



NEWSLETTER FROM KENDALL COUNTY ASSOCIATION  
FOR HOME AND COMMUNITY EDUCATION

February/March 2019

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A Note from Your President,

As always with a new year, it feels like you can start again---or make changes that will enhance your life. Some changes are not welcome, as is the case of the retirement of Sandra Davis, our long-time Director of Extension in Kendall County (and for several years also Director of DuPage and Kane Counties.) She has always been a good friend of HEA/HCE. We are going to miss you Sandra, but wishing you many years of happy, active retirement.

Living in the Fox Valley (and right on the Fox River), with the Yorkville Foxes....etc., I went kind of crazy this year, and last, and gave "Fox" things to a friend of mine—P.J.s, a blanket, jewelry, etc., but I also came across something that I want to share with you: **Advice From a Fox:**

**Rely on Your Instincts**

**Have a Playful Spirit**

**Find a Cozy Den**

**BE Bright-eyed and Bushy-tailed'**

**Stop, Look and Listen**

**Be Light on Your Feet**

**Have Good Scents!**

(Written by Ilan Shamir)

A good message for all of us! Then my friend gave me a tote bag for Christmas....and I love the message on it:

**Life Always.....offers you**

**A Second Chance**

**It's Called..... Tomorrow**

And so.....as we continue our journey in 2019, we know that changes are coming, but.....**take the Advice From a Fox,..... and also know that there is..... Always Tomorrow.**

**Happy tomorrows to all of us, in our lives, and in HCE.**



## 8. Stretches Out Shoes

If your new leather shoes are too tight, simply spray the soles and insides of your shoes with rubbing alcohol. Then, put on some thick socks and wear the shoes around the house. They should stretch out a little after a bit of wear.

## 9. Air Freshener

source: [Don't Mess with Mama](#)

For a cheap and easy air freshener, mix a bit of rubbing alcohol with 10 or more drops of your favorite essential oil. Put the solution in a spray bottle, and voila!

## 10. Eyeglass Cleaner

source: [Cajingzhi](#)

To clean and disinfect your eyeglasses, spray a bit of rubbing alcohol onto a glasses-friendly cleaning cloth. Your glasses will be shiny and free of germs in no time.

## 11. Removes Stickers

source: [Richard Barraclough's Web Pages](#)

If you have a sticker or label that just won't come off, soak the area in some rubbing alcohol. After a few minutes, the sticker should scrape away easily.

## 12. Disinfects Makeup Brushes

source: [Ricky's Beauty Guide](#)

Dirty makeup brushes can lead to breakouts and skin irritation. Soak the bristles of your brushes in rubbing alcohol, then let them air-dry for clean, ready-to-use makeup brushes.

## 13. Removes Hairspray

source: [Mane Addicts](#)

## 14. Melts Frosted Windshields

source: [Budget Glass](#)

There's nothing worse than freezing your fingers off trying to scrape last night's frost off of your car's windshield. Simply fill a spray bottle with rubbing alcohol, wait a few minutes, and the frost should be gone pretty quickly.

## 15. Cleans Cellphones

source: [Tech Advisor](#)

Cellphones carry a ton of germs, so it's important to keep them clean. If you rub down your phone with a small amount of rubbing alcohol, you'll be able to disinfect it and remove any dirt or grime.

## 16. Removes Ticks

source: [PestWiki](#)

If you spot a tick on your dog, remember NOT to just pull it straight out. You need to drown the tick in rubbing alcohol beforehand so that it loosens its grip on your dog's skin. After soaking the tick in rubbing alcohol, you can then use tweezers to remove the tick by getting as close to your dog's skin as possible.

## 17. Cleans Chrome Hardware

source: [Supply Knowledge Center](#)

If your bathroom is full of chrome faucets and fixtures, rubbing alcohol will shine it right up. Once the rubbing alcohol dissolves, you will be left with a clean and spot-free surface.

## 18. Removes Ink Stains

source: [Cooking in Plain Greek](#)

If you accidentally get pen all over your favorite shirt, don't fret. Just soak the stain in rubbing alcohol before tossing it in the wash and the stain should come right out.

