Sew with Cotton Contest

Do you like to sew? Arkansas Farm Bureau is sponsoring the annual Sew with Cotton contest. To get qualifiers, the Garland County Extension Service will be hosting a county contest open to both youth and adults. Judging for the county contest will take place during the Garland County Fair in September. The winner of each of the categories below will qualify for the state contest which will be held during the annual Arkansas Farm Bureau State Convention in December.

The Youth division is open to all youth enrolled in a secondary school or an approved home-school who are ages 14-18 as of August 1, 2015. The Adult division is open to adults age 19 and older. Professionals in fashion, design, and sewing may not enter. This includes Extension Family and Consumer Science Agents, Family and Consumer Science teachers, professional seamstresses, and professional tailors. All fabrics used in any of the five categories of the contest must be 100% cotton.

Eligible entries in the first three categories must be worn, modeled and constructed by the participant. Ready-made blouses and sweaters are not acceptable. All garments constructed must be complete outfits. For an official list of rules and for more information, contact Jessica Vincent at the Garland County Extension Office – jvincent@uaex.edu, 501-623-6841, or 501-922-4703.
Presidential Ponderings

Okay! Is everybody ready? You need to put on your EHC "marching band shoes" and warm up your educational, leadership, and community service "instruments". I hope you are all prepared, because we are at the starting line of the 2015 - 2016 "EHC parade".

As we begin, I want to thank those of you who have agreed to lead our band. It will be your job to help the membership learn new marching routines and to encourage us to not forget the old favorites steps.

If you are new and slightly unfamiliar with the EHC tune we are playing, practice your "instruments" and study your "Marching into the Future" Yearbook to learn the routines. If you are experienced "EHC marching band" members, then watch out so you don't fall into a rut. Together, we can look for alternate styles of marching and new tunes to play. We want to be the best EHC "marching band" in the state! - Janie Woods

P. S. I have enjoyed being SCOOP editor for the last four years. Linda Bernard will be taking over with the next issue.

How many of your new Garland County EHC officers do you know?

Summer Council Meeting
August 21, 2015
The meeting starts at 10:00 am.
and registration begins at 9:30 in the
EHC Building at the Garland County Fairgrounds.
Our speaker will be Dr. LaVona Traywick.

Thanks from under the big top
Thanks to everyone who helped make this Relay for Life luncheon another big success. The tables were beautiful again. This was a difficult theme for decorations, but every club made the room feel like we were at the circus. Those circus performers added a very special touch and lots of fun. We increased our donation from last year by sending $4005.00 to the American Cancer Society. Thanks to Crazy Quilters for their generous donation.

I appreciate the great work of all the EHC members. You are a very special group.

- Wilma Blair

Fun Fridays at the Fairgrounds

*Strength Training with Stretch Tubes*
Friday, July 17, 2015
9:00 a.m. to 10:00 a.m.
Lead teachers: Jessica Vincent & Lisa Washburn
Sponsoring club: Park/Heights
$2.00 for EHC members, $3 for non-members
Stretch tubes will be furnished for class.

*Making Wreaths from Deco Mesh*
Friday, August 7, 2015
9:00 a.m. until noon
Lead teacher: Rita Blackwood
Sponsoring club: Loyal Ladies
All who register by August 1, 2015 may participate.

Sunflower: $13 for members, $14 for non-members
Santa: $17.00 for members, $18.00 for non-members
Participants may choose either the Sunflower or the Santa, but not both, due to time constraints. Indicate wreath of choice when registering for the class.
All supplies will be furnished.
A light brunch will be served.

A note about leader lessons
The first leader training lesson, "Keys to Aging", is at 11 a.m. following the 9 a.m. Board Meeting on July 24 in the EHC Building at the Fairgrounds. All members who are interested may attend.
Please preregister for the 10:30 brunch. The second leader lesson will be a handout at the Summer Council Meeting. It is entitled "Brain Activity". Both lessons are for the Family & Human Development club leaders to teach at future meetings.

Freedom is the oxygen of the soul.

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Garland County EHC recently sponsored a luncheon fundraiser for the Garland County Relay for Life Campaign. Funds were raised by the sale of luncheon tickets, luminaries, a tea cup auction and sales of tickets for a quilt drawing. Over $4000 was raised. The quilt was made by the Crazy Quilters. After the drawing for the quilt, a very heartwarming story evolved. The quilt was won by a member of Crazy Quilters, Susie Bishop. Susie knew she was not going to keep it. She remembered a little girl named Lacy buying one ticket back in the fall of 2014. Susie had a conversation with the little girl about what she would do with the quilt if she won it. Her response was that she would give it to her Daddy to keep him warm as he was working up North. Susie searched through all the tickets until she found Lacy’s ticket. As you can see, Lacy was thrilled with her new quilt.

Happy quilt recipient

COTTON from page 1

Dressy Cotton Ensemble (Adults)
1. Dress with or without a Jacket
2. Cotton Suit (Pants or Skirt)
3. Formal/Evening

Dressy Cotton Ensemble (Youth)
1. Dress with or without a Jacket
2. Prom/Evening
3. Sport Coat/Shirt and Slacks Combination

Cotton Sportswear/School-wear (Adults and Youth)
1. Shirt or Blouse with Shorts, Culottes, Skirt or Slacks
2. Jogging Suit
3. Other type of Active Sportswear

Special Category (Adults and Youth)
Entries in the Special Category may be modeled by an individual other than the participant. Infant clothing and clothing for children too young to walk on their own are not allowed. Constructed garments must be complete outfits. Ready-made clothing is not allowed to complete an outfit.

