

EXTENSION NEWSLETTER

FALL 2025

OLDHAM COUNTY

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Extension Fair Exhibition 2025



AGRICULTURE & NATURAL RESOURCES

ANR programs provide education, training and technical assistance to individuals and businesses concerned with profitable agriculture.



At Your Fingertips

Search UK's featured soil, water, and climate related publications by topic in the following link:

<https://soilandwater.ca.uky.edu/publications>

Fall Fertilizer Applications to Hay Fields & Pastures

You may be wondering if it's necessary and economical to apply fertilizer to your pastures and hay grounds this fall.

The answer depends on your specific situation. When considering the options for your operation, the first thing you need to do is examine your soil test. If you have not taken soil samples within the past three years, you need to collect new ones before making a decision as nutrient levels have likely changed. From the soil test results, determine what, if anything, is limiting. In terms of soil pH, the minimum value depends on the type of forage you're producing.

- Alfalfa – apply lime if it tests below a soil pH of 6.0
- Grass-legume mixture – apply lime if it tests below a soil pH of 5.8
- Pure grass system – apply lime if it tests below a soil pH of 5.5

Similar statements can be made for phosphorus (P) and potassium (K) nutrition, with alfalfa requiring the most and pure grass, specifi-

cally fescue, requiring the least.

- P applications starting when the soil test P level drops below 60 pounds per acre
- K when soil test K drops below 300 pounds per acre for grasses and legumes
- K when soil test K drops below 450 pounds per acre for alfalfa

If soil test levels are above these numbers, the likelihood of a yield response to additional P and/or K fertilizer is extremely low. But if you want to be sure that P and K are not limiting, apply fertilizers as recommended. From small plot research, we know that once soil test P drops below 30 pounds per acre and/or soil test K drops below 200 pounds per acre, a yield response to added fertilizer is likely, therefore; these would be the minimum tolerable levels.

Contact ANR agent, Gretchen Winslow at (502) 222-9453 or Gretchen.Winslow@uky.edu for more information on how you can take a soil test and improve your hay fields.

Stockpile Forages to Extend the Grazing Season

Good pasture management can help extend the grazing season further into the fall and early winter. Take advantage of good growing conditions to obtain high-quality pasture for late fall and early winter grazing. Stockpiling helps broaden the pasture season for the cow herd, reduces feed and labor costs by lowering the amount of hay needed and provides an ideal location for the beef cow herd to winter and calve.

It's easy to begin to stockpile. Take cattle off pastures in late summer, apply nitrogen fertilizer and allow grass to accumulate growth through late fall. Then, put cattle on the pasture one section at a time until they've finished grazing the whole field. Tall fescue and Kentucky bluegrass are the best grasses to stockpile in Kentucky. Both retain green color and forage quality late into winter, are somewhat resistant to low temperatures and form a good sod. Tall fescue produces more fall and winter growth than Kentucky bluegrass. After frost, let cattle graze grass-legume fields quickly before plants deteriorate. Then, put animals on the stockpiled grass fields. For the most efficient use of stockpiled fields, establish a strip grazing system by using a temporary electric fence to section off areas of the field.

Take soil samples for analysis to determine pasture requirements

for phosphorus, potassium and lime. You'll need this information to renovate with clover in the spring. Nitrogen and moisture are critical to successfully stockpiling grasses. Apply nitrogen in mid-August by topdressing at the rate of 40 to 60 pounds of actual nitrogen per acre for Kentucky bluegrass and 40 to 100 pounds of actual nitrogen per acre on tall fescue.

Yields can be very good when water is available during the stockpiling period. Tall fescue can produce two tons of dry matter up to late November. With adequate water, producers can achieve 25 pounds of dry matter for each pound of nitrogen used.

Check It Out!

Kentucky is losing nearly 300 acres of productive farmland per day. Learn more about the Kentucky Farmland Transition Initiative that started in spring 2024. Watch University of Kentucky's episode 247 of From the Woods Today:

www.youtube.com/watch?v=lveYE276RQs&t=112s



Overwinter Dahlia Tubers with Care



Dahlias, with their lush, vivid blossoms, are a garden favorite. Unfortunately, they are semi-tropical plants and will not overwinter in Kentucky's climate. Don't worry, though. With a little effort in storing their tuberous roots properly, you can enjoy your dahlias year after year.

Store your tuberous roots in a medium that maintains a decent, but not excessive moisture level. Storing tubers in coarse vermiculite in a plastic bag is one of the preferred methods. Check occasionally to ensure rotting is not occurring and mice or other rodents have not compromised your dahlia stash.

