

*photo courtesy Kurstin Gayheart***Spring cleaning for your mental health**

Published on Apr. 10, 2025

Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task.

Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Contact your local Breathitt County Extension office for more information on how to spring clean your house.



SWEET POTATO SLIP ORDERS



Contact:
**Breathitt County Extension
Service**
1155 Main Street
Jackson, KY 41339
(606) 666-8812

2025 Sweet Potato Slips Order

- *Beauregard**—\$100/1,000 slips A bushy, vine-type sweet potato with rose-colored skin and a light, moist, orange flesh. It resists cracking and is an excellent yielder with a 90 day growing season. Long time favorite.
- *White Bonita**—\$100/1,000 slips White variety, great flavor! Replaces O'Henry. It is a good yielder with a growing season of 100 days.
- *Covington**—\$100/1,000 slips A favorite commercial bushy variety, that is very uniform in shape with exceptional results. A high-quality eating potato with rose-colored skin that is slightly darker than Beauregard and a moist, orange flesh. 120 days
- *Murasaki**—\$100/1,000 slips Purple skin with white flesh. 120 day growing season.

****Bundles of 25 are \$5.00****

There are approximately 1,000 plants per box.

Orders due May 10th. ***All orders must be prepaid. ***
Expected arrival date is the last week of May.

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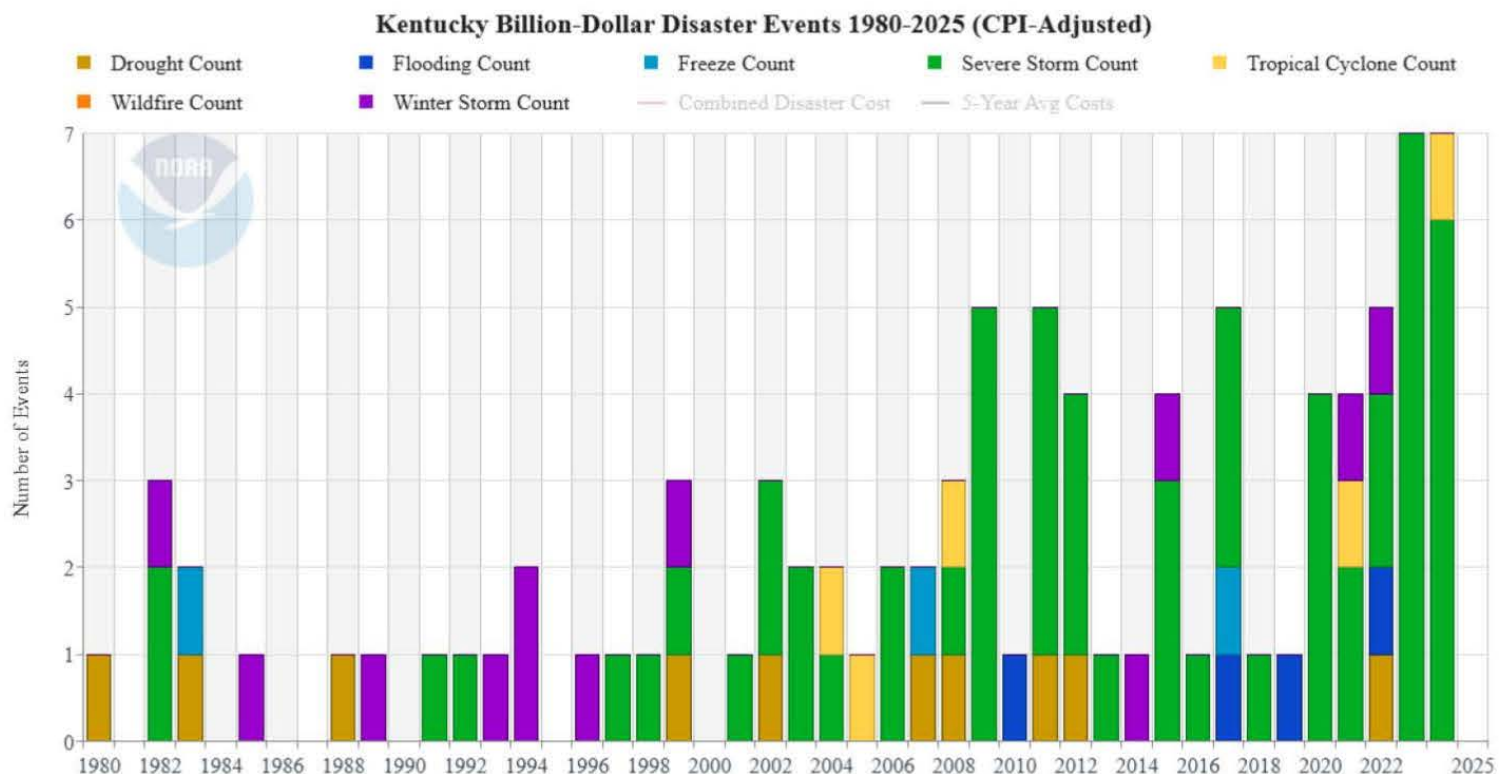
Unlucky Kentucky?

