

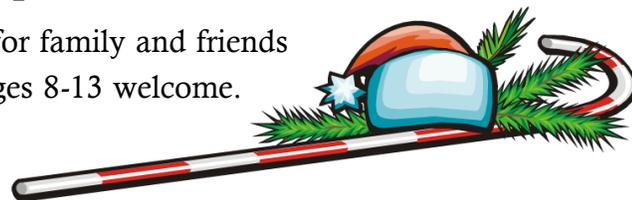
# Oldham County Extension Newsletter

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## 4-H Youth Development

### Santa's Workshop

Join 4-H at the Oldham County Extension Office to make gifts for family and friends on December 22, from 10:00 a.m. to 2:00 p.m. Boys and girls ages 8-13 welcome. Space is limited! \$25 supply fee due at time of registration.



### Attention Horse Club Members

To qualify for participation in any 4-H competitive horse event (this includes 4-H Horse shows), 4-H members 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 15 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 by April 15. Documentation of hours completed must accompany your registration or show paperwork.



### New 4-H Horticulture Club

Now presenting the new 4-H Horticulture Club! There is a supply fee of \$25 plus \$10 due for 4-H membership. The club meets at the Oldham County Extension Office at 6:30 p.m. on the following dates:

**Dec 15 ::** Wreaths  
ID Evergreens

**Feb 25 ::** Seed Test Results  
Seed Planting

**April 28 ::** Ext. Garden Planning

**Jan 28 ::** Garden Planning  
Soil Evaluation  
Seed Test

**March 24 ::** Hanging Basketing

**May 26 ::** Hyper-tufa Containers

**June ::** Weed/Maintain Garden

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# Achievement Award Winners Recognized at 4-H Banquet

The 4-H Achievement Program recognizes members beginning in the sixth grade. The application is a detailed resume of the member's 4-H and community involvement. Scholarships are available at each state level achieved. Congratulations to the following 4-H members who have completed a Clover Achievement Level:

## Clover Level 1

Rebekah Anderson                      Will Shannon

## Clover Level 4

Rebekah Degnan                      Tyler Jones  
 Ryann Horton                      Olivia Minor  
 Beth Huffman

## Clover Level 2

Maggie Anderson                      Meridian Myers  
 Keirstin Kennedy                      Coral Schulte  
 Emmett King                      Ethan Willis  
 Ruby Mason

## Clover Level 5

Hannah Anderson                      Molly Logsdon  
 Brandon Howard                      Victoria Winn

## Clover Level 3

Noah Anderson                      Shelby Shackelford  
 Brookelynn Horton                      Aubrey Wirth

## Interviewing for the Gold Award

Sarah Griffin                      Victoria Winn  
 Daniel Shircliff                      Karmen Woods

Those members who achieved Clover Level Three, Four, and Five will advance to state level judging. Congratulations to all!



# 2015 STATE SHOOT RESULTS



## .22 SPORT RIFLE

Age Group 15-18

1st Place Individual.....Dalton Harjes

2nd Place Team.....Shane Bickett  
 Sarah Griffin  
 Dalton Harjes  
 Alex Mitchell

Age Group 12-14

1st Place Individual.....John Clore

1st Place Team .....Will Abbott  
 John Clore  
 Dain Macdonald  
 Cameron Rice

Age Group 9-11

2nd Place Team.....Sarah Jackson  
 Izzy Perez  
 Cole Powell  
 Will Shannon

## ARCHERY: COMPOUND BOW

Age Group 9-11

1st Place Team .....Andrew Myers  
 Cole Powell  
 Emma Reader  
 Will Shannon

## AIR PISTOL

Age Group 15-18

1st Place Individual                      Alex Mitchell  
 3rd Place Individual                      Dalton Harjes

2nd Place Team                      Shane Bickett  
 Dalton Harjes  
 Alex Mitchell  
 Bridget Wisdom

Age Group 12-14

2nd Place Individual ..... John Clore

1st Place Team..... John Clore  
 Dain Macdonald  
 Cameron Rice  
 Logan Roberts

