

Breathitt County Extension



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

SEPTEMBER

Monthly Newsletter

Easy work-life balance tips for people and parents

Published on Aug. 8, 2024

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- Reduce morning rush. Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- Organize your week in advance. Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).
- Be honest with your manager. If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- Stay connected. Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- Don’t waste time staring at your screen. It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- Schedule time with your partner. Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

Contact your local Breathitt County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

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4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

FOOD BOX DISTRIBUTION

**SEPTEMBER 18TH, 2024
PICK UP DAY**

MUST SIGN UP ON MONDAY SEPTEMBER 16TH

BY CALLING 666-8812 OR 666-8813

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER

***NEW RULES: CAN ONLY SIGN UP YOURSELF
(ONE FAMILY)
MUST SHOW ID PROOF**



**This program is sponsored by the Breathitt County
Extension Office and God's Pantry.**

GROWING YOUR FARM AND FOOD BUSINESS

WORKSHOP IN BREATHITT COUNTY

Unlock new opportunities for your agribusiness with KCARD staff and partners at our comprehensive workshops on funding, business planning, and more!

NOVEMBER 19TH

9:30 AM - 4 PM

**UK ROBINSON CENTER
(RCARS)**

**130 ROBINSON RD
JACKSON, KY 41339**



<https://tinyurl.com/breathitt-gyffb>

REGISTRATION IS \$20.

**REGISTER IN THE LINK OR BY
CALLING US AT (859) 550-3972!**



**Kentucky Center for Agriculture
and Rural Development**

2024

EAST KENTUCKY HAY CONTEST

SIGN UP EVEN IF YOU THINK YOUR HAY ISN'T THAT GOOD!

**UK Cooperative
Extension Service**

606-666-8812

**TESTING PROVIDES: NUTRITIONAL VALUE OF HAY &
HAYLAGE; RATIONS; & CAN RESULT IN: REDUCED FEED
COSTS, INCREASED ANIMAL PERFORMANCE, &
INFORMATION TO IMPROVE FORAGE STANDS**

USE THE QR CODE OR CALL: (606) 666-8812 TO SIGN-UP

DEADLINE TO SIGN-UP IS 10/1/24

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FARM & HOME
SAFETY FIELD DAY

October 1, 2024
 5:30 PM

Hazel Green Park
 202 Pet Lane
 Hazel Green, KY 41332

Dinner | Free Event | Door Prizes

Brought to you by: Breathitt & Wolfe County Extension and Breathitt & Wolfe
 County Farm Bureau

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 accommodated
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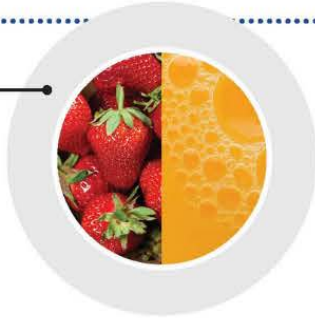
A DAY OF FRUITS & VEGETABLES

Are you and your family eating enough fruits and vegetables? Here's what a day's worth of meals could look like:

Breakfast

OATMEAL WITH CHOPPED WALNUTS

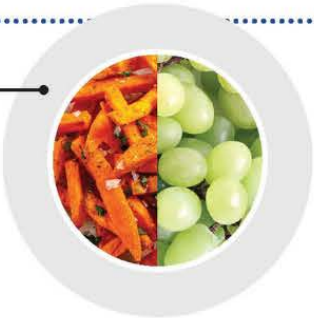
- Berries
- 100% orange juice
- Low-fat (1%) milk



Lunch

CHEESEBURGER ON WHOLE-WHEAT BUN

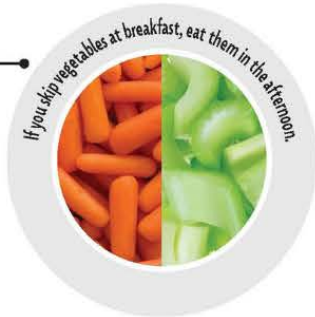
- Baked sweet potato fries
- Baked beans
- Grapes
- Low-fat (1%) milk



Snack

WHOLE-WHEAT CRACKERS

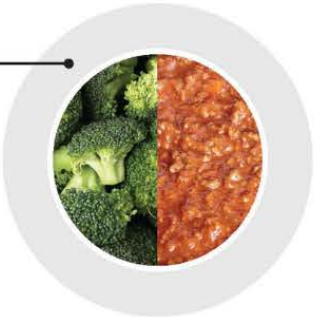
- Baby carrots
- Celery
- Low-fat dip
- Water



Dinner

PASTA

- Tomato meat sauce
- Broccoli
- Low-fat (1%) milk



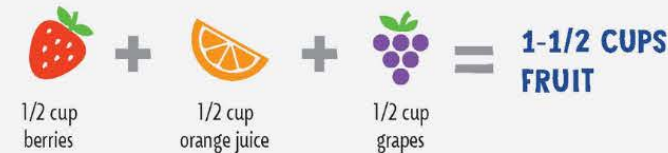
HOW DO THE FRUITS AND VEGETABLES IN YOUR MEALS ADD UP?

