Message from the President

Dear Members,

Do you ever feel thirsty? Did you know that 75% of your body is water? If the ratio drops just 5 percent, you will no longer be able to see. Another drop of 10% and you will no longer be able to hear. Unless we are proactive in our daily lives in our intake of water, dehydration can become a way of life. Drinking beverages (fruit juice, coffee, tea etc) does not provide the same benefits as plain water.

Being dehydrated can be mistaken for hunger, slow a person’s metabolism, causes a feeling of fatigue, and it can cause fuzzy short term memory. The rule of thumb is that we need to consume at least 8 cups of liquid a day. The American Cancer Society also says that drinking sufficient amounts of water can decrease the risk of colon cancer, bladder cancer and very possible other cancers. So let us all make an effort to get our 8 cups per day to help our bodies function and to help us be more healthy.

Sincerely, Cora Bingham

John 4:13 “Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst.”

ATTEND MEETING AT FERNDALE

Jan Doud and Marsha Horton attended the EHC Spring Officers Training held at the 4-H Center in Ferndale on March 13th. More than 300 EHC members from across the state attended to select the major and minor programs for next year. The major program is Living Well and the minor program is Leadership Training. The County council will be working with clubs to decide what programs your club would be interested having presented at your meetings.

Spring Fling

Pet Tails

April 10th

At the EHC Conference Room in Jasper

Registration is from 9:30 am until 10:00 am

Each EHC members is ask to bring a can or dry bag of cat or dog food.

Induction of New County Officers

Lunch will be Potluck

Announcement of Pauline Cooper Scholarship Winner

Fundraiser Auction at end of Business Meeting

Free Cell Phones

Yes, free government cell phones. There’s a little known government program that provides free cell phones and free minutes for needy Americans. And as the economy slows down, the program speeds up. You can qualify for a free government cell phone simply by accepting other government assistance.

If you qualify for the program you get a free refurbished phone and up to 100 minutes per month. You don’t get to choose who the carrier will be or the type of phone that you will get.

To see if you qualify Call 1-877-412-1919 (True Wireless). If you do apply for a phone, representatives should only ask for your basic information including your name, address, telephone number, and some documentation like paperwork or pay-stubs that prove you receive government assistance. They should not be asking for mother’s maiden name or your Social Security Number.

Sincerely,

Marsha Horton, FCS Agent
Newton County Cooperative Extension
mhorton@uaex.edu  870.446.2240

Spring Fling 2013

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Inside this issue:

Marsha’s Recipe Picks 2
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Apple Salad
1 cup of diced apples
1 teaspoon lemon juice
1/2 cup diced celery
1/2 cup grated carrot
1/2 cup raisins
1/2 to 3/4 cup vanilla yogurt

Directions
1. Wash apples, celery, and carrots before dicing and grating.
2. Toss apples with lemon juice.
3. Add celery, carrot, and raisins.
4. Fold yogurt into apple mixture.
5. Cover. Chill for at least 1 hour before serving.
6. Refrigerate leftovers.

Yield: 6 servings

Pasta Salad
2 cups cooked pasta
1 cup cucumber, diced
1 large tomato, chopped
1/2 medium green pepper, diced
1/4 medium onion, diced
1/2 cup frozen peas
1/4 cup Italian salad dressing

Directions
1. Mix all ingredients in a medium sized bowl.
2. Cover and refrigerate.
3. Mix again before serving.
4. Refrigerate leftovers.

Yield: 6 servings

Jasper Pioneers EHC
The Jasper Pioneers met at the home of Betty Stivers on March 13th. The group was called to order by President Betty Stivers. The group was saddened to learn of the death of member, Ruth Oldfield. The club’s main focus was planning and working on the decorations and the program for the Spring Fling. The group elected Sandy Hartman as their treasurer. Rose Szabrowicz took minutes for the meeting and Betty Strivers will be placing an article in the Newton County Times.

EHC Deer Lady Bugs
The Deer Lady Bugs met at the home of Marilou Sain on March 26th. There were 8 members present. Barbara Barnard asked the blessing and the members then enjoyed lunch prepared by Marilou. Cora Bingham called the meeting to order.
The group discussed Wellness Tips and Our Health. The discussion was lead by Cora and Carol Banfield. Cora informed the group that the money to attend the State EHC Meeting in Hot Springs is due at the Spring Fling. She also informed the group that each of the county EHC clubs has been invited to Spring Fashion Show being conducted by the Boone County EHC clubs, April 30th. The follow officers were selected for next 2 year term.
Wanda Teskey-President
Cora Bingham-Vice Pres.
Marilou Sain-Secretary
Linda Winnat-Treasurer
The club will not have a meeting in April due to Spring Fling activities.