By Jane Marie Wix – National Weather Service Jackson, KY

This article was originally supposed to be centered around flash flooding safety - but I think the state has seen its fair share of both flash and river flooding over these past few months. Does it ever feel like Kentucky needs a break from all this crazy and impactful weather!? It seems like if one side of the state isn't being impacted, the other side is. Just since February, Kentucky has seen a major flash flood event, an impactful snow storm, another historic river flooding event, and a tornado/severe thunderstorm outbreak. I'm likely missing some smaller events that occurred in between as well.

If you're thinking that the amount of impactful weather events has gone up - you aren't wrong! In fact, a recent Acuweather article renamed us as "Unlucky Kentucky". Between tornadoes, flash flooding, river flooding, winter storms, ice storms, and high wind events - we've seen just about every weather type over the last few years. We even had widespread damage on the eastern side of the state due to the remnants of a hurricane (Irene) last fall!

In just the last two years, the state has been part of 14 separate billion-dollar disasters, according to NOAA (<https://www.ncei.noaa.gov/access/billions/mapping>) with 2023 and 2024 tying for the highest number on record since tracking began in 1980. That's not taking into account any of the historic flooding and severe weather that has taken place so far in April, which impacted large portions of this state and neighboring states.



Updated: April 8, 2025

A study published in the journal "npj Climate and Atmospheric Science" in 2018 showed that the ingredients required for producing long-lived tornadoes were flourishing more in the Mississippi River Valley in the last 20 years, compared to parts of the original "Tornado Alley". In other words, "Tornado Alley" once located through the Great Plains is shifting south and east, and it now includes parts of western Kentucky.

On the east side of the state, residents are well aware that so long as heavy rains occur in the hills of eastern Kentucky, so too will the flash flood threat. And while it is harder to get tornadoes in the mountains, recent history shows us that even the mountains can't protect us when Mother Nature decides to intervene. The heavily forested areas of this area of the state can also be prone to forest fires when dry periods and droughts occur, especially when coupled with high winds.

One of the main reasons we started creating these articles is to help people in communities across Kentucky become more weather aware and weather prepared in the face of these events. Unfortunately, there is no guarantee that these large-scale/high-impact events will be letting up any time soon. While we all agree we need a break after these last few years, ultimately the weather is out of anyone's control. So the best thing we can do is try to become more resilient in the face of these disasters.

CONTROLLED BURN WORKSHOP



WHEN

MAY 17th, 2025

LOCATION

BREATHITT COUNTY COOPERATIVE EXTENSION
1155 MAIN STREET
JACKSON, KY 41339

FEATURING • **Controlled Burn Terminology** • Implementation
• **Fire Behavior Factors** • **Controlled Burn Planning**

WWW.KYFIRE.ORG

REGISTRATION: Click or Scan image below



CONTINUING ED CREDITS MASTER NATURALIST

\$75 REGISTRATION FEE

-Lunch is included

-Attendance capped at 30

PRESCRIBED FIRE — IS GOOD FIRE



DID YOU KNOW?

