

Perry County Cooperative Extension Newsletter

 Martin-Gatton
College of Agriculture,
Food and Environment

DECEMBER 2024

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

 facebook.com/perrycountykyextension

 perry.ca.uky.edu

 perry.ext@uky.edu

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 AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



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accommodated
with prior notification.

DECEMBER

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Charity Sewing 9 a.m. - 12 p.m. Homemaker Meeting 12 p.m.	3 Survive & Thrive Disaster Preparedness Class 10 a.m. Carbon Credits for Woodland Owners 5:30 p.m. in Breathitt Co.	4	5 Holiday Wreath Workshop 1 p.m.	6 Holiday Wreath Workshop 1 p.m.	7
8	9	10 Summer Sausage & Charcuterie Workshop 10 a.m. & 2 p.m.	11 Wits Workout 1 p.m.	12 Cooking Through the Calendar 10 a.m. Teen Club Meeting 4 p.m.	13 Open Sewing 9 a.m. - 12 p.m.	14
15	16 Holiday Entertaining on a Budget 10 a.m.	17 "Sew" Simple 9 a.m. Wits Workout 1 p.m. The Great Frosting Face-Off 4 p.m.	18	19 Quicksand Area Homemaker Officer Training @ 10 a.m. Perry County Beekeepers Association Meeting 6 p.m.	20 Cultural Passport Program 1 p.m.	21
22	23	24	25 Christmas Holiday Office Closed 	26 Office Closed 	27 Office Closed 	28 
29 	30 Office Closed 	31 Office Closed 				

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- KENTUCKY CATTLEMEN'S ASSOCIATION CONVENTION
- CARBON CREDITS FOR WOODLAND OWNERS
- WINTER SAFETY: TIPS FOR A TROUBLE-FREE SEASON

Welcome to December and the Holidays. This Fall season has flown by!

The Perry County Beekeepers Association has resumed its meetings, offering a great opportunity to connect with fellow beekeepers and share hive management tips. Meanwhile, the Kentucky Cattlemen's Association is preparing for its annual Convention and Trade Show, a must-attend event for insights, networking, and the latest industry innovations. Don't miss our ANR Exclusive on winter safety, packed with tips to help you and your farm stay safe and productive during the colder months. Stay engaged and informed with us, and feel free to reach out—I'm always here to help!

Charles May
County Extension Agent
Agriculture &
Natural Resources
cmay@uky.edu



AGRICULTURE & NATURAL RESOURCES

UPCOMING EVENTS:

Perry County Beekeepers Association

The Perry County Beekeepers Association has begun meeting again. They are meeting on the third Thursday of each month in the Extension Service Annex Building. The next scheduled meeting is **December 19, 2024, at 6 p.m.** Please be sure to register by calling our office at 606-436-2044.

Kentucky Cattlemen's Association Convention & Trade Show

For all you beef cattle producers, the Kentucky Cattlemen's Association annual convention and trade show on **January 15th - 17th, 2025** in Owensboro, KY. If you are interested in attending, you can register on their webpage at <https://www.kycattle.org/convention.html>

Carbon Credits for Woodland Owners

We will be having another Carbon Credits for Woodland Owners workshop on **Tuesday December 3, 2024**. It will be held at the **Breathitt County Extension Service Office** and will begin at **5:30PM**. Some things on Carbon Credits have changed since the last meeting and it appears that these credits are more profitable for Woodland Owners now. Call **606-666-8812** to register.



CARBON CREDITS FOR WOODLAND OWNERS



Jordan M. Shockley, Ph.D.
Associate Extension Professor –
University of Kentucky

Topics to be covered:

- *What is driving carbon markets
- *Structure of carbon markets
- *Current carbon programs
- *How much I will get paid
- *Concerns from an economist

Please call your local extension office to register:
Breathitt
Knott
Lee
Morgan
Owsley
Perry
Wolfe



Jacob J. Muller, Ph.D.
Assistant Professor of
Hardwood Silviculture and
Forest Operations Extension

Topics to be covered:

- *Why we are concerned about carbon
- *How carbon is stored in our woodlands
- *What wood landowners can do to increase their carbon-storing potential
- *And working with a forester

SCAN QR CODE ABOVE TO REGISTER OR CALL 606-666-8812.

