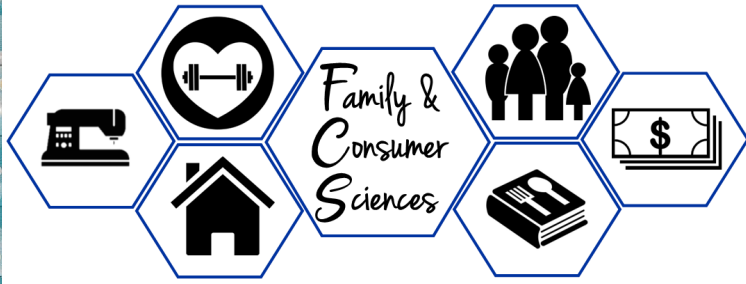


# August 2023



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

**Cooperative Extension Service**  
Letcher County  
478 Extension Rd  
Whitsburg, Ky 41858  
606-633-2362  
Letcher..ca.uky.edu

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

# DROP IT LIKE IT'S HOT

## New Monthly Program

At the first weigh in you will make **goals** for yourself and for the next 12 months you will have different **health** challenges for each month. You can come weigh in at your convenience. **Call to register 633-2362**  
**Weigh in: August 7th**  
**Time: 11:00 AM**  
**Location: LETCHER COUNTY EXTENSION**

**For: Anyone looking to make a healthy change**

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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4-H Youth Development  
Community and Economic Development

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

USDA  
SNAP  
Supplemental Nutrition Assistance Program  
Fairer, Healthier Food with SNAP

EFNEP  
Extension for Economic and Family Nutrition Enhancement Program

University of Kentucky  
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Food and Environment  
Cooperative Extension Service

Disabilities accommodated with prior notification.

# COOKING THROUGH THE CALENDAR

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

August 22nd @ 11:30

Skillet Pork Chops with Peaches



Nanette Banks  
Letcher County Extension Agent  
for Family & Consumer Sciences  
Education

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LEXINGTON, KY 40546

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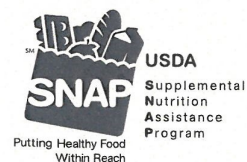


Recipes from the 2023 Food And Nutrition  
**RECIPE CALENDAR**



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

## Skillet Pork Chops with Peaches



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

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat\*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained\*\*
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

\*Boneless pork loin chops can also be used in this recipe.

\*\*Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving Size: 1 pork chop**  
**Cost per recipe: \$7.78**  
**Cost per serving: \$1.95**

### Nutrition facts per serving:

280 calories;  
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

### Source:

Brooke Jenkins,  
Extension Specialist,  
University of Kentucky  
Cooperative  
Extension Service

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LEXINGTON, KY 40546



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**Letcher Homemakers**  
August 8th @ 10:30  
Jeremiah Baptist

**Crafty Cut-ups**  
August 8th @ 10:00 Pine  
Mountain Grill

**Cowan Homemakers**  
August 10th 11:00  
Cowan Community Center

**Jenkins Homemakers**  
August 30th @ 11 noon  
Jenkins Library

## HOMEMAKER CLUBS

### MONTHLY MEETINGS

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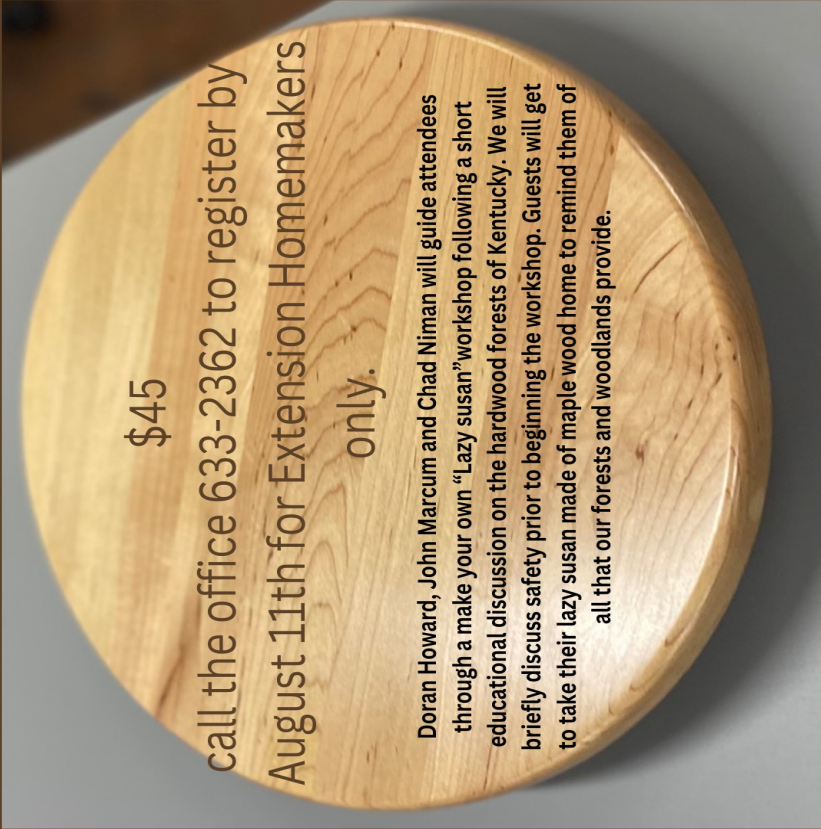
Call 606-633-2362 for information on any of these clubs

