



Keeping you connected

xtension cord

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

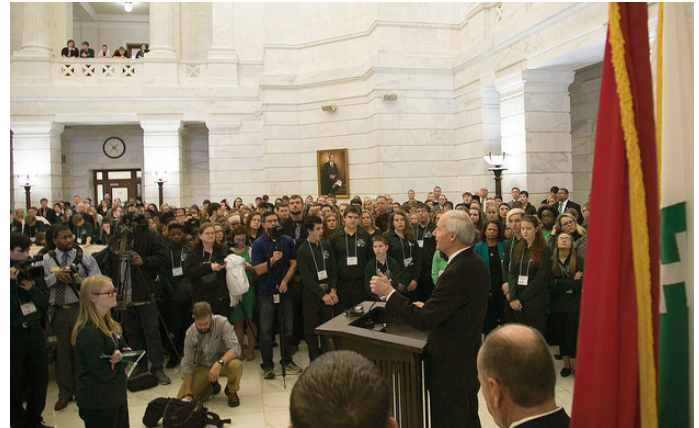
500 attend 4-H Day at the State Capitol


More than 400 4-H members from throughout Arkansas arrived at the State Capitol Building on the morning of Feb. 16 to hear from Governor Asa Hutchinson and other elected officials before touring the grounds, meeting with some of their respective legislators and attending readings of the 4-H Day resolutions in the House and Senate.

Speaking to the hundreds of 4-H members who assembled at the Arkansas Association of Counties headquarters, State Auditor Andrea Lea said the visit was an opportunity to get a taste of the legislative processes that affect their lives.

“You guys are the future – I know you hear that all the time,” Lea said. “But you are. You’re the ones who will make policy in the future. But you can also make a difference right now, where you are, when you visit your legislators.”

After visiting with Lea, the 4-H’ers took the short walk to the state Capitol building to visit with their elected officials and tour the grounds.



The first 4-H Day at the Capitol was held two years ago, in 2015. Brian Helms, director of stakeholder relations for the University of Arkansas System Division of Agriculture, said the purpose of the event was twofold: both to expose members of 4-H to the Capitol and the mechanics of the legislative process, and also to familiarize legislators with the widespread importance and popularity of the 4-H program, which serves all 75 counties in Arkansas. 



THE INSIDE STORIES

Reduce your stroke risk

Up to 80 percent of strokes can be prevented. Learn to identify your risk factors and steps you can take to avoid a stroke.

To Extension retirees

Dr. Rick Cartwright talks about “Kickstart Cleveland County” and funding prospects for Extension.

Awards

B. R. Wells inducted into Arkansas Agriculture Hall of Fame.
Lanny Ashlock receives Arkansas Soybean Leadership Award.



Understand and reduce your stroke risk

thus increase the chance of stroke, including:

- **Atrial fibrillation** or Afib is a heart rhythm disorder that can cause blood clotting and pooling.
- **Fibromuscular dysplasia** is a condition in which some of the arteries that carry blood throughout the body are not fully developed.
- Also, one in five Americans has **patent foramen ovale** (an opening between the chambers of the heart), which can cause blood to clot between the two upper chambers of the heart.

Age

- After age 55, the chance of suffering a stroke doubles every decade. While many people under age 65 have strokes, it is more common in older adults.

Race

- Because African-Americans are more at risk for high blood pressure, diabetes and obesity, they are also more at-risk for stroke than Caucasians.

Gender

- Annually, nearly 55,000 more women than men have strokes. This is because women live longer than men and stroke occurs more often at older ages. Additionally, women are twice as likely to die of a stroke than breast cancer annually

To learn more about your risk factors, download the Stroke Risk Scorecard at www.stroke.org/scorecard and discuss your results with a healthcare professional.

While you can't control that you may be at higher risk for stroke based on your race, age or medical history, there are still many things you can do to help reduce your chances of having a stroke.

Some of these lifestyle tips may seem daunting, but you can be successful. Try doing as many of them as you can, or focus on a few at a time. Every step counts – Whatever you can do to decrease your risk of stroke helps. For your health and wellness, give these tips a try!

Stop smoking. Smoking accelerates clot formation, thickens blood, and increases the amount of plaque buildup in the arteries. If you smoke – stop. Ask your healthcare professional about quit-smoking aids like nicotine patches, counseling, and programs that have worked for others. It sometimes takes several attempts to give it up for good – keep trying!