Remember that most moderately active 10-year-old children need 1½ cups of fruit and 2½ cups of vegetables each day. Your child might need more or less.

VEGETABLES:



FRUITS:



GOOD NEWS! Schools are now required to offer at least 1/2 cup of fruit and 3/4 cup of vegetables in school lunches.*

*Provided under the National School Lunch Program for grades K-8.



BREATHITT COUNTY 4-H ESPORTS CLUB



SEPTEMBER 30TH 2024
3:30 P.M.

BREATHITT COUNTY
EXTENSION OFFICE

AGES
8 - 18

 **Martin-Gatton**
College of Agriculture,
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FOR MORE
INFORMATION CALL
606-666-8812

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4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



4-H AFTER SCHOOL CLUB

SEPTEMBER 16TH, 2024

3:30 P.M. - 4:30 P.M.

BREATHITT COUNTY
EXTENSION OFFICE

AGES 9 - 18

YOUTH WILL FOCUS ON LEADERSHIP SKILLS,
AND WILL LEARN FROM ALL SEVEN OF THE
CORE CONTENT AREAS OF 4-H.

PLEASE CALL THE
EXTENSION OFFICE AT
606-666-8812 TO REGISTER

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The Tractor Supply Company (TSC) stores are once again joining 4-H in support of local youth with the TSC Paper Clover Promotion, a national in-store fundraising effort to benefit state and local 4-H programming. Beginning October 2nd - October 13th shoppers at Tractor Supply will have the opportunity to once again support 4-H in Breathitt County by purchasing paper clovers for just \$1 at checkout. All funds raised through this local TSC Paper Clover Campaign will be donated to 4-H.

HELP SUPPORT YOUR
LOCAL 4-H CLUBS
--- BY ADDING \$1 AT CHECKOUT ---

  FIND A STORE NEAR YOU
AT TRACTORSUPPLY.COM

Congratulations to reaching the end of the 4-H Country Ham Project and giving your speeches at the KY State Fair Sam Weston Herald and Jasalynn Herald! We are so proud of your accomplishments, and hope you participate in the project again next year!





Wildfires and Weather

A Potentially Deadly Combination

Tony Edwards - National Weather Service Charleston, WV



Wildland forest fires are fairly common across the Commonwealth, but especially so in the forests of eastern Kentucky. The Kentucky Division of Forestry reports that, on average, there are over 1,400 wildfires each year across Kentucky. Arson is the number one cause of those fires, with uncontrolled burning ranking second. Ninety-nine percent of all wildfires in Kentucky are caused by humans!

Many of us have seen what look like harmless fires burning in the leaf litter in our forests during the dry fall and spring seasons. Some of us may have even been responsible for a burn pile or two getting "out of control". These situations shouldn't be taken lightly, however, as given the right conditions, these fires can become deadly.

On April 6, 1999, rapidly changing weather conditions and steep terrain combined on a wildfire (named the Island Fork Fire) in Rowan County, resulting in the death of two volunteer firefighters, ages 28 and 30. These firefighters were overrun by the wildfire which likely started when a landowner lost control of a fire while clearing a fence line. The wildfire advanced quickly up the steep terrain, with flames as high as 20 feet and winds increasing rapidly to over 35 mph! Char marks on the tree bark were up to 50 feet high! While such fire conditions are rare in Kentucky, they illustrate how dangerous wildfires can be and why you should take measures to prevent them from occurring.

The National Weather Service issues Red Flag Watches and Red Flag Warnings to inform fire management agencies and the public when weather conditions are right for rapid wildfire growth. A **Red Flag Watch** means to be prepared as dangerous fire weather conditions are possible in the next few days but are not occurring yet. A **Red Flag Warning** means dangerous fire weather conditions are occurring now or are expected to occur shortly. During a Red Flag Warning, you should use extreme caution when dealing with anything that could pose a wildfire hazard.

When fire danger is elevated, you may see a burn ban go into effect. Usually these are on a local county level, and are enforced with assistance from local law enforcement. Burn bans generally prohibit burning of forest, grass, crops, woodlands, marshes and other similar areas. Make sure to check with your local fire department or county officials before burning.

Keep in mind that during fire seasons in Kentucky, it is illegal to burn anything within 150 feet of any woodland or brushland between the hours of 6 a.m. and 6 p.m. The **Spring Forest Fire Season runs from February 15 - April 30** and the **Fall Forest Fire Season runs from October 1 - December 15**. Violation of the burn ban is a misdemeanor punishable by law!

What Causes Wildfires?

A spark, in the presence of fuel and oxygen, can cause a fire, which can further spread depending on various weather conditions.

A SPARK + FUEL & OXYGEN = FIRE! X WEATHER CONDITIONS

Fires can be sparked by natural causes, but most wildfires in the U.S. are caused by human activity.

Natural causes:



Lightning strikes



Heat from the sun

Human activity:



Vehicles & machinery



Cigarette butts



Fireworks



Campfires & burning brush

Fuel is usually dry vegetation.



Grass



Brush



Trees

Oxygen is almost everywhere.



