

## FCS Newsletter

1770 Myers Street  
Batesville, AR 72501

August, 2008

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### **Basic Home Repairs – LEADER TRAINING**

Plan to attend a leader training Tuesday, August 19th at 1:00 p.m. at the Home Depot in Batesville. You are in for a treat! The staff at Home Depot will give demonstrations on leaks, energy-saving equipment, etc. So, bring your questions and get some expert help on getting some items fixed at your home.

A leader from each EH Club should attend to be able to teach the topic at their September EH Club meeting. The public is invited.



### **Marinades May Decrease Cancer-forming Compound on Grilled Meats**

Outdoor cooking season is at its peak, and now there are even more reasons to marinate meats before grilling. New research published in the Journal of Food Science suggests that marinating meat may decrease the cancer-forming compounds called heterocyclic amines (HCA), which are produced during grilling, by more than 70 percent.

Researchers from Kansas State University tested three commercial spice-containing marinade blends (Caribbean, southwest, herb) on round beef steaks. The steaks were marinated for one hour and then grilled at 400 degrees Fahrenheit.

Food scientists found that steaks marinated in the Caribbean blend produced the highest decrease in HCA content (88%), followed by the herb blend (72%) and then the southwest blend (57%).

“Commercial marinades offer spices and herbs, which have antioxidants that help decrease the HCAs formed during grilling,” says J.S. Smith, principal researcher at Kansas State University. “The results from our study have a direct application since more consumers are interested in healthier cooking.”

### **FALL EH COUNCIL MEETING**

The Fall meeting will be held Friday, October 3<sup>rd</sup>, at the Extension office. Registration is at 9:30 am with the FANS EH Club. Decorations will be provided by Charlotte EH Club. Pfeiffer EH Club will be hostess. The special speaker will be from the Little Rock Poison Control Center at 10:30 a.m. A potluck meal will be at 11:15 a.m. The public is welcome to attend.

### **EH EXECUTIVE OFFICERS & BOARD MEETINGS**

The next county EH officers meeting will be Friday, October 10<sup>th</sup>, at 10 a.m. The county EH Board meeting will follow it at 11 a.m. at the county Extension office. County officers, county leaders and EH club presidents are urged to attend these important meetings.

### **PREVENTING FALLS**

The Center on Aging in Jonesboro and the University of Arkansas Cooperative Extension Service are sponsoring a free seminar on October 14<sup>th</sup> at 1 p.m. at First Community Bank in Batesville on How to Prevent Falls. The public is invited to attend.

### **24<sup>TH</sup> ANNUAL HOLIDAY CRAFT FAIR**

The sale will be November 7 & 8 at the county fairgrounds. Hours are Friday from 10 a.m. - 6 p.m. and Saturday from 9 a.m. - 4 p.m. The fair's purpose is to offer an outlet for craft artists to show their products. Sponsored by the EH Clubs, booth spaces are available by calling Donna at 251-2248. Breakfast and lunch will be available.

### **Mark Your Calendars for 2008**

<b>August 19</b>	<b>Basic Home Repairs Leader Training, Home Depot, 1 p.m.</b>
<b>October 3</b>	<b>Fall EH Council Meeting, Extension Office</b>
<b>October 10</b>	<b>EH County Officers Meeting, 10 a.m.</b>
	<b>EH County Board Meeting, 11a.m.</b>
<b>October 14</b>	<b>Preventing Falls Seminar, First Community Bank, 1 p.m.</b>
<b>October 21</b>	<b>District EH Rally</b>
<b>November 7-8</b>	<b>Annual EH Craft Sale, Fairgrounds</b>

Sincerely,

Beverly Fountain  
County Extension Agent – Family & Consumer Sciences

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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