Prepaying or Preplanning? - Which is Best?

“It’s something we don’t necessarily like to think about; however, without proper planning families can end up paying thousands of unnecessary dollars when the time comes to make funeral arrangements. This month’s leader training lesson, “Prepaying or Preplanning? – Which is Best?” will help you to make informed and thoughtful decisions about funeral arrangement before it is needed.

The training will be held Tuesday, May 24 at 10:00 a.m. at the Howard County EHC Educational Center in Nashville. Mrs. Clovy Keaster will be the guest speaker for this program. All financial management leaders are encouraged to attend, anyone is welcome to attend.

May Board Meeting

The May EHC Board Meeting will be held on Tuesday, May 24 at 1:00 p.m. at the EH Center in Nashville. All board members including council officers, club presidents or their representatives are encouraged to attend. Any member may attend, but only voting members may vote. Items for discussion this month include:

- EHC Garage Sale
- EHC Annual Meeting in Hot Springs

Yard Sale!!!

Howard County EHC will be having an indoor yard sale June 3 & 4, 8-5 on Friday; 8-12 on Saturday. Please consider going through your closets, cabinets, and storage rooms and collect some items to donate. All items need to be priced and brought to the EH Center by Thursday, June 2. Volunteers will be needed to help sort and work the days of the sale. If you would like to volunteer, please let the office know by Tuesday, May 24. We will be making a schedule at the board meeting. Even if you can work only a couple of hours that will be helpful! All proceeds will be used to help update the EH Center!
AEHC Annual Meeting

“AEHC – Stepping Up for Education” is the theme of this year’s annual meeting scheduled for June 7-9 in Hot Springs. Three members from Howard County will be attending the training. They will participate in “How-To” classes and “Subject Matter Classes” plus meet and form friendships with members from across the state. Members participating include Gladine B., Joy B. and Linda W. along with Family & Consumer Science-Staff Chair – Jean Ince.

Other activities will include a craft show, game night, talent night, plus special guest speakers. This meeting provides an opportunity to learn new programs that can be implemented in the county.

Yearbook Committee Meets

The Howard County EHC Yearbook Committee has met and planned educational programs for 2016-2017 year. Leader training lessons include:

- Packing for Travel – Tips and Techniques
- Cooking for 1 or 2
- Growing a Winter Garden

- Spooktacular Halloween
- Pampering Gifts
- Protecting Yourself Financially
- Birding Basics
- Time Management
- Housekeeping Skills
- Healthy Snacks
- Hand Embroidery

The committee did a great job in planning programs! Thank you to all who helped! The new yearbooks will be ready by the June leader training program.

2016-2018 Council Officers Installed

The 2016-2018 Council Officers were installed at the Spring Council Meeting. New officers include:

- President-Deb Kreul
- Vice-President-Gladine Bennett
- Secretary-Louise Hicks

Treasurer-Anita Baker
Past-President-Liz Stuart

Please show your support for these volunteers!

“Healthy Lifestyles at the Farmers Market”

Jean will be conducting a series of programs this summer at the Farmers Market focusing on healthy lifestyles and how you can improve your diet with fresh fruits and vegetables. The first demonstration will be held on Friday, June 3 around 8:30 a.m. at the market. The demonstration will showcase foods that will be available for purchase at the market. The Farmers Market has been open since May 6. The market will be open each Friday morning at 7:00 a.m. and stays open until they are sold out!
May 2016

Update Officer and Member Lists!

It's time once again to update your officer and member lists for 2016-2017. Clubs are encouraged to elect new officers for the next year. If your club has held officer elections, please do so at your June meeting. Once you have elected the new officers, please get the list to our office by June 10 so Cecilia can make the changes in the yearbook.

Membership lists will be due in the office by July 1 along with membership and club dues. If you have any questions regarding membership dues, feel free to contact the office at 870-845-7517.

4-H Summer Programs Planned

“Getting Back to Our Roots” is the theme of this year’s 4-H summer programs. We will be conducting several workshops to help youth learn heritage skills. Here’s your opportunity to gain teaching hours by assisting with a couple of the workshops. Those workshops where you can assist with the teaching include:

- Sewing Workshop where youth will be making a pair of pajama pants or shorts – July 11-14 from 9:00 to 2:00.
- Embroidery Workshop – July 21 from 9:00 to noon
- Quilting Workshop – July 25-29 from 9:00 to 2:00 p.m.
- Pickle Workshop – August 9 from 9:00 to noon

If you would like to assist with any of these workshops, please contact Jean. Some of the workshops are challenging, but all are a lot of fun!

Herbs: Helping You to Eat Healthy

Whether you plant them or pick them up at the Farmers Market or grocery store, adding fresh herbs can take an ordinary dish to extraordinary! There is no comparison to the flavor fresh herbs add to a dish. And fresh herbs can help you cut back on salt, fat and sugar in the diet! Another benefit is researchers are finding many herbs have antioxidants that may help protect against such diseases as cancer and heart disease.

When using herbs to flavor food, you will want to wait until just a minute or two before the dish is finished cooking to add them. This is especially true for delicate herbs such as basil, chives, cilantro, dill leaves, parsley, and mint. Less delicate herbs, rosemary, oregano, and thyme, can be added the last 20 minutes of cooking.

Most herbs are easy to grow. You can plant them in a garden spot or in a container. Be sure to allow enough room for the herb to grow properly. Mint is a great herb to grow, but it can be very invasive. You will probably want to plant it in a container; otherwise it may take over your garden!

The best time to pick herbs is in the morning after the dew has dried but before the sun gets hot. This helps ensure the best flavor. If you purchase fresh herbs at the grocery store, buy them close to the time you plan to use them. The longer they are stored the less flavorful they become.

You can store fresh herbs in an open or perforated plastic bag in your refrigerator crisper drawer for a few days.

Fresh herbs add color and flavor to almost any dish! If you would like a handout on herbs stating which herbs work best with certain foods, contact the office. I'll be glad to send you a couple of handouts!

Information for this article was adapted from Fresh Herbs: a Picture of Healthy Eating by Alice Henneman, MS, RD University of Nebraska-Lincoln Extension and Joanne Kinsey, MS Rutgers Cooperative Extension
Share the Family’s Favorite Rice Recipe and Win a Prize!

The fifth annual Arkansas Rice Expo Recipe Contest is looking for great rice dishes across the state. If you have a favorite rice dish you prepare for your family, here is a chance for you to share the recipe and possibly win some prize money up to $250. Recipes must be submitted ahead of time and a panel of judges will select the top three recipes.

The recipe must use rice in any form, main dish, dessert, side dish, etc. and should be the prominent ingredient in the recipe. The recipe needs to contain ingredients that are readily available. Interested persons must complete an entry form available online at http://www.uaex.edu/rice-expo and email it in. The recipe must be in a standard format including ingredients and measurements in order of use, step-by-step preparation and cooking methods, the number of servings and cost per serving (determined by dividing the total cost of the dish by the number of servings). Entries must be received by June 17. Recipes chosen will need to be demonstrated at the annual Arkansas Rice Expo in Stuttgart on August 10.

For more information on this contest, check out the website or contact our office at 870-845-7517.

Sincerely,

Jean A. Ince
County Extension Agent - Staff Chair

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