

Monthly Newsletter

HELLO  
JUNE



Tune Into Mental Health This Month With Your 4-Her

Published on May. 8, 2025

Source: Ryley Butler Modaff, Extension associate for Access to 4-H Programming

As May is National Mental Health Awareness Month, it is a great time to recognize the importance of building strong foundations for mental well-being for all young Kentuckians.

Youth who engage with Kentucky 4-H gain many important tools to support their well-being. Their involvement brings opportunities to build resiliency and create supportive social connections. This month, we encourage you to continue the work of supporting 4-Hers by involving them in activities that increase awareness of the topic and also strengthen their own mental health.

Here are a few ways in which you and your youth can engage in Mental Health Awareness Month:

- Practice grounding techniques with your youth. These are quick exercises such as deep breathing or stretching that can help with reorienting emotions and connecting with the present moment.
- Let youth know they can talk to you about mental well-being. Being present for youth allows them to feel safe and supported, and it helps them to develop resilience.
- Engage in and model self-care. Self-care looks different for everyone, but it is one of the best ways to look after your own mental well-being. When you engage in this practice, it models for youth that it is important for them to take care of themselves, too.
- Wear green on May 15. Not only is green the color of 4-H, but it is also the international color of mental health awareness. On May 15, put on all your green for “Wear it Green Day” to support mental health.
- Become QPR trained. QPR, which stands for “Question, Persuade, Refer,” is a training program that provides you with three steps to prevent suicide. Free trainings are offered to residents of Kentucky through UK HealthCare. For more information, check online at <https://kyqpr.ukhc.org/>.
- Share about Mental Health Awareness Month on social media. The Substance Abuse and Mental Health Services Administration (SAMSHA) provides an official [2025 Mental Health Awareness Month Toolkit](#) that can be used, with adult guidance, to promote the month online to others.
- Participate in the “In Every Story, There’s Strength” campaign of the National Alliance on Mental Illness (NAMI). Create a written story or video that touches on the topic of mental health, such as what you wish people knew or what inspires you to support mental health. With adult guidance, 4-Hers can share their stories on NAMI’s website at <https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>.

There are many more ways to get youth involved and engaged during Mental Health Awareness Month. For more information on how you can participate in awareness initiatives and stay connected on the topic, visit <https://mhanational.org/mental-health-month/action-guide/#action-all>.

Additionally, you can connect with your Breathitt County Extension office to learn more about mental health-specific programs and resources that are available in your community.







# 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!**

### 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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Disabilities  
accommodated  
with prior notification.



# 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



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College of Agriculture,  
Food and Environment  
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LEXINGTON, KY 40546



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# Breathitt County

**KENTUCKY**   
**COOPERATIVE EXTENSION**

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

## Agriculture and Natural Resources Annual Canoe Trip

### RESCHEDULED FOR

### Saturday JUNE 7<sup>th</sup>, 2025 at 8:00AM

### Douthitt Park Jackson, KY

\*\$20 per person to reserve

canoe/kayak

\*\$10 per person to bring your own

canoe/kayak

Children 12 and under FREE!

Please scan QR code and fill

- Informative presentations

- Lunch

- T-shirts

- Transportation back to the boat ramp

- Guided tour

**Please contact us to let us know if  
you still plan to attend on June 7th**

**For more information call 606-666-8812**

Douthitt Park

100 North Point Ave,

Jackson, KY 41339

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**It was an honor to  
help with fellow  
partners in feeding  
some of the  
victims/volunteers of  
the London, Ky  
Tornado.**





WE WOULD LIKE TO CONGRATULATE JACOB MORGAN AND BRENLEY BELL GROSS ON BEING CHOSEN AS RECIPIENTS OF THE 2025 4-H COUNCIL SCHOLARSHIP. THROUGH YOUR THEIR HARD WORK AND DETERMINATION, THEY HAVE PROVEN TO BE STUDENTS THAT BREATHTT COUNTY 4-H WOULD LIKE TO RECOGNIZE AND ENCOURAGE TO CONTINUE YOUR EDUCATIONAL EFFORT. WE LOOK FORWARD TO HEARING ABOUT THEIR SUCCESSES IN ALL THEIR FUTURE ENDEAVORS.



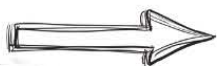
**BREATHTT COUNTY 4-H WOULD LIKE TO CONGRATULATE RYDER FRALEY AND TITUS MULLINS FOR BEING CHOSEN AS NRES CI AMBASSADORS FOR THE 2025-2026 PROGRAMMI G YEAR.**

**THE NRES CI AMBASSADOR PROGRAM IS A ONE-YEAR COMMITMENT WHERE YOUTH CAN UTILIZE THE KNOWLEDGE AND SKILLS THEY HAVE GAINED OVER THE PAST THREE YEARS, LEARNING ABOUT KENTUCKY'S WATER, FOREST, ENTOMOLOGY, AND WILDLIFE RESOURCES.**

**WE WANT TO CONGRATULATE THEM BOTH ON THEIR ACHIEVEMENTS AND LOOK FORWARD TO SEEING WHAT THEY ACCOMPLISH IN THE FUTURE.**







## 3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!



DATE: June 24-26th

TIME: 10 a.m.-2 p.m.

