

# Breathitt County Extension

Monthly Newsletter

# Hello

# August

Source: Amy Kostelic, associate extension professor

Amid Kentucky's extreme summer temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, you need to know the signs and symptoms of heat-related illnesses and how to treat them.

These include heat exhaustion, heat cramps and the most serious—heatstroke (also known as sun stroke).

Heat-related illnesses occur when a person's body cannot properly cool itself. These sicknesses can occur at any age, but people at greatest risk include infants and children up to four years old, adults 65 and over and those who are overweight. Additional factors that may lead to heatstroke include exertion in hot weather, sudden exposure to hot weather and lack of air conditioning. Certain illnesses and medications, such as antihistamines and antipsychotics, can also increase risk of heat-related illnesses. Wearing too many layers or clothes that prevent sweat from evaporating, drinking alcohol and becoming dehydrated may trigger heatstroke.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys and some medications can also increase older adults' risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down.

Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling. Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to ensure they stay cool and hydrated and have access to air conditioning and proper clothing. Seek immediate medical attention if someone has signs of a heat-related illness.

More summer safety tips are available at the Breathitt County Extension office.

## 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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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# FARM TO TABLE DINNER

FRESH PRODUCE FROM LOCALS FARMS

AUGUST 2023

\$35 PER-PERSON  
OR \$250 FOR  
FULL TABLE



**LIVE  
AUCTION!**  
ALL  
PROCEEDS GO  
TO THE  
BREATHITT  
COUNTY  
FARMERS  
MARKET

RESERVATION AND PRE PAYMENT REQUIRED BY AUGUST  
14TH. CALL (606)666-8812 FOR HELP WITH RESERVATIONS  
OR REGISTER ONLINE [HTTPS://BREATHITT-COUNTY-  
FARMERS-MARKET.SQUARE.SITE/](https://breathitt-county-farmers-market.square.site/)

August 24, 2023 6PM

The Barn at Sebastian Farms  
785 Hwy 3193 Jackson, KY 41339



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



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LEXINGTON, KY 40546



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with prior notification.



FREE FOR BREATHITT COUNTY PRODUCERS

# East KY Hay Testing

Samples must be taken by September 29th, 2023

We would like  
to welcome  
our new ANR  
Assistant  
Andrew  
Warren

FOR MORE INFORMATION CONTACT THE  
BREATHITT COUNTY EXTENSION OFFICE AT  
606-666-8812

**Testing provides nutritional value of hay and  
haylage/baleage, rations, and can result in: reduced feed  
costs, increased animal performance, and information to  
improve forage stands.**

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My name is Andrew Warren, but a lot of people call me Drew. I grew up spending time with my grandparents here in Breathitt County, a lot which included working with my grandfather in the garden. In middle school and high school, I was very active in 4-H and ANR programs including being a Robinson Scholar. I attended Jackson City School and graduated from the University of Kentucky. Much of my free time is spent with my family and friends, fishing, and playing video games. I enjoy spending time outside in nature and I love animals, especially my pet cat. I'm excited to be working in the Breathitt County Extension Office and I look forward to making a positive impact on our community.



4-H is a good place for career exploration

Source: Chuck Stamper, Cooperative Extension Service special projects coordinator

4-H provides youth numerous opportunities to learn, grow and become productive adults. As a result, 4-H is a perfect place for young people to start exploring potential careers. From robotics to cooking, 4-H's many programs, clubs and activities have something to interest every young person. If youth have an interest, talent or hobby, chances are they can learn more about it or do something productive with it in 4-H. As they learn more and do more in a particular interest area, a young person may develop a passion for a particular activity, eventually leading to a career in that field. 4-H provides a safe environment for exploration before young people choose a college major or commit to a particular career.

Through 4-H, members can explore many of their interests under the guidance of a caring adult volunteer. These volunteers are often experts in the topics they teach, help educate youth and show the many career possibilities available in a particular field. Volunteers also provide valuable networking experiences as youth begin thinking about careers.