Winter Safety: Tips for a Trouble-Free Season

As winter approaches, we often prepare for the cold by stocking up on warm clothes and ensuring our homes are well-insulated. However, there are several lesser-known safety tips that can help you stay safe and comfortable during the winter months. Here are some important ones to consider:

1. Preventing Carbon Monoxide Poisoning

- **Install Carbon Monoxide Detectors:** Ensure you have working carbon monoxide detectors in your home, especially near sleeping areas. This odorless, colorless gas can be deadly. Hundreds of people die every year from carbon monoxide poisoning.
- **Ventilate Properly:** Make sure your heating systems and any fuel-burning appliances are properly ventilated. Never use a gas stove or oven to heat your home.

2. Avoiding Frostbite and Hypothermia

- **Layer Up:** Wear multiple layers of clothing to trap heat. Don't forget gloves, hats, and scarves to protect extremities.
- **Stay Dry:** Wet clothing can increase the risk of hypothermia. Change out of wet clothes as soon as possible.

3. Safe Driving Practices

- **Winterize Your Vehicle:** Check your tires, battery, and antifreeze levels. Keep an emergency kit in your car with blankets, food, water, and a flashlight.
- **Drive Cautiously:** Reduce speed and increase following distance on icy or snowy roads. Avoid sudden stops and starts. My experience is that most drivers in eastern Kentucky drive cautiously on snow- and ice-covered roads. It's other places that people don't seem to give road conditions the respect that is needed to be safe. So, watch out for these people.

4. Home Heating Safety

- **Space Heater Safety:** Keep space heaters at least three feet away from anything flammable. Never leave them unattended.
- **Fireplace Precautions:** Have your chimney inspected and cleaned annually. Use a screen to prevent sparks from escaping. Creosote Accumulations of one-fourth inch or more in the chimney or stovepipe are dangerous. Once ignited, the creosote can burn at temperatures of over 2,000 degrees. The strong upward draft caused by the fire can lift burning creosote out of the chimney and onto the roof. The intense heat also can crack tile linings, deteriorate masonry and cause metal chimneys to warp. A fire started by burning creosote may spread to the framework of the house

5. Outdoor Safety

- **Shovel Smartly:** Shoveling snow can be strenuous. Take breaks, lift with your legs, and push snow rather than lifting it.
- **Watch for Ice:** Be cautious of icy patches on sidewalks and driveways. Use salt or sand to improve traction.

By keeping these tips in mind, you can enjoy a safer and more comfortable winter season. Stay warm and stay safe! Happy Holidays!

FAMILY & CONSUMER SCIENCE



DECEMBER
2024

Welcome to December!

As the holiday season approaches, we're excited to offer several fantastic workshops this month! Join us for our Wreath Workshops and Summer Sausage Workshops, where you'll learn hands-on skills to craft festive decorations or prepare delicious homemade treats. Spots are limited and filling up fast, so secure your spot today! The cost for each workshop is just \$10.

In addition to these special programs, our regular monthly programs are in full swing. Be sure to check out our full schedule for other opportunities to learn, grow, and connect!

Please note: Our office will be **closed** from **December 25th through January 1st** for the holiday season. We will reopen and be back to serve you on Friday, January 2nd.

Kelsey Sebastian
County Extension Agent
Family & Consumer Science
kelsey.sebastian@uky.edu

- Upcoming Events
- Monthly Recipe
- Health Bulletin
- Money Wi\$e



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Lexington, KY 40506



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This Month's Events

Charity Sewing -

First Monday of the Month

The next date is December 2nd upstairs in the Perry County Extension Service office building at 9 a.m.

