

## Family & Consumer Sciences Arkansas County Newsletter

March 29, 2017



Thanks to all of you who helped with the 4-H banquet!! You did an outstanding job preparing and serving the food and with clean-up. The Extension staff, 4-H members, and leaders appreciate all you do to make ours one of the best 4-H Banquets in the state.

### EXTENSION SERVICE DATES TO REMEMBER:

4-H COMMUNITY  
EGG HUNT  
APRIL 8

EH LEADER TRAINING  
APRIL 13

CROCHET CONNECTION  
APRIL 13

CASA FUND RAISER  
APRIL 15

MASTER GARDENER  
SPRING PLANT SALE  
& LUNCHEON  
APRIL 22

YEARBOOK IDEAS  
APRIL 30

4-H LEADER MEETING  
MAY 1

SPRING COUNCIL MEETING  
MAY 3

EXTENSION GET FIT  
BASIC TRAINING  
MAY 3 – CONWAY  
JUNE 29 – HOT SPRING  
AUGUST 16 – HOPE  
ADVANCED TRAINING  
MAY 25 – HOT SPRINGS  
AUGUST 23 – HOPE

AEHC STATE MEETING  
JUNE 6-8

### Arkansas County Offices

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### EH LEADER TRAINING

The EH program for April is “Plan Your Own Meeting”. EH Leader Training for May “Attitude Is Everything” by the Family Relationships & Child Development Leader will be held on Thursday, April 13 at 10 a.m. at the Extension Office. If the Family Relationships & Child Development Leader cannot attend, please make plans for someone to represent your club.

### SPRING COUNCIL MEETING

All Extension Homemakers, Extension Get Fit members and guests are invited to join us for the EH Spring Council Meeting on Wednesday, May 3. The meeting will be held at Phillips Community College, DeWitt Community Room with registration at 9:30 a.m. and the meeting to begin at 10:00 a.m. Lunch will be potluck. Program topics are: “Deskercise” by Shea Wilson, CEA-FCS Prairie County and “Flowers” by Jackie Johnson, Lauren’s Garden. Club responsibilities are: Hostess/Refreshments - Prairie Gems & Maguire, Registration/Door Prizes - New Providence/Turley & Gillett, Food Preparations - Key and Clean-up - Everyone. Each club should bring one door prize.



### EXTENSION GET FIT TRAINING

Registration is open for several Extension Get Fit trainings. Only those who have completed the Extension Get Fit Basic Training are eligible to attend advanced training. If you are interested in training, please call the Extension Office for more information.

#### Basic Training

May 3 – Conway (registration deadline: April 12)  
June 29 – Hot Springs (registration deadline: June 8)  
August 16 – Hope (registration deadline: July 26)

#### Advanced Training

May 25 – Hot Springs (registration deadline: May 4)  
August 23 – Hope (registration deadline: August 2)

Visit our website at: <http://www.uaex.edu/counties/arkansas>.

## COMMUNITY SERVICE OPPORTUNITY

Grand Prairie CASA (Court Appointed Special Advocates) will be holding their Annual Pork Loin and Bake Sale Fund Raiser on Saturday, April 15, 11 a.m. – 1 p.m. at First United Method Church in DeWitt. Volunteers are needed to make items for the bake sale fund raiser. Everyone is invited to participate in this community service project by making a dessert, please call the Extension Service at (870)946-3231, (870)673-2346 or email [alockley@uaex.edu](mailto:alockley@uaex.edu).

## EH YEARBOOK



Volunteers for the yearbook committee are Joan McFerrin, Shirley Fread, and Vickie McLain. Clubs are asked to submit recipes, helpful hints, and thoughts for the day. EH Club presidents will receive a list of program ideas for each of you to help decide on program topics for the new yearbook. Please fill out the forms and return them to the Extension Office. Deadline is April 30 for program ideas, recipes, helpful hints and thoughts for the day.

## CROCHET CONNECTION

As an ongoing community service project, Arkansas County has helped make a difference in the lives of Arkansas Children's Hospital patients by donating crocheted hats. If you like to crochet or want to learn crochet basics, please join us for Crochet Connection on Thursday, April 13 at 1-3 p.m. Whether you're a master, know the basics or want to learn from each other, these sessions will offer the opportunity to share this hobby over a cup of coffee and make some new friends along the way. Participants are welcome to bring their projects for "show and tell". Yarn has been donated for those interested in learning the basics. Beginners should bring an H/8 (5mm) crochet hook. This size is comfortable to hold in your hand, making the movements of crocheting easier than using a very small or very large hook. Call the Extension Office by April 10 to pre-register.