Many 4-H activities foster creativity and get youth thinking outside of the box. Just some of the county-level programs offered by the UK Cooperative Extension Service 4-H Youth Development are job shadowing, mentoring, career preparation, assistance with cover letters, resumes and interviewing skills. Their passions may one day turn into a career.

For more information on becoming involved with 4-H, contact the Breathitt County Cooperative Extension Service.

# BREATHITT COUNTY



## 4-H CORN DOG COLLEGE



**MONDAY, AUGUST 21ST**  
**12:00 P.M. - 1:00 P.M.**  
**OR**  
**4:00 P.M. - 5:00 P.M.**

**TO SIGN-UP AS A VOLUNTEER PLEASE**  
**CONTACT THE BREATHITT COUNTY**  
**EXTENSION OFFICE AT 606-666-8812**

COOPERATIVE EXTENSION



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4-H Youth Development  
Community and Economic Development

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# 4-H AFTER SCHOOL CLUB

TUESDAY, AUGUST 8TH 2023

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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LEXINGTON, KY 40546







**Martin-Gatton**  
College of Agriculture,  
Food and Environment

**A LAUGH AND LEARN PLAYDATE IS FOR YOU AND YOUR CHILD(REN) TO ENGAGE IN PLAYFUL ACTIVITIES THAT ARE DESIGNED TO PREPARE THEM FOR KINDERGARTEN.**

**AUGUST  
8TH- 10AM**

**AUGUST THEME  
APPLES**

**Call 666-8812  
to register**

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Disabilities  
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with prior notification.



# FOOD BOX DISTRIBUTION

**AUGUST 16TH, 2023  
PICK UP DAY**

**MUST SIGN UP ON MONDAY AUGUST 14TH  
BY CALLING 666-8812 OR 666-8813**

**PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER**



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



# DIY Coasters

Make & Take

August 29th, 2023

5 pm

BREATHITT CO EXTENSION

Learn how to make diy drink coasters.

Call to register at 666-8812



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Disability accommodations with prior notification.

A Night in...

# Australia

Monday, August 28 at 5:00 PM, Breathitt County Extension

Join us as we explore Australian culture.

Topics:

- History
- Crafts
- Food

visit [facebook.com/BreathittCoFCS/](https://facebook.com/BreathittCoFCS/) for all FCS programming

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# Sit & Sew

Tuesday, August 15th  
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/](https://facebook.com/BreathittCoFCS/)

for all FCS programming



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# In the Face of DISASTER

 Cooperative  
Extension Service

## PREPARING YOUR FAMILY & HOME

## NAVIGATING TRAUMA AFTER A DISASTER

*This lesson will prepare community members to understand trauma and signs of trauma, and how to cope/respond to trauma after a natural disaster.*

## DISASTER PREPAREDNESS KITS

*Join us as we learn how to create a home disaster preparedness kit.*

### DATE/LOCATION/TIME

- August 11, 2023
- Breathitt County Extension Office
- 1:00 PM

Call your local  
Extension Office  
to register!



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

MARTIN GAYTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## PRESCHOOL

Simple, hands-on activities are a great way for preschool-age chefs to use and develop their motor skills. They will enjoy activities such as:



WIPING TABLES



OPENING PACKAGES



STIRRING OR WHISKING INGREDIENTS IN A BOWL



SET THE TABLE



OPEN CARTONS AND BOTTLES



CUT SOFT FOODS WITH A BLUNT KNIFE

### FRESH GRAPE & CHEDDAR SALAD

This tasty salad is perfect for little ones to assist in washing fruits and veggies, tearing lettuce and salad greens, and pouring liquids.

#### DIRECTIONS:

##### To make dressing:

In saucepan over high heat, bring grape juice to a boil. Let cook until bubbling thickly and reduced to a couple of tablespoons, about 4 minutes. Scrape into small bowl and place in freezer for about 10 minutes to chill. Remove from freezer and whisk in yogurt, vinegar and mustard until smooth. Season with pepper. Use immediately or cover and refrigerate until needed.