Perry County Homemakers Meeting - **First Monday of the Month**

The Perry County Homemaker Holiday Party will be held Monday, December 2nd at 12 p.m. in the Annex. Please bring an appetizer, dessert, or drinks. We will also be doing an ornament exchange. Call the office to register at 606-436-2044.

Cooking Through the Calendar - **Once a Month**

Cooking Through the Calendar explores new recipes each month. This month's class will be December 12th at 10 a.m., and we'll make and sample some Slow Cooker Navy Bean Soup. *Please register by December 10th by calling 606-436-2044.*

HOMEMAKER OFFICER **TRAINING:**

Are you an officer in your local Homemaker club? If so, plan to attend the Homemaker Officer Training:

- Thursday, December 19th
- Perry County Extension
- 10 a.m.

"Sew" Simple -

Third Tuesday of the Month

Join Master Clothing Volunteer, Nancy Pratt, as she leads us in making a Decorative Ornament Pillow Sham. This class will be held on December 17th beginning at 9 a.m. Spots are limited to 15 people. *You must register by December 13th!*

Open Sewing Day -

Second Friday of the Month

Feel free to catch up on quilt blocks or personal projects. This is open to anyone! December 13th from 9 a.m. to 12 p.m.

Cultural Passport Program - **Once a Month**

Join us on as we explore different holidays, cultures, and countries. This month we will take a closer look at Sweden! This class will be on December 20th at 1 p.m. *Please register by December 17th.*

Wits Workout - Twice a Month

Join the Wits Workout program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others. This program will be offered twice a month, with this month's dates being December 11th and 17th at 1 p.m. in the Annex building. Please call our office to sign up, 606-436-2044.

This Month's Events

Holiday Entertaining on a Budget: Make & Take Decorations and Sweets

On December 16th beginning at 10 a.m. we will be doing a variety of decoration making for the holiday season, some of which were featured at our Holliday Road Show! We will also be making several sweets to sample. Spots are limited to just 20 people. Be sure to call our office to reserve your spot, 606-436-2044. *Please register by December 10th!*

Live Greenery Wreath Workshop

Join us Thursday, December 5th or Friday, December 6th at 1 p.m. for a wreath making workshop! All material for the wreath will be provided as well as bow material. There will be a \$10 fee as these wreaths will be larger than last year. Payment is due at the time of registration. *You must register by November 28th!*

**Note, the December 5th workshop is now full*




Summer Sausage Workshop

We will be offering a Summer Sausage Workshop in partnership with Breathitt County ANR Agent Reed Graham on December 10th. You have the option to choose between the 10 a.m. class and 2 p.m. class. During the class we will not only be creating our own summer sausage, but we will be going over how to add that sausage to your holiday charcuterie board! Snacks will be provided. There is a \$10 fee and spots are limited. Payment is due at the time of registration. *You must register by December 4th!*





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December's Cultural Passport Program:

SWEDEN



This month we will explore the culture and traditions of Sweden during the holiday season!

**FRIDAY, DEC. 20TH
1:00 P.M.**




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Summer Sausage & Charcuterie Workshop

COST: \$10
DUE AT TIME OF
REGISTRATION

**DECEMBER 10TH
10 A.M. & 2 P.M.**


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HOLIDAY WREATH WORKSHOP

DECEMBER 5TH & 6TH AT 1 P.M.
REGISTRATION FEE: \$10

933 PERRY PARK ROAD
HAZARD, KY 41701
RSVP AT 606-436-2044


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JOIN US FOR A

HOLIDAY'S ON A BUDGET

**DECEMBER 16, 2024
STARTING AT 10 A.M.**

933 Perry Park Road, Hazard, KY, 41701

Discover creative ways to craft festive decorations and delicious sweets without breaking the bank, and take home your handmade creations to elevate your holiday celebrations.

