

J
A
N
U
A
R
Y

4-H CAMP

July 7-10, 2015



Applications Available
February 2 online
and at the Extension office

See page 8 for details

RED DRESS HEART HEALTH LUNCHEON

11 a.m. Friday, February 13, 2015 at the
Shelby County Extension Office

See page 2 for more details

SOUP SHARING

Wednesday, January 21 at Noon
All are welcome!

See Page 2 for more details

Time Management

11:30 a.m.

Thursday, January 22
Shelby County Extension Office
RSVP: (502) 633-4593

Farming A Few Acres

January and February classes
beginning at 6 p.m.

Tobacco Production

Update & GAP

Certification:

Shelby & Henry County classes available
Annual Grain Crops Update

Friday, February 6, 9:30 a.m.-2 p.m.

See Page 8 for more details

MASTER GARDENER

Class of Spring 2015
enrolling now!

Day Time classes available

See page 4 for more details

2015 Green Thumb & Food Gardening Class schedule released!

See page 4 for more details

Estate Planning/End of Life Workshop

It is never too early to prepare for
unexpected events

See page 3 for more details

F
E
B
R
U
A
R
Y

2
0
1
5



February is Heart Health Month

More than 960,000 Americans die of cardiovascular disease (CVD) each year, accounting for more than 40 percent of all deaths. Cardiovascular disease is the leading cause of death for American women aged 35 and older and the leading cause of death in Kentucky. In fact, CVD will kill more people in Kentucky this year than all forms of cancer, pneumonia, influenza, and traffic accidents combined. Understanding, reducing, and controlling the risk factors for CVD can reduce deaths and save lives. February 6 is Wear Red Day to raise awareness of cardiovascular disease.

Get an annual physical to check your risk for cardiovascular disease. Some controllable risk factors include high blood cholesterol, diabetes, obesity, and high blood pressure.

**Go Red for Heart Health
FREE Luncheon**

You are invited to the FREE Go Red for Heart Health Luncheon from 11:00 a.m. to 1 p.m. on *Friday, February 13* at your Shelby County Extension Office. Guest speakers will share information on keeping your heart healthy. Door Prizes! Gifts! Mini-health fair! Blood Pressure checks and Glucose Screenings! Wear Red! Reservations are required. Attendance is limited to the first 120 callers. Reserve your seat today by calling 633-4593.

Sharing Soup

Bring a pot of your favorite homemade soup and the recipe to our special session of "Sharing Soup" on *Wednesday, January 21* at noon. Soups can be an excellent way to stretch your food dollars. Best of all, you will taste many types of soup and receive all the recipes in a Soup Recipe Booklet later. You will have many new soup recipes to prepare and warm you and your family and friends this winter.

First Saturday Walk About

Mark your calendar and join us at the Clear Creek Park Family Activity Center at 8:30 a.m. on *Saturday, February 7 and March 7* for a walk to de-stress, strengthen your bones, and improve your overall health. All participants receive a FREE day pass to the Clear Creek FAC.

**Sewing Circles & Volunteer
Opportunities**

Join us on *Tuesday (February 3 and March 3)* anytime from 3 until 8 p.m. to sew with others. Teachers will help you as you complete sewing UFOs (unfinished objects) or work on the sewing project of the month. Call 633-4593 to have the supply lists sent to you.

If you enjoy sewing, please consider sharing your skills with young 4-H sewers. Sewing workshops will begin for 4-H youth and will meet after school (2:30 – 5 p.m.) on Mondays at the Shelby County Extension Office and on Tuesdays at Heritage Elementary. Please call your Shelby County Extension Office at 633-4593 to volunteer and receive the 4-H Sewing Workshop dates.

Cultural Arts Competition

Plan to visit the annual Shelby County Extension Homemakers Cultural Arts Competition and Display from 1-3 p.m. on *Tuesday, February 10*. Visitors will appreciate the artistic creations and everyone will leave this adventure with many new project ideas.