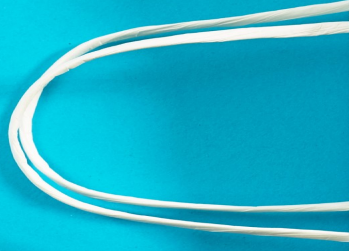
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Cooperative Extension Service



# Lazy Susan Workshop

August 29th  
RCARS in Jackson





# Homemaker Grab Bags

## August 18th

Since 2012

**For paid homemakers,  
if you are on the registered list and  
wish not to receive one please call  
the office 633-2362**



# White Daisy

## BOUTIQUE

FRIDAY, AUGUST 4, 2023 AT 9:30 AM – 6 PM

### Letcher County Extension Office

Public · Event by White Daisy Boutique

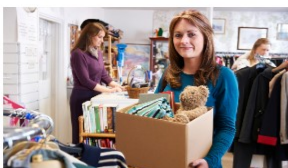


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## NAVIGATING TRAUMA AFTER A NATURAL DISASTER

**August 25th @ 11:00 am at Letcher County Extension Office**  
**Trauma is our body's response when we experience an event that is life-threatening or emotionally harmful. Traumatic events can disrupt your ability to cope because of the significant loss of relationships or things necessary to meet your basic needs. This lesson will prepare community members to understand trauma and signs of trauma, and how to cope and respond to trauma after a natural disaster. Kayla Watts and Lorie Adams will be teaching this lesson. Please call and register for this program by August 18th. 6633-2362. Lunch will be served.**





**UK** Cooperative Extension Service

# ADULT HEALTH BULLETIN



**AUGUST 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Letcher County Extension Office  
478 Extension Dr  
Whitesburg, KY 41858  
(606) 633-2362

## THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



**A**ugust 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

Continued on the next page →



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Agriculture and Natural Resources  
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Community and Economic Development

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Disabilities accommodated with prior notification.



## Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

### → Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit [ky.gov](http://ky.gov) and search "lung cancer screening."

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

#### REFERENCE:

[https://www.cdc.gov/cancer/lung/basic\\_info/screening.htm](https://www.cdc.gov/cancer/lung/basic_info/screening.htm)

ADULT  
HEALTH BULLETIN

Written by:  
Katherine Jury, MS  
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Designed by: Rusty Manseau  
Stock images:  
123RF.com





**UK** Cooperative  
Extension Service

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

### BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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Lexington, KY 40506



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## TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



### AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

### STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

### REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). [https://www.bls.gov/regions/southeast/news-release/consumerpriceindex\\_south.htm](https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm)

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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## The Risk of Lightning and How to Stay Safe

*By Scherri Evans in association with National Weather Service Paducah, KY*

While fascinating to watch, lightning poses a threat to societies whether it be fires or getting struck. There are millions of lightning flashes each year in the United States alone and in the last 30 years, lightning strikes have caused numerous fatalities as well as life-long injuries. Understanding the dangers of lightning is essential to safeguarding yourself against the potential threat.

How do storms develop and produce lightning?

All storms go through differing stages of growth and development, but mainly form in the early parts of the day when the Sun heats the surface and pockets of air start rising. When they reach a certain point in the atmosphere, cumulus clouds begin to develop. As condensation takes place, ice crystals begin to form and drop in the layers of the atmosphere as they get heavier. The movement of these ice crystals allows them to develop electrification and as the heavier crystals drop, they become negatively charged in the middle and lower part of the clouds. Beneath the clouds, a positive charge develops on the ground creating a connection to the negative charges. Lightning forms as the electrification of the negative and positive charges becomes greater, causing a large spark of electricity to be released that is as hot as 50,000 degrees Fahrenheit.

