

Breathitt County Extension



Monthly Newsletter

Source: Katherine Jury, Extension specialist for family health

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.

Your local Breathitt County Extension office has many resources to help you make healthy choices one small step at a time!

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



FOOD BOX DISTRIBUTION

**JUNE 12TH, 2024
PICK UP DAY**

**MUST SIGN UP ON MONDAY JUNE 10TH
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.**



Kentucky Tornado History

Tony Edwards – National Weather Service Charleston, WV



Here's some Bluegrass state tornado facts that blow your mind - pun intended!

- Well over 1,000 tornadoes have hit the Bluegrass State since 1950! And that's just counting the ones we know about. Many more have occurred but gone unreported to the National Weather Service.
- While tornadoes are much more common in central and western Kentucky, every one of Kentucky's 120 counties has had at least one documented tornado.
- Tornadoes occur most frequently from March through June, but they have occurred in every month of the year.
- While tornadoes typically occur between 3 pm and 10pm, they have occurred during every hour of the day. The ones that occur during the nighttime hours can be especially dangerous.
- The longest tracked tornado to strike Kentucky occurred on December 10, 2021. The tornado first struck Obion County, TN before crossing into Fulton County, KY. The tornado, which reached EF4 intensity with peak winds of up to 190 mph, covered a track of over 165 miles in about three hours, claiming 57 lives and injuring over 500 people.
- The strongest tornado you can get is one that is rated a five on the Fujita Tornado Intensity Scale. There have only been two F5 tornadoes to strike Kentucky and they both occurred on April 3, 1974. One struck Breckinridge and Meade Counties and another occurred in Boone County.
- Unfortunately, 222 Kentuckians have lost their lives in tornadoes since 1950 with over 3700 injuries and over four billion dollars in property damage!

The good news is that the National Weather Service has meteorologists on staff 24 hours a day, 7 days a week, 365 days a year, keeping a lookout for severe weather and tornadoes. We issue outlooks, watches and warnings that keep you informed of the potential for severe weather. Severe weather outlooks are produced by the Storm Prediction Center and can be accessed online or in our Hazardous Weather Outlook product on NOAA Weather Radio. Severe Thunderstorm and/or Tornado Watches are issued when environmental conditions are supportive of severe weather and/or tornadoes. You may get the notification that a Watch has been issued and look outside and see the sun shining. However, that Watch is telling you to get a plan in place as severe weather and/or tornadoes could soon threaten. Warnings are issued when severe weather and/or tornadoes are happening or about to happen. Warnings mean to take action and to get to your safe place!

STORM PLANNING TIMELINE

A few days out

If the forecast calls for severe weather in a few days, start preparing now.

- Make sure that you have emergency supplies
- Know your safe places
- Have a family communication plan

The day before

The day before, forecast accuracy continues to improve.

- Adjust plans
- Make sure your phone can receive WEAs
- Ensure your shelter is clean and accessible

The day of

Remain vigilant and aware of any active Watches. A Warning may be issued at a moment's notice!

- Remind your family of the communication plan
- Know how to evacuate and/or get to safety from wherever you are
- When a Warning is issued, you may only have seconds to take action!



The Kentucky Woodland Owners Short Course (WOSC) was designed to assist Kentucky's woodland owners in the care and management of their woodland resources! The 2024 WOSC consists of 5 online sessions followed by a field session (two options to choose from). The online sessions will provide a solid foundation for woodland owners on key woodland and wildlife management-related topics in Kentucky. These sessions will help prepare woodland owners to become active woodland stewards by:

- raising awareness of key woodland/wildlife issues
- providing examples of how the issues are best addressed
- providing an introduction to the programs and natural resource professionals to support woodland owners

Dates for Online Sessions (Tues. and Thur. 7 PM-8 PM EDT)

- June 11: Woodland Management Process/Tree ID
- June 13: Woodland Health
- June 18: Wildlife and Woodlands
- June 20: Carbon, Climate Change, and Woodlands
- June 25: Woodlands, Water Quality & NRCS Programs to Support Woodland Owners

The field sessions will:

- showcase the field hosts woodland and wildlife management approaches and activities
- provide participants the opportunity to see woodland and wildlife management practices on the ground and interact with the natural resource professionals who can help you on your woodland
- reinforce what was learned in the online sessions and how it translates to your woodland

Dates for Field Sessions (choose one):

- July 13 – Robinson Forest
- August 10 – Roundstone Native Seed

Register for the WOSC

Woodland Management Process and Tree ID

Hosted by:

- » **Billy Thomas**
- » **Laurie Thomas**



Join us for an online session focused on effective woodland management and tree identification. Learn essential techniques for nurturing and sustaining your woodland ecosystem while honing your skills in identifying native tree species. This session offers practical insights and resources to help you maximize the potential of your woodland.

