

# Homemaker Newsletter

## May 2025

RUSSELL COUNTY EXTENSION OFFICE  
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## Thought of the Month:

"There's no load I  
can't hold A road  
so rough, this I  
know I'll be there  
when the light  
comes in Just  
tell 'em we're  
survivors"

*Life is a Highway*  
Rascal Flatts ·  
2006 (Cars  
movie) OR Tom  
Cochrane 1991

## Roll Call:

In May, we  
celebrate  
mothers. Share  
a favorite  
memory with  
your mother.

## Homemaker Council News

The Russell County Extension Homemakers' Vendors Fair was a success! We had 18 vendors set up on April 26<sup>th</sup> and were able to raise \$450 for the scholarship fund. The next Vendor's Fair is scheduled for **Saturday, November 22<sup>nd</sup>**.

We mailed over 70 cards for veterans and made over 100 bags for the nursing home.

### Thank you all for your support!

We are still taking mini crockpot recipes for a donation to the Russell County Public Library. Please bring them to the Extension Office by May 19th.

The May Extension Homemaker Council meeting will be held on **Monday, May 19th, at 5 PM** at the Russell County Extension Office.

An "Air Fryer 101" program will be held on Monday, May 19th at 4 PM. **Please call to RSVP by 05/12/25.**

Cooperative  
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Agriculture and Natural Resources  
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# **Club Meeting Information**

## **Homemakers On the Go**

The Homemakers On the Go will meet on **Thursday, May 1st**, at 10 a.m., at the Extension Office to carpool to visit Glasgow for lunch at the Little Taste of Texas. Please reach out to Donna Robertson if you plan to attend.

## **The Piecemakers Quilt Guild**

The Quilt Guild will meet on Wednesday, **May 14th**, from 10 a.m. - 4 p.m. at the Extension Office. They plan to have Sit & Sew, and to work on donation blankets. Please reach out to Cindy Mills if you have any questions.

## **Sunset Club**

The Sunset Club will meet on **Tuesday, May 20th, 6 p.m.**, at Snaps Soda Shop in Jamestown for a lesson and fellowship. Please reach out to Susan Adams for more information.

## **Homemakers by Heart**

Homemakers By Heart will meet on **Monday, May 19th**, at **6 p.m.** for their monthly meeting. Please get in touch with Caitlyn Helm for more information.

## **Crafty Bees**

The Crafty Bees are tentatively set to meet on **Tuesday, May 27<sup>th</sup>**, at **5:30 pm**. Please reach out to Melonie Eubank for more information.



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# **RUSSELL COUNTY EXTENSION HOMEMAKERS ANNUAL MEETING**

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**MON. JUNE 9TH. 2025**

**PAYMENT IS DUE BY MAY 22<sup>ND</sup>. CALL 270-  
866-4477 TO RSVP.**

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**AT THE RUSSELL COUNTY PUBLIC LIBRARY**

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**535 N MAIN ST, JAMESTOWN, KY 42629**

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**REGISTRATION AT 4:30 P.M.**

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**AN EQUAL OPPORTUNITY EMPLOYER.**

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# Homemaker Activities

Christy Martin, the 4-H Youth Development Agent at the Russell County Extension Office, is retiring.

The Russell County Extension Homemakers are hosting a Farewell Tea for Christy on **Tuesday, May 20<sup>th</sup>**, from 11 a.m. to 1 p.m. This tea is a come-and-go event.

Please contact Debra Flanagan, Melonie Eubank, or your club president for more information.





# Mystery Holes in Your Clothes

**SOURCE: JEANNE BADGETT, SENIOR EXTENSION ASSOCIATE FOR CLOTHING, TEXTILES, AND HOUSEHOLD EQUIPMENT**

Tiny holes in your clothes. Have you seen them? These holes seem to appear out of nowhere! Any well-loved, often-worn garment may eventually develop a hole or two because of natural wear and tear. But what about your new T-shirt that suddenly gets tiny holes on the front lower half or near the shoulder area?