## ARKANSAS RICE EXPO 2017 RECIPE CONTEST

The Arkansas Rice Expo recipe contest is an official event of the University of Arkansas Division of Agriculture Research and Extension Arkansas Rice Expo scheduled for August 4 at the Grand Prairie Center, Stuttgart. It is a way to promote the healthy attributes of cooking with rice, encourage safe food handling skills, showcase the rice industry and advance cooking skills. Rice in any form must be the prominent ingredient in the recipe and ingredients should be easily obtained in any local grocery store. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners. Entry deadline is June 16. For more information, contact the Extension Office.

## 2017 MISS ARKANSAS COUNTY RICE

Thanks to Prairie Gems EHC for conducting the Miss Arkansas County Rice Contest again this year. We appreciate so much what they do each year in promoting rice and in providing leadership opportunities for our youth. The contest was held March 28 and Harley Bishop was crowned the 2017 Miss Arkansas County Rice. Contact the Extension Office if you would like to invite Harley to meet with your club members and share her rice dish with you.



## EXTENSION WELLNESS AMBASSADOR PROGRAM

Are you interested in health, nutrition, and being active? The Extension Wellness Ambassador Program teaches participants simple strategies to improve their own health and the health of their family, friends, and neighbors. The training is conducted by Cooperative Extension Service professionals, health professionals, and other specialists in their field and includes topics such as: healthy eating and weight management, avoiding portion distortion, strength training, exercise to improve balance and flexibility, preventing and managing chronic disease, health behavior change strategies that stick, understanding personality types, and other special topics! Ambassador trainees receive 40 hours of training in health and wellness, and in return, they will agree to give back 40 hours of service in support of healthy living programs.



## EXTENSION GET FIT

The Extension Get Fit program helps increase strength, bone density, balance, and energy while helping us look and feel better. It is an excellent program and we have seen amazing results. For more information, please call the Extension Office. Classes are held at the following locations:

### ExtensionGetFit

DeWitt Community Center	Tuesday & Thursday 9:00 a.m.
Phillips Community College, DeWitt	Tuesday & Thursday 8:00 a.m.
Cooperative Extension Service	Tuesday & Thursday 5:30 p.m.
Casscoe Community Center	Monday, Wednesday, Friday 8:00 a.m.
Planters & Merchants Bank	Monday, Wednesday, Friday 8:30 a.m.
First Baptist Church, Stuttgart	Tuesday & Thursday 9:00 a.m.
Baptist Health Medical Center	Tuesday & Thursday 5:30 p.m.

## EXTENSION HOMEMAKERS

An Extension Homemakers Club is a group of individuals who meet regularly and learn together. Each month a designated leader from the club attends a leader training meeting conducted by the County Extension Agent - Family & Consumer Sciences. This individual then shares the information with fellow club members. Educational programs provided are research-based and include information related to strengthening families, extending resources, improving diet and health, and developing individuals. Each of the county clubs is unique and reflects the interests of the community it serves. Everyone is invited to visit one of the local EH clubs and become a part of our organization. If joining an EH club is not convenient, you may become a virtual club member or member-at large where all the services and educational programs extended to club members may be enjoyed without the affiliation of an individual club. The following is a list of local EH clubs, designating when and where they meet:



Gillett EHC	2 <sup>nd</sup> Tuesday in member's homes
Key EHC	2 <sup>nd</sup> Monday in member's homes
Maguire EHC	2 <sup>nd</sup> Thursday, Stortz Fish Restaurant
Prairie Gems EHC	3 <sup>rd</sup> Thursday, County Extension Office
New Providence/Turley EHC	County Extension Office

In 2016 Arkansas County EH members volunteered a total of 7,358 hours to the community. This was achieved through a number of service projects such as making walker bags and bibs for local nursing homes, making blankets for Dana's House, preparing and serving the meal for the 4-H Achievement Banquet, and sponsoring Sr. Citizens Day at the County Fair. Members also enjoy participating in district rallies, state workshops, and field trips to other counties to take part in educational programs and share ideas with fellow members across the state. For more information call the Extension office at (870)946-3231 or (870)673-2346; or email [alockley@uaex.edu](mailto:alockley@uaex.edu).

