

# TAYLOR COUNTY EXTENSION NEWSLETTER

April 2025

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## Kentucky youth vaping leads to smoking: What you need to know

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed. This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

### What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high. Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains. In fact, most adult smokers began smoking before the age of 18.

### Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The Kentucky Incentives for Prevention survey shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021. In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month. In response, the state has launched a confidential quit line for youths called My Life, My Quit at [ky.mylifemyquit.org](http://ky.mylifemyquit.org), which offers free coaching 24/7 via text, chat or call.

### Vaping facts (accordingly to [ky.mylifemyquit.org](http://ky.mylifemyquit.org)):

- Nicotine leaves you stressed out. Vaping to handle stress can make you more stressed! When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.
- Nicotine causes other problems. Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.
- Vape and tobacco companies want you to get hooked on nicotine. By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.

Contact your local Taylor County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.



Source: Alex Elswick, assistant professor and Extension specialist



# Congratulations

Taylor County Homemakers competed in the Taylor County Cultural Arts & Heritage Competition and the Area Competition.  
\*-Moves on the the State Competition.

## Juanita Burton

\*Hooked Rug Making - Multi-Colored Rug  
Fabric Door Hanging - Wreath Orange Burlap with Truck

## Vonda Burton

Recycled Art (Other) - Christmas Hat Centerpiece  
Crochet Tread - Green Earrings with Pearls  
Summer Holiday Decorations - Wreath with Purple Roses

## Crystal Cox

Pencil Drawing - Native American Art of Tomahawk

## Rebecca Despain

Acrylic Painting - Barn Quilt

## Kris Fixari

Recycled Art (Clothing) - Jacket  
\*Specialty Home Decor (Sewing) - Place Mats

## Tia Francisco

3-Dimensional Art (Sculpture) - Love Sculpture

## Christie Goodhue

\*Novelty Quilt - Wall Hanging Quilt Memory

## Patty Gordon

\*16-22 Count Cross Stitch - Girl Looking at Lighthouse

## Terrie Hall

Pre-Made Ceramics - "Tis the Season" Cup  
Miscellaneous - Bird Feeder  
Basic Home Decor (Sewing) - Iron-on Butterfly Kitchen Towel

## Monica Hamilton

\*Paper Quilling - Flowers in a Basket

## Lisa Holmes

Natural Art - Pine Cone Flower Basket  
Color Photography - Mules - Kate & Cash

## Debbie Holt

Dimond Art - Sunflower /Butterfly  
\*Door Hanging (Other) - Bookpaper Wreath

## Edie Ingram

\*Recycled Art Household - Basket  
Handmade Toy Making - Knitted Elephants  
\*Spring Holiday Decoration - Easter Rabbit Set

## Laura Lambes

Crochet Accessory - Purse with Black Trim  
\*Crochet Fashion - Multi-Colored Cardigan

## Susie McKay

\*Natural Wood Art - 3 Cutting Boards  
\*Painting (Other) - Hand Painted Acrylic Nails

## Carolyn Morris

Crochet Afghan - Baby Blue Afghan  
\*Tatting Embroidery - Snowman

## Marica Potts

Mixed Media Jewelry - July 4th Earring  
Original Design Jewelry - July 4th Wire Dangle Earrings  
Accessory Apparel (Sewing) - Llama Bag with Grommets  
Basic Apparel (Sewing) - Drawstring Bag with Zipper  
Specialty Garment (Sewing) - 1 piece Cape

## Karen Price

Miniature Basketry - Trinket Bowl  
\*14 Count & Under Cross Stitch - Snowman Stocking  
\*Punch Needle Embroidery - Snowman  
Autumn Holiday Decorations - Fall Wine Bottle  
Beaded Jewelry - Rainbow Necklace  
\*Metal Painting - Welcome Sign with Flowers  
Wood Painting - Ornaments

## Jackie Thomas

Winter Holiday Decoration - Mr. & Mrs. Snowman



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# CROSS STITCH RETREAT

**Saturday, April 5**  
&  
**Saturday, April 26**  
**10 AM - 3 PM**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

- Brag Table : Bring your work to show it off!
- Share Table: Bring items you no longer need to share with others!
- Patterns, Kits, and Materials will be available for purchase.
- Bring your projects and enjoy fellowship with other stitchers!

