Cattle Producers Should Be On The Lookout for Acorn Poisoning

Most animals are susceptible to acorn poisoning, although cattle and sheep are affected most often. Most species of Oak in North America are considered toxic. Clinical signs occur several days after consumption of large quantities of green acorns in the fall. Dams consuming acorns during the second trimester of pregnancy have produced malformed calves. Some cattle can apparently eat acorns with no ill effects, while others develop kidney and digestive problems that can lead to death. Symptoms of acorn poisoning include lack of appetite, rough hair coat, a dry muzzle covered with dry, crusty blood, abdominal pain, excessive thirst, frequent urination, and thin rapid pulse. This usually is not a rise in body temperature. Constipation is a common early symptom. The droppings are often tipped with dark blood, a condition of followed by diarrhea with blood and mucous. Edema, or fluid in the tissue, occurs in the lower portion of the body. Large amounts of fluid may be found in body cavities.

Acorn poisoning is thought to be caused by tannic acid, which can cause death due to severe kidney damage. Cows may drink large amounts of water, which is eliminated by the damaged kidneys in a clear dilute form.

The best way to prevent acorn poisoning is to keep cattle away from acorns, but if you fence off an area covered with acorns, you may have to leave the fence up for a while. Acorns retain high levels of tannic acid for several months. You can partially protect mature cows grazing on acorn-laden pastures by feeding them 4 pounds of the following mixture each day – Cottonseed meal, whole cottonseed or ground soybeans (40%), cottonseed hulls or corn (44%), hydrated lime (10%) and liquid molasses or vegetable oil (6%). Use liquid molasses with either whole cottonseed or ground soybeans. For calves feed 2 pounds of the mixture per head per day in a creep feeder.

The goal is to get the mature cows to consume about 0.4 pounds of hydrated lime each day. Other mixes that provide this rate of intake can be used, but because hydrated lime is unpalatable, the mix should generally contain no more than 10% lime. It is difficult to thoroughly mix hydrated lime in supplemental feeds, so molasses or vegetable oil is recommended to prevent the lime from settling out of the mixture. If a mature cow is constipated because of acorns, administer 2 to 3 quarts of mineral oil orally. Continue the treatment as needed.

Private Pesticide Applicator Training for Van Buren County
Date Set for Monday, December 2, 2013 at 6:30 p.m.
At Simmons 1st National Bank in Clinton

Please be on time for the meeting! This two hour training is for producers of some sort of agricultural product who purchase and apply Restricted Use Pesticides (RUP’s). This training is not for certification of commercial (for-hire) pesticide applicators. You don’t need to pre-register for this program. There will a $10 charge for the training payable at the door. A check made out to Van Buren County Extension is the preferred method of payment. If you received a letter from the Plant Board saying you need to be recertified for Private Applicator Licenses you need to attend this training or one in a surrounding county or the Plant Board will require you to take a test to get your licenses when there are no more trainings close to our area. The Van Buren County Extension office will also be assisting the Searcy County Extension office on November 19 in Marshall at 6:30 p.m. with the Searcy County PAT meeting if you can not attend the one in Van Buren County. For alternate PAT Dates in other neighboring counties refer to the calendar of events in this newsletter.

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At Simmons 1st National Bank in Clinton.
The Beef Cattle Industry has gone through many changes and has made great advancement in technology through the years. The University of Arkansas, Division of Agriculture has developed a program called the Arkansas Beef IQ Program that can assist producers in applying this technology to increase profit and improve efficiency in their operations. The Van Buren County Extension Service is teaming up with Conway and Faulkner County Extension Staff to bring to you the Arkansas Beef IQ Program. This program is for all producers, beginning and seasoned, to provide to you in depth information on cattle production and management. The program will provide you with sessions on Economics, Forages, Genetics, Health, Nutrition, and Reproduction. Each County Office will be signing up producers starting November 2013. The program will begin February 2014 and will be completed in June 2014.

The tentative schedule for the Beef IQ Program is as follows:

Sign up deadline is January 24, 2014
Thursday February 6, 2014 – Faulkner County – Economics – 6:00 p.m.
Thursday February 20, 2014 – Faulkner County – Genetics – 6:00 p.m.
Thursday March 6, 2014 – Conway County – Reproduction – 6:00 p.m.
Saturday April 5, 2014 – Conway County – Herd Health – 8:00 a.m.
Saturday May 3, 2014 – Van Buren County – Forages – 8:00 a.m.
Thursday June 5, 2014 – Van Buren County – Nutrition – 6:00 p.m.

