

Extension Edition



Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service

20 N Washington St-PO Box 146

Campton, KY 41301-0146

(606) 668-3712

Fax: (606) 668-3732

<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter December



Our last issue for the year of

2025

*May the holidays
bring peace, love,
and joy to you
this season.*

This Issue:

Mineral order

Beekeeper School

Recipe

December Calendar Recipe

Hay Sales

Health Bulletin

Calendar of Events

Moneywise

Sit & Sew

Wreaths

4-H Cooking

Youth Sewing

Clover Patch Pals

4-H Art Club

4-H Cloverbuds



Jessica M. Denniston
Agriculture &
Natural Resources
jessica.morris@uky.edu

Bethany Kirby

4-H Youth

bethany.kirby@uky.edu



Andrew Warren

Family & Consumer Sciences
andrew.warren@uky.edu

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.

GROUP *Mineral Order*

MINERAL OPTIONS

UK IRM High Mag

\$20/bag

UK's formula that was developed for cow/calf producers in mind with high mag added to accommodate spring grass time.

UK IRM Basic

\$17/bag

UK's formula that was developed for cow/calf producers in mind to meet the basic needs of those cattle.

UK IRM High Mag W/Fly Control

\$24/bag

UK's formula that was developed for cow/calf producers in mind with high mag added to accommodate spring grass time with added protection to aide with flies.

UK Basic with Fly Control

\$21/bag

UK's formula that was developed for cow/calf producers in mind added to accommodate later summer needs with protection to aide with flies.

****NOT USED FOR SHEEP, GOATS, HORSES & JERSEY COWS**

**ORDERS DUE:
MONDAY DEC 2**

📍 WOLFE COUNTY EXTENSION OFFICE

☎ 606-668-3712

PAYMENT MUST BE RECEIVED BY DEC 2, 2025

CHECKS PAYABLE TO:

MOUNTAIN CATTLEMENS ASSOCIATION

Mineral will be delivered to the Robinson Center



GROUP Mineral Order

BEST TIME TO USE GUIDE

SPRING CALVING HERDS

Jan - Mid May - High Magnesium Mineral

Supplement with high magnesium mineral at least 30 days prior to calving. Cows need 20 grams of magnesium daily or 40 oz/day of a 15% magnesium mineral mix. Continue providing magnesium in the mineral mix until daytime temperatures are consistently above 60 F. *(For calculating/planning purposes roughly 135 days)*

Mid May - December - Basic Cow/Calf Mineral

Provide a free-choice mineral mix containing adequate levels of phosphorus, vitamin A, selenium, copper, zinc and other trace minerals at all times. *(For calculating/planning purposes roughly 230 days)*

FALL CALVING HERDS

August - October - High Magnesium Mineral

Supplement with high magnesium. If the temperature is unseasonably warm, continue using a high magnesium mineral through November. *(For calculating/planning purposes roughly 90 days)*

November -July - Basic Cow/Calf Mineral

Provide a free-choice mineral mix containing adequate levels of phosphorus, vitamin A, selenium, copper, zinc, and other trace minerals at all times. *(For calculating/planning purposes roughly 275 days)*

How much will I use in a year?

1. A typical intake is 2 ounces (0.125 pounds) of mineral per cow per day.
2. Multiply the daily intake by the number of head and then by days going to be fed to get the total pounds of mineral needed.
 - a. Example: A 100-cow herd needs 100 cows x 0.125 lbs./day x 365 days = 4,562.5 pounds of mineral per year. *Use above underlined numbers to calculate based on different herd needs
3. Since mineral is often sold in 50-pound bags, divide the total annual need by 50 to find the number of bags required.
 - a. Example: 4,562.5 pounds / 50 pounds/bag = 91.25 bags.