Certain weather conditions can make fires bigger, faster, and more dangerous.



Strong wind



Drought



High temperatures & low humidity

weather.gov



FIRE WEATHER WATCH

A Fire Weather Watch is issued when **critical fire weather conditions are possible**.

“Critical fire conditions” means warm temperatures, low humidity, and strong, gusty winds.

Be Prepared.

RED FLAG WARNING

A Red Flag Warning is issued when **critical fire weather conditions are happening or are about to happen**.

Avoid burning, be careful around open flames, safely dispose of cigarettes. Fires can spark and grow very quickly.

Take Action!



weather.gov



SUMMER SAUSAGE & CHARCUTERIE BOARD WORKSHOP

October 28th
2 PM | 5 PM

Breathitt Co
Extension Office

\$10 per person Limited Spots
Call 606-666-8812 to register

Cooperative Extension Service

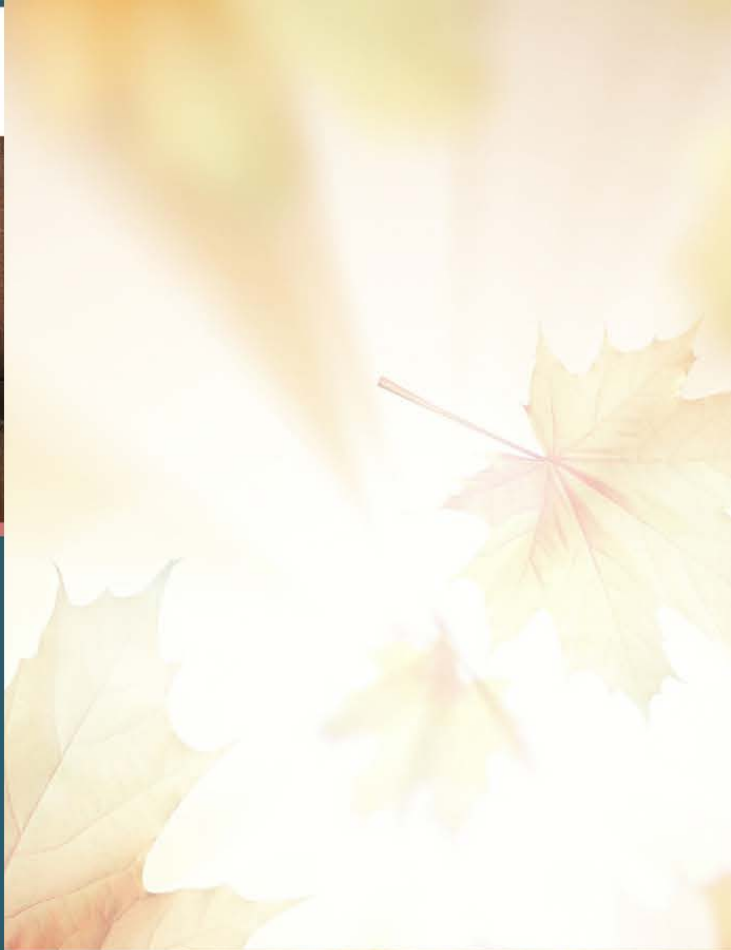
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Yarn Pumpkins Make & Take

Come along and learn how to make a no knit yarn pumpkin.

SEPT | 5TH | 5 PM

Breathitt County Extension

Call to register @ 606-666-8812

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LUNCH & LEARN

CREATING WELCOMING COMMUNITIES

To better prepare community leaders for service and community stewardship, Creating Welcoming Communities seeks to engage participants in better knowing their own culture and in gaining respect for culturally related strengths.


 September 13, 2024
 1:00 PM
 Breathitt Co. Extension Office
 Call to Register





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 Cooperative Extension Service

LET'S TACO BOUT JR. HOMAKERS CLUB

Middle & High Schoolers

Enjoy a taco bar and learn what Junior Homemakers Club is all about!

October 7th
 3:30-4:30 pm
 Breathitt Co. Extension Office
 Call to register @ 606-666-8812

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 Cooperative Extension Service

Sit & Sew

September 24th, 2024
 5:00 PM
 Breathitt Co. Extension

Join us for a come-and-go class where you can gather with friends to sew, or just sit and visit. If you want to sew or work on any project you may have feel free to bring your stuff and we'll make sure you have space to work.

visit facebook.com/BreathittCoFCS/
 for all FCS programming



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**Breathitt County Extension
Service**

**1155 Main Street (PO Box 612)
Jackson, KY 41339**

RETURN SERVICE REQUESTED

ROBINSON CENTER FIELD DAY

THURSDAY, OCTOBER 3, 2024

4 PM-7:00 PM EST

AT THE ROBINSON CENTER

130 ROBINSON RD, JACKSON, KY

FREE EVENT FOR ALL AGES | MEAL PROVIDED

JOIN US FOR **FREE FARM TOURS, DEMONSTRATIONS, AND WORKSHOPS.**
ATTENDEES CAN MAKE AND TAKE HOME THEIR OWN CUTTING BOARD!