Maintaining a Healthy Life

The start of a new year brings on the opportunity for a healthier, happier new year. A part of having a healthier year involves awareness of health issues. In addition to financial health and physical and mental well-being, it is also important to think about healthy and meaningful relationships with friends and family. According to the Texas State University counseling center healthy relationships include:

- Self-esteem and self-worth: A big component before you are able to create meaningful relationships is being comfortable with who you are as an individual. This involves reflection, recognition and valuing all aspects of your personality. There is no way to be perfect.
- Communication: Communication not only involves expressing your wants, needs, thoughts and feelings, but it also involves listening to others. It is equally important to share things about yourself while getting to know the other person. Think about your body and gestures when having conversations. Using language and body language shows people you are interested and care about the conversation.

- Activities: Try doing new things. Stepping outside your comfort zone allows you to grow. Finding common activities to do with someone you care about allows for creating a closer bond.
- Attitude: Having a positive and open mind allows for little judgment to be passed towards others, while allowing people to see who you are as a person.
- Pitfalls: No one is perfect. Being able to see traits that could be a hindrance to forming relationships allows you to change them. An example of a pitfall could include extremely high expectations of others. No one is a mind reader so you cannot expect others to know what you are thinking or what you are expecting from them.

Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment and Amber Thompson, Masters of Family Science Student. **Reference:** Counseling Center. (2013). Meaningful relationships. Texas State University. Retrieved from: <http://www.counseling.txstate.edu/resources/showerview/bro/meaningfulrel.html>

Estate Planning

Have you ever asked yourself the “what if” questions? What if something should happen to me today? What if something should happen to my spouse or business partner? What if I have an accident that leaves me incapacitated? No one likes to think about these questions but the answers are very important to your surviving family members. Obviously these questions can be answered at any point during the year. But, the beginning of the year often serves as a good reminder to take the time to answer these questions. Thinking ahead can provide peace of mind and ensure that your wishes will be followed. If you already have your estate planning documents in order, use this as your yearly reminder to review your estate plans and ensure they are still meeting your current needs.

The estate planning process can be quite simple, depending on the size of your estate. Use the following steps to begin your own process of estate planning.

- Get organized by gathering important information and documents. Start by making a list of your assets, or everything that you own. Be certain to include all property—your home, farm property, rental property and other business assets. Also you will want to list other investments and assets, such as stocks, bonds, retirement plans, insurance policies, banking accounts and cash. Be sure to list

whether you are the sole or joint owner.

- Make a similar list of all debts owed, such as mortgages, car loans, credit cards, installments debts, etc. If you subtract your total debts from your total assets, the result will be your net worth. As you prepare the list of your assets and debts, also note the locations of important paperwork. You may consider purchasing a small fireproof safe to consolidate all important papers into one place.
- Discuss with your spouse and other family members how you would like to distribute your assets to meet your estate planning objectives. Remember, communication is important throughout the estate planning process. Sharing your estate planning objectives with your family members will help them better understand the choices you make in asset distribution.
- Finally, work with an attorney to put your plans on paper. Depending on the size of your estate, you may also need to work with your accountant, financial planner or others to develop your complete estate plan. Don’t be afraid to interview two or three attorneys to find a lawyer who meets your specific needs. In addition to helping you put your plans on paper, an attorney will also be able to assist you in understanding and developing other estate planning tools such as power of attorney, trusts or gifting.

The preparation of estate planning documents can save time, as well as unnecessary delays in settling your estate. It can result in savings on estate taxes. However, one of the most important results gained in estate planning is the avoidance of uncertainty and confusion during a very difficult period.