Watch what you eat. Try to eat plenty of fruits and vegetables, along with foods that are high in fiber. Limiting salt can help lower your blood pressure. Eating less cholesterol and fat, especially saturated fat and trans fats, may reduce the plaque in arteries.

Maintain a healthy weight. Carrying extra weight can make you more apt to develop high blood pressure, heart problems, and diabetes – which can all increase the risk for stroke. Your healthcare professional can help you evaluate your weight, calculate your body

(Continued, page 4)

Every year, nearly 800,000 Americans have a stroke. On average in the U.S., one person dies from stroke every four minutes. Stroke is the fifth leading cause of death in the U.S. and the leading cause of adult disability. **But there is good news: Up to 80 percent of strokes can be prevented.**

Knowing how to identify a stroke, learning the risk factors, and recognizing and responding quickly to a stroke all will help in reducing the impact of stroke.

Understanding Your Risk Factors


Heredity. For people whose parents, grandparents, brothers, or sisters have had a stroke or heart attack, the risk of stroke is automatically increased.

A history of TIAs. Transient Ischemic Attacks (TIAs) produce stroke-like symptoms that can last a few minutes or up to 24 hours, but usually do not cause permanent damage or disability. TIAs are a warning sign of stroke, as people who have suffered one or more TIAs are 10 times more likely to have a stroke than people who haven't.

Medical Conditions. Many people have existing medical conditions that can affect cardiovascular health and

Lanny Ashlock receives Arkansas Soybean Leadership Award

The Arkansas Soybean Promotion Board presented its Arkansas Soybean Leadership Award to retired Extension soybean specialist **Dr. Lanny Ashlock** at their 2017 Corn, Grain Sorghum and Soybean Producer Conference Feb. 10 in Newport. This award is given to an Arkansan who has made significant contributions to the soybean industry.

In his more than 50 years in the state's soybean industry, Dr. Ashlock worked to improve statewide yield records through his research with early maturing varieties. In 2013, he was inducted into the Arkansas Agriculture Hall of Fame. 


Honorary and Memorial Donations

The following honorary and memorial gifts were received to support professional development opportunities for faculty and staff of the Cooperative Extension Service. This list covers honorary and memorial gifts deposited Jan. 1 through Feb. 28, 2017.

■ Cooperative Extension Service Retiree Scholarship

In memory of Dr. Beverly McNew Terry Treadway

In memory of Lorraine Hupp Patsy Keller

Honorary or memorial donations may be forwarded to the Development Office, Cooperative Extension Service, 2301 South University Avenue, Little Rock, Arkansas, 72204. To ensure that proper notification is sent, please also include in whose honor or memory the gift is made and the mailing address of the person to receive the notification. 

To our Extension retirees

I trust this note finds all of you in great health and spirits. Anyone who “grew up” in Arkansas and especially in the country like I did tends to think of March as the month for early planting parts of the garden. A lot of grass and wheat takes off, the annual snow tire and daffodil festivals happen, and spring calving starts, ready or not. In other words, it is the month of hope.

Once again, I thank all of you for your continued support of the Cooperative Extension Service and its mission. We are working really hard to make Arkansas a better place, just like you have done. This mission was clearly visible in my recent visit to Rison, where Mark Peterson, Les Walz and Diane Clement have worked incredibly hard for several years with the community to “Kickstart Cleveland County” and develop many new and ongoing “revival” or improvement projects. This is an impressive community, with a terrific, positive “can-do” attitude, just like our Extension colleagues. This visit, with these people, really reminded me of why we do what we do, and that we have many high quality and dedicated employees. Inspiring.

Funding Update

I wanted to update you on our request for additional funding. Our appropriation bill has been signed by the governor and it includes our request for an additional \$3 million dollars per year in recurring dollars to help us continue all our programs. As you know, it has been about 10 years since the last budget increase and in reality, inflation over 30 years has caused us to shrink gradually. While we are certainly leaner today, we have been successful in maintaining most of the successful programs you knew, and even added a few by being more

efficient with new technology. We have always worked hard and long hours, and we certainly do that today. I remember what one of our faculty told me years ago that extension work would take all the time you would give it, including all of it. That is certainly true in today's Information Age, when clear, objective, reliable and research-based answers have never been needed more.

