Letcher County Extension

KENTUCKY COOPERATIVE EXTENSION UK MATIN-GATTON COLLEGE OF AGRICULTURE, POOD AND ENVIRONMENT SKU COLLEGE OF AGRICULTURE, POOD AND ENVIRONMENT SKU COLLEGE OF AGRICULTURE, POOD AND ENVIRONMENT SKU COLLEGE OF AGRICULTURE, POOD AND ENVIRONMENT AND THE SCHERCES.

Newsletter

September 2025



EXTENSION EVENTS

How to stay up-to-date?

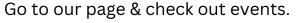
Monthly Newsletter

Call or email to be added to the monthly mailing list



Facebook Page

"Like" our Facebook page-Letcher County Cooperative Extension Service :



Webpage

Check out the county webpage at https://letcher.ca.uky.edu





Letcher County Extension

Email: letcher.Ext@uky.edu

Open Monday-Friday 8 am-4:30pm

478 Extension Dr Whitesburg, Ky 41858

Phone: 606-633-2362

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth 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 retailation 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.











WILDFIRES IN KENTUCKY

BY SIMONE LEWIS - NATIONAL WEATHER SERVICE CHARLESTON, WV
WHEN MOST PEOPLE THINK OF WILDFIRES, IMAGES OF RAGING FIRES IN THE WESTERN UNITED STATES OFTEN COME TO

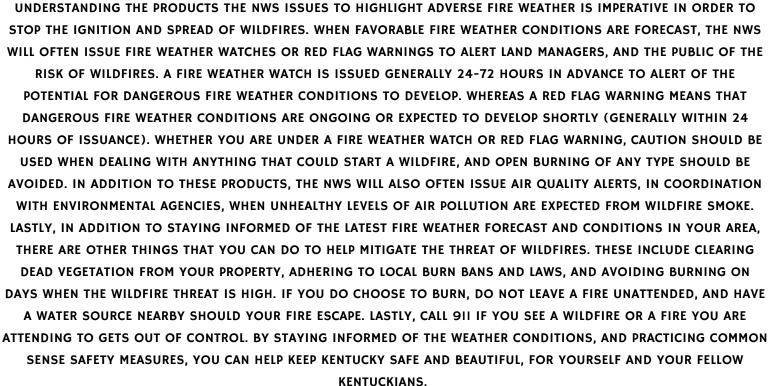
MIND. BUT DID YOU KNOW THAT WILDFIRES ALSO OCCUR IN KENTUCKY? IN FACT, THE STATE OF KENTUCKY AVERAGES OVER 1,400 WILDFIRES A YEAR. MOST OF THESE ARE CAUSED BY HUMANS, WITH ARSON THE LEADING CAUSE. HOWEVER, MANY ARE ALSO ACCIDENTAL, THE RESULT OF SPARKS FROM OUTDOOR EQUIPMENT, OR EMBERS ESCAPING FROM BURNING DEBRIS. IN THIS ARTICLE, WE WILL EXAMINE KENTUCKY'S FIRE SEASONS AND THE WEATHER CONDITIONS THAT LEAD TO AN ENHANCED RISK OF WILDFIRES, AND GET ACQUAINTED WITH SOME OF THE PRODUCTS THAT THE NATIONAL WEATHER SERVICE ISSUES TO ALERT THE PUBLIC AND LAND MANAGERS OF ADVERSE FIRE WEATHER CONDITIONS. THE STATE OF KENTUCKY HAS TWO WILDFIRE SEASONS: ONE IN THE SPRING (FEBRUARY 15TH TO APRIL 30TH), AND ANOTHER IN THE FALL (OCTOBER IST TO DECEMBER 15TH). DURING THESE TWO SEASONS, THE COMBINATION OF DEAD OR DYING VEGETATION (OFTEN REFERRED TO AS "FUELS"), COMBINED WITH OFTEN DRY (LOW RELATIVE HUMIDITY) AND WINDY WEATHER, CREATE A PERFECT STORM FOR THE SPREAD OF WILDFIRES. IN ADDITION, THE LACK OF A SIGNIFICANT LEAF CANOPY ALLOWS THE SUNLIGHT TO PENETRATE THE FOREST FLOOR EASIER, LEADING TO INCREASED DRYING OF THE ALREADY DEAD OR DYING VEGETATION (ESPECIALLY FUELS THAT ARE SUSCEPTIBLE TO DRYING QUICKLY SUCH AS LEAVES AND GRASSES). BOTH SEASONS OFTEN SEE A LACK OF SIGNIFICANT RAINFALL (PARTICULARLY THE FALL), WHICH CAN LEAD TO AN INCREASE IN THE SUSCEPTIBILITY OF VEGETATION TO BURN, PARTICULARLY IF DROUGHT CONDITIONS WERE ALREADY IN PLACE.

