



FROM THE DIRECTOR

# **Off to a Fast Start**

One thing about January, it sure does get over with in a hurry. I am sitting down to write this month's article on the last Monday of the month. In other words, the month is basically over, and I haven't yet figured out what I want to say about it. To those of you out there who still haven't taken your Christmas lights down, I get it. It's hard to keep up with January.

If, like me, you have been running a little behind, let's take a minute to catch up together. As of Jan. 6, our CES administrative team is complete. Shane Gadberry – well known to us for his years as a beef cattle specialist in animal science – has assumed his responsibilities as Agriculture and Natural Resource (ANR) program leader. J.J. Jones is on board as our new Delta District director. J.J. comes to us from Oklahoma Cooperative Extension, where he served many years as an area specialist as well as in district administration. And finally, our new Associate District directors started in their new roles at the beginning of the month: Pia Woods (Delta), Kris Boulton (Ouachita), and Brad Runsick (Ozark). This is an energetic and engaged group, and they have some great ideas for moving our mission forward. I am excited to see what we can accomplish together.

Departments have picked up where they left off at the end of last year in terms of interviewing and hiring. Extension faculty positions have recently been offered in Entomology and Plant Pathology (ENPL), Family and Consumer Sciences (FCS), and Biological and Agricultural Engineering (BAEG). Speaking of hiring, internship positions are now open across multiple departments in CES. I am a huge proponent of our internship programs. It takes a lot of work to provide students with a quality internship experience — something that is more than just a line on the resume but that actually helps them develop a vision for what their careers can be. The county agents and extension faculty who supervise our interns go above and beyond to make sure those interns have a meaningful career development experience. If you know of a college student, particularly a rising junior or senior, looking for a worthwhile internship, let them know about Arkansas CES internships.

Finally, January is the season for meetings. Production meetings are well underway and will continue through early March. Many of our extension personnel and stakeholders are also involved in national and even international conferences and events this winter. As I write this, I know we have multiple personnel – along with our 4-H state officer team – at Farm Bureau's national convention in San Antonio. Several others will attend the International Production and Processing Expo (IPPE) in Atlanta this week. The pace of educational meetings and conferences at the local, state and national level will be fast and furious for several more weeks. Meeting season is a lot of work, but it offers us wonderful opportunities to highlight the amazing work and the outstanding people of Arkansas CES. If I haven't said it lately, I'm proud of what you are doing. ■

#### **INSIDE SCOOP**

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- 6. Tech Corner
- 7. Vines Center Wins 5 "Best of Biz" Awards ...And much more!



# **3L**Craighead County Hosts **Operation 4-H Christmas Pantry**

Craighead County 4-H members filled more than 50 dinner boxes for the 3rd annual Operation 4-H Christmas Pantry, serving needy families. To fund the project, 4-H members hosted their biggest fundraiser of the year, the Delta Harvest Classic, a polo match that raised money and awareness for the project. Members of Cape Girardeau's Little Egypt Polo Club traveled south to the Delta to play an intramural benefit match hosted and emceed by 4-H members. The Exchange Club of Jonesboro donated money and manpower for the event.

In December, 4-Hers packed and delivered boxes to people recommended by friends, families and schoolteachers. Boxes contained everything needed to make a Christmas dinner and stock pantries through the holiday. Each Operation 4-H Christmas box included a Smithfield ham, cornbread dressing, cranberry sauce, macaroni and cheese, rolls, eggs, potatoes, vegetable oil, sugar, French onion soup mix, Kool-aid, tea, margarine, and cake mix and icing. Recipes for Buttered Sugar Carrots and French Onion Potatoes were included in the boxes. The benefit polo match is already scheduled for 2025 and will once again help fund this year's Operation 4-H Christmas Pantry. ■





Over 50 dinner boxes full of food for Christmas dinner and extra to help stock pantries were delivered.

## Cross County 4-Hers 🝀 Deliver Food & Carols

To quote Buddy the Elf, "The best way to spread Christmas cheer is singing loud for all to hear." Cross County 4-H members did just that by caroling at several local locations. Members of the Creative Cloverbuds and Delta Ridge clubs visited nursing homes, the Cross County Sheriff's Office, Wynne City Hall, Cross County Courthouse, the Wynne Fire Department, Farm Credit and the Cross County Farm Bureau.



Cross County 4-H at the Wynne City Hall/Police Department.