How do I stay safe during a thunderstorm? Here are a few tips to keep in mind:

If you hear thunder, you are likely in an area that will allow you to be struck by lightning. The saying, “When Thunder Roars, Go Indoors” applies to all situations. The delayed reaction of not reaching cover is a catalyst for injuries and even fatalities. If you somehow find yourself in a situation where you cannot reach cover in a vehicle or covered shelter, the following tips apply:

Avoid open fields, the top of a hill or a ridge top.

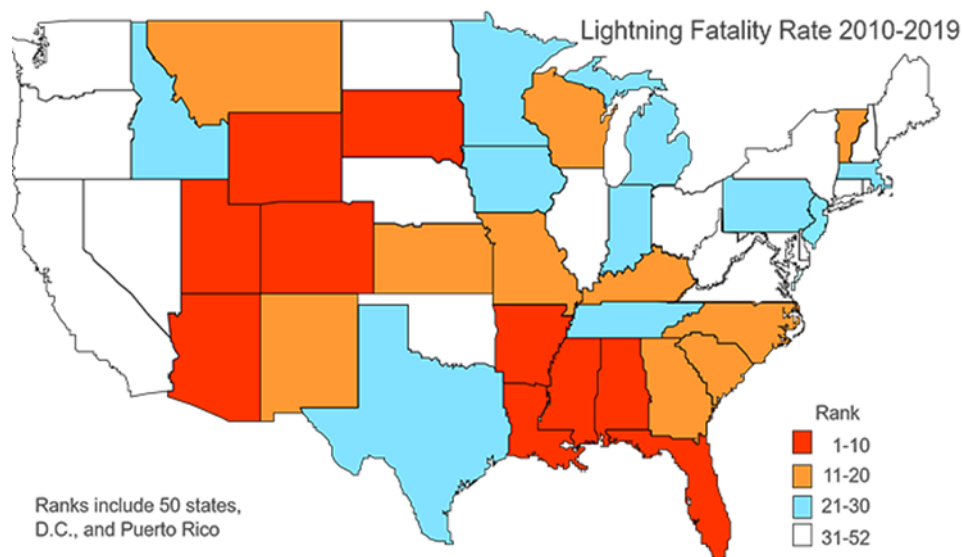
Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.

If you are in a group, spread out to avoid the current traveling between group members.

If you are camping in an open area, set up camp in a valley, ravine or other low area. Remember, a tent offers NO protection from lightning.

Stay away from water, wet items, such as ropes, and metal objects, such as fences and poles. Water and metal do not attract lightning, but they are excellent conductors of electricity. The current from a lightning flash will easily travel for long distances.

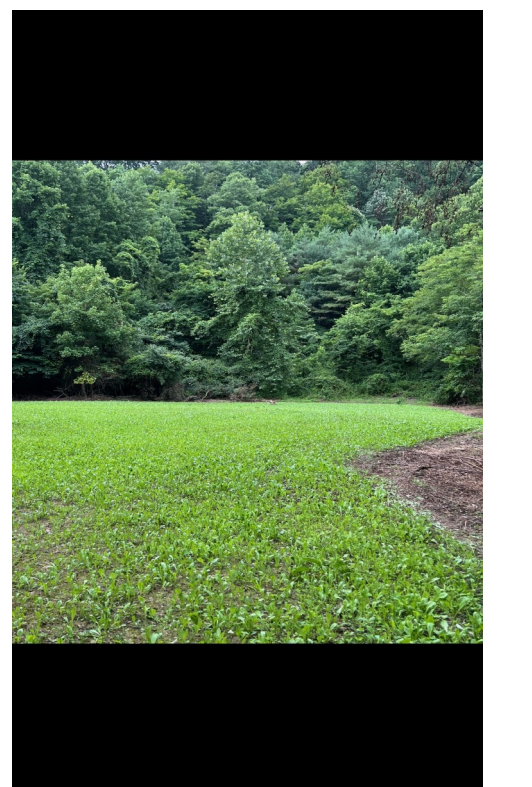
Make sure to follow your daily forecasts so you know what to expect for the weather each day. Whether you are working, playing sports, or having fun with family outside, be sure to take precautions and take action as soon as possible to avoid being struck by lightning.





Local Wildlife Food Plot by Richard Craft from start to finish.

If you are interested in growing better quality food plots for wildlife contact us.





