100-Carat Award planned to celebrate AEHC 100th anniversary

A special recognition called the "100-Carat Award" will be presented in June at the 2013 AEHC State Meeting. The winner will receive $100.00 and a certificate.

Clubs or Councils may submit an entry about a 2012 project or activity geared toward the celebration of the 100th Anniversary. No activities reported in record books are eligible. There are several compliance rules and an entry form. Entries will only be accepted at the March 13th AEHC meeting in Ferndale.

More information is available from Jessica Vincent or Joan Rich.

Have you met our new FCS Agent?

Jessica Vincent is the new Family and Consumer Sciences Agent for Garland County Cooperative Extension Service. She has nearly 20 years of experience in management, accounting, health, nutrition, physical exercise, health education, program development and program implementation. Her degrees include a M.Ed. in Education Technology from the University of Arkansas at Fayetteville, a B.S. in Health Science from the University of Arkansas at Little Rock, and an A.A.S. in business from National Park Community College. She is a Certified Fitness Trainer and a Certified Health Education Specialist. She was Project Coordinator for the Arkansas AgrAbility project before coming to Garland County.

Jessica has lived in Garland County since 1980 and graduated from Lake Hamilton High School. She and her husband have six children, ranging in age from one to twenty-one. She says that she is "very happy to be a part of such a great county and EHC group" and "looks forward to meeting everyone". She plans on coming by some of our monthly meetings to introduce herself and to learn more about each of our clubs. If there is a particular meeting you would like for her to attend, please let her know.

How “Green” Is Your Clean?

A clean home is a healthy and pleasant home because it looks and smells better. But did you know that the chemicals found in conventional cleaners can be affecting your health? Individuals who are sensitive to chemicals can break out in rashes, have other skin and eye irritations, and even respiratory problems. Besides having an impact on your health, some conventional cleaners can also have an impact on the environment.

But, there are options. You may have noticed an increasing amount of “green” labeled products on the shelves. Many of these are more gentle and safer than conventional cleaners, but they may also still contain irritants, so make sure you research a product before buying.

Going “green” can also be expensive. If you would like to make a change but the cost is outside of your budget, consider making your own homemade cleaners. Be sure to follow these safety tips:

- Although more gentle on your health and the earth, alternative cleaning products cannot be consumed. Keep all cleaning products, whether homemade or store bought, out of the reach of children.
- Chemicals can lose their effectiveness. Don’t mix up more than you will use.
- Always start with a milder formulation and move up to a stronger one.
- Mix all chemicals in a well-ventilated area.
- Label mixed solutions and never mix in food containers.
- NEVER mix bleach with anything but water.
NOVEMBER WORKSHOP
Christmas Card Ornament

November 2nd at 9:00 a.m.
in the EHC Building
Hosted by Lakeside with
Clarice Sandberg & Janie Woods, teachers
$4.00 for EHC members

Sawdust, paint drips explained

Even when Garland County EHC had an educational building at the old fairgrounds on Higdon Ferry Road, we were always looking for a new sight and sound barrier for the kitchen serving window. For the past few years at the new building, we have again renewed the search for a way to close off the window during meetings when the kitchen is being used to prepare a meal.

At the board meeting in July, Mike Wells of Cooks R Us presented a plan that we refined and approved. Bob Stout of the Upholstery club signed on to help, and the two men designed and produced a four panel system, as well as a storage cart. The backs of the panels were painted by Katy Weaver and Janie Woods of Lakeside.

While they had their tools and paint brushes handy, the team built and painted storage shelves in the chair and table closet and added shelves to the Arts & Crafts closet.

The men also planed the bi-fold door in the "office" and worked on the doorframe so that the door actually closes for the first time!

Ouachita District Presidents’ Day

AEHC is presenting the Ouachita District Fall Presidents’ Day on Tuesday, October 23, 2012, in the Garland County EHC Educational Building.

- Elizabeth Hill, author of A Splendid Piece of Work: One Hundred Years of Arkansas’ Home Demonstration and Extension Homemakers Clubs, will speak and autograph books.
- Dr. Lisa Washburn, Assistant Professor of Health-Family & Consumer Sciences Department, will talk to us about "4-H Curriculum, Healthy Lifestyles" and how Extension Homemakers can be involved in this state-wide project.
- The new state Membership Chair, Marilyn Spence, will announce a contest and a challenge for all clubs across the state. (Look for a report in the next SCOOP).