The 4-Hers and their parents also made and distributed Christmas cards and treats along their route. 4-H members also collected food for a local food pantry as a community service project, one of many they do throughout the year. ■



Cross County 4-H visits the Cross County Sheriff's Office.

## White County 4-H Community Service Scavenger Hunt

White County has a large group of very active 4-H Teen Leaders who work on their leadership skills each month at the White County Cooperative Extension Office.

On Dec. 16, the teens participated in their yearly Community Service Scavenger Hunt. In teams, they collected non-perishables and personal hygiene items for blessing boxes that were distributed around the county. The youth raced to complete their list of items to be bought at local stores. Each team was also tasked with completing several random acts of kindness, including picking up trash in parking lots, caroling to strangers, handing out Christmas cards to store workers, and holding doors for the elderly. The first team back to the extension office with all of their items collected and random acts of kindness completed won the challenge. These 26 youth enjoyed their time giving back to the Searcy community while celebrating the Christmas season! ■



From front to back, left to right: Timothy F., Delylia S., Hannah G., Ellie F., James F., Jewel S., Madalyn J., Emma A., Lynnlee M., Madison W., Caitlin C., Cora F., Clara F., Carleigh C., Gabi E., Jamison S., Colby L., Owen B., Jackson L., Liam B., Aiden G., Parker G., Jonathan W., Sawyer L., Kaleb L., Josiah L.

## Soybean Science Hosted STEM Night

Emerson High School recently hosted a STEM Night to engage families and inspire students to pursue career opportunities in STEM fields.

The Soybean Science Challenge was an event sponsor and one of more than a dozen organizations conducting STEM activities for attendees. Hands-on activities included topics such as genetics, engineering, robotics, agriculture, physics and chemistry.

Emerson students in grades 7-12 conducted STEMfocused activities for elementary students and their families, displayed their science fair projects, and visited exhibitors from universities and local industries to learn about STEM career pathways and the skills needed to be successful. Keith Harris, coordinator for the Soybean Science Challenge, said "by participating in STEM and events like this one, rural students can



further develop their STEM skills and identify and address challenges specific to their communities. When rural communities have a skilled STEM workforce, it can attract businesses, contribute to overall economic growth, and individual access to financial stability."

About 200 people attended the event, which is astounding considering the Emerson elementary and high schools have a total of 120 K-12 students. The Soybean Science Challenge is engaged in transforming science education and empowering student-led agricultural research statewide.

# **L Sowing Seeds of Excellence:**

**Building Foundations for Success – Level 1** 

Seventeen new agents participated in the Sowing Seeds of Excellence: Building Foundations for Success – Level 1 training held at the Vines 4-H Center on Dec. 17-18. On the first day, new agents participated in True Colors training led by Vanessa Lewis, professional development program associate, and Carrie Stark, 4-H & Youth Development instructor. Participants unlocked their True Color spectrum during the training by participating in activities designed to enhance their understanding of their color spectrums and how they relate to others. The key takeaway from the training was valuing differences and creating unity at work, at home, and in life.



Agents Christin Holmes, Mary Beth Groce, Michael Paskewitz, and Samantha Horn lead Peer-to-Peer Discussion Panel.



The last session of the first day featured Drs. Steve Siegelin and Julie Robinson. They facilitated a session which involved activities for agents to determine how their personal values play a significant role in their professionalism at work.

On the second day, Dr. John Anderson, extension director, shared thoughts on extension's integrity and collaboration focus. Agents then participated in program development and breakout sessions for Agriculture and Natural Resources, Family and Consumer Science, and 4-H. The highlight of the afternoon was a Values and Purposeful Professionalism panel discussion featuring agents Mary Beth Groce (Faulkner County), Christin Holmes (Clay County), Samantha Horn (Howard County), and Michael Paskewitz (Izard County).

Extension educators Keith Statham-Cleek, Les Walz and Chad Norton provided program-specific training and assisted throughout the training. ■

### ARKANSAS **EHC UANIS** Patients

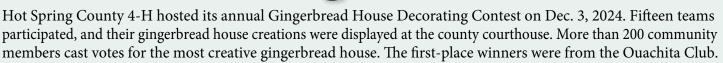
Arkansas Extension Homemakers Club members across the state gave more than 400 blankets, personal care items, and money as part of their annual Warming Hearts project benefiting patients at the University of Arkansas for Medical Sciences (UAMS). EHC has been involved with this project for many years. The items were distributed by Santa the week before Christmas.