## 19. Cleans Plastic/Silk Plants

source: [Wonderopolis](#)

If your plastic plants are looking a little dusty, just fill a spray bottle with rubbing alcohol and give them a spritz. When the rubbing alcohol dissolves, the dust will disappear along with it.

## 20. Cleans Stainless Steel

source: [Clean and Scentsible](#)

Stainless steel wipes can be pricey, but rubbing alcohol is cheap! Dab some rubbing alcohol onto a soft cloth for sparkling, spot-free stainless steel appliances and fixtures.

## 21. Removes Grease Stains From Carpet

source: [Fit My Car](#)

If you have a grease stain on your carpet, try dabbing it with some rubbing alcohol to remove the stain. Just to be on the safe side, try the rubbing alcohol on an inconspicuous part of the carpet first.

## 22. Removes Strong Odors From Skin

source: [Reacho](#)

Most of the time, even soap won't rid your hands of the smell that lingers after chopping onions. Just apply a little rubbing alcohol onto your hands to sanitize them and remove any strong odors.

## 23. Nail Polish Remover

source: [HBFIT](#)

Most drugstore nail polish removers are filled with harsh chemicals. Rubbing alcohol will remove stuck-on polish and is far less damaging to nails than typical removers.

## 24. Stops The Itch

source: [Thrombocytes](#)

If you have a spider or mosquito bite that you can't stop scratching, dab a little rubbing alcohol onto the bite with a cotton ball. It'll stop the itch in no time!

*#s 1-7 were in  
Dec. 2018 / Jan. 2019  
newsletter*

## 24 Surprising Ways To Use Rubbing Alcohol That You Probably Never Knew About

**DISCOVERED:**

**How to avoid germs when flying**

Choosing a window seat on your next flight can keep you healthy, say researchers in the Proceedings of the National Academy of Sciences. They tracked 10 domestic flights and found that passengers in window seats had 4.3 times less contact with other people than those in aisle or middle seats—an effect they say reduces the risk of catching illnesses spread by coughing or sneezing.

## Thank You Notes

Dear HCE Board,

Thank you for awarding me this year's HCE Scholarship. I have enrolled at Waubensee Community College taking general education class work. The monies received have helped me pay my tuition. I sincerely appreciate your support

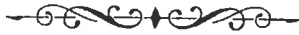
James Martin



Kendall County HCE,

Thank you for sponsoring the trophy that I won at the Kendall County Fashion Revue. It made my night to receive such a great award.

Thank you, Elizabeth Franzen



Dear Carol,

Thank you for donating the trophy for my clothing award. I look forward to seeing you at the HCE Tea. Thank you for continued support of 4-H.

Sincerely, Lydia Oker



**The Minooka High School Spring musical** will be *The Little Mermaid*, on Thursday, Friday and Saturday, March 14, 15 and 16. There is also a matinee on Wednesday, March 13.

Dear Carol Scott,

Thank you for donating a trophy to Kendall County 4-H. I truly appreciate your donation, because it allowed me and many other 4-Hers to receive trophies this year. I was really excited to receive my trophy for my Health project, receiving this award was a truly honorable and memorable experience that would not have been possible without your generosity.

Thank you!

Sincerely, Emily Reppy



Dear Ms. Carol Scott,

I would like to express my appreciation and thanks to you for sponsoring an Award of Excellence in the clothing area. I received this award this year for my clothing textile scrapbook. This project is a fun twist in the clothing area because it encourages youth to look at the scientific aspects of clothing and textiles, and how they work. This project was very interesting, and I plan to continue it next year.

Thank you, Sydney Reppy



Dear Beverly and Committee

Thank you for a wonderful "Tea Party." Great job! You and the girls covered all the basics!

Looking forward to next year.

Sincerely,

Jan Hibler, Minooka

(She included a "Free Hug Coupon")



International Day - Featuring "India"  
 Annual Silent Auction Fund Raiser  
 Luncheon



March 21, 2019

**Program:** Reverend Azani Christian, Pastor Kaneville United Methodist Church

*"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else. - C.S. Lewis"*

Reverend Christian is the Pastor for protestant service for Fox Knolls Residence. She traveled to India with her family to visit her parents in January 2019. Born and reared in our 2019 Country of Study, India, we will learn from her the republic's diverse population, economy, languages, culture and geography.