The Beef IQ program is treated almost like a college course without the homework and tests! It is made up of 18 hours of classroom/educational meetings and 8 hours of field day work that will be more hands-on. It will be broken down into 6 three hour classroom type meetings and 2 four hour field/hands-on activities. Of the 6 classroom meetings, two will be held in each county. The program will be presented by the county agents and Extension Animal Science specialists in their respective areas of expertise.

The cost to participate is $75. With that, you’ll be registered for all meetings and field days, have access to all of the information on the Arkansas Beef IQ website (presentations, how-to videos, computer program decision aids, and lots of reading material). If you don’t have internet access, for an additional $50 you can purchase a USB (thumb) drive that contains the same information as the website. The true value of this program is $750 per participant. This program is available to 4-H youth as well, but they must also have an adult accompany them. In order to “graduate” from the Beef IQ program, you must attend at least 4 of the 6 classroom meetings and at least 1 field day.

Give me a call, if your want to register or have questions, at (501)745-7117 at the Van Buren County Extension office. All applications and registration fees are due by January 24, 2014.
Wellness Ambassadors received 40 hours of training in health, nutrition, and physical activity over a five-week period. As part of the program, they will give back at least 40 hours of volunteer service to help others live healthier lifestyles. Throughout their training, ambassadors worked with their county’s Family and Consumer Sciences Agent to identify community needs and plan a project to address health issues.

“The Extension Wellness Ambassadors have already expressed how this program has improved their lives and they are eager to begin conducting programs to improve the lives of Van Buren County residents. We are all excited about the opportunities this program will provide for our local community.” Shared Regina Chaney.

Van Buren County Extension Wellness Ambassadors include Peggy Aday, Lynne Corcoran, County Judge Roger Hooper, Lori Linn, Greg Munson, Carl Trahan-True, and Jan Vandygriff. Van Buren County Extension Agent Regina Chaney will act as an advisor for the Ambassadors in conducting their projects and planning future activities to improve community health.

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Wellness Ambassadors will work on projects targeting their communities. Planned projects include expanding Extension fitness programs, developing a clearinghouse of community health resources, and ensuring healthy foods are available at local food pantries. As volunteers for the University of Arkansas Cooperative Extension Service, Wellness Ambassadors will extend the reach of extension educational programs focused on improving health.

Additional Extension Wellness Ambassador trainings will be held in 2014. For more information, contact Regina Chaney, Van Buren County Extension Agent—FCS/4-H at 501.745.7117 or rchaney@uaex.edu.
Van Buren County EHC

The Alread EH Club has logged 160 volunteer hours and most recently had a demonstration on cake decorating! There are no Sunshine calls and they have been busy working on crafts for the Quilt Show! Clinton Twilighters are now accepting members—1st Meeting to be announced.

The Chimes EH Club contributed 156 Volunteer Hours. They have been busy working out with the Strong Woman Strong Men program as well as community work for the Hog Roast! The Crabtree EH Club has logged 316 Volunteer Hours! They have been making surgical dolls for the Hospital.

The Damascus EH Club volunteered 138 Hours. They Made Bibs and Pillows for the Clinton Nursing Home and also gave Pillows to the Faulkner County Visiting Nurses.

Davis Special EH Club had their 1st meeting in October with a total of 7 members so far.

The Formosa EH Club members are craftily working on projects for sale at the annual EHC Quilt Show/Craft Sale that will be conducted during the week of November 11 – 16 at the VBC Fairgrounds. All proceeds will be used for community service projects.

The October leader training, “Getting Our Hearts Right”, gave us new insights into better relationships and conflict resolutions. Our club has welcomed one new member, Mary J. Hall, this year and we invite any person, who is interested in gaining knowledge, learning new crafts, and/or contributing to the community and county to join the Formosa EH Club and meet with us the second Tuesday at 1 pm in the Formosa Community Center.

Highway 110 EH Club had volunteered 1,031 hours; making Preemie Blankets and Caps for the hospital.