Pollinator demonstration plots were established by the Extension Ag & Natural Resource Program this spring. Check them out at :

- (1) The Extension Office
- (2) Hwy 119 by Letcher Co Central Highschool
- (3) US 23 above Jenkins



Hwy 119 by Letcher County Central



Letcher County Extension



# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Water plants deeply each time Seed beans and peas for fall crop	2 Plant cabbage for fall crop	3 Plant Chinese cabbage Seed spinach Seed fall carrots	4 Seed lettuce for fall crop Watch for downy mildew	5 Seed mustard greens and radishes
6	7 Seed fall cucumbers Control broadleaf lawn weeds Seed collards	8 Chill spinach, beet or carrot seed for 1 to 2 days before sowing Plant strawberries	9 Take note of new varieties Seed beets	10 Seed fall beets Harvest okra pods every other day	11 Seed rutabagas Seed Asian greens	12 Watch for powdery mildew on pumpkins and winter squash
13	14 Seed radishes and leeks	15 Plant strawberries	16 Install sod Seed fall herbs	17 Seed bok choy	18 Seed winter sprouting broccoli	19 Seed turnips
20	21	22 Plant collards	23 Seed lawn	24 Apply nitrogen to strawberries	25 Seed arugula	26 Seed Ethiopian kale as replacement for arugula
27	28 Turn compost	29	30	31		



## Greenhouse Update

**Brad Sexton**

### AG & Natural Resources Assistant

This month I wanted to start off by focusing on proper ventilation and cooling of greenhouses. During the summer month's its extremely important to make sure that your greenhouse is properly ventilated. If you don't have exhaust fans installed in your greenhouse it is highly recommended you do so because this is one of the three keys to success of properly keeping your greenhouse cool in the heat of the summer which also keeps your plants growing inside thriving and producing like they should. The second key is a shade cloth, this stretches across the top of your greenhouse and secured with rope. The shade cloth is designed to work with the fans to keep the temperatures in range so your plants will not suffer and grow like they should. The third and final key is irrigation, this can be installed easily to your water source and will keep the stress off your growing plants inside the greenhouse. These are the three keys to success that we use at the Letcher County Extension Office Greenhouse. If there is any questions about ventilation, shade cloths, or irrigation systems give us a call or come by and check it out at our greenhouse.

As you can see from the pictures below even though the temperatures are high outside plants and fruit production can be achieved inside the greenhouse with the proper keys to success. Check back next month for more updates and what's growing in our greenhouse.

Better Bush



Apple Blossom Geranium



Padoc Cabbage



Martian Tomato



Jalapeno Pepper



Nasturtium



Pansy



Candy Cane Peppers



Calibrachoa





## State Horseshow

We had 3 of our Seniors place in the Top 10 of Pole Bending!!!



We had 3 juniors enter the 4H competition this year and all 3 placed in the top 6!!





## Letcher Ladies take home 1st place 🏆 in Drill Team Performance!!

Performance Theme: God's Grace and Mercy!

Coaches:

Tanner Marshal      Lindsay Moore

Letcher Ladies Drill Team:

Helen Long-Captain      Alyssa Baker

Anna Caudill      Aralyn Jordan

Katie Blair

Emily Boggs



### 2023 4H Open Class Barrel Racing

Top 10:

Boone Baldwin - 3rd place 2D

Katie Blair - 2nd place 3D

### 2023 4H State Horse Show - Senior Barrel Racing

Top 10

Alyssa Baker - 7th place

### 2023 4H State Horse Show - Junior Barrel Racing

Top 10

Grant Ingram - 9th place

### 2023 Junior Showmanship top 10





## 4-H Summer Art Camp

**Art Camp Day 1:** We learned about famous Mexican Artist Frida Kahlo.

She was famous for self-portraits and vivid fashion/hair accessories so; we created our very own Frida Kahlo busts to honor her signature style.

**Day 2 :** We learned about Pablo Picasso and did abstract sculptures out of recycled cardboard and paper towel tubes.

**Day 3:** Aluminum Foil Starry Night made with recycled cardboard and markers





# Super Star Chef





Crystal Smith  
4-H Agent



ALL FOR ART & ART FOR ALL

welcome to

Letcher County 4-H Art Club

We believe that art is for everyone and there is value and enrichment in a diverse creative experience. From fine art and famous artist studies to open-ended artful play and guided crafting sessions.. we provide experiences that keep you creating and connecting with the people who matter most.

Famous Artist Series Continues

with: *Salvador Dali*



When: August 24, 2023

Where: Letcher Co. Extension

Time: 4pm-6pm

Ages: 9-18





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College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

Letcher County  
478 Extension Dr  
Po box 784  
Whitesburg, Ky 41858

RETURN SERVICE REQUESTED



**Shad Baker**  
Agriculture & Natural Resources



**Nanette Banks**  
CEA for Family & Consumer  
Sciences Education



**Crystal Smith**  
4-H Youth Development