Dig only your healthiest plants. Roots from any plant that may have shown signs of a virus should end up in the trash. Virus symptoms may include streaked or mottled foliage, distorted leaves or flowers, or stunted growth. You don't want disease to spread among your healthy dahlias next year. While some people dig their dahlias before the first frost, it is often best to allow them more time in the ground to mature as much as possible. Though a frost may damage top foliage and blooms, roots will continue to mature and toughen up through a light frost and often through the first hard freeze, depending on how deep into the soil that freeze went.

Cutting the tops off a few days before digging the tuberous roots will allow the eyes to come out, which makes it easier to accurately divide the clumps. Water is a tuberous root's enemy, so many people will cover the freshly cut tops with aluminum foil to prevent water from getting into the crown until they can dig them.

Be careful when digging and handling the tuberous roots. Dig into the soil on all four sides of a clump, about 12 inches from the stalk. Using either a shovel or fork, gently lift the clump, then turn it upside down to drain any water from the stalk. If you lift them in the

morning and leave them out to air dry for a couple of hours, they will not be as fragile. Then, using a hose, you can wash off the dirt without damaging the tubers. The clump of roots could be stored



as is, but it's usually easier to divide the clumps in the fall when they are softer. If left to spring, some clumps can become so hard they can be almost impossible to cut. Remove all the small feeder roots and stems, which can promote root rot during storage. When you cut the clumps, look for the eyes. Each division should have a crown with an eye. If the inside of the crown shows brown or rusty spots, cut those away. Those spots probably indicate crown rot, and the tuberous root won't make it through the winter. To avoid spreading virus between plants, dip your cutting tools into a solution of one-part bleach and 10-parts water or spray them with a disinfectant after dividing each clump.

Contact Extension horticulturist, Hope Gardiner, (502) 222-9453 with any dahlia questions.

FAMILY & CONSUMER SCIENCES

Homemaker Club Highlight



OCSQ
Oldham County
Saturday Quiltmakers

The Oldham County Saturday Quilters guild was founded in March of 2001. It was originally created for people who work during the week. There are currently 25 members.

The quilters' skills range from novice to advanced. They enjoy quilting in traditional, modern, and art quilting. The members actively support sharing new ideas and techniques with one another. Members enjoy participating in two quilt retreat

weekends each year to further encourage and support their quilting community.

The guild actively supports our local community, as well. They produce quilts for the Louisville VA Hospice Unit, Ronald McDonald House, and the Hildegard House.

If you are interested in joining the guild or learning more about it, contact Tami Johnson-White at (502) 640-0465 or by email: tamilajw@gmail.com



A Year of Impact

Join us in celebrating our county Homemakers. This year Oldham County Homemakers logged in an incredible 13,657 hours of service within our community! Our dedicated members excelled with 11 individuals reporting over 500

hours and two clubs achieving 1,000 hours or more. Together we are making a difference!



FCS programs aim to improve the quality of individual and family life through education, research, and outreach.



**WALKING
KENTUCKY**
— 417 MILES —

Our third annual Walking KY challenge was a great success! We had - 130 people accepting the challenge of walking 417 miles "across Kentucky" as part of a two-month summer initiative to promote a healthier lifestyle one step at a time. The walkers collectively "walked across KY" a total of nearly 43 times totaling over 18,163 miles!! We accomplished a lot of goals individually and as a team. Equally important were all the exercise and body moving we got in, as well as, all the new people we met!

If you are interested in leading Walking KY next year contact Melanie or Heather at the Oldham County Extension office (502) 222-9453.



Nutrition As We Age

Game Day Sloppy Joes

1 lb. ground chuck
3/4 cup onion, chopped
1/2 cup celery, chopped
1 (15 oz) can tomato sauce
2 T quick-cooking oats
1 tsp. seasoned salt
1 tsp. Worcestershire sauce
1/2 tsp. chili powder
1/8 tsp. ground pepper
Dash hot sauce
12 hamburger buns

- In a 10" skillet, cook beef, onion, and celery over medium-high heat until meat is browned and onion is tender. Drain off excess fat.
- Stir in remaining ingredients, except buns.
- Simmer, uncovered, on a low temperature for 30 minutes. Stir often.
- Spoon about a 1/4 cup of the Sloppy Joe mixture onto each bun.

