

# Logan County Extension Homemaker News

Logan County Extension Office  
#15 Courthouse, 25 W. Walnut  
Paris, AR 72855

August 22, 2008

## Fall Council Meeting

Wednesday, October 29  
Registration – 11:00 Lunch – 11:30  
Magazine Community Building



**Program:** LaVonna Traywick, Gerontology Specialist with Cooperative Extension Service, will present an informative program on *Aging in Place*. She will talk about simple home modifications and the use of assistive devices that will give the senior adult the ability to function independently.

**Clothesline Sale:** Books, DVDs, CDs

**Lunch:** Potluck – one large dish each

**Table Decorations:** Each club should provide one.

**Duties:**

Nametags and Registration: Sugar Grove  
Insp. Thought/Blessing/Flag Salute: Prairie View  
Program Covers: Subiaco  
Entertainment/Clothesline Sale: Blue Mountain  
Hostess: Cane Creek  
Paper Goods/Set Up: Shoal Creek  
Co-Hostess: Sew Sensational

***This program will be very interesting to a lot of people—and also entertaining. Invite prospective members to this fun day!***

### Ozark District Rally

Tuesday, October 21  
Methodist Church, Clarksville

Registration fee is \$10 and includes lunch and snacks. The fee is due in the county office by Friday, October 3. There will be door prizes and a silent auction. All members and guests are invited to participate.

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# Logan County EHC Quilt

The beautiful EHC Quilt that was constructed from the 2007 Basket Challenge Contest will be given away at the fair in Paris on Saturday, Sept. 13. If you or your club needs raffle tickets, please stop by the office. We will have the quilt on display at both fairs. EHC hostesses will be asked to sell tickets while on duty.



## 2008 Quilt Show

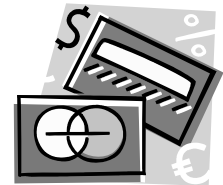
Thanks to Grace Calva and a committee of dedicated workers, the 2008 Quilt Show was a success. The displays showed off some amazing creative skills from the region. Thanks to all who helped.

## Hospital Wall Hangings

If you or a past member contributed a wall hanging to the old Booneville hospital, please contact the office to reclaim it. With the construction of the new hospital, the wall hangings are no longer being used and need to be returned to the individual or the family that made them.

## Free Credit Reports

Why should you get a credit report? Because the information in the report affects whether you can get a loan and what sort of interest rate you will pay for the loan. You also want to be sure the information is accurate before you apply for a loan for major purchases like a home or a car.



Viewing your credit report will help guard against identity theft. Identity thieves may use your information to open new credit card accounts in your name. When they don't pay the bills, the negative information is reported on your credit report. Inaccurate information will affect your ability to get credit, insurance or even a job.

You can order your free credit report three ways. You can call 877-322-8228, visit the Web site at [www.annualcreditreport.com](http://www.annualcreditreport.com) or request your copy by mail using the Annual Credit Report Request Form. For those who do not have web access, we have copies of this form available at the county Extension office. There are three reporting companies. You can request a free report from each company once a year.

If you would like a credit accounts register or more information on credit cards, call the Extension office.

Sincerely,

Sheila Brandt  
County Extension Agent –  
Staff Chair

### Invitation to Activities

*All of the activities mentioned in the newsletter are open to everyone regardless of race, color, national origin, age, religion, gender, disability, or any other legally-protected status. 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.*

# Fair Workers Needed

Help is needed in the exhibit building to make sure the items are secure and to assist visitors. Two or more people should serve together.



**HELP WANTED:**  
Superintendents and  
hostesses at county  
fairs.

## So. Logan County Fair – Booneville

**Wed., Sept. 3**  
5:00–8:00 Fair Board

**Thurs., Sept. 4**  
4:00–8:00 Sugar Grove

**Friday, Sept. 5**  
9:00–1:00 Blue Mountain  
1:00–5:00 Sugar Grove  
5:00–8:00 Fair Board

**Saturday, Sept. 6**  
9:00–1:00 Sugar Grove  
1:00–5:00 Blue Mountain

## Logan County Fair – Paris

**Wed., Sept. 10**  
5:00–10:00 Quilt Guild

**Thursday, Sept. 11**  
9:00–5:00 Garden Club  
5:00–9:00 Sew Sensational

**Friday, Sept. 12**  
9:00–1:00 Farm Bureau  
1:00–5:00 Cane Creek  
5:00–9:00 Shoal Creek

**Saturday, Sept. 13**  
9:00–1:00 Subiaco  
1:00–5:00 Prairie View  
5:00–9:00 Master Gardeners

I know that you all work at the fair with entries, but it's important that we maintain the security of the items after they are displayed. We appreciate your help.

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# County and Area Fairs

Fair books will be available in a few days. Come by and pick one up and make plans for your entries. Entry tags may also be picked up in advance. Some changes have been made this year in categories that you will want to note.

Here is a summary of the Creative Arts events:

South Logan County Fair – Booneville		
Tuesday, Sept. 2	12:30	Training for workers
	1:00 – 8:00	Enter creative arts & educational exhibits
Thursday, Sept. 4	7:30 – 11:00	Enter house plants & floral arrangements
Sunday, Sept. 7	12:00 – 2:00	Check out creative arts exhibits
Logan County Fair – Paris		
Thursday, Sept. 4	9:00	Clean-Up & Set-Up
Tuesday, Sept. 9	11:30	Training for workers
	12:00 – 7:00	Enter creative arts & educational exhibits
Thursday, Sept. 11	7:30 – 11:00	Enter flowers & house plants
Sunday, Sept. 14	1:00 – 2:00	Check out creative arts exhibits
AR/OK State Fair – Fort Smith, Sept. 21-29		
<i>Pre-registration is required prior to Sept. 2. Contact the Extension office for forms or get them online at <a href="http://www.kayrodgerspark.com">www.kayrodgerspark.com</a>.</i>		
Monday, Sept. 15	2:00 – 6:00	Check in creative arts exhibits
Monday, Sept. 29	2:00 – 6:00	Creative arts exhibits released

## 7 Ideas to Eat Better and Cheaper

With 2008 food costs expected to rise at 2.5 times the average rate of recent years, eating smart on a budget keeps getting tougher. Here are some tips to boost your nutritional health while trimming your grocery bill:

**Minimize Meat.** Instead of making meat—*typically the most expensive item on your plate*—the main focus of a meal, relegate it to a supporting role for vegetables and whole grains.

**Plan Your Meals and Your Shopping.** Plan nutritionally-sound menus; then fine tune your grocery list so you buy only what you'll actually cook and nothing goes to waste.

**Cut Down on Convenience Foods.** They're typically pricier, more heavily processed, and less healthy than meals made from

scratch—and don't save that much time.

**Bypass the deli counter.** Processed and cured meats have been linked to increased risk of cancer; they can also be pricey. Broil an extra boneless, skinless chicken breast at dinnertime, then slice and save the leftovers. Per pound, plain chicken breast costs about half the typical sliced deli meat.

**Season It Yourself.** Buying pre-flavored poultry or pork tenderloins can add two dollars a pound along with

excess sodium. Seasoning your own allows you to save money and be healthier too.

**Buy Fresh Fruits and Vegetables in Season.** They cost less and are likely to be at their peak flavor. Otherwise, buy frozen.

**Drink Water and Tea.** They're better for you than the expensive coffee drinks and flavored waters.