It is again time for the stockmen, poultry men, homemakers, 4-H, FFA and FHA to share their products in friendly competition at the Lawrence County Fair. Hopefully you have made plans to enter your canned goods, delicious desserts, home sewn treasures, crafts and home décor into the fair this year. Also, it is time to start working on your educational display booths. Check the fair book for guidelines and judging components. As always, I expect that we will see some quality entries this year!

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! Mary has been unable to reach some of you, so if you have not spoken with her, please contact Mary at 870-878-6314 or Katrina at 870-886-3741.

The schedule for the Educational Building Exhibit is listed below. Please arrive by 3:30 P.M. on Wednesday so we can review procedures and simple changes in some of your departments.

Lawrence County Homemaker volunteers have been an integral part of the fair for more years than I can remember. Thanks, in advance, for your help in making the fair a great success!

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

**SATURDAY**

- 10:00 A.M. – 3:00 P.M. Building Open to Public
- 3:30 P.M. – 4:30 P.M. Check Out Entries
Keys to Embracing Aging—Attitude is Everything: Think Positive

A positive attitude has been linked to improving one’s health and well-being. A positive attitude can impact mental health and physical functioning including the ability to fight disease and infection. Attitude can also affect relationships and social networks and can help make success in life more likely. The bottom line: being more positive across the lifespan causes less stress and enables people to live healthier, happy lives.

Attitude is learned and with effort a positive attitude can be cultivated. Choosing to accept and adapt to change plays an important role in developing a positive attitude. Life has its ups and downs. It’s our mental processing and the choices we make that determine our attitude. Learning from mistakes, and focusing on the solution or the options in a problem or negative situation can move a person from a reactive state to a proactive one.

Seven habits of happy people identified by the Pursuit of Happiness organization include:

- Build close relationships
- Care for others
- Engage in healthy, active lifestyles
- Embrace spirituality
- Practice positive thinking
- Embrace a hobby or activity
- Identify strengths

A positive attitude throughout one’s life cycle can help us grow older gracefully. Focusing on the accomplishments and valuable contributions of a lifetime of experiences not only benefits the aging individual but society in general.

Everyone has a bad day, but in general, a positive attitude and happy outlook can help pull you through life’s challenges. Such an upbeat and proactive outlook on life, over time, can contribute to better health, optimal aging and longevity.

How to Age with Humor

As told to us by Iris Belmont, aged 67:

'I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for pensioners [seniors]. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over.'

Engage Your Brain

1. Your dad tells you that he will pay you $6.00 an hour for the 6 seconds that you take to wash your hands before dinner. How much did you make for washing your hands? (Answer on bottom of next page)

2. Please add the following numbers in your head. Start with \(1000\). Add \(40\). Add \(1000\). Add \(30\). Add \(1000\). Add \(20\). Add \(1000\). Add \(10\). Write down your answer. (Answer on bottom of next page)

Lawrence County EHC Expansion and Review Committee Sets Goals for 2015-16
The Lawrence County Expansion and Review Committee met in the Extension Conference Room on July 16\textsuperscript{th} after the regularly scheduled board meeting. The Civil Rights map was displayed and the number of clubs, and their location was discussed. It was decided that we need to make an effort to include more minority groups and men in our clubs. The committee set the following goals for the Lawrence County Homemakers focusing on getting the message of EHC out to more county residents to improve the lives of our families.

**Areas of Focus EHC 2015-16**

1. Increase membership in present clubs by 12 members
2. Increase community awareness of the activities of the EHC at Senior Centers.
3. Invite potential members to a Christmas Open House and/or Craft Fair
4. Establish an activity based project club to include a cooking club
5. Schedule summer activities to include the community such as cooking and sewing workshops

**AEHC Retreat: Ozark Folk Center on November 4 - 6**

The annual Arkansas Extension Homemakers Retreat will take place this year on August 4\textsuperscript{th} through the 6\textsuperscript{th}. The fun begins at noon on November 4\textsuperscript{th} with lunch at the Iron Skillet. The three days will include good food, a music show, and many interesting choices for craft workshops. Registration deposit is due to Judy Simmons by August 14, 2015. The schedule for the retreat and further information on rates is attached to this newsletter. I hope many of you will go and enjoy socializing while learning a new craft to share with us!

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**Club Meeting Times**

- Black Rock—1\textsuperscript{st} Tuesday of the month 1:30 PM
- Clover Bend—2\textsuperscript{nd} Thursday night of the month 5:00 PM
- Eaton—as announced
- Imboden—2\textsuperscript{nd} Tuesday of the month 1:00 PM
- The Scrappers —2\textsuperscript{nd} and 4\textsuperscript{th} Mondays 6:30 PM
- Smithville—3\textsuperscript{rd} Monday of the month 1:00 PM

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**Answers to Engage Your Brain:**

1. 1 cent  
2. Many will get 5000. But the actual answer is 4100!
Take it Easy to Stay Safe in Summer Heat
By KD Reep For U of A System Division of Agriculture

Fast Facts:
Prevention is the best way to avoid heat-related illness
Seek immediate medical attention if you experience symptoms of heat-related illness

The warning signs of heat exhaustion are pale skin, fatigue, weakness, dizziness or nausea, profuse sweating, rapid pulse, fast and shallow breathing, and muscle weakness and cramps. If you or someone near you have any of these symptoms, get out of the heat and rest in a cool, shady place. Drink plenty of water or other fluids containing electrolytes, but do not drink alcohol as it will make the illness worse. If after 30 minutes you or the person experiencing these symptoms does not feel better, contact a doctor or 911. If not treated, heat exhaustion can lead to heat stroke, which can cause death.

The warning signs of heat stroke include skin that feels hot and dry, but not sweaty; confusion or loss of consciousness; throbbing headache; frequent vomiting and shortness of breath or trouble breathing. If you or someone near you has any of these symptoms, call 911 immediately. Once emergency help is on the way, move the person to a cooler location, remove heavy clothing and cool the body by wetting it thoroughly and fanning it, and get the person to drink cool fluids if they can. Once at the hospital, the patient probably will be given fluids intravenously.

Lisa Washburn, assistant professor-health for the University of Arkansas System Division of Agriculture, said “The best way to avoid getting sick from the heat is to prevent it. When the heat index is 90 degrees or more, you need to take a few extra precautions to keep you, your family, friends and co-workers safe.”

The heat index is a measure of how hot weather feels to the body. It uses relative humidity and air temperature to produce the index, and the values are for shady locations only. Before going out doors for the day, check the heat index first.

“You should always stay sufficiently hydrated but it’s easier to become dehydrated in temperatures 90 degrees and higher,” Washburn said. “A good rule of thumb is to drink a quart of fluids an hour if you are outside on high heat index days. Caffeinated drinks and alcohol will sap your hydration, too, so avoid those beverages or drink an equal amount of water to what you consume in caffeine and alcohol.”

If you are outdoors, take frequent breaks either inside or in the shade to cool off. “Don’t overexert yourself,” Washburn said. “Wear loose clothing that is light in color and fabric, slather on sunblock often and put on a hat. Really, if you can stay inside as much as possible, it will keep you safe from heat-related illness.”

Have a great summer and I will see you at the Fair!
Katrina Burch CEA FCS Agent

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