Source: Healthy Choices for Healthy Families <https://fcs-hes.ca.uky.edu/files/4-2025-jul-aug-snap-en.pdf>



While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of medications. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

Key points for older adults:

- Eat a balanced diet. Older adults should eat more fruits, vegetables, whole grains, and dairy while cutting down on added sugars, saturated fat, and salt.
- Eat enough protein. Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right amount of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain medications. Older adults should eat foods high

in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.

- Choose healthy drinks. Sometimes it's hard for older adults to drink enough fluids to stay hydrated. The sense of thirst declines with age. Drinking enough water is a great way to prevent fluid loss and help with digestion. And water doesn't add any calories! Unsweetened fruit juices, low-fat or fat-free milk or fortified soy drinks can help meet fluid and nutrient needs. Older adults who choose to drink alcohol should limit the amount they drink. Men should not drink more than two drinks and women should not drink more than one per day. This group of people may feel the results of alcohol more quickly than they did when they were younger. This can add to the risk of falls and other mishaps.



Around Town with Extension

Partnering with Centerfield Elementary Family Resource

LAUGH & LEARN

Play Dates
FRIDAYS
Aug 22, Sept 5, Oct 3
Nov 7, Dec 5

Address
Centerfield Elementary
4512 Centerfield Drive
Crestwood, KY

To Register
Call or Scan the QR code
502-222-9453

Activities

- 1- hour playdate for children ages 3-5 & their caregivers
- Engage in playful activities designed for school readiness
- Read stories, sing songs, crafts, play games & enjoy snack

This is for everyone in the community. You do not need to live in the Centerfield Elementary school boundaries to participate.

Centerfield 10:00 am

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD & ENVIRONMENT

Live Well: Skills for Today & Tomorrow

Presented in Partnership with the OC UK Extension Office

10:30 am

SEPT. 25 Love and Laughter: Strengthening Relationships

OCT. 23 Money Smarts: Credit Confidence

NOV. 13 Feast Smart: Healthy Holidays on a Budget

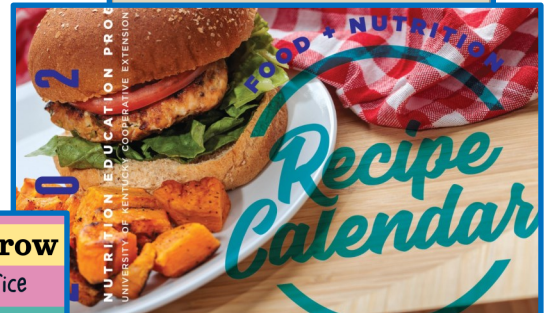
DEC. 18 Simple shifts. Big flavor. New energy at the table.



Learn something new for free every month!



Goshen Library
502-228-1852
3000 Paramount Commons, Prospect



COOKING THROUGH THE CALENDAR

PRESENTED BY
OLDHAM COUNTY UK EXTENSION OFFICE

AUGUST 8
SEPTEMBER 12
OCTOBER 10
NOVEMBER 14
DECEMBER 12

COOKING DEMONSTRATIONS
BEGIN AT 10:30AM

*NO REGISTRATION REQUIRED
ALL AGES WELCOME



Goshen Library
502-228-1852
3000 Paramount Commons, Prospect

Active Parenting Classes

Raising children in today's world comes with unique challenges, but support is closer than many parents realize. Extension is offering **Active Parenting**, a nationally recognized, research-based curriculum designed to equip parents and caregivers with practical tools and confidence to strengthen family relationships.

Created by Dr. Michael H. Popkin, Ph.D., the series provides a supportive space for parents to:

- Explore techniques that build communication

- Reduce conflict
- Encourage responsibility in children of all ages

Whether you're parenting toddlers or teens, these classes offer solutions tailored to real-life situations.

If your organization is looking for a valuable resource to help families thrive—or if you're a parent or caregiver ready to grow your parenting toolkit, contact Extension FCS agent, Heather Toombs, at (502) 222-9453.

CITYPLACE EXPO CENTER • COALITION FOR A HEALTHY OLDHAM COUNTY • SEVEN COUNTIES SERVICES • OLDHAM COUNTY LIBRARY • THE PETE FOUNDATION • OLDHAM COUNTY EXTENSION OFFICE PRESENT

BE KIND TO YOUR MIND

Register Here:

Silent Disco Gaming Self-Care Swag Free Food Giveaways And More!

A Mental Health & Self-Care Community Collaboration Event plus, parent information and self-care activities too!

