We had 48 participants in the training. We met the first three Thursdays in May. The Best Care training meets the professional development needs of Arkansas' early childhood professionals by providing 10 hours of verified face-to-face training annually through Traveling Arkansas Professional Pathways (TAPP). The areas of emphasis include child development, health, nutrition, and resource management. My cluster group pictured from left to right: Candace Carrie Staff Chair FCS-Ouachita County, Lauren Brown FCS-Union County, Kathy May FCS-Dallas County, and Linda Sims-Staff Chair FCS Calhoun County.

Union County FCS Agent Lauren Brown co-taught a Canning/Food Preservation Workshop in May with Columbia County FCS Agent Mary Beth Sanders. We made strawberry jam and grape jelly. We had 6 participants.

We had 5 participants—M. Kooms, A. Hamaker, A. Thurmon, T. Greer, and E. Thurmon in the County Horse Queen held May 12. They presented speeches, gave interviews, then mounted and exhibited their horsemanship abilities by guiding their horses through a designed pattern in the arena. M. Kooms was selected senior queen and T. Greer as junior queen. They did a wonderful job! M. Kooms won District Horse Queen. A. Hamaker won high point in the speed events.
AEHC STATE MEETING  June 2-4 in Hot Springs. The theme was "AEHC - Marching Into The Future.” The AEHC State Meeting for next year is June 7-9, 2016. Make sure to mark your calendar if you want to attend. We learned and laughed a lot!!

Pictured left to right seated: Pat Smith and Betty Cheatham. Standing left to right: Johnette Jinks and FCS Agent Lauren Brown. This was Red Shirt Tuesday.

Pat Smith won a patriotic centerpiece at the meeting.

Johnette Jinks presented her “How to Class” on backyard gardening. She had over 110 participants in her classes. Union County also give out little packets of seeds for everyone participating in the class. There was a great turnout and a lot of feedback from the audience.
Nine youth participated in a sewing class on June 9. They did a great job constructing a pair of cotton shorts, decorated a t-shirt, and made a scrunchie. A special thanks to Hannah Crawford, Cynthia Ford, and Arden Sweet for all of your help!!

FCS/4H Agent Lauren Brown assisting a participant with seam ripping her shorts.

EHC Member Cynthia Ford and 4H Volunteer H. Crawford helping participants cut out the pattern.

Love all of the colorful and different patterns on all of the cotton shorts!!
E. Thurman was selected to compete in the main dish competition in the Arkansas Dairy Food Contest. She took 3rd place. Judges placed contestants based on recipe, use of dairy products, originality, availability of ingredients and serving technique. Arkansas Farm Bureau, Southwest Dairy Museum and Arkansas Dairy Cooperative Association sponsored the event. I can’t wait to try the recipe.

### Blend of the Bayou by E. Thurman

**Ingredients:**
- 1 can cream of mushroom
- 1 8oz pkg. cream cheese
- 2 sticks butter
- 2 bell peppers red yellow or orange for color chopped
- 1 stalk celery chopped (optional)
- 1 onion chopped
- 1 lb. raw shrimp peeled, deveined, and tails off
- 1 lb. crawfish tails
- 1 lb. crab meat (we use canned crab)
- 1 cup white rice
- Cayenne pepper to taste (we use 1 tsp.)
- Old bay seasoning to taste (we use 1 tsp.)
- Shredded cheese (any kind you like)
- 1 stalk of Ritz or Saltine crackers

**Directions:**

1. Preheat oven to 350 degrees. Step 1- combine cream of mushroom, cream cheese, and 1 stick of butter in microwave safe bowl and heat for 5 minutes or until cheese is melted good. Stir halfway between to make sure it blends well. Set aside.
2. Step 2-Melt 1 stick of butter in skillet on medium heat. Add peppers, celery, onion and sauté’ until soft. Add cayenne pepper, old bay seasoning and shrimp. Cook until shrimp is good and pink.
3. Step 3- While vegetables and shrimp are cooking boil rice and set aside.
4. Step 4- In a 9x13 casserole dish combine cream cheese mixture, rice, shrimp and vegetables, crawfish and crab meat. Top with crackers and cheese. Bake in oven until bubbly. Enjoy.

Leftovers are wonderful stuffed in Postulate rolls.
What is EPNEP? EPNEF stands for Expanded Food and Nutrition Education Program. It’s a program to empower individuals, families and youth with limited resources to acquire knowledge, skills, attitudes and behavior changes necessary to maintain nutritionally sound diets and enhance personal development. We have two magnificent hardworking EPNEP program assistants—Amy Crawford and Cherrie Sweeney. They also volunteer with 4-H. This summer they will be working with the youth at the Boys and Girls Club. They will teach lessons on MyPlate and Kids in the Kitchen Curriculum. We appreciate all they do!

Cherrie Sweeny taught a lesson on the 5 food groups in Norphlet.

Amy Crawford taught a lesson on being physically active in Strong.

Amy Crawford taught a lesson on MyPlate at the Boys and Girls Club in El Dorado.

Cherrie Sweeney taught a lesson on protein and the participants got to sample turkey salad in Strong.
7 Reasons to Lace up your Sneakers:

1. Build a bigger, sharper brain
2. Live Longer
3. Ease your aching knees
4. Improve your mood
5. Lower your risk of cancer
6. Strengthen your heart
7. Dodge Diabetes.

The Center for Disease Control and Prevention recommends for adults: TO IMPROVE YOUR HEALTH, do 150 minutes a week of moderate-intensity aerobic activity like: walking briskly, water aerobics, bicycling slower than 10 mph, doubles tennis, ballroom dancing OR 75 minutes a week of vigorous-intensity aerobic activity like: race-walking jogging, running, swimming laps, singles tennis, aerobic dancing, bicycling 10 mph or faster, jumping rope, hiking uphill or with a heavy backpack. The CDC also recommends that all adults do “muscle-strengthening activities on 2 or more days a week that work all the major muscle groups.” This information is from Nutrition Action Health Letter, June 2015.

**EHC DUES:** EHC clubs dues are due no later than **July 27th**. The amount is $4.00 per person and $5.00 per club. The club treasurer’s financial report is due by **July 27th** as well. I also need a list of your current members and officers to update our records. Please you have any questions, please call the Extension Office.

**Dates to Remember:**
- June 19: EHC BOARD MEETING 1:30
- July 17: EHC BOARD MEETING 1:30
- July 27: EHC Club/Treasurer’s Financial Report Due
- August 21: EHC BOARD MEETING 1:30
- August 29: Achievement Day
- September 18: EHC BOARD MEETING 1:30
- September 21-25: Union County Fair

“The love of family and admiration of friends is much more important than wealth and privilege.” Charles Kuralt

**Lauren Brown**
County Extension Agent
Family and Consumer Sciences/4H Agent

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