## .22 PISTOL

Age Group 15-18

2nd Place Individual .....Shane Bickett  
 3rd Place Individual.....Alex Mitchell

1st Place Team.....Shane Bickett  
 Dalton Harjes  
 Alex Mitchell  
 Bridget Wisdom

Age Group 12-14

1st Place Individual .....Cameron Rice  
 3rd Place Individual.....John Clore

1st Place Team.....Noah Anderson  
 John Clore  
 Cameron Rice  
 Logan Roberts

# Money Talk: Communicating with Your Children About Money

Including your children in age-appropriate discussions about family finances is a great first step toward helping them learn to value money and spend it wisely. As with many things, children learn about money by watching their parents. They also learn by practicing money management.

Children who take part in regular discussions about their family's financial management learn how to make financial decisions on their own. Even if children do not earn money to help with the family's expenses, they influence the family's spending choices; the wants and needs of children are a part of the family budget. Children, and teenagers especially, are often unrealistic about the family's financial situation, typically over- or underestimating the family's income and expenditures. It is important that parents help paint a realistic picture of the family's financial circumstances for their children. Make discussions about money routine and comfortable by using these tips to improve your family's communication skills:

- Be honest. If you cannot afford something, say so. Use your own judgment about disclosing too much information, but do not lead your children to believe you have more disposable income than you really do.
- Know that conflict may arise. Don't avoid (or ignore) it.
- Learn to manage conflict by respecting each family member's differences.
- Try to be flexible. If possible, work through a decision that is agreeable to all.
- State your wants, needs, feelings, thoughts, and allow family members to do the same.



## Teaching Your Children to Budget

Do your children earn an allowance? If so, consider allowing them to open checking and savings accounts. Teach them to make deposits, and most importantly, to balance their checkbooks. In the age of debit and credit cards, many youth never learn how to balance an account register. Also, encourage depositing a set percentage each week or month into savings.

Teach your child how to track where their money goes. Show your children how to budget their allowance, but don't expect immediate perfection. If they "blow it," resist the urge to fork over more cash. Let them learn from their mistakes so that their budgeting skills improve. As long as you provide for their physical and emotional needs, it will not hurt them to "learn the hard way" when it comes to their wants. For example, if your teenager has his or her eye set on some expensive gadget or gizmo, unless it's a birthday or holiday, let them earn it. Work out a payment plan to earn the money for their purchase. Rewards are always more meaningful when they are earned and not just given!

Teach your children to set SMART financial goals. SMART goals are:

- Specific (to buy a new smart phone)
- Measurable (that costs \$100)
- Attainable (by saving my birthday money)
- Relevant (because I will use and appreciate it)
- Timed (at the end of three months)

Setting goals with clear objectives gives children something to work towards. Challenge your kids to be SMART with their money! Help them out when you can by encouraging their efforts and offering advice along the way.

# "Golden Ticket to Volunteerism" February 11-13, 2016

The 2016 Kentucky Volunteer Forum will be held February 11-13. This is the most expansive and inclusive workshop offering that has ever been assembled and presented. There truly is something for everyone! Complete information may be found on the website at: <https://4-h.ca.uky.edu/content/kentucky-volunteer-forum>. The website includes a complete schedule, list of workshops, and registration form. Full-time registration is \$125. Full-time registration includes two banquets, refreshment breaks, workshops, access to the trade show, the opening session and networking events. This will be an outstanding educational event for all club leaders.



Club Leaders – Please contact Kelly by December 1st for a registration packet if you are planning on attending.

