

GARLAND COUNTY CONSERVATION DISTRICT

NEWS AND VIEWS

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www.garlandcountycd.org

Board of Directors: Tommy Sorrells David Parker Davin Anderson Kayla Hardage Brad Phillips

Welcome - Brad Phillips Board Director



Brad Phillips recently joined the GCCD Board of Directors. Mr. Phillips received a Master of Science degree in Agronomy in 2001 from the University of Arkansas. His career and work with conservation began in Jefferson County with the University of

Arkansas Cooperative Extension Service as a County Agent. He has been with Alliance Technical Group (formerly GBMc & Associates) for 22 years where he currently holds the title of Senior Managing Consultant and Office Lead. His work focusses on management and permitting of impacts to wetlands and streams, natural resources management, and storm water runoff management and permitting. He and his wife Jane Ellen have resided in Hot Springs for 19 years. They have two children who have been raised in the community; Holten (18), a 2024 Hot Springs Lakeside graduate, and Hudson (15), who will enter his sophomore year this fall at Lakeside. He and his family are members of First Baptist Hot Springs where they actively serve. We are excited to welcome Mr. Phillips to our team!

Garland County Farm Bureau Intro to Ag Day

Garland County Farm Bureau hosted the First Annual Intro to Ag Day on May 14th at the Garland County Fairgrounds. Seventh-grade students from local schools were given the opportunity to meet with various professionals to explore the diverse range of careers related to agriculture. Employees from the Natural Resource Conservation Services (NRCS) and GCCD shared how careers in natural resource conservation go hand in hand with agriculture.



Welcome - Charlese Colen Summer Intern



Charlese Colen is currently serving as a Summer Intern with NRCS at the Garland County Field Office. Charlese is from Pine Bluff, AR where she is a student at the University of Arkansas at Pine Bluff. She is a rising senior majoring in Agronomy. This is her third summer to intern with NRCS having previously worked in the Conway and North Little Rock field offices. In her free time, Charlese likes to cook and workout. She is excited to be working her last summer in Hot Springs and looks forward to everything she will learn!

Welcome - Jacob Court Summer Intern



Howdy, my name is Jacob Court I am from Houston Texas. Currently I'm interning with the NRCS office located in Hot Springs, Arkansas. I attend Texas A&M University where I am majoring in Rangeland, Wildlife, and Fisheries management. I hope to graduate this May and continue with my schooling to get my masters. I've always loved the outdoors and having this opportunity to learn about a career in NRCS has been awesome. I'm looking forward to all of the research that I will be able to help with.

Welcome - Anna Grace White Farm Bill Biologist - Quail Forever



My name is Anna Grace White. I'm the new Quail Forever Farm Bill Biologist for Garland and the surrounding counties. I have a B.S. in Agriculture Education and I am a graduate student in Wildlife Mgmt. I previously worked for the Faulkner County

Conservation District. My main hobbies are hiking, birding, riding horses, cooking, and hanging out with my pets. My hometown is Greenbrier, AR, but I have spent time living in Texas and Louisiana as well. I'm so excited to be based in Hot Springs and serve this area by combining my two biggest passions: agriculture and conservation!

2024 GCCD Academic Scholarship Winners

GCCD awarded three recent high school graduates with a \$500 scholarship. Winners were presented their awards by GCCD board members David Parker and Davin Anderson.



Faith Lavender

Faith is a graduate of Fountain Lake Charter High School. She has been a member of 4-H for 13 years. Faith also participated in FFA, National Honor Society,

and BETA Club. Farming and serving others is something she has been taught go hand in hand. Faith loves to farm and to help others. She will attend National Park College while pursuing the certificates needed to become a Vet Tech in Arkansas.



Gavin Thomason

Gavin is a graduate of Lake Hamilton High School. After spending many years working on his grandfather's cattle farm, along with volunteering for the

US Army Corps of Engineers and Project Forester, Gavin has developed a passion for conserving and maintaining the land for future generations. Gavin plans to attend Stephen F. Austin University in the fall and will pursue a degree in Forest and Natural Resources Management.



Myia Shroff

Myia is a graduate of Lakeside High School. From a young age she has had a deep love for the outdoors and the animals who call it home. This connection

has led her to pursue a career as a wildlife biologist and researcher. Myia will attend the University of Arkansas where she will major in Biology through which she will attain the knowledge needed to achieve her career goals.

