

# Leslie County Informer

*Dec. 2025- Jan. 2026*

**UK** Cooperative  
Extension Service

Leslie County  
22045 Main Street #514  
Hyden, KY 41749  
606-672-2154



*Happy Holidays!*

We just want to take a moment to say a big thank you from all of us at the Leslie County Extension Office! Your support and involvement mean so much to us. Whether it's joining our programs, sharing ideas, or just stopping by to chat, you make our work truly rewarding.

As we wrap up the year, we're grateful for this amazing community and excited for all the good things to come in the new year.

Wishing you and your family a season filled with joy, peace, and plenty of cheer!

Thanks for everything!

Your friends at the Leslie County Extension Office

**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 available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.


Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Holiday Share Day



Leslie County  
Cooperative Extension



In appreciation of our volunteers, staff, and community, we held our Holiday Share Day on November 18th. The event was a great success with 36 attendees celebrating the festive season at the Leslie County Extension Office. Everyone enjoyed holiday cheer, delicious recipes, hands-on activities, and creating their own holiday décor.

Participants used their creativity to craft unique and economical holiday treasures. Each person received a Holiday Share Day booklet with instructions for all projects. The 2025 craft showcase included Candy Christmas Trees, Transfer Holiday Ornaments, Trinket Boxes, Holiday Mini Cutting Boards, and Alcohol Ink Ornaments. Guests also made personalized Christmas décor and sampled a variety of holiday recipes. Whether seasoned crafters or beginners, everyone found something to enjoy. Thank you to all who joined us and helped make this event special. We look forward to sharing even more holiday fun with our community next year!





# Santa's Candy Shop



## *Calling All Bakers, Candy Makers, and Chocolatiers!*

We need your help! Wednesday, December 17, is the big day for Santa's Cookie & Candy Shoppe at the Leslie County Extension Office in Hyden, and we're looking for as many baked goods and candies as possible.

### *Sale Details*

Boxes of treats go on sale at 10:00 AM for \$10 each

Volunteers: Please arrive by 8:00 AM to help box up the goodies!

All proceeds go to Leslie County Relay for Life, so your treats will help make a difference while spreading holiday cheer!





# Leslie County Extension Hosts Holiday Make and Take Event

The Leslie County Extension Office recently hosted its annual Holiday Make and Take Program, bringing families and community members together for a fun and festive evening. Tables were set up with creative stations where participants could make their own holiday items, including handmade gifts, decorations, and seasonal crafts. The event offered a relaxed, family-friendly atmosphere and gave everyone a chance to get into the holiday spirit while creating something special to take home.

This year's program was incredibly successful, and we are grateful to everyone who joined us and helped make the event memorable. The Extension Office looks forward to hosting this beloved holiday tradition again next year and continuing to provide activities that bring our community together.



**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



Disabilities  
accommodated  
with prior notification.



# Leslie County 4-H Youth Attend 2025 Kentucky 4-H Issues Conference



Leslie County 4-H proudly attended the 2025 Kentucky 4-H Issues Conference, held November 20–22 in Burkesville, KY. The three-day event brings together high school students from across Kentucky to identify local issues and develop action plans to improve their communities. This year, Leslie County was represented by Mason Asher, attending for his second year and working on an advanced issue, and Cayden Johnson, a first-year delegate who focused on an agriculture-related issue. Delegates collaborated in action groups, presented their proposals to a review panel, and had the chance to apply for mini-grants to carry out their ideas at home.

The Issues Conference, now in its 36th year, remains a valuable opportunity for Kentucky youth to strengthen leadership skills, build confidence, and practice civic engagement at a time when national civic education scores are declining. Organized through a partnership of Extension agents, volunteers, and state 4-H staff, the conference continues its mission of empowering young people to take an active role in improving their counties. Leslie County 4-H is incredibly proud of all participants and looks forward to seeing the positive impact these young leaders will bring to our community.