**Time:** Registration at 10:30 am

**Place:** Advent Christian Church, 905 N. Edgelawn Drive, Aurora

**Cost:** \$20

**Seating:** Feel free to tote a seat cushion and enjoy the day in comfort.

**Unit Scrapbooks:** Show off unit scrapbooks for all to enjoy

**Donated items:** are welcome for

- 1) Silent Auction (Please send your donation to the HCE Board meetings before 11 am on Feb. 11 at the Extension Office
- 2) Perishable goods accepted on March 21, notify Junia @ 630-859-1045
- 3) Hines VA Hospital
- 4) Various recycle items

Kane County members should complete the reservations form and return to your Unit treasurer with \$20.00. Then your treasurer should submit reservations slips (or list members participating) and ONE check made payable to KCAHCE. Guests are welcome to register. Send registrations (or list of names) by March 7 to:

Mary Ebert ~ 46W765 Main Street Road, Elburn, IL 60119

**Registration Form:** March 21, 2019 International Day / Silent Auction

Deadline is March 7, 2019. Please make check for \$~~25~~<sup>20</sup> to your Unit Treasurer whenever possible

Name: \_\_\_\_\_ Ticket Qty \_\_\_\_\_ x \$20 = \_\_\_\_\_

Unit: \_\_\_\_\_ Phone: \_\_\_\_\_



**HAPPY BIRTHDAY ILLINOIS!**

Monday, December 03, 2018

Some interesting facts about Illinois:

What is Illinois State Insect?  
The Monarch butterfly is the state insect.

What is the official state animal of Illinois?  
Illinois schoolchildren voted to select the **white-tailed deer** as the state animal in 1980. The vote was made official by the General Assembly in 1982.



**Snack Food**

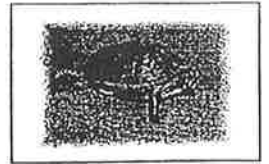
Second and third graders from a Joliet elementary school, along with their teacher, completed a class project attempting to make popcorn the official snack food of the State of Illinois. The General Assembly made that designation official in 2003.



**Amphibian**

Illinois citizens voted to select the eastern tiger salamander as the state amphibian in 2004. The vote was made official by the General Assembly in 2005. Jim Schulz/Brookfield Zoo.

**Reptile**

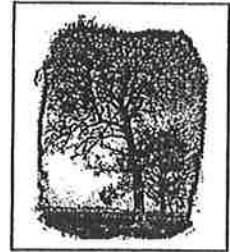


Illinois citizens voted to select the painted turtle as the state reptile in 2004. The vote was made official by the General Assembly in 2005. Jim Schulz/Brookfield Zoo



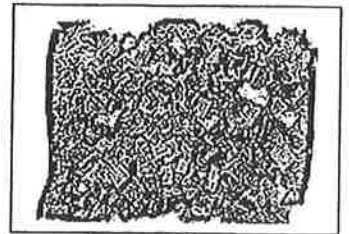
**Flower**

In 1907, Illinois schoolchildren voted to select the state tree and the state flower. They selected the Native Oak and the Violet. The General Assembly approved a bill to make these selections official in 1908.



**Tree**

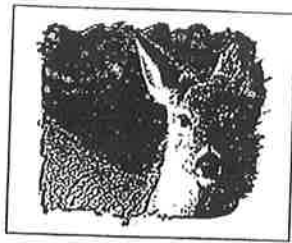
In 1973, a special poll of 900,000 schoolchildren changed the State Tree from the Native Oak to the White Oak



**Mineral**

The General Assembly established Fluorite as the state mineral in 1965. Illinois is the largest producer of Fluorite in the United States. Fluorite is used in making steel, enamels, aluminum, glass, and many chemicals.

