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Farmers' Markets Kicking Off

WHAT YOU CAN FIND AT THE FARMERS' MARKET

Fresh Local Produce sold by the Grower
Farm-Fresh Eggs
Fresh-Cut Flowers
Home-Baked Goods
Local Honey
Preserves
Hand-Made Soaps
Handmade-Crafted items at some markets



HOWARD COUNTY FARMERS' MARKET WILL OPEN FRIDAY - MAY 3

Hope
3rd & Elm
Tuesdays
7 am - 11 am

Nashville
110 South Washington
Fridays
7 am - 11 am

Washington
Behind City Hall
Saturdays
7 am - noon

FRIDAY IN NASHVILLE *CINCO DE MAYO*

MUSIC - RAM GARCIA
UNDER THE PAVILION -

Wildflowers - Jane Collums and Tara Fleming - breads, strawberry jams
Williams Kitchen - Jaimie Williams - variety of breads and rolls
Old Columbus Herb Farm - Paula and Shaye Fields - plants, herbs, and farm fresh eggs
Suprasistence Farm - Albert & Vicki Motta - breads, eggs, limited honey
Cooking Demo at 9:00 am
"Cooking Cabbage Mexican Style"
Hospitality - Red Dirt Master Gardeners

IN THE GARDEN - Peppers for Your Garden

SATURDAY - MAY 4 - IN OLD WASHINGTON -

Erwin Soap - Eugene & Bob Erwin - handmade soaps
Wild Flowers - Jane Collums and Tara Fleming - breads, strawberry jams
Williams Kitchen - Jaimie Williams - variety of breads and rolls
Hannah's Berries - Grace & Terry Kirkpatrick - strawberries and broccoli
Old Columbus Herb Farm - Paula and Shaye Fields - plants, herbs, and farm fresh eggs
Suprasistence Farm - Albert & Vicki Motta - breads, eggs, limited honey
Mariah Moses - hand crafted items
Billy O'rorke - hand crafted wood items

Drawing for free bag of grower products... Enter the drawing each time you visit the market! Drawings are held each Market Day and you need **not** be present to win!!



Be sure to check the Chamber of Commerce website at nashvillear.com for updates on

Eat Fresh, Buy Local

Dallas County Farmers' Market
Tuesdays 7am till
(4th Street at the Court House)
1st Market on Saturday, June 1st



A professional caterer, Dixie Coffee, provided a cooking demonstration at the Hope Farmers' Market.

Healthy Recipe

Salad including fresh Arugula, locally grown Strawberries and Feta Cheese



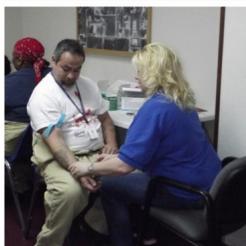
The Ram Garcia band was featured at Nashville's 1st Market on May 3rd



Ouachita County Goes All Out

Zion Hill Baptist Church in Camden is providing their congregation Savvy Senior Segments. This is a monthly information sheet that focuses on health including a nutritious recipe, exercise tips and Stamp Out Smoking information along with the Quit Line number.

On April 24th, several Health Department employees participated in an Esterline Health Fair for the evening shift since this shift did not get to participate in the March Health



Fair Day. There were pamphlets provided on Dealing with Heart Failure, Quit Forever, Tobacco Use & Cardiovascular Health and Act 811. There were 53 employees screened for the following: Weight, Height, Blood Pressure, BMI, Blood Sugar and Cholesterol.



Esterline gives their employees points for the screenings that they have done during the year.

Rebecca Wright presented on the Teen Dis-

tracted Driving Train the Trainer Program to the Ouachita County 4-H Leadership Club in an effort for this group to choose the program as a county initiative.