## AEHC STATE MEETING



The AEHC State Meeting “VOLUNTEERING: That’s What We Do” will be held June 6-8 at the Hot Springs Convention Center. Registration and fees are due April 21, so please let us know by April 18 if you plan to attend. Registration fee: \$40 per person, Lunch: \$20 Tuesday, \$20 Wednesday. Lodging Room Block: Hotel Hot Springs, deadline May 12 and Embassy Suites, deadline May 5. Don’t miss out on the fun!

- **Creative Skills:** There will be an “Early EHC” Creative Skill class taught on Tuesday, 10-11:15 a.m., “Scrapbooking without Photos”. You will get to make 1 or 2 items.
- **Curtain Calls has now been changed to ENCORE.** The sale of these ENCORE books helps with the expenses of the state meeting.
- **Cultural Art:** Table Runner, any style, any size, may be purchased. These will not be judged but each county is asked to donate the table runners to AEHC so they may be purchased by members and others as a fund raiser for the National Volunteer Outreach Network meeting AEHC is hosting July 2019. Donating is entirely optional.
- **Silent Auction:** Each county please bring 2 silent auction items. The proceeds from the Silent Auction helps with the expenses of the state meeting.
- **Table Decoration:** *Baskets and More*, please bring 1 table decoration in a basket of any kind, no more than 12” high.
- **Bingo Night:** will be held in the DeSoto Room of the Hotel Hot Springs, Tuesday night. Please bring white elephant gifts if possible.
- **Anything Goes Talent Show:** new this year. Will be in the DeSoto Room at the Hot Springs Hotel. You will have the opportunity to participate in 2 ways. Sign up for regular talent and have the possibility of winning the beautiful traveling trophy or sign up for “Anything Goes” which can include pantomime, classical readings, joke telling, etc. Participants in “Anything Goes” talent will get to put their name into a drawing for a door prize. You and your county will be participating but not competing.
- **Sneak Peak of the proposed Creative Skills Classes, Tuesday morning class 10:00 – 11:15 a.m. First 40 people to register and no fee. Scrapbooking without Photos -** Learn to use scrapbooking and other decorative papers and embellishments to make easy crafts using scrapbooking techniques without the fuss of doing a scrapbook. Please bring scissors. Limited to first 40 to register.  
**Other Creative Skills Classes Tuesday afternoon 2:00 – 3:00 p.m. and repeated 3:30 – 4:00 p.m.**  
**Quilled Card** - Learn the fine art of Quilling with this easy tutorial. Decorate a handmade greeting card with easy quilled designs. No prior experience necessary. All materials provided. (\$5)  
**Beaded Angel** - Make a beautiful beaded angel that is appropriate to use as an ornament or a package topper. If you have scissors, wire cutters and jewelry size needle nosed pliers, please bring them. (\$6)  
**Tassel Necklace** - Learn to make your own tassel necklace at a fraction of the cost. This craft is simple yet right in style with today’s fashions. All supplies are furnished. (\$5)  
**Fabric Wall Cross** - Make a stylish contemporary wall decoration using wood, fabric and silk flowers. Easy to do and easy to personalize. Makes a great gift. (\$7)  
**Glass Christmas Ornament** - Learn some easy art techniques on transforming glass Christmas ornaments into creative themes. Lyndsey will teach you how to dry brush a snowman ornament and decoupage your favorite Christmas song lyrics onto a second ornament while you are waiting for the paint to dry on the first ornament. This will be a fun and informative class on multitasking and creativity. All materials provided. (\$5)

## WHY YOU SHOULD EAT MORE ASPARAGUS?

Carla Hadley, Miller County CEA-Staff Chair

Could asparagus be the spring superfood you should eat more of? It is a bright green veggie packed with vitamins and minerals like vitamins A, C, E, K, and B6, as well as folate, iron, copper, calcium, protein, and fiber. These nutrients help asparagus offer serious health benefits.

Asparagus is the highest tested food containing Glutathione, one of the most potent cancer fighters, according to the National Cancer Institute. It is also high in rutin, which helps strengthen blood vessels.