Ruth L Oldfield
Ruth L Oldfield of Jasper died Thursday, March 7, at the Newton County Nursing Home in Jasper. Burial was in the Fayetteville National Cemetery. She was born in New York, New York and was the daughter of B. and F. Latzer. She was an engineer having worked for AT&T. She was one of the first woman engineers at RCA Laboratories developing radar and sonar equipment during WW II. She was a member of the Jasper Pioneers EHC where she was currently serving as an officer. She had judged many events at the Newton County Fair. She moved to Newton County from New Hampshire over twenty six years ago. She survived by her husband, Daniel of the home and a daughter Elizabeth Connolly of Massachusetts and one grandson, Danny.

HELP!
Bring Your Best Choice Labels to the Spring Fling
Give them to
Cora Bingham

The labels help to give money to the clubs and community projects each
### Newton County Quilter’s EHC

The Quilter’s club members met two times in the month of March. They met March 5th and 19th. The group meeting was held Carol Leaks’ Quilter’s Cabin.

**March 5th.** The club members’ goal at this meeting was to make use of the extra scrap material and blocks that they had. The group had blocks left over from two other quilts that they had made so they made a few more blocks to finish up 2 quilt tops.

They had one new member join the quilters group. Her name is Sherri Boles. Sherri is the wife of the form Agri agent Jack Boles.

The group had a great time. Janice Sloan brought lunch for the group. They had a Greek salad and ham sandwiches. Cora Bingham shared Forgotten cookies and wedding cake cookies with jello for dessert.

The group has planned another trip to Janice’s Shop on the Jasper Square in the near future.

It was reported that several of the Newton County Quilters have been attending the Boone County Quilters Workshop. Those that have attended have reported having lots of fun.

**March 19th.** The group worked together to create a quilt called the Scrapy Flower Power Block. The group completed one quilt top with this design.

The club member enjoyed BBQ chicken sandwiches made by Shelly McVay and Rose Szabrowicz treated the group to Chocolate Éclair cake for dessert.

The club had one guest, Glenda’s granddaughter, Ashten Casey from Harrison.

Marsha Horton dropped in for a visit to make sure the girls were behaving themselves!

There were 10 members present at this meeting.

The next meetings will be at Carol’s on April 2nd and 16th.

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### Important Things to Remember

**Are you planning to attend ?**

**AEHC Annual State Meeting**
June 4th, 5th and 6th in Hot Springs

**Registration and Lunches are due at our Spring Fling**

Registration is $30.00 and 1 Lunch are $19.00

Total of $49.00

3 rooms have been reserved at the Embassy Suites.

**Breakfast will be included in cost of room.**

**There are some sessions that cost so an enrollment form will be at Spring Fling!**

Please make checks payable to EHC

---

**Members at Large**

Dues need to be paid!

Dues are $9.00

Please send payment to

Jan Doud

HC 31 Box 26A

Jasper, AR 72641

Or

You may give payment to

Cora Bingham at Spring Fling

*Club Presidents and Treasurers need to make sure your club and members dues are paid.*
All meeting and activities announced in the newsletter are open to all without the regard to race, color, national origin, religion, gender, disabilities, or any other legally protected status. Person's with disabilities who require alternative means of communication for program information (Large Print, etc) should notify the county extension office as soon as possible prior to activity.

**April 2013**

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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|        |        |         | Quilter's Club  
Carol Leak's at 9:30 am |         |        |          |
|        |        | 7       | 8         | 9        | 10     | 11       |
|        |        |         | Newton County Rabies Clinic @ Western Grove  
SPRING FLING @ Extension Board Room—9:30 a.m. |         |        |          |
|        |        | 14      | 15        | 16       | 17     | 18       |
|        |        |         | Cota Bingham  
Newton County Garden Club @ Ext office—6:00 p.m. |         |        |          |
|        |        |         | Quilter's Club  
Carol Leak's at 9:30 am |         |        |          |
|        |        | 21      | 22        | 23       | 24     | 25       |
|        |        |         | Newton County Farmers Market Group @ Ext Office—6:00 p.m. |         |        | Jan Doud  
Smith Mt EHC @ Ext office 1:30 pm |
|        |        |         | Spay and Neuter Clinic @ Fairgrounds |         |        |          |
|        |        | 28      | 29        | 30       |        | 31       |
|        |        |         | Carol Leak |         |        |          |