## Animal



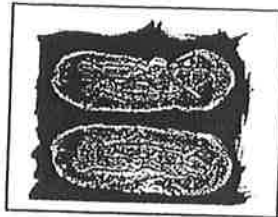
Illinois schoolchildren voted to select the white-tailed deer as the state animal in 1980. The vote was made official by the General Assembly in 1982.

## Bird



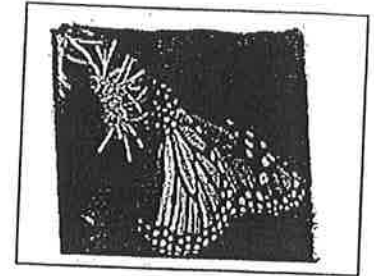
In 1928, Illinois schoolchildren selected the cardinal as the State Bird of Illinois. The General Assembly made that designation official in 1929.

## Fossil



The Tully Monster is the state fossil. The Tully Monster was a soft-bodied marine animal that lived 280 to 340 million years ago. More than 100 Tully Monster fossils have been found in Illinois.

## Insect



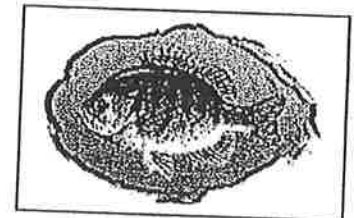
In 1974 a third-grader from Decatur suggested that the monarch butterfly become the state insect. Schoolchildren lobbied for the monarch butterfly and the General Assembly passed a bill making it official in 1975.

## Dance



The Square Dance was designated as the official state dance in 1990.

## Fish



Schoolchildren selected the Bluegill as the state fish in 1986. Although the Bluegill grows to only about 9 inches in length and weighs less than a pound, it has a reputation as one of the best fighting game fish.

## Prairie Grass



In 1989 the Big Bluestem became the state prairie grass. The General Assembly adopted this designation following a poll of students conducted by the Illinois Department of Conservation.

## PROLONG THE LIFE OF BATTERIES

It seems like anytime you use a battery from your junk drawer, it barely lasts a week. The likely reason: When the positive end of a battery comes in contact with metal (like other batteries), it can deplete the battery. To prevent this, gather all the loose batteries, wrap a rubber band around the bunch and tuck in the drawer, away from other metal objects.


Kendall County Association For  
Home & Community Education  
7775B IL Rt 47  
Yorkville IL 60560



HCE Newsletter  
February/March 2019

**Birthdays**

Kay Phillips – Feb. 12  
Sandi Sidio – Feb. 12  
Carolyn Wildey – Feb. 14  
Maggie Bowers – Feb. 21  
Myrah Baldwin – Feb. 25  
Joan McEachern – Feb. 28  
Nevada Wietting – March 2  
JoAnn Thom – March 13  
Carol Scott – March 22



**HCE Distinguished Service Award**

Betty is a member of the Seward HCE Unit and has been the Kendall County HCE Board Secretary for several years. Reedy has been very involved in activities in her Unit and at the county level, including the Victorian Tea. She is also very involved with her church and Minooka High School Spring musicals and Madrigals, where she has sewed costumes and helped in other ways. For more information about the educational programs and community outreach of HCE call Joan at 630-567-6407.



Photo: Betty Reedy,  
Minooka, received the  
2018 Kendall County  
Association for Home and  
Community Education  
(HCE) Distinguished  
Service Award.

- Board Meeting** – January 29, 1pm, Extension Office
- HCE Lesson** – Feb. 13, 10am, What's New in the Kitchen
- Board Meeting** – March 5, 1:30pm, Extension Office
- IL HCE State Conf.** – March 12 to 14 in Effingham, IL
- HCE Lesson** – March 26, 2pm, Communicating with Individuals with Dementia
- ACW Triennial Conf.** – April 1-10, 2019, Melbourne, Australia
- HCE Annual Meeting** – Tuesday, May 21, 5pm , Rush Copley
- NVON** (Natl. Volunteer Outreach Network Conf.) – July 23-25, Springdale, AR
- CWC** (Country Women's Council USA) – Sept. 12-18, 2020, Indianapolis, IN