During late spring and summer many people like to spend time outside in the sun for fun or work. But overexposure to the sun can damage the skin and could cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when your become overexerted in the heat. Put your health first in order to enjoy the summer.

- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A hat should protect the neck, face and ears.
- Wear a long-sleeved shirt at all times. It should be light colored and loose fitting except when working around machinery.
- Carry a source of water with you. Take drinks frequently—every 15 minutes.
- Take frequent breaks in the shade or in a cool environment during the hottest times of the day.
- Adjust gradually to working in the heat over a period of 10-20 days.
- Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water, if conscious, and provided with attention from emergency medical personnel.
- Wear sunscreen that has an SPF of at least 15.
- Make sure children are also adequately protected.
Red imported fire ants (*Solenopsis invicta*) were recently identified in Shirley. This finding represents Shirley’s first encounter with fire ants. However, a few years back, some were collected from a couple of locations in the southern part of the county. Our neighboring county to the south, Faulkner Co., has firmly established fire ant populations and is included in the imported fire ant quarantine area. Fire ants are currently established in about 45 of Arkansas’ 75 counties. Red imported fire ants spread naturally through mating flights or through human-aided transport of fire ant infested materials. Potentially infested materials could include hay stored in contact with the soil, potted plants or grass sod originating from areas with firmly established fire ant populations. The federal imported fire ant quarantine restricts movement and/or requires specific treatment of potentially infested material originating from fire ant quarantined areas that will be shipped to non-quarantined areas.

Fire ants are often identified by the mounds (colonies) they build. Fire ant mounds can vary from a few inches to almost 2 feet in height. The top is often fluffy and lacks an external opening. Another good identifying characteristic is that fire ants will “swarm” in masse when the colony is disturbed. Fire ant workers are reddish brown and range in size from 1/8 to ¼ inch in length. A sting from a fire ant causes a burning sensation and often produces a white pustule at the sting site. Samples of suspected fire ants can be brought to the Van Buren County Extension office to be sent to our Extension Entomologist for positive identification.

A number of granular fire ant baits are available to control fire ants. In cases where over 20 colonies per acre occur, a broadcast application is warranted and is more effective than treating individual colonies. Many of the fire ant baits are applied at very low rates (1 to 1.5 pounds per acre). The 2015 Insecticide Recommendations for Arkansas lists products registered for use against fire ants ([http://www.uaex.edu/publications/mp-144.aspx](http://www.uaex.edu/publications/mp-144.aspx)). Other Information about fire ants is listed below.

**Fire Ant Control in Two Easy Steps:**
[http://www.uaex.edu/Other_Areas/publications/PDF/FSA-7036.pdf](http://www.uaex.edu/Other_Areas/publications/PDF/FSA-7036.pdf)

**Twenty Questions About Fire Ants:**
[http://www.uaex.edu/Other_Areas/publications/PDF/FSA-7052.pdf](http://www.uaex.edu/Other_Areas/publications/PDF/FSA-7052.pdf)
This spring has been full of variable weather conditions, mostly unfavorable for bermudagrass growth. Cool day temperatures and saturated conditions delayed greenup in March and cool nights in April prevented much significant growth. But now the time we have been waiting for has arrived – warm night temperatures. Bermudagrass is a warm season grass that needs warm day and warm night temperatures. It begins greening up after warm days, but never really produces significant growth until night temperatures are 60 degrees F for about a week or more. The grass will try to grow on warm days, but cool night shuts down the internal “machinery” which basically negates any sustained growth. When a string of warm nights occurs, the grass is ready to begin sustained growth as spring temperatures continue to warm till summer. Fertilizing bermudagrass before night temperatures have reached the 60 degree mark results in lower fertilizer efficiency. The grass may green up but other cool season grasses and weeds will out-compete the languishing bermudagrass for the nutrients. Remember to soil test to get fertilizer recommendations especially for hay production. In recent years, many hay producers have neglected to apply sufficient potassium fertilizer and bermudagrass stands have thinned significantly as a result. Bermudagrass hay fertilization recommendations are designated by production level so communicating the desired production level at the time of soil sample submission will help you get the optimum recommendations.

### Brucellosis Vaccination Scheduling for Spring 2015

As many of you have heard through the news and other media sources, Avian Influenza (AI) is affecting many poultry producers private and commercial across our nation. Arkansas unfortunately has not totally escaped this problem. We saw a case of Avian Influenza earlier this spring in Boone County AR. I have had several calls this spring about the Brucellosis vaccination schedule that we run each spring and fall. Our Arkansas Livestock and Poultry Technicians have been heavily involved with Avian Influenza issue in Boone county and having to bleed poultry in those suspected areas. This issue has caused their normal work schedules to be set aside to deal with the AI issue. They are back to work on catching up with normal work schedules of the livestock markets, bleeding swine and poultry, and catching up as much as possible on brucellosis vaccinations. We will not be able to run a set schedule at this time. What we are asking you to do is call our office with your information. We will have to work with our Technicians to schedule you as they can get time to work these vaccinations in. Hopefully, we can get back on track next fall with a more set schedule. If you have heifers that are at a marginal age or need to be moved immediately, you may want to contact a veterinarian to conduct the vaccinations.

### Beef Cattle Economic & Market Meeting

In March the Van Buren County Extension office conducted a Beef Cattle Market Update Luncheon meeting in conjunction with First Service Bank. About 15 producers attended the meeting, with James Ward of the USDA Marketing Service and Mr. Leo Sutterfield of First Service Bank, the Arkansas Beef Council, and State Farm Bureau Board serving as our speakers. Producers were given information on past market history, current market situation, and some input on the future direction of the markets. Evaluations were very favorable to continue this type of program in the future. We are currently working on organizing another one of these lunch meetings for some time in August 2015. We hope to keep these meeting 1) educational 2) informative and 3) economic related. If production issue needs arise from these meetings, we can try to plan programs to assist with those needs. If you have some suggestions for building upon these programs, please call us at (501)745-7117 and lets discuss your ideas.
Recipe: Baked Squash

From The Newest Van Buren County Extension Homemaker Council’s Recipes
Recipe Submitted by: Barbara Johnson, Davis Special EHC

Ingredients:
10-12 med. Yellow Squash
2 Eggs, beaten
1 c. Bread Crumbs
2 tbs. Onions, Chopped
1 Stick Butter or Margarine, softened
1/4 c. Sugar
Salt to Taste

Directions:
Makes 10 servings. Preheat oven to 350º. Trim squash and cut into large pieces. Place in pan and cover with water. Bring to boil and cook until tender. Drain in colander, then mash. In large mixing bowl, combine squash and eggs, then bread crumbs, onion butter, sugar, salt and pepper. Put in a 3 quart greased or sprayed casserole dish. Cover with a light layer of bread crumbs. Bake until lightly browned, approximately 30 minutes.

For more recipes like this one, follow Van Buren County UAEX on Facebook and Pinterest.
Facebook: UAEX Van Buren County Family and Consumer Sciences – Torrie Caston, Agent
Pinterest: Torrie Caston – Van Buren County www.pinterest.com/uaexvbc/

EHC Cookbook $10
(hardbound with local recipes)
Ask any EHC Member or the Extension office for your copy(s)
Family & Consumer Science

AEHC State Conference

June 2nd-4th, 2015
Hot Springs Convention Center, Hot Springs
Celebrating the year's achievement and projecting for the future.
Everyone is encouraged to attend.

Curtural Arts · Table Decorations · Silent Auction
Craft Exibits · Member Recognition
Game Night · Annual Board Meeting · Talent Show
Project Books · Memorial Service
Educational How-to · Creative Skills
Subject Matter Classes · Awards

*Red AEHC Shirt Day* Tuesday at the state meeting will be red AEHC day.
Everyone should wear a red AEHC shirt in support of our organization.

Arkansas Procurement Assistance Center (APAC)

As part of the University of Arkansas Cooperative Extension Service, APAC works with small and large Arkansas based companies that would like to sell their goods or services to federal, state or local government agencies. Our Program Associates can train you and your business associates how to navigate the government procurement process. APAC collaborates with other agencies in order to ensure the overall economic well-being of the State of Arkansas. Most of our services are free to clients! Are you interested in how APAC could help grow your local economy? APAC Outreach Coordinators can help with information and workshops!

**What can APAC do for you?**
- One-on-one counseling provided by experienced consultants
- Help clients locate opportunities to sell products or services to government agencies
- Provides training on a variety of government contracting topics available at no cost or available at a nominal fee.
- Free counseling on any issue related to selling goods or services to public agencies
- Solicitation analysis and proposal scrub down
- Assistance with certifications and registrations to qualify for agencies the client wishes to approach
- Help with locating government specifications, drawings, procurement history, and other difficult-to-find data

**What can APAC not do:**
- Provide financial support or assistance, such as grants and financing
- Provide references or endorsements
- Prepare your bid or proposal (but we show you how)
- Represent your company, or act as your agent, or make any decisions for you
- Accept any payment or gift for these services (except tuition for the accredited course)
- Help you with litigation against the government

For more information on APAC, you can call the Van Buren County Extension office at (501)745-7117.
2015 County O’Rama Winners

Indoor O’Rama
- Public Speaking: JR Matthew Alberg, SR Gabrielle Alberg
- Fashion Revue: Purchased – JR Alexis Golden
- Performing Arts: Dance Division, JRs Graysen Berry and Mollie Leonard

Outdoor O’Rama
- Bait Casting and Fish I.D.: JRs Alex Lowder 1st, Alexis Golden 2nd
- Reel into Sports Fishing: JRs Alex Lowder 1st, Alexis Golden 2nd
- Bicycle Safety: JRs Alex Lowder 1st, Sheldon Lowder 2nd
- Gun Safety/BB Gun Marksmanship: JRs Alex Lowder 1st, Sheldon Lowder 2nd, Alexis Golden 3rd, SR Cody Decker 1st


Enrolled Club Members
- 117

Ages
- Senior (14+) - 25%
- Intermediate (11-13) - 27%
- Junior (8-10) - 28%
- Cloverbud (5-7) - 20%

Active 4H Clubs
- 10

4H’ers Pledge
I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country and my world.
Arkansas 4-H Grassland Evaluation Contest was conducted outside of Conway, AR on April 29th, 2015. Eight VBC 4-H members from the Southside 4-H Club participated in the contest. Competing in the contest as a Senior 4-H Team were members Casey Deckard, Clay Evans, Bryce Sawyer, and Brooklyn Smith. Sarah Megee, Riley Sawyer, Cassidy Waddle & Breanna Huggins competed as Sr individuals. All of these 4-H members represented Van Buren County very well. The members competed in 4 areas of the contest including Grassland Condition, Wildlife Habitat Evaluation, Soil Interpretation, and Plant I.D. The Van Buren County Senior team placed 3rd in the contest and earned the privilege to compete in the Mid-America Grassland Contest in Springfield MO in June.

Van Buren County Farm Bureau
2015 Dairy Recipe Contest Winners

Main Dish:
1st Place Tori Bradford
“White Chicken Enchilada Casserole”
2nd Place Gabrielle Alberg
“Creamy Chicken Enchiladas”
3rd Place Tanner Riddle
“Homemade Butter”

Party Idea:
1st Place Brooke Bradford
“Fiesta Cheesecake”
2nd Place Matthew Alberg
“Tomato Basil Pizza”

Central Ozark District Horse Show
The 2015 Ozark District Central Area Horseshow will be held on June 23 at the White County Fairgrounds in Searcy, this will be the district 4-H horse show that Van Buren County will participate in. Registration should be completed through the Arkansas 4-H Online bsystem and is open through June 5. This year’s event offers additional classes, including several Cloverbud classes, and a Hippology Contest.

Information can be found online at http://www.uaex.edu/farm-ranch/animals-forages/horses/

Must be preregistered—Completed on www.arkansas.4honline.com by June 5th, 2015

For more information on Classes, Rules, & Guidelines contact the Van Buren County Extension Office at 745-7117

District O’Rama
at Greenbrier HS
June 17th, 2015
Registration- 9:30 am
General Assembly- 10:00 am
Competitive Activities-12:45 pm
District Voting-10:30-12:30 pm
PreRegistration Due in County Office By May 27th.
Van Buren County Extension Office
1414 Hwy 65 S. ~ Suite 137
Clinton, Arkansas 72031

501-745-7117

Danny Griffin
County Extension Agent
Staff Chair

Torrie Caston
County Extension Agent
Family & Consumer Science/ 4-H

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.