THE NWS ISSUES A VARIETY OF PRODUCTS TO ASSIST WITH WILDFIRE MANAGEMENT, INCLUDING ROUTINE FIRE WEATHER FORECASTS THAT HIGHLIGHT THE DEVELOPMENT OF ADVERSE FIRE WEATHER CONDITIONS, FIRE WEATHER WATCHES AND WARNINGS, SITE SPECIFIC "SPOT" FORECASTS THAT CAN BE USED FOR PRESCRIBED BURNS AND ACTIVE SUPPRESSION EFFORTS, AND EVEN ON-SITE METEOROLOGIST SUPPORT IN THE CASE OF LARGER INCIDENTS. MANY NWS OFFICES ALSO HAVE DEDICATED FIRE WEATHER PAGES THAT ANYONE CAN ACCESS. INFORMATION OFTEN FOUND ON THESE PAGES INCLUDES, BUT IS NOT LIMITED TO, A DAILY FIRE WEATHER FORECAST AND DISCUSSION, FIRE WEATHER OUTLOOK MAPS, AND LINKS DISPLAYING THE CURRENT AND FORECAST FIRE DANGER FOR YOUR AREA.





WILDFIRES IN KENTUCKY









Tour of Woodthrush Native Plant Nursery in Floyd Va Sept 17

Partnering with Neighboring Counties

Will be leaving the Extension Office at 8 am , expected to return at 7 pm

RSVP required

633-2362



SEPTEMBER

AG PROGRAMS

September 4 Master Gardener: Landscape Design

September 12 Hiking for Health

September 17 Tour Wood Thrush Native Plant Nursery

September 18 Master Gardener: Lawn Management

September 19 Hiking for Health

September 25 Master Gardener: selecting and planting woody plants

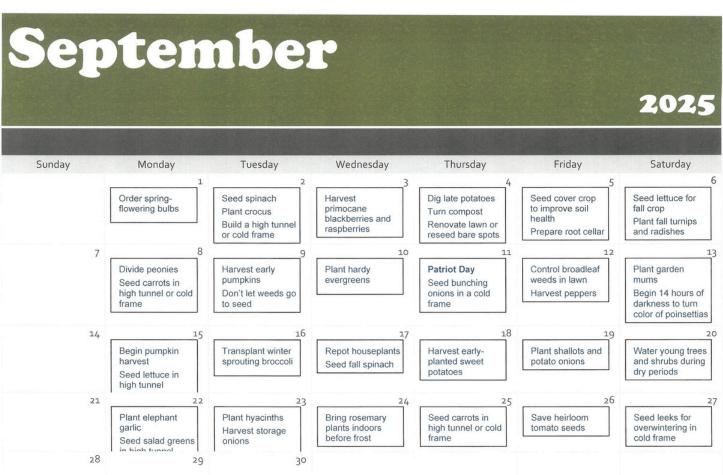
September 26 Hiking for Health



NATIVE PERENNIALS WORKSHOP







Registration and program information about the 2025 Kentucky Master Gardener Conference at the Pulaski County Extension office on September 23-24, with pre-conference tours on the 22nd.







WEDNESDAYS: 2-3 P.M. ET | 1-2 P.M. CT | 12-2 P.M. MT | 11-12 P.M. PT

Join us for a 6-week series to learn about & discuss the uniqueness of the current cattle cycle so we can better understand how to help our producers manage their operations through record-high prices!

Speakers will include Extension economists and specialists from across the United States.