## CAUSE OF TINY HOLES IN CLOTHES

Lighter-weight, thinner fabrics are more common today. These are often made with lower-quality materials. Knit (stretchy) clothing made with these fabrics is more likely to develop small holes from normal wear and abrasion. For example, while wearing a T-shirt, the fabric might rub against a belt buckle, zipper, or other fasteners on your pants. Yarns in the knit fabric structure catch on these objects, snag, and create tiny holes. Even the continual rubbing of purse and backpack straps on thinner fabrics may cause holes. Leaning up against a counter or desk with rough edges may cause abrasion, too. Basically, any time your clothes are repeatedly rubbing up against something, abrasion can occur, damaging the fabric's yarns and fibers. This, in turn, can cause small tears and holes in our clothes.

## FIXING TINY HOLES IN CLOTHES

First, rule out the possibility of pest activity. Insects typically eat natural fibers and leave irregular-shaped holes found in groups. If you suspect the tiny holes in your clothes are from these visitors, check out the information found on the [UK Department of Entomology](#) webpage. A creative way to repair small clothing holes is with decorative stitching or "visible mending." Use fine yarn, "pearl cotton," or a single ply of embroidery floss to sew and weave fun designs. Other options are to apply a decorative patch, or for a more discreet fix, iron a very small circle of interfacing or patching on the underside of the clothing. The sooner you fix the hole, the better.

## PREVENTING TINY HOLES IN CLOTHES

Some suggest ironing knit interfacing on the underside of t-shirts before you wear them to give more fabric support and prevent holes. But this might change the stretchy, comfortable feel of the shirt. It's more practical to prevent abrasion by wearing an apron when you are working around the house or near surfaces that will rub the front of your clothing. The apron also protects your clothing from dirt and stains. Changing out of your "nicer" clothes and into play clothes once you're home can help keep your better clothing in good shape, too.

Another cause for tiny holes in our knit clothes is washing them with heavier clothes that have open zippers and other decorations that rub in the washer or dryer. For best results, wash jeans separately from T-shirts. Zip zippers to limit abrasion. Place delicate items in a mesh laundry bag.

You can't always avoid clothing abrasion. It's natural for straps, including seatbelts, to rub against your clothes. You never want to jeopardize safety by not wearing a seatbelt. Therefore, you can adjust thin and delicate clothing so it's not rubbing between your seatbelt and fasteners or other bumps on your clothing. In general, clothing made with high-quality yarns and fabrics may be less likely to develop small holes from abrasion.



## Banana Pancakes



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

**Prep time: 10 minutes**  
**Cook time: 20 minutes**

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

### Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 2 pancakes  
Cost per recipe: \$9.03  
Cost per serving: \$1.13

### Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

### Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension



# May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Homemakers On the Go 10 AM	2	3
4	5	6 KEHA State MTG Crochet Group 9 AM	7 KEHA State Meeting	8 KEHA State Meeting	9	10
11	12	13 Crochet Group 9 AM	14 Sit & Sew 10 AM	15 Area HM Meeting 4:30 PM	16	17
18 <i>Senior Awards for Scholarship Recipient</i>	19 International Cooking 12 PM Air Flyer 4 PM HM Council 5 PM HM By Heart 6 PM	20 Crochet Group 9 AM Sunset 6 PM	21	22 Annual Meeting Deadline	23	24
25	26 Office Closed	27 Crochet Group 9 AM Crafty Bees 5:30 PM	28	29	30	31



INTERNATIONAL  
COOKING SERIES:

# GERMANY

MAY 19<sup>ST</sup> @ NOON



We will be learning about Germany and making Schnitzel in this class. Please call to RSVP by May 12th, space is limited.

**Call 270-866-4477 to RSVP**

HAPPY  
Mother's Day



## Air Fryer 101

Air fryers are a popular kitchen appliance. They provide a healthier alternative to conventional frying by using no oil.

Come learn if an air fryer might be right for your kitchen!

**When:** May 19th

**Time:** 4 p.m.

**Location:** Russell County  
Extension Office

Space is limited, call 270-866-4477 by May 12<sup>th</sup>.