September 18th 2025
CityPlace Expo Center
112 S. 1st Ave.
La Grange, KY
6th - 10th graders
with a parent or guardian present

With Special Guest and Keynote Speaker: Mr. Stu!

Child Therapist
Motivational Speaker
Professional Wrestler
Author
TV Personality

As seen in 'Wrestlers' on Netflix

FREE ENTRY | 6:00 pm - 9:00 pm

4-H YOUTH & DEVELOPMENT



4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society.

Cooking with 4-H

Breakfast Club: Youth ages 9-13 years old, join us on September 23rd & 30th for classes that focus on breakfast skills. Registration will open on September 2nd. Check out the 4-H website for details.



Teen Cream Puff Class: Youth ages 14-18 years old, join us on October 30th to learn the art of pâte à choux dough to create cream puffs or eclairs. Registration will open on October 6th. Check out the 4-H website for details:

[oldham.ca.uky.edu/
events](http://oldham.ca.uky.edu/events)



Extension Fair 4-H Exhibits

At the 2025 Oldham County Fair Exhibition, we had 333 entries from 4-H members. Twenty-four of those entries won Champion ribbons in their class allowing them to be eligible to exhibit at the state fair.



Beau Smith

Sula Mancuso



Bram Mancuso

Jocelyn Richey

Katherine Richey

Raegan Smith

4-H at Oldham County Days

Oldham County 4-H had a great time participating in the 2025 Oldham County Day parade. A big thank you goes to volunteer leaders Sunny Mancuso and Karly Lindebrekke for spearheading the 4-H entry. Their club, the Clever Clovers, also did a lot of work to prepare the float.

Thank you to all our 4-H club members and to all the volunteer leaders who participated in the

parade. With all your efforts, Oldham County 4-H took second place in the float contest and greatly represented 4-H in our community!



Join A 4-H Club!

Oldham County 4-H has a variety of clubs for the 2025-2026 school year. We offer different programs for youth ranging in age from 6 to 18 years old. Here are a listing of the clubs available and the ages to join those clubs. The youth's 4-H program age is determined by the age they will be on January 1, 2026. If you would like more information about a club, please check out our website at oldham.ca.uky.edu/4h-youth-development

Please reach out to the club volunteer leaders for meeting dates, times, and club details. Amy, Hannah, and Stephanie are happy to answer any questions at the Extension Office as well (502) 222-9453.

Cloverbuds and 4-H Friends Cloverbuds Clubs: K-3rd grade

The Cloverbud clubs are for our youngest members to learn about 4-H, experience a wide variety of topics and hands-on activities, and to learn community service. They each meet one night a month from September to May. Join one of these two clubs to learn what 4-H is all about.

Cloverbud Leader: Sherry DeCuir
OC4HCloverbuds@gmail.com;
4-H Friends Cloverbuds Leader:
Katie Kramer (502) 509-3276 or
4HFriendsCloverbudsClub@gmail.com

Clever Clovers: K-12th grade

This club meets during the school day at our office to explore a wide

variety of activities and to interact with other youth. This club typically meets twice a month on Thursdays from September through May. Leader: Sunny Mancuso (503) 473-1305 or Sunnymancuso@gmail.com

Clover Explorers: ages 9-13

Join this club to create projects eligible for the 4-H fair from a variety of fair categories. This club typically meets the second Tuesday of each month from October through May.

Leader: Annette Kennedy
AnnetteKennedy@bellsouth.net

Delicious Delights: 3rd-5th grade

If you like to make tasty treats, this club is for you! This club typically meets the first Monday of the month to learn beginning cooking skills while working in groups to make a tasty item to enjoy at the end of the meeting.

Leader: Annette Kennedy
AnnetteKennedy@bellsouth.net

Teen Chef Club: 6th-12th grade

This club is for our middle and high school youth who enjoy cooking and baking and want to expand their skills in the kitchen. This club meets once a month on Tuesdays to cook or bake from October through May. Leader: Stephanie Willis (502) 222-9453 s.willis@uky.edu

Adventure Club: ages 9-18

This club focuses on being active and in the outdoors. This club meets from September through July to learn about the outdoors and nature and to do activities such as hiking, rock climbing, fishing, kayaking, and much more. Leaders: Andrew & Chelsea Meredith OC4HAdventureclub@gmail.com



Shooting Sports: ages 9-18

Learn to safely and properly use a firearm in one of five disciplines—archery, .22 Rifle, air pistol and pistol, trap, and black powder. Youth can register to participate in one or more of the disciplines that practice from April through September. Competitions are available to attend including the 4-H State Competition in September each year. Registration is in March but space is limited; please reach out early if you are interested in joining. Coordinator: Kellee Gibbs (502) 741-9311 or OC4HShootingSports@gmail.com

Join A 4-H Club! - Continued

Do You Have a Passion to Share?