Garland County Library Community Garden and Wildlife Habitat

GCCD is partnering with the Garland County Master Gardeners at the Garland County Library Community Garden and Wildlife Habitat. The group has added many native plant species with a focus on those that are of special interest to pollinators and birds. The area provides a beautiful, natural space in our community for people to gather and share their love of nature, gardening, and books.



Happy Retirement Mike Sullivan - State Conservationist

A reception was held on June 24th to celebrate the retirement of Arkansas State Conservationist Mike Sullivan. Sullivan's dedicated career with NRCS spanned over 40 years, the last 14 and a half serving as State Conservationist. Sullivan's commitment to conservation and partnerships were second to none. Over 200 individuals came to wish him well on this next phase of life. Sullivan and his wife Carol are looking forward to spending more time with family, especially their 12 grandchildren. It has been a true honor and a privilege to work alongside Mr. Sullivan. We wish him all the best!



SHOW YOUR SUPPORT!



For every specialty license plate sold in Garland County, GCCD receives \$20. Funds go directly back to the community through conservation education outreach and academic scholarships for local students pursuing careers in natural resource conservation.

"Land must be nurtured; not plundered and wasted"

DR. HUGH HAMMOND BENNETT
"father of Soil Conservation"



We've all heard the expression "cool as a cucumber" - but where did it come from? When referring to a person it means they are calm, composed, and able to keep their "cool" even in a "heated" situation. The phrase is probably based on the fact that even in hot weather, the inside of a cucumber stays cooler than the air around it - approximately 20 degrees cooler! Cucumbers contain numerous nutrients and antioxidants; containing vitamins A, B, C, and K, as well as folic acid. Since they are over 90% water, cucumbers are an excellent source of hydration and make a refreshing snack to help you stay cool on hot summer days.

CUCUMBER TOMATO AVOCADO SALAD

SOMEONE'S MEEMAW

- 1 cup water
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 1/4 cup sugar
- 1 tsp salt
- 1 tsp freshly ground pepper
- 1 lb cucumbers, peeled and cut into bite size pieces
- 3 tomatoes, cut into bite size pieces
- 1 avocado, cut into bite size pieces
- 1 small red onion, finely diced (optional)

Directions

1. Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth.
2. Add cucumbers, tomatoes, avocado, and onion; stir to coat.
3. Cover bowl and refrigerate for at least 2 hours.

Variations

- For more tang, use red wine or apple cider vinegar and less or no sugar
- Add mozzarella balls or top with feta cheese
- Add fresh squeezed lemon or lime juice
- Add oregano, fresh basil, or minced garlic
- Use cherry tomatoes; Vidalia or white onion

OPEN FACED TOMATO SANDWICH WITH CUCUMBER DRESSING

SOUTHERN LIVING TEST KITCHEN

- (8-oz.) pkg. cream cheese, softened
- 2 cucumbers, seeded, diced (about 2 cups)
- 1/4 cup finely chopped red onion
- 2 1/2 teaspoons chopped fresh dill
- 2 1/2 teaspoons chopped fresh mint
- 2 teaspoons fresh lemon juice
- 1 teaspoon white wine vinegar
- 1 teaspoon kosher salt, plus more for serving
- 1/2 teaspoon black pepper, plus more for serving
- 6 Texas Toast slices or other thick white bread slices, toasted
- 1 1/2 to 1 3/4 lb. assorted fresh tomatoes (about 3 large), cut into 1/2-inch-thick slices
- 2 tablespoons extra-virgin olive oil
- Thinly sliced chives

Directions

1. Stir together cream cheese, cucumbers, red onion, dill, mint, lemon juice, vinegar, salt, and pepper in a medium bowl until well combined.
2. Spread about 1/4 cup of the cucumber mixture onto each slice of the toasted bread. Top each with 2 to 3 tomato slices, and drizzle each with 1 teaspoon olive oil. Sprinkle tomatoes with chives, salt, and pepper. Serve immediately.

Gardening is not only healthy for the soil but also for the soul! Research shows soil contains mycobacterium which has been found to stimulate serotonin production. Serotonin is a natural antidepressant and mood lifter and also strengthens the immune system. Studies have shown that tending to a garden instills a sense of responsibility and improves one's nurturing skills. Gardens can boost self-esteem and give you a sense of pride through caring for another living thing. Gardening is also great physical exercise by working all the major muscle groups, building strength and burning calories. By growing your own fruits and vegetables, you are more likely to include them as part of a healthy, well-balanced diet. So go outside and get your hands dirty, your soul will thank you!

SOIL for the SOUL - The health benefits of digging in the dirt!