



I heard it through the Grapevine

Clay County Extension Homemakers Newsletter

Spring 2017

2017 Spring Council Meeting: Invite a Friend

Your Spring Extension Homemakers County Council program will be held at Wright's Chapel Methodist Church Piggott on Thursday April 6 at 10:00 am. Please each club bring **5** wrapped gifts for **door prize** drawing.

Our meal will be catered by Madpies of Piggott. The cost all-inclusive is \$7.15. Be prepared to pay our county treasurer an **exact amount** (no change will be made) or with a check. You must call the Extension Office 870-598-2246 and **make a meal reservation**. If we do not hear from you there will not be a meal reservation made for you. The meal choices are: Meatloaf, mashed potatoes, vegetable, dinner roll **OR** Lasagna, salad, vegetable, garlic bread. Please tell us which you prefer when you call for your meal reservation.

Our program will be presented by Carol Fisher of Kennett. She is a cookbook author and vintage cookbook collector. She will present a history of cookbooks and have a display of vintage cookbooks.

There will be a **Show and/or Tell** time. Bring something you can **show** the group or be prepared to **tell** the group something **new you have learned** lately.

Registration – Piggott
Hayes

Welcome: Betty
Nichols– Council
President

Pledge – Kay Newton

Decorations – Piggott
Hayes Club

Roll Call – Rhonda
Bogoslawski, county
secretary

Spirit Lifter – Bette
Mills

Creed – Betty Nichols
Treasurer's Report –
TeJuana Turner,
County Treasurer

Slate of New County Council Officers

This is the year to elect a new slate of officers for Extension Homemakers County Council. These new officers will have a two year term of service. Nominations from the floor will also be taken at the council meeting. Officers will be voted in and installed at the Spring Council program on April 6. This slate of officers below is from your County Council Board:

President: Rhonda Bogoslawski, Nimmons Women EHC
Vice President: Jennie Blake, Piggott Hayes EHC
Secretary: Gayla Taylor, Piggott Nite Lites EHC
Treasurer: Kay Newton, Piggott Hayes EHC
Reporter: Barbara Owen, Nimmons Women EHC

French Spring Soup – a light soup full of spring vegetables

1/4 cup butter	1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
1 pound leeks, chopped	1/3 cup uncooked long-grain white rice
1 onion, chopped	1 teaspoons salt
2 quarts water	1/2 pound fresh spinach
3 large potatoes, chopped	1 cup heavy cream
2 large carrots, chopped	

Melt the butter in a large pot over medium heat. Stir in the leeks and onion, and cook until tender.

Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt. Bring to a boil, reduce heat, and simmer 30 minutes, until vegetables and rice are tender.

Stir spinach and heavy cream into the soup mixture, and continue cooking about 5 minutes before serving.

DATES TO REMEMBER:

MAY 6 – HEMINGWAY PFEIFFER QUILT SHOW COMMUNITY SERVICE/RANDOLPH COUNTY EHC JOINT FIELD DAY

JUNE 6-8 - AEHC STATE MEETING AND EDUCATION CONFERENCE, HOT SPRINGS

TICKS BECOME ACTIVE AS TEMPERATURES WARM

BY FRED MILLER

U OF A SYSTEM DIVISION OF AGRICULTURE

With the warmer temperatures in February, we are seeing an earlier occurrence of ticks. Tick species that survive winters in leaf litter, soil or other protected areas will become active and search for a host when temperatures warm. Tick abundance is influenced by habitat type, environmental conditions and availability of suitable hosts.

Most of our important tick species are three host ticks. This means that each stage (larva, nymph and adult) feeds on a different host. This is an important factor in tick-borne disease transmission because the pathogen that causes disease is usually acquired by a previous stage feeding on an infected host. Each tick stage is fairly distinctive. The larval tick is the tiny six-legged tick known by many as the “seed” tick. The tick nymph is the stage following the larval stage and is small (but bigger than the “seed” tick) and has eight legs. The nymph may also be referred to as the “yearling” tick. The adult tick is obviously larger than the nymph, has eight legs and is the reproductive stage.

Below are some tips to avoid tick bites and potential disease exposure.

AVOID tick hideouts such as wooded, brushy areas.

IF YOU'RE IN tick territory: Wear light-colored clothing, long-sleeved shirts, long pants tucked into boots. Walk in the center of wooded trails.

USE skin-safe repellents containing DEET, picaridin, oil of lemon eucalyptus or IR3535.

USE clothing- and gear-only repellents containing permethrin – Repel Permanone or Sawyer gear and clothing repellent.

ONCE INSIDE, check your entire body for ticks – parents should carefully inspect their children. Promptly, properly remove attached ticks.

TICKS DIE quicker in dry environments, so remove leaf litter, keep lawn mowed, clear tall grass. Create a dry barrier between lawn and woods by laying gravel or wood chips.

CLEAN UP food, wood piles to discourage tick-carrying wild animals from yard, use tick control on pets.

CONSIDER chemical control in tick-infested yards.

Proper tick removal

USING sterilized tweezers, grasp the tick as close as possible to skin.

PULL upward with steady pressure, not jerking or twisting the tick. If mouthparts remain in the skin, remove them with sterilized tweezers.

AFTER removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

RECORD the date of the tick bite.

DISPOSE of a live tick by submersing it in alcohol, placing it in a sealed bag/container or flushing it down the toilet.

Removed ticks can also be preserved in a vial with alcohol. Do not crush a tick with your fingers.

WRITE down the date the tick was removed.

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