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Family & Consumer
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Logan County



Rachel Hance

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**Cooperative
Extension Service**

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

Logan County Homemakers

May 2025

Mark Your Calendars!

- Logan County Homemaker Officer Training / Council Meeting is June 18, 2025 @ 10 AM.
- The Logan County Extension Office will be closed May 26, 2025 for the Memorial Day holiday!
- The Logan County Extension Office will be closed June 19, 2025 for the Juneteenth holiday!

Logan County Fair Open Exhibits

If you are interested in entering exhibits in the Logan County Fair here are some important dates to remember:

June 16 & 17 - Exhibits turned in to Extension Office

June 21 - Exhibits on display

June 23 - Exhibits ready for pick up

Please contact the Logan County Extension Office if you have questions about fair exhibits.

Logan County Fair Kick Off Day Quilt Show

Make plans to enter a quilt in the Logan County Fair Kick Off Day Quilt Show on Saturday, June 21, 2025! More details to come!

Officers Training / Council Meeting

Please make plans to attend our officer's training and council meeting on June 18, 2025 at 10 AM at the Logan County Extension Office. All county officers, chairmen, club Presidents, and other club representatives are invited to attend. I will be distributing all new year materials for 2025-2026. Morning refreshments will be provided. I hope to see everyone there!

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Lexington, KY 40506



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with prior notification.



FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!

Homemaker Club Meetings

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

South Union

Meets 2nd Wednesday @

NOON

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM



Homemaker Leader Trainings

June Leader Training

“Jewelry Making”

June 4, 2025 @ 10 AM

ATTENTION ALL MEMBERS AT LARGE AND ALL NEW MEMBERS:

OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.

If your club has participated
in an outing, event or activity
that you would like to
highlight in our monthly
newsletter please feel free to
send me information and
pictures!

*Any changes in leader
trainings
will be announced!*



Logan County Homemaker HIGHLIGHTS



Neighbors Club members met at the home of Kim Miles for lunch and lesson in April. The lesson on Indoor/Outdoor Plants and Propagation was presented. In connection to the lesson materials, indoor and outdoor plants were shared among members. Kim shared her spring flower cuttings with the members. Each went home with a spring bouquet.

Sew Fun Homemakers were having fun at A Place of Grace Quilter's Retreat in Clarkrange, TN in April!





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

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May: Mental Health Awareness Month

With so much talk about mental health, there are many people who do not fully understand what mental health is, the right language to use when talking about mental illness, or where to go when they or others need mental health help. May is mental health awareness month. It is the perfect time to talk about mental health and ending mental health stigmas.

What is mental health? According to the Substance Abuse and Mental Health Services Administration (SAMHSA), mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps decide how we handle stress, relate to others, and make choices.

What is mental illness? Mental Illness refers to mental health disorders, such as depression, anxiety disorders, and stress-related disorders. These disorders negatively affect how we feel, think, and act.

How can we end the mental health stigma? Before we can end mental health stigma, there are a few things that we must do:

- Educate ourselves on mental health, signs of mental illness, and where we can go for help.
- Talk openly about mental health and mental illness.
- Be aware of the language we use.
- Keep in mind that mental health is just as important as physical health.
- Show kindness toward those who are experiencing mental illness.

Where can we go when we need mental health help?

There are several places where people can seek mental health help. Websites such as psychologyToday.com and <https://findtreatment.gov/> are great starting points. If you are in crisis, you can contact the Suicide and Crisis Lifeline at 988.

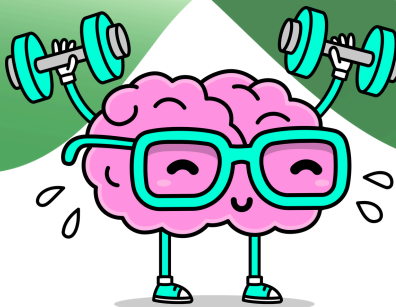
Resources: <https://www.nami.org/education/9-ways-to-fight-mental-health-stigma/>

<https://www.samhsa.gov/mental-health>

<https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist, Mental Health and Well-being

YOU ARE
NOT ALONE



You Are Not
Your Negative
Thoughts

Logan County Fair

QUILT SHOW

LOGAN COUNTY
EXTENSION
OFFICE
SATURDAY, JUNE
21, 2025
9 AM - 1 PM

Quilt Drop Off:
Wednesday,
June 18, 2025
Quilt Pick Up:
Monday, June 23,
2025



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