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



# Annual 4-H Silent Auction



A fundraiser for Leslie County 4-H

**Join us on Facebook for  
our annual auction!**

***Bid on a variety of great items right from the  
comfort of your home!***

## Ways to Help

- Donate or Purchase

- Make a tax-deductible donation

***If you would like to donate, you can drop it off at the Leslie  
County Extension Office or contact us at (606) 672-2154 to  
arrange a pickup.***

***We hope you'll join us for our Online Auction on Facebook  
and get ready to bid on some great items, all for a good cause!***

***Thank you for supporting 4-H  
We can't wait to see your bids online!***

*How It Works:*

*Comment your bid under the photo of the item you want.*

*The highest bid when the auction closes wins!*

***Bidding Opens: Monday, December 8***

***Bidding Closes: Thursday, December 11 at 7:00 PM***

***Winners can pick up and pay for their items on Friday,  
December 12 at the Leslie County Extension Office during  
office hours.***

***\*Concessions/Craft sale will be still be available during  
and after parade on 1<sup>st</sup> floor of Extension Office \****

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

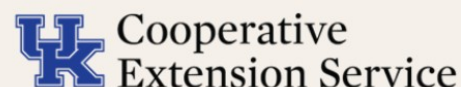
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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







*Vicki R. Boggs,*  
Leslie County Extension Agent  
for Family & Consumer  
Sciences Education  
vicki.boggs@uky.edu 672-2154



## What's Coming up in Family & Consumer Sciences!

### December 2025 - January 2026

December and January bring more opportunities for enjoying programs at Extension! We invite you to stop by or contact us to sign up and get more information about upcoming programs. Be sure to check out our website [extension.ca.uky.edu](http://extension.ca.uky.edu) and our Leslie County Extension Facebook page. We hope to see you soon! It starts with us. #UKFCSExt

## FCS Programs at Leslie County Extension

### December

**4th** : 10:00 a.m. **Diabetes Connections Group**

**3th, 10th, 17th**: 9:00 a.m.: **Walking for Wellness Wednesdays** “for two or more”

10:00 a.m. -12:00 p.m.: **Crochet with Karen**; from beginners to expert!

**8th**: 5:00p.m.: **Hyden Homemaker's Monthly Meetings** (Second Mondays)

**9th**: 5:00 p.m.: **Extension Art Club**: Painting with Berny

**11th**: 10:00 a.m. **Homemaker Leadership Training Workshop**: Breathitt County Extension

**16th**: 1:00 p.m. **Preparing Goodies for Santa Candy Shoppe** (Relay for Life Fundraiser)

**17th**: **Santa Candy Shoppe**: Relay for Life Fundraiser

**18th**: 12:00 Noon **Cooking Through the Calendar**: December: **Lasagna Soup**

### January

**7th, 14th, 21th, 28th** 9:00 a.m.: **Walking for Wellness Wednesdays** “for two or more”

10:00 a.m. -12:00 p.m.: **Crochet with Karen**; from beginners to expert!

**8th**: 12:00 Noon: **Master Mindfulness**: KEHA Leader Lunch and Learn Lesson

**12th**: 5:00p.m.: **Hyden Homemaker's Monthly Meetings** (Second Mondays)

**15th** 12:00 Noon **Cooking Through the Calendar**:

**20th**: 5:00 p.m.: **Extension Art Club**: Painting with Berny

**29th**: 10:00 a.m. **Diabetes Connections** Monthly Meeting





## Leslie County Extension KEHA Homemaker Membership Drive

Invite a friend to join today! The yearly membership fee of \$10.00 supports Ovarian Cancer Screening, scholarships for our local and state organizations and so much more! Membership by December 12th guarantees a FREE T-shirt. Forms are available at our office or upon request. Contact us today @ 672-2154 or stop by for more information. Check out **KEHA website** @ [keha.ca.uky.edu](http://keha.ca.uky.edu)

## Walking for Wellness Wednesdays

Join us here at Leslie County Extension Wednesday Mornings @ 9:00 for walking and activity! Remember there must be at least two so let us know if you are coming or coming together!

## Crochet Club: Crochet with Karen from beginners to experts!

Wednesdays at 10:00 a.m. Contact us today to reserve your spot for this class! 606 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu)

## Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension on Monday at 5:00 p.m. on December 8th and January 12th for their regular monthly meetings. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.

## Leslie County Extension Art Club

Tuesday, December 9th & January 20th @ 5:00 p.m.

**Join us here at Leslie County Extension** as we continue with our Art Club. This class is being taught by Bernice Bowling. Suggested list of supplies are: *Acrylic paints and brushes*: The Extension Office will provide basic materials for this class and some paints and brushes also. Contact us today @ 672-2154 for more information and to register for this class.

## Quicksand Area Homemaker Workshop

### Breathitt County Extension

**December 11, 2025 10:00 a.m.-2:00 p.m.**

Join us for a fun and educational "Tool Kit" Workshop. Call 672-2154 to register today! Registration is required by December 8th and paid Homemakers attend free.



