I know most of you know by now, but after 35 years of working in Lafayette County as an Extension Agent, I will be retiring effective July 1, 2016.

This will be my last Extension newsletter.

From my first week living in Lafayette County in 1981, the people of the county were so welcoming and willing to be involved in the Extension programs; it made my transition from living far from my family much easier. Extension Homemaker club members such as Frankye Hawkins, Lillie Rook, Avis Redmon, Ruby Hamilton, Bernice Cheney and Morene Burton and so many more dear ladies all became my second Moms. There were six Extension Homemaker Clubs and I learned as much from all of those ladies as I did in the classroom.

I was hired as the Expanded Food and Nutrition home economist. Lucille Martin, told me at the first monthly nutrition training I conducted to train them on working with Lafayette County families on nutrition, “if you stay here long enough, we may just be able to teach you something”. Odessa Manning, Sue Coe, and Betty Allen along with Lucille truly provided great memories “teaching me” as well as working to help our county’s families stretch their food dollar. Throughout my years, adults would say about the EFNEP programs and the nutrition aides, “I remember you teaching me to cook... or I was a part of the youth nutrition group that learned to make cut up a chicken or barbecue, or make jelly...”.

My Extension career started with nutrition, and also covered the subject matter areas of clothing and textiles - teaching basic and advanced home sewing, home furnishings - teaching energy efficient window treatments or how to refinish furniture, replace caning on chairs, or upholstery replacement, housing- assisting families to evaluate house plans and remodel homes to create efficient living and storage spaces, child care, financial resource management - teaching families basic budgeting, estate planning and teens/youth saving and planning, and health - teaching families wellness programs to increase their overall health and reduce health risks.
Working with 4-H youth in this county has been one of the areas of my career that I will remember the most and with fondness. It is something that I am proud to say that I now have second generation 4-Hers. These 2nd generation 4-Hers have parents who wanted them to experience the positive things 4-H provides as they did when 4-Her’s themselves. I worked in the schools teaching children about nutrition to supplement the school curriculum. I really liked having kids that were in high school tell me they still remember me coming to their classrooms in kindergarten teach about germs and washing their hands, calling my name- “Hi, Mrs. Treadway- when are you coming to my classroom?” , or waving at the grocery store to me while telling their parents that is the “Nutrition lady” that made that recipe I was telling you about”.

My hope is that our current 4-Her’s will enjoy the experiences from 4-H, learn by doing, increase their involvement to give back through community service and leadership and continue to grow in their 4-H projects. Take every advantage that you can to “make the best better”.

I also want to thank all the parents and volunteers whom I have grown to know, value, and appreciate for their dedication to the 4-H youth of the county. Countless hours have been contributed to the 4-H program by these volunteers and parents to prepare their 4-Hers to be productive citizens. I have been truly blessed to be able to call many throughout the years as personal friends and hope to continue those friendships for years to come.

Since there will not be a replacement for my position in the area of family consumer science due to not having county fund increases, if you need assistance, contact June Moody, our county office administrator (870-921-4744). June can provide you with Extension sources and referrals to other counties, program specialists, or current factsheets.

You all will continue to have a special place in my heart and memories of my Extension career!

Terrie Treadway
County Extension Agent
Staff Chair
PICNICS AND SUMMER GO HAND-IN-HAND

Picnics date back to Medieval times, when outdoors feasts were held to celebrate a successful hunt. Picnics really grew in popularity during the Victorian Era in England.

Picnics are held outdoors from spring through fall and are enjoyed by almost everyone. Favorite holidays for going on a picnic are: Memorial Day, Father’s Day, Independence Day and Labor Day. But why wait until a holiday to have a picnic!

Picnics aren’t just about “eating outside.” When we think of a picnic, we think of a meal, snacks, outdoor air, basking in the sunshine and outdoor games. You don’t have to have sandwiches for your picnic meal; try something a little different at each picnic. But, regardless of the foods you choose to carry, always remember to KEEP FOODS SAFE.

What better way to celebrate a beautiful summer day than with a picnic outside at the park, at the lake or even in your own backyard. Here are some tips to keep your picnic perfectly safe:

Planning for a Safe Picnic

Plan ahead so you don’t forget essential items such as a food thermometer, cooler chest with ice, plenty of clean utensils, storage containers for leftovers, paper towels, and trash bags. Find out ahead of time if you’ll have running water, grills, picnic tables, and trash receptacles at the site.

In preparation for your picnic, don’t thaw meat on the counter overnight—that’s not safe. Thaw food in the refrigerator or cook from the frozen state. Cooking frozen meat or poultry will take approximately 50% longer than the recommended time for fully thawed or fresh meat and poultry. Don’t partially cook meat and poultry ahead of time. That can be risky. It’s safest to cook meat and poultry to a safe internal temperature at the picnic.

For a worry-free picnic, place perishable foods, such as hot dogs, burgers, poultry, deviled eggs, and macaroni or potato salads in a well-insulated cooler with plenty of ice or freezer gel packs. They need to be kept cold.

When you arrive at the picnic site, the first task is to wash your hands before preparing food. If running water is not available, use disposable wet wipes or hand sanitizer to clean your hands before and after touching food.

