

**Carroll County
Extension
Homemakers**

Every Home Counts

March 2014



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**
University of Arkansas System



**2013-2015
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Greetings!

Some of you said you did not receive our February newsletter! We aren't quite sure what happened, but they were sent out on February 7th! I've included last month's news with this one, so you can see what was missed.

If you are still interested in joining Strong Women, please let me know. Our start date was moved due to the weather, so there is still plenty of time to get in the class! We will meet Friday to do pre-assessments, then begin class on Monday! The class is at your own pace and intensity, so it is appropriate for all fitness levels.

Save the date of April 3rd for our Spring Council Meeting. This date is tentative and needs to be approved by the board. If you have any great ideas, let us know!

Hopefully Spring is on it's way and we can get to working in our yards and gardens. Come to the leader training on April 1st about Endless Gardening to get a jumpstart!

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 EHT Club met on February 15th at 10 a.m. at the United Baptist Church in Green Forest. The pledge and creed were repeated by all. Mary Louise read the song and gave the devotion.

Roll call was answered by 7 members. Rosa read the timely tip and Mary Louise gave our giggle minute. The minutes were read by Betty and approved. Mary Louise gave the treasurer's report.

Thelma Fisher was to give the lesson on Getting Your Heart Right, but was unable to come. She sent the lesson so it was passed out and we were told to study it and we would discuss it next month.

The March lesson is on Organizing Your Home. Several said they would go to the lesson on February 24th.

Dates to remember:

March 6—Board Meeting

March 12—Ferndale Meeting

March 15—We will meet and have a workshop on our project. There will be a pot luck lunch.

April 3—Spring Council (pending approval)

June 3-5—State Meeting

There were 103 Volunteer hours turned in.

Submitted by Rosa Thomas

Leader Trainings...

April 1st— Endless Gardening @ 2 PM

**Please note this has been moved to a different date due to a scheduling conflict.

Domestic Divas Club

Domestic Diva's met at V Cooper's home on Feb 28th Fri. 10 members present. Discussed up coming events and the dates. Next meeting will be our anniversary meeting and it will be on March 28th. We will have lunch in Eureka at Simply Scrumptious tea room at 11:30. Janet to make reservations. We will meet after at Janet's home to work on an Easter favor for Meals on Wheels. A Memorial service will be held for Sue Hammer's Mother, Florence Marble, at the Lone Starr Church at 11 am. Her Mother died Feb. 12th, she was 102.

Charlene had our lesson on Home Management and Cleaning Tips. We had delicious snacks and than worked on our St. Patrick's favor for Meals on Wheels. V always entertains us with stories of her past and how different things are now.

Submitted by Margie Kyle

Giggle Minute

A husband and wife had a tiff. The wife called up her mom and said, "Oh, Mom! He fought with me again. I am coming to live with you."

Mom said, "No darling, he must pay for his mistake. I am coming to live with you."



Bard meeting on March 19th 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!



Avoid the Cholesterol Double Whammy of Trans Fat

Trans fats can make food taste better, last longer on the grocery store shelf and improve food texture, but once consumed, they can raise levels of bad cholesterol and the risk of heart disease. "You need to know that it raises low-density lipoprotein cholesterol, also known as LDL or bad cholesterol," said Carla Haley-Hadley, Miller County extension agent for the University of Arkansas System Division of Agriculture. "An elevated LDL blood cholesterol level increases your risk of developing heart disease, which is the leading killer of both men and women in the U.S."

There are two sources of trans fat, also known as trans fatty acids. "Trans fat can be formed naturally, produced in the gut of some grazing animals," she said. "That's why small quantities of trans fat can be found in animal products like milk, milk products and meat. It's there naturally." The second type of trans fat is formed when hydrogen is added to vegetable oil, a process known as hydrogenation. This process makes the fat solid and these partially hydrogenated oils are used to make improve shelf life, flavor stability and texture. "About half of the trans fat Americans consume is formed during food processing and partially hydrogenated oils are the main source of this type of trans fat in the U.S.," Haley-Hadley said.

When it comes to fats in your diet, limiting trans fats is one component of a healthful diet that also includes limiting saturated fat and dietary cholesterol. Dietary fats are found in both plant and animal foods. Fat is a major source of energy for the body and aids in the absorption of vitamins A, D, E and K. Fat is also important for proper growth, development and maintenance of good health. The Dietary Guidelines for Americans notes that adults should consume no more than approximately one third of their calories from fat to reduce their risk of developing chronic diseases such as heart disease, while providing for adequate intake of essential nutrients. Fats are an important source of calories and nutrients for infants and toddlers up to two years of age. They have the highest energy needs per unit of body weight of any age group. As a food ingredient, fat provides flavor, consistency and stability and helps you feel full. So where are you going to find trans fat? It can be found in many of the same foods as saturated fat. These can include: crackers, cookies, cakes, frozen pies and other baked goods, snack foods such as microwave popcorn, frozen pizza, fast food, vegetable shortenings and stick margarines, coffee creamer, refrigerated dough products (such as biscuits and cinnamon rolls), and ready-to-use frostings.

"Learn to choose your fats wisely," she said. "Look at the Nutrition Facts Label as your tool for reducing trans fat, saturated fat and cholesterol in your diet, which may also reduce your risk of developing heart disease."

Trans fat has no percent daily value so when looking at the nutrition facts label, use the amounts of grams as your guide. In addition, check the ingredient list on the food package for partially hydrogenated oils. If a product contains partially hydrogenated oils then it might contain small amounts of trans fat.

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

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Sincerely,



Raising kids
Eating right
Spending smart



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