

Home and Heart

Howard County Extension Homemakers Newsletter



October 2025

The weather is crisp, and I smell pumpkin spice in the air!

Howard County Fair

Thank you all for your help during the Howard County Fair. You worked so hard and I believe we did pretty good considering the changes that took place with the electronic entering system being introduced shortly before the fair. Several of you also judged at surrounding county fairs and the district fair – thank you!

October EH Leader Training and Board Meeting – October 28

The October EH Leader Training will be held at the EH Center at 10:00 a.m. on Tuesday, October 28 followed by the monthly board meeting. The topic is Dealing with Grief and Living Alone! Everyone in Howard County is invited to attend the leader training each month. Invite friends and family!

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Monthly Quilt/Crochet Workshop – October 24

The Quilt/Crochet Workshop will be held on Friday, October 24, at 9:00 a.m. at the EH Center.

Top Priorities for 2026

After meeting with the Family and Consumer Science subcommittee and sending out a survey to Howard County residents, the top priorities for 2026 in FCS will be 1) Physical Activity 2) Eating Healthy Foods 3) Financial Management, & Community Development will be implemented within the EHC membership and civic involvement. What wonderful topics!

EH Center Cleaning Schedule

OCTOBER – New Horizon

NOVEMBER – Twilight

DECEMBER – 4-H

Fall Council Meeting – October 6

The Witch Returns is the program theme for the upcoming Fall EH Council meeting. I keep hearing talk of a local Halloween visitor, and I believe she is planning to visit us for the EH Fall Council meeting on October 6. Registration begins at 9:30 a.m. (Twilight). It will be a potluck, and each club is responsible for providing one prize. New Horizon will inspire us with the Thought of the Day. Sherri Finney will lead us in a mental health activity and Angie will lead the awards ceremony.

District Fall EHC Rally – October 14

Hopefully we will have a several signed up to attend District Fall EHC Rally to be held at Sharon Missionary Baptist Church in Benton. If you haven't signed up, you can still do so until October 6th - it costs \$40. We will meet at 7:00 a.m. at the EH house – wear your gray EHC shirt. If you need to order one, please let us know as soon as possible.

https://uada.formstack.com/forms/districtrallies_2025

County Agent Internship Opportunities next summer

If you know someone who has completed one year of college and is looking for a PAID internship, let them know about the Extension internship program. Deadline is December 31. Many of our current extension agents participated in this program. Scan the QR code with your phone camera and push the yellow words that come up at the bottom of your screen.



EHC Project Books

If anyone would like to help put together an EHC Project Book, they are due October 31. Please let Angie know, and we will meet and review the guidelines and get it done.

Dates to Remember

October 3-4 – Garage Sale – EH Center

October 6 – Fall Council Meeting – EH Center (9:30 registration)

October 14 – Fall Ouachita EH Council Meeting – Benton (Sharon Church)

October 21 – Crocktober

October 24 – Quilt/Crochet Workshop – 9:00 a.m. – EH Center

October 28 – EH Leader Lesson - Dealing with Grief & Living Alone – 10:00 a.m.

**“Ability is what you’re capable of doing. Motivation determines what you do.
Attitude determines how well you do it.” ~ Lou Holtz**

Recipe of the Month

Pumpkin Spice Pecan Blondies

Crust:

1 ½ cups graham cracker crumbs (about 12 graham cracker sheets)
1/3 cup unsalted butter, melted
¼ cup brown sugar packed

Filling:

1 cup pumpkin puree
½ cup brown sugar, packed
2 teaspoons cornstarch
1 teaspoon pumpkin pie spice (or ½ teaspoon each of ground allspice & ginger, and ¼ teaspoon each nutmeg & ground cloves)
½ teaspoon cinnamon
¼ teaspoon salt
½ teaspoon vanilla extract
¾ cup heavy cream
1 large egg

Cheesecake:

8 oz. cream cheese, softened
1 cup Greek yogurt
¼ cup sugar
1 large egg
1 teaspoon vanilla extract

Method:

Adjust the oven rack to a low position and preheat oven to 350°F. Grease the bottom and sides of a 9x13-inch baking pan. Set aside.

Crust: Combine graham cracker crumbs, melted butter and brown sugar and blend well. Press mixture into bottom of the baking pan. Bake crust in preheated oven for 8 minutes. Let cool slightly.

Filling: In a large bowl, beat all the pumpkin filling ingredients until smooth. Reserve 1/3 cup of filling. Pour the remainder into warm crust.

Cheesecake: In a medium bowl using a mixer, beat the cream cheese and yogurt together for 1 minute on medium speed until completely smooth. Add sugar, egg, and vanilla. Beat on high until completely combined. Spread evenly on top of the pumpkin batter.

Drop the remaining pumpkin batter in small spoonfuls on top of the cream cheese. With a spatula or toothpick and begin gently swirling the two together. Jiggle the pan to get the layers to settle into the pan.

Bake for 40-50 minutes or until the center is no longer jiggly. Remove from the oven and allow it to cool completely. Once cool, cover and place it in the refrigerator for at least 1 hour. Remove chilled bars from the pan and cut them into squares. Bars are best served chilled.

Arkansas Extension Homemakers Council Creed

I believe in the Extension Homemakers Club program and accept the responsibilities it offers to be helpful to others and to provide for continuous improvement in all levels of living.

I believe that through working together in a group we can enlarge the opportunities, enrich the life of our people, and create a more contented family and community life. I believe in my own work as a homemaker.

I believe that the greatest force that molds character comes from the home, and I pledge myself to create a home which is morally wholesome, spiritually satisfying, and physically healthful and convenient.

Sincerely,



Angie Freel, EdD
County Extension Agent – FCS