

Breathitt County Extension

Hello
November

Monthly Newsletter

Source: Kelly May, senior extension associate

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases.

Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

For more ways to protect your financial well-being, contact 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



COOPERATIVE EXTENSION



LEARN TO PROCESS YOUR OWN DEER

TUESDAY NOVEMBER 7, 2023

1:00 PM

86 JOHNSON BRANCH, BOONEVILLE, KY

Dr. Gregg Rentfrow, UK Meat Specialist

Join us as we travel to a local facility where Dr. Rentfrow will share techniques to process your own deer

PLEASE CALL THE EXTENSION OFFICE TO REGISTER
BREATHITT 606-666-8812 OR WOLFE 606-668-3712

UK Cooperative Extension Service



SUMMER SAUSAGE & CHARCUTERIE BOARD WORKSHOP

November 13th

Breathitt Co

10 AM | 2 PM | 5PM

Extension Office

\$10 per person

Limited Spots

Call 606-666-8812 to register

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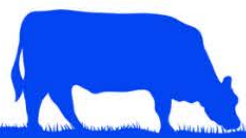
Disabilities accommodated with prior notification

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UK
College of Agriculture,
Food and Environment
Cooperative Extension Service



MINERAL ORDER



UK IRM Basic Cow/Calf Mineral (containing High Mag) - \$22.50/50lb bag
UK IRM Basic Cow/Calf Mineral - \$19.50/50lb bag

MINERAL ORDERS AND PAYMENT DUE TO THE EXTENSION OFFICE BY NOVEMBER 10, 2023

Spring Calving Herds:

Jan - Mid May: High Magnesium Mineral - Supplement with high magnesium mineral at least 30 days prior to calving. Cows need 20 grams of magnesium daily or 40x/day of 15% magnesium mineral mix. Continue providing magnesium in the mineral mix until daytime temperatures are consistently above 60 degrees F.

Mid May - December: Basic Cow Calf Mineral - provide free choice mineral mix containing adequate levels of phosphorus, vitamin A, selenium, copper, zinc and other trace minerals at all times.

Fall Calving Herds:

August - October: High Magnesium Mineral - Supplement with high magnesium. If the temperature is unseasonably warm, continue using high magnesium mineral through November.

November - July: Basic Cow Calf Mineral - Provide a free choice mineral mix containing adequate levels of phosphorus, vitamin A, selenium, copper, zinc and other trace minerals at all times.

MINERAL ORDERS WILL ARRIVE THE WEEK OF DEC 4-9, 2023 ONCE IT ARRIVES WE WILL NOTIFY YOU TO PICK IT UP.

Sit & Sew

Tuesday, November 7th
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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A Night it.....

Canada

Join us as we explore
Canadian culture.

Tuesday, Nov. 14th
5 pm



Holiday Ornaments

Make & Take

November 28th, 2023

5pm

Breathitt Co. Extension

Call to register 606-666-8812

Holiday

ROADSHOW

TUESDAY

7TH

NOVEMBER, 2023

1:00 PM

BREATHITT CO. EXTENSION

REGISTER BY NOV 1ST



Holiday Workshop

BREATHITT CO EXTENSION

SATURDAY
DECEMBER 2ND

10:00AM - 11:00AM

JOIN US FOR CRAFTS AND SNACKS
IN PARTNERSHIP WITH DOWNTOWN CHRISTMAS
AND WOMAN'S CLUB

EVENT IS FREE
FOR MORE INFO CALL 666-8812



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Christmas

AROUND THE WORLD



DEC

7th

5 PM

BREATHITT CO. EXTENSION
HOLIDAY MAKE, TAKE, & TASTING
CELEBRATING CULTURAL TRADITIONS

CALL TO REGISTER
666-8812



4-H ROBOTICS CLUB

We will be working to participate in the FIRST® LEGO® League that will introduce young people, ages 9 to 14* (grades 4-8), to the fun and excitement of science and technology, while building self-confidence, knowledge, and valuable career and life skills. The program challenges students to think like scientists and engineers.

Monday, November 21st

3:30 P.M. - 5:00 P.M.

Children Ages 9-14

Breathitt County Extension Office

Must call the Extension Office at 606-666-8812 to Register



4-H AFTER SCHOOL CLUB

TUESDAY, NOVEMBER 7TH 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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40306



We would like to thank everyone who donated to Breathitt County 4-H during the 2023 Fall Paper Clover Drive at the Breathitt County Tractor Supply. We also want to thank all of the Tractor Supply employees for their work during this event, and look forward to working with them again during the Spring Paper Clover Drive.

THANKSGIVING PROGRAM ON THE GO

Pick-up on
Thursday, November 14th 2023

Ages 8-18

Children will be provided materials, and craft activities that are Thanksgiving themed

Spots are limited

Call the Breathitt County Extension Office at
606-666-8812 to Register



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Disability accommodations with prior notification



LETTERS TO SANTA

Stop by and drop off your letters to Santa Claus in his special North Pole mailbox located outside of the Breathitt County Extension Office.

We will deliver your Letter to the North Pole.

Santa's answer and a special treat will be mailed back to you.

DECEMBER 1ST - 18TH, 2023



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Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch + 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

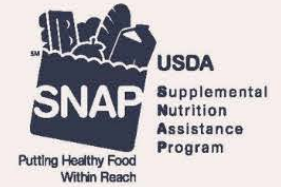
Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings

Serving size: 1 potato with chicken

Cost per recipe: \$8.82

Cost per serving: \$1.47



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

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake, Program Coordinator II, University of Kentucky Cooperative Extension Service



FOOD BOX DISTRIBUTION

**NOVEMBER 15TH, 2023
PICK UP DAY**

**MUST SIGN UP ON MONDAY NOVEMBER 13TH
BY CALLING 666-8812 OR 666-8813**

***Limit 4 people per call**

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER



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



Building an Emergency Kit

By Jane Marie Wix - National Weather Service Jackson, KY

(Source: Ready.gov/kit)



After an emergency (whether it be natural or man-made), you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last during this amount of time. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit includes the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation) ●
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery



Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription Medications. An emergency can make it difficult for you to refill your prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

- Non-prescription medications such as pain relievers, allergy medication, antacids, etc.
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- Car: In case you are stranded, keep a kit of emergency supplies in your car.

Finally...Make a Plan!!!

- Learn what hazards affect your area. Contact your local National Weather Service office, your local emergency management office, or a local Red Cross chapter to learn which hazards can affect you.
- Make sure you know what to do when severe weather strikes.
- If you get separated from family, make sure you have a place to meet, and a point to contact to let someone know you are ok.
- Involve children in the plan making process.
- Practice your plan.



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED



**Winter Wonderland
Ice Skating**

 **Breathitt County**
PUBLIC LIBRARY

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

The schedule for the event is as follows:

- December 12: 5:00 p.m. – 8:00 p.m.**
- December 13: 5:00 p.m. – 8:00 p.m.**
- December 14: 5:00 p.m. – 8:00 p.m.**
- December 15: 5:00 p.m. – 10:00 p.m.**
- December 16: 12:00 p.m. – 10:00 p.m.**