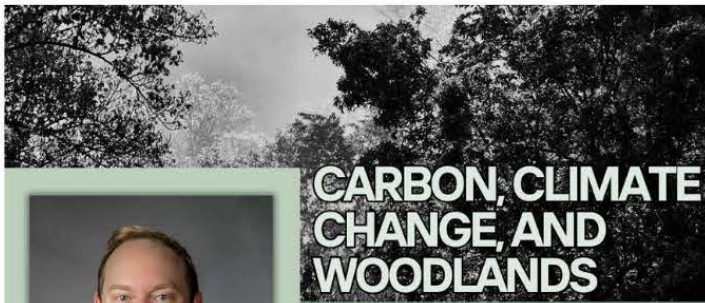
Kentucky
Woodland
Owners
Short Course




TUESDAY, JUNE 11
7 - 8PM



Cooperative
Extension Service
**FORESTRY AND NATURAL
RESOURCES - EXTENSION**




CARBON, CLIMATE CHANGE, AND WOODLANDS




Hosted by:
 >> **Jacob Muller**

THURSDAY, JUNE 20
7 - 8PM


Explore the intricate relationship between Kentucky's woodlands, carbon emissions, and climate change in this session of the Woodland Owner Short Course. Discover how these vital ecosystems serve as powerful carbon sinks, mitigating the impacts of climate change while sustaining biodiversity. Gain insights into practical strategies for woodland management that enhance carbon storage, ensuring a resilient future for both the environment and local communities in Kentucky.



Kentucky Woodland Owners Short Course
 Cooperative Extension Service FORESTRY AND NATURAL RESOURCES - EXTENSION




Woodland Health



Hosted by:
 >> **Ellen Crocker**

THURSDAY, JUNE 13
7 - 8PM

Discover the secrets to maintaining optimal woodland health in this engaging online session designed for woodland owners. From disease prevention to ecosystem resilience, explore strategies and best practices to ensure the vitality of your woodland environment. This session will delve into key topics, offer practical insights and actionable advice for sustaining the health and longevity of your cherished woodland.







Kentucky Woodland Owners Short Course
 Cooperative Extension Service FORESTRY AND NATURAL RESOURCES - EXTENSION

<https://wosc.ca.uky.edu/2024WOSC>

WILDLIFE AND WOODLANDS

TUESDAY, JUNE 18, 7 - 8PM

This online session focuses on sustainable woodland management practices to foster biodiversity and wildlife conservation. Learn about best practices for enhancing woodland habitats, promoting native species diversity, and managing invasive species effectively. Gain insights from expert Matthew Springer PhD, and empower yourself with the knowledge and skills to steward your woodland effectively for both wildlife and forestry benefits.

Hosted by:
 <<< **Matt Springer**

Kentucky Woodland Owners Short Course
 Cooperative Extension Service FORESTRY AND NATURAL RESOURCES - EXTENSION

Woodlands, Water Quality, & NRCS Programs to Support Woodland Owners

Hosted by:
 >> **Amanda Gumbert**
 >> **Jon Schultz**




In this session we are exploring the relationship between Kentucky woodlands and water quality, hosted in partnership with the Natural Resources Conservation Service. Learn about the vital role woodlands play in preserving water quality, understanding the impact of land management practices, and discovering effective strategies for conservation.

TUESDAY, JUNE 25
7 - 8PM

Cooperative Extension Service FORESTRY AND NATURAL RESOURCES - EXTENSION
 <<<<< NRCS

4- H SUMMER PROJECT DAYS

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

Tuesday, June 20th 2024
10:00 A.M. - 1:00 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 Mathematics**

Spots are limited

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

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

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4-H SUMMER PROJECT DAYS

COOKING 101

JUNE 5TH, 2024
10:00 A.M. - 2:00 P.M.
BREATHITT COUNTY
EXTENSION OFFICE

AGES 8-18

COME LEARN FOOD
PREPARATION SKILLS,
KITCHEN AND FOOD
SAFETY, AND HOW TO
MAKE YOUR OWN FOOD.

SPOTS ARE LIMITED

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



**BINGO+EXERCISE: A 10-WEEK HEALTH
PROMOTION PROGRAM THAT
COMBINES BINGO WITH EXERCISE.**

EVERY TUESDAY AND THURSDAY @2PM

BREATHITT COUNTY EXTENSION OFFICE

CALL TO REGISTER @ 666-8812

Sit & Sew

June 25th, 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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Lexington, KY 40506



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accommodated
with prior notification.

HARVESTING HARMONY

A Sustainable Homesteading Series

Join the Breathitt & Jackson Co. Extension Offices while we pioneer the path to living a more sustainable life through a four part series.



Series 1: Intro to Homesteading

Jackson Co. 1 July 1st 10-3PM

Breathitt Co. July 8th 10-3PM

Meal will be provided. Call to register

Breathitt 606-666-8812

Jackson 606-287-7693

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Fruited Coleslaw



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

Nutrition facts per serving:

100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
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.
3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.

Makes 6 servings

Serving size: 1/2 cup

Cost per recipe: \$1.57

Cost per serving: \$0.26



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED

We would like to thank everyone who donated to Breathitt County 4-H during the 2024 Spring 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 Fall Paper Clover Drive.