The EHC Christmas Council Meeting

The Christmas Council meeting is planned for Dec 11, 2013 at Petit Jean Electric’s Community Room with registration beginning at 9:30 am. The theme for the meeting will be, “December in the Ozarks”. Clubs are being asked to create a table decoration around the theme; it should include a lift-out centerpiece, which will be given as a door prize. The table decorations will be judged and three cash prizes, $15, $10, and $5 will be awarded to the top three. Lunch will be potluck, so bring your favorite dish to share; and bring the recipe for the new EHC Cookbook.

Since AR Children’s Hospital does not need Christmas Stockings this year, each member is asked to purchase a gift from the children’s want list to be donated to AR Children’s Hospital. Some of those items are:

Infants & Toddlers: Teethers, Pacifiers, Baby Wipes, Wooden Puzzles, Board books (hard cardboard books), and Socks;

School-age Items: coloring books (non-holiday), Crayola crayons, colored pencils, or markers, Books, Play-Doh (name brands), Play-Doh accessories (cutters), Hot wheels/Matchbox Cars; Puzzles (25 – 250 pieces); and

Teen Items: Sports Bottles/Travel Mugs, Journals/diaries, Playing Cards, Puzzles 250+ pieces, and Brain Teaser games and/or books (DO NOT gift-wrap!)

Strong Women & Men

We are stronger, more flexible and more energetic than we were in January 2012. Of the 50 clients that took part in the Strong Women and Men classes, participants in Extension programs improved health by increasing physical activity. These practices reduce their risk for many chronic diseases. As a result of Extension programs, participants:

* Improved fitness – 100% improved balance, strength and flexibility
* Increased physical activity – more than 3,384 miles walked, with 90% of participants walking more than 150 minutes a week
* Improved health – 100% are sleeping better and experience less joint pain.
* Thirty-four percent reported managing or decreasing cholesterol, blood pressure, and glucose levels

*Reduced costs – estimated health care savings $136,652

Yes, an exercise program is available to all Van Buren County citizens that promote safe and effective strength training for middle-aged and older men and women. The agent or volunteer leader provides instruction on how to do the exercises and leads the group during each class. If you would like to become a member of this class or start another class, please contact the Van Buren County Extension Office at 745-7117 or email Regina Chaney at rchaney@uaex.edu.

Child Care Providers—Do you need Verified Training Hours?

The Best Care, Best Care Connected, and Guiding Children Successfully programs provide Arkansas's child care professionals with the verified training they need. These programs are research-based and developed by subject matter specialists in the areas of child development, nutrition, health and safety, resource management, and youth development. Programs are available in multiple formats (i.e., face-to-face, online, & self-guided) to accommodate different learning styles and work schedules.

For more information on any of these programs, please contact: Regina Chaney at 501-745-7117 or rchaney@uaex.edu or visit our website at http://www.arfamilies.org/child_care.htm.

TAPP Training—February 8th, Petit Jean Electric—8 a.m. - 7 p.m.
Dry beans, peas and lentils (legumes) are very inexpensive substitutes for meat, poultry and fish. They provide an excellent source of protein, fiber and vitamins. They provide carbohydrates for energy and dietary fiber, which lowers the risk of heart disease, keep gastrointestinal tract healthy and provides folate used for reactions necessary for DNA and amino acid production and normal red blood cell formation and iron, which transports oxygen in your body and used for reactions necessary for energy production. One half cup of navy beans or garbanzo beans provides 32 to 35 percent respectively of the recommended daily intake (RDI) suggested for most adults. One half cup of lentils provides about 17 percent of the RDI for pre-menopausal women and about 13 percent of the RDI for adult men and post-menopausal women. Nutritionists recommend eating several cups of dry beans, peas and other legumes each week.

Beans, peas and other legumes are mild-flavored and take on the flavor of seasonings and other foods in the recipe. This makes them a versatile ingredient for appetizers, soups, stews, casseroles, salads, sandwiches and even desserts.

Try making a salsa or dip with black beans seasoned with garlic, cilantro, tomatoes and peppers as an appetizer. Make a three-bean chili with black, kidney and pinto beans flavored with onions, peppers, tomatoes and chili powder. Combine pasta, kidney beans, chickpeas, chopped onions and peppers with your favorite low-fat salad dressing for a tasty salad.

Try making Hummus during the holidays.

