BLUE LETTER

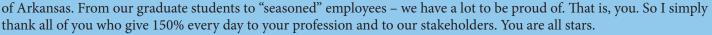
December 2017 No. 3788



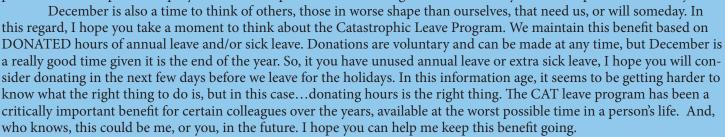
Taking stock and looking forward to 2018

December is that month when we wind up the calendar year meetings and spend time with family during the holidays. That way, we come back in early January, rarin' to go, as is said ready to set another record year in Extension. Speaking of January, some believe that the mild dry fall portends a cold, bitter, wet, ugly January and February. Yuck.

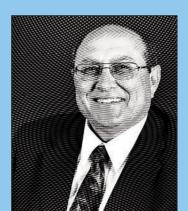
Speaking of rarin' to go, I congratulate all Extension colleagues honored at the faculty and staff conference on Dec. 4. If you were able to attend or watch, it was certainly inspiring to FROM THE DIRECTOR learn of all the great things your colleagues are doing, every day, for our mission and the people



And of stars, I specifically congratulate Kerry Rodtnick, employee of the year. His work ethic, enthusiasm and positive "can do" spirit exemplify the extension professional, and he goes "above and beyond" the expectations of the job.



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Tyronza In-School 4-H'ers expand experiences through Arkansas Outdoor School and Family Night

The East Poinsett County-Tyronza Elementary 4-H members recently spent two days participating in the Arkansas 4-H Outdoor School at the C.A. Vines 4-H Center in Ferndale. The trip, made possible through the National 4-H Mentoring Grant program, allowed 20 4-H members and six adults to experience education in an outdoor, handson setting while incorporating the 4-H Youth Development method of learning by doing.

AOS coordinators Casey Marshall and Mike Simmons led youth in team-building initiatives to increase the group's teamwork, effective communication and listening skills. Students had the opportunity to apply their skills through fishing, canoeing, hiking, archery and rock wall climbing.

EPC-Tyronza assistant principal Dorthy Edwards shared that "The facilitators were great, the facility was beautiful and the 4-H program made major improvements in students' attitudes, behaviors and social skills. The experience was wonderful, and I am happy EPC Tyronza could be a part."

Students and in-school leaders followed up on the trip with a 4-H Family Night event to share their experience with family and community members. Youth led the night's program by leading pledges, sharing stories and teaching 4-H songs to the event's participants.

Interactive web form requests

If you need an interactive web form developed, please fill out the request at www.uaex.edu/forms and submit it to Gretchen Skinner, who has replaced Wilma Lewis as the Extension web application forms developer. She will be happy to work with you on your project.

Below is an abbreviated version of the full, updated guidelines for form requests. Email gskinner@uaex.edu if you have any questions.

Event registration and online payment forms procedures

In an effort to reduce confusion and streamline the forms process, the following guidelines have been developed.



- 1. We ask that individuals begin the process by filling out this form:
- https://forms.uaex.edu/it/forms/forms-request.asp
- a. Be prepared with information about the form requirements and data you wish to collect.

- b. Be prepared with deadlines and dates associated with the form (when the form will close, etc.)
- 2. Upon submitting your form request, please make sure you allocate time to answer any possible questions or make changes/additions to your form.
- If your form requires online payment, you MUST meet with Financial Services prior to filling out the form request. A designated ORG and FUND number will be needed before the form is created.

See further details and specifics on timing and third-party requirements on www.uaex.edu/forms.

FCS agents participate in Best Care in-service training

On Nov. 1-2, Family and Consumer Science agents attended the annual Best Care in-service training at the Little Rock State Office.

Best Care is an early childhood professional development training designed to bring research-based training opportunities that enhance the quality of care for children ages birth to five to early childhood professionals. FCS specialists work with Best Care staff to develop the 10-hour curriculum that FCS agents are trained to implement in their communities.

Best Care Program coordinator Rebecca Simon says, "The county agents are largely responsible for the success of the Best Care program. The FCS agents develop relationships with the child care providers and provide relevant and research-based information in child development, nutrition, health and resource management. Early Childhood professionals throughout the state rely on the network of FCS agents to deliver quality early childhood professional development."

Since this program began in 1998, FCS agents across the state have worked together in multi-county clusters to plan and implement early childhood professional development. The program has become a popular source of training for child care providers and provides training to approximately 2,400 early childhood educators statewide each year.

AACES blood drive meets goals

The AACES Community Service Committee partnered with the Red Cross to host a blood drive on Nov. 15 in the Little Rock State Office. Fourteen UACES employees donated blood, which met the goal of the Red Cross. Thanks to all of the donors and volunteers for making the blood drive a success.

Chi Epsilon Sigma Thanksgiving food drive

Chi Epsilon Sigma would like to thank everyone for their contributions in making this year's Thanksgiving food drive a great success.

Collectively, we gathered more than 230 pounds of nonperishable goods to be donated to the Arkansas Food Bank. We would also like to extend our sincerest appreciation to Dr. Rick Cartwright for his invaluable support of this cause and to Kirby Owens and Victor Hernandez for their assistance in delivering the donations to the food bank.



The Chi Epsilon Sigma food drive collected more than 230 pounds of food for the Arkansas Food Bank.

Meet the new employees in Pope County

After several months of being short on employees, Pope County is again fully staffed. As of Nov. 27, we have two new staff members who are excited about extension and joining our program.

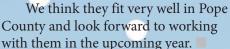
4-H agent Emily Hawkins is originally from Lincoln County where she participated in both 4-H and FFA. Hawkins



Emily Hawkins, 4-H agent.

graduated from the University of Arkansas with a degree in Ag Education and is completing the final steps for attaining a master's degree in Extension Education. With her experience and energy, our staff is really looking forward to the upcoming 4-H year.

4-H program assistant Porscha Brents is originally from Pope County where she is a graduate of Arkansas Tech University. Brents holds a degree in Recreation and Park Administration. Formerly employed by Lake Fort Smith State Park as a park interpreter, she is filled with excitement and energy and loves working with youth.





Porscha Brents, 4-H program assistant.

Hot Spring County Color Me Green 4-H 5K

On Nov. 11, Hot Spring County 4-H hosted its second annual Color Me Green 4-H 5K. This fundraiser is not only very successful for Hot Spring County, but a good time is had by all.

This year the event was sponsored