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Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings

Serving size: 1 cup

Cost per recipe: \$7.18

Cost per serving: \$0.60



ADULT

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HEALTH BULLETIN



DECEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Perry County
Extension Office
933 Perry Park Road
Hazard, KY
41701
606-436-2044

THIS MONTH'S TOPIC AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings.
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia.
- Wash your hands when you get home, every time.

Continued on the next page →



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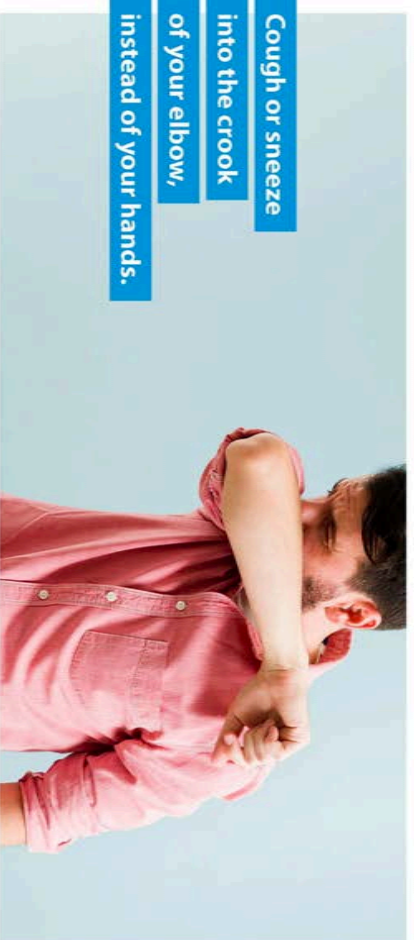
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**Cough or sneeze
into the crook
of your elbow,
instead of your hands.**



→ **Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.



Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:
How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

ADULT HEALTH BULLETIN

Written by:
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

Nichole Huff, Ph.D., CFE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a "public good." As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make "copies" of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET "GERMS"

What can you do to prevent the spread of viral online "germs"? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that's a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people's voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.

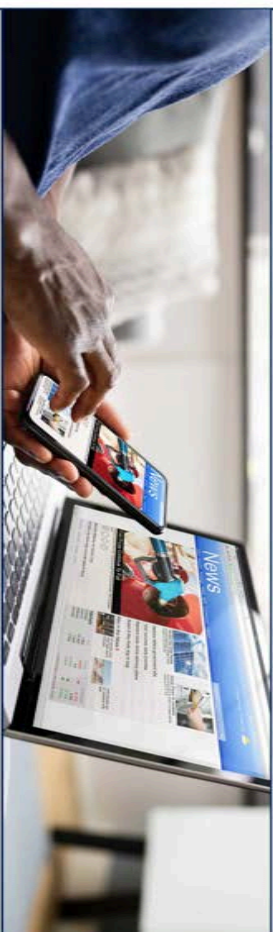
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"IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS"



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, "Let the buyer beware." When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from "bait and switch" to "phishing scams" (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you "consume" (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, "If it seems too good to be true, it probably is," holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf

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Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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Newsletter

December 2024



Hey Perry County!

Hello, 4-H families and friends! We have some exciting events and important dates to share.

Teen Club will hold its first meeting on December 12th, offering students ages 14-18 a wonderful chance to develop leadership skills and expand their civic engagement. On December 17th, don't miss *The Great Frosting Face-Off*, a fun and creative cupcake decorating contest for students ages 9-18, where judges will crown the top decorator!