Resources:

Legal Information Institute. (2014). Estate and gift tax: An overview. *Cornell University Law School*. Retrieved from http://www.law.cornell.edu/wex/estate_Tax

Legal Information Institute. (2014). Estate planning: An overview. *Cornell University Law School*. Retrieved from http://www.law.cornell.edu/wex/estate_planning

Richardson, J. J., & Geyer, L. L. (2009). *Managing prosperity: Estate and retirement planning for all ages*. (Pub #448-067). Petersburg, VA: Cooperative Extension Service, Virginia State University College of Agriculture and Life Sciences. Retrieved from <http://pubs.ext.vt.edu/448/448-067/448-067.html>

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management and Laura Frey, LMFT, Ph. D. Candidate, Department of Family Sciences; University of Kentucky; College of Agriculture, Food and Environment

Articles By



Sheila Fawbush
Cooperative Extension Agent for Family
& Consumer Sciences

Classes, classes, classes

It may not be the season for gardening, but it's definitely the time for gardening classes. And we at Extension have a bunch of them on tap.

Food Gardening:

Because of continued interest in learning how to grow food in the backyard (or back 40), we will once again hold the Food Gardening series of classes. We'll cover everything from planning your garden to pruning fruit trees to fighting insects and disease. We'll also start our own seeds of tomatoes, peppers and eggplant and we will take a couple of field trips to see food growing in person. Our last class, on *May 21*, will feature herbs and star our popular Master Gardener Becky Kirts. Most classes will be taught by Extension Horticulture Technician Walt Reichert and will be held at the Extension office.

This year's Food Gardening classes will be held on Thursdays starting *March 5 and running through May 21*. The daytime classes are 10-11:30 a.m., except the class on *March 5*, which will start at 9 a.m. Evening classes are 6:30 to 8 p.m. Food Gardening classes are free, but space is limited and we ask you to register by calling 633-4593. Hurry! The evening class, especially, will fill quickly. Some of the Food Gardening classes will be held in conjunction with the Green Thumb classes described below.

Green Thumb Gardening:

Dates and topics are set for our 2015 Green Thumb Gardening classes: All classes will be held 6:30 to 8 p.m.

- *Thursday, March 19* – Fruit tree pruning and care. Extension.
- *Thursday, April 16* – Lots of food from small spaces. Field trip. Destination TBA.
- *Thursday, May 21* – Herbs make Scents with Becky Kirts. Extension
- *Thursday, June 18* – Killing insects and not yourself!. Extension
- *Thursday, July 23* – City Garden tour. Field trip. Destination TBA.
- *Thursday, Sept. 3* – Country Garden tour. Field trip. Destination TBA.
- *Thursday, Oct. 15* – Trees and shrubs for fall color. Location TBA.

Green Thumb Gardening classes are free, but we ask you to register by calling 633-4593.

Master Gardener classes:

A number of you have asked to have Master Gardener classes during the day this spring. Assuming we get at least 10 participants (So far, we have six interested.), we will hold Master Gardener classes this spring. Dates and times are still flexible, but the classes will likely be held from 10 a.m. until noon and start sometime in March or April. Classes will most likely be held on Mondays or Tuesdays. The cost of the classes is \$75, which pays for the book and handouts. If you want to be put on the "Interested" list, call 633-4593 by March 1. If we do not have classes this spring, the next series of Master Gardener classes will be spring 2016.

**Backyard Poultry Production:
A mini series.**

Want chickens but have no clue what breeds to get, how to care for babies, how to feed layers or protect them from predators? Get all of your questions about small poultry projects answered during our two-class mini series: Backyard Poultry Production. The classes will be held on *Monday and Tuesday, Feb. 23 and 24* from 6:30 to 8 p.m. The first class will cover: Are chickens right for you? Best breeds for your needs. Interior decorating and the model henhouse. And care of baby chicks. The second class will cover: Feeding growing birds and layers. Keeping the fox out of the henhouse. Egg handling and safety. How do I know my hen is laying? Other poultry – ducks, turkeys, geese and guineas.

The classes are free but space is limited. Call 633-4593 to register ASAP. Classes will be taught primarily by Walt Reichert, Extension Horticulture Technician.

