

April is here! We are slowly getting to warmer days. The trees and flowers are blooming and showing off their beauty.

We have had several members who plan to attend the KEHA State Meeting May 6-8th. If you are planning to stay or would like to carpool in the county van, please be sure to let me know as the date is drawing closer.

Our International Dinner will be held on April 17th at the Livestock Barn with our guest speaker coming to us to share about her travels to Italy. Please read Christy's President Corner to see what your club needs to bring to add to the council-provided main entree. It will be a great night so be sure to bring a friend! Call the office to let us know how many will be in attendance so we can plan for the meal.

Lastly, inside this newsletter is information about the Annual Meeting and Cultural Arts. I want to encourage you to enter your items to show off your hard work. I have included the new Cultural Arts categories. Please note there are some changes for this year. These will be on display during the Annual Meeting and I know we all enjoy looking at the crafts and artwork that members have made. The Annual Meeting will be catered this year which will save you all time in the kitchen and all of your focus can be on attending the meeting.

I look forward to seeing you all soon. As always, if you have any ideas for programs you would like to see, please reach out to me.



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Disabilities accommodated with prior notification.

Quilting Club

April 21st at 11a.m. at the Office

We will begin quilt squares for our NEW chandelier quilt pattern for our 4-H Fundraiser Quilt.

*PLEASE NOTICE TIME CHANGE TO 11 a.m

UK Cooperative Extension Service
Family and Consumer Sciences

LEARN TO PLAY THE DULCIMER for adults

Tuesdays at the Neal Building 6 p.m.

MORE INFORMATION :
(859) 289-2312



DON'T MISS OUT!

LAUGH AND LEARN PLAYDATE

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



April 30th at 11 a.m.
Nicholas County Public Library
Birth to 5 years old

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April Leader Lesson will be at the barn



Date: April 29th
Time: 10 a.m.
Location: Livestock Barn

COMPOSITION IN PHOTOGRAPHY

Learn the basic photography skills with light camera settings, elements and principles of art, photography vocabulary, and explore concepts for taking a visually pleasing photograph.

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President's Corner

Fellow Homemakers,

Happy April! We will be having our Annual International Dinner on April 17th with a guest speaker sharing about their travel to Italy. The council will be providing the main Italian dish, and we request the following clubs to add to the meal with the following:

- Ellisville: Salads/Vegetable Dishes
- Headquarters: Desserts
- Moorefield: Garlic Bread
- Domestic Divas: Drinks

We also have our Annual Nicholas County Homemaker meeting coming up on May 15th. The great news, no one has to cook as the council has decided to have the meal catered. YAY! So be sure to come out and enjoy a great meal and fellowship with all of the Nicholas County Homemakers.

Have a Happy Spring all,
Christy Shelley

NICHOLAS COUNTY
COOPERATIVE EXTENSION
HOMEMAKER COUNCIL

MEETINGS

Save the Date



SEPTEMBER 26TH
NOVEMBER 26TH
JANUARY 21ST
MARCH 25TH

MAY 15TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING



Cooperative Extension Service



Cooking Through the Calendar

Lemon Broccoli Pasta

April 29th at 11 a.m.

Nicholas County Livestock Barn

Try tasty Nutrition Education Calendar Recipes and discover strategies to eat and cook healthier at home.



Come join us!

2025

Nicholas County Homemakers

International Dinner

Join us as we "travel" to Italy on April 17th at 6 p.m.

RSVP by calling the office at 859-289-2312

Bring a friend!



2025 CULTURAL ARTS CONTEST

Entries due to the agent by May 12th at noon. Please bring all entries to the office located at 368 East Main St., Carlisle, KY 40311 See page 6 for categories!



NICHOLAS COUNTY COOPERATIVE EXTENSION ANNUAL HOMEMAKER MEETING

Meal will be catered this year thanks to the Nicholas County Homemaker Council. Please call the office to RSVP and encourage your club members to attend.

 DATE MAY 15TH
 TIME AT 6 PM



APRIL IS STRESS AWARENESS MONTH



Check out the resources on the next page to learn ways to reduce your stress not just in April, but every day.

STRESS MANAGEMENT

Little by little, a little becomes a lot

The Butterfly Effect, a concept coined by Edward Lorenz in 1963, stresses the interconnectedness of our world and how **one small change could have an effect on us all**. If we apply this to our own lives, small actions toward improving our own mental wellbeing could even help others to improve theirs.

THINKING IN TERMS OF MINUTES PER DAY, RESEARCH SHOWS THAT:



9 minutes

of spontaneous laughter can reduce cortisol levels and improve our physical and mental health.



10 minutes

of consecutive standing time can get the blood circulating.



30 minutes

spent winding down before bed—without screens or work—can get you into a more relaxed state.

MORE SMALL ACTIONS TO MAKE BIG CHANGES:

Tip the Scales of Kindness Saying one positive self-affirmation a day and offering words of affirmation to others can profoundly alter neural pathways and combat *double* the negative thoughts, enhancing both our own self-image and the perception of those we uplift with encouraging words.

