JESSICA’S JOTTINGS

What COLOR is Your Food?

We’ve all been told to eat our fruits and our vegetables. But have you ever been told why? Fruits and vegetables come in a variety of colors, and each of those colors contains essential nutrients, minerals and vitamins that are important for promoting good health.

Red Fruits and Vegetables contain lycopene believed to reduce the risk for certain types of cancer and help to reduce your risk of heart disease.

Orange/Yellow Fruits and Vegetables contain beta-carotene, potassium and/or vitamin C. Beta-carotene is converted by the body into vitamin A, has shown to reduce asthma symptoms brought on by exercise, and can reduce your risk of age-related macular degeneration. Vitamin C is an antioxidant that promotes healing and helps your body absorb iron.

Green Fruits and Vegetables contain folate, potassium, vitamin C and/or fiber. Folate (folic acid) is a B vitamin that helps your body produce new, healthy cells. Dietary fiber, naturally found in plants, can help you feel full faster controlling weight. It can also aid in digestion and reduce constipation.

Blue/Purple Fruits and Vegetables contain vitamin C, fiber, potassium, resveratrol, and/or anthocyanin. Resveratrol, a common phytonutrient found in grapes, is believed to reduce your risk of heart disease. Anthocyanin is a flavonoid that can reduce inflammation and promote urinary tract health.

White Fruits and Vegetables contain potassium, fiber, allicin, and/or quercetin. Potassium is a mineral that is essential for maintaining normal blood pressure and heart function. Allicin is a phytochemical known to reduce cholesterol and blood pressure and increase your ability to fight infection. Quercetin is a phytochemical that can help reduce inflammation.

All of these colors contain additional health promoting components that were not mentioned. This is just an overview. Also keep in mind that some fruits and vegetables, although the same color, may not contain all of the same essential nutrients, minerals, or vitamins and some components are found in more than one color group.
Traveling Arkansas—Seeking a Cure

I want to thank all the EHC members who "Traveled Arkansas Seeking a Cure" for cancer. The day was a great success and we raised $4513.00. Every club did an excellent job decorating their table and helping everyone imagine taking a trip across Arkansas. The greatest honor of our work was receiving a Silver award from the Garland County Relay Committee for our donation to the American Cancer Society. Special thanks go to Crazy Quilters and Jessica for their wonderful fund raising projects. I appreciate all the work you members did to make the Relay a special day.

Until next year,
Wilma Blair

PAINT YOUR WORLD PURPLE

Loretta Johnston and Sharon Parrett chaired our Relay for Life team on June 3 at the Hot Springs Convention Center. Other EHC members present were Peggy Barnett, Joyce Rice, Bertha Manning, Rita Blackwood, Nancy Hitchcock, and Janie Woods. They helped children color on fabric squares that will be made into a "Paint Your World Purple" quilt. $83.50 was our part of the donation raised from the sale of wrist bands for the Kids Zone. That brings the total amount of our Relay for Life donation this year up to $4,596.50. (Sharon’s daughter also participated in our booth, and Bert’s son took the picture).

Kitchen shifts announced

Sharon Parrett and Loretta Johnston are teaming up this year to make signing up for your kitchen shifts during both fairs as painless as possible. Each club has been asked to pick out 1st, 2nd and 3rd choices for each fair and to indicate a supervisor for those shifts, if available. 13 workers per shift are needed, so individual members are encouraged to contact Sharon to sign up to work additional shifts to help fill in vacancies.

Clubs have been asked to turn in their form to Sharon by the Leadership Training Meeting on June 24th. You may contact her at sparrett@msn.com or 617-3237.

