Hello Reader,

My name is Addie Wilson and I am the Family and Consumer Sciences Cooperative Extension Agent for Nevada County. It’s hard to believe, but I have been in this position for a whole year. I have met and worked with a lot of great people here in Nevada County. I would like to thank you all for making me feel welcome. I will continue to do as much as I can to enrich your lives with information pertaining to you and your families. I think the most common question I get from the community is, “What exactly is your job?” Well, I wear many hats in my position, but my main objective is to be your one stop shop in information regarding your health and nutrition, your finances and resource management, and strengthening your family and relationships. I like to say that I am a Home Economics Teacher for the county. The information I give out is research-based, meaning it has been studied over and over again to assure its accuracy and validity. I conduct programs on this information in schools, nursing homes, food shares, libraries, civic organizations, child service centers and much more. I am here for you and your needs as a county resident and for the county as a whole.

This past year I had the opportunity to work on a number of different projects that helped Nevada County residents. In this newsletter you will find Impact Reports that show the work I have been doing in Nevada County. I plan to do more this year and I am excited to do so.

Once again thank you for your support and I hope to...

~ Addie Wilson

Fairhills Extension Homemakers Club

The Extension Homemakers organization is a community service volunteer organization. This year the Arkansas Extension Homemakers Clubs state wide received the Volunteer award for over 500,000 community service hours throughout the state of Arkansas. The Nevada Extension Homemakers Club is the Fairhills EHC. They meet the third Thursday of every month at 2PM at the Nevada County Cooperative Extension Office. This year they have 4 group projects they are working on; homemade lotion for the nursing home, wheel chair caddies for the nursing home, turbans for cancer patients, and tote bags for orphans. If you are interested in joining or starting your own club in Nevada County, please contact the Nevada County Cooperative

Special points of interest:

- Find out how to protect yourself from Ebola
- See the great Family and Consumer Sciences programs offered this past year
- It’s that time of year for Holiday Foods Programs
- The Extension Wellness Ambassador Program starts February 2015

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of 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.
Thanksgiving Recipe

Candied Pecans are my weakness. There is something about enhancing the flavor of a fresh pecan by baking it in the oven with a little brown sugar that makes my mouth water. Lately, I have been using sugar substitutes in my cooking and baking and thought I would give it a try with Candied Pecans. I was not disappointed! It was fast and tasty! Try this recipe for Thanksgiving and let me know what you think.

Don’t forget to follow our Pinterest page for more healthy recipes at UAEXNevada.

EHC President’s Day (formally known as the EHC District Rally)

The EHC President’s Day took place October 28, 2014 at the Garland County Fairgrounds from 9:30 AM—2:00 PM. There were 198 attendants from the 25 counties in the Ouachita District. There were a lot of first time attendants including Betty Goldenpenny, a member of the Nevada County Fairhills EHC. Mrs. Goldenpenny prepared two door prizes for give away at the event. The prizes included homemade potholders, baking and cooking supplies and a copy of the Fairhills EHC 100 Year Celebration Cookbook. Family and Consumer Sciences Agent, Addie Wilson prepared a centerpiece to be given away at the meeting. The centerpiece theme was to incorporate Fall elements and a patriotic twist. Speakers at the meeting talked on topics including “What it takes to be a Leader,” “EHC Project Books,” and the theme for the State EHC Meeting in June. The theme for 2015 EHC Meeting is “Marching into the Future - Celebrating our Country and Club.” If you are a member of EHC, make sure to be thinking about unique ideas to incorporate this theme into our centerpiece for the State Meeting. A lunch of chicken spaghetti, salad, roll and choice of cake was served at the meeting. A fun time was had by all. Be sure to join us next year! For more information contact the Nevada County Cooperative Extension Office.

Wellness Ambassador Program

Before you know it, it will be time to celebrate the start of a new year. What were your New Year’s Resolutions? I know mine was to increase my health and wellness status. I started off strong as most of us do, but found that life stressors interfered with me achieving my goals. Granted, the year isn’t over yet so I have found myself getting back in the groove of eating healthier and partaking in regular exercise. It’s never too late to change your lifestyle. Maybe you are not struggling with your health and wellness, but the children and adults of our country are. In fact, more than 1/3 of U.S. adults are obese. Approximately 34% of adult Nevada county residents are categorized as obese. The Wellness Ambassador Program gives you the opportunity to help spread health and wellness throughout the county. For more information look at the handout included in this newsletter. It’s time to make a difference. Be the small thing that makes a big difference in others lives.
Christmas Decorating

I love Christmas! In fact, I am one of those rebels that decorate for Christmas right after Halloween is over. That’s right! I skip right over Thanksgiving and Fall decorations and tackle the big one. Christmas! If you come by the office you can bet that I am listening to Christmas songs too!

I do love to decorate for Christmas, but I don’t want all of my money to go to decorations for Christmas. This year my theme is centered around Christmas wreaths. Check out this easy Christmas wreath project and make one to decorate your home with.

Don’t forget to follow our Pinterest page for more DIY projects at UAEXNevada.

Here’s our supplies:

- Glue gun and Glue Sticks
- A pack coffee filters (100-150 depending on the size of your wreath and how tight you pack the filters together)
- Pipe Insulation
- Duck Tape

Directions:

- Make your own wreath from pipe insulation found in the plumbing department at your local Home Depot or Lowe’s.
- Cut that the pipe into half (36 inch pieces) so the wreaths were 36 inch wreath forms. So for $0.97-1.18, you get at least two wreath forms! Tape the ends together with tape and voila!
- There is really no specific way to crinkle or glue the coffee filters onto your wreath. I have seen some people fold the bottoms of each one and pin to the wreath, I go the easy and cheap way – scrunch, glue, hold for a second, DONE!
- And you just keep crinkling the filters and gluing them all the way around the wreath. Keep checking to make sure that you are filling in all the holes and that the glue is staying stuck to the wreath. (I think

Holiday Foods Money Due November 5th

If you are a member of the Fairhill Extension Homemakers Club and are planning on going to the Holiday Foods in El Dorado, Arkansas Saturday, November 15, 2014, then please call the Extension Office and reserve your seat. Tickets are going fast! We will need to send our money in and get tickets to assure our seats. Meet at the Nevada County Extension office at 8:45 AM, Saturday, November 15th, cars will be leaving at 9:00 AM.

For more information contact the Nevada County Extension or the Union County Extension Office at (870)-864-1916.
Upcoming Events

- Fairhills EHC Meeting—November 20th ~ Bring an Apron!
- EHC Project Books Due December 1st
- Fairhills EHC Meeting—December 18th ~ Dream of a Chocolate Christmas
- Fairhills EHC Meeting—January 15th ~ Happy New Year!
- Farhills EHC Meeting—February 19th ~ It would be Lovely to see you!
- Best Care Connected—January 17th
- Wellness Ambassador Program—February TBA
- Best Care Connected—February 21st
- State Extension Homemakers Meeting—June 2-4th Hot Springs, Arkansas