual Fields Test** – This test will check your field of vision, including your side vision, also known as peripheral vision. For this test, a technician or doctor will stand in front of you and ask you to cover one eye. You will be asked to let the doctor know when you can see her hand or an object she is holding.

**Extraocular Movements** – A technician or doctor will ask you to simply follow a pen or small object with your eyes without moving your head. You will usually look up, down and side-to-side with each eye.

**Cover Test** – This test helps determine how well your eyes work together. The doctor will ask you to focus your eyes on an object. The doctor will then cover one eye for a moment and then uncover it. This test is helping find possible depth perception problems or other issues.

**Refraction** – This test happens when a doctor asks you which option is better A or B while they are flipping lenses. There are usually several different lenses that you will be looking through. You may go through several sets and you will do this for both eyes. The results of this test are usually used to determine your prescription for glasses or contact lenses.

**Slit Lamp Exam** – The doctor will use a slit lamp to examine your actual eye and eye structures including the eyelids and eyelashes. The lamp has a very bright light and magnifies your eyes so that the doctor can see each part of your eye. This test will help determine if there is any disease in the eye.

Depending on your doctor, he may have different ways to examine your eyes. Talk to your doctor about what he is going to do during the examination and do not be afraid to ask questions during the exam. Healthy eyes and the ability to see clearly is necessary for everyday living.

Source: The University of Kentucky Health Bulletin written by Nicole Peritore, edited by Connee Wheeler.

Health Bulletins, including Adult, Parent, and Youth, are published each month by the University of Kentucky and may be found at your Oldham County Extension website: <http://ces.ca.uky.edu/oldham/Health%20Bulletins>.

## ***It's Sew Fine for Home and Family***

The 2012 Sewing Expo will be returning to General Butler State Resort Park in Carrollton, Kentucky April 17—18. Registration packet and supply lists can be found at: <http://ces.ca.uky.edu/owen>. Click on Family & Consumer Sciences, then click on Sewing Expo 2012 Registration. Packets are also available by request at the Oldham County Extension Office.

## ***Louisville Area Extension Homemaker Leadership Retreat***

This year's Leadership Retreat theme is *Celebrating Life's Changes*. Join us for a fun time of learning and fellowship on April 9 —10, at Kavanaugh Life Enrichment Center, in Crestwood, Kentucky. Registration information will be available by late January.

## ***Oldham County Extension Homemaker Cultural Arts Competition***

Attention Homemakers! The Cultural Arts Competition will be on Wednesday, February 15, at the John Black Center in Buckner. Entries may be checked-in at the Extension office on Tuesday, February 14, until 6:15 PM and at the John Black Center on Wednesday, February 15, from 9 – 10 AM. There will be free Make & Take Projects with tea and light refreshments. Viewing of the entries will begin at Noon. Additional details will be available at the Homemaker Council meeting on Friday, January 13.

### ***Up-Coming Classes***

**Come Sew With Us** on Monday, January 23 & February 27 at 6 – 9 PM will start the year off with a Texture Magic™ Tote project. Supply list and photos are on the Oldham County Extension website. Click on Family & Consumer Sciences and then click on Coming Events. This tote is a two month project. Feel free to bring your other projects too.

**Couponsing 101** is scheduled for January 31, at 6:30 PM, at the LaGrange Library. If you missed this class earlier this year, join us to learn how to SAVE! SAVE! SAVE! This class will also be repeated at 10:00 AM, Saturday, February 11, at the LaGrange Community Center located at 307 West Jefferson St.

**Homemaker Training: "Saving Energy & Money"**, will be Thursday, February 23, at 1:15 PM, at the Oldham County Extension Office. Valerie Holland, County Extension Agent for Family and Consumer Sciences in Jefferson County, will present this important lesson. Everyone is welcome to attend.

**Something New! Evening Knitters** will meet starting Tuesday, February 28, at 6:30—8:00 PM. Learn to knit, improve your skills, and share your knowledge of this fiber art. Limited supplies will be available.

