



Mostly cloudy skies, with a high near 29. Wind 8-10 mph.

**29/10**

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# Morning News

FRIDAY, FEBRUARY 27, 2009

BINGHAM COUNTY'S DAILY NEWS SOURCE

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## Sewing to save



The Morning News / Daniel Iverson

Volunteers Alice Konishi and Linda Nowacki thread a sewing machine Wednesday at the Catholic Charities of Idaho, which is hosting a new sewing education program for helping adults to save money by preserving their clothing instead of replacing it.

## Program helps preserve clothes

By Daniel Iverson  
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BLACKFOOT – Volunteers are helping members of the community to “stretch their clothing dollar” with a new sewing education program in which participants are learning techniques to repair their damaged clothing instead of replacing it.

Organized by members of the United Methodist Women and hosted at the Catholic Charities of Idaho, the program is designed to support the former organization’s mission to “help women help themselves,” according to volunteer Dixie Jacky.

“We have a long background of that thought process,” she said.

Participants and volunteers are already gathering Wednesday mornings for the first informal sessions, but a structured eight-week class is

forthcoming.

Although tentative, the class schedule is set to cover everything from sewing basics such as threading to clothing maintenance and repair, making it appropriate for those who might require a refresher as well as those who never before learned how to sew.

One example of topics to be covered is sewing buttons.

“It’s always the most important button that comes off,” Jacky said.

Proper laundry procedures and stain removal will be covered as well, so damaged clothes may continue to be used instead of being thrown away.

Participants will eventually create their own clothes too by learning how to follow a sewing pattern and by completing in-class projects.

Participants are invited to bring their own sewing projects for guid-

ance. One woman who attended the latest session was learning to patch jeans while another was re-learning how to operate her sewing machine after an extended break from using it.

Several sewing machines are available for participants to use, though anyone who already owns one and is willing to bring it is encouraged to do so.

According to Jacky, the program is designed for those without access to resources necessary to do their own clothing repair.

“A lot of families can’t go through a new pair of jeans every time they get a hole in the knee,” she said.

Jacky said Catholic Charities of Idaho was “gracious” to allow vol-

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unteers to use its space for the program and will help it to benefit the people it was designed for.

“Catholic Charities is in contact with those in need,” she said. “And we want to help people who are in need of help.”

Jacky said she is looking for five to 10 participants for the first class before it starts. She said she wants the number to be low to ensure participants are receiving one-on-one attention and are having their

specific needs addressed.

An experienced seamstress herself, Jacky began sewing as a young child through the 4-H program and grew up sewing her own clothes, from jeans to jackets.

The program runs every Wednesday morning from 9:30 a.m. to 11 a.m. and is open to English- and Spanish-speaking individuals. Anyone wishing to attend the class should call Kathleen Pressler-Hall at 782-0027 for details.

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