A rabbit for Easter?

Every spring, many consumers buy pet rabbits on impulse and the animals are later abandoned or neglected because the buyers didn't know what they were getting into. So... this spring Extension will offer a class, "So you're getting a rabbit for Easter..." for all of

those who are considering buying a pet rabbit for Easter but don't really know how to properly care for it. Or maybe you already have a rabbit (s) and want to learn more. The class will be **Monday, March 23** from 6:30 to 8 p.m. at the Extension office.

During the class, you will learn: What breeds make the best pets, how to properly feed a baby/adult rabbit, proper housing, sorting the boys from girls and common mistakes new owners make.

The class is free but we ask that you call 633-4593 to register.

Plant of the month: Broccoli

Depending upon whom you ask, broccoli is one of the easiest vegetables to grow or one of the hardest. That may be because success with broccoli is somewhat dependent upon time and weather. If you get the plants out late in spring or into early summer or if the spring suddenly turns hot, which it is known to do around here, broccoli can be difficult to grow. You see, broccoli grows best in the cool, wet weather of spring and wants to bolt (go to seed) when the temperatures get into the 80s and 90s. So broccoli does best planted in early spring or late summer for a fall crop.

Seeds can be started in mid- to late-February or wait until late March to buy transplants at a garden center. If you start seeds yourself, be sure to harden off the seedlings before setting them out in the garden by taking them out gradually over a few days; a shady spot out of strong wind and sun works best. To do best, broccoli needs to grow rapidly, so plant it in soil rich in organic matter; you can fertilize lightly with 35-0-0 after the head starts to form to keep it producing small heads over a long period. Cut the main head when the beads start to swell; if you start seeing yellow flowers, you've waited too long. After the main head is cut, broccoli, unlike cabbage or cauliflower, will continue to produce smaller shoots.

The chief nemesis of broccoli is the larvae of the cabbage butterfly which lays eggs on leaves and among the stems of the head. The larvae are devilish to see and extract from the head once they are established. An insecticide containing bacillus thurigenis (Bt) is a safe, organic way to control cabbage worms. Apply

about every five days during the growing season to rid the heads of worms. If you've been less than diligent about keeping off the worms, after picking you can set the head down in salt water for a couple of minutes and then swish it around.

The little monsters will come floating up and you can send them down the drain. Better there than surfacing on your plate at dinnertime!

A few good pubs

Here at Extension we have access to UK and other college research into every aspect of home horticulture and insect/disease control. It's a shame more folks don't access those resources. Below are just a couple of publications you might find useful this spring:

- *Bp 39 w Apple scab of crabapples*. This publication details how to recognize and control one of the most troublesome pests of our beautiful crabapple cultivars – scab. Scab is usually responsible for turning leaves yellow prematurely and causing defoliation of the trees by mid-summer.
- *ID21 –Disease and Insect control programs for Homegrown Fruit in Kentucky*. Many people give up on growing fruit for their families because of the prevalence of insects and diseases in Kentucky. Learn how to create a spray program to rid your tree and small fruits of insects and disease.
- *Ef601 – Carpet beetles*. At least three or four times each spring and summer we're asked to identify carpet beetles. Once a home becomes infested with these fiber-eating creatures, numbers can build rapidly. Learn how to control them safely and effectively with this publication.

We can email these publications to you or send them via mail. Just call 633-4593 or send an email to walt.reichert@uky.edu. Also, these and hundreds of other publications can be accessed by searching for University of Kentucky College of Agriculture. Then click on the horticulture page.

Articles By:
Walt Reichert
Horticulture Technician

4-H Sewing Projects

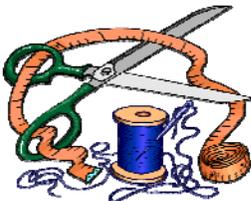
4-H Sewing Projects will begin soon at Heritage Elementary and at the Shelby County Extension Office. The sewing projects are open to all youth with an interest in learning to sew or to develop new sewing skills.