"We are so thankful to have community partners in counties across the state," said Jaimel Jointer, volunteer coordinator for the UAMS Auxiliary and Office of Volunteer Engagement. "Our patients and families enjoyed the warm blankets. We could have not provided this experience without you."



Left: Dr. Laura Hendrix - AEHC State Advisor and Anna Goff - FCS Program Associate with donations: Middle: Jaimel Jointer - UAMS Volunteer Coordinator, Dr. Laura Hendrix, and Anna Goff loading blanket donations: Right: Santa and helpers (including Jaimel Jointer) delivering blankets at UAMS

### Hot Spring County Gingerbread House Decorating Contest



The Hot Spring County Extension Homemakers Council provided Walmart gift cards for the first-place winners. The gingerbread house contest keeps growing every year, and the display of gingerbread has become a staple of the annual Christmas at the Courthouse Square event. ■



# Union County Teaches Healthy Eating with LANA

Union County FCS agent Lauren McGarrh's program is helping to make a lasting impact on the health and nutrition of young students in Union County.

Union County which ranks 61st among counties for in health outcomes. It has with high food insecurity and has a youth obesity rate of 40 percent. To address these issues, McGarrh presented the UADA SNAP-Ed program called Learning About Nutrition through Activities (LANA) to 54 preschoolers at Retta Brown Preschool in FY24. The program focused on nutrition education and healthy eating behaviors.

Survey results showed positive impacts. Parent Survey Results:

- 75% reported their child was more willing to try new foods.
- 70% reported their child asked for more fruits and vegetables.

- 65% reported making recipes sent home.
- 60% reported making positive dietary changes.
- 60% reported eating more fruits and vegetables.

Teachers reported that 75% of students were more willing to try healthy foods, ate more fruits and vegetables; and said the program motivated students to eat healthier and be more physically active. One teacher

shared, "My students eat cherry tomatoes now after being introduced to them during the program." ■



Students are raising hands if they like the food tasting.

# **Tech Corner**



Reminder: UADA Box is no longer available.

#### Windows 11 Upgrade - Volunteer Migration Phase 2

Windows 11 is the biggest major Microsoft operating system update since 2015. With the release of this new operating system, Microsoft will stop supporting Windows 10 in October 2025. What does this mean for us? All



UADA computers will need to be upgraded to Windows 11 or replaced with a new Windows 11 computer by October 2025. We are currently in Phase 2 - Volunteer migration.

#### Volunteer Migration - Phase 2

We are now currently in phase 2 of the migration, which is completely voluntary. For those wanting to move forward with the Windows 11 upgrade, fill out the <u>volunteer request form</u> for each computer.

#### Mandatory Migration - Phase 3

Any computer that is eligible to be upgraded to Windows 11 unless they qualify for an exception. Exceptions will only be approved for the following devices:

• Any device that is used strictly with research\testing\networking equipment and not connected to the internet.

#### International Travel and Your Cellphone

International roaming is quite straightforward. Your phone is linked to a service plan from your mobile provider (like Verizon, AT&T, T-Mobile, etc.) that you pay for monthly. When you're outside your coverage area, your phone connects to a local network (roaming), but this incurs extra fees.

How much does data roaming cost? Data roaming charges vary, but they can quickly escalate into hundreds or even thousands of dollars.

To avoid international phone charges, it's important to explore the <u>various options</u> available. The recommended first step is to call your phone provider and ask about international plans. Most providers will offer options and advice on how to use your phone internationally without incurring astronomically expensive charges. For example, some may offer a daily add-on that gives you a limited amount of data to use each day while abroad, typically averaging about \$10-15 per day.

Here are the two most common carriers. Make sure the international plan covers both voice and data.

- International phone plans and travel services | Verizon
- International Day Pass: Temporary International Data Plans | AT&T

Warning! Prepare in advance for using your cellphone abroad. Failing to do so could result in a cellphone bill in the thousands.

#### Zoom Pro Tip Connect your Outlook Calendar with your Zoom Client

A recent update to the Zoom client changed the Meetings tab to the Calendar tab. You can now connect your UADA Outlook calendar to your Zoom client calendar! Go to your Calendar tab in your Zoom client to get started. Just follow the instructions from the <u>Zoom Support website</u>, and they will have you synced up and ready to go. From joining meetings to inviting others to a meeting you schedule, this simple integration saves you time.