Don’t leave foods out in the sun. At the picnic, keep the cooler in the shade. Serve food quickly from the cooler and return it fast. In hot weather, above 90°F, food shouldn’t sit out of the cooler over an hour.

Cook meat and poultry to a safe temperature as measured with a food thermometer. Just because a hamburger looks done on the outside doesn’t mean it is done on the inside. Use your food thermometer to be sure!

Serve food items from the grill on a clean platter. Don’t use the same plate and utensils for cooked food that were used for the raw food. Use a clean plate and utensil set for cooked food.

Leftovers

Don’t forget to unpack that cooler as soon as you return home. Refrigerate leftover meats and salads which have stayed cold; discard if they have become warm.

Have a Pretend Picnic

Young children like to play “pretend.” Make an everyday meal into an indoor pretend picnic. Let your child pick the menu and set the table with colorful napkins, plastic utensils, and paper plates. Let your child invite a teddy bear, too.
Ouch, That Stings!!!

Most reactions to insect bites and stings are mild, causing little more than redness, itching, stinging or minor swelling. Rarely, insect bites and stings, such as from a bee, a wasp, a hornet, a fire ant or a scorpion, can result in severe reactions. Some insects also carry disease, such as West Nile virus.

For mild reactions

To take care of an insect bite or sting that causes a mild reaction:
• Move to a safe area to avoid more bites or stings.
• If needed, remove the stinger.
• Wash the area with soap and water.
• Apply a cool compress. Use a cloth dampened with cold water or filled with ice. This helps reduce pain and swelling. If the injury is on an arm or leg, elevate it.
• Apply a cream, gel or lotion to the injured area. Use products containing ingredients such as hydrocortisone, pramoxine or lidocaine to help control pain. Use creams such as calamine lotion or those containing colloidal oatmeal or baking soda to help soothe itchy skin.
• Use over-the-counter medications. Try a pain reliever, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others), or an antihistamine (Benadryl, Chlor-Trimeton, others).

Usually, the signs and symptoms of a bite or sting disappear in a day or two. If you’re concerned — even if your reaction is minor — call your doctor.

When to seek emergency care

Call 911 or your local emergency number if the injured person experiences:
• Difficulty breathing
• Dizziness, faintness or confusion
• Hives
• A scorpion sting and is a child or an adult with an allergy to scorpion stings.

Take these actions immediately while waiting for medical help:
• Ask the person if he or she is carrying an epinephrine autoinjector (EpiPen, Auvi-Q, others) to treat an allergic attack.
• If the person says he or she needs to use an autoinjector, ask whether you should help inject the medication. This is usually done by pressing the autoinjector against the person's thigh and holding it in place for several seconds.
• Loosen tight clothing and cover the person with a blanket. Don't give him or her anything to drink.
• Turn the person on a side to prevent choking if he or she is vomiting or bleeding from the mouth.
• Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement.

Cool off this summer with this healthy treat.
Try this Refreshing Treat

### Watermelon Pops

Makes 6 servings

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<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tr>
<td>3 cups chopped watermelon, seeds removed</td>
<td>2 Tablespoons lime juice</td>
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<tr>
<td>1-2 Tablespoons sugar</td>
<td>1 cup fresh blueberries</td>
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Freezer Pop Molds

**Directions:**
1. Blend watermelon, lime juice and sugar in a blender until smooth.
2. Divide blueberries among freezer pop molds.
3. Pour watermelon mixture in each pop mold. Leave a little room at the top.
4. Insert the sticks and freeze until firm. About 6 hours. Dip molds briefly in warm water before serving.

*From: University of Maryland Extension - FSNE*

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**SUNBURN – When to seek medical attention.**

Summer brings with it lots of outdoor activities. Those outdoor activities bring more sun exposure. That sun exposure causes...well, too often SUNBURNS.

Signs and symptoms of sunburn usually appear within a few hours after sun exposure. But it may take a day or longer to know the full extent of your sunburn. Within a few days, your body may start to heal itself by "peeling" the top layer of damaged skin. After peeling, your skin may temporarily have an irregular color and pattern. A bad sunburn may take several days or longer to heal.

See your doctor if the sunburn:
- Is blistering and covers a large portion of your body
- Is accompanied by a high fever, extreme pain, headache, confusion, nausea or chills
- Doesn't respond to at-home care within two days

Also seek medical care if you notice signs or symptoms of an infection. These include:
- Increasing pain and tenderness
- Increasing swelling
- Yellow drainage (pus) from an open blister
- Red streaks leading away from the open blister

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**PICNICS AND SUMMER GO HAND-IN-HAND** – original article from [www.foodsafety.gov](http://www.foodsafety.gov).


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The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.
RETIREMENT EVENT

For

TERRIE TREADWAY

Lafayette County Extension Agent

For 35 Years

please join us.

June 24, 2015

Reception— 1:00 pm – 2:00 pm
Roast from 2:00 pm -3:30 pm

Lafayette County Agri-Plex
Conference Room
Lewisville AR

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Amanda: agreer@uaex.edu
June: jmoody@uaex.edu