A 4-H Sewing Class will be held at the Shelby County Extension Office on Mondays beginning on **February 16**. The 4-Her should come to the Extension Office immediately after school until 5 p.m. Volunteers will work with the students to complete their 4-H Sewing Project. The class will meet **February 13, 23 and March 2, 9, 16, 23 and 30**. Space is limited, please call the Extension Office at 633-4593 to reserve your spot. Sewing machines will be provided.

The first four weeks of sewing at Heritage Elementary are reserved for second-or-third year sewers. Those classes will be held in the Art Room on Tuesdays, beginning **January 27**. A second four-week session will be open to new participants beginning **March 10**. Each session will be limited to 10 participants. The classes start immediately after school, or at 2:30, and run until 5 p.m. Call the Extension Office to get registration information. Parents, grandparents, and others are welcome and encouraged to stay to help their child. Registration is on a first to register basis.

If you cannot attend either set of workshops, 4-Hers are invited to attend the monthly Sewing Circle at the Extension Office. Master Clothing Volunteers familiar with 4-H guidelines will be there to assist you. You are required to have an adult stay with you. Sewing Circle has open hours on the first Tuesday of each month from 3 p.m. until 8 p.m.. Sewing machines are available for you to work with.

Youth can also complete a project with the help of a family member or friend. Please call the Extension Office first to get the requirements for your age group and project level, so your items will qualify for 4-H events and competitions. All completed projects are eligible to be entered in the Fashion Revue and Shelby County Fair.



4-H Camp Applications



It is hard to believe, but it is time to start thinking about 4-H Camp! Shelby County camps in Jabez at Lake Cumberland. We will attend **July 7-10, 2015**, which is a Tuesday through Friday. We will be camping with Henry and Pulaski Counties. A \$50 deposit will hold your slot when your initial paperwork is turned in. The cost of camp for 2015 will be \$180. We have space to accept 100 campers. After the slots are filled we will begin a waiting list and campers will only be taken off the waiting list (in order) if others drop out. 4-H Camp is open to all Shelby County youth ages 9-13. Campers must attend camp with the county in which they live or attend school. Campers stay in cabins that hold approximately 20 youth, with 2 teens, 2 counselors in training and 2 adult leaders. Campers enjoy traditional camp activities mixed with some that will be related to our theme for the week. Some of the traditional activities include canoeing, fishing, swimming, arts and crafts, archery, riflery and of course, Sally down the Alley! (*The Kentucky 4-H camping program is accredited by the American Camping Association.*)

Shelby County 4-H will also take applications for Teen Leaders. These teens are responsible for staying with the campers and taking them to and from classes, meals and group activities. They also organize cabin time and responsibilities. Teen Counselors help campers deal with any problems they might have, such as homesickness, or misplaced items. To serve as a Teen Counselor, youth should be 16-19 years of age by June 1. Teens must undergo an interview and provide letters of reference. All Teen Leaders will be required to attend a training upon selection. Applications are due by **March 16** and can be picked up at the Extension Office or printed off the 4-H website starting **February 2**.

Youth ages 14-15 can apply to serve as

Counselors in training (CITs). Youth must be 14 by January 1. CITs serve many of the same functions as Teen Counselors, but cannot be left alone while supervising an entire cabin or large group of campers. Because of space and monetary constraints, we only can accept a few CITs. Applications and letters of reference are due by **March 16** to the Extension Office. CITs will also be required to attend a training upon selection.

Finally, we are recruiting adult volunteers. We need adults (over 19 years old) to serve as Adult Counselors. Responsibilities may include teaching a class, supervising a cabin and/or helping at group activities and meal times. Adults must undergo a background check and attend a training prior to attending camp.

If you have any questions concerning Shelby County 4-H Camp, please call the Extension Office.

