

LIFE + HEALTH

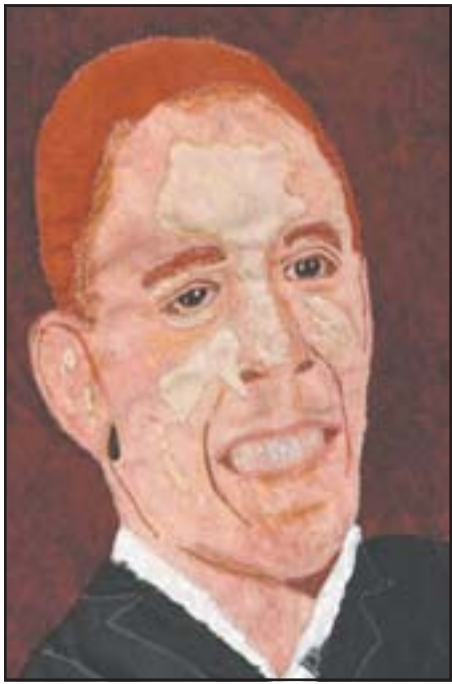
TUESDAY, FEBRUARY 9, 2010

WEDNESDAY IN LIFE + NEIGHBORS
**VALENTINES, PRESIDENTS
AND OTHERS GET THEIR
DAY IN FEBRUARY**



PHOTOS BY MATT GOINS

Sally Johnson runs a hair salon and barbershop, but she also is a quilter. She has sold some items and said people can learn to make and sell quilts.



Johnson created a quilted tribute to President Barack Obama using a method known as "free-motion" quilting.



Johnson said she is working on a John Calipari tribute quilt, "A Study in Blue," using the "free-motion" quilting method.

Piecing together financial security

Quilting hair stylist says hobbies can earn money



**MERLENE
DAVIS**
HERALD-LEADER
COLUMNIST

Sally E. Johnson says that what began as a hobby for her could be a source of income for those on a tight budget.

Johnson quilts. She has made bed covers, wall hangings, purses and jackets. And she has sold several items, although earning extra money is not her goal.

"I just love doing it," Johnson said. "Years ago, I used to see my mother make quilts, but I only started about eight years ago."

Johnson, 60, owns and operates The Pink Door, a Lexington barbershop and beauty salon. Building the business and caring for a husband and three children didn't leave much time for quilting.

But Johnson used to make her own clothes for years and always knew how to alter and mend clothes for herself and her family. So the move from mending to re-purposing old clothes into something new and useful was a smooth and logical transition.

She is largely self-taught,



WILLIAM T. JOHNSON

Johnson made this tessellation pinwheel quilt to complement a Tiffany lamp. Tessellation is the repetition of a shape to cover a given area.

but she has taken a few classes, and she's willing to share what she knows.

"I wanted to share some of these quilts so someone may see them and may want to learn how to do something else," Johnson said. "With the economy the way it is, they could pick this up and do a lot

of things with it. They could earn some money."

She is right.

J.D. Roth, who started the personal-finance blog GetRichSlowly.org in 2004, when he was deeply in debt, says that whether you work on cars, build Web sites, collect

See DAVIS, B6

Keep cell phones out of schools

Wrong to give in to pressure on issue



**JOHN
ROSEMOND**
SYNDICATED
COLUMNIST

Jon Akers, director of the Kentucky Center for School Safety, has written an online essay that calls for school systems to prohibit students from having cell phones in their possession during school hours (go to www.kysafeschools.org). He presents an ironclad argument that student cell phones are not just unnecessary but contribute to bullying, underachievement, sexual harassment, numerous disciplinary issues including cheating, and even criminal activity. It goes without saying that they are one more distraction to a generation that already suffers from distraction overload.

In the course of his research, Akers learned that whereas almost all school systems initially attempted to prohibit or restrict student use of cell phones, most have capitulated to pressure from parents and students. In some cases, the choice has been made to ignore violations; in others, the matter has been deferred by state-level bureaucrats to individual schools or districts. That

See ROSEMOND, B2

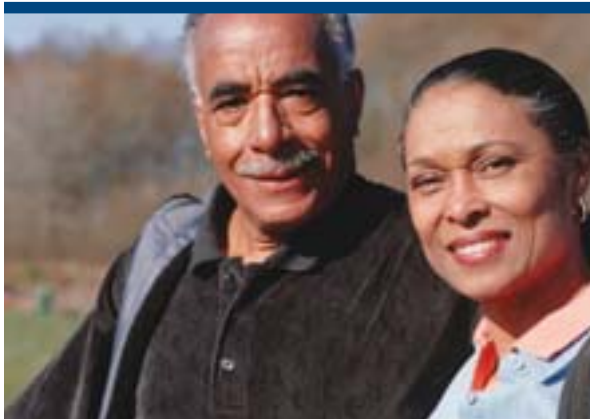
SUMMER CAMPS

Send us your camp information

We're gathering information for our annual summer camp listings, to publish April 7. Send information to Dorothea Wingo at dwingo@herald-leader.com by March 7. Attachments should be in Word format. Faxed and mailed information will not be accepted. When filling out information for your camp, be as brief as possible, but include the following:

- Type of camp (i.e., academic, Bible/religious, drama, music, sports, special needs, miscellaneous).
- Name of camp.
- Date(s).
- Times (if applicable).
- Address of camp.
- Ages/grades accepted.
- Registration deadline.
- Cost (commuter and resident).
- Camp registration phone number, e-mail address or Web site.
- Camp contact person, phone number and e-mail address.

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