##### To finish salad:

Toss the fresh greens and grapes. Top with cheese and drizzle dressing over salad.



#### WHAT YOU NEED:

##### DRESSING

- 1/2 cup grape juice
- 1/2 tsp. balsamic vinegar
- 1/4 cup 2% plain, Greek-style yogurt
- 1/2 tsp. Dijon mustard

##### SALAD

- 3 cups fresh baby greens (arugula, romaine or spinach)
- 1 oz. cheddar cheese, grated
- 1 cup halved red or green seedless grapes



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## ELEMENTARY

Elementary age children are learning to control smaller muscles in their fingertips, so cooking is the perfect way for them to help.

### BAKED CHICKEN STRIPS

A kid favorite, these chicken strips will allow junior chefs to measure ingredients, grate cheese, and beat ingredients with a whisk.

#### DIRECTIONS:

Preheat oven to 375 degrees F. Coat 9x13-inch baking dish with cooking spray. Mix together flour, salt and pepper in a bowl. In another bowl, mix together egg whites and milk. In a third bowl, mix together cornflakes and cheese.



Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in a baking dish. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

#### WHAT YOU NEED:

- Nonstick cooking spray
- 1 cup unbleached, all-purpose flour
- Pinch of salt
- Pinch of ground black pepper
- 4 large egg whites
- 1/2 cup fat (2%) milk
- 1-1/2 cups crushed cornflakes
- 4 oz. sharp cheddar cheese, grated
- 6 boneless chicken breast halves, cut into 1/2-inch-wide strips



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## TWEENS & TEENS

Prepare teens for more advanced cooking tasks as they learn sequences and problem solving. Introduce recipes that offer experiences such as:



USING A MICROWAVE OR OVEN (WITH SUPERVISION)



PREPARING RECIPES WITH MULTIPLE INGREDIENTS



TOSS VEGETABLES WITH OIL IN A ROASTING PAN

### CHEDDAR & TOMATO QUESADILLAS

This zesty dish is a quick and easy way for tweens and teens to practice shredding cheese and assembling quesadillas, using a skillet on the stove and using a knife (with supervision).

#### DIRECTIONS:

Sprinkle half of cheese over quesadillas. Top with tomato slices and remaining cheese. Press remaining tortillas on top. Set large skillet over medium heat until hot. Place first quesadilla in skillet and cook until browned on underside, about 1 minute. Turn with spatula and cook until quesadilla is browned on second side and cheese is melted, about 1 minute longer. Repeat with remaining quesadillas. Cut each quesadilla into 8 pieces. Top each with a dollop of guacamole.



#### WHAT YOU NEED:

- 8-inch flour tortillas
- 1 container of guacamole
- 8 oz. pepper jack or hot habanero cheddar, grated
- 4 plum tomatoes, thinly sliced



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Take a gourmet parent, inquisitive kids and a kitchen full of yummy ingredients, and you've got the recipe for a fun family activity.



#### ENCOURAGE KIDS

to try new foods and flavors.



#### INVOLVE KIDS

in preparing food for their birthday or holiday party.



#### TRAIN KIDS

how to use kitchen tools and appliances safely.



#### GROW

a family fruit or vegetable garden for fresh produce.



#### TEACH KIDS

that cleaning up is a necessary part of the cooking process.



#### INTRODUCE

different dishes and spices from all over the world. Point out the countries on a globe or map.



#### SPEND TIME

with family doing a practical, hands-on activity with results kids can see and taste.

The kitchen is the perfect place to spend time with your kids while encouraging a lifelong passion for cooking and eating healthy.



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**Breathitt County Extension  
 Service  
 1155 Main Street (PO Box 612)  
 Jackson, KY 41339**

**RETURN SERVICE REQUESTED**



# CREATE A GROCERY GAME PLAN WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

## NOTES:

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