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<tr>
<th>EHC</th>
<th>COUNTY FAIR - September 13th through September 17th</th>
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<tr>
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<td>Tuesday Sept 13th 3:00pm - 6:30 pm</td>
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<td>Thursday September 15th 3:00pm - 6:30 pm</td>
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<td>Saturday September 17th 9am -1:30 p.m.</td>
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<tr>
<th>EHC</th>
<th>ARTS &amp; CRAFT FAIR - October 7th through October 9th</th>
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<td>Friday October 7th 7 a.m. – 11 a.m.</td>
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<td>Sunday October 9th 11 a.m. – 2 p.m.</td>
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A "fluttering" good time

The May meeting of Park/Heights was with First Step. We had the students involved in crafts by making butterflies from coffee filters. Everyone, even the instructors, had a great time. The students selected their own colors and basic design.

-Sally Patterson

Eight days of learning and fun

The Crazy Quilters’ annual quilt seminar was held on eight consecutive Wednesdays from January 13th to March 2, 2016. Thirty-one students enrolled in the class and were taught the 12-inch pineapple pattern and "petal by petal". The class members were from five counties—Garland, Yell, Logan, Hot Spring, and Saline. Class teachers were Joyce Ross, Joyce Rice, and LaVerna Stinnett.

Olene Levesque and Brenda Robnett were responsible for the door prize drawings at each class. At the last class two special prizes were given. A quilting rack donated by Diane’s Quilting Services was won by Rita Madison and a Brother sewing machine donated by the Sewing Machine and Vacuum Store was won by LaVerna Stinnett.

The final class was a fun day, that included showing of finished pineapple quilt tops, other "show and tell", potluck lunch, and buying fabric from Tiffany Creations Quilt Shop that is located in Glenwood. A demonstration for making the flying geese pattern was taught by Tiffany. Special guests from Little Rock were Betty Oliver, AEHC State Advisor and Joyce Hall, Past AEHC President.

-Loretta Johnston

Craft class "wraps" its way to State Meeting

Over a year ago Katy Weaver of Lakeside EH club started talking about a workshop she had paid to attend. She was very excited about what she had learned and shared that she and her young granddaughter Adalyn enjoyed doing this craft together. Adalyn would ask if they could "play beads". Katy taught the members of Lakeside to do this craft, which was wire-wrapped beaded serving utensils, and then, we taught it at the Round Robin workshop in November 2015.

Janie Woods volunteered to teach the wire-wrapping craft to 40 people at State Meeting, and was assisted by Wrennita Cash, who stepped in at the last minute when Katy’s daughter had to have surgery in New Jersey. One participant said, "This is the best creative skills class I have been to at State Meeting in six years".

Pictured, left, is the Young Homemaker Scholarship* recipient with her daughter, who was fussy and didn’t want to come in at first. You can see from the smiles that she ended up "playing beads" and enjoyed the class with her mother. *The scholarship was presented by the past AEHC Presidents Association of which Loretta Johnston and Phyllis Pipkin are members.

BABY BLANKETS

Garland County EHC members Sharon Parrett, Wilma Blair, Rita Blackwood, Loretta Johnston and Janie Woods recently got together and made 20 newborn receiving blankets. The blankets are made of soft flannel and are for the cultural arts project at this year’s AEHC State Meeting. The goal was to have one blanket per delegate. GCEHC had 15 delegates, so we met the challenge. A total of 768 blankets were collected. These blankets were presented at the State Meeting to the chairman of volunteer services at UAMS for use in their program to help parents who have experienced the death of a baby at their hospital.
I truly have enjoyed being your president this year and am looking forward to more good times ...but with fewer responsibilities. I know Wilma Blair will do a great job, since I have seen her in action as president before. Give her your full support, and we should have a wonderful year ahead of learning, serving, and leading in the community.

Janie Woods

A very busy Spring for Loyal Ladies

Loyal Ladies sprung into Spring by hosting three tables at the Relay for Life luncheon, gave two scholarships in the nursing program at NPC, held a three day yard sale (instead of two, due to the Spring rain), attended the Spring Council Meeting, took a field trip to Abilities Unlimited educational training building, and held their annual picnic at Rita’s home. The yard sale netted $960. The trip to Abilities gave the club ideas for next year's service projects.