Join us on February 26, 2025! Register Now

#### **2025 TECH TUESDAYS WEBINARS**

Have you missed any past Tech Tuesday webinars or want to join future webinars? Check out the recordings and other resources on the <u>Tech Tuesday Blog page</u>. More Tech Tuesday topics coming soon! Did you miss December's <u>Best of 2024 Tech Tuesday</u>? Check out the recording and resources.



## Teen Cuisine Curriculum Training



Participants practicing their knife skills with a hands on activity.

Twenty-four FCS agents, state staff, and SNAP-Ed educators participated in the Teen Cuisine curriculum training at the Little Rock State Office on Dec. 13. Peer speakers and lesson demonstrations were used to train participants to effectively deliver Teen Cuisine in their SNAP-Ed programs.

FCS agents who have successfully delivered the program shared their experiences during the training. There were activity stations focused on knife skills, measuring, reading recipes, and food demonstrations. A big thanks to Joy West (Jackson County), Christin Holmes (Clay County) and Katie Cullum (White County) for helping to make the training a success! ■



Participants listening to the panel discussion on best practices when delivering the Teen Cuisine Program. L-R: Christin Holmes, Joy West, Tristin Bolton.



Jennifer Acuff, a participant in the iLead program, takes to the high ropes course at the C.A. Vines Arkansas 4-H Center.

### **Vines Center Wins 5 "Best of Biz" Awards**

The C.A. Vines Arkansas 4-H Center is still the fan favorite for special events, company retreats, team building and business conferences. For the seventh consecutive year, the center has won five Best of Biz titles.

The awards are given annually by Arkansas Business, and winners are selected based on votes from the public. The awards were announced in December. The Vines Center has won these categories each year since 2018.

- Best Place for a Special Event
- Best Place for a Business Conference/Meeting
- Best Team Building Center
- Best Place for a Company Retreat
- Best Place for an Employee Outing.

In the Employee Outing category, the Vines Center finished ahead of Goat Lab Brewery and Topgolf.

"It's an honor to be recognized for these awards, and it says a lot about our team members at the Vines Center who work

very hard to make sure our guests receive a great experience in every way," said John Thomas, managing director for the Arkansas 4-H Foundation. "The added bonus is that every business group that uses the Vines Center is helping to support the 4-H youth who come here from all over the state for camps and other activities. It's a win-win for everyone."

The center has had several improvements in the past year. "We recently added two large pavilions, improved the WiFi distribution, and completed several cosmetic renovations and technology upgrades that create more opportunities for adults and youth to experience the 4-H Center," Arkansas 4-H Center Director J.J. Pitman said. ■



## BL 4-H Poultry & Egg Conference

Arkansas 4-H poultry teams competed at the highest level during the National 4-H Poultry and Egg Conference held at the North American International Livestock Exhibition in Louisville, Kentucky, in mid-November. These 4-H members put in many hours of work and were fantastic representatives of Arkansas 4-H on the national stage.

In the Poultry BBQ competition, Arkansas brought home awards in both the chicken and turkey contests. Sarah L. from Howard County, who was coached by Howard County 4-H agent Samantha Horn, placed third



Poultry Judging Team – L to R: Coach Ashley Flickinger, Brooklyn H., Zadie W. and Shaylin L.

overall in the Chicken BBQ contest. Laney S. from Sebastian County finished fifth overall in the Turkey BBQ contest.

The Arkansas Avian Bowl team was comprised of members from Conway and Columbia counties made it to the third round of the avian bowl match-ups. Conway County staff chair Alica Hugen and Columbia County staff chair Hannah Boyte coached the team.

The Pope County Poultry Judging team was coached by 4-H agent Ashley Flickinger. One team member was the 23rd ranked individual for the contest. ■



London H., Brylie H. and Coach Hannah Boyte.

## 4-H Tech Changemakers 🝀

The Arkansas 4-H Tech Changemakers Team gathered for winter training on Jan. 3 at the Arkansas Electric Cooperative headquarters. During the event, Marine Glisovic, corporate communications manager for Arkansas Electric Cooperatives, shared the fascinating history of Arkansas Electric, highlighting its pivotal role in bringing electricity to rural communities. She also discussed how the cooperative



serves 17 member cooperatives and is expanding access to high-speed internet in rural Arkansas.