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 available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension.  
Lexington, KY 40506



Cooperative Extension Service

# Homemaker Workshop

Quicksand Area

"Homemaker Tool Kit"  
Date: December 11<sup>th</sup>, 2025  
Location: Breathitt County Extension Office  
Time: 10:00 AM

Join us for a fun and educational morning!  
Learn useful tips, explore your Homemaker Tool Kit, and enjoy:

- ✦ Hands-on activities
- ✦ Great food and fellowship
- ✦ New ideas to take home

Open to all Homemakers!  
Be sure to join in on the learning and laughter.  
For more information, contact your local Extension Office



Cooking Through the Calendar: December 18th and January 15th at 12:00 Noon

## Lasagna Soup



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

The **December** recipe spotlights nutritional benefits of tomato sauce. Tomatoes have chloride. Chloride helps to digest foods, keeps fluid in check, and helps with the nervous system. Ways to make it a meal are offered and our Calendar suggests substitutions also. The **January** recipe will be revealed later as we receive our 2026 Calendars! Being active is always encouraged for health and wellness! **ARH** continues to partner with us and plans to provide incentives for this health and wellness program. **Sign up today**, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt



### January 8th Master Mindfulness: KEHA Leader Lunch and Learn Lesson: 12:00 Noon

Contact us @ 672-2154 for more information and to register for this class.



Check out our Facebook Page:  
<https://www.facebook.com/lesliecoextension>

*Raising kids, Eating right, Spending smart*





**Diabetes Connections Healthy Habits Challenge Workshop**  
**- Thursday @ 10:00 a.m. December 4th and January 29, 2026**

\* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!



**DEC 4 | 10AM**  
**End of Year Celebration!**

**Leslie County UK Extension Office**  
**22045 Main Street in Hyden**

*Join us at 10am via Zoom  
from anywhere!*



[https://arh-org.zoom.us  
/my/arhdiabetessupport](https://arh-org.zoom.us/my/arhdiabetessupport)

FOR MORE INFO:



**606.672.2154**



**csmith11@arh.org**

**UNDERSTANDING DIABETES TOGETHER!**

**Family members and caregivers encouraged to attend!**



# Family and Consumer Sciences Program Highlights



**Diabetes Connections Healthy Habits Challenge Workshop** was held on Thursday, October 30th, 2025. Everyone gathered, weighed in and received educational materials. Medications and Technology was explored and discussed being led by ARH Healthcare Professional. Everyone also enjoyed the tasty PLAN EAT MOVE recipe, Asparagus Ham Quiche, accompanied by MYPLATE Nutrition Education. We appreciate our local partnership with **ARH** Healthcare, providing many beneficial resources for our community meetings. Plan to join us each month for our Diabetes Connection here at Leslie County Extension, the last Thursday of each month at 10: 00am. ALL FREE for your good health. It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.







## 2025 Holiday Traveling Road Show

was hosted by The Quicksand FCS Extension Agents November 4-7, in all eight of the Quicksand Area Counties. Leslie County Extension had 23 in attendance at this annual event on November 6th. Educational lessons covering Managing Diabetes During the Holidays were shared. Holiday arts and crafts were displayed and presented by each FCS Agent. Festive recipes along with samples were enjoyed by everyone. Special thanks to our Leslie County Extension Staff and Quicksand Area Agents who made our Annual Holiday Road Show program a great success! Building strong families. Building Kentucky. It starts with us. #ukFCSext







## **KEHA Lunch and Learn Leader Lesson: Selecting Sheets**

was taught on November 13th by Lorie Adams, FCS Agent at Perry County Extension. The lesson included lots of educational information concerning fibers and yarns in sheets and different fabrics used for sheets. Lots of information was shared about thread count and why sheets feel and perform the way they do. Participants had fun with the activities and left more informed about selecting sheets! . It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.



**Extension's newest Crochet Club** continues to meet weekly and is continuing as participants are learning more about crocheting! Special thanks to our multi-talented leader, Karen Roberts for organizing, planning and teaching these class sessions. Call to register for this class or for more information please contact Karen Roberts or Vicki Boggs @ 672-2154.



**Walking for Wellness Wednesdays** is in full swing here at Leslie County Extension and attendance is growing! Join our wellness program today! It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.