We are in need of adults who would like to learn and share knowledge with youth in the following areas:

- Needlework, knit, or crochet
- Chickens, rabbits
- Raising livestock
- Curing country hams
- Woodworking

4-H clubs meet once a month for one to two hours or have stand along classes. 4-H staff is willing to assist and guide anyone willing to share their skills with youth.

4-H has training programs for the animal and livestock leaders to support them in addition to staff support. Please contact the Extension office at (502) 222- 9453 and volunteer. It is a rewarding experience to expand the minds of youth in our community!

Teen Club: Grades 9-12– If you are interested in meeting other teens from around Oldham County, surrounding counties, and the state, then join the Teen Club.

This club meets once a month to develop skills in leadership through various outings, meetings, and community service. There are opportunities to meet with other Louisville area teens and a State Teen Conference at UK to attend. Meeting dates vary each month. Leader: Amy Logsdon (502) 222-9453 or amy.logsdon@uky.edu

Ballardsville High Riders: Ages 9-18 - If you love horses and would like to learn all about them, then join this club. They meet one to two times per month to learn all about horses from September through May. The club will take field trips to learn about horse care, tack care, general horsemanship and riding. Opportunities to participate in horse shows, arts, crafts, photography and academic contests are provided. You do not need to own a horse to join the

club. Leaders: Jean Jenkins Jean.Jenkins0209@gmail.com (502) 241-4143; Jackie Olds (502) 417-7374 KnobValley@yahoo.com

Leaders of the Pack: Ages 6-18 If you love dogs and would like to learn about them, then this club is for you! Participants learn a range of canine related topics, dog health and care, and about dog careers. Members make home-made dog treats. They also host a variety of guest speakers and do community service. You do not need to own a dog to join the club. Leaders: Taylor Jessie (502) 445-8044 or Tb.jessie11@gmail.com; Cindy Guenther (502) 648-0534 Woodedfarm@aol.com



Sewing with 4-H

We are offering two Level 2 sewing series for youth this fall. Level 2 is appropriate for those what have mastered basic sewing skills. The first series will be held October 27, October 29, and November 3. The second series will be held November 17, November 19, De-

cember 1, and December 3. The actual projects are still to be determined, so please watch the website at the beginning of October for more details. <https://oldham.ca.uky.edu/events>



UPCOMING

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

SEPTEMBER

- Walking - Wednesdays
- Yoga - Thursday
- 4 Nutrition Planning for Your Horses
- 5 Laugh & Learn Centerfield
- 6 STEP-tember Kickoff
- 9 4-H Leader Orientation & Council Mtg.
- 11 BQCA Training
- 12 Cooking Through the Calendar
- 16 Vegetable Highlight - Okra
- 17 Saving Seeds
- 23 Sampling & Understanding Hay
- 24 4-H Breakfast Club
- 25 Live Well Skills - Goshen Library
- 30 Growing Garlic

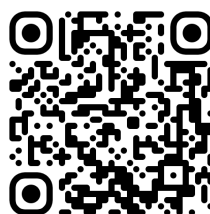
OCTOBER

- Walking - Wednesdays
- Yoga - Thursdays
- 3 Laugh & Learn Centerfield
- 7 Regional Beef Field Day
- 7 Gluten Free Baking
- 10 Cooking Through the Calendar
- 21 Navigating the Cattle Market

- 21 Bread Class
- 23 Live Well Skills - Goshen Library
- 27 4-H Sewing Level 2
- 28 The New Homesteader Series
- 30 4-H Teen Cream Puff Class

NOVEMBER

- Yoga - Thursdays
- 4 The New Homesteader Series
- 6 Creating a Farm Emergency Plan
- 7 Laugh & Learn Centerfield
- 7 Basket Class
- 11 The New Homesteader Series
- 12 Extension Awards Banquet
- 13 Live Well Skills - Goshen Library
- 14 Cooking Through the Calendar
- 17 4-H Sewing Level 2
- 18 The Homesteader Series
- 18 Beginning Bee Keeping
- 18 Bread Class



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



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Return Service Requested

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Your Oldham County Cooperative Extension Service



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Disabilities
accommodated
with prior notification.