DATES	TOPICS
September 10	Industry Margins & Beef Demand
September 17	Differences in this Cattle Cycle & Import Dynamics
October 1	Risk Management & What To Do With Profits
October 8	Operation Resiliency & Contract Grazing
October 22	Integrated Crop-Livestock Systems & How Not to Need a Hay Baler
October 29	Defining "Better Genetics" & Economics of Reproduction Strategies

Visit this link or scan the QR Code to register: bit.ly/register-for-SHPwebinar



















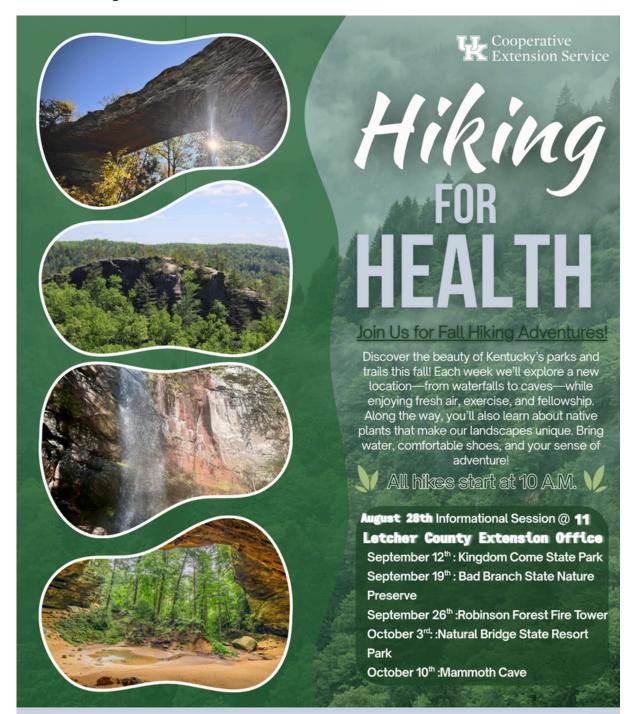












Cooperative Extension Service

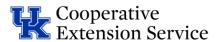
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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LETCHER COUNTY COOPERATIVE EXTENSION SERVICE



SEPTEMBER 2025 FAMILY & CONSUMER SCIENCES NEWS

FALL IS IN THE AIR, AND WE HAVE A FULL SLATE OF FUN, FOOD, AND FELLOWSHIP PLANNED FOR THIS MONTH! IT'S TIME TO TAKE CARE OF A FEW IMPORTANT HOUSEKEEPING ITEMS! HOMEMAKER DUES AND FORMS ARE DUE BY OCTOBER 31ST. BE SURE TO SUBMIT YOURS ON TIME TO RECEIVE THIS YEAR'S SPECIAL INCENTIVE ITEM! PLEASE FILL OUT THE FORM COMPLETELY TO HELP US KEEP OUR DATABASE CURRENT WITH YOUR MOST UP-TO-DATE CONTACT INFORMATION. THIS ENSURES YOU'LL STAY IN THE LOOP FOR ALL UPCOMING EVENTS AND OPPORTUNITIES.

UPCOMING PROGRAMS TO ENJOY

WE'RE EXCITED TO OFFER SOME DELICIOUSLY HEALTHY PROGRAMS THIS SEASON AS PART OF PLATE IT UP, KENTUCKY PROUD! JOIN US AS WE PREPARE AND SAMPLE. THESE RECIPES ARE NOT ONLY TASTY BUT SHOWCASE FRESH, LOCAL INGREDIENTS THAT SUPPORT KENTUCKY FARMERS.

EGGPLANT LASAGNA

SWEET AND SPICY BRUSSELS SPROUTS MORNING CARROT MUFFINS

WE'RE ROLLING THE DICE AGAIN WITH ANOTHER ROUND OF FARKLE!
BRING YOUR FAVORITE GAME DAY SNACK AND JOIN US FOR A FUN-FILLED TIME OF LAUGHTER AND
FRIENDLY COMPETITION.

THIS YEAR, HIKING FOR HEALTH HAS A FRESH TWIST!

INTERESTED IN JOINING? COME TO OUR INFORMATIONAL SESSION ON AUGUST 28 AT 11:00 AM TO LEARN WHAT'S NEW AND HOW TO GET INVOLVED IN THIS HEALTHY, COMMUNITY-MINDED ACTIVITY. YOU WILL ALSO RECEIVE ALL DATES AND LOCATIONS OF THE HIKES.