4-H Achievement Banquet

A very special thank you goes out to all the 4-Hers and their families who attended the annual 4-H Achievement Banquet on December 9th. We had almost 140 in attendance! It was a great opportunity to hear all of the activities and accomplishments of Shelby County 4-H Clubs and members for the past year. There are so many special volunteers that make 4-H successful and we are very thankful for everything that they do.

Special thanks goes to Sarah Thornbury for serving as our MC for the evening. Thanks to everyone that donated books for Reading Reindeer. The special award winners for the night included:

I Dare You! Awards:

Logan Gemba
Destiny McDonald

Outstanding Seniors:

Kolt Bitzer
Emily Goins

Matt Edwards Outstanding Citizen Award:

Destry Aldridge



Cell Phones and Young People

Technology has advanced at such a rapid pace that our lives are very different than they were even 10 years ago. Responsible technology usage is now a conversation you must have with your child.

Ten years ago, some high school students had cell phones, but in 2010, a Pew study revealed that 58 percent of all 12-year-olds had a cell phone.

While cell phones are an easy way for you to stay in contact with your child, they do come with their own risks. As a parent, it's your responsibility to teach your child how to wisely and safely use a cell phone before s/he receives one. Establish rules of when and how the phone should be used and acceptable websites and apps. Remind them to think before they text. While texting may seem more private than social media, pictures and texts can easily be forwarded and put on social media. Insist that they never respond to any texts, friend requests or calls from unknown numbers. Encourage them not to put their cell phone number or password anywhere online.

Review cell phone records for any unknown numbers or late night calls or texts made to your child's phone. Cell phone providers may offer additional security measures. Contact your provider to learn about any additional protections that they offer.

Age should not determine when your child receives a cell phone; your and your child's unique situation should. You should consider whether a cell phone is needed to communicate more easily with your child and that your child can use the phone responsibly. Make sure your child understands the rules that come with using a cell phone and the consequences for breaking those rules before s/he gets a phone.

Source: Mark Mains, UK Extension Specialist for 4-H Youth Development and netsmartz.org



4
~
H

Y
O
U
T
H

D
E
V
E
L
O
P
M
E
N
T

Articles By:

Regina Browning
Cooperative Extension Agent for
4-H Youth Development

Upcoming Winter Meetings

Several meetings and educational courses are in the work for this winter’s meeting season. Please mark your calendars now and be looking for more information as it becomes available in the upcoming weeks.

- ◆ *Estate & End of Life Planning: Tuesdays, January 27 & Monday, February 2* from 6—8 p.m. These sessions will cover planning and preparing for succession and how to pass the farm on to the next generation in the most efficient way possible, as well as things to think about and prepare for as you approach retirement and later days.



- ◆ *Farming A Few Acres: Thursdays, January 22, 29, February 5, 19, 26* beginning at 6 p.m. at the Extension Office. This series will be directed toward new-to-farming folks and those farming on small parcels (20 acres or less).



- ◆ *Tobacco Production Update and GAP Certification: Friday, January 30.* 9 a.m.-Noon at Shelby County Extension Office OR 1:30-4:30 p.m. at Henry County Extension Office. Tobacco GAP Certification is required on an annual basis. You will need to bring your GAP Connections ID card to be sure you receive credit for attending one of these sessions.



- ◆ *Annual Grain Crops Update: Friday, February 6,* 9:30 a.m.—2 p.m. at the Extension Office. Lunch will be provided. Tentative topics include: Weed Control Strategies for Grain Crops, Soybean Disease and Pest Management, Grain Market Outlook, Corn Update.



- ◆ *Computers in Today’s World: Thursday, February 12,* 6—8 p.m. at the Extension Office. This is an introductory course that will focus on basic training for using social

media and basic photo editing. Topics covered will include Facebook, Twitter, YouTube, Instagram and photo editing with Photoshop.



