

# Logan County Extension Homemaker News

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

June 9, 2008

## **Mt. Magazine Butterfly Festival Quilt Show**

EHC is sponsoring the annual Mt. Magazine Butterfly Festival Quilt Show Friday and Saturday, June 20 – 21 at the 1<sup>st</sup> National Bank Community Center in Paris. New or vintage quilts, wall hangings and other quilted items that have not been shown in a previous Butterfly Festival Quilt Show may be entered. No selling please.

Items will be entered from 8 a.m. – 11 a.m. on Friday and checked out at 5 p.m. on Saturday. The exhibit will be open from 12 p.m. – 9 p.m. on Friday and 9 a.m. – 5 p.m. on Saturday. Volunteers are needed for check-in, to work by the displays and as hostesses. If interested, call Grace Calva at 947-2368 or the Extension office.

Remember to bring your blocks and wall hangings from the kits that you purchased last year to the Quilt Show for judging. The blocks will be used in the 2009 quilt. New kits will be available at the quilt show. The theme for the block contest is birdhouses. The Challenge Contest will be table runners.

## **New Program Year**

Club officer and membership forms are due in the Extension Office by JULY 1. Dues are \$5 per club plus \$2 per member and should be mailed to: Patsy Parsons, 180 Horne Rd., Subiaco, AR 72865.

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## **Stay Young at Heart**



Forty-two participants enjoyed a healthy heart program, meal and style show sponsored by Logan County EHC on May 8. A meal of Zucchini Lasagna, Baked Dijon Chicken, Chilly Dilly Carrots, Green Beans Sauté, Rice Pilaf and Chocolate Angel Food Cake was served in healthy proportions. A big thank you to the committee: Lanora Hankins, Patsy Parsons, Bonita Gandy, Tommy Furstenberg, Karen Fritchie, Shirley Leslie, Valerie Metz and Martha Heft.

## **Fair Dates**

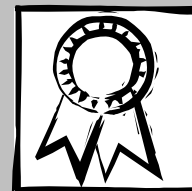
**South Logan County Fair – September 2 – 6**

**Logan County Fair – September 9 – 13**

**AR/OK State Fair – September 19 – 27**

- Registration Due September 2

- Entry is September 15



# **Fruit Station Field Day**

There will be a study day at the UA Fruit Station north of Clarksville on Tuesday, June 24. The study day is a great opportunity to learn about a variety of horticulture topics including: fruit production and use, tips for a better lawn, fire ants, and organic gardening. There will be activities for the whole family including kid's activities, tours, educational programs and fruit sampling. A free barbecue lunch will be served.

A Fruit Dessert contest for youth ages 10 – 19 and adults will be held. There is no entry fee. Contact the office for more information and a map. Register for lunch and the Dessert Contest by June 20 in the Extension office.

## **Saving on Gas**

*Here are a few tips that can help gas:*

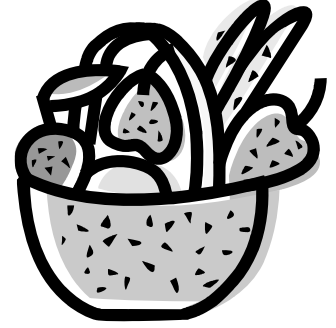
- Drive the speed limit. Gas mileage typically decreases at speeds over 60 miles per hour.
- Avoid idling when possible. Turn off the engine if you have a long wait.
- Try not to drive during rush hour. Stop-and-go driving burns more gas.
- Plan trips. Reduce miles by combining errands so that you make stops along a planned route.
- Use cruise control when appropriate. Steady driving uses less fuel.
- Avoid "jackrabbit" starts and stops to improve gas mileage by 5 percent.
- Remove excess weight. An extra 100 pounds in the trunk can reduce fuel economy by up to two percent.
- Excess weight in the luggage rack on top creates wind resistance for additional reductions in fuel efficiency.
- Spend less time driving. Carpool.
- Use air conditioning as little as possible.\*
- Keep tires properly inflated and aligned.
- Get regular oil changes. Use the manufacturer's recommended grade of motor oil.
- Keep maintenance on schedule. Check and replace air filters regularly.
- Use the octane level that you need. Check the owner's manual for the recommended octane level of gasoline for your car.



\*Consumer Reports' auto-test department reports that the air conditioner reduces your car's fuel efficiency by up to 10 percent. So to achieve maximum fuel efficiency, motorists should avoid using the air conditioner at speeds below 40 mph and travel with their windows down. But as your speed increases to 45 mph or highway speeds, wind drag becomes an issue. Driving with the windows down increases the drag on your vehicle. This drag can reduce fuel economy by as much as 10 percent.

# Food Safety with Fresh Produce

It seems that every few days there are reports of food safety issues with our fresh produce. Salmonella is often the culprit and can cause diarrhea, fever and severe abdominal cramps. Infants, elderly persons and those with impaired immune systems are more likely than others to develop severe illness if exposed to the organism.



It is virtually impossible to have fresh foods that are completely free of microorganisms. With that in mind, here are some tips for handling fresh produce safely:

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- All produce should be thoroughly washed before eating. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Even if you plan to peel the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using a commercial produce wash is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Drying produce with a clean cloth or paper towel may further reduce bacteria.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Discard any produce that looks rotten.
- Keep tomatoes that will be consumed raw separate from raw meats, raw seafood and raw produce items.
- Wash cutting boards, dishes, utensils and countertops with hot water and soap when switching between types of food products.

Fresh produce is not only tasty, it is high in nutrition. So let's enjoy our fruits and vegetables.

## **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