



Clark County Extension Service
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Summer 2008

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870-353-2616

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870-245-3687

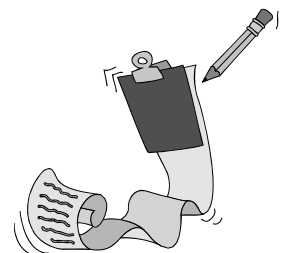
Ruth Boyd, Report/Parliamen.
870-246-5533

Kathy Bauer, Past Pres.
870-353-4072

Upcoming Events

Club Dues & Membership Roster Due

It is time for each club to submit a membership list with officers noted, pay member dues (\$2 each) and club dues (\$5 each). Please get this paperwork in by July 18, so reports can be sent to the Arkansas Extension Homemakers.

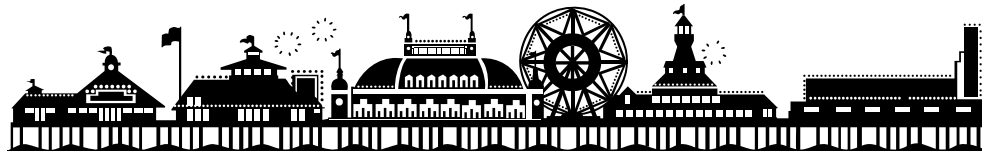


Fair Judging Class

Fair season is just around the corner, and several of you have expressed a desire to have a Fair Judging School so you can “brush up” on your judging skills. With this in mind, a “Fair Judging School” has been scheduled for Thursday, July 17 at the Howard County EHC Educational Center in Nashville.

Registration will begin at 9:30 a.m. with the training starting at 10:00 a.m. A \$9.00 registration fee will be charged to cover the cost of lunch and other program supplies. Make checks out to Howard County EH. There is a **registration form** at the Extension office that needs to be completed by **July 11**.

Classes taught will be Crafts, Arts, Photography, Baked Goods, Clothing, Needlework, Food Preservation, Horticulture, Plants and Educational Booths.



Kitchen Planning Committee

The Kitchen Planning Committee will meet in the Outback Kitchen, Monday, July 21, beginning at 10:00 am.

Two-Year Council Planning Meeting

The second part of the Council’s Two Year Planning Committee will be held in the Outback Kitchen, Tuesday July 22, from 9 am until 11 am. All Club and Council Officers are invited to attend.

Spring Council Meeting



Red Springs Club received a Two Gold Star Award at the Spring Council meeting, President Denise Ezell is pictured.



Manchester Club received a Two Gold Star Award at the Spring Council meeting, President Dorothy Daniel is pictured.



Whelen Springs Club received a Two Gold Star Award at the Spring Council meeting, President Nedra Williams is pictured.



Ruth Boyd, of Hartsville Club, was chosen as Clark County Club Member of the Year. This is a rare chance to get Ruth in front of the camera. She is

usually working in the background without being seen. It's good to see you up front Ruth!



AEHC State Meeting

Pictured at the State Meeting between sessions with the new AEHC State Presidents Joyce Hall are Gwyn Buck, Nedra Williams, Jean Tolland and Elizabeth Wilson. Not pictured are Barbara Wasson and Dorothy Daniel.

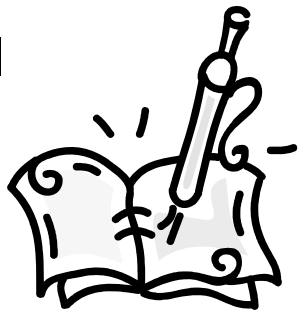


Debbie and Lynn LeMay are shown after being recognized for the Clark County Record Book submitted this past year.



All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally-protected status, and is an Affirmative Action/Equal Opportunity Employer. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

June Council Minutes



Fair Kitchen Committee –

Next meeting: June 24, 11:00 at Allen's BBQ in Gurdon. Some suggestions/recommendations made by the committee so far are as follows:

- Cook meals in EHC kitchen
- Serve 2 plate meals Wed, Thurs, Fri
- Try to prepare simpler meals. Look into buying more prepared food from SYSCO
- Do not open on Sat. until late afternoon or evening (then for short-order only)
- Determine # of people needed for each shift; come up with sign-up sheet for volunteers so that all time slots are filled in with enough workers
- No revenue-sharing with EHC clubs (unless possibly the kitchen comes out ahead on sales/expenses)
- Sign-up sheet for bringing desserts
- Each club representative needs to get an idea from their club about the # of people willing and able to work in the kitchen.
- Joyce Palla donated some used pots and pans, etc. for the kitchen. Denise said she would call the Gurdon public schools and see about having them run them through their commercial washer.

AEHC State Meeting– Denise Ezell said a member from Red Springs club has made cancer turbans in the past. She will check to see if she has a turban to donate to send to the state meeting.

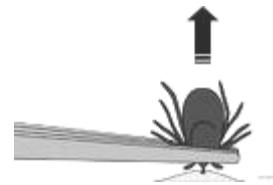
Fair - Clark County Fair is set for September 9–13. Pageant is Saturday, September 6.

Candidate for President-Elect – Kathy Bauer asked to be considered for the position. The board recognizes that due to health problems and limitations and the stress related to the sometimes demanding position that Kathy be allowed as president-elect for 1 year. If at any time during the year Kathy or the board finds that the job is too much for her to perform the required duties, then, the situation will be re-evaluated by the board.

Safe Tick Removal

Grandma may not always know best—especially when it comes to tick removal. According to the Centers for Disease Control and Prevention, home remedies for tick removal, like using petroleum jelly or a hot match, are ineffective.

Some of these techniques could actually cause the tick to regurgitate bacteria into the bloodstream. Using a pair of tweezers is the best method for tick removal. This helps remove all of the tick, including the mouthparts.



The site of the tick bite should be disinfected and hands should be washed thoroughly with soap and water after removing the tick.

One way to prevent an encounter with these bugs is to wear long sleeves and pants. In tick-infested areas, keeping shirts buttoned and tucked in, as well as tucking pants legs into socks can prevent ticks from crawling inside the pants leg.

You can even add rubber bands around the lower half of your leg to keep ticks from venturing upward.

Another prevention method is applying a repellent that discourages tick attachment—one containing either DEET or permethrin.

"DEET is one of the few insecticides that has been approved by the FDA and EPA for use on skin," Wright said.

Repellents with permethrin are for clothing only and are effective for several days. While repellents containing DEET can be used on the skin, re-application is necessary every few hours.

After being outdoors, conduct a body check for ticks. Areas to focus on are under the arms, in and around the ears, belly button, back of the knees, in and around hair, between legs and around the waist.



Wild Rice Salad

1 (6 ounce) package wild rice
3/4 cup light mayonnaise
1 teaspoon white vinegar
1 teaspoon white sugar
salt and pepper to taste
2 cups cooked, cubed turkey or chicken meat
1/4 cup diced green onion
1 cup seedless red grapes
6 ounces blanched slivered almonds



Cook rice according to package directions. Remove from heat and set aside to cool.

In a medium bowl, whisk together the mayonnaise, vinegar, sugar, salt and pepper. Stir in rice, turkey, onion and grapes until evenly coated with dressing. Cover and refrigerate for 1 to 2 hours. Before serving, sprinkle slivered almonds over the top of the salad.