Lawrence County Fair is August 15th -20th

It is again time to start making plans for the Lawrence County Fair! Hopefully you have begun to plan what canned goods, delicious desserts, home sewn treasures, crafts, photography, oil paintings and home décor to bring to the fair this year. I know some of you develop new skills since last year. Also, it is time to start considering plans for your educational display booths. Although our fair book will have a different layout this year, the guidelines and judging components will have few changes from previous years. As always, I expect that we will see some quality entries this year!

Mary Richey, as you know, has been our Educational Building Superintendent at the fair for many years and has worked very diligently to make each year a success. This year Mary will be taking a break from her supervising duties due to health issues but will still assist as a consultant and guide. Mary, thank you and we will miss you in the educational building this year.

Our Educational Exhibit Building will be supervised by the experienced team of Marsha Onley, Elaine Stoll, and John Stoll. They have already begun planning for a great week at the fair and signing up volunteers. Lawrence County Extension Homemakers, again this year, will be asked to provide assistance with checking items in and out, assisting the judges, and helping with supervision for the Educational Exhibit Building during open hours. Many of you have already confirmed your willingness to help again this year! If you are willing to help and have not verified with Marsha Onley, please contact her or call the Extension Office at 870-886-3741.

Tentative EDUCATIONAL EXHIBIT BUILDING SCHEDULE

**WEDNESDAY**
3:30 P.M. – 6:30 P.M.  Set up Educational Booths
4:30 P.M. – 6:30 P.M.  Check In Entries

**THURSDAY**
8:00 A.M. – 12:00 P.M.  Check in Entries
1:00 P.M.  Judging
5:00 P.M. – 8:00 P.M.  Building Open to Public

**FRIDAY**
12:00 P.M. - 8:00 P.M.  Building Open to Public
Dates to Remember

**Kids in the Kitchen**
May 31st – June 3rd

**AEHC State Meeting**
June 7th – June 9th

**Rice Exp Recipe Contest Registration Deadline**
June 17th

**4-H Summer Camp**
June 15th, 22nd, 29th

**Positive Parenting**
July 15th

**EHC Board Meeting**
July 21st @ 1:00 PM

**EHC Expansion & Review**
July 21st @ 2:00 PM

**EHC Membership Dues and List Deadline**
July 21st

**Win With Wellness Rally**
July 29th @ Blythville

**Rice Expo**
August 10th

**Lawrence County Fair**
August 15th – August 20th

**Lawrence County District Fair**
Sept. 19th – Sept. 24th

---

**Arkansas Rice Expo Looking for Rice Recipes**

If your rice dish you prepare for your family meets their approval then it’s probably worth sharing with the rest of the state. Doing so could win a prize and some recognition at the Arkansas Rice Recipe.

The fifth annual Arkansas Rice Expo Recipe Contest is open to anyone in the state. The judges will select the top ten finalists among the submitted recipes to present their dishes during the expo at the Grand Prairie Center in Stuttgart, AR. The top three winners at the Arkansas Rice Expo on August 10th will receive cash prizes of $250, $150, and $100. The deadline for submitting recipes is June 17th and the top ten will be notified by July 11th. If you, or anyone you know, has an awesome rice recipe to share please contact the Extension Office for entry details. It would be great to have the excellent cooks in our clubs participate this year!

---

**Announcements**

**The Spring Council Meeting** was hosted by the Imboden Club at the Imboden Community Center. Choir members from the Sloan Hendrix School sang beautifully and the food was wonderfully prepared. New and returning officers were installed during the meeting and will take office on July 1. Congratulations and thank you to those who have agreed to serve in EHC council leadership roles:

President: Elaine Stoll  
Vice President: Lesia Phillips  
Treasurer: Marsha Onley  
Secretary: Catherine Richey

Thank you Imboden members for hosting!

**Special Thanks** to Helen Blackburn and Peggy Doll who served as judges for the Lawrence County 4-H O’Rama in Fashion Review and the Performing Arts. We had more participants this year than in previous years and several participants will be traveling to Forrest City for District O’Rama.

**Thanks** are extended to Lana Foley for her assistance with the Cooking Matters at the Hays Grocery Store in Walnut Ridge, Friday, May 20th. Customers in the store were rewarded with a $10 Hayes purchasing card for participating in a store tour. The tour traveled through
several stations set up throughout the store where the tourists learned shopping and nutritional tips to assist them in eating healthy on a budget. The tours began at 10:00 AM and ended at 2:00 PM.

Thanks to Lana Foley, Lesia Phillips, and Marsha Onley who have agreed to assist with the Kids in the Kitchen Cooking Program!

Lawrence County Wellness Ambassadors welcomes two new Extension Homemakers. Lana Foley and Lesia Phillips will complete their training as Wellness Ambassadors in Paragould on May 23rd. These two ladies are already volunteering their time to educate Lawrence county residents about the importance of living healthy lifestyles. I am looking forward to seeing the impact that these ladies will have during the next year. Congratulations, ladies!

Senior Summer Safety Display Leader’s Guide is a new program developed by the University of Arkansas Extension addressing safety precautions for summer months. I have requested that the series of boards be in our county during the month of June. Please check the schedule in the ribbon on the left of the page and contact me at 870-886-3741 if your club would allow me to share these on the indicated dates or arrange another time. This would postpone your June program listed in your yearbook to July.

Yearbooks for 2016-2017 will be distributed at the July 21st board meeting. The program schedule for June – July will be:

- Smithville, Scrappers, and Imboden clubs will have the Summer Safety Program in June and do their scheduled June program in July.

- The Black Rock club will have their scheduled program in June and have the Senior Summer Safety program in July.

- August will be the annual picnic.

If you choose not to participate in the Summer Safety Program please notify the office for an additional program guide.

Butterfly Gardening in Arkansas

Butterflies are a welcome visitor to any Arkansas garden. To attract butterflies, gardeners are planting all types of blooming plants, in the hopes that butterflies will flock to their garden. While many flowering plants will entice butterflies to your garden, to increase diversity, consider adding plants that serve as food for the caterpillars. A butterfly garden can be as small as a few containers of plants, or as large as the yard you have. The basic requirements for a butterfly garden are:

- Sun
- Nectar source plants
- Larval host plants, and
- A pesticide-free environment.
While many gardeners like butterflies, most are not as enamored with the caterpillars—because they do eat holes in the leaves of the plants. This really doesn’t hurt the plant and if you want butterflies, then you also need caterpillars. They won’t eat every plant in your yard!

Some of the most popular food sources for a wide range of butterflies include members of the parsley family, including parsley, fennel, dill and Queen Anne's Lace.

The milkweed family is another excellent food source, including the showy butterfly weed— with both the native orange and the tropical ones; along with the perennial passion vine and pipevine, and woody plants such as spice bush, hackberry, apples and cherry trees.

Nectar plants are often more showy and fun to have in the garden, but you need both types to satisfy your butterflies
Some common nectar plants include:

- buddleia or butterfly bush
- butterfly weed
- lantana
- honeysuckle

**Threats to Butterflies**
Despite the number of butterflies we see, there are dangers at all stages of the butterflies development. Insects and birds can eat the eggs, and parasites can also destroy them in the egg stage. The larvae deal with threats from birds, wasps and spiders. They also have to fend off disease problems, and avoid pesticide sprays. And even as adult butterflies are not safe but butterflies can be as crafty as their attackers. They try to hide their eggs on the undersides of leaves. The larvae can have the color or pattern of the plants they are feeding on, helping to camouflage them, and some even have false eyes on their backs, or look like bird droppings.

---

**Wellness Rally**

**Topics**
- Tai Chi
- Chair Yoga
- Emergency Preparedness
- Sports Nutrition
- Mindfulness
- Family Life Session
- Diabetes
- Deskercise
- Being a Health and Wellness Volunteer

**Wellness Rally 2016**

<table>
<thead>
<tr>
<th>Keynote Speakers: Drums Alive Master Trainer</th>
<th>Breakout Sessions on fitness/exercise sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Register Online at FORMS.UAEX.EDU/WWW</td>
<td>Breakout Sessions on Health &amp; wellness topics</td>
</tr>
</tbody>
</table>

*See the ribbon on the left for further details*

---

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.
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.