_____ # of cows X **0.125lbs./day** X _____ days = _____ total lbs needed by herd during that time.

_____ total lbs needed during that period of time / 50 lb bag = _____ total number of bags needed

****NOT USED FOR SHEEP, GOATS, HORSES & JERSEY COWS BECAUSE OF COPPER TOXICITY WHICH CAN RESULT IN DEATH.**

**ORDERS DUE:
MONDAY DEC 2**



COOPERATIVE EXTENSION



University of
Kentucky



KENTUCKY
STATE
UNIVERSITY

BEGINNING BEEKEEPER SCHOOL

Join area expert Mr. Larry Young to learn the basics of beekeeping!
Over the 4 part series you will learn beginning bee keeping necessities and
have the opportunity to ask questions!

**FEB
3**

**Bee
Biology**

**FEB
10**

**Now What do
I do?**

**FEB
17**

**Pest
Management**

**FEB
24**

**Hive
Management**

Each Sessions will be from 6:00PM - 8:00PM



**Must Call to Register
606-668-3712**

**20 N Washington Street
Campton, KY 41301**



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

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LEXINGTON, KY 40546



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HCEB Broccoli Salad

Ingredients:

- 6 cups broccoli, chopped
- 1 cup raisins
- 1 medium red onion, diced
- 2 tablespoons sugar
- 8 reduced-sodium turkey bacon slices, cooked & crumbled
- 2 tablespoons lemon juice



Directions:

1. Combine all ingredients in a medium bowl, mix well.
2. Chill for 1 to 2 hours.

Make it a Meal

Pair this salad with a BBQ sandwich on whole wheat bread, apple sauce, and milk.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

Lasagna Soup : Ingredients:

- 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



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.

Notes

Any short-shaped pasta will work for this soup.

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

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

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

**ATTENTION
BUYERS AND
SELLERS**

2nd Annual

**KENTUCKY
COOPERATIVE EXTENSION**



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

**East KY
HAY**

**AUCTION
10:00am**

December 13th

at The Robinson Research Station

130 Robinson Road

Jackson, KY 41339

Accepting Hay

December 11th and 12th

by appointment 8:00am -4:30pm

- **NO BUYERS PREMIUM**
- **10% CONSIGNMENT FEE**
- **WEIGHT AS RECEIVED**

**Nutrient analysis and average
bale weight will be listed for each
lot prior to sale.**

**Reed Graham
Breathitt County ANR Agent
606-666-8812**

**No stored
outside hay
accepted**



Call 606-666-2438

**to
schedule your
drop-off**

**Auctioneer:
Jonathan Montgomery
with Montgomery Auction
Company
606-496-6530**

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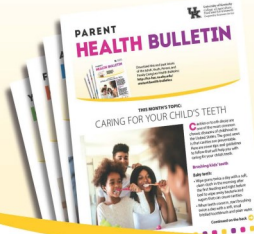
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PARENT

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)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

KEEPING KIDS ACTIVE IS GOOD FOR EVERYONE



The holidays are a busy time for families. They are filled with celebrations, travel, and time at home. Kids look forward to taking a break from school. However, long days off can also mean more time sitting, watching screens, or being less active than usual. Keeping kids physically active during the holiday break helps them stay healthy, happy, and ready to return to school feeling their best.

Regular physical activity supports children's physical health. It helps build strong bones and muscles, manage weight, and strengthen hearts. It also helps reduce stress and improve mood. This can be especially important during the excitement and changes of the holiday season. When kids move their bodies, they release energy. This can make it easier for them to focus, sleep

Continued on the next page ➔

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**Decorating, cooking,
and cleaning together
can keep everyone
moving while building
family teamwork
and holiday spirit.**



→ **Continued from the previous page**

well, and handle emotions in positive ways.

Staying active does not have to mean a strict exercise routine. Making physical activity part of holiday traditions can help kids to be healthy and create lasting family memories. Encouraging your family to stay active during the holidays can be simple and fun. Start by spending time outdoors together. Go for a family walk around the neighborhood, take a hike, or visit a local park.

If you live in a colder area, activities like sledding, ice skating, or building a snowman can be a great way for kids and adults to get exercise while enjoying the season. When the weather is not ideal, you can still find creative ways to move indoors. Turn on some music for a family dance party. Play active games like freeze dance or Simon Says. Create an indoor obstacle course or fort using pillows, blankets and chairs.

