

# Breathitt County Extension

## Monthly Newsletter

July  
2025

**KENTUCKY**    
**COOPERATIVE EXTENSION**

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
AND COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES

### Traveling with Children

Published on June 11, 2025

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.

#### Before you go:

Talk about the trip. Start with a conversation about where you're going, why, who you'll see, and what you hope to experience.

Explain how you'll travel — car, plane or train — to help build excitement and ease anxiety.

Identify potential challenges. Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.

Set behavior expectations. Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, "We keep our hands to ourselves," or "We don't ask for candy at the store," work for all ages. Even adults use this — like telling yourself you're not going to buy anything not on your list. Speaking expectations out loud helps build self-control.

Get kids involved in packing. Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they'll need help.

Entertainment options. Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles and word searches are great alternatives.

Plan for delays. Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack and use the bathroom. While this can add time to your travels, it makes for happier travelers.

#### During your trip:

Stick to routines. Try to maintain regular meal, nap and bedtime schedules. It may take creativity, but it is worth the effort. Let kids take the lead. Invite your children to make decisions: "Which trail should we take?" or "What do you want to see first?"

This builds confidence and keeps them engaged.

Safety. Carry a few basics — water, snacks, flashlight and a small first-aid kit.

Expect meltdowns. They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond with patience.

#### After your trip:

Reflect together. Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

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Community and Economic Development

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



Disabilities  
accommodated  
with prior notification.

Lexington, KY 40506



# SAVE THE DATE FARM TO TABLE DINNER 2025

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

SATURDAY  
SEPTEMBER  
20<sup>TH</sup> AT 6 P.M.

TICKET DETAILS  
COMING SOON

FRESH PRODUCE FROM LOCALS FARMS



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



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LEXINGTON, KY 40546



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## KENTUCKY STATE FAIR

SAVE THE DATE

August 21<sup>st</sup>, 2025

Call 606-666-8812 to reserve your seat



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## Summer Heat Safety

By Derrick Snyder - National Weather Service Paducah, KY

As summertime ramps up across the Commonwealth, so do the dangers of prolonged exposure to excessive heat. Heat is one of the deadliest forms of weather across the country. What makes it particularly dangerous is that the effects of heat are accumulative. Impacts on the body become progressively worse with similar levels of heat exposure several days in the row. For those who work outdoors during the summer, knowing the signs of heat exhaustion and heat stroke can prevent serious injuries, or even death.

Heat Exhaustion		Heat Stroke
<b>ACT FAST</b> <ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul>	<ul style="list-style-type: none"><li><i>Dizziness</i></li><li><i>Thirst</i></li><li><i>Heavy Sweating</i></li><li><i>Nausea</i></li><li><i>Weakness</i></li></ul>	<b>ACT FAST</b> <b>CALL 911</b> <ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul>
<i>Heat exhaustion can lead to heat stroke.</i>		<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>

NOAA CDC NIOSH Stay Cool, Stay Hydrated, Stay Informed! NIHHS

Know these signs:

- **Heat Exhaustion:** Becoming faint or dizzy, excessive sweating, cool/clammy skin, nausea, rapid/weak pulse, muscle cramps. Act fast and move the person experiencing heat exhaustion to a cooler area, loosen their clothing, sip cool water, and seek medical help if symptoms do not improve.
- **Heat Stroke:** Acting confused, dizziness, loss of consciousness/passing out. If someone has these symptoms, CALL 9-1-1 IMMEDIATELY, as this condition could become deadly or cause permanent disability!

Follow these tips to practice heat safety:

- Avoid heavy activity and direct sunlight.
- Do the most intensive outdoor work early in the morning or late in the evening to avoid exposure to the greatest heat and humidity levels.
- Stay hydrated, find a cool indoor place, and check on children, the elderly, and pets.
- Protect yourself outside by wearing light, loose-fitting clothes, and spend time in the shade.
- **Never** leave anyone (or pets) alone in a locked car, even in the winter, as death from heat stroke can occur in as little as 10 minutes!



# LUNCH AT THE FARMER'S MARKET

Join us for a delicious lunch  
and shop locally-grown  
produce and artisanal goods.

Lunch includes:

\*Ribeye sandwich, a side,  
dessert, and drink.

July 23<sup>rd</sup>, 2025

11 a.m. – 1 p.m.