Quilts/Wall Hangings (Adults and Youth)
Quilts and wall hangings must also be 100% cotton and must be constructed solely by the participant.

Enjoying creative cooking

The program at our May meeting was "Making Ricotta and Mozzarella Cheeses". It was a lot of fun and the cheeses were very tasty with homemade rustic bread. Also, there was enough cheese for everyone to have the opportunity to take samples home with them. After the meeting, leftover toilletry items from the Council tote bag project were packaged into 125 Ziploc bags with four items each. The bags of toiletries and gently used clothing were given to the Hot Springs Elks Lodge for Little Rock’s St. Francis shelter for homeless veterans and their families.

Our June program was "Making Raviolis", using two different recipes: One recipe used won ton wrappers; the other used traditional homemade ravioli dough. We’ll let you know in the next Scoop which ravioli won the taste test!

Tip of the Quarter: There are three basic varieties of salt called for in recipes. Table salt is the finest grind, followed by sea salt, and then kosher salt (which is the coarsest). These salts are not interchangeable because of the different grinds—a teaspoon of table salt is more salt than a teaspoon of sea salt or kosher salt. Be sure to use the type of salt called for in a recipe or adjust the quantity being used.

FRESH TOMATO PASTA SAUCE from Cooks R Us
1 large fresh tomato, cut into 8ths
1/2 bunch green onions, cut into 2 inch lengths
4 large garlic cloves
Fresh parsley - stems about the size of a dime
1/4 teaspoon salt
2 tablespoon olive oil

In a food processor finely mince garlic. Chop green onions and parsley. Add tomato and puree. Refrigerate for a couple of hours for the flavors to meld. Serve over cooked pasta (tossed in olive oil) with both sauce and pasta at room temperature. Unused pasta w/sauce may be packaged in meal-size portions in Ziploc bags and frozen and then thawed, warmed, and served as needed. Sometimes this is a lifesaver when you forget to plan ahead for dinner! (Serves 2)

Loyal Ladies march through spring

In March, the ladies prepared for spring cleaning by making washable dusting pads for the Swiffer duster. In April, the ladies sprang into action to help Wilma set up tables for the Relay for Life Luncheon and worked up an appetite for the lunch soup and salad buffet that we all enjoyed. Wilma, Dona, Ann and Francis sponsored three tables total at the luncheon. The next week, Kay, Joy and Bert went out to NPC Nurse’s Awards Day to present the $500 Paula Chandler Memorial Scholarship and the $350 licensure exam scholarship. We zipped on into May and held our meeting at Anita’s house, the site of our annual yard sale. The sale was a success.

Enough money was raised to pay for the two scholarships we give plus the newspaper ad. Joy Martsching is turning over the Coupons for the Military to Kay Bradford who will be helped by Ann Sutton and Anita Moore. The grand total of coupons mailed by Joy is $371,928.52. The picnic at Rita’s home in June was a time to relax.
### Jessica's Schedule

**July**
- 10 - EHC Executive Committee Meeting
- 17 - EHC Fun Friday - Strength Training with Stretch Tubes
- 20 - Growing Healthy Communities Meeting
- 21-24 - 4-H State O'Rama, Fayetteville
- 24 - EHC Board Meeting & Leader Lesson

**August**
- 5-7 - 4-H Camp at Ferndale
- 14 - EHC Kitchen Training
- 19 - Ouachita District Financial Guidelines Training for Extension Agents
- 21 - EHC Council Meeting
- 24-25 - 4-H Pumpkin Rolls

**September**
- 12 - GC Fair Entry Day
- 14 - GC Fair Judging Day
- 15-19 - GC Fair
- 16 - 4-H Foundation Meeting
- 18 - GC Fair Premium Sale
- 21 - Growing Healthy Communities Meeting

### EHC Dates to Remember

#### July
- 8 - Mix Day – Park/Heights (chili)
- 10 - Executive Board Mtg, 2 p.m. – Ext Office
- 17 - Fun Fridays – "Strength Training with Stretch Tubes"
- 24 - Board Meeting, 9 a.m. - EHC Building Leader Lesson, "Keys to Aging", 11 a.m.
- 30 - Upholstery Workshop begins (thru Aug 4)

#### August
- 6 - Mix Day – Busy Bees (beans)
- 7 - Fun Fridays – "Deco Mesh Wreaths", 9 a.m.
- 11 - Mix Day - Crazy Quilters (chili)
- 13 - Mix Day- Lakeside (chili)
- 14 – Kitchen Training for ALL workers, 9 a.m.
- 17 - Mix Day – Yes We Can (corn dog mix)
- 18 - Mix Day – Mis Amigas (cakes)
- 19 - Building reserved by Extension Service
- 20 - Mix Day – Loyal Ladies (donuts)
- 21 - Summer Council Meeting, 10 a.m.- EHC Bldg
- 25 - Mix Day – Cooks R Us (cakes)
- 28 - EHC Bldg Cleanup Day – 2 from each club, 9 a.m.

#### September
- 12 - Fair Entry Day, 9 a.m. to 2 p.m.
- 14 - Fair Judging Day (Fair continues thru Sept 19)
- 20 - Fair Pick Up Day
- 23 - EHC Bldg Cleanup Day - 2 from each club, 9 a.m.