If you are watching your calories, asparagus can help you maintain your weight. With only 30 calories per one cup serving, and low in fat you can see how it can help with weight loss. It also contains soluble and insoluble fiber, which helps keep you feeling full in between meals because your body digests fiber slower, so you are less likely to get hungry.

The many colors of asparagus contribute to the antioxidants that help your body fight free radicals, but you cannot overcook the asparagus. Overcooking not only gives you a mushy or watery product, it can remove some nutritional benefits by letting vitamins leech out into the water.

Asparagus, along with other green, leafy vegetables, is filled with vitamin K. This vitamin helps your blood coagulate, meaning it helps your body stop bleeding after a cut, and vitamin K helps your body absorb calcium so it's actually good for bone health.

What do you look for when selecting asparagus? You want strong spears that have closed, compact, tight heads. Test freshness by making sure it snaps when bent. Prep your asparagus, by trimming the bottom ends first, and then wash the spears thoroughly before cooking them.

It should be cooked the same day it is purchased due to its delicate nature. If it must be kept longer, it should be kept cold and covered in the refrigerator and used within 2 to 3 days for best quality. To maintain freshness, wrap a moist paper towel around the stem ends, or stand upright in two inches of cold water.

It can be cooked many ways including grilled, roasted, cooked in microwave or on top of the stove. If cooking on top of the stove, place trimmed and washed asparagus, standing on stem, in a saucepan with one-half inch of water. Boil, cooking uncovered for the first three minutes, then cover and cook to the crisp tender stage. Remove with tongs. Toss with olive oil and add a squeeze of lemon juice to bring out the delicate flavor without adding calories or fat.

Oven roasted asparagus is quick and easy to prepare. Pair it with a lean meat for dinner, or a poached egg for breakfast.

### Oven Roasted Asparagus

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1½ tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice



Preheat oven to 425°F. Place the asparagus into a mixing bowl, and drizzle with olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

*Arkansas County  
Master Gardeners*

**2017 Spring Plant Sale**

**and Luncheon**

**Saturday, April 22**

**Arkansas County Fairgrounds, DeWitt**

\* **Plant Sales: 10:00 – 11:30 a.m.  
12:45 – 1:30 p.m.**

\* **Gate Fee: \$2.00**

\* **Door Prizes**

*Luncheon & program*

*11:30 a.m.*

*“Mix It Up, Baby”  
featuring Chris Olsen,*

*Jhemajang Gardening Guru;*

*Owner of Botanica Gardens and Plantopia*

**Luncheon Tickets: \$15.00 (includes gate fee)**



**Contact any Master Gardener or the Arkansas County Extension Office at 870-946-3231 or 870-673-2346 for tickets or additional information.**



*The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office (or other appropriate office) as soon as possible. Dial 711 for Arkansas Relay.*

## EHC VOLUNTEER HOURS

I hope that each member is keeping up with community service time. You are so generous to give of your time to help others. There is a place to record community service projects in the EHC Volunteer Log in your yearbook

## CONSUMER PROTECTION

Losing our money to identity theft or consumer fraud is always disappointing. Here are some ways you can protect yourself:



1. **Guard personal information** and PINS. Carefully guard all of your personal information, social security number, bank account numbers, personal identification numbers, etc.
2. **Shred mail and documents.** Dumpster diving can give thieves access to bank statements, credit card statements, health insurance numbers, pre-approved credit card offers, and other personal information.
3. **Shop at reputable businesses.** Whether in-person or online, one of the best ways to be sure you won't be swindled is to shop at businesses you know are legitimate.
4. **Keep devices secure.** Do you shop or bank online? Have you used a mobile app to check your account balance? Do you receive email messages from your credit card company? Keep virus software up to date. Log-out of accounts, exit websites and close apps as soon as you're finished. Password protect your phone, tablet, or computer.
5. **Limit the cards you carry.** You'll have less to lose if your purse or wallet is stolen. Thieves will have fewer ways to make charges. It's easier to contact companies and stop transactions on only one or two cards than on six or eight cards. Carry only the cards you need and leave the others at home.

Please let me know if I can help you or if you have suggestions for our county program. I enjoy working with each of you!

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Sincerely,

A handwritten signature in cursive script that reads "Alta Lockley".

Alta Lockley  
County Extension Agent -  
4-H/Family & Consumer Sciences