

HOWELL COUNTY  
HEALTH DEPARTMENT

**MAY CALENDAR**

**WIC:** 1, 2, 5, 6, 9, 12, 13, 14, 15, 16, 19, 20, 21, 22, 27, 29, 30

**Willow Springs WIC:** 7

**Mountain View WIC:** 28

**Family Planning:** 13, 21, 30

**Immunizations:** 6, 15, 22

**Food Handlers:** 12

**Breastfeeding Support Group:** 6

**Holiday's (closed):** 8-  
Truman's Day, 26-  
Memorial Day

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on a budget

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**ness Month**

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**Clinic Hours:**

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

**Administration Hours**

Monday-Friday 8-5

# Monthly Monitor

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## Annual Rabies Clinics-May 3

Howell County has had 2 confirmed cases of rabies for 2014. Both cases of rabies were skunks.

Although rabies is transmitted to humans almost entirely through bites from rabid animals, contamination of open wounds or mucous membranes with saliva or nervous tissue from a rabid animal could potentially constitute an exposure. It is important to remember that personal pets should not be handled without protection directly after they have been exposed to wildlife due to the potential for carrying residual saliva from an infected animal.

The Howell County Health Department will again be sponsoring a countywide rabies vaccination clinic on May 3, where county residents may receive reduced cost vaccinations for their pets. This year's clinic will offer county



**Rabies is Preventable, Vaccinate Your Pets!**

clinic and 12:30-2:30 pm at the Heart of the Ozarks Fairgrounds.

**Mountain View**

MV Farmers Market, Dr. Lewis, 934-2323, 1:00-3:00

Barn Hollow Vet Services -Dr. Orchard, 937-0234, 1:00-3:00 pm

**Willow Springs**

Willow Springs Booster Field-Dr. Lewis, 469-4138, 8:30-11:00 am

Animal Clinic of Willow Springs-Dr. Gunter, 469-3930, 8:00-12 noon

The Howell County Health Department encourage all residents with dogs and cats as pets to keep them current on yearly rabies. The annual vaccination protects both your pets and your loved ones. Additional information about rabies is available by calling the Howell County Health Department at 417-256-7078.

residents several locations and times to have their pets vaccinated across the county by participating veterinarians. No appointments are required and the times and locations are as follows:

**West Plains**

Kramer Animal Hospital, 256-2014, 8-5 at clinic

WP Vet Clinic, 256-4515, 8-12 noon at clinic

Talbert Animal Health Center, 256-2838, 8-12 noon at clinic

Animal Clinic of WP, 256-6145, 8-11:30 am at



Fill your plate  
with Fruit and  
Vegetables!

*Chronic hepatitis is a  
leading cause of liver  
cancer and liver  
transplants in the U.S.*

Smoke Free  
Laws make  
communities  
Healthy and  
Safe.



MONTHLY MONITOR

## Fruits and Veggies on a Budget

Buying food and preparing meals at home saves money and is a great way to spend quality time with your family.

How do you buy fruits and vegetables on a budget? Here are some tips:

**\*Buy in Season-** lots of fruits and veggies are less expensive when they are in season, pay close attention to prices.

**\*Buy More-**when stores have specials or you have coupons buy extra. You can freeze them or make a meal

with them and freeze the meal.

**\*Include fresh, frozen, canned and dried-**they are all nutritious.

Make fruits and vegetables the center of your plate and then add protein and grains for a nutritious and delicious meal.

## May is Hepatitis Awareness Month

The month of May is designated as Hepatitis Awareness Month in the United States, and May 19th is Hepatitis Testing Day. During May, CDC and its public health partners work to shed light on this hidden epidemic by raising awareness of viral hepa-

titis and encouraging priority populations to get tested.

Millions of Americans are living with chronic hepatitis, yet most don't know it. People can live for decades without symptoms, but over time, chronic hepatitis can cause serious health problems.

Talk to your doctor about getting tested. It could save your life.

The health department can test individuals for hepatitis B & C and can give vaccinations for hepatitis A & B. Please call the health department at 417-256-7078 to schedule an appointment.

## Emphysema & Smoke Free Laws

April 23, 2014 In a new study published in the *American Journal of Public Health*, researchers from the University of Kentucky College of Nursing and College of Public Health

found that individuals living in a community with comprehensive smoke-free workplace laws or regulations are 22 percent less likely to be hospitalized for chronic obstructive pulmonary disease (COPD), or emphysema.

The study compared patient discharge data between 2003 and 2011 against compiled local smoke-free laws collected from the Smoke-free Ordinance database from the Kentucky Center for Smoke-free Policy.



## Howell County Health Department

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**Public Health: Prevent. Promote. Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

## Black Bean Quesadillas for Cinco De Mayo [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 4 servings

**Active Time:** 15 minutes

**Total Time:** 15 minutes

### Ingredients

- 1 15-ounce can black beans, rinsed
  - 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
  - 1/2 cup prepared fresh salsa (see Tip), divided
  - 4 8-inch whole-wheat tortillas
  - 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

### Preparation

1. Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half,

pressing gently to flatten. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas.



**A healthy, delicious salad full of green goodness!**

Serve the quesadillas with avocado and the remaining salsa.

### Tips & Notes

Look for prepared fresh salsa in the supermarket refrigerator section near other dips and spreads.

### Nutrition

**Per serving:** 377 calories; 16 g fat (5 g sat, 8 g mono); 13 mg cholesterol; 46 g carbohydrates; 0 g added sugars; 13 g protein; 10 g fiber; 679 mg sodium; 581 mg potassium.

**Nutrition Bonus:** Calcium (25% daily value), Folate (23% dv), Iron (19% dv), Potassium (17% dv).

**Carbohydrate Servings:** 2 1/2  
**Exchanges:** 2 1/2 starch, 1 1/2 lean meat, 2 fat