A note from Yolanda Early of Mis Amigas:

Our ladies cleaned the kitchen on April 19th. We held our monthly meeting while eating our homemade lunches! Peace.

PRESIDENTIAL PONDERINGS

Cooks R Us

The first Thursday of the month we cook for the guys at Samaritan Ministries. Sharon Parrett and I had the June 2nd shift. We cooked a pork loin, rice cooked in chicken broth, sweet potatoes in sugar-free maple syrup, fresh green beans with ham and onion, coleslaw with pineapple in a sweet & sour dressing, fresh French bread, and watermelon for dessert. We cooked enough for Cox's Army and the 20 guys we served were able to eat every crumb!!! The evening was most gratifying for Sharon and me. The guys said they had not eaten a meal like that in a long, long time!! Sadly, this was our last time at Samaritan Ministries until we get our membership rebuilt. We also cook for Ouachita Children's Center—we are the only volunteers who do this. We nurture, teach and feed. We feel the kids need us the most. If any club in our Council would like to help at OCC, give me a call.

- Clarice Marker
It is time again to prepare for the annual AEHC retreat at the Ozark Folk Center. The retreat starts with lunch on November 2nd and ends on November 4th right before lunch. There will be workshops on Wednesday afternoon, on Thursday morning and afternoon, and on Friday morning. The cost per person (which includes meals, two nights lodging and workshops) is $380 for a single, $310 for a double, $294 for a triple and $270 for a quad. A deposit of $75 is due by August 14th to Judy Simmons, 15960 Hwy 189, New Edinburg, AR 71660. The balance is due October 1st. Notice of cancellation must be received by October 15 or the deposit will be forfeited.

Need more information? Contact Judy Simmons: jksimmons59@hughes.net 870-226-764 or 870-820-3639.
### JESSICA'S SCHEDULE

**JULY**
- 6-7: Glen Rose School Nutrition Program
- 8: EHC Executive Committee Meeting
- 11-12: Glen Rose School Nutrition Program
- 13: Senior Center Nutrition Program
- 15: State Planning Meeting
- 20-22: County 4-H Camp
- 22: EHC Board Meeting/Leader Lesson
- 22-26: Ag Agents Conference
- 28-29: Blytheville – Wellness Rally

*Circuit Training Exercise Class every Monday and Wednesday in July at Hot Springs Baptist*

**AUGUST**
- 1: On Leave (Having surgery August 3rd)

**SEPTEMBER**
- 1-9: On Leave
- 12-16: National Conference in Montana
- 19-13: Office

### EHC Dates to Remember

#### JULY
- **1-6**: Upholstery Workshop
- **14**: Mix Day, Park/Heights (Chili)
- **22**: Board Meeting, 9 a.m. Leader Lesson, 11 a.m., “Human Trafficking”

#### AUGUST
- **1**: Mix Day, All Things Home (Bean seasonings)
- **4**: Mix Day, Busy Bees (Beans)
- **9**: Mix Day, Crazy Quilters (Chili)
- **10**: Building Cleaning, Park/Heights
- **11**: Mix Day, Lakeside (Chili)
- **12**: Kitchen Training for ALL members, 9:30 a.m.
- **15**: Mix Day, Yes We Can (Chicken & Dumplings)
- **16**: Mix Day, Mis Amigas (Cakes)
- **18**: Mix Day, Loyal Ladies (Donut Mix)
- **19**: Summer Council, 10 a.m.
- **23**: Mix Day, Cooks R Us (Cakes)
- **24-30**: Upholstery Workshop

#### SEPTEMBER
- **1**: Clean-Up Day, 9 a.m. (2 from each club)
- **12-17**: Garland County Fair (EHC works kitchen)
- **20**: Clean-up Day, 9 a.m. 2 from each club

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