Household activities can also help kids stay active. Decorating, cooking, and cleaning together can keep everyone moving while building family teamwork and holiday spirit. You can even make chores more engaging by turning them into friendly challenges. See who can hang the most decorations or clear the driveway the fastest!

It is common for kids to spend more time on screens during school breaks, so try to balance

screen time with physical activity. Encourage short activity breaks between shows or games. Plan family outings like walking the dog, going for a bike ride, or visiting a recreation center for open gyms or indoor swimming.

The holiday season is also a great time to try something new as a family, such as yoga, martial arts, or bowling. You can include physical activity as a regular part of your holiday routine to help everyone stay energized, reduce stress, and feel their best as they head into the new year.

Encouraging kids to stay active during holiday breaks helps balance relaxation with movement. It also helps to keep routines on track and supports their overall well-being, both now and in the new year.

REFERENCE:

Emm-Collison LG, Lewis S, Reid T, Matthews J, Sebire SJ, Thompson JL, Jago R. Physical Activity during the School Holidays: Parent Perceptions and Practical Considerations. *Int J Environ Res Public Health*. 2019 May 14;16(10):1697. doi: 10.3390/ijerph16101697. PMID: 31091825; PMCID: PMC6572055.

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



December





Sun	Mon	Tue	Wed
	1 Mineral orders due	2 Wreath making for those who are registered	3
7	8	9 Sewing with Kids 3 to 5 PM	10 4-H Art Club 3 PM to 4:30
14	15 Cooking Class at 3 PM to 4:30	16 Cloverbud Club at 3 PM to 4:30 Commodities for Wolfe Co Residents over age 60 and pre-approved	17
21	22	23	24 Holiday Break Begins
28	29 	30	31 



Reminder: in case of inclement weather, please check ahead, classes may be cancelled or rescheduled.

Activities are at the Wolfe Co Extension unless otherwise notes by **

Thu		Fri	Sat
	4	5	6
			
	11 Sit & Sew 2:00 to 5:00 PM	12	13 Hay Auction ** At Robinson Research Station
	18	19 Clover Patch Pals	20
	25 	26	27
			

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | 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?*

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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>

Written by Kelly May, M.S. | Edited by: Nichole Huff, Ph.D. | Designed by: Kelli Thompson, M.A. | Images by: Adobe Stock

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

SIT & SEW

December 11, 2025

2:00 to 5:00 PM

Join Master Clothing Volunteers
Rita Rogers
& Carole Dunhuber
to work on your projects





Wreaths from fresh evergreens

Class is filled,
this is a re-
minder for
those that reg-
istered

Open Dec. 02- 2025

Choose your time
between 2 and 4 PM
allowing 30 minutes
for wreath
completion.

Must register before
November 20, 2025
by calling
606-668-3712

4-H Cooking Club



Learn how to make
food from all around
the world

Doors open after
school, club lasts
until 4:30 PM.

Next meeting : **Dec. 15**
Register by calling
606-668-3712



Youth Sewing Class

Youth will learn to sew a felt ornament for the
holidays

December 9th; 3-5 PM
at Wolfe Extension, ages 9 plus
Supplies are limited please text or call
6065604480 to reserve your child's spot.



For school age
children

Clover Patch Pals

December 19th

Meeting times change for activity.

Call 606-560-4480 to register and for
meeting time.





4-H Art Club

Dec. 10, 2025

3:00 to 4:30 PM

Doors open after school

Wolfe County
Extension Office



REGISTER BY CALLING 606-668-3712



Wolfe County 4-H Cloverbud Club



**For Wolfe County kids ages 3-8 to socialize
and explore the world through play and
interactive lessons. Guardians must attend
with children under 6.**



**DEC. 16th
3:00pm-5:00pm**

**Please text 6065604480 or email
bethany.kirby@uky.edu to register your child.**



Wolfe County

20 N Washington Street

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RETURN SERVICE REQUESTED

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