Tech Changemaker Team members participated in hands-on training sessions, including public speaking, STEM games, Ozobot lessons, recreational drones, and stop-motion photography. The event was a success, with 86 participants from 25 counties coming together for a day of learning and growth. Arkansas Electric Cooperative graciously hosted the event, providing an inspiring and engaging environment for all attendees.

For more information about Tech Changemakers, contact Cindy Dabbs Phillips, 4-H Tech Changemakers program technician, at cdphillips@ uada.edu. ■

Everett H. participates in public speaking training session.





#### Leadership Log

Amy Simpson, Clark County extension agent-staff chair, and Ali Ubeyitogullari, food science assistant professor, recap iLEAD Cohort IV's visit to southeast Arkansas. Read their blog post <u>here</u>.

Applications for iLEAD Cohort V (July 2025 – June 2026) are open. The Internal Leadership Education and Development program (iLEAD) is a developmental experience exploring critical and emerging issues to help Division of Agriculture personnel become effective leaders by improving their interpersonal skills, knowledge of the organization, communication skills, relationship building, program planning and development,



Internal Leadership Education & Development

leadership, and resource development skills. The program aims to empower individuals to take on leadership roles within the organization,

fostering growth, innovation, and effective leadership across all levels. iLEAD focuses on both personal and professional development, ensuring participants are equipped to lead with confidence and drive organizational success.

**Target Audience:** Faculty, county agents, program associates, and support unit personnel.

#### Prerequisites:

Apply here by March 7.

- 3+ years of Division of Agriculture employment/experience
- Permission to participate from direct supervisor and district director/program leader/department head
- Performance review of "Above Average" or "Exceeds Standards"

#### LeadAR

Applications Open for LeadAR Class 21. LeadAR is an 18-month intensive hands-on leadership development pro-

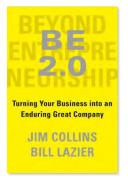
gram. Class members participate in six seminars around the state that include tours, guest speakers, and interactive activities. Video-conference sessions are hosted



as needed. Part of what makes LeadAR unique from other leadership development programs are the national study tour, international study tour, and leadership service project. Learn more <u>here</u>. Deadline to apply is Feb. 7.

#### Leadership Lunch and Learn

Leadership Lunch and Learn Book Review: BE 2.0 Beyond Entrepreneurship reviewed by Steve Siegelin. "*BE 2.0: Beyond Entrepreneurship*" by Jim Collins and Bill Lazier is a follow-up to their earlier work, "*Beyond Entrepreneurship*." According to Steve Siegelin, professional development specialist, the book serves as a guide for leaders who want to build enduring, high-impact



organizations, and it expands on the principles of successful entrepreneurship in a modern context. Read the blog post. Watch the <u>Recording</u>. ■

## ACAAA Award Applications Open Now

Applications are being accepted now for the Arkansas County Agricultural Agents Association (ACAAA) Young Professional Award. The award is open to agents with five years or less experience. The deadline to complete the <u>online application form</u> is Feb. 15. The winner will be recognized at the state meeting in March.

For more information, contact Newton County Staff Chair Adam Willis, who chairs the Young Professional Award for ACAAA: awillis@uada.edu, or 870-446-2240. ■

## **Benefits Corner**

If you were enrolled in the Flexible Spending Account in 2024, you have until March 31 to submit documentation to UMR for eligible expenses incurred through Dec. 31, 2024.

Are you enrolled in the University's medical plan? If so and you need a replacement ID card, you can order one on the UMR website. To view or print a copy of your ID card, log in to your UMR account.

Are you enrolled in the University's dental plan? You don't need an ID card to use your dental benefits. Just let the provider know you have Arkansas Blue Cross and Blue Shield coverage when you get to your appointment. However, if you want to view or print a copy of your ID card, sign in to My Blueprint.

Are you enrolled in the University's vision plan? You don't need an ID card to use your vision



benefits – just let the provider know you have EveMed coverage.

#### **One Pass Select**

Achieve your fitness goals at home or at the gym with One Pass Select. Available to all employees currently enrolled in a university medical plan, your family members, and friends (18+), One Pass Select helps you find an exercise routine that best fits your lifestyle at an affordable cost. Through One Pass Select, you can access at-home workouts, nationwide gym networks and even home deliveries of groceries. For more information visit: https://benefits.uasys.edu/health/wellness/.