## Cooking Through the Calendar: October 30th @ 11:00

Everyone enjoyed cooking and eating the delicious samples of **Cheesy Pumpkin Pasta** while learning more about the nutrients in this recipe. The October recipe spotlights nutritional benefits of pumpkin. Pumpkins are a good source of

dietary fiber, are high in vitamins A and C, and are a good source of potassium. Vitamin C helps with immune function.



**November 13th @ 1:00**

**We prepared Parmesan Carrot Chips** together during our November lesson. Carrots were the spotlight ingredient and are high in vitamin A, which is important for normal vision, the immune system, reproduction, and growth and development. The Calendar recipes offer ways to make it a meal and suggest substitutions also. Being active is always encouraged for health and wellness! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both



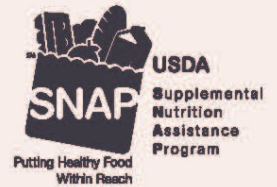
organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behaviors necessary to have a healthy lifestyle. **ARH** continues to partner with us providing incentives for this health and wellness program. **It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.**







## Lasagna Soup



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

**Prep time: 15-20 minutes**

**Cook time: 30 minutes**

- 1 pound lean ground beef
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 jar (24 ounces) marinara sauce
- 1 box (32 ounces) low-sodium chicken, vegetable, or beef broth
- 12 ounces water (fill half of the marinara jar)
- 6 sheets lasagna noodles, broken into bite-size pieces (NOT oven-ready noodles)
- 1 container (10 ounces) frozen, chopped spinach

*Optional toppings: a scoop of ricotta or cottage cheese, a sprinkle of parmesan or mozzarella cheese*

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Heat a large pot over medium-high heat. Add beef to pot and break into fine crumbles. Season with salt and pepper. Cook beef

until it's no longer pink and it reaches 160 degrees F using a food thermometer. Drain any fat.

3. Add marinara sauce, broth, and water to the pot with beef. Increase heat to high, place lid on the pot and bring to a boil, about 6 minutes.
4. Once boiling, add lasagna noodles and lower heat to medium-high. Stir occasionally so noodles do not stick to the bottom of the pot. Cook uncovered for about 6 minutes, or until noodles are close to being done.
5. Add frozen spinach. Cook until noodles have a bit of firmness left and until spinach is heated through, about 2 to 3 minutes.
6. Ladle into bowls and add desired toppings.
7. Refrigerate leftovers within 2 hours.

*Note: Any short-shaped pasta will work for this soup.*

Makes 7 servings  
Serving Size: 1 1/2 cups  
Cost per recipe: \$12.71  
Cost per serving: \$1.82

### Nutrition facts

#### per serving:

310 calories; 8g total fat; 3g saturated fat; 0g trans fat; 60mg cholesterol; 590mg sodium; 29g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 20% Daily Value of iron; 25% Daily Value of potassium

#### Source:

Jeannie Noble, RD,  
Extension Specialist for  
Nutrition, University of  
Kentucky Cooperative  
Extension Service





# ADULT HEALTH BULLETIN



**DECEMBER 2025**

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

Leslie County  
Extension Office  
22045 Main Street # 514  
Hyden, KY  
41749  
(606) 672-2154