\*An equal opportunity organization.



Cooperative Extension Service

# Sewing for Beginners

**FREE**

This sewing class for beginners will teach adults the basics of machine sewing.

**Monday, April 7 - Learn your machine**

**Monday, April 14 - Make a Pillowcase**

**Monday, April 21 - Make a Tote Bag**

Classes will be from 10:00 AM to 12:00 PM. This is a series so each class will build on the previous class! So you must attend each class!

Please call the Extension Office at (270) 465-4511 to RSVP.

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Campbellsville, KY

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# DECLUTTERING & ORGANIZING

WEDNESDAY, APRIL 9 | 1:00 PM

**CREATE A HOME BINDER IN CASE OF EMERGENCIES**

**CONTINUE**

We will continue building our emergency binders & decluttering!

Participants will need to bring:

- 3-ring binder
- binder dividers
- pocket folders
- loose leaf paper

RSVP by calling the Extension Office at (270) 465-4511.

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# Adult Sewing Evening Class!

Join us for an evening of fun and learning! Bring your machine!

**Thursday, April 10  
5:00 PM - 7:00 PM**

RSVP for class by calling the Extension Office at 270-465-4511.

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# Blankets of Love

**Tuesday, April 15, 1:00 PM**

Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are made with 4 yards of fleece. You can choose 2 yards of corresponding fleece to donate. Monetary donations are also appreciated. Donations can be made at the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.



In March, we donated 14 blankets to the Cancer Center at Taylor Regional Hospital and DaVita Dialysis Center.

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# Kitchen Towels

Create an appliqued kitchen towel with any one of the previous month's designs.



**Thursday  
April 17  
3:00 PM**

**\$5  
Class Fee**

To sign up, stop by the Taylor County Extension Office to pay the class fee.

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# Mediterranean Diet

This workshop will provide an overview of the Mediterranean Diet.

**Monday, April 21**

**11:00 AM OR**

**Monday, April 28**

**5:30 PM**

**SPOTS ARE LIMITED! CALL THE TAYLOR COUNTY EXTENSION OFFICE AT 270-465-4511 TO RSVP TODAY!**

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# Taylor County Extension Council PERSONAL FINANCES & ESTATE PLANNING

**Monday, April 21  
6:00 PM**



Selling of Estate,  
Corporations & LLCs,  
Annuities and Business  
Retirement

**Guest Speakers:** John Kessler,  
John Miller, R.D. Smothers

A question and answer session will be held after the presentations

**Call 270-465-4511 to RSVP!**



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A meal  
will be  
provided.

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# Taylor County Homemakers Membership Event

**Blazing THE WAY**

**with TAYLOR COUNTY  
HOMEMAKERS**

**Tuesday, April 22**

Registration begins at 6:00 p.m.

Festivities begin at 6:30 p.m.

**RSVP by calling the Extension Office  
at 270-465-4511.**

**Please bring a finger food!**

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# Lunch & Learn

Join us in Guatemala!

**Guest Chef: Laura Howard Nusz**



**Wednesday, April 23 | 11:00 AM**

Call the Extension Office at 270-465-4511  
to reserve your spot!

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1143 South Columbia Avenue  
Campbellsville, KY 42718

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Duck



Rose



Tulip



Bunny



Clover

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# INDOOR BARN QUILTS

Wednesday, April 23  
1 PM - 4 PM

2ft x 2ft: \$10

Must be paid to reserve your spot!  
CASH OR CHECK ONLY!  
Call the Extension Office at  
270-465-4511 for more information.

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40546



# Homemaker Leader Lesson

Lesson for Homemaker club leaders and open to the public!

## Garden Safety

Thursday, April 24  
10:00 AM

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1143 S Columbia Ave.  
Campbellsville, KY

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Eight Point Star



Ohio Star



Scottish Thistle



Sunflower



Caridnal



Carpenter's Wheel

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# BARN QUILTS



ONLY 2ft x 2ft: \$40

Must be paid to reserve your spot!  
CASH OR CHECK ONLY!  
Call the Extension Office at  
270-465-4511 for more information.