IT'S SHAPING UP TO BE A GREAT MONTH—HOPE TO SEE YOU AT ONE (OR ALL!) OF THESE EVENTS!



andta SBarlis

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SEPTEMBER

FCS PROGRAMS





LUNCH-N-LEARN

"SHARING YOUR KEHA MESSAGE" SEPTEMBER 8 @ NOON



HOMEMAKER GROUPS
MONTHLY MEETINGS

CRAFTY CUT-UPS SEPTEMBER 9 @ 10

LETCHER AREA HOMEMAKERS SEPTEMBER 9 @ 10:30

> COWAN HOMEMAKERS SEPTEMBER 9 @ 10:30

HOMEMAKER GAME
DAY
SEPTEMBER 23 @ 11:00
Bring your favorite game
day snack

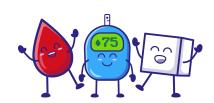
SEWING CLASS: HEXAGON TABLE TOPPER
SEPTEMBER 10
10:00 OR 1:00

BE SURE TO CALL AND REGISTER LIMITED SLOTS AVAILABLE



SEPTEMBER 18 @ 10:30
EGGPLANT LASAGNA,
SWEET AND SPICY BRUSSEL SPROUTS
AND MORNING CARROT MUFFINS





GROUP
SEPTEMBER 25 @ 1:00

PLEASE CALL TO REGISTER
FOR EACH PROGRAM 633-2362
(LIMITED SPACES)



Nanette Banks Family and Consumer Sciences



Nanette Banks Family and Consumer Sciences



Homemaker

MEETING

HOSTED BY THE PERRY COUNTY HOMEMAKERS

"Get a Grip With Homemakers"

OCT. 16, 2025

Buckhorn Lodge Conference Center \$20 per person

Lunch will consist of the state park buffet

Register and pay your registration fee at your local County Extension Office by October 1st!

Registration 10:00 AM Meeting 11:00 AM

Silent Auction will be held



Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kenticky, Kentucky State University, US. Department of Agriculture, and Kentucky Counties. Cooperating.









Nanette Banks Family and Consumer Sciences



Nanette Banks
Family and Consumer
Cooperative Sciences
Extension Service



VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 9

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

THIS MONTH'S TOPIC: ASKING FOR HELP AFTER A DISASTER

Disasters can come in many forms. They can be widespread natural disasters, a localized incident, or a personal medical emergency. And we're seeing more larger-scale natural disasters. As Matt Dixon, senior meteorologist at the University of Kentucky explains, "Kentucky has experienced an increase in 'billion-dollar' weather disasters — a total of 92 impacting the area since 1980, with seven of those devastating events occurring in 2024 alone." If a disaster happens to you, first find safety. Then ask for help if needed once the immediate danger has passed.

MONEY

Disasters can strain your resources and make it hard to keep up with bills. If your expenses become greater than your available money, reach out to your mortgage lender or landlord, utility companies, or pharmacy. You can see if they offer financial help, alternative payment plans, deferment or forbearance options, or other hardship exceptions. Read more at https://ukfcs.net/ItFoD-FinancesAfter.

Donors may want to support you through cash apps, virtual fundraisers, crowdsourcing

Lexington, KY 40506



platforms, or meal sign-ups. If you fundraise online (or a loved one sets up a fundraiser for you), use a trusted platform. Also be careful with sharing personal information to protect your privacy from scammers. Platforms may charge transaction or other fees, so read the legal terms carefully. Also, be sure to keep records of funds donated to you. If crowdsourcing or online donations exceed allowable amounts, they may be considered taxable income and require IRS Form 1099-K.

SHELTER

After natural disasters, emergency management officials may set up temporary shelters. For an individual disaster, like a house fire, the Red Cross (https://ukfcs.net/RedCross) or area churches may be able to provide temporary lodging. Contact your local

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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Nanette Banks
Family and Consumer Sciences

IT IS IMPORTANT TO STAY HEALTHY AFTER AN EMERGENCY



emergency management director for shelter options near you.

In some cases, insurance or government aid may be able to help with the cost of getting you back into your home or other lodging. Contact your insurance agent for information on filing a claim. You can look up a variety Kentucky-specific resources for shelter and other assistance at https://ukfcs.net/DisAsst.

You may be eligible for government assistance if you meet set requirements and adhere to deadlines, which typically require you to file claims in a timely manner after a disaster. You may need to take photos, make a list of damages, or take other steps before applying. For individual FEMA disaster assistance, visit https://ukfcs.net/FEMAind.

OTHER BASIC NEEDS

Food - It is important to stay healthy after an emergency. If money is tight, use food pantries and free food distributions in your community, such as those listed at https://ukfcs.net/FAFoodBank. Your local health department or county FCS agent can also help you find food banks in your area.

