

EHC NEWSLETTER

October 2020

Jack-O-Lantern Jamboree

Just a quick note that the final Jack-O-Lantern Jamboree Facebook video has been posted. Be sure to check out all three videos at <https://www.facebook.com/HowardCountyExtensionFcs>.

Kudos to Deb K. for developing and presenting another great program. If you would like a copy of her handout, call the office at 870-845-7517 or check with your club president.



Gifts in a Jar



Everyone loves to receive a gift. It makes them feel special. How about giving a gift that is thoughtful and useful? This month's leader training lesson, "Gifts in a Jar" will teach you how to make gifts you can give to practically anyone. Need a quick, low-cost gift for a shut-in? Need a gift for a "special" teacher or friend? This training will inspire you to create gifts that won't sit on a shelf! The training is scheduled for **Tuesday, October 27 at 10:00 a.m.** at the Howard County Extension Homemaker Center in Nashville. This training is open to Extension Homemakers. If you are planning to attend, please contact the office at 870-845-7517 by Monday. You will need to wear a facemask and social distancing will be enforced. **Please bring a clean, quart canning jar!**

October Board Meeting

Howard County EHC Board will meet on **Tuesday, October 27 at 1:00 p.m.** at the EH Center in Nashville. The board will be discussing fundraising events, possible Christmas Council Meeting, plus much more.

Please let your club president know if you are in favor of having a Christmas Council Meeting and any ideas you might have for making it a success!



All board members or their representative are encouraged to attend to take care of the business of your organization. All persons attending must wear a mask and social distance.

Approval to Meet!

A proposal has been made and we have received notification that Extension Homemaker Clubs may meet at the EH Center in Nashville as long as Covid-19 restrictions are followed. Everyone must wear a mask, wash their hands, and social distance. No food should be served. When meeting at the EH House, the facilities must be disinfected after meeting. Supplies for disinfecting are available at the EH House. Please call the office a minimum of 2 days prior notice at 870-845-7517 to let us know you are planning to meet.



Ballot Issues

Have you voted? Are you confused about the issues that will be on the November ballot? If so, you may want to pick up a Ballot Issue Voter Guide from the Extension Office. There are currently three issues that will be voted on.

Issue 1: 0.5% State Sales Tax for State, County and City Roads, Bridges and Other Surface Transportation

This issue would amend the Arkansas Constitution to continue a one-half percent (0.5%) sales and use tax for state highways and bridges; county roads, bridges and other surface transportation; and city streets, bridges, and other surface transportation after the retirement of the bonds authorized in Arkansas Constitution, Amendment 91.

Issue 2 – This amendment asks voters to:

- Eliminate life-time term limits for state legislators.
- Prohibit future legislators from serving more than 12 years in a row. Legislators who serve the full 12 years consecutively would be allowed to hold office again once four years have passed since their last term expired.
- Include two-year senate terms resulting from apportionment after a census in calculating the years of consecutive service for legislators elected after Jan. 1, 2021. Currently, this two-year partial term does not count toward term limits.
- Allow current legislators and any legislators elected this November to serve under the current term limit amendment, which allows them to serve 16 years consecutively or non-consecutively. They would be eligible to hold office in the future once four years have passed from their last term expiring.



Issue 3 – This amendment, if passed, would change the process for submission, challenge, and approval of proposed initiated acts, constitutional amendments, and referenda.

You can check out the website, which has information about the issues at <https://www.uaex.edu/business-communities/voter-education/state-ballot-issues>

Voting is a privilege! Remember is to get out there and vote on November 3!

Covid-19 Myth Busters

Check media sources, television or social media, and you see all sorts of information related to Covid-19, but are they correct? Here are some common myth busters:

- Should I wear gloves while shopping?
 - The CDC only recommends wearing gloves if you are caring for someone who is ill and while cleaning.
- Should I social distance even if I am wearing a mask?
 - Yes! Wearing a mask is recommended in addition to staying at least 6 feet away from other people.
- Should I sanitize my fabric mask in a Ziploc bag in the microwave for 2-3 minutes?
 - No. However, you should wash your mask regularly (every day if worn) in the washing machine using hot water and drying on a hot cycle. Remember to cover both your mouth and nose when wearing the mask in public!
- Can I make my own hand sanitizer?
 - No. The CDC recommends washing your hands for 20 seconds. Hand sanitizer should only be used when you can't wash your hands and must be 60% alcohol based.

Please continue to be safe out there! Check out more facts at www.uaex.edu/life-skills-wellness/health/covid19/mythbusting

Spicy Roasted Nuts

Preparation Time: 20 minutes

These nuts are crunch and just a little spicy. They are a great snack that is full of protein! They would also make a nice gift. Just package them in small jars, add ribbon and you have a great gift! They will keep in an airtight container at room temperature for about a month.

Ingredients:

4 cups raw almonds, walnuts, or pecans, or a combination
1 ½ tablespoons olive oil
1 ½ teaspoons chili powder
1 teaspoon kosher salt
½ teaspoon ground cinnamon



Instructions:

1. Wash hands properly and assemble all ingredients.
2. Turn to oven on and set the heat to 300 degrees.
3. Put all the ingredients on a rimmed baking sheet and mix well. Spread out the coated nuts into a single layer.
4. Put the baking sheet in the oven and roast until the nuts are a shade darker, 10 to 12 minutes. Set aside to cool before eating or, if you are giving them as a gift, packaging.

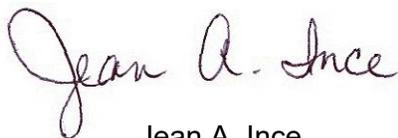
Variations:

- **Sweet:** Add 1 tablespoon honey or maple syrup before roasting.
- **Curried:** Add 2 teaspoons curry powder.
- **Spicier:** Double the chili powder.

Yield: 4 cups

The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact the Howard County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,

A handwritten signature in cursive script that reads "Jean A. Ince". The signature is written in black ink and is centered on the page.

Jean A. Ince
County Extension Agent - Staff Chair

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.