**Hummus**

**Mediterranean Cooking**

- 2(15 oz) cans Garbanzo Beans (chickpeas)
- 3 Tbsp Tahini (an oily paste made from crushed sesame seeds-sesame seed paste)
- 4 cloves of garlic
- Juice of 1 lemon
- 4 Tbsp of olive oil
- ½ cup water
- Salt and freshly ground black pepper to taste

**Directions**

Place the garbanzo beans, Tahini, garlic, lemon juice and oil in the bowl of a food processor or blender. Chop or blend until smooth, adding enough water to obtain a creamy dip.

Season with salt and pepper

Transfer to a serving bowl.

May serve immediately, but it will be tastier if refrigerated overnight.

Take out of the refrigerator 1 hour before serving.

Serve with pita bread.

**Nutritional facts:** Yields 10 one-half cup servings. Calories: 192. Fat Calorie: 80 Total fat 9 g, Sat. Fat 1 g, Sodium 309 mg, Total Carb. 24 g with fiber 5 g. Protein 6 g, Vitamin C 10% Calcium 4% Iron 10%

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**Walking Across Arkansas!**

The totals are rising. Six teams registered for Walk Across Arkansas with a total of 49 committing to the Walk/Exercise Challenge. A total of 54,018 minutes of exercises has been recorded to date with an average minutes walked of 965 per person. This amounts to estimated total of 2,701 miles with an estimated healthcare savings of $5,402. The Ten Wonders are in first, BananaBerry is second, Highway 110 Strollers are third, Walkers Delight are fourth, Hooper Troopers are fifth, and The Golden Girls are in sixth place. It is not too late to get walking so let’s get walking.

***Note: This was pulled on November 4, 2013 at 3:30 pm. Totals are constantly changing. Make that walk to first place.***
We have several 4-H Community Clubs in the county with one 4-H Project Club. All 4-H Community and Project Clubs in Van Buren County are open countywide for membership. This means that anyone in any part of the county can join any 4-H club or project group in the county regardless of where you live. In Van Buren County, our 4-H Project Club is a Livestock Club. This club focuses more on 4-H members interested in livestock projects and activities. Van Buren County 4-H Community Clubs available for members to join include CAS Rocking Ranchers 4-H, Fairfield Bay 4-H, Main Street Kids 4-H, Razorback Rascals 4-H, Shirley 4-H, Southside 4-H, and Southern 4. Van Buren County has several clubs in the Clinton School District that meet during the school day. These clubs are Clinton 4th Grade STEM, Clinton 5th Grade STEM, Clinton 6th Grade STEM and a new club Future Leaders of Arkansas 4-H club geared for the junior high student. We recorded 248 4-H members in 2013 across these clubs in Van Buren County.

The Van Buren County 4-H program is open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

4-H Membership has it’s privileges—Join 4-H!!!

It is that time of year to renew your 4-H membership. Our 4-H membership re-enrollment period begins each year in September. Nonrenewal of membership will cause you to be removed from our mailing list, therefore, you will not get any news on county 4-H events. Don’t be left out! Get your membership up to date, TODAY!! To enroll in 4-H for the first time or to reactivate your membership, log onto arkansas.4honline.com, and log on for renewing members and reactivate your profile, or if you are a new member, set up a new account for membership. Use a legitimate email address that you will remember so it will always be easy to access your account. We also use the 4-H online program to send out email notices to keep you informed of 4-H activities. SO GET SIGNED UP TODAY!!! We need you to sign up online before Monday December 2, 2013.

Many Opportunities for 4-H Club Membership

We have several 4-H Community Clubs in the county with one 4-H Project Club. All 4-H Community and Project Clubs in Van Buren County are open countywide for membership. This means that anyone in any part of the county can join any 4-H club or project group in the county regardless of where you live. In Van Buren County, our 4-H Project Club is a Livestock Club. This club focuses more on 4-H members interested in livestock projects and activities. Van Buren County 4-H Community Clubs available for members to join include CAS Rocking Ranchers 4-H, Fairfield Bay 4-H, Main Street Kids 4-H, Razorback Rascals 4-H, Shirley 4-H, Southside 4-H, and Southern 4. Van Buren County has several clubs in the Clinton School District that meet during the school day. These clubs are Clinton 4th Grade STEM, Clinton 5th Grade STEM, Clinton 6th Grade STEM and a new club Future Leaders of Arkansas 4-H club geared for the junior high student. We recorded 248 4-H members in 2013 across these clubs in Van Buren County. The Van Buren County 4-H program is open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

Holiday Food Safety Hints

Potluck Safety: Holidays and potluck parties go hand in hand and sometimes foodborne illness. Whether you are taking food to a party at work, school, or the home of a friend, you need to make sure it arrives safely. Follow these tips to prevent foodborne illness from joining hands at your next potluck.