#### **Comms101 Webinar Coming Soon**

Join our Communications webinar to learn about the services Communications offers that can save you time! A Registration link will be emailed soon.



#### Video

Check out our new Family and Consumer Science videos:

- Home Kitchen Skills Air Fryer Basics •
- Kitchen Knife Skills How to Choose
  - and Use the Right Knife

#### News

Got a news tip or story you'd like to see? Email Tracy Courage, tcourage@uada.edu. View all our January news stories online.

#### **Website Help**

Communications has an opening for a website manager. If you need help with website update, please continue to use the Website Update Request Form.

#### **Publications**

Check out our 17 new and newly revised publications.

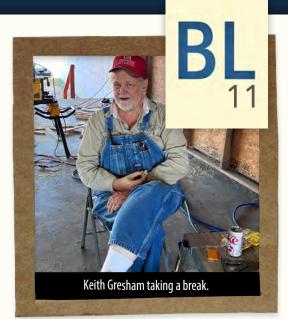
#### **Planning an Event?**

Let people know about it by submitting your information for the UADA Calendar.

#### Dallas County

## Woodworking Workshop

Keith Gresham, longtime agriculture agent in Dallas County, led a woodworking workshop recently in Bradley County. Eight adults participated and learned a great deal from the workshop. Community participants enrolled with Penny Vance, the Bradley County FCS agent. Participants made their very own Adirondack chair. A great time was had by all. Extension has been blessed to have Keith for many years, but he is retiring, and we wish him the best. ■



## **Grants & Contracts**

PROJECT TITLE	AWARD AMOUNT	PI	GRANTING AGENCY
Determining an Economic Threshold for Tarnished Plant Bug on Thryvon Cotton	35,000.00	Ben Thrash	Cotton Inc.
State and Regional Farm Financial Analysis 24 -25	66,758.00	Hunter Biram	Board of Curators of the University of Missouri
Study Manual & Category Test for the AR Commercial /Non-Commercial Plants	21,550.00	Ples Spradley	Extension Foundation
Identifying herbicide-resistant Italian Ryegrass and Developing Best Management Practices for Control	23,785.00	Tom Barber	Cotton Inc.
Comparing Cumulative plant response from herbicide programs and thrips feeding on TryvOn™ and non-TryvOn™ traited cotton technology	43,350.00	Tom Barber	Cotton Inc.
Arkansas Cotton Verification Program	60,000.00	Zachary Treadway	Cotton Inc.
Evaluation of Plant Population on the Growth, Yield, Quality, and Economics of AR	40,000.00	Zachary Treadway	Cotton Inc.
TOTAL AWARDS FOR DECEMBER 2024: 290,443			

## **Personnel Changes**

#### Welcome Aboard:

- Lisa Paden Administrative Specialist III, 4-H & Youth Development, Vines Center
- Kristin Lehmann Administrative Specialist III, 4-H & Youth Development, LRSO
- Megan Adkins County Extension Agent 4-H, Sebastian County
- Landon Gunnell County Extension Agent FCS/4-H, Crawford County
- JJ Jones District Director Delta District, LRSO
- **Reggie Kemna** County Extension Agent Agriculture, Crawford County
- Kenneth Griffin Jr. APEX Accelerator Procurement Counselor, Community, Professional, & Economic Development /LRSO
- Jason Hillman County Extension Agent Staff Chair, Union County
- Diane Guadalupe Rojo EFNEP Program Assistant, Washington County
- Madelyn Hambrick Program Technician, Jackson County

#### Farewell to:

- Joyce Faye Baker EFNEP Program
- Assistant, Family & Consumer Science, Pulaski County
- Rose Dearin Administrative Specialist III, Baxter County
- Onita Hearn Watson Admin Support Supervisor, Arkansas County
- Amanda Spradlin County Ext. Agent Agriculture, Sebastian County
- Kailey Richardson 4-H Center Program Assistant, 4-H & Youth Development, Vines Center
- James Gambill Administrative Specialist I , Washington County
- Kristena Merritt Digital Media Technical Writer, Office of Communications, LRSO
- Wendy Stuart Administrative Specialist III, Hempstead County
- Shannon Nolden Administrative Specialist III, Jefferson County
- Mike Logsdon Maintenance Specialist, Vines Center

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