## Upcoming 4-H Events

### December

- 3 Cloverbuds Club
- 5 Teen Club
- 10 Leaders of the Pack Dog Club
- 14 Delicious Delights Cooking Club
- 15 Horticulture Club
- 15 Teen Club
- 17 Busy 4-H'ers Club
- 22 Santa's Workshop

### January

- 7 Cloverbuds Club
- 11 Delicious Delights Cooking Club
- 14 Leaders of the Pack Dog Club
- 18 Teen Club
- 19 Busy 4-H'ers Club
- 21 4-H Council
- 28 Horticulture Club
- 28 District Board
- 28 Extension Council

### February

- 4 Cloverbuds Club
- 8 Delicious Delights Cooking Club
- 11 Leaders of the Pack Dog Club
- 11-13 KY Volunteer Forum
- 18 Busy 4-H'ers Club
- 25 Horticulture Club

**Save the Date!!**

Oldham County 4-H Camp will be from Tuesday, July 5 through Saturday, July 9. Camp registration begins in February.



Kelly Woods  
4-H Youth Development Agent

Amy Logsdon  
4-H Assistant

# Agriculture & Natural Resources

## Bacterial Wilt of Cucurbit Crops

Bacterial wilt of cucurbits is often overlooked or undiagnosed in home gardens, but this disease has the potential to cause economic loss for producers growing vegetables for local markets. This disease is specific to cucurbits – a family that includes cucumbers, squash, melons and pumpkins. Bacterial wilt primarily affects cucumber and cantaloupe. Damage to other cucurbit crops is typically less severe.



Spotted and Striped Cucumber Beetles  
Photo Credit: Ric Bessin, UK Entomology

Bacterial wilt is carried and transmitted by cucumber beetles as they feed on plants. These beetles feed on a wide range of host plants, and the adults can survive winters in protected areas like plant debris or fencerows. Because of their prevalence and overwintering ability, cucumber beetles are likely to be pests each year here. Once cucumber beetles feed on plants infected with the bacterial wilt organism, they carry it in their guts, potentially infecting plants they feed on in current and following season.

Bacterial wilt produces a sticky sap-like substance inside plants. This clogs the vascular system, causing plants to wilt and ultimately die. The substance is visible when plant stems are cut by pulling the knife away from the cut and looking for threads of sticky slime. Once infection has occurred, it is too late to rescue affected plants. Leaf wilt is often the first symptom noticed, followed by wilting of entire vine. Wilted leaves turn dark green, then brown as they die.

Bacterial wilt symptoms may be mistaken for squash vine borer damage, which also causes wilting and plant death. Splitting open the vines will reveal if squash vine borer is the culprit. Look for a whitish caterpillar with a brown head or frass, a saw-dust like material that is evidence of vine borer feeding.

Prevention of bacterial wilt in cucurbit crops depends on controlling the cucumber beetle. The first step in doing this is good sanitation – remove and destroy infected plants to prevent beetles from overwintering in debris. Because cucumber beetles also feed on flowers, sanitation of nearby flower gardens is also important. Remove dead annual flowers, dead lower leaves of perennial flowers, fallen leaves and other debris that could provide an overwintering site for cucumber beetles.

Excluding cucumber beetles with use of row covers or screens can be an effective control in small plantings. A disadvantage of this control is that covers must be taken off before bloom to allow for pollination.

Preventive insecticide application is another option, but application must begin as soon as seedlings emerge or soon after transplant to prevent beetle feeding and disease transmission. Check UK's Home Vegetable Gardening and Commercial Vegetable Production Guides for insecticide recommendations:

<http://www.uky.edu/hort/>.

## Marketing Your Farm Products – Resources

Following are several resources that may be helpful in marketing and sales of your farm products.

### Louisville Farm to Table

Sarah Fritschner, [sfritschner@gmail.com](mailto:sfritschner@gmail.com) or 502-396-5457

Talk with Sarah about your products and learn about existing buyer needs in the Louisville area. Sarah serves as Coordinator of Louisville Farm to Table and works to connect producers and buyers.

### Kentucky Proud

[kyproud.com](http://kyproud.com)

Includes free online listing of products available, use of the Kentucky Proud logo, at-cost items, and promotional grant opportunities.



### Homegrown By Heroes

[www.kyproud.com/veterans](http://www.kyproud.com/veterans)

Homegrown By Heroes is part of the Kentucky Proud program and provides special logo and promotion for food grown by farmers who have served in the military.