3215 Quicksand Road

Jackson, KY 41339

## SEE YOU THERE!

PRICE  
\$5.00

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Agriculture and Natural Resources  
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4-H Youth Development  
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Lexington, KY 40506



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with prior notification.



UK Breathitt Extension Office and Breathitt County Soil Conservation  
partner together to provide



## Available Opportunities for Farmers August 7<sup>th</sup>, 2025 at 5pm

**Beginner and Established  
Farmers**

Food will be provided,  
please call us  
at 606-666-8812 to  
register

**Timber/Wildlife Management,  
KSU small scale farms grant,  
CAIP, State cost share, EQIP,  
and Local conservation  
programs/equipment covered.**

**Also how to get a farm  
number**

**For more information please call  
606-666-8812 or 606-666-8085.**

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**BREATHITT COUNTY**

Farmers Market



**OPENING DAY JUNE 7<sup>TH</sup>, 2025  
OPEN Wednesdays 3pm-6pm  
Saturdays 9am-1pm  
3215 Quicksand Rd, Jackson,  
KY, United States, Kentucky  
SEE YOU THERE!**

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In June, 68 individuals attended the J.M. Feltner 4-H Camp in London, Kentucky from Breathitt County. This includes campers, teens and adult volunteers. The total cost of 4-H Camp this year was \$325/camper. Some counties host fundraisers and accept donations to offset the cost of camp. In Breathitt County, the local 4-H Council hosts an annual corn dog booth fundraiser, and the Breathitt County Extension District Board supplied funds so that the cost to campers was only \$25, a savings of over 90% for participating families.

We would like to thank the Breathitt County 4-H Council and the Breathitt County District Board for their efforts and their generosity to ensure that 4-H Camp is affordable for all youth in the county.

#### Kentucky 4-H Camp:

- Builds confidence and independence: Youth are encouraged to try new things in a safe, supportive environment. From leading group activities to climbing a rock wall, youth can explore and step out of their comfort zones.
- Develops life and leadership skills: From teamwork and responsibility to goal setting and communication, 4-H camp intentionally teaches life skills that help youth grow into capable leaders at home, in school and in their communities.
- Promotes physical activity: Campers unplug from technology and immerse themselves in outdoor adventures like hiking, swimming, canoeing and navigating challenge course.

# 4-H Camp 2025





# 4-H Summer Project Days

## Cake Decorating

**JULY 30TH, 2025  
10:00 A.M. - 2:00 P.M.  
BREATHITT COUNTY  
EXTENSION OFFICE**

Join our creative workshop and learn step-by-step techniques to transform simple cakes into stunning edible art. We will be following the guidelines for 4-H Cake Decorating Projects for the Kentucky State Fair



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You must call the Breathitt County Extension Office at 606-666-8812 to Register



# 4-H SUMMER PROJECT DAYS

## COOKING 101

**JULY 29TH, 2025  
10:00 A.M. - 2:00 P.M.  
BREATHITT COUNTY  
EXTENSION OFFICE**

**AGES 9-18**

**COME LEARN FOOD PREPARATION SKILLS, KITCHEN AND FOOD SAFETY, HOW TO MAKE YOUR OWN FOOD, AND RECIPES THAT CAN BE ENTERED INTO THE KY STATE FAIR**

**SPOTS ARE LIMITED**

**YOU MUST CALL THE EXTENSION OFFICE AT 606-666-8812 TO REGISTER**



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# 4- H SUMMER PROJECT DAYS

## STEM

**Science, Technology,  
Engineering, and Mathematics**

**July 17th, 2025  
10:00 A.M. - 2:00 P.M.  
Breathitt County Extension Office**

**Ages 9- 18**

**Children will be provided materials, and activities in the 4-H content area of Science, Engineering, Technology, and Mathmatics**

**Spots are limited**

**You must call the Breathitt County Extension Office at 606-666-8812 to Register**



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**UK Cooperative Extension Service**

# SAVOR THE FLAVOR

Lets increase our knowledge, skills, and experience with ways to flavor foods with hands on classes! Sign up to join us for a monthly series.