- ◆ *Ag Leadership & Spokesperson Mini-Course: Tuesday, March 3,* 10 a.m.—Noon, at the



Extension Office.

Learn the importance of “telling your story” to the future of agriculture. Where, why and how to spread the good news about agriculture to the general public, where to find good resources for data and timely information, and more.

- ◆ *FAMACHA Training: Thursday, March 12,* 6:30 p.m. at the Extension Office. Learn the technique of FAMACHA scoring to determine parasite loads in sheep and goats. Utilizing this technique results in money savings and helps prevent the development of resistance among parasites caused by overuse of dewormers. Sign up by calling 633-4593.



Rooted in Shelby

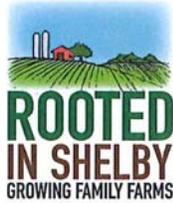
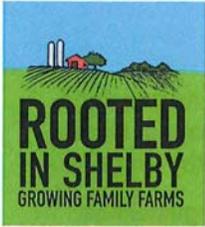
The Rooted in Shelby website will soon be up and running, providing a resource for Shelby Countians to eat and shop locally! If you have items grown, produced or made in Shelby County, you will want to be on this list! From hay and eggs for sale, to homemade jams, breads, jewelry or soap, to honey, freezer beef, vegetables or wine, ANYTHING that is Rooted in Shelby is eligible to be included. The Rooted in Shelby website will be THE go-to resource for all local items!

In order to become a member of Rooted in Shelby and receive your farm gate sign, fill out the application on the following pages or log in to the website at <https://shelby.ca.uky.edu/node/142>

Articles By:

Corinne F. Belton

Corinne F. Belton
Cooperative Extension Agent for
Agriculture and Natural Resources



ROOTED IN SHELBY

Application for Membership

Shelby County Cooperative Extension Service
1117 Frankfort Road, Shelbyville, KY 40065
Phone 502-633-4593

Rooted In Shelby is a promotional program for products raised or produced in Shelby County, Kentucky. Producers within Shelby County who are Kentucky Proud members qualify to be Rooted in Shelby. No membership fee is required but members are encouraged to promote the program. Logos are provided in electronic format. Signage is provided at cost.

Instructions: Please complete all information, including disclaimer and release statements.

Contact Information

Company/Farm Name: _____

Contact Name: _____

Physical Address (No PO Boxes): _____

City: _____ State: _____ Zip: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Website: _____

Company / Farm Information

Kentucky Proud Number: _____

Describe Kentucky Proud Products, Raised or Produced in Shelby County: _____

Are you selling products to the general public? Yes No

Sales location(s) _____

Are you an Agritourism Venue? Yes No If yes, please describe: _____

List any additional information you would like to have advertised (i.e. hours of operation, contact info, etc.)

Disclaimer

I agree to release and hold harmless Shelby County Cooperative Extension, its successors and assigns, and its directors, officers, employees, volunteers and agents from all claims, demands, damages, losses, charges and causes of action arising or resulting from my participation in the Rooted In Shelby Program.

I have completed this application and read the guidelines for logo use. I agree to follow the guidelines when using the Rooted In Shelby logo, and I certify that the above information is correct and true to the best of my knowledge.

Signature & Title

Date

Signature & Title

Date

Release to Publicize Information

The following contact information may be used in Shelby County Cooperative Extension's printed and electronic marketing materials which include the Rooted In Shelby web page.

Company/Farm Name, Contact Name, Physical and Mailing Address, Phone, Email, Website and Product Category.

By entering into the Rooted In Shelby Program, I understand that I am authorizing Shelby County Cooperative Extension to make public my business contact and product information for use to the general public, both in printed and electronic format. If I choose to opt out of this provision I must indicate so in writing to Shelby County Cooperative Extension.