### Kentucky Farm Bureau Certified Roadside Farm Markets

[www.kyfb.com/federation/program-links/roadside-farm-markets](http://www.kyfb.com/federation/program-links/roadside-farm-markets)

Includes online listing of markets as well as signage to identify your roadside farm market.

## Salt and Plant Stress

Salt and deicers, used for winter snow and ice removal, wash off roads and sidewalks into the soil. As well, passing cars can spray salt up to a couple hundred feet into a yard.



Salt spray can cause damage to evergreen foliage. Any amount of salt changes soil pH. Even if there is no visible damage, high salts can harm roots and stress plants. Too much salt can even kill a plant. Plant stress often leads to increased insect and disease damage during the growing season.

The use of fertilizer as a deicer is not necessarily a better alternative. This method can also result in high salts or over-fertilization.

Apply only enough salt to remove the ice and snow on the sidewalk and driveway. Piles of snow removed from a surface that was salted should not be placed near landscape plantings.

Snow removal is important for personal safety, but just a little extra effort helps protect the landscape too.

# Upcoming Ag Events

All events take place at the Oldham County Extension Office unless otherwise noted.

## December

- 7 Early Bird Grain Meeting, 8:30 a.m. – 12 noon
- 11 Private Pesticide Applicator Training, 9:00 – 11:00 a.m.
- 11 Oldham County Beekeepers Association, 6:30 p.m.
- 14 Green Thumbs Garden Club, 9:30 a.m.
- 17 Pasture to Plate, Session 4, Lexington,  
[www.kybeefnetwork.com](http://www.kybeefnetwork.com)

## January

- 4-5 Kentucky Fruit & Vegetable Conference, Lexington,  
[www.uky.edu/hort](http://www.uky.edu/hort)
- 7 Extension Council, 9:00 a.m.
- 7 Extension District Board, 10:00 a.m.
- 8 Oldham County Beekeepers Association, 7:30 p.m.
- 8 KCARD Grant Workshop for Farmers & Agribusinesses,  
Versailles, [www.growkentuckyag.com/wordpress1](http://www.growkentuckyag.com/wordpress1)
- 9 Oldham County Cattlemen's Association, 9:00 a.m.
- 15-16 Kentucky Cattlemen's Convention, Owensboro,  
[www.kycattle.org](http://www.kycattle.org)
- 25-26 Heart of America Grazing Conference, Lexington,  
[www.uky.edu/Ag/Forage](http://www.uky.edu/Ag/Forage)

## February

- 12 Oldham County Beekeepers Association, 7:30 p.m.
- 27 CAIP Cost-Share Informational Meeting, 10:00 a.m. – 12 noon

## March

- 4-5 Organic Association of Kentucky Conference, Shepherdsville, [oak.wildapricot.org](http://oak.wildapricot.org)
- 5 Equine Seminar, 8:00 a.m. – 1:00 p.m., New Castle, Henry Co. Extension
- 19 Gardening Workshop, 10:00 a.m. – 12:00 noon, Soils, Soil Amendments, Spring Crops, Transplant Production
- 29 Master Gardeners & Green Thumbs, 10:00 a.m. – 12:00 noon, Creasey Mahan Nature Preserve Garden Tour with Tavia



Traci Missun  
Agriculture & Natural Resource Agent

Michael Boice  
Horticulture Assistant

# Family & Consumer Sciences

## Oldham County Extension Homemaker Showcase

The Share & Sample and Suburbanites homemaker clubs did an outstanding job planning and presenting the 2015 Extension Homemaker Showcase. Here are a few highlights:



Thank you to everyone who helped make the 2015 Showcase such a wonderful event!

## 2016 Oldham County Cultural Arts

The Oldham County Extension Homemakers Cultural Arts Competition will be Friday, January 15\*, at the John Black Center. Local artist Vicki Bironas will speak about the Oldham County Arts Association. Here's the schedule for the day:

9:00 a.m.	Entry Check-In
10:00 a.m.	Vicki Bironas, Oldham Co. Arts Association
Noon	Viewing of Judged Entries
12:30 p.m.	Entry Check-Out

If you are not available on Friday, January 15, Chris will gladly accept your entry at the Extension Office during regular working hours. Registration materials will be available Tuesday, January 5. Please contact Chris with any questions. All categories and rules are listed in the Oldham County Homemaker Handbook and on the KEHA website ([keha.org](http://keha.org)) in the Homemaker Manual under Cultural Arts.