Clothing and Personal Care Items – If clothing or personal care items were damaged,

consider setting up a wish list online through a trusted retailer. Do this especially if people have offered to help but aren't sure what your family needs. This will allow friends and family to buy needed items in the correct sizes and quantities and ship them to your temporary location. You can also shop at consignment stores or visit donation centers for replacements at no or low cost.

Mental Health - Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at https://ukfcs.net/ltFoD-Trauma.

When Others Help

Always be gracious when others offer to help, realizing that not everyone has a lot to give. "Help" can come in many forms, from dropping off a meal, to helping with yard cleanup, to gifting tangible items. Remember, others may have their own financial challenges, and local businesses may be overextended, especially after large-scale disasters. Contact community or faith-based organizations or your county Extension office for other suggestions for assistance.

Written by: Danielle Hagler, Family and Consumer Science Extension Agent in Nelson County, and Kelly May, Senior Extension Associate for Family Finance and Resource Management

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

August Updates



Pinwheel Candy Workshop







Savor the Flavor







WITS





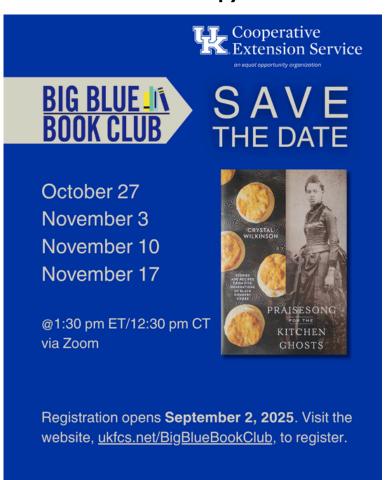


Big Blue Book Club News

Big Blue Book Club is back in its original format via Zoom! Mark your calendars for MONDAYS, beginning October 27 through November 17, as we read Praisesong for the Kitchen Ghosts by Crystal Wilkinson. We heard you when you asked for another book from a Kentucky author. Crystal Wilkinson not only is from Kentucky, but she is a former Kentucky Poet Laureate. And, we heard you when you asked for another "cookbook" story book. This book is full of family recipes and family stories that just might resonate with your own.

"A keeper of her family's stories and treasured dishes, Crystal Wilkinson shares her inheritance in Praisesong for the Kitchen Ghosts. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, Praisesong for the Kitchen Ghosts weaves together those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century."

Registration for this series opens September 2, 2025 on the website, ukfcs.net/BigBlueBookClub. As always, the first 200 registered participants will receive a free copy of the book.













NEWSLETTER

Crystal Smith 4-H Youth Development HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.



JR/TEENS CLUB MEETING

SEPTEMBER 3 @ 3:30

LETCHER CO EXTENSION

TRANSPORTATION IS PROVIDED FROM

LCC BUT MUST HAVE

TRANSPORTATION HOME.

PLEASE CALL AND SPEAK WITH

CRYSTAL SMITH 633-2362 TO SET UP

TRANSPORTATION FROM LCC

CLOVERBUDS

AGES 5-7
SEPTEMBER 9 @ 3:45
LETCHER CO EXTENSION **OFFICE**





ART CLUB

SEPTEMBER 16 @ 3:45 LETCHER CO EXTENSION **OFFICE**

HOMESCHOOL CLUB

SEPTEMBER 18 @ 1:00 LETCHER CO EXTENSION OFFICE



Ky State Fair 2025



























4-H





NEWSLETTER

Crystal Smith 4-H Youth Development HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.

4-H State Fair Trip













FIND YOUR SPARK AND BUILD FRIENDSHIPS



September 18th

- 21st 2025

About Our Event

The Southern Region Teen Leadership Conference

(SRTLC) brings together 4-H teens and adults, empowering and inspiring them to create positive change across the Southern Region through youth-adult partnerships. This conference draws participants from six states—Arkansas, Florida, Georgia, Louisiana, Kentucky, and Tennessee—and is held at one of Tennessee's 4-H camps.

Join Us

Event

Highlighte

Networking

SRTLC provides a platform for youth to build meaningful relationships with 4-H members from across the southern states in a supportive youth development environment.

Workshops

Participants engage in interactive sessions that cover a wide range of topics and are led by youth participants and youth committee members.

Southern Showdown

A showdown of skills from each state through a wide range of team events. Activities include basketball, kickball, talent, and knowledge- based activities.

Social Activities

Youth have the opportunity t-shirt swap, parade of states, state swap meet, and a taste of the south where each state brings a food unique to their state.



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

Return Service Requested