The 2013 Relay for Life raffle quilt is finished! Ticket price is one for $1.00 or six for $5.00. If you are interested, you can purchase tickets from any member of the Crazy Quilters. Or, you can send a check to Crazy Quilters, P.O. Box 2423, Hot Springs, AR 71914, and your ticket stubs will be sent to you.

Sign up for the 2013 Quilt Seminar will begin January 2, 2013. Many styles of the Log Cabin pattern and the "snippets" technique will be covered during the six-week series of classes that begin on January 30 (please note date change from that listed in your Yearbook). In case of inclement weather, there will be a make-up day.

PRESIDENTIAL POINTERS from Joan Rich

Our Holiday Council Meeting is Friday, December 14. We bring our dressed bears and filled stockings for the Salvation Army on that day. The stockings are to be FILLED—if items don’t fit inside, don’t use them! Also, NO food items are to be put in the stockings because of allergy concerns.

We also bring non-perishable food items or cash donations for the Area Council on Aging to the Holiday Council Meeting. Make checks payable to Garland County EHC, and the county treasurer will write one check from the Council.

Thanks for your generosity.

Bears and stockings will be available at the October Board Meeting. If you would like them sooner, you may contact Nancy Seaton at 501-762-7891.

HOLIDAY COUNCIL MEETING

Friday, December 14th at 10:00 a.m.
Pay your registration fee of $7.00 at the Extension Office by December 10.
Be sure to check Yearbook for club duties.
Congratulations to Crazy Quilters for winning the award for Most Community Service Hours during the past EHC year.

Members of the Year for 2011-12 from eight Garland County Extension Homemakers clubs were honored at the Summer Council Meeting in August.

Wilma Blair of Loyal Ladies (front left)
Joyce Ross of Crazy Quilters
(Who represented a committee that included Ross, Susie Bishop, Nancy Seaton, Laverna Stinnett, and Loretta Johnston)
Joan Rich of Designing People
Marlys Demry of La Casa
Kaye Leeper of Docencia (back left)
Peggy Barnett of Park/Heights
Lawana Whaley of Lakeside
Sally Patterson of Cooks R Us (not pictured)

Gold Star Award Winning clubs for 2011-12 were also honored at the Summer Council. Accepting the awards for their clubs were:

One Star Award
Linda Johnson for Busy Bees (front left)
Janet Radmanesh for Docencia
Two Stars Award
Jo Spoerle for La Casa
Jacquie Currie for Cooks R Us
Three Stars Award
Peggy Barnett for Park/Heights
Joyce Ross for Crazy Quilters (back left)
Jean Weston for Designing People
Bert Manning for Loyal Ladies
Linda Bernard for Lakeside

Cooks R Us publishes cookbook
The title of a new cookbook available for $5.00 is Celebrate 100 Years of EHC with Recipes and Tips from Cooks R Us. Included are member’s favorite recipes for everything from tallarena to mint brownies and tips that range from successfully flouring chicken to keeping flowers fresh.

This was a project undertaken, with leadership by Ruth Whartenby and Jacquie Currie, to celebrate AEHC 100th Year Anniversary. The books were available in the Country Store during the Arts and Crafts Fair and will be available from Cooks R Us members at the upcoming Board Meeting and Holiday Council Meeting.

Cooks R Us members Dick Hill (left) and Don Ritter took a break from the kitchen and stopped by the Country Store to see their club’s new cookbook. They even bought several copies to share with their families. If you buy a copy, they said they would autograph it for you!

We have a new sign on the "midway" side of the EHC Educational Building at the Garland County Fairgrounds. It was donated by Sally Patterson, Phyllis Pipkin and Janie Woods. They raised the funds for the sign by selling their crafts to delegates from around the world during a 2010 ACWW luncheon held at our building.
A fun time for all

Park/Heights members will be teaching their October craft to the adult First Step students in a new, bigger First Step facility. The students will make a Jack-o-lantern pin out of friendly foam—with lots of glitter, of course!