\* In case of snow, the Cultural Arts event will take place on Friday, January 22.

SAVE THE DATE: the Louisville Area Cultural Arts Competition will take place on Friday, February 12 at the John Black Center in Buckner. More details will be available at the Homemaker Council meeting in January.



## New Standards of Care in Diabetes

Diabetes affects over 29 million Americans. This condition hinders the body's ability to properly process food. Most of the food we eat is turned into glucose to be used for energy. The pancreas makes a hormone called insulin to help the body's cells absorb glucose. When you have diabetes, the body either doesn't make enough insulin or the cells can't effectively use the insulin that is made. When there is insufficient insulin, blood glucose levels become high. This leads to diabetes complications.

Proper management of diabetes is necessary to prevent complications. The Standards of Medical Care in Diabetes provides evidence-based clinical practice recommendations for diabetes care. Updated in January of 2015, below is a summary of the minor changes that clarify recommendations or reflect new evidence:

- The American Diabetes Association now recommends a pre-meal blood glucose target of 80-130 mg/dL (rather than 70-130 mg/dL) to better reflect new data comparing actual average glucose levels with A1C targets.
- A new blood sugar standard for children and adolescents — a hemoglobin A1C of <7.5 or less.
- Physical activity. All individuals, including those with diabetes should limit the time they spend in sedentary activities by breaking up extended amounts of time spent sitting.
- Body Mass Index (BMI) and the Asian population. BMI, a measure of the level of body fatness, is used to screen for weight categories that may lead to health problems. For the general population, a BMI of 25 is considered overweight. There was a lowering of BMI threshold to 23 for screening Asian-Americans for diabetes. This population experiences higher risk for diabetes at a lower BMI.
- Diabetics are more likely to have high blood pressure. The recommended goal for diastolic blood pressure was changed from 80 mmHg to 90 mmHg for most people with diabetes and hypertension. Lower diastolic targets may still be appropriate for certain individuals.
- Risk status rather than a person's LDL cholesterol level will drive the decision to initiate statin (cholesterol lowering medication) treatment or lipid monitoring.
- To better target individuals who are at higher risk for foot problems, new recommendations suggest that individuals with insensate (devoid of sensation or feelings) feet, foot deformities or a history of foot ulcers have their feet examined at every visit.
- People 65 or older should get the pneumonia vaccine in two separate shots — PCV13 (Pneumovax), followed 12 months later by PPSV23 (Pneumovax).

The new Standards also state that e-cigarettes are NOT an alternative to smoking or a way to help smokers quit.

**Reference:** Standards of Medical Care in Diabetes 2015: Summary of Revisions. Diabetes Care 2015;38 (Suppl. 1):S4  
**Source:** Ingrid Adams, Nutrition and Weight Management Specialist; University of Kentucky, College of Agriculture, Food and Environment

## Upcoming Homemaker Lesson

The next homemaker lesson "Know the 10 Signs: Early Detection Matters" will be on Thursday, February 25 at 10:00 a.m. Family & Consumer Sciences Agent Maryellen Garrison will present ten warning signs and symptoms that can alert individuals to early detection of Alzheimer's disease.

## Is Your Phone Tracking Your Every Move?

Attention iPhone and Android owners: your privacy may be at risk by leaving a simple settings feature enabled.

If you are an iPhone user, your phone is tracking your locations through the “Frequent Locations” feature. Android users are being tracked through Google’s location history. Your phone notes when, where, and how often you visit specific locations. From this data, it can determine where you work and where you live.

While these tracking features do violate your privacy and make it easier for others to track you down, there are some safe-walls in place. In order to track you, someone would at least need your account information.



