

**Carroll County  
Extension  
Homemakers**

**Every Home Counts**

**February 2014**



**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**

University of Arkansas System



**2013-2015  
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Greetings!

Exciting news about a Strong Women Class! I am 99.9% sure our class will be at Freeman Heights Baptist Church beginning March 3rd. Classes will be on Mondays, Wednesdays, and Fridays from 9:30 am—10:30 am. If you would like to come all the days, I would be tickled to have you. If that just won't work with your schedule and you can come only one or two days a week... that is perfectly fine! I'm flexible, so make it work for you. If you are interested in joining the class, there is a small fee of \$12. The class is 12 weeks long, so that's \$1 a week! You will also need to purchase some dumbbell (hand) weights and leg weights. These are very affordable. As with anything there is some paperwork required and with this program there is a pre-assessment and post assessment. We want to see how much stronger and more flexible you are after the class! Give me a call and I will mail you the necessary enrollment forms. You can also schedule a date for your pre- assessment. Let me know if you have questions or need more information!

Check out information about the Ferndale meeting inside!

Sincerely,

If you have a submission for the newsletter, please email it to: llmartin@uaex.edu by the 25th of the month. You may also mail it or drop it by the office.

# Busy Bees Club

The Busy Bee EH Club met on January 18th at the United Baptist Church in Green Forest, AR. The meeting was called to order at 10 AM by President, Rosa Thomas with the reading of the pledge and creed. Mary Louise read the song. Thelma Fisher said a prayer for our devotion. Roll call was answered by seven members and agent, Leadra Martin. The timely tip was read by Rosa and Mary Louise gave the giggle minute. Thelma Hughes read the minutes of the last meeting. Seven members went to Leadra's house for our December meeting and had a very nice time. The treasurer's report was given.

Our lesson on Sleep was given by Leadra. She gave us true/ false questions on common sleep misconceptions and a list of at home remedies. She also said to be careful in using the remedies if we took medication and to consult our doctors first to be sure there were no interactions with the medications. It was very good lesson.

January 27th is the leader training for "Getting Our Hearts Right". Thelma Fisher will be in charge of getting the lesson for the February meeting. February 24th is the date for the leader training about Organizing Your House (for March.)

Leadra asked if anyone is interested in StrongWomen. Some said they were interested. Leadra will let us know when she gets the class set up!

March 12th is the Spring Meeting in Ferndale. The meeting was adjourned with the reading of the club collect. We then enjoyed a nice pot luck lunch. Four members took part in the National Apron Tie on Day on November 27th. There were 211 volunteer hours turned in.

Submitted by Rosa Thomas

## Leader Trainings...

February 24th, 2014—  
Organizing Your House

March 31st, 2014—  
Endless Gardening

# Grandview Club

Happy New Year and Many Blessing in 2014 from all the members of the Grandview Home Extension Ladies to all the Carroll County Home Extension Members. Have a Great Year!

We would like to share a couple of our 2013 meetings that were very special. Our March 2013 meeting was held at the Road House Restaurant in Eureka Springs. It was a birthday celebration for our honored member Florence Marable. She was celebrating being 102 years young! Florences's daughter, Sue Hammer, and friends were present. We had a fun time with cake, cards, and gifts. In September our meeting was held at Magnetic Springs in Eureka Springs. To our great joy, Madelene Jackson was able to attend. Due to health concerns, Madelene had to devote her energy to regaining her health Madelene—Hurrah for you! We are so happy you can be with us again!

Our January meeting was the 30th at Grandma's Beans and Cornbread in Eureka Springs. Members present were: Shari Taylor, Suzanne Eastburn, Janet Rose, Mary Anne Hagedorn, Lillian Scott and guest, and Debbie Smallwood. A short meeting was held and Mary Anne shared the good news that she and her husband sold their home in Holiday Island and will be moving to St. Louis on February 27th. The sad news is we will all miss her vibrant personality, cheerful voice, and fun wit. We are all sad, but hope she can come for a visit.

Our February meeting will be at Pizza Hut in Eureka Springs.

Submitted by Lillian Scott



# Domestic Divas Club

Domestic Diva's Meeting was held at Jean Goin's Home Jan. 24th 1:30 pm. 10 members attended and 1 guest, Leadra Martin, who gave the lesson on "Sleeping Soundly" along with handouts. We discussed upcoming meetings, Leadership training, Ferndale Spring Education Meeting, and Strong Women. We worked on our Valentines project for Meals on Wheels. Baskets cut out from constructions paper and decorated with Valentine's stickers filling the basket, pipe cleaner to make bows, and glitter to finish.

Our next meeting is at V Cooper's home on February 28th at 1:30. We will work on St. Patrick's Day project for Meals on Wheels' trays. Still thinking about what that will be. Our meeting was adjourned and, as always, we enjoyed the snacks.



There will be a board meeting on March 5th at 2:00 PM at the Extension Office to plan the Spring Council Meeting. Please make plans to attend that day or send a representative in your place. We need to decide on a venue, time, speaker, theme, decorations, etc.; so bring your creative side!

Spring Council will be held April 3rd. Save the Date!



