



EHC Connection



Clark County Extension Service
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Winter 2008

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Upcoming Events

Leader Training

February's leader training will be "New Diseases" in the area of Nutrition, Health & Wellness, taught by Kris. Training will be held **Wednesday, February 6**, in the Outback Kitchen, starting at 9:30 am.

Board Meeting

Board meeting times have changed to the **first Wednesday** of each month beginning at 10:30 am. All club presidents are council officers are expected to attend.

Community Service Work Day

The Council is sponsoring a community service work day, **Wednesday, February 13** starting at **9:30 am** in the kitchen. Please bring \$3-4 to cover the cost of pizza that will be ordered for lunch.

The project is Teaching Dolls for AR Children's Hospital. Materials provided will be 5 sewing machines, thread, patterns, and 3 boxes of stuffing. Come help cut out and sew for the kids at Children's Hospital.

Board members are researching needs of other service projects in the county. Look for future opportunities for community service needs here in Clark County in upcoming newsletters.

Kitchen Cleaning 2008

When it is your club's turn to clean the kitchen, remember you can have ladies on probation clean for community service. You call and make arrangements for date and time then sit in the building while they are cleaning. Call Margie Bratton at 246-5960 to schedule cleaners. All clubs need to host cleaning at least one month – call Gwyn to take a month for your club.

January – Open
February – Open
March – Manchester
April – Manchester
May – Red Springs
June – Red Springs

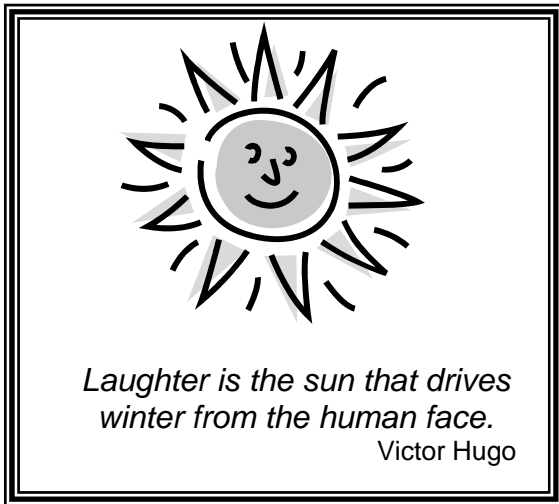
July – Whelen Springs
August – Whelen Springs
September - FAIR
October – Hartsville
November – Hartsville
December - Open



Power Pals

If you want to boost metabolism, increase your energy level, and stop bone loss that leads to osteoporosis, this could be the program for you.

The Extension will be offering the strength training program called Power Pals beginning **Monday, January 14**, at 10:30 am at First Baptist Church in Arkadelphia. Classes will be held on Mondays and Thursdays. This program will help you get in shape, improve your balance, and get results safely without deprivation or dangerous weight-loss drugs.



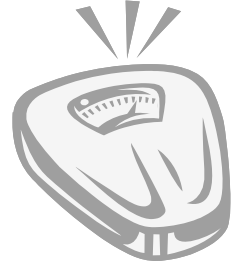
Inclement Weather Policy Reminder

On days when county meetings are scheduled and the weather is inclement, check to see if the public schools are closed. We will follow the announcements of the schools. If school is canceled, our meetings are canceled.



Get Fit For Life & Reshape Yourself

If you are interested in a program that targets behavior changes for a healthier body weight, then **Get Fit for Life** is for you.



Get Fit for Life is held once a week on Tuesday beginning January 29, at the Extension office. Classes will begin at 12:05 pm and will last approximately 45 minutes. The entire course will last 10 weeks and will emphasize a three-part approach to weight control:

- Choosing a sensible, balanced diet that will fit your lifestyle
- Walking regularly for exercise
- Making lifelong behavioral changes

The program cost is \$20 (\$10 registration fee and \$10 goes into a winners' pot to be given back at the end of the program.)

The first 15 people to register and pay are guaranteed to receive a pedometer with safety clip.

Weekly, you will receive information to take home and incentive awards and/or healthy recipe tastings. Sign-up and pay program costs at the Extension office located at 640 South 6th Street, Suite B, in Arkadelphia. This class is co-sponsored by EH through the Entergy Grant.

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.



Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat!

Home for the Holidays Pictures



Community Service

Clark County EH sponsored Hamburger Fundraisers for two families that lost their homes due to fires. (Hamburger meat left over from the fair was used). Almost \$3,000 was raised between the two events. Great job EH'ers helping families in need here in Clark County.



Tour of Homes Pics





Rosemary Bread

1 Tbsp. dry yeast
1 cup warm water (105-115 degrees F)
1 tsp. salt
1 Tbsp. canola oil, peanut oil or olive oil
2 Tbsp. butter, melted

1 Tbsp. sugar
2 1/2 cup white flour, divided use
2 Tbsp. chopped fresh rosemary, divided use
nonstick cooking spray

Place yeast, sugar, and warm water in large bowl or food processor and allow mixture to become bubbly. Mix in 2 cups of flour and the salt. Add one tablespoon of the fresh chopped rosemary. Knead for about 10 minutes by hand or in food processor about 30 seconds until smooth and elastic. Add more flour, if necessary. Oil bowl, put dough in it and cover with a towel. Let dough rise in a warm place for one hour until doubled.



Punch down dough and divide in half. Let dough rest about 5-10 minutes. Spray baking pan or cookie sheet with cooking spray. Shape the dough into 2 small rounded oval loaves.

Melt margarine or butter. Brush over the top of the loaves. Sprinkle remaining 1 Tablespoon of rosemary over the loaves and press lightly into the surface. Let loaves rise again until doubled, about 45 minutes. Preheat oven to 450 degrees F. Lightly sprinkle coarse salt over the loaves. Bake for 20-25 minutes, until lightly browned.