## THIS MONTH'S TOPIC

# DEALING WITH HOLIDAY STRESS AND ANXIETY



**T**he holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

**Continued on the next page** ➔

**Cooperative  
Extension Service**

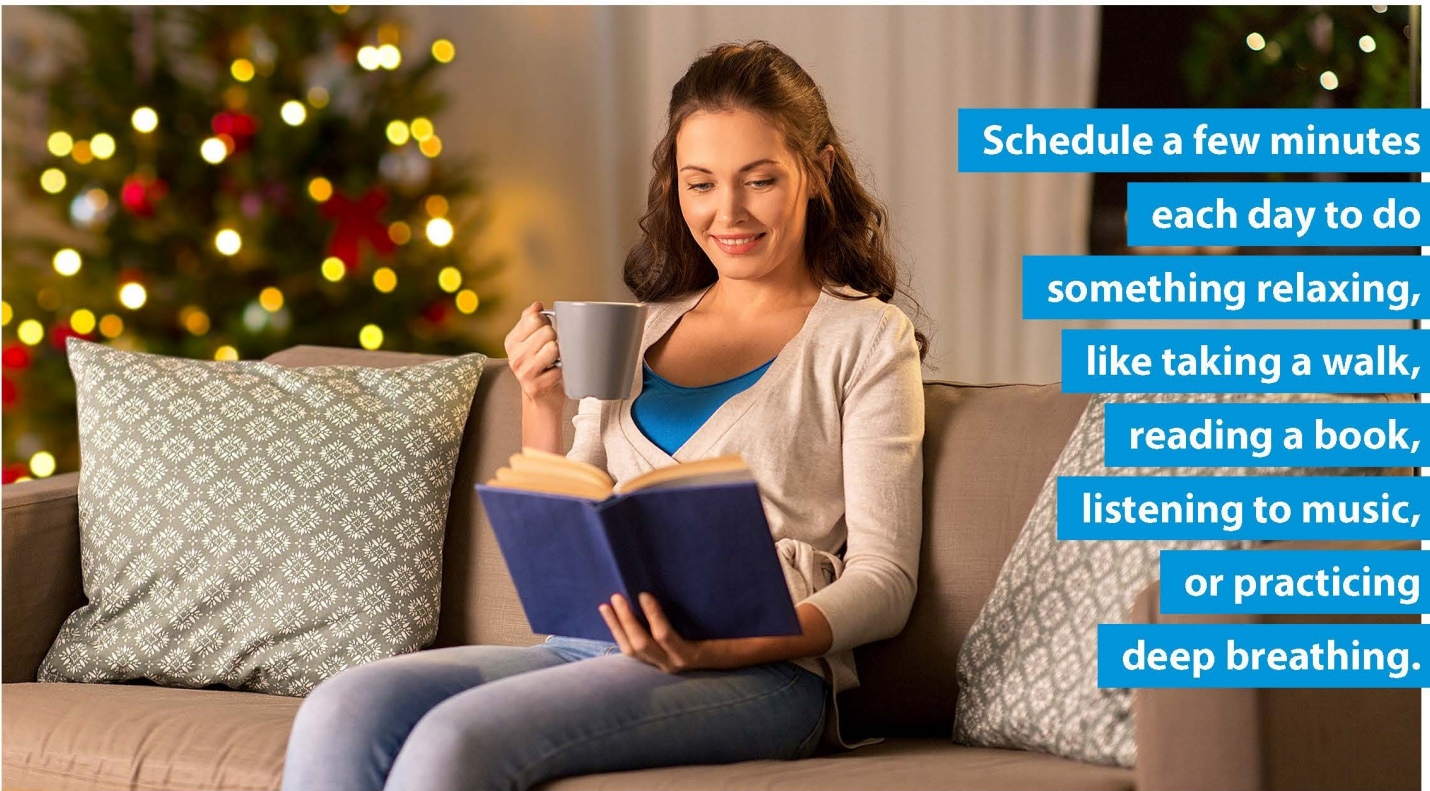
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**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







**Schedule a few minutes  
each day to do  
something relaxing,  
like taking a walk,  
reading a book,  
listening to music,  
or practicing  
deep breathing.**

### ➔ Continued from the previous page

gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference. Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed, invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

#### REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

---

**Written by:** Katherine Jury, Extension Specialist for Family Health

**Edited by:** Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

**Designed by:** Rusty Manseau, Senior Graphic Artist

**Stock images:** Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: USE A VISION BOARD TO REALIZE YOUR GOALS

Are you looking to jump-start your motivation to work toward a goal? Try creating a vision board. A vision board is a collage of images and words that depict your goals in ways that are meant to inspire or motivate you to achieve them.

### ENVISION YOUR FUTURE

Researchers agree that writing down goals increases our chances of success. Similarly, creating a vision board brings goals to life in a visual way, upping the likelihood of turning them into reality. Vision boards often contain positive images and words that represent desired outcomes. A vision board can help motivate us to take action steps toward achieving our dreams.

### MAKE YOUR GOALS SMART

Vision boards and goal setting go hand-in-hand. Goals provide purpose and give us something to strive toward. Also, having a specific plan can help us persist through setbacks. Goals can be short-term (less than one year), medium-term (one to five years), or long-term (more than five years).

Goals should be exciting and tangible (i.e., something specific that is worth working



toward). General goals such as “financial security” may be difficult to plan or to track progress. Creating SMART goals will help you set milestones you can reach.

**Specific:** Strong goals should be clear and precise. It should answer who, what, when, where, why. *What are the specific details once you break down the goal?*

**Measurable:** Know exactly “how much” you need to reach your goal. This allows you to track your progress. For example, saving for a vacation? *What is the total cost of the trip, and how much money should you set aside each month to reach this amount?*

**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



  
Disabilities  
accommodated  
with prior notification.



