SW Arkansas District Fair

The Southwest Arkansas District Fair will be September 27-October 1 at Hope. Volunteers are a huge part of the fair assisting with check-in and judging day. Howard County will be assisting with judging day on Tuesday, September 27. We will leave the EH parking lot at 8:30 a.m. Those assisting are Deb, Claudia, Tina, and Pam. Wear comfortable clothes and shoes. Lunch will be provided.

If you get a chance, travel over to Hope and check out all the great exhibits sometime that week!

“It’s a Spooktacular Halloween Party!”

It’s that time of year again when all the ghosts and goblins come out, including our own President Deb! She has been at it again finding Halloween ideas. I suspect some will be a little scary, some cute and others downright gross! Whatever she has “cooked up” I know you will enjoy it!

Be sure to mark your calendar for Monday, October 3 at 6:30 to attend this year’s Fall EHC Council Meeting. The meeting will be held at the Howard County EHC Educational Center in Nashville. All members are welcome to attend. Feel free to bring a potential new member.

Duties for the program include:
- Thought of the Day by Gladine
- Registration by Twilight EHC
- Program – Deb
- Awards – Jean

We will have a potluck meal during the meeting, so bring your favorite fall dish to share. Each club is being asked to bring a fall themed door prize.

Award winners will also be recognized this night. If you have any questions about the Fall Council Meeting, contact the office at 870-845-7517. I hope to see you there!
Reviewing Fair Entry Books

The suggestion was made before the County Fair to set a date and work on updating the current fair books. Therefore, we have set Wednesday, September 21 at 9:00 a.m. at the EH Center in Nashville to look over and make changes to the categories. All fair volunteers are encouraged to attend. Maybe you remember a change that needs to be made as you were entering items. Suggestions are welcome for improving the quality of the Howard County Fair. I hope that all fair superintendents can attend this very important meeting!

Surviving the Holidays with Diabetes

The holidays are difficult enough when it comes to choosing what to eat and what to pass over. Most of us want to eat it all! However for those with diabetes, the holidays can be a major challenge, especially when it comes to all the parties, family dinners, potlucks, and just holiday goodies.

A diabetic workshop, “Surviving the Holidays with Diabetes” is scheduled for Wednesday, October 12 from 9:00 a.m. to 3:00 p.m. A registration fee of $10.00 will be charged for program costs. Lunch will be provided.

This workshop will teach you how to enjoy the holidays without sabotaging your diet, understand carbohydrates and how they affect you, which fats to include and which ones to avoid, and what foods to eat more often. Participants will receive new recipes plus educational information.

If you are interested in participating in this workshop, you must pre-register by October 10 by calling the office at 870-845-7517.

Walk Across Arkansas

Been slacking this summer? Need a little motivation before the calorie-laden holidays begin? Walk Across Arkansas may be just what you need. Walk Across Arkansas returns to its twice-a-year format with the fall 2016 edition beginning Sept. 26. The eight-week effort to encourage people to get off the couch or away from the desk is one of the largest public health initiatives in Arkansas.

Participation is easy. Gather a team of two to 10 people and register at www.uaex.edu/walk. Be ready, come Monday, Sept. 26, to start hitting the pavement. Record the number of minutes you walk or do other exercise for eight weeks. Participants who report their minutes all eight weeks of the event will earn an incentive. The event winds up Nov. 18.

For more information about this program or help with registering, contact the Howard County Extension Office at 870-845-7517.
District EHC Rally

The Ouachita District Rally will be held **Tuesday, October 25, 2016** at Hempstead Hall at the University of Arkansas at Hope. The deadline to register is October 12 and the fee is $15.00. Registration will begin at 9:30 and the program will begin at 10:00. Refreshments will be served.

The theme this year is “WE R AEHC”. This is a great opportunity for EHC members to learn something new, meet new people from across the district and renew old friendships. If you are interested in participating in the rally, you must contact the office by October 7.

We will leave the EH center parking lot at 8:45 and travel to Hope by carpooling. We should return to Nashville by 4:00 p.m.

Sew with Cotton Contest

Do you enjoy sewing or quilting? The 2016 Sew With Cotton Contest may be of interest to you. This year’s contest is scheduled for December 1. Entry forms are due in the Extension Office by **October 24**. Categories for this year’s contest include Adult Division Dressy Cotton Ensemble, Cotton Sportswear, Special Category (where you sew an outfit for someone else) and the Quilt/Wall Hanging Category. All entries must be made of 100% cotton and made by the contestant.

If you are interested in participating in this contest, or have questions, please contact Jean at the Howard County Extension Office at 870-845-7517 for complete contest rules.

Get Real, Here’s the Deal Volunteers Needed

Two sessions of “Get Real, Here’s the Deal” has been scheduled with Nashville Schools. The first program will be **Wednesday, October 19** at Nashville High School. We will be doing the program for only one class, the last class of the day. The second session will be **Wednesday, November 2** at Nashville Junior High. This will be with three classes during the day. If you can help with either or both of these programs, please let Jean know as soon as possible.

You will recall, “Get Real” teaches financial management skills to youth. The youth are given a career and family situation. They must make financial decisions based on their occupation and family. Volunteers are needed to help at each of the stations. There are twelve stations ranging from child care to buying a car, life insurance to entertainment.

If you have any questions or would like to volunteer, call the office.
Gifts to Pamper You!

The October leader training will look at ways to pamper you by making homemade scrubs, soaps, etc. The training will be held **Monday, October 24 at 10:00 a.m.** at the EH Center in Nashville. (Please note the date change due to conflict with District Rally.) The October board meeting will also be held that day at 1:00 p.m.

**Jean A. Ince**

County Extension Agent - Staff Chair