First, keep your kitchen clean as you prepare your potluck dish and wash your hands before, during and after preparing the food. Use hot soapy water for 20 seconds to get rid of germs that cause foodborne illness. Countertops, dishes, and utensils should be washed with hot soapy water and fresh clean dish towels.

Second, when cooking a dish that contains either meat or poultry, cook it to a safe internal temperature. Do not partially cook the dish. Cook chicken or turkey and all casseroles to an internal temperature of 165°F. Cook roast pork or ham to 160°F. Use a food thermometer to be sure your dish reaches the correct temperature.

Remember, keep your potluck dish out of the danger zone. The danger zone is between 40 and 140°F, and it is the range of temperatures in which bacteria grow well and cause food borne illness. Keep your hot dishes hot and your cold dishes cold. If your dish is meant to be kept hot, wrap and seal it well and place it in an insulated container or bag to keep it hot until it is time to be served. If your dish is meant to be kept cold, pack it in a cooler with ice or frozen gel packs to keep it cold until it is time to be served. If you are not able to keep the dish out of the danger zone when taking it to the party, then take a dish that is less risky, such as nuts, fresh produce, breads, cakes, or cookies.

The holidays are a time for fun, tradition, and sharing, which should not include sharing a food borne illness. When preparing for potluck parties remember these tips to help keep out those unwanted guests from ruining your holiday season.
Record your 4-H Efforts

Through the use of a 4-H Record Book, 4-H’ers can show others what they have done in their 4-H career. Start by recording their last 5 years in 4-H or at least one 4-H year. Remember you must start somewhere. It is important to keep track of your activities and take a few photographs to help you remember your accomplishments.

Do you want some help? The agents at the Van Buren Cooperative Extension Office will be glad to assist you. A Leader Training is planned on November 18, 2013 on Record Books. Leaders and members will be provided hands on assistance. Members should bring your laptops, newspaper articles, calendars and date books. The workshop will take place at the Court House Annex at 5:30 pm. Appointments can be made for other sessions if needed. Record Books are due in at the Van Buren County Extension Office on January 27th, 2014.

4-H One Day of Service

The 4-H One Day of Service for Van Buren County was conducted on Saturday October 5, 2013 with 21 4-H members and leaders participating. All joined in the effort to provide and deliver winter clothing and 161 pounds of non-perishable food items to local food banks in Van Buren County. These food banks provide food and other needs weekly to the residence in need. The manager of the local food bank provided an educational component by explaining how they purchase the food and what volunteers can do to help. The University of Arkansas Division of Agriculture Cooperative Extension Service provided t-shirts for each 4-H volunteer that participated.

What is the Van Buren County 4-H Foundation?

The Van Buren County 4-H Foundation is a board of 9 local volunteers from the community. These volunteers meet on a quarterly basis throughout the year to meet financial needs and set guidelines for the Van Buren County 4-H program. We really appreciate the service the board contributes to our program. The members of the Foundation include: President, Phillip Jones; Vice-President, Andy Andregg; Secretary, Carrie Ward; Treasurer, Lisa Nunley; and members Steve Bone, Vonda Crocker, Darla Mcjunkins, Nick Palangio, and Matt Stewart. The 4-H Foundation assists with financing camps, enrichment programs, and other county 4-H activities throughout the year. They also provide a Graduating Senior Scholarship to a Van Buren County 4-H Member each year. One other thing that you may not be aware of is the Van Buren County 4-H Foundation can provide partial financial assistance to 4-H Members and Leaders when attending regional, state, and national 4-H Camps, conferences, and trips. For more information on these types of 4-H opportunities and the guidelines for financial assistance for any of the state and national 4-H activities contact us here at the Van Buren County Extension office at (501)745-7117.
Van Buren County Extension Office
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501-745-7117

Danny Griffin
County Extension Agent
Staff Chair

Regina Chaney
County Extension Agent
Family & Consumer Sciences

Marie Colden
Program Assistant - Youth

Kerri Jones
Administrative Support Supervisor

Sincerely,

Danny Griffin
County Extension Agent
Staff Chair

Regina Chaney
County Extension Agent
Family & Consumer Sciences

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.