Connect with Someone Are they okay? Are you okay? Check in with your support network or connect with someone new. A sense of belonging and community can help reduce feelings of loneliness and isolation.

Move in Your Own Way Moving in a way that you enjoy gets the endorphins going, helps you blow off steam, and increases the likelihood for consistency.

Spend Time Outdoors Taking time out of your day to step outside and get fresh air can improve mental wellbeing. No need for strenuous activity. Consider eating your lunch outside, going for a walking meeting, or being mindful of your five senses while in nature.

Practice Deep Breathing Your breath is a powerful tool to help with stress reduction. Short, shallow breaths can heighten anxiety. Being conscious of taking deep breaths helps us shift into relaxation mode. Try the 5-5-5 method: inhale for 5 counts, hold for 5 counts, exhale for 5 counts, and repeat.

Enlist Support Whether experiencing everyday stress or a major life challenge, **JHEAP** can help connect you and your household members to a range of stress management and work-life balance resources. Access is free, confidential, and available 24/7.

ACCESS LINE: 888-978-1262

WEB: myceaonline.com | Company Code: JHEAP
APP: CCA@YourService | Access Code: JHEAP

Sources: Stress Management Society, International Wellbeing Insights

STRESS MANAGEMENT BINGO

Challenge yourself or others to a game of Stress Management Bingo. The goals are to complete a line of squares (horizontally, vertically, or diagonally) and prioritize your wellbeing in the process! Small actions to manage stress can have a big impact on your wellbeing and even the wellbeing of others.

Get outside into fresh air/nature 	Spend 5-10 minutes in silence 	Do a brainteaser or puzzle 	Declutter your workspace 	Dedicate 5-10 minutes to mindful breathing
Find something that makes you laugh 	Have a conversation you've been avoiding 	Spend 30 minutes of tech-free time before bed 	Get 7-9 hours of sleep 	Acknowledge 3 good things that happened today
Do a task you've been putting off 	Read, watch, or listen to something that inspires you 	Speak or write down words of affirmation 	Listen to music you love 	Do a random act of kindness for someone else
Spend time on a hobby 	Acknowledge 3 things you're grateful for 	Dance to your favorite party song 	Do something that taps into your creativity 	Delegate a task to someone else
Stretch for 5-10 minutes 	Set limitations for screen time 	Let someone know you appreciate them 	Do something you enjoyed as a child 	Take a moment to celebrate a small win

Looking for more ways to manage stress? Contact **JHEAP** for free 24/7 guidance.

ACCESS LINE: 888-978-1262 | WEB: myceaonline.com Company Code: JHEAP

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

Categories and Subcategories

1. SEWING (Apparel & Home Decor

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DECOR

¹ b. and e. "Specialty" may include *applied and quilted*.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crevel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tattling/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

*** Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Please submit any of the above that you have completed in the last 2 years for our Cultural Arts Contest. All blue ribbon winners will go on to the Bluegrass Area Level contest this fall.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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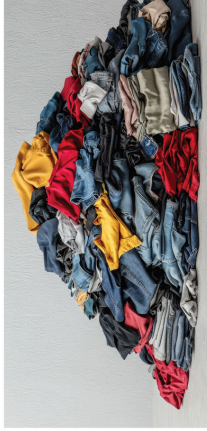
THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

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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Disabilities
accommodated
with prior notification.

Louisville, KY 40666

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>

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 Designed by: Kelli Thompson | Images by: Adobe Stock

April 2025

April is Stress Awareness Month!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6</p>	<p>7</p>	<p>8</p> <p>1 Headquarters</p> <p>Dulcimer 6 p.m.</p> <p>8 Dulcimer 6 p.m.</p>	<p>9</p>	<p>10</p> <p>3 Ellisville Moorefield Domestic Divas</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15</p> <p>15 Dulcimer 6 p.m.</p>	<p>16</p>	<p>17</p> <p>17 International Dinner at 6 p.m.</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>21 Quilting Club 11 a.m.***</p>	<p>22</p> <p>22 Dulcimer 6 p.m.</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>29 Leader Lesson 10 a.m. Cook thru Cal. 11 a.m. Dulcimer 6 p.m.</p>	<p>30</p> <p>30 Busy Bees</p>			

Spring Break



Asian Asparagus Salad

1 pound fresh asparagus

1½ tablespoons low sodium soy sauce

2 teaspoons sugar or artificial sweetener

1 tablespoon olive oil

2 teaspoons sesame seeds

1. Snap off and discard the root ends of the asparagus.

2. Wash remaining stalks thoroughly.

3. Slice stalks into 1½ inch lengths on the diagonal.

4. Blanch asparagus for 1-3 minutes in boiling water, until bright green in color.

5. Cool immediately

under cold water and drain.

6. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.

7. In a gallon zip-seal bag, add asparagus and dressing.

Turn bag to coat asparagus with

dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.

Yield: 4, ½ cup servings.

Nutrition Analysis: 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

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