The April AHOC meeting included a program by Earl Beasley and Wilfer Henderson regarding Anytime Fitness. Beasley, manager and trainer, told the group about membership benefits. After 30 days, members have 24/7 access at over 2000 locations, some of which feature group fitness. Henderson shared his story about how he started on his fitness track. He discussed the need to plan meals and brought



Nevada Cleans It Up



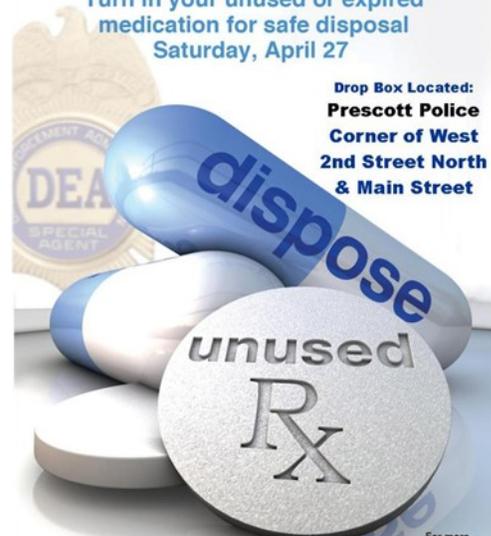
82% of Nevada County teens say, "No Thanks" to alcohol. Keep it safe for the Prom and Graduation Season! **PNCHA** Prevents Nevada County Health Alliance

Nevada County used their PRC Mini-grant for a media campaign through the Prom and Graduation Season and to promote their Prescription Drug Drop Box. Their initiative also includes a Health Literacy Campaign being done at the county schools that consists of placing 8 signs with diverse health messages along the car rider lines.

Got Drugs?

Turn in your unused or expired medication for safe disposal Saturday, April 27

Drop Box Located: **Prescott Police** Corner of West 2nd Street North & Main Street



Program brought to you by Prescott Police Department, Rotary, Prescott/Nevada County Health Alliance, & Region 11 Prevention Resource Center

For more information, please visit www.dea.gov

Honored in Union County

The TOUCH Coalition honored local citizens and organizations for their prevention work at a recognition banquet held April 23rd at the El Dorado Conference Center.

Four awards were presented during the ceremony: The El Dorado Chemical Friends of Prevention, Smackover State Bank Prevention Professional, Union County Distinguished Youth, and First Financial Bank Prevention Partner.

The awards were presented throughout the evening, along with entertainment from the Retta Brown Elementary PRIDE Cats, Arkansas State PRIDE Drama Team, El Dorado's PRIDE vocalists, and the Arkansas State PRIDE vocal team.

Henry Florsheim, president and chief executive officer of the El Dorado Chamber of Commerce, served as emcee for the night. He recognized certain audience members, including elected officials, school board members, past award winners, and organizations and companies who sponsored the awards banquet.

Karen Magee, TOUCH Chair, gave an overview of the TOUCH coalition and identified the two TOUCH committees, Healthy Living and Substance Abuse Prevention. She provided examples of some of the activities each have conducted, along with their accomplishments.

The first award of the night was the Friends of Prevention Award. It is given to an adult or family who does not work in the prevention field but is dedicated to the development of a healthy community. Bob Watson, superintendent of the El Dorado School District was selected for this award in recognition of the time and energy he spends to create a safe and healthy environment for students, faculty and staff, as well as leveraging resources to provide students and staff every opportunity to live and grow as productive citizens.

The Prevention Professional Award recognizes an individual who works in the field of prevention and is an active member of TOUCH. Chris Becnel, youth programs coordinator for PRIDE youth programs, was chosen among the three nominees up for this award. Becnel was recognized for the innovative ways he finds to reach teens. In addition, he started a junior PRIDE group at Retta Brown Elementary School this year, assisted the junior high school in getting their Paw Power group back up and running, and oversees the State PRIDE auditions and performance team each Saturday, from November through the middle of February as they train to perform at the State PRIDE Conference.

Terry Love, Injury Prevention Manager with the Arkansas Department of Health Trauma Section, served as guest speaker at the event. He talked about being a leader and what it takes to be a leader.

Audience members were asked to close their eyes and picture in their minds the person who had the greatest influence in their life. He reminded everyone that they influence others whether they know it or not. "You're leading somebody, even within your organization," said Love. "Your co-workers look up to you." He encouraged everyone to rise to the challenge instead of being afraid of leadership.

Love pointed out 10 things leaders should know – trust is key, inspire

shared vision, love people and treat them with respect, celebrate success with your teams, use data wisely, have high expectations, challenge the process, develop others, know your policy and procedures, and develop and utilize a support group.