Signing up for a phone plan usually requires providing an e-mail address which can help track phone locations. Parents can use this feature to monitor places their teenagers or young children go. This feature can also help older people or those with disabilities who have misplaced their phone or do not know where they are. It may also be able to help find someone who is missing or has been abducted, aiding police with their investigation.

On the other hand, if someone attains your phone’s account information, then they will be able to stalk you or your loved ones’ every move. It is important to use a passcode on your phone so that you can remotely disable it in case you lose it. Once disabled, the phone cannot be used again and will be of no use to criminals.

If you want this feature disabled, here is how you can do so:

### iPhone Users

Go to Settings and scroll down to Privacy.  
Select Location Services.  
Scroll down and select System Services.  
Scroll down and select Frequent Locations.  
If Frequent Locations is on, slide it to “Off.”

### Android Users

Go to Settings and select Network Connections.  
Click on Location.  
Click on Google Location History.  
Select Delete Location History then select “Off.”

**Reference:** Rossen, J. (2015, April 28). Your smartphone may be tracking your every move. NBC News: Today. Retrieved April 28, 2015, from <http://www.today.com/video/your-smartphone-may-be-tracking-your-every-move-435607107541>.

**Source:** Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky, College of Agriculture, Food and Environment

## Homemaker Scrapbooking Club

The Oldham County Homemaker Scrapbooking club would like to announce some recent changes. Beginning in January, the club will meet on select Wednesdays between 4:00 p.m. and 9:00 p.m. Linda Kiekhefer is the new club president.

Interested in joining the Homemaker Scrapbooking Club?  
Contact Linda at 241-9436.



# Pumpkin Apple Muffins

This delicious recipe from Plate It Up! Kentucky Proud yields about 18 muffins.

- ◆ 1¼ cups all-purpose flour
- ◆ 1¼ cups whole-wheat flour
- ◆ 1¼ teaspoons baking soda
- ◆ 1¼ cups honey
- ◆ ½ teaspoon ground ginger
- ◆ ½ teaspoon ground nutmeg
- ◆ ½ teaspoon salt
- ◆ 1½ teaspoons ground cinnamon
- ◆ 2 large eggs
- ◆ 1½ cups fresh pureed pumpkin
- ◆ ½ cup canola oil
- ◆ 2 cups Granny Smith apples, finely chopped

Preheat oven to 325°F. In a large bowl, combine flours, baking soda, salt, and spices. In a small bowl, combine honey, eggs, pumpkin, and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper-lined muffin cups, two-thirds full. Bake 25-30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350°F.

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein

## Winter Meetings at the Extension Office

The Oldham County Extension Homemaker Council will meet at the Oldham County Extension Office on Thursday, January 7, at 10:00 AM and Thursday December 10, at 10:00 AM.

The Oldham County Extension Office will be closed from Friday, December 25 until Monday, January 4, 2016. In case of inclement weather contact the Extension Office for any postponed meeting notices. Call 222-9453 or check our Facebook page.

## Upcoming FCS Events

- December 10** Oldham Co. Extension Homemaker Executive Board, 10:00 AM
- 16** Dare to Care Cooking & Nutrition Class, 1:00 PM, LaGrange Community Center

**\*\*\* December 25 – January 4 — Extension Office Closed for Winter Break \*\*\***

- January 7** Oldham Co. Extension Homemaker Council, 10:00 AM
- 15** Oldham Co. Extension Homemaker Cultural Arts Competition, John Black Center
- 20** Dare to Care Cooking and Nutrition Class, 1:00 PM, La Grange Community Center

- February 12** Louisville Area Cultural Arts Competition, John Black Center
- 17** Dare to Care Cooking and Nutrition Class, 1:00 PM, La Grange Community Center
- 23** Diabetes Cooking Class, 11:00 AM, Oldham County Health Department
- 25** Know the 10 Signs, 10:00 AM



Chris Duncan  
Family & Consumer Science Agent



Sherry Ragsdale  
EFNEP Assistant

COOPERATIVE  
EXTENSION  
SERVICE



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