With Breathitt FCS Agent:

*Kelsey Sebastian*

July 21<sup>st</sup> at 5 p.m.  
Check our Upcoming  
Monthly Office  
Newsletters for August-  
October Dates

July Cooking themes:  
Seasoning with Spices

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**BREATHITT COUNTY 4-H**

**BACK TO SCHOOL  
SUPPLY BAGS**

**FRIDAY , AUGUST 1ST**

**4-H DRAWSTRING BAG FILLED  
WITH VARIOUS BACK  
TO SCHOOL SUPPLIES**

**CALL  
TO RESERVE  
YOURS**

**606-666-8812**

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**BREATHITT COUNTY  
HOMEMAKERS**

**Join us for upcoming monthly  
Homemaker meeting at 5 p.m.  
July 14th**

**Hotdogs and Hamburger to be  
provided. Please bring a side or  
dessert.**

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# Join Us For BOOK CLUB

JOIN OUR BOOK CLUB: DIVE INTO  
AMERICAN DIRT!

THIS MONTH, WE'RE READING THE  
GRIPPING BESTSELLER AMERICAN DIRT BY  
JEANINE CUMMINS — A POWERFUL STORY  
OF A MOTHER AND SON'S HARROWING  
JOURNEY ACROSS THE MEXICAN BORDER.

IT'S A NOVEL THAT HAS SPARKED  
CONVERSATION, CONTROVERSY, AND  
CRITICAL ACCLAIM.

★ WHETHER YOU LOVED IT, QUESTIONED  
IT, OR ARE READING IT FOR THE FIRST  
TIME, COME READY FOR A THOUGHTFUL,  
RESPECTFUL DISCUSSION ON IDENTITY,  
MIGRATION, AND THE POWER OF  
STORYTELLING.

DATE: JULY 22ND

LOCATION: BREATHITT COUNTY  
EXTENSION OFFICE

TIME: 5PM

BRING YOUR COPY, YOUR THOUGHTS, AND  
AN OPEN MIND.



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# Honey Festival Quilt Show

Saturday August 30th

10-4 p.m.

Join us at the Guerrant  
Presbyterian Church to view  
beautifully crafted quilts.

Want to display your quilt? Drop  
off between 8:30-9:30

Sponsored by the Breathitt County  
Homemakers

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# Quicksand Area Agents Present Food Preservation Workshop

August 4<sup>th</sup> and 8<sup>th</sup>

10 a.m.-2 p.m.

Robinson Center

Jackson, KY

Join us for a two day Food Preservation  
Workshop covering:

Water Bath Canning

Pressure Canning

Dehydrating

Freezing

Vacuum Sealing

Jam & Jellies

and more!

Contact your local Extension Office to sign up!

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JACKSON, KENTUCKY

MONDAY, SEPTEMBER 1, 2025

5K/10K RUN  
2-MILE WALK  
KIDS FUN RUN

FOR MORE INFORMATION AND  
TO REGISTER, VISIT:

[www.breathitthoneyrun.com](http://www.breathitthoneyrun.com)



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Breathitt County  
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Martin Gatton College of Agriculture, Food and Environment

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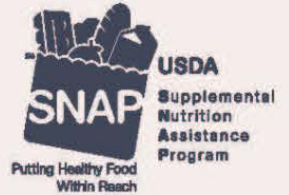
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# Chicken Burgers



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

**Prep time: 10 minutes**

**Cook time: 10 minutes**

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

*Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 burger on

bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

### Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

### Source:

Andrea Wilde,  
NEP Area Nutrition  
Agent, University of  
Kentucky Cooperative  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Farmers Market 3:00-6:00pm	10		Farmers Market 9:00am-1:00pm
13	14 Homemakers 5-7pm Food Box call in and sign up	15 Cut Flower Workshop 5-7pm	16 Food Box Pickup Farmers Market 3:00-6:00pm	17 Breathitt Gardening 5-7 4-H Project Day 10-2	18	19 Farmers Market 9:00am-1:00pm
20	21 Savor the Flavor 5-7pm	22 Book Club 5-7pm	23 Lunch at the Market 11am Farmers Market 3:00-6:00pm	24	25	26 Farmers Market 9:00am-1:00pm
27	28	29 4-H Project Day 10-2 Sit & Sew 5-7pm	30 4-H Project Day 10-2 Farmers Market 3:00-6:00pm	31		





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Service**

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

**RETURN SERVICE REQUESTED**

**Happy 4th  
of July**