Holiday Foods

Holiday Foods profit was $1,041.43. Everyone had a great time, but I think Liz might have had the best time. Thanks to everyone who helped make Holiday Foods & Liz’s retirement party a great success. We pulled off the biggest surprise for Liz to just sit back and enjoy. The compliments are still coming in for the food, decorations, tribute slide show & program given by Vickie Lloyd. Without all of your help, we would not have been able to have the success that we did.

Thank you again,
Johnette Jinks
EHC Board President

Liz McKay with Ouachita District Director Beth Phelps
NEW YEAR, NEW YOU?

How Healthy Are You?

As women we tend to take care of others before we take care of ourselves. Here are 10 tips for achieving a healthier work-life balance that we all could benefit from:

1. **Find you own balance.** There is no perfect balance when it comes to motherhood, career & marriage. It’s up to you to prioritize and you can say NO!

2. **Choose “good enough” over “perfect”.** When something needs to be done, ask yourself: Is it important that the “job is done” or does it need to take all day?

3. **Don’t be a martyr.** “I've go to do everything around here!” Learn to delegate the workload to take the weight off your shoulders. And learn to say NO firmly and often.

4. **Draw the line between home and work.** Unplug at home so that you can spend quality time with your family or just so you yourself can unwind from the day.

5. **Put on your oxygen mask first.** Moms, that means you need to take care of **yourself** before you can take care of others. Take time out for **YOU**!

6. **Say NO to mommy guilt.** Take the “S” word—SHOULD—out of your vocabulary. When other people tell you what you “should do” and “shouldn’t do” when raising your children; let it go. Do what works for YOU. You know your children better than anyone else.

7. **Remember, to compare is to despair.** Don’t compare your life to anyone else’s. Better to spend your energy supporting other women, rather than judging them.

8. **Just. Slow. Down.** Sometimes, it feels like you are tending to so many important tasks at the very same moment and they all have to be done “right now”. Take a breath and do “ONE” thing at a time!

9. **Redefine “Success”.** We need to re-define what it means to be a success today. We need to learn to be just who we are. We don’t need to try to be someone else that we have read about or seen on the television. Be yourself and be surprised at how much better your day will go.

10. **Find your passion… and follow it!** One of the keys to being happy—is to find a vocation, job or hobby that combines your passion with bringing in an income or just the joy of helping others. Sometimes it is not the pursuit but the enjoyment of being with friends.

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They are interviewing for Liz’s replacement as FCS agent in February 2015.

There will be a spring gardening class probably in April conducted by Johnette Jinks of Designing Women. This class has been offered to the public as a community service by the EHC for the last 7 years.

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DATES TO REMEMBER

**EHC Meetings**

February 20th EHC Bd. Mtg. 1:30 p.m. Extension Office

February 12th 9-2—Ext. Office Sewing on Bibs and Turbans. Bring your lunch, scissors and sewing machine if you have one.

AEHC State Meeting—June 2-4, Hot Springs (Deadline is May 1st)

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Through perseverance many people win success out of what seemed destined to be certain failure.

Benjamin Franklin

Robin D. Bridges
County Extension Agent
Family and Consumer Sciences