REMINDER: The Knitting project club will meet on Monday, March 4 at 9:00 a.m. in the Administration Building. Come learn with us!

**EH Spring Council** will be Thursday, March 21. Tammie Gunter from the Dallas County Medical Center will be the guest speaker on “Tips for Better Sleep and Women’s Health.” Registration will start at 9:30 a.m. and welcome is at 10:00 a.m.

Menu will be:
- Smart Belles – Desserts
- Artesian & Needle Art – Vegetables
- EH Council – Meat
- Thornton – Salad & Bread

Hostess/Decoration – All Clubs
Program – Smart Belles
Registration – Artesian
Devotional – Thornton/Martiel Womble
Door Prize – Needle Art

Please bring a friend on Thursday, March 21 and enjoy our annual Spring Council meeting. I hope to see you all there!

**Tips for Living Longer, Living Well**

*Get your workout on* … Physical activity strengthens your bones and heart and can help increase balance and flexibility, helping to reduce your chances of injury. Exercise also helps reduce stress. So break a sweat – get in at least three 30-minute workouts each week. Be sure to include weight training and stretching.

*Be social.* Having friends is a boost to one’s health. A study by the University of Utah found positive friendships and relationships improve your overall health and can extend your life. Conversely, negative relationships do just the opposite – so eliminate the “dream killers” and toxic friends.

*Give your brain a workout.* Remember, your mental health impacts your overall well being. Engage in new activities and challenge your brain – it can be as simple as using your non-dominant hand to perform an everyday task. Read thought-provoking books; write letters; play card and strategy games; solve puzzles; organize information; learn a language;
or engage in lively, friendly debate.

Get regular checkups. Ben had it right: an ounce of prevention is worth a pound of cure. Taking a proactive stance – have the appropriate tests, such as PSAs, mammograms, pap smears, colorectal exams, bone density tests, etc. – at the appropriate age and time can help you avoid, prevent or early treat a condition making recovery and continued health possible.

Hogskin Holidays Quilt Show will be April 8 – 13. Quilts will be entered on Monday and Tuesday at the Home Economics exhibit building. Judging takes place on Wednesday, April 10. All of the quilts will be ready for viewing with winners ribbons on Friday and Saturday. Quilt show participants may pick up quilts Saturday after 1:00 p.m. at the county fairgrounds. Everyone is invited to bring their quilts and newcomers are welcome. If you are interested in helping at the Quilt Show please contact the county Extension office at 870-798-2231. Dorothy Penix, quilt show chair.

4-H Scholarship Quilt is almost completed and will be raffled off during the Hogskin Holiday Festival. Monies raised for this project will be used for the 4-H scholarship. All Extension Homemakers are asked to sell raffle tickets. These tickets may be picked up in the Extension office or from Georgie Giddens, EHC treasurer.

Jiffy Jalapeno Cornbread

2 package Jiffy Corn Muffin Mix     1 tablespoon juice from diced jalapenos
2 eggs                           1/3 cup shredded Colby jack or cheddar cheese
2/3 cup low-fat milk            1/2 can corn drained
1 tablespoon diced jalapenos

Preheat oven to 350 degrees. Spray 9x13 pan well with non-stick cooking spray. Whisk eggs and milk together, then add both packages of cornbread mix, mixing well with a fork. Add jalapenos, jalapeno juice, corn and cheese to mixture and stir until well mixed. Bake for 20-25 minutes or until top of cornbread has browned.

Sincerely,

Linda Sims
County Extension Agent – Staff Chair

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. 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.