# AEHC Officer Training

Arkansas Extension Homemaker's Officer Training (also fondly referred to as the Ferndale trip) will be Wednesday, March 12th. Registration begins at 8:00 am that morning, with the opening session at 9:30. Our keynote speaker will be Dr. Tony Windham, Associate VP for Agriculture. He will give a presentation on the 100th Anniversary of the Smith-Lever Act. There will be several other morning activities including a rice recipe demonstration during the lunch break on the concourse. After lunch, there will be break out sessions for offices of President, Vice President, Secretary, Treasurer, and Reporter. If you wish to attend, but do not hold one of these offices either on the council or in your club, you may choose the one that most interests you. When we come back together in the main auditorium, there will be a sneak peak of the 2014 state meeting.

A few decisions need to be made concerning the March trip. Do we want to travel the day prior to the meeting or leave the morning of? If we travel the day prior, do you want to stay at the 4-H Center or an area hotel? Please call (870-423-2958) and let me know if you would like to attend, so that we may start making plans. Deadline for Registration is Friday, February 21st!

## Giggle Minute

After being away on business for a week before Christmas, James thought it would be nice to bring his wife a little gift. "I'd like to get some perfume for my wife," he said to the cosmetics clerk. She showed him a bottle costing \$80.

"Too expensive," said James, so she returned with a smaller bottle for \$50.

"That's still quite a bit," James replied.

Growing disgusted, the clerk brought out a tiny \$25 bottle. James grew agitated, "What I mean," he said, "is I'd like to see something real cheap."

So the clerk handed him a mirror.



# Heart Healthy Recipes

## Pork Tenderloin with Apples and Balsamic Vinegar

### Ingredients:

- 1 Tablespoon Olive Oil
- 1 pound pork tenderloin, trimmed of all visible fat
- Fresh ground black pepper, to taste
- 1 cup chopped onion
- 1/2 cup chopped apple
- 1 ½ Tablespoons fresh rosemary, chopped
- 1 cup low sodium chicken broth
- 1 ½ Tablespoons balsamic vinegar

### Directions:

Preheat the oven to 450° F. Lightly coat a baking pan with cooking spray. In a large skillet, heat the olive oil over high heat. Add the pork and sprinkle with black pepper. Cook until the tenderloin is browned on all sides, about 3 minutes. Remove from heat and place in prepared baking pan. Roast the pork for about 15 minutes, or until a thermometer indicates 160°.

Meanwhile, add the onion, apple, and rosemary to the skillet. Saute' over medium heat until the onions and apples are soft, about 3–5 minutes. Stir in the broth and vinegar. Increase the heat and boil until the sauce has reduced, about 5 minutes.

To serve, place the pork on a large platter. Pour the onion-apple mixture over the top and serve immediately.

Yield: Serves 4

Nutrition Analysis:

Calories 215—Protein 25 g—Cholesterol 75 mg— Sodium 93mg

Total Carbohydrates 10 g—Dietary Fiber 1g— Total Fat 8 g—

Saturated Fat 2g—Monounsaturated Fat 4 g

Source: Mayo Clinic

## Raspberry & Chocolate Scones

### Ingredients:

- 1 cup whole wheat pastry flour
- 1 cup all purpose flour
- 1 Tablespoon baking powder
- 1/4 Teaspoon baking soda
- 1/3 cup trans fat-free buttery spread
- 1/2 cup fresh or frozen raspberries
- 1/4 cup mini chocolate chips
- 1 cup plus tablespoons plain fat-free yogurt
- 2 Tablespoons honey
- 1/2 Teaspoon sugar
- 1/4 Teaspoon cinnamon

### Directions:

Mix flours, baking powder and baking soda in a large mixing bowl. Cut in buttery spread until crumbly. Add berries and chocolate chips. Mix gently. Mix yogurt and honey together in a small bowl. Add yogurt mixture to flour mixture, mixing until just blended. Place ball of dough on countertop. Knead one or two times. Roll into a 1/2 inch thick circle. Cut into 12 wedges. Place on lightly greased baking sheet. Mix sugar and cinnamon together in a small bowl. Sprinkle over top of scones. Bake at 400° F for 10-12 minutes.

Yield: 12 scones

Serving Size: 1 scone

Nutrition Analysis:

Calories 152— Total Carbohydrates 23g—Sodium 165 mg

Total Fat 5g—Cholesterol trace—Saturated fat 1.5g

Monounsaturated fat 2.5 g—Dietary Fiber 2 g—Protein 4 g

Source: Mayo Clinic

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# The Heart Truth

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women. The term "heart disease" refers to several types of heart conditions.

The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias. Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. As you begin your journey to better heart health, keep these things in mind: **Don't become overwhelmed.** Every step brings you closer to a healthier heart. **Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you. **Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow. **Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have. **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure. **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.


Source: [cdc.gov/features/heartmonth](https://www.cdc.gov/features/heartmonth)

**University of Arkansas  
Division of Agriculture  
Carroll County Cooperative  
Extension Service**

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Find us on  
Facebook!

*Sincerely,*

A handwritten signature in blue ink that reads "Leadia Pullerton". The signature is written in a cursive style and is placed on a light-colored rectangular background.

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, 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 (or other appropriate office) as soon as possible prior to the activity.