

EH NEWSLETTER

April 2023

Get Real, Here's the Deal

Thank you to all the great volunteers that helped with Get Real, Here's the Deal at Nashville Jr. High recently. Comments from the students included, "I learned having kids is expensive!" "I learned I spent money on things I really didn't need." "I learned how to manage and be responsible with my money."



**Howard County
Extension Office**

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**Jean A. Ince –
CEA-Staff Chair**

**Samantha Horn –
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**Deb Kreul –
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Howard County – 150 Years!

Howard County was formed as the seventy-fourth county in Arkansas from sections of Hempstead, Pike, Polk, and Sevier Counties in 1873. A celebration will take place on Monday, April 17, 2023, from 8:30 – 10:30 at the courthouse to commemorate the occasion. Feel free to drop by the main hallway for a piece of birthday cake and punch. Howard County EHC will assist with the event. Afterwards, the monthly Quorum Court meeting will be held at the Center Point Community Center. Center Point was the original county seat back in 1873.

Howard County EHC Will Host Chamber of Commerce Coffee

May is Extension Homemaker month and to mark the occasion, Howard County EHC will be hosting the Chamber of Commerce coffee on Thursday, May 18 from 9:30 to 11:30. Help will be needed with food, decorating, and serving. More information will be shared at the board meeting.

Plants to Grow When You Don't Have a Green Thumb

Love Spring and everything green? Not an expert at growing houseplants or outdoor plants? Never fear! This month's leader training lesson will focus on planting and growing one of the most popular household plants, succulents.

"Plants to Grow When You Don't Have a Green Thumb" is scheduled for Tuesday, April 25 at 10:00 a.m. at the Howard County EHC Educational Center. All financial management leaders are encouraged to attend. Any member may attend. Since this will be a hands-on training, you are being asked to bring a potential container to plant in. All you need is a container that has a drainage hole in it. Be creative. Succulents can grow in just about anything.

To have enough supplies for the training, please call the office by April 21 at 870-845-7517 to pre-register.



April Board Meeting

The April Howard County EHC Board Meeting is scheduled for Tuesday, April 25 at 11:00 a.m. at the EH Center in Nashville after the leader training lesson. Several items are on the agenda including:

- Spring Council Meeting
- AEHC State Meeting
- Scheduled Workshops
- Much more!

All council officers are expected to attend including club presidents or their representative. Any member may attend, but only voting members will be allowed to vote.



Quilt/Crochet Day

The quilting and crochet group will resume meeting on April 28 at 9:00 a.m. at the Howard County EHC Center. Participants are encouraged to bring a project to work on. No new projects will be offered this month. Bring your lunch, supplies and come enjoy the fun!

“Cook Your Way to a Healthier You” – DASH Diet

A two-session workshop, “Cook Your Way to a Healthier You” is scheduled for May 2 and May 16 at the Howard County EH Center in Nashville. Each session will begin from 9:00 to noon. The program focuses on one of the top-rated diets – The Dash Diet.

The DASH Diet was developed to fight high blood pressure, not as an all-purpose diet plan. It received high marks for its nutritional completeness, safety, ability to prevent or control diabetes, and its role in supporting heart health. It’s widely considered a balanced dietary approach for anyone desiring to lose weight, help control high blood pressure and improve overall health.



One of the easiest and best way to eat healthy is to cook at home. You can control your sodium intake by experimenting with different herbs and spices in place of salt. They add flavor without adding sodium to the foods you eat.

A registration fee of \$30 will be charged to cover program costs. If you are interested in participating in the program, you will need to pre-register by April 28. Call the office at 870-845-7517 to register.

“EHC Spring Tea”

The Spring EHC Council meeting is scheduled for Friday, May 5 at the EH Center in Nashville. This year’s theme will be, “EHC Spring Tea.” Registration will begin at 9:30 with the program starting at 10:00. There will be morning speakers, finger sandwiches, teacakes, fruit, and vegetable luncheon. Games and crafts will round out the day. Help is needed on Thursday, May 4 at 1:00 p.m. to decorate.



Thank you!!

Thank you to all volunteers who have helped judge 4-H events over the past few months! Also, thank you to those who helped prepare a delicious meal for the awards banquet! 4-H members appreciate all you do!



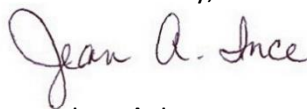
AEHC Annual Meeting

“New Friends and Old Together We Grow” is the theme of the AEHC Annual Meeting which is scheduled for June 6-8 at the Wyndham Riverfront Hotel in North Little Rock. This meeting is packed with three days of educational sessions, renewing friendships, and a time to recognize outstanding programs conducted by EHC members from across the state.

Registration is due by May 5 and is now open. A registration fee of \$90 will be charged to cover program supplies. Creative Skills classes will cost extra. There will be an Early Bird class Tuesday morning, with an Opening Ceremony at 12:00 p.m. New this year, on Tuesday night you have a choice of a Creative Skill or Bingo. On Wednesday evening you have a choice of Talent Contest and Karaoke.

On Thursday morning, Kat Robinson, Arkansas’s food historian and most enthusiastic road warrior will be the guest speaker.

Sincerely,

A handwritten signature in cursive script that reads "Jean A. Ince".

Jean A. Ince

County Extension Agent - Staff Chair

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