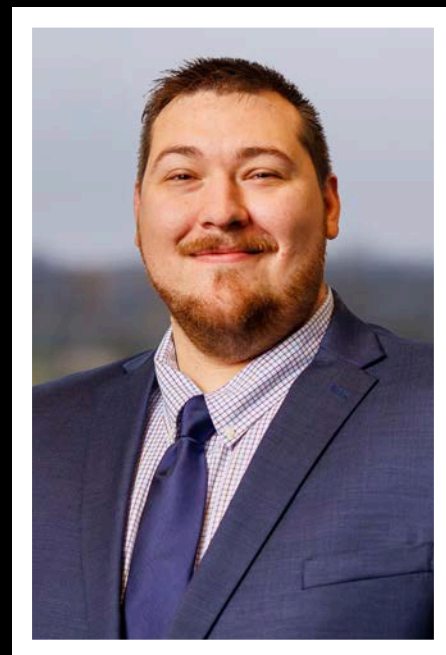
Looking ahead, be sure to mark your calendars for our 4-H Camp, scheduled for July 22-25, 2025—an unforgettable experience packed with fun, learning, and memories. We can't wait to see you at these amazing events!

Jacob Singleton

County Extension Agent
4-H Youth &
Community Development
jacob.singleton@uky.edu

THIS MONTH:

- 4-H Teen Club
- The Great Frosting Face-Off!
- 4-H Exclusive: Make Your Holidays Green



4-H Youth & Community Development

Perry County Teen Club

Thursday, December 12th from 4-5 p.m. for high schools students ages 14-18.

Join the Perry County Teen Club!

Are you a high school student looking to develop your leadership skills, get involved in your community, and prepare for life after high school? The Perry County 4-H Teen Club is the perfect opportunity for YOU!

Skills you'll gain:

- Leadership Skills
- Civic Engagement
- College and Career Readiness

Connect with other teens and professionals, build your resume, and develop skills that will help you succeed in all aspects of life!

Scan the QR code or call our office at 606-436-2044 to register!



Teen Club Sign-Ups

Save the Date:
4-H Camp
July 22-25,
2025

Paper Clover Drive
@ Tractor Supply
From Nov. 29th to
Dec. 15th, purchase
a paper clover at
your local TSC and
help support Perry
County 4-H!

The Great Frosting Face Off

Tuesday, December 17th drop off starting at 3:30 p.m., event from 4:00 - 5:30 p.m.

Join us at the Perry County Extension Office for a fun filled evening featuring cupcakes and crafts!

Show off you decorating skills and spread some holiday cheer. Our expert judges will be picking the most festive, creative, and delicious-looking cupcakes. Will yours be the winner?

Also enjoy some holiday-themed crafts!

Interested? Scan the QR code or call our office at 606-436-2044 to register.



The Great Frosting Face Off Sign-Ups

4-H Youth & Community Development

4-H Exclusive: Make Your Holidays Green

Often we associate environmental topics with springtime, but you can be environmentally friendly any time of the year. Between Thanksgiving and New Year's Day, United States household waste increases by about 25%. This amounts to approximately 25 million tons of garbage.

The holidays are a great time to reduce your waste and get young people interested in the environment. Here are some ways you and your children can reduce your impact on the environment while still enjoying the season and showing loved ones that you care.

- Donate to a charity the person cares about rather than giving a traditional gift. Not only does it not produce waste, but the money will go toward a good cause.
- When giving gifts, encourage your children to offer their time. This could look like your child doing chores or errands, such as babysitting, instead of giving a tangible gift. Quality time such as movie nights or cooking together also makes a great gift, especially for seniors who are looking to socialize.
- Encourage your children to get creative and make gifts like scrapbooks or cookbooks with favorite family recipes to give to others as gifts.
- Bake items with your child to give away as gifts.
- Bring your reusable shopping bags when you go shopping for gifts or holiday dinner supplies.
- Ask your child to package items and wrap gifts using reusable materials such as dish towels, beach towels, backpacks or reusable bags.
- Have your child collect pinecones, branches and other natural items from your backyard as these can become holiday decorations that are attractive and fun to make, and they can be composted once the holiday celebrations are over.



For more information on greening up your holidays, contact the Perry County Cooperative Extension Service.



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