**YOUR GOAL SHOULD BE ATTAINABLE  
AND REALISTIC, EVEN IF IT IS CHALLENGING**



**Achievable:** Your goal should be attainable and realistic, even if it is challenging. *Is it possible to reach this goal within your budget?*

**Relevant:** A goal should be important to you, and it should support or complement other priorities in your life. *Is it worth putting in the effort and hard work?*

**Time-Bound:** Have a clear deadline (i.e., a finish line) for accomplishing a goal. *When do you need to reach this goal?*

Once you have created at least one SMART goal, you are ready to design a vision board.

### **CREATE A VISION BOARD**

Your board should be a visual display of the goal you want to achieve. Each item you place in the collage should represent something that will help you go from dream to reality. You can use computer software to create a digital vision board, or you can use paper materials to cut-and-paste your collage. Consider using items such as photographs, images from websites or magazines, inspirational quotes, poems, stickers, graphics, or draw or write your own.

In addition, you could write out and include a goal statement. If needed, a quick internet search may offer examples of vision boards.

Your collage should be positive and personal to you. Display the board prominently where it can be a regular reminder of the SMART goal(s) you want to achieve. Hang a paper vision board where you will see it daily, or set a digital vision board as the wallpaper on your computer or phone. Envisioning your future each day can help you make choices that match your goals without even thinking about it.

### **EXPAND YOUR "VISION"**

You can apply these principles to your life in other ways besides financial goals. You could create a vision board for self-improvement in areas such as leadership, career/skill building, family life, and more. There are many other aspects of your life you can "envision" and improve.

### **REFERENCES**

Burton, L., & Lent, J. (2016). The Use of Vision Boards as a Therapeutic Intervention. *Journal of Creativity in Mental Health, 11*(1), 52-65.  
<https://doi.org/10.1080/15401383.2015.1092901>



# SPRING *Plant Sale 2026*



## *Strawberries*

Allstar & Earliglow  
\$7 (bundle of 25)



## *Blackberries*

Natchez  
\$5 each



## *Blueberries*

Duke & Chandler  
\$10 each



## *Raspberries*

Prelude (Red) & Jewel  
Black Raspberries  
\$5 each



## *Asparagus*

Millennium  
\$1 each



## *Onion Plants*

Candy Variety  
\$5 (bundle of 60 plants)

Orders and  
pre-payment  
must be  
received by  
Friday, March  
13th.



📍 22045 Main Street # 514  
Hyden, KY 41749

☎ 606-672-2154



---

## 2026 Grow Appalachia Membership



Do you LOVE to Garden?  
Do you LOVE free Stuff? Well  
do I have good news for you!!!

I am very please to announce that the Leslie County Extension Office has received the Grow Appalachia grant for 2026. We will only be accepting 40 applications. **I can only accept 20 returning members.** Applications will be ready for pick up in early January.

Please do not submit an application if you do not plan on attending the required programs.

**Grow Appalachia  
Informational Meeting  
Dec. 18<sup>th</sup> at 5:00 pm**  
Leslie County Extension Office, 3rd Floor



### Members in good standing\* will receive:

- Plants for Spring, Summer and Fall.
- Organic Fertilizer
- Organic Pesticides
- Canning/food preservation supplies
- Heirloom Seeds: peas, corn, green beans and more
- Seed potatoes and onion sets
- Gardening tools for new members
- Plus other gardening supplies

\*Good standing, refers to having attended required meetings and handing in Harvest Reports in a timely manner.



Leslie County  
Cooperative Extension  
22045 Main Street #514  
Hyden, KY 41749-8568

Return Service Requested



## *Annual Parade of Lights Holiday Craft & Vendor Sale*



Hosted by Leslie County 4-H



If you love crafting but don't have an outlet to showcase your items, this event is for you! On Friday, December 5th, in conjunction with the Holiday Parade of Lights, Leslie County 4-H will host a Holiday Crafters Event. Although our auction will be online this year, our vendor sale and concession stand will still be available on the 1st floor for everyone to enjoy! If you or someone you know is interested in setting up a table to sell handmade arts and crafts, crafters may begin setting up at 9:00 AM. Space is limited. The event will likely run until 8:30 PM.

**\$10.00 donation to set up or item  
donation to the annual 4-H auction**



*Contact Leslie County Extension at  
672-2154 to reserve your spot!*