With five or six EHC teachers for the sixty students, the workshop is taught in shifts of ten or twelve at a time. Peggy Barnett reports that there is much anticipation and excitement on the faces of those waiting for their turn in the craft room.

Lakeside says "Watch out for Ticks"

After two of our members were diagnosed with tick-borne illnesses, we decided our educational exhibit in the Garland County Fair should be about ticks. We were proud to win the best of show award while educating the public.

At the least, ticks deal discomfort through bites that can become sores that last a week or more. At worst, ticks transmit diseases that can be life-threatening.

Look on the workshop shelves in the EHC Building for a brochure or bookmark with information about this topic.

Loyal Ladies enjoy playing, working

The Loyal Ladies enjoyed the annual picnic at Bert Manning’s home in the woods. The pot luck dishes provided by the ladies were delicious and gave a great start to a new EHC year. Some of the ladies were so pepped up that they climbed the hills and hiked the trails in Bert’s back yard.

Most of the time spent by Loyal Ladies in the past two months was preparing for and working at the fair... in the kitchen and the Creative Arts building with food preservation, quilts, crafts, crochet and photography. Several served as superintendents: Jane Kunstman and Bobbi Taylor – food preservation; Wilma Blair – quilts; Winnie Manning – Crochet; and Sue Ellen Quinn – photography. Others showed up to help where needed.

Crazy Quilters make, present quilts to veterans

The Crazy Quilters presented a patriotic quilt, constructed as a group project, to a member of our armed forces, Raymond Prince, son of Crazy Quilter Ann Prince. The quilt was given as a token of our appreciation for his service.

During the Crazy Quilters 2012 Quilt Seminar, participant Linda Wrisley constructed a Patriotic Quilt using the method taught during the seminar. Upon completion, Linda donated the quilt top to the Crazy Quilters for donation to a disabled veteran. With assistance from the local VA Clinic, Troy Simpson from Malvern was presented with this quilt. Troy served in the US Army for two years during the Vietnam War.

Seated: Bert Manning, Jane Kunstman
Middle, standing: Winnie Manning, Sue Ellen Quinn
Phyllis Pipkin (left) and Linda Behm coordinate food and organize equipment for the fair kitchens. Before the fairs begin they review and revise menus, order supplies for mix days and for food service, and lead kitchen training. Phyllis is the "queen of dumpling making" during the County Fair, and Linda is the one in charge of keeping the kitchen stocked.

Congratulations to Jane Hammonds for being the adult entrant with the highest number of points in the Creative Arts building during the Garland County Fair. Jane had entries in sewing, embellished clothing, crafts, quilting and knitting. She won a sweepstakes award in crafts and two in embellished clothing.

Jane loves to do textile related projects and when she finishes an item, she checks in the past year’s fair catalog to see where she might enter it the next September. She encourages us all to have more entries next year for a better fair.

GREEN Continued from Page 1

Before you get started, make sure you know the different types of cleaners and their safer alternatives.

<table>
<thead>
<tr>
<th>Type</th>
<th>What They Do</th>
<th>Conventional Products</th>
<th>Alternative Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base/Akali</td>
<td>Good for removing dirt, fat and grease.</td>
<td>All-purpose cleaners oven cleaners</td>
<td>Baking Soda (mild)</td>
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<td></td>
<td></td>
<td></td>
<td>Borax (moderate)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Washing Soda (strong)</td>
</tr>
<tr>
<td>Acid</td>
<td>Breaks things down like rust, mineral deposits, and hard water stains. Good for glass, windows, brass, copper, tiles, and mold.</td>
<td>Toilet bowl cleaners</td>
<td>Vinegar</td>
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<tr>
<td></td>
<td></td>
<td>Tub and tile cleaners</td>
<td>Lemon juice</td>
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<tr>
<td></td>
<td></td>
<td>Mold solutions</td>
<td></td>
</tr>
<tr>
<td>Detergents</td>
<td>Loosens dirt and lifts it up and out of the way. Usually used on laundry or dishes.</td>
<td>Laundry detergent</td>
<td>Washing soda/Borax</td>
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<tr>
<td></td>
<td></td>
<td>Dishwashing liquid</td>
<td>Soap nuts/granules</td>
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<tr>
<td></td>
<td></td>
<td>Cleansers</td>
<td>Vegetable/Coconut oils</td>
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<tr>
<td></td>
<td></td>
<td>Steel wool</td>
<td>Washing soda</td>
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<td></td>
<td></td>
<td></td>
<td>Mesh pads</td>
</tr>
<tr>
<td>Bleach and Sanitizers</td>
<td>Whitens and removes stains. Disinfects or reduces the number of bacteria. Sanitizers also help areas to smell good.</td>
<td>Most common household product is chlorine bleach</td>
<td>Hydrogen peroxide</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Borax or Vinegar</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Tea tree/Lavender oil for scent</td>
</tr>
<tr>
<td>Air Fresheners</td>
<td>Helps the air smell good.</td>
<td>Plug-ins</td>
<td>Open Window</td>
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<tr>
<td></td>
<td></td>
<td>Sprays</td>
<td>Essential oils</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Lemon or lime juice</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Baking soda</td>
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</tbody>
</table>