Though the appropriation bill has been signed, the actual money will not be approved until the last day or two of the legislative session when the leaders the House and Senate, the governor's staff and other legislators work to meet the requirements of the Revenue Stabilization Act. That's when we'll know if we will get our request. After so many years of static budgets, without this new revenue, the Division will need to downsize some programs or other areas starting in July.

I do want to say a heartfelt thanks to the counties in Arkansas. Our county judges and quorum court members in almost all counties have increased their funding support over the past year to help us maintain and improve local county extension programs. Without their support, we would be in much worse shape, and they increased this support during really tough times.

In 2015, our Friends of the Division around the state, helped secure a one-time \$3-million grant from the governor's rainy day fund, which we used to maintain programs. While we were asking for a permanent increase of \$3 million each year that we did not receive at the time, this one time grant certainly helped. We appreciate all of these friends and their efforts.

– Rick Cartwright 



B. R. Wells inducted into Agriculture Hall of Fame

The late **Dr. Bobby R. Wells**, a world-renowned rice expert and University of Arkansas System Division of Agriculture researcher, was among five individuals inducted into the Arkansas Agriculture Hall of Fame at the 29th annual induction luncheon March 3 at Little Rock’s Embassy Suites Hotel. The induction recognizes service and leadership that have brought distinction to Arkansas’ largest business sector.


Wells was internationally respected for his expertise in rice production, with emphasis on rice nutrition and soil fertility. He joined the University of Arkansas System Division of Agriculture in 1966 and spent his first 16 years with the division at the Rice Research and Extension Center near Stuttgart.

In 1982 Wells moved to the division’s department of agronomy at the University of Arkansas in Fayetteville to continue his research and teaching.

He was promoted to University Professor and appointed department head in 1993.

Wells was a highly regarded professor and a mentor to many graduate students. He developed an upper-level class in rice production and taught it for many years.

Wells was very active in collaborative, interdisciplinary research. He worked with the Rice Technical Working Group and served as its chairman and secretary. He edited the division’s Arkansas Rice Research Studies journal from its inception in 1991 until his death in 1996. That year, the publication was named in his memory.


In addition to Wells, the new Hall of Fame class includes forester Allen Bedell of Hot Springs, former state senator Neely Cassady of Nashville, rice farmer Gary Sebree of Stuttgart and poultry company executive Mark Simmons of Siloam Springs. 

Stroke Risk, cont.

fat to make sure you’re in a healthy range. Often, losing just 10 pounds can make a significant difference in your health.

Be active. Physical activity can help you lose weight and reduce stress – which can lower blood pressure. Being active can also help lower cholesterol, control diabetes and improve overall health. Try to be active for 30 consecutive minutes most days of the week. If you don’t have time to do it all at once, grab 10 to 15 minutes at a time.

Drink less. Drinking too much alcohol can increase blood pressure and the risk of stroke. Aim to drink in moderation. No more than two drinks a day for men and one drink a day for women. A standard portion is 5 ounces of wine, 12 ounces of beer or 1.5 ounces of hard liquor. Make red wine your first wine choice as it contains resveratrol, which is believed to protect the heart and brain.

From: *Reduce Your Risk of Stroke Starting Now*, National Stroke Association, www.stroke.org/. 

Yes, I will subscribe to the *Extension Cord*.

Cost

Amount Enclosed

Extension Cord

\$18.00

Please make check payable to **UA CES** and mail to Martha Thorpe, Communications Department, 2301 South University Avenue, Little Rock, AR 72204-4940.

NOTE: Please do not combine payment for an Extension Cord subscription and a scholarship donation in one check. Payment for the **Extension Cord** should be made to **UA CES**. Payment for **scholarship donations** should be made to the **UA FOUNDATION**. If you include payment for an Extension Cord subscription in a check made payable to the UA Foundation, the entire amount will go to the UA Foundation.

Yes, I want to support the fundraising initiative in support of the Cooperative Extension Service Retiree Scholarship.

Enclosed is my gift of \$ _____. My gift is in honor / in memory of _____.

Name/Address for notification of honorary and memorial gifts: _____

Please make check payable to the **UA Foundation** and mail to Martha Thorpe, Communications Dept., 2301 South University Avenue, Little Rock, AR 72204-4940.