2x2 ONLY  
Friday, April 25, 9 AM - 3 PM

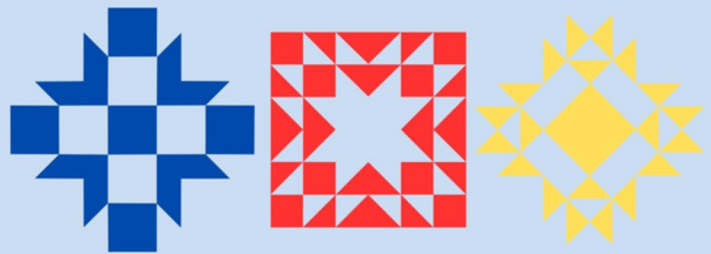
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## TAYLOR COUNTY BARN QUILT TRAIL



Applications are available for pick up at the Taylor County Extension Office or online at <https://taylor.ca.uv.edu/>

For more information call the Extension Office at 270-465-4511.

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Campbellsville, KY 42718

270-465-4511 | [taylor.ext@uky.edu](mailto:taylor.ext@uky.edu) | <https://taylor.ca.uv.edu>

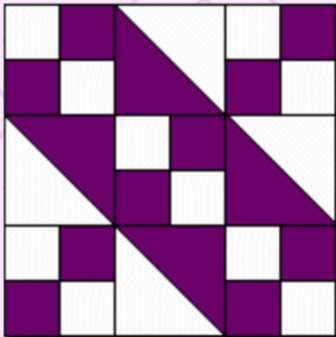
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# Beginner Quilting

Join us and learn how to make a quilt using strip piecing and half-square triangles.

**BEGINNER SEWING EXPERIENCE IS REQUIRED!**



**Monday, May 12  
Tuesday, May 20  
Monday, May 26  
10:00 AM to  
12:00 PM**

**SPOTS ARE LIMITED!**

Call the Extension Office at 270-465-4511 to reserve your spot today!

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# Lake Cumberland Area Canning Camp



THREE DAY FOOD PRESERVATION WORKSHOP ON WATER BATH AND PRESSURE CANNING IN A HANDS-ON ENVIRONMENT. REGISTRATION FEE WILL BE \$15 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 9TH.

**JUNE 16-18, 2025**

**11 AM - 2 PM EST**

HOSTED AT GREEN COUNTY EXTENSION OFFICE

298 HAPPYVILLE RD GREENSBURG KY 42743

RSVP AT GREEN COUNTY EXTENSION OFFICE BY CALLING 270-932-5311

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University of Kentucky, Martin-Gatton College of Agriculture, Food and Environment, Cooperative Extension, 2025-2026



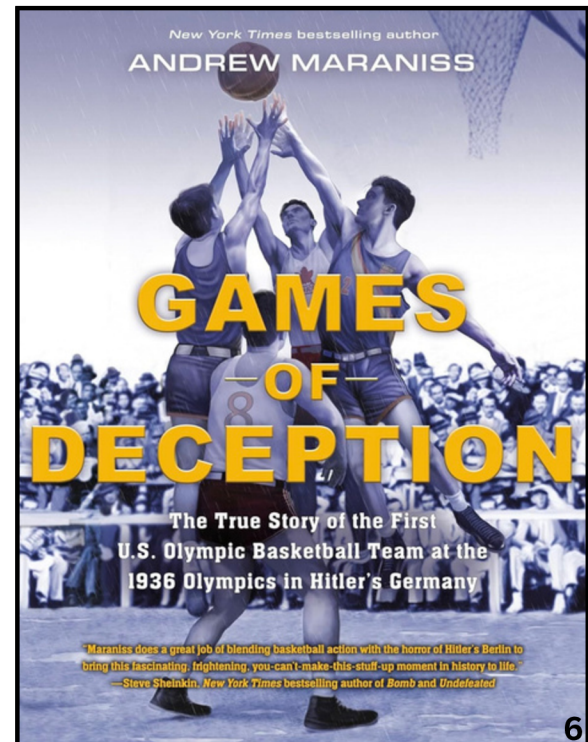
## April Book of the Month

### **Games of Deception, The true Story of the First U.S. Olympic Basketball Team at the 1936 Olympics in Hitler's Germany** By Andrew Maraniss

The year 1936 was a turbulent time in world history. Adolf Hitler has gained power in Germany three years earlier. Jewish people and political opponents of the Nazis were the targets of vicious mistreatment, yet were unaware of the horrors that awaited them in the coming years. But the Olympians on board the SS Manhattan and other international visitors wouldn't see any signs of trouble in Berlin. Streets were swept, storefronts were painted, and every German citizen greeted them with a smile.