**Sample “Green” All-Purpose Cleaners Recipes:**

<table>
<thead>
<tr>
<th>Recipe 1 (mild)</th>
<th>Recipe 2 (moderate)</th>
<th>Recipe 3 (strong)</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup vinegar</td>
<td>2 Tbsp. Borax</td>
<td>3 Tbsp. vinegar</td>
</tr>
<tr>
<td>¾ cup baking soda</td>
<td>¾ cup vinegar</td>
<td>½ tsp. washing soda</td>
</tr>
<tr>
<td>½ gallon hot water</td>
<td>2 cups hot water</td>
<td>½ tsp. castile soap</td>
</tr>
</tbody>
</table>

Mix ingredients in spray bottle. Apply and wipe clean. Mix ingredients in spray bottle. Apply and wipe clean. Mix ingredients in spray bottle. Apply and wipe clean. This is an extra-strength recipe and is also good as a disinfectant.

For more information on “green” alternative cleaners, visit [www.uaex.edu](http://www.uaex.edu) publication MP492 or contact the Garland County Cooperative Extension Service (501) 623-6841.
The meetings listed 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.

### Dates to Remember

**See your Yearbook for more information.**

**NOV**
- 4  Workshop
- 10-16  Upholstery Workshop

**DEC**
- 5  Council Meeting registration deadline
- 6  Hot Springs Christmas Parade
- 9  Court House Lighting
- 19  Holiday Council Meeting
- 23  Extension Office closes until Jan. 3

**JAN**
- 2  Registration for Quilt Seminar begins
- 20  Leader Training (Health & Wellness)
- 27  Quarterly Board Meeting

Quilt Seminar begins (7 Wednesdays)

### Jessica’s Schedule

**OCT**
- Every Mon & Wed – “Get Fit Garland County” exercise class 8-9 a.m.
- 15  Training in Murfreesboro (all day)
- 16  Nutrition lesson for DCC 8:30-9:30 a.m.
- 18  Cooking lesson with DCC 8:30-9:30 a.m.
- 19  Training in DeWitt (all day)
- 22  Training in Murfreesboro (all day)
- 23  EHC District President’s Meeting
- 24  Meeting with Head Start 1 p.m.
- 25  Exercise meeting (all day)
- 26  EHC quarterly board meeting 9 a.m.
- 29  Ftn. Lake School Parent Fair 12-7 p.m.

**NOV**
- Every Mon & Wed – “Get Fit Garland County” exercise class 8-9 a.m.
- 1  AGS meeting in Little Rock (all day)
- 5  Nutrition lesson for DCC 10-11 a.m.
- 6  Exercise meeting (all day)
- 7  Cooking lesson with DCC 2-3 p.m.
- 8  Leonard St StrongWomen assessments
- 13-15  SNAP & Best Care Training in LR
- 19-23  Vacation

**DEC**
- Every Mon & Wed – “Get Fit Garland County” exercise class 8-9 a.m.
- 10  Meeting in Little Rock (all day)
- 14  EHC Council Meeting 10 am
- 22 31  Holiday (Extension Office closed)

**JAN**
- 1  Holiday (Extension Office closed)