

Logan County Extension Homemaker News

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

January 23, 2008

Health and Nutrition Classes Offered

Are you one of the many Americans who made New Year's resolutions to lose weight, exercise more frequently, and eat healthier? Although health resolutions are frequently made, less than half of those who made those resolutions stayed committed and carried them out in 2006.

Two classes will be offered by the University of Arkansas Cooperative Extension Service this winter and spring aimed at those three goals—losing weight, exercising more, and eating a healthier diet.

"Health for Every BODY" is a healthy weight program based on the idea that people of all shapes and sizes can improve health by adopting positive eating habits and becoming more physically active. The 12-week course teaches goal setting, calorie needs, strength training, fats, portion sizes, food labels, eating out, healthy recipe makeovers, sugar substitutes, and use of dietary supplements. The classes will be at 4:30 p.m. on Mondays, starting February 11 at the Paris Methodist Church. Total cost for the course is \$10. Call the Extension office at 963-2360 for more information and to register for the course.

"Stay Strong Stay Healthy", a 12-week exercise program developed by Miriam Nelson, PhD, an associate professor at Tufts University of Boston, will also be taught this spring. The program is based on research of how strength training and proper nutrition improve the health of women of all ages. Research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength. The program is appropriate for both sedentary and active people. Class schedule and location will be determined by participants. The organizational meeting will be at 10:00 p.m. Monday, January 28, at the Senior Activities Center in Paris. Call the Extension office to register.

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Healthy Heart Committee

February is the month for valentines, flowers, and paper hearts, but it's also a good time to reflect on the health of your heart. February is American Heart Month, and Logan County EHC is planning an educational healthy heart event. Tentative plans are for an educational program, heart-healthy lunch, cookbook and style show featuring red garments. A committee will meet at 2:30 p.m. Monday, January 28, in the courthouse conference room in Paris. Committee members and representatives from each club are encouraged to attend.

Buying and Selling on eBay

Have you ever wanted to trade on eBay but didn't know how? Logan County Extension Service is sponsoring a workshop, 10:00 a.m. – 12:00 noon, Tuesday, February 26, at Arkansas Tech University Ozark Campus, Paris Center, located at 103 East Pine Street. Participants will have access to computers and will be able to post items for sale on eBay. Stacey McCullough and Kim Magee, Community Development and Agricultural Economics specialists from the University of Arkansas, will walk participants through setting up an account, photographing items and posting them on-line. Not sure that you are up to it? Come and observe! Space is limited. Call the Extension office to register.

Do You Have Heart Disease?

Every year more than 1.5 million Americans suffer heart attacks. A half million die. That number continues to grow, and it includes women as often as men. The age at which heart disease occurs continues to lower. Most victims never see it coming. They have no symptoms. No chest pain. No numbness in the left arm...no suspicion that the "silent killer" is at work, until it's too late. Do you have heart disease?



A heart scan can uncover heart disease in less than seven minutes and years before you have a symptom. It's noninvasive and pain free. It involves no needles, no dyes, no injections and no exercise. Cost is \$50.

A more complete work-up is available for \$125. It includes: triglycerides, cholesterol (HDL and LDL), blood sugar, heart scan, body fat, BMI, peripheral vascular check (arms and legs) and a cardiac assessment.

One of our clubs made a day trip, and four members had the tests. I think they would join me in encouraging other club members to do the same. Find out if you have heart disease! Call me for more information and location.

AEHC Officer and Leader Training

"EHC Opens the Gate in 2008" is the theme of the Officer Training, 9:00 a.m. – 3:00 p.m., Wednesday, March 12, at the C.A. Vines 4-H Center. Emphasis for the training will be on marketing EHC. Joy Matlock of Heifer Project International will be the featured speaker. Club and county officers are encouraged to attend. Delegates that arrive on March 11 may stay at the center and participate in county-sharing activities. Cost for lunch and registration for one day is \$10.25. Cost for lodging, meals, and registration for two days is \$52.25. Registration is due in the county office by February 25.

Health Update

Henry Etta Meyer, retired Extension secretary, is recovering at Health South from a broken ankle and stroke. Cards may be sent to her at the following address:
Health South #9, 1401 South J Street, Fort Smith, AR 72901.

Club News

- Cane Creek:** Four members went to Little Rock for heart scans and other heart tests. The club also had the roof of the community building painted, which is an outstanding community service!
- Subiaco:** Helped with the Logan County Museum Tour of Homes and made booties, caps and blankets for donation to UAMS and Children's Hospital.
- Sugar Grove:** Tacked a quilt for a needy family.
- Blue Mountain:** Members learned quilting and made note cards.
- Sew Sensational:** Learned oil painting on a small canvas.

Be sure to send your club's monthly report to the Extension office to see your club's news here.

Foster Children Party a Huge Success

A group of local volunteers from several organizations pooled their time and resources to treat Logan County foster children with a Christmas party on December 15 at the Logan County Fair Building in Paris. Thirty-nine of the 76 foster children from Logan County attended the party and ranged from age three months to 17 years.



Pizza, cookies, a magic show and a visit from Santa were enjoyed by the foster parents, children and guests. Each child received a stocking filled with toys and gifts provided by Extension Homemaker clubs.

The party was sponsored by CASA of the Tri-Peaks (Court Appointed Special Advocates), the Division of Children and Family Services of the Department of Human Services and Logan County Extension Homemaker clubs.

Thanks to all of you for your contributions to the stocking project and for the cookies for the party. The children loved the gifts in their stockings. One little boy about age 4 pulled a notebook out of his stocking and said, "Oh, I've wanted one of these my whole life." The cookies were a huge hit—there were more than enough for all kids, parents and guests. Once again, EHC members showed their generous, caring spirit in a very worthwhile project.

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.

Sheila Brandt
County Extension Agent –
Staff Chair