Among the athletes were the 14 players representing the first ever U.S. Olympic Basketball team. As thousands of supporters waved American flags on the docks, it was easy to miss the one courageous man holding a BOYCOTT NAZI GERMANY sign, but, it was too late for a boycott now; the ship had already left the harbor.

This book is not on the KEHA Booklist, but you can find it at the Taylor County Public Library. This book review was written by Debbie Wilcoxson, Cultural Arts and Heritage Chair, and VP of Modern Day Homemakers



# April 2025

## CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
Low Impact Fitness will continue to meet weekly on Thursdays at 1:30 PM		1 Taylormade Quilters 9:00 AM	2 Barn Quilts 1:00 - 6:00 PM	3 Homemaker Council Meeting 10:00 AM	4	5 Cross Stitch Retreat 10:00 AM - 3:00 PM
6	7 Sewing for Beginners 10:00 AM	8	9 Organizing & Decluttering 1:00 PM	10 Adult Sewing 5:00 PM	11	12
13	14 Sewing for Beginners 10:00 AM	15 Blankets of Love 1:00 PM	16	17 Kitchen Towels 3:00 PM \$5 Fee	18	19
20 	21 Sewing for Beginners 10:00 AM Mediterranean Diet 11:00 AM Estate Planning 6:00 PM	22 Homemaker Membership Event 6:00 PM	23 Lunch & Learn 11:00 AM Indoor Barn Quilts 1:00 - 4:00 PM	24 Homemaker Leader Lesson: 10:00 AM	25 Barn Quilts 9:00 - 3:00 PM	26 Cross Stitch Retreat 10:00 AM - 3:00 PM
27	28 Mediterranean Diet 5:30 PM	29	30			

<b>Bunco Club</b> 3rd Tuesday 6:00 p.m.	<b>Circle of Friends</b> 2nd Tuesday 6:30 p.m.	<b>Cross Stitch Retreat</b> Last Saturday 10:00 a.m.	<b>Harmony</b> 2nd Tuesday 12:30 p.m.	<b>Mannsville</b> 2nd Thursday 6:00 p.m.	<b>Mastering Skills</b> 2nd Monday 12:30 p.m.
<b>Modern Day</b> 2nd Monday 6:00 p.m.	<b>Quilts of Freedom</b> 4th Wednesday 10:00 a.m.	<b>Saloma Road</b> 2nd Thursday 10:00 a.m.	<b>Sidetracked</b> 2nd Tuesday 6:00 p.m.	<b>Taylor Made Quilters</b> 1st Tuesday 9:00 a.m.	

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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

## THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans* or *that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the "**Pareto Principle**," otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time**. This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

### REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity**. You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

### Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506





## **IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.**



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
- **Without knowing the return policy.** Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

### **REGRET YOUR PURCHASE?**

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

### **REFERENCES**

<https://earth.org/statistics-about-fast-fashion-waste/>

<https://www.simplypsychology.org/pareto-principle.html>

Written by: Jeanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms  
Designed by: Kelli Thompson | Images by: Adobe Stock

## Spring Harvest Salad

**5 cups** torn spring leaf lettuce

**2½ cups** spinach leaves

**1½ cups** sliced strawberries

**1 cup** fresh blueberries

**½ cup** thinly sliced green onions

**Dressing:**

**4 teaspoons** lemon juice

**2½ tablespoons** olive oil

**1 tablespoon** balsamic vinegar

**1½ teaspoons** Dijon mustard

**2 teaspoons** Kentucky honey

**½ teaspoon** salt

**¼ cup** feta cheese crumbles

**½ cup** unsalted sliced almonds

**1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

**2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

**3. Sprinkle** salad with feta cheese and sliced almonds.

**4. Serve** immediately.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.