LOCATION:  
Breathitt County  
Extension Office

TO SIGN UP BY  
CONTACTING OUR  
OFFICE AT 666-8812



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





# FOOD BOX DISTRIBUTION

**JUNE 18TH, 2025  
PICK UP DAY**

**MUST SIGN UP ON MONDAY JUNE 16TH 2025**

**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**

**NO WALK-INS**

**NO VOICEMAIL OR EMAIL SIGN UPS**



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





# 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*

June 23 at 5pm  
Check our Upcoming  
Monthly Office  
Newsletters for July-  
October Dates

Cooking themes:  
Cooking with Oils and  
Vinegars  
Seasoning with Spices  
Building Flavors with Herbs  
Exploring Cooking Methods  
Using Kitchen Appliances and  
Tools



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Lexington, KY 40506







# BREATHITT COUNTY HOMEMAKERS

Join us for upcoming monthly  
Homemaker meetings at 5 p.m.

June 9<sup>th</sup>

July 14<sup>th</sup>

August 11<sup>th</sup>

September 8<sup>th</sup>

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## Join Us For BOOK CLUB




Non-New York Times bestselling author  
**KRISTIN HANNAH**  
angel falls



**Educated**  
A MEMOIR  
TARA WESTOVER



THE #1 NEW YORK TIMES BESTSELLER  
**AMERICAN DIRT**  
JEANINE CUMMINS



**WHERE the FOREST MEETS the STARS**  
a novel  
GLENDA VANDERAH

**JUNE 17<sup>TH</sup> : ANGEL FALLS**  
**JULY 22<sup>ND</sup> : AMERICAN DIRT**  
**AUGUST 19<sup>TH</sup> : EDUCATED**  
**SEPTEMBER 23<sup>RD</sup> : WHERE THE FOREST MEETS THE STARS**

**5 P.M.**  
**Breathitt County Extension Office**



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# Sewing Camp

Want to learn basic sewing skills? Now is the perfect time! Sign up to attend Sewing camp at the Breathitt County Extension Office this summer. Sewing machines and materials will be provided.

June 3<sup>rd</sup> 2-4 p.m. or 5-7 p.m.  
June 12<sup>th</sup> 2-4 p.m. or 5-7 p.m.

Call 666-8812 to register today!

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## Sit & Sew

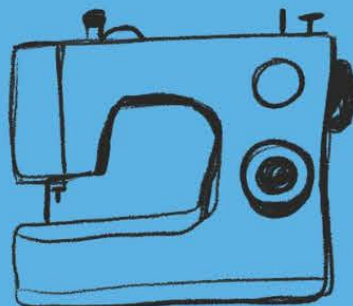
Upcoming  
Dates:

June 24th

July 29th

August 26th

Join us for a come-and-go class where you can gather with friends to sew, work on other projects, or just sit and visit. 5 p.m. on the last Thursday of the month.





# WELCOME TO THE TEAM



Ethan Pugh was born and raised in Jackson Kentucky, attending Jackson City School until his graduation in 2021. After recently graduating from Morehead State Universities Animal Science program, Ethan accepted an internship position at his home office in Breathitt County. Ethan enjoys raising and caring for animals of all kinds, bluegrass music, and being outdoors. Ethan is excited to be back home in the town he loves so much.

## ETHAN PUGH SUMMER INTERN

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# WELCOME TO THE TEAM



Shauna Hyden is a resident of Breathitt County. Shauna was previously the Extension Staff Assistant. She is married and have 2 beautiful young daughters. One who attends Hazard Community College and the other Breathitt County High School. In my free time, I enjoy spending time with family and friends riding the trails on my side by side or camping. I have a passion for helping others and bringing laughter and positivity to any situation.

## SHAUNA PEARL HYDEN AGRICULTURE AND NATURAL RESOURCES ASSISTANT SHAUNA.HYDEN@UKY.EDU

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## COOKING THROUGH THE Calendar

June 11<sup>th</sup>, 2025

10:00am

at the Breathitt County  
Extension Office

For more information on how you can attend  
these FREE cooking classes, please contact  
your local Cooperative Extension office:

Breathitt County Extension Office  
1155 Main Street  
Jackson, KY 41339  
(606) 666-8812



USDA is an equal  
opportunity provider and  
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partially funded by USDA's  
Supplemental Nutrition  
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**Breathitt County Extension  
Service  
1155 Main Street (PO Box 612)  
Jackson, KY 41339**

**RETURN SERVICE REQUESTED**



2025  
**June**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Sewing Camp 2-4 5-7	4	5	6 4-H Camp	7 Farmers Market Opens 9:00am-1:00pm 4-H Camp Canoe Trip 8am
8 4-H Camp	9 4-H Camp	10	11 Come Sew with Us 10:00 Farmers Market 3:00-6:00pm Cooking through Calendar 10am	12 Sewing Camp 2-4 5-7	13	14 Farmers Market 9:00am-1:00pm
15 FATHER'S DAY	16 Food Box call in and sign up	17 Book Club 5 p.m.	18 Food Box Pickup Farmers Market 3:00-6:00pm	19 Juneteenth Office Closed	20 FIRST DAY OF SUMMER	21 Farmers Market 9:00am-1:00pm
22	23 Savor the Flavor 5 pm	24 Super Star Chef 10-2	25 Super Star Chef 10-2 Farmers Market 3:00-6:00pm	26 Super Star Chef 10-2	27	28 Farmers Market 9:00am-1:00pm
29	30					

**\*SWEET POTATO SLIP ORDERS WILL BE IN FIRST WEEK OF JUNE**