The South prescribes burns more often annually than any other region.

ABOUT 6 MILLION

In fact, several occurrences of the South are dependent upon periodic fire to sustain healthy animal and plant communities.

50% or more of the wildfires that occur in the US annually are in the South.

BENEFITING

Private Landowners

Contractors

Volunteer Fire Departments

Contact:

RANDALL ALCORN

randall.alcorn@ky.gov

(606) 224-5739

WHO IS A BEGINNING SEWER?

A beginning sewer is anyone that has an interest in sewing but has limited or no sewing experience.

WHO IS A MASTER CLOTHING VOLUNTEER?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

HOW DO I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



2025

COME SEW WITH US

HOSTED BY COOPERATIVE
EXTENSION SERVICE AND
QUICKSAND MASTER
CLOTHING VOLUNTEERS

JUNE 11, 2025
BREATHITT COUNTY
EXTENSION OFFICE
10 A.M. - 1:30P.M.

JUNE 12, 2025
PERRY COUNTY
EXTENSION OFFICE
10 A.M. - 1:30 P.M.

COOPERATIVE EXTENSION

UK University of
Kentucky
College of Agriculture,
Food and Environment



HEART POT HOLDER

Perry County MCV Nancy Pratt will teach you how to make this heart potholder. Limit 10 per class.



PILLOWCASE WITH FRENCH SEAMS



Wolfe County MCV Rita Rogers will help you create this stunning customized pillowcase with french seams if you register for her class.

SHOULDER WRAP HEATING PAD



Letcher County MCV Lisa Ison will guide you step by step with this Shoulder Wrap Heating Pad for ultimate relaxation. Limit 5 per class.

Must pre-register by May 9th for classes.

REGISTRATION FORM

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m. to allow time for check-in. Classes are assigned on a first come, first serve basis so please return in a timely fashion.

_____ Heart Pot Holder

_____ Applique Tea Towel

_____ Shoulder Wrap Heating Pad

_____ Notebook Cover

_____ Dish Towel Apron

_____ Zipper Pouch

_____ Pillowcase with French Seams
Location: Breathitt _____ Perry _____

Name _____

Address _____

Phone _____

Mail form and \$5.00 registration fee to:

Perry County Extension Office
933 Perry Park Road
Hazard, KY 41701

NOTEBOOK COVER

Wolfe County MCV Gayle Hensley will help you create a fun customized notebook cover for your favorite book or journal.



APPLIQUE TEA TOWEL



Owsley County MCV Cheryl McCauley will teach you the technique of how to make a beautiful Applique Tea Towel.



Lets talk all things laundry as we discuss products, tips and tricks of stain remover, even make homemade laundry detergent

Breathitt County Extension Office
May 23rd, 2025
1p.m.


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www.uky.edu/extension. Lexington, KY 40506



Create your own

 Cooperative
Extension Service

Recipe Box

311 Wood Center Dr. Jackson, KY 41339

Visit the Robinson Wood Utilization Center to learn more about the history, the contribution from the \$19 Billion Forest Sector and make your own Yellow-poplar recipe box.

Yellow-poplar is our most abundant tree by volume as well as Kentucky's state tree. Participants are encouraged to bring printed recipe cards to exchange their favorite recipes in this community event.

Join us to make a recipe box with other Quicksand Area groups on May 23rd at 10 a.m. !
For more information and to sign up for this class please contact Breathitt County Extension at 666-8812. It starts with us.
#UKFCSExt



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Welcome To The Team

Meet Kelsey Sebastian – Your New Family and Consumer Sciences
Extension Agent

The University of Kentucky Cooperative Extension Service is pleased to welcome Kelsey Sebastian as the new Family and Consumer Sciences Extension Agent for Breathitt County. A proud native of Breathitt County, Kelsey brings a deep-rooted passion for community engagement and education to her role.

