

# ***Perry County Extension Homemakers***

*Focus on Perry County*

*March 2008*

Is it spring time yet? It sure didn't look it outside this morning—wish we could have gotten all the pretty snow during the Christmas holidays. I am ready for spring, though; how about you? I am looking forward to planting flowers, and I plan to plant a garden this year. This will be a good project for me and my girls. I hope everyone is well and is having a good 2008 so far.

## **Senior Fair Day**

I am conducting the 2008 Senior Fair Day this Thursday, March 6, at the Perry County Historical Museum in Perryville. I would love for all of you to come and participate. It starts at 9:00 a.m. and will end around 3:00 p.m. The Perry County Health Department, Community Services, ARVAC, Area Agency on Aging, Perry County Nursing Center, Alzheimer's Association of Arkansas and others will be there to answer all your questions. Hope to see you there!

## **EHC Area Leader Training Meeting**

The Area EHC Leader Training meeting will be held on March 19 at the Downtown Church of Christ in Morrilton. We will start at 9:00 a.m. and should end around noon. Let me know if you would like to carpool. I would really appreciate it if we had some representation from all clubs attending. These trainings are always a lot of fun and usually include some very good refreshments. Just call and let me know if you plan to attend.

## **5 Ways to Terrorize a Telemarketer**

1. When they ask, "How are you today?" tell them, "I'm so glad you asked because no one these days seems to care, and I have all these problems: my arthritis is acting up, my eyelashes are sore, my dog just died..."
2. If they say they're John Doe from XYZ Company, ask them to spell their name. Then ask them to spell the company name. Continue asking them personal questions or questions about their company for as long as necessary.
3. Cry out in surprise, "Judy! Is that you? Oh, my God! Judy, how have you been?"
4. If MCI calls trying to get you to sign up for the Family and Friends plan, reply, in as SINISTER a voice as you can, "I don't have any friends... would you be my friend?"
5. If they want to loan you money, tell them you just filed for bankruptcy and you could sure use some money.

## Healthy Programs

**Strong Women** is still going strong. We meet on Mondays, Wednesdays and Fridays at the Max Milam Library at 11:00 a.m. We have a lot of fun and get fit at the same time. You are more than welcome to join us.

**Walk Away the Pounds** is our new “get healthy” program. We meet on Tuesdays and Thursdays at the Perry County Historical Museum at 9:00 a.m. We walk at our own pace and have loads of fun. I plan to turn this group into a walking club that meets at the park. Let me know if you are interested in joining us.

## Coming Up in EHC

### Spring Council

Don't forget to mark your calendars for Spring Council this year! It will be held on April 17. Wye is the hostess club this spring.

### EHC Dues

Don't forget that it's almost time for your annual dues. Everything is due at the state office the first week of July. We also need your updated member/ mailing lists for the year and any other changes you might have.

### State Meeting

The state meeting, to be held in Hot Springs, will be June 10 – 12. Let me know if you are interested in attending. I should be receiving the packets very soon.

Just let a smile be your umbrella,  
On a rainy, rainy day,  
And if your sweetie cries, just tell her,  
That a smile will always pay.

Whenever skies are gray, don't worry or  
fret,  
A smile will bring the sunshine and you'll  
never get wet.

So, let a smile be your umbrella,  
On a rainy, rainy day.



*The University of Arkansas offers its programs to all interested persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran's status or any other legally protected status. All programs in this newsletter are also free of charge.*

## BBQ Spaghetti

1 tablespoon olive oil  
1 small green bell pepper, chopped  
1/2 yellow onion  
1 tablespoon garlic salt  
3 1/2 cups Neely's BBQ sauce, recipe follows  
1 pound pork, beef, or chicken, cooked and chopped into bite-size pieces  
1 pound spaghetti

In a large skillet, heat olive oil over medium heat. Sauté the pepper and onion until softened, for 1 to 2 minutes. Stir in the garlic salt. Add the pre-made BBQ sauce and bring to a boil. Reduce the heat to a low simmer and add the chopped meat.

Meanwhile, fill a large pot with water and bring to boil. Season liberally with salt, and add spaghetti. Cook for 7 minutes, until al dente (firm but not hard) and drain. Toss spaghetti with sauce.

### Neely's BBQ Sauce

2 cups ketchup  
1 cup water  
1/2 cup apple cider vinegar  
5 tablespoons light brown sugar  
5 tablespoons sugar  
1/2 tablespoon fresh ground black pepper  
1/2 tablespoon onion powder  
1/2 tablespoon ground mustard  
1 tablespoon lemon juice  
1 tablespoon Worcestershire sauce

In a large saucepan, combine all ingredients. Bring mixture to a boil; reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Yield: 3 1/2 cups

*"For good or ill, your conversation is your advertisement; every time you open your mouth, you let men into your mind." (From the 1973 EHC Yearbook)*

Lucy Williams  
County Extension Agent  
Family & Consumer Sciences

LW:tf

Perry County Extension Office  
PO Box 300/107 N Plum St  
Perryville, AR 72126  
Phone 501-889-2661  
Fax 501-889-5704  
Email [lawilliams@uaex.edu](mailto:lawilliams@uaex.edu)  
Web site [www.uaex.edu](http://www.uaex.edu)