AEHC trip to Hot Springs, June 3—5. Participants are Terrie Simpson, President of the EHC Council, Janis Tucker, Joy Godwin, all from Newell EHC Club, Cynthia Ford, Sewing Club member and Liz McKay, FCS Agent.

Liz McKay conducted **canning classes in May**. Participants learned how to make and can jelly (also used the new Ball Jam/Jelly Maker), green beans and salsa.

Senior and Junior High Point Winners at County O/Rama: l—r, Kaitlyn F, Robin Bridges, County Agent and April T.

The Extension Homemakers Council will be conducting **two educational trips this year** for both the day members and night members. The council will pay for one of these trips even though you may attend both. For the day members, a trip has been planned to Murry’s Dinner Theater matinee on Wednesday, June 25th. I have reserved 20 spaces. Cost is approximately $33 for non EHC.

The night EHC members will meet at Wal-Mart and leave at 8:00 a.m. on Saturday, June 28. They will tour the Clinton Library, have lunch, and cruise on the Mark Twain Riverboat in Little Rock from 2—3 p.m. For non-EHC, the cost is about $22. Cars providing transportation for EHC members will be reimbursed for gas expenses for both trips. Need to call 864-1916 to pre-register for the trips by calling 864-1916 by June 10th.

**EHC Dues**

EHC club dues are payable in June and no later than July 15th. The amount is $4.00 per member and $5.00 per club. I also need your current list of club members and officers to update our records.
What’s going on in your arteries?

You have thousands of miles of arteries shuttling oxygen and nutrients to your body’s tissues. Just as rocks lining riverbeds are subject to damage from the force of rushing water and the debris it carries, arteries are vulnerable to injury from the pressure of blood flowing through, as well as inflammatory substances catching a ride in the blood. The inner lining of the arteries, called the endothelium—just one-cell-layer thick—can become damaged. When this happens, the endothelium can’t do its job and the process of atherosclerosis begins: immune cells, cholesterol, and other substances collect and form plaque, which narrows and stiffens arteries. This is the starting point of almost all cardiovascular disease.

What you put on your plate every day can help protect your arteries from damage, and thus, lower your risk of cardiovascular disease, heart attack and stroke. Focusing on a diet that contains a wide variety of antioxidant-rich fruits and vegetables, healthy fats like olive oil and nuts, beans and legumes and moderate amounts of flavonoid-rich red wine and dark chocolate is your path to promoting good arterial health.

Boost Your Nitric Oxide Protection

When your arteries are in good health, the endothelial cells produce plenty of a protective substance called nitric oxide. “Nitric oxide signals arteries to expand so blood can flow through more easily, which lowers blood pressure,” says Louis Ignarro, PhD, a co-recipient of the Nobel Prize in Medicine for his discovery of the body’s nitric oxide production and its functions. “Nitric oxide also helps prevent unwanted blood clotting and inflammation in arteries, which in turn lowers heart attack and stroke risk.”

Antioxidants preserve nitric oxide, which exists as a gas and doesn’t stick around very long—in fact, it typically lasts less than a second. Vitamin C, a well-known antioxidant, increases the lifespan of nitric oxide to 30-40 seconds. Ignarro says the best sources of antioxidants are fruits and vegetables, such as blueberries, beets, kale, spinach and pomegranates, whose rich hues signal their high antioxidant content. Whole grains also supply antioxidants, and randomized controlled trials show they improve endothelial function.

How do you boost nitric acid? Adequate sleep, aerobic exercise, and smart food choices, says Ignarro.

Source for this article: Environmental Nutrition. May 2014

Reason is our soul’s left hand and Faith her right. John Donne

The awareness of our strength makes us modest. Paul Cezanne