Kelsey is a graduate of the University of Kentucky College of Agriculture, where she earned her bachelor's degree in Hospitality Management and Tourism. She is currently completing her Master's degree in Science Translation and Outreach with a focus in Family and Consumer Sciences. Her academic and professional journey is a testament to her commitment to serving others and promoting lifelong learning.

A former 4-H member, Kelsey has long been involved with the Extension Office and its programs. After graduating from UK, she returned to Jackson and opened Kelsey's on Main, a popular downtown restaurant that served the community for eight years. Most recently, she spent the last three years serving as the Family and Consumer Sciences Agent in neighboring Perry County. Kelsey is thrilled to return home to serve the community she knows and loves. As the Breathitt County Extension Agent, she is eager to work alongside local individuals and families to provide resources, educational programming, and support that strengthen and enrich lives.

Community members are encouraged to reach out to Kelsey with ideas, questions, or program suggestions by calling the Breathitt County Extension Office at 606-666-8812.

Join us in welcoming the new
Family and Consumer Science
Agent to our team.

**Monday May 5th, 2025 4:00pm
to 6:00pm
at the
Breathitt County Extension
Office
Meeting Room 2**

 Cooperative
Extension Service

Breathitt
County

ative
Extension Service

TAKE A HIKE FOR HEALTH

**May 9th
9:30 a.m.**

Join us for a hike lead by Letcher County
ANR agent, Shad Baker, with their Hiking
for Health Program at the Red River
Gorge.

This will be a slow paced 2 hour hike while
enjoying the beautiful trails of the Red River
Gorge. Please call the office to register if you
plan to attend. We will depart the Breathitt
Extension Office at 8:45 a.m.



Strong Bones for Life: Prevent Osteoporosis

Bone health is important across the life span. If you invest in bone health while you're young, the benefits can last into old age. You are never too old or young to boost bone health. FCS Extension will help you identify risk factors for osteoporosis and learn lifestyle behaviors to keep your bones strong for life.

Join us at the Breathitt County Extension Office for a lunch & learn on May 16th at noon as Nanette Banks, Letcher County Family and Consumer Sciences Agent, will present ways of preventing osteoporosis. Please register by calling 606-666-8812.



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4-H AFTER SCHOOL CLUB

MAY 19TH, 2025

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.

THIS IS THE LAST MEETING UNTIL AUGUST

PLEASE CALL THE
EXTENSION OFFICE AT
606-666-8812 TO REGISTER



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with prior notification.

BREATHITT COUNTY 4-H ESPORTS CLUB

MAY 22ND, 2025
3:30 P.M.

THIS WILL BE THE
LAST MEETING UNTIL
AUGUST

BREATHITT COUNTY
EXTENSION OFFICE

AGES
9 - 18

FOR MORE
INFORMATION CALL
606-666-8812

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Lead the Pack at **4-H CAMP**

JUNE 6TH - 9TH

**J.M. FELTNER 4-H CAMP
380 J.M. FELTNER ROAD
LONDON, KY 40744**

**BREATHITT COUNTY
EXTENSION OFFICE
606-666-8812**

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Banana Pancakes



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: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 2 pancakes

Cost per recipe: \$9.03

Cost per serving: \$1.13

Nutrition facts

per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED

Breathitt County Agriculture and Natural Resources Annual Canoe Trip Saturday May 24th, 2025 at 8:00AM Douthitt Park Jackson, KY

KENTUCKY 
COOPERATIVE EXTENSION
UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSE COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

***\$20 per person to reserve
canoe/kayak
*\$10 per person to bring your own
canoe/kayak
Children 12 and under FREE!**

- Informative presentations
- Lunch
- T-shirts
- Transportation back to the boat ramp
- Guided tour

Please scan QR code and fill
out survey to register.



For more information call 606-666-8812

**Douthitt Park
100 North Point Ave,
Jackson, KY 41339**

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