Signature & Title

Date

Signature & Title

Date

I wish the following information to be excluded from printed and electronic marketing (web) materials:

- Contact Name
- Physical Address
- Mailing Address
- Phone
- Email
- Website (if any)

Company/Farm Name and product category will be listed for all members

JANUARY 2015

5	FCS	Shelby Shape Ups NEW 6 week series begins, 11 a.m.	Extension Office
5-6	HORT	KY Fruit & Vegetable Conference	Lexington
8	4-H	Saddle N Spurs Club Meeting, 7 p.m.	Extension Office
12	4-H	Livestock Club Meeting, 7 p.m.	Extension Office
12	4-H	Fur & Feathers Club Meeting, 7 p.m.	Extension Office
15	ALL	AARP Driver Course, Noon	Extension Office
16-17	AG	KY Cattlemen's Association Annual Convention	Owensboro
19	4-H	Dairy Club Meeting, 7 p.m.	Extension Office
20	AG	Shelby Co. Cattlemen's Association Meeting, 7 p.m.	Extension Office
21	FCS	Soup Sharing, Noon	Extension Office
22	ALL	Time Management Lunch & Learn, 11:30 a.m.	Extension Office
22	AG	Farming on a Few Acres, 6 p.m.	Extension Office
26	ALL	County Extension Council, 6:30 p.m.	Extension Office
26	ALL	End of Life/Estate Planning, 6 p.m.	Extension Office
29	AG	Farming on a Few Acres, 6 p.m.	Extension Office
30	AG	Tobacco GAP/Production Update, 9 a.m.	Extension Office
30	AG	Tobacco GAP/Production Update, 1:30 p.m.	Henry Co. Extension

FEBRUARY 2015

2	ALL	End of Life/Estate Planning, 6 p.m.	Extension Office
3	FCS	Sewing Circle, 3 p.m.	Extension Office
5	AG	Farming on a Few Acres, 6 p.m.	Extension Office
6	AG	Grain Crops Update, 9:30 a.m.	Extension Office
7	FCS	First Saturday Walk About, 8:30 a.m.	Clear Creek FAC
9	4-H	Fur & Feathers Club Meeting, 7 p.m.	Extension Office
9	4-H	Livestock Club Meeting, 7 p.m.	Extension Office
10	FCS	Homemaker Cultural Arts Competition/Display, 1 p.m.	Extension Office
10	AG/HO	Horticulture & Agriculture Advisory Council, 6:30 p.m.	Extension Office
12	4-H	Saddle N Spurs Club Meeting, 7 p.m.	Extension Office
12	ALL	Computers in Today's World, 6 p.m.	Extension Office
13	FCS	Go Red for Heart Health Luncheon, 11 a.m.	Extension Office
13	ALL	Family Fun Night—Dabbling in the Arts, 6 p.m.	Extension Office
16	4-H	Dairy Club Meeting, 7 p.m.	Extension Office
19	AG	Farming on a Few Acres, 6 p.m.	Extension Office
24	HORT	Emerald Ash Borer Information Session,	Trimble Co. Extension
26	AG	Farming on a Few Acres, 6 p.m.	Extension Office

MARCH 2015

3	AG	Ag Leadership & Spokesperson Mini-session, 10 a.m.	Extension Office
3	FCS	Sewing Circle, 3 p.m.	Extension Office
5	AG	Farming on a Few Acres, 6 p.m.	Extension Office
7	FCS	First Saturday Walk About, 8:30 a.m.	Clear Creek FAC
11	ALL	Planning & Conducting Effective Meetings, 5:30 p.m.	Extension Office
12	AG	FAMACHA Training, 6:30 p.m.	Extension Office

KEY:

4-H 4-H Youth Development	AG Agriculture	HORT Horticulture
FCS Family & Consumer Sciences	EFNEP Expanded Food & Nutrition Ed. Program	

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546, or Terry Allen, UK Affirmative Action Director, Lexington, KY 40546, or the Secretary of Agriculture, U.S. Department of Agriculture, Washington, D.C. 20250.