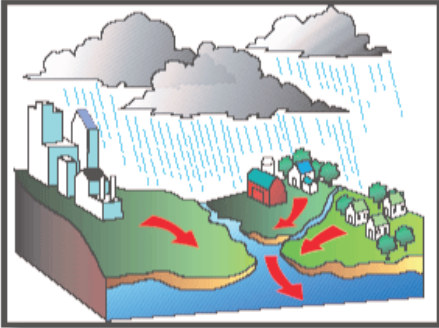
# **FCS CALENDAR**

- 1/13** Oldham County Homemaker Council, 1:00 PM
- 1/14** Small Steps to Health & Wealth, 10:00 AM, LaGrange Community Center
- 1/23** Come Sew with Us, Texture Magic Part 1, 6-9 PM
- 1/31** Couponsing 101, 6:30 PM, LaGrange Library
- 2/11** Couponsing 101, 10:00 AM, LaGrange Community Center
- 2/15** Cultural Arts Competition & Extension Homemaker Tea, John Black Center
- 2/23** Homemaker Training, "Saving Energy & Money", 1:15 PM
- 2/23** Come Sew with Us, Texture Magic Part 2, 6-9 PM
- 2/24** Evening Knitters, 6:30 PM

*Christine L. Duncan*  
Chris Duncan  
Family & Consumer Sciences Agent

# Agriculture & Natural Resources

## ***Proposed Watershed Standards May Impact Farmers and Residents***



The Environmental Protection Agency is considering standards for 34 watersheds in Kentucky to address Total Maximum Daily Loads (TMDL's) for nutrients. Floyds Fork is the first watershed to be addressed. Pond Creek, Curry's Fork (part of Floyds Fork), and Harrod's Creek are also on the list of watersheds targeted for reducing nutrient loads.

Jefferson County Farm Bureau recently hosted a meeting for farmers and interested parties in our area. The criteria for reducing nutrient loads in these watersheds are still being developed. To help with this

process, Kentucky Division of Water is interested in getting input from farmers and residents who live in the Floyds Fork watershed. Contact Paulette Akers, Division of Water at [Paulette.Akers@ky.gov](mailto:Paulette.Akers@ky.gov) through February with your comments.

Documents and presentations from past meetings about the watershed are posted on Floyds Fork facebook page. You may view these without having a facebook account. You may find maps and watershed information at [http://iaspub.epa.gov/waters10/attains\\_index.control?p\\_area=KY](http://iaspub.epa.gov/waters10/attains_index.control?p_area=KY).

This is a good time to review your ag water quality plan to see if it meets the needs of your farm. UK has an online guide for developing an ag water quality plan at <http://warehouse.ca.uky.edu/AWQP2000/index.html>.

Homeowners, too, should be conscious of gardening and lawn care activities that increase nutrient loads in our watersheds. Use soil testing to find out what nutrients are already present in gardens, lawns, pastures and crop areas. A \$10 soil test gives you recommendations on how much fertilizer to apply to successfully grow your lawns and gardens. This insures that nutrients are not over-applied and moved into our waterways. Accurate recommendations will likely save some money, too, through correct application rates.

Homeowners may consider creating buffer zones, much like farmers use, to protect waterways. *Living along a Kentucky Stream* <http://www.ca.uky.edu/agc/pubs/ip/ip73/ip73.pdf> explains buffer zones and lists some beautiful and functional landscape plants for these areas.

## ***Beginning Farmer Program - KyFarmStart***

*KyFarmStart* is a new extension program for individuals with less than 10 years farming experience. It is also targeted to those who may have farm experience but not direct farm management experience. *KyFarmStart* provides a basic foundation of production, marketing, management and networking which is necessary for farmers to succeed in today's dynamic agriculture environment. Participants will experience face-to-face educational sessions, on-farm demonstrations and farm field days during the program.

*KyFarmStart* begins Friday, January 20, 9:00 am – 12 noon, at the Shelby County Extension Office. Classroom sessions are planned each Friday morning through March 2, offered at a local Extension Office. Summer field days, demonstrations and concluding fall sessions will be scheduled next year. Details are available at <http://ces.ca.uky.edu/oldham/UpcomingEvents>.

## ***New Plants for 2012***

The All-America Selections 2012 winners include the ornamental pepper *Capsicum annuum* 'Black Olive' and *Salvia coccinea* 'Summer Jewel Pink' in the annual category. All-America winners in the vegetable category include a hot pepper *Capsicum annuum* 'cayennettia' F1 and a watermelon *Citrullus lanatus* 'Faerie' F1.

Plant breeders' and growers' new selections are being made available in seed and plant catalogs. New selections introduce new colors, color combinations, growth habits, weather tolerance and improved disease and insect resistance. These selections have been grown and trialed by the producers.

A few of the new introductions are:

- Royal Rain Drop crabapple with magenta-pink flower, purple foliage and tiny red fruit
- Sonic Bloom Pink weigela a pink flowered re-blooming shrub
- Redpointe maple, *Acer rubrum* 'Frank Jr.' has improved disease and insect resistance along with a strong uniform growth habit as a shade tree
- Whitewater redbud, *Cercis canadensis* 'Whitewater' is a small shade loving variegated redbud tree
- Urban apple 'Tasty Red' has a unique growth habit that makes it an ideal apple tree for small landscapes and patios.
- Home Run® Rose, *Rosa* hybrid 'Home Run' is an English style easy care rose
- Majesty Shrub Rose by the developers of the Knock Out Rose has deep red, semi-double blooms from spring to fall
- Sunshine Daydream Hybrid Tea rose with large buttercream yellow flowers is the winner of the All-America Rose Society no-spray trials.

New perennials include:

- *Echinacea X purpurea* 'Sombrero Salsa', a compact red flowering perennial
- Gaillardia 'Fanfare Blaze' with unique pinwheel blooms
- Lady Elizabeth daylily is a strong performer with near white blooms



Gaillardia 'Fanfare Blaze'

Notable new vegetables are the Burpee's Boost series Healing Hands lettuce, Gold Standard cucumbers, and Cherry Punch, Solar Power and Power Pops tomatoes. These vegetables were selected for higher nutrition levels for healthy eating.

Among the many new annuals are Superbena® Royale Peachy Keen a peach flowered compact durable verbena and Supertunia® White Russian petunia, a unique white flower with black veins.

This is only a portion of the many new introductions this year. Their performance in your gardens may vary. Additional information on plant performance for our area can be found and observed at the UK trial gardens at the UK Arboretum in Lexington.

## ***4-H Forestry Club***

The 4-H Forestry program allows youth to learn about tree identification, insect and disease pests of forest trees, using a compass for navigation and more. 4-H Forestry participants would meet monthly for learning activities in the classroom and in local woodlands. Youth may also have opportunities to participate in state and national competitions. If you are interested in participating as a youth member or an adult leader please contact us.

## Vegetable Academy

The Vegetable Academy will be offered January 31 – February 1, from 8 am – 4 pm both days at the Henry County Extension Office. This two-day short course provides instruction on irrigation and fertility management, variety selection, postharvest handling, organic production, pest identification and management, equipment usage, and marketing, including the Farm to School program.



Registration fee is \$30 and covers materials and lunch both days. Pre-registration is requested – call 222-9453. Details available online at <http://ces.ca.uky.edu/oldham/UpcomingEvents>. The Vegetable Academy is a UK Extension pilot program, and the Louisville area and Newport area were selected to host the course this year.

***Please view our calendar for other upcoming programs!***

## ANR Calendar of Events

***Events take place at Oldham County Extension Office unless otherwise noted.***

- |     |       |   |
|-----|-------|---|
| Jan | 9     | Green Thumbs, 9:30 am   |
|     | 12-13 | KY Cattlemen's Convention, Lexington, <a href="http://www.kycattle.org">www.kycattle.org</a>                                |
|     | 13    | Beekeepers, 7:30 pm   |
|     | 17    | County Extension Council & District Board, 9 am   |
|     | 18    | Master Gardener Association, 9 am   |
|     | 20    | KyFarmStart begins, 9 am, Shelby Co. Extension  |
|     | 24    | Cattlemen's Association, 6 pm   |
|     | 25    | Advanced Master Gardener – Plant Pathology, 6 pm, Shelby Co. Extension  |
|     | 26-27 | KY Landscape Industry Conference, Louisville, <a href="http://www.knla.org/">http://www.knla.org/</a> ; CEU's available     |
|     | 31    | Vegetable Academy, 8 am – 4 pm, Henry Co. Extension, Registration required  |
| Feb | 1     | Vegetable Academy, Day Two, 8 am – 4 pm, Henry Co. Extension  |
|     | 4     | Healthy Horse Seminar, 9 am – 2 pm, Shelby Co. Extension, RSVP required   |
|     | 6     | Advanced Master Gardener – Entomology   |
|     | 10    | Beekeepers, 7:30 pm   |
|     | 13    | Green Thumbs, 9:30 am   |
|     | 15    | Master Gardener Association, 9 am   |
|     | 20-24 | KY Turf Conference, Louisville, <a href="http://www.uky.edu/Ag/ukturf/">http://www.uky.edu/Ag/ukturf/</a> ; CEU's available |
|     | 21    | Advanced Master Gardener – Soils, 6 pm  |
| Mar | 9     | Advanced Master Gardener – Pruning Woody Plants, TBA  |
|     | 20    | County Extension Council & District Board, 9 am   |
|     | 27    | One Acre at a Time – Woodland Owner Program, 6 pm, John Black Community Center  |

Traci Missun  
Extension Agent for Agriculture & Natural Resources

Michael Boice  
Extension Horticulture Assistant

# Healthy Horse Seminar

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Open to the general public at no cost.  
Lunch, free of charge (however, a reservation is required).

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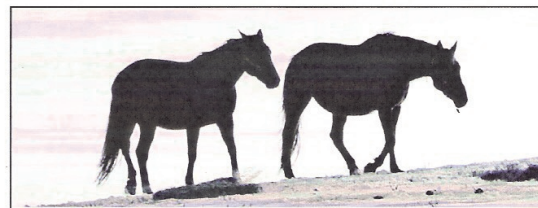
You are invited to attend a Horse Seminar presented by  
**Drs. Jack Easley, Sheena Bowen, Ryan Wonderlich,  
Kerry Beckman, and Erica Tolar.** This seminar is designed  
to help horse enthusiasts learn more about equine health and  
management. Please join us at the Shelby Co. Extension Office,  
**Feb. 4, 2012.**

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***Topics will include:***

- **Vaccination Scheduling**
- **Deworming Programs**
- **Mare Care**
- **Eye Care**
- **Dentistry**

*For questions or reservations,  
please call 502-633-0112 or  
email [easleydvm@aol.com](mailto:easleydvm@aol.com), by Jan. 28.*



**Date:** Feb. 4, 2012

**Time:** 9 A.M. to 2 P.M.

**Place:** Shelby Co. Extension Office  
1117 Frankfort Road  
Shelbyville, KY 40065

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**SPONSORED BY**

**Equine Veterinary Practice LLC and Shelby Co. Extension Service**

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COOPERATIVE  
EXTENSION  
SERVICE



Cooperative Extension Service  
Oldham County  
1815 N HWY 393  
LaGrange, KY 40031-8632  
[www.ces.ca.uky.edu/oldham](http://www.ces.ca.uky.edu/oldham)  
502-222-9453

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