The Union County Distinguished Youth Award was presented next. This award is given to a student in grades seven through 12 who demonstrates support and loyalty to their organization. ShaCole Cooksey, a senior at El Dorado High School was the choice from the three nominees. She is a member of the PRIDE drama team and a volunteer and mentor at the Boys & Girls Club. Cooksey had performed earlier in the evening and was pleasantly surprised when she won the award.

The last award of the night was the Prevention Partner Award, which recognizes a company or organization for hard work and dedication to the prevention field. There were five nominees for this honor. The Union County Health Unit was selected for their commitment to promoting the Arkansas Department of Health's mission to protect and improve the health and well-being of all Arkansans – whether it is through environmental health, mass/school flu clinics, health fairs, coalition work, educating patients in their homes, or servicing/educating patients in the clinic.

The closing performance by the Arkansas State PRIDE vocal team included a slideshow accompanied by

the song "Thank You". It was dedicated to the memory of the late Chris McKnight, a past award winner, PRIDE volunteer and an advocate for drug-free prevention efforts in Union County.



Saluting Our Nursing Professionals During National Nurses Week

Nursing professionals have always played a vital role in controlling infectious disease. In 1913, the Tuberculosis Association hired the first public health nurse to supply care such as health education, exams, diagnoses and home care. In the early 1930s, outbreaks of typhoid fever proved the importance of nurses in rural areas where there was – and often still is – a shortage of doctors. Also, public health nurses gave polio and smallpox vaccines to adults and children, saving countless numbers of people from debilitating or deadly disease. Later in the 1960s, public health nurses were involved in the change of TB care from hospitals to community-based care.

Polio and smallpox may no longer be a threat to the U.S. or world, but new or re-emerging infectious diseases mean new challenges for public health nurses. Today, nursing professionals continue to supply immunizations for the whole family; education about healthy habits and disease prevention; and do contact investigations to help control outbreaks.

To best show the great amount of work our nurses do, think about our mass flu clinics. During the 2009 H1N1 pandemic, public health workers carried out flu clinics in close to 1,100 schools and mass flu clinics. In one year alone, they gave more than 700,000 doses of H1N1 and seasonal flu vaccine at school and mass flu clinics and through local health units – more than in any year before or since.

Administration of hundreds of thousands of doses of vaccine continues at mass and school flu clinics each year – a feat that simply wouldn't be possible without our public health nurse workforce.

--Nate Smith, M.D., M.P.H., Interim Director and State Health Officer, Arkansas Department of Health



National Women's Health Week brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health and its importance. It also empowers women to make their health a priority and encourages them to take steps towards improving their physical and mental health and lower their risks of certain diseases.

Save the Date!

2013

Trainings for School Nurses

Watch email for more information!

Date , Times, Location
subject to change.
Registration fees TBA

June:

June 11th in Nashville, June 13th in Arkadelphia,
 June 20th in Camden
 "Disaster Preparedness, Mass Casualty, and Triage"

JULY:

July 15th-16th ASNA Conference-Embassy Suites
 July 16th-17th School Health Conference-Robinson Hall
 July 15th-17th Under Aged Drinking Conference-Peabody
 July 22nd-24th Safe School Criminal Justice Inst.

AUGUST:

August 1: School Nurse Update at DMEC in Gillham- WeblZ
 Training for the new immunization registry

SEPTEMBER:

September 24-25 New School Nurse Conf-Camp Aldersgate
 Little Rock

We are asking all community members to support

PLANT AN EXTRA ROW for Donation to LOCAL SENIORS



The "Plant An Extra Row" campaign encourages all local farmers and gardeners to plant extra produce with the intent to donate to the new *Grow & Share* program in Nevada County. The *Grow & Share* program asks all community gardeners and farmers to donate this excess produce to be distributed to local seniors who may be on a fixed income or unable to plant a garden and through the local Food Share Program.

DROP OFF ALL DONATED PRODUCE AT THE NEVADA COUNTY SENIOR CENTER!!!

For more information, contact:
 Debbie Nassar, Senior Citizen Center
 845-2859
 Debbie Henderson, Health Unit
 887-2004

Made possible by a partnership with Prescott Nevada County Health Alliance, Nevada County Ambulance Service, Food Share, and the Senior Citizen Center



Nevada County's new community initiative is the *Grow & Share* program. The Prescott Nevada County Health Alliance is working with a multitude of community partners to get fresh produce to local Seniors and other residents in need.

Debbie Henderson, LHU Administrator has been working with Debbie Nassar, Senior Citizen Center Director, and the local Food Share program to get the *Grow & Share* initiative up and running. Presentations have been given to the local Rotary and Kiwanis Clubs along with partnerships with the Chamber of Commerce, Cooperative Extension and some local churches.

The *Plant an Extra Row* media campaign for the *Grow & Share* program has gone out in all local media outlets. All produce will be donated and distributed through the Senior Citizen Center and delivered to homebound residents by Nevada County Ambulance Service.



SOUTHWEST REGION HOMETOWN HEALTH

Sarah Powell, Editor - RHS
Arnell Washington - RHS
Bonnie Carr - HHI Coordinator
Joni McGaha - HHI Regional Coord.
ChyChy Smith - RHS

Keeping Your Hometown Healthy!

www.healthy.arkansas.gov

Around the Region

Union County provided a total of 355 Tdap and Meningococcal immunizations for 6th graders at Washington Middle School on April 19, 2013.

Dallas County hosted the Central Arkansas Development Council as the program at the monthly meeting of Greater Fordyce Friends and Neighbors. CDAC spoke on Safety Baby Showers and injury prevention risk factors and programs. Members asked questions and were interested in receiving assistance with sponsoring Safety Baby Showers in Fordyce.

Cheryl Byrd was awarded the \$750 Donetta McGriff Scholarship by the Public Health Nursing Association of Arkansas (PHNAA) in April. Cheryl has been a Community Health Nurse Specialist in the Southwest Region with ADH since 2006. Prior to her employment with ADH she was a School Nurse for 4 years with the DeQueen Schools for 2000 students (K-12). She plans on starting her education in the Fall of 2013.

DRIVE BY THE RULES. KEEP THE PRIVILEGE.

Don't Relax the Rules on Prom Night.

- RULE 1: No alcohol allowed.
- RULE 2: Everyone buckles up, even if your outfit gets a little wrinkled.
- RULE 3: Only one friend (or date) is allowed to ride.
- RULE 4: No cell phone use or texting while driving.
- RULE 5: Be home by your special prom night curfew.



- RULE 1: No alcohol allowed.**
Why? Because nearly one-third of car crashes resulting in teen deaths also involved alcohol.
- RULE 2: Everyone buckles up.**
Why? Because more than half (60%) of all teens killed in motor vehicle crashes in 2009 were not wearing their seat belts.
- RULE 3: Only one friend (or date) is allowed to ride.**
Why? Teens driving with two or more teen passengers raise their chance of having a fatal crash by five times.
- RULE 4: No cell phone use or texting while driving.**
Why? The crash risk is four times higher when using a cell phone.
- RULE 5: Be home by your special prom night curfew.**
Why? Four out of every 10 teen crash deaths occur at night.



www.saferteendrivingar.org

In **Ouachita County**, Bruce's Men's Store, Linda's Classy Cleaners, Camden Flower Shop, and Judy's Flowers put "Drive by the Rules. Keep the Privilege" door hangers on all prom tuxes, dresses, corsages and boutonnieres.

Nevada County distributed 'Drive by the rules. Keep the privilege' cards by hanging them on every locker of the 11th and 12th graders at Prescott and Nevada Schools. The 'Drive by the rules. Keep the privilege' cards were also provided for a local florist and hung on every tux that was rented for the prom. Approximately 250 cards were distributed.

Sevier County initiated the Drive Smart Challenge by piloting the program through the Cossatot Community College Nursing Program for the DeQueen, Nashville, and Ashdown campuses. Flyers were placed on cars as part of the education portion, after the initial assessment. The flyers highlighted the term BUSTED: *Buckle Up and Stop Texting*; a ran on the College radio and local radio; and students signed a pledge to not text and drive/ drink and drive, and wear seat belts. Sevier County Coalition plans to sponsor the Drive Smart Challenge in area high schools in the Fall of 2013.

