This is a great opportunity to refresh your skills in judging Fair exhibits. I will be attending this. Please call the office at 870-864-1916 by July 15 to pre-register.

Southeast Arkansas Fair Judging School
Friday - July 29, 2016
8:30 a.m. – 2:00 p.m.
$10
(includes Fair Judging Manual, lunch, and refreshments)
First Assembly of God Church – Hwy. 425, Monticello

Here’s your chance to learn, or brush-up, your skills in judging Fair exhibits! Topics covered will be:
Judging Educational Booths, Art, and Handicraft Exhibits
Judging Photography Exhibits
Judging Clothing Construction and Home Furnishings Exhibits
Judging Quilts, Knitting, and Crochet Exhibits
Judging Food Preservation Entries
Drink Water: it is super important to stay hydrated, especially in summer months when it is hot.

As we age we become more susceptible to dehydration for several reasons.
- Decreased thirst: Our sense of thirst declines as we age. Our need for water does not.
- Medications: Side effects of medicines can also cause dehydration. The medicines could contain or have a side effect of being a diuretic, or they could cause excessive sweating.
- Decreased kidney functioning: After middle age our bodies start losing kidney functioning and our bodies are less able to conserve fluid. This is accumulative, you probably won’t notice it until your 70’s or so, but it is happening now if you are my age or older.
- Illness: Vomiting and/or diarrhea can cause dehydration in anybody, regardless of age.

What to do? You need to drink Water, not caffeine drinks which are diuretics and bladder irritants. Drink water. It is extremely important to prevent dehydration in senior adults.

Signs of dehydration in Senior Adults include confusion, difficulty walking, dizziness, headaches, dry mouth, inability to sweat or produce tears, rapid heart rate, low blood pressure, low urine, constipation, sunken eyes.

Achievement Day is Saturday, August 20 at Parkview Baptist Church from 9-1.

The hostess is the Newell Club. The speaker is Mrs. Carolyn Williams and she is speaking on “Quilted History.” It will be a potluck with meals being served crockpot-style. Looking forward to seeing each of you.

Important Dates:
- July 15: Board Meeting
- August 20: Achievement Day at Parkview Baptist Church (9-1 pm)
- September 19-23: Union County Fair
- October 22: Holiday Foods at College Avenue Church of Christ (11 am-2 pm)