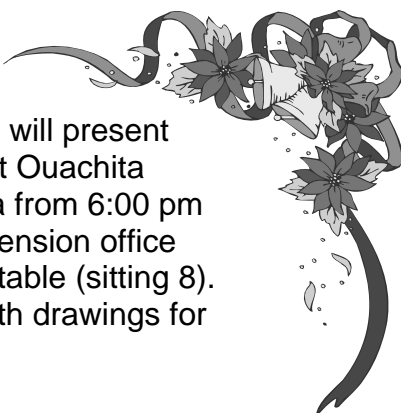




EHC Connection



Home for the Holidays



Clark County Extension Service
640 S. 6th, Suite B
Arkadelphia, AR 71923
870-246-2281

Fall 2008

Jerry Clemons
County Extension Agent-
Staff Chair

Kris Elliott

Kris Elliott
County Extension Agent-
Family & Consumer Sciences
kelliott@uaex.edu

Amy Simpson
County Extension Agent-
4-H/Agriculture

Rebekah Beene
Administrative Office Supervisor

Executive Board Members

Gwyn Buck, President
870-366-4610

Lynn LeMay, Co-Vice Pres.
870-353-6301

Jean Tolland, Co-Vice Pres.
870-353-2616

Joyce Palla, Treasurer
870-366-4487

Dorothy Daniell, Secretary
870-245-3687

Ruth Boyd, Report/Parliamen.
870-246-5533

Kathy Bauer, Pres. Elect
870-353-4072

The Clark County Extension Homemakers will present **Home for the Holidays**, Friday, November 14, at Ouachita Baptist University – Walker Center in Arkadelphia from 6:00 pm until 8:00 pm. Tickets are on sale now at the Extension office (or until sold out) for \$10 per person or \$75 for a table (sitting 8). Each person attending will receive a gift along with drawings for door prizes.

Topics covered include:

- Holiday Foods Demo & Tasting with Keith Cleek & Kris Elliott
- Holiday Interior Design

Centerpieces for each table will be decorated by groups or people. If you would like to decorate a table please call the Extension office ASAP. Participants will be given tickets to vote for a People's Choice Centerpiece (prize will be given to winner).

Volunteers are needed to assist with food prep for demonstrations and food plating, door prizes, centerpieces, party favors, etc. If you would like to sign up as volunteer in any capacity, please call the Extension as soon as possible. This should be a fun event that has a lot of positive public relations for Extension Homemakers.

Leader Training

November's leader training will be "Christmas Decorations with Natural Materials" in the area of Resource Management. This training will be held **November 5** in the Outback Kitchen, starting at **9:30 am** and is being taught by Barbara Wasson.



Board Meeting

The Council Board Meeting will be held Wednesday, **November 5**, in the Outback Kitchen, starting at **10:30 am**. All club presidents and council officers are expected to attend.

Home Winterization

1. Clean those gutters

Once the leaves fall, remove them and other debris from your home's gutters – by hand, by scraper or spatula, and finally by a good hose rinse – so that winter's rain and melting snow can drain. Clogged drains can form ice dams.

2. Block those leaks

First, find the leaks: On a breezy day, walk around inside holding a lit incense stick or candle to the most common drafty areas: recessed lighting, window and door frames, and electrical outlets.



Then, buy door sweeps to close spaces under exterior doors and caulk or apply tacky rope caulk to those drafty spots. Outlet gaskets can easily be installed in electrical outlets that share a home's outer walls, where cold air often enters.

3. Insulate yourself

Another thing that does cost a little money - but boy, you do get the money back quick – is adding insulation to the existing insulation in the attic. Regardless of the climate conditions you live in, in the U.S. you need a minimum of 12 inches of insulation in your attic. (Although in the region it is recommended to use R49.)

If you don't want to clutter your brain with R-values or measuring tape, use this rule of thumb on whether you need to add insulation: If you go into the attic and you can see the ceiling joists, you know you don't have enough because a ceiling joist is at most 10 or 11 inches.

4. Check the furnace

First, turn your furnace on now, to make sure it's even working, before the coldest weather

descends. A strong, odd, short-lasting smell is natural when firing up the furnace in the autumn; simply open windows to dissipate it. But if the smell lasts a long time, shut down the furnace and call a professional.

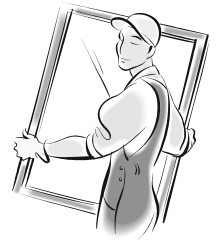
Throughout the winter you should change the furnace filters regularly (check them monthly). A dirty filter impedes air flow, reduces efficiency and could even cause a fire in an extreme case. Toss out the dirty fiberglass filters; reusable electrostatic or electronic filters can be washed.

5. Get your ducts in a row

Ducts aren't always easy to see, but you can often find them exposed in the attic, the basement and crawlspaces. Repair places where pipes are pinched, which impedes flow of heated air to the house, and fix gaps with a metal-backed tape (duct tape actually doesn't stand up to the job over time).

6. Face your windows

Of course, windows are pricey, but budget to replace them a few at a time, and in the meantime, buy a window insulator kit. The kit is plastic sheeting that's affixed to a window's interior with double-stick tape. A hair dryer is then used to shrink-wrap the sheeting onto the window. (It can be removed in the spring.) "It's temporary and it's not pretty, but it's inexpensive (about \$4 a window) and it's effective."



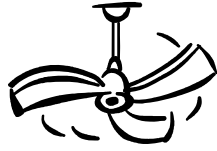
7. Don't forget the chimney

Ideally, spring is the time to think about your chimney because chimney sweeps are going crazy right now, as you might have guessed. That said, don't put off your chimney needs before using your fireplace. A chimney should at least be inspected before use each year. Woodstoves should be swept more than once a year.



8. Reverse that fan

Reversing your ceiling fan is a small tip that people don't often think of. By reversing its direction from the summer operation, the fan will push warm air downward and force it to re-circulate, keeping you more comfortable. (Here's how you know the fan is ready for winter: As you look up, the blades should be turning clockwise.)

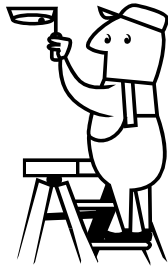


9. Wrap those pipes

Next, go looking for other pipes that aren't insulated or that pass through unheated spaces – pipes that run through crawlspaces, basements or garages. Wrap them with pre-molded foam rubber sleeves or fiberglass insulation, available at hardware stores.

10. Finally, check those alarms

This is a great time to check the operation and change the batteries on your home's smoke detectors. Detectors should be replaced every 10 years, fire officials say. Test them – older ones in particular – with a small bit of actual smoke, and not just by pressing the "test" button. Check to see that your fire extinguisher is still where it should be and still works.



Home for the Holidays Help Needed

Party Favors - There are 200 bows that need to be tied. This is a great opportunity for a member that can not get out of the house and stand long. This project can be taken home and returned to the office by Monday, November 10.

Food Prep – Members are needed to assist with slicing, dicing, and recipe preparation on Monday, November 10 and Thursday, November 13, both days in the Outback Kitchen beginning at 8:30 am.

Plating Food & Serving – Volunteers are needed to assist the college students with plating food and possibly serving on Friday, November 14, at 5:00 pm.

Kitchen Clean up – Two volunteers are needed to assist/direct the college students on cleaning the kitchen after the food is served on November 14, from 6:30 until complete.

Centerpieces for Tables – There are 25 tables that need to be decorated for the evening. If you or your club would like to decorate a table, call the Extension office as soon as possible. Please ask people in the community that you know also.

Door Prizes – Collection of door prizes from local businesses, then delivery on November 14.

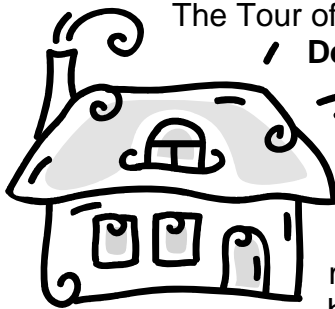
Treasurer Office Filled

Great News! Joyce Palla has been invited and accepted the open position of Treasurer for the Council. Joyce has agreed to serve the remainder of this term. When you see Joyce – express your appreciation to her for serving the Council in this role.



"Autumn is a season followed immediately by looking forward to spring."

Tour of Homes



The Tour of Homes will be Sunday, **December 7**, during the afternoon. Put this date on your calendar. Each club will have times to volunteer and collect money at the different homes.

Each club **must** have a name of at least one person to serve on the Tour of Homes committee. This has been requested for several months, and the time is now to have names at the Board meeting on November 5.

The committee will assist in getting descriptions of the homes and driving directions, fold brochures, put signs up along the route and various other needed tasks involved with this program. One or two people can not take on this tour alone. Help is needed – there is a job for everyone.

EHK Bingo Day



Come play Bingo and have fun with fellow EH members! This is the second annual Bingo Day. The date is **Saturday, November 1**. Come to the Outback Kitchen at **10:30 am** with \$4 for lunch. Beverages and door prizes will be provided. The day will end in the afternoon after lunch and when all door prizes are gone. Come celebrate membership and fellowship while having fun.

"The wind-blown leaves turn
Dancing the golden sunlight
across the tired floor."



Matt Dimmic

MedWise Arkansas



Come to the MedWise Program on Friday, **November 21**, from **9:30 to noon** in the Outback Kitchen to learn more about:

- Medicines in Your Home
- How to Talk to Your Doctor.

These lessons will be taught by Dr. Margaret Harris, health specialist from the Extension's state office. This is a great program for you if you take medicines and also if you help a loved one with his or her medicines.

This program is free and open to anyone. Please invite your friends and family. Reserve your place by calling the Extension office before November 17.

Red Springs EH Pie Baking Contest

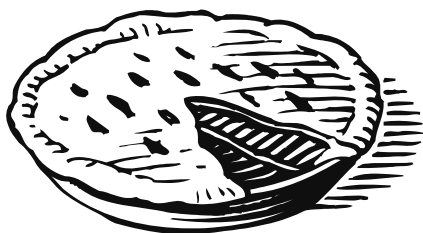
The Red Springs EH Club will be hosting a Pie Baking Contest during the Gurdon Forest Festival. The date is Saturday, **October 25**.

The entry fee is two identical pies. One is being donated to Gurdon Community Development & Entertainment Club to be auctioned at the Gurdon Forest Festival. The other pie will be judged and pieces sold at the Red Springs EH table on Main Street in front of Kuhn's Hardware & Billy's Florist.

Categories are:

- Fruit
- Nut
- Cream/Pumpkin/Custard

There will be 1st – 3rd places for both juniors and adults. For more information contact Denise Ezell at 870-353-2832, Jean Toland at 870-353-2616 or Kathryn Burchfield at 870-274-3214.



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.

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."



- Elizabeth Lawrence

Aging - 5 Warning Signs of Health Problems

- 1. Has the person lost weight?** Many people think that being thin is healthy, but losing weight without trying is a sign that something's wrong.
- 2. Is the person safe in their home?** Take a look around your home, keeping an eye out for any red flags that might mean having trouble maintaining a home.
- 3. Is the person taking care of himself or herself?** Pay attention to your loved one's appearance. Notice if he or she is keeping up with usual personal hygiene routines. Are clothes clean? Does he or she appear to be taking good care of clothes and self?
- 4. How is the person's spirits?** Note moods. Everyone has good and bad days, but a drastically different mood or outlook could be a sign of depression or other health concern. Ask the person how he or she is feeling. Does he or she seem withdrawn or blue?
- 5. Is the person having difficulty getting around?** If the person has any health conditions that make it difficult to get around, there may be difficulty caring for him or herself. For instance, he or she may experience muscle weakness, joint problems and other age-related changes that make it difficult to move around.

If you would like more information about Aging in Place contact the Extension office.



Corn Salad

Yield: 15 servings

2 cans yellow whole kernel corn, drain
1/2 bell pepper, chopped
1/2 green bell pepper, chopped
1/2 purple onion, chopped
1 cup mayonnaise, light
1 cup shredded cheddar cheese
5 oz corn chips

Mix all ingredients except chips. Add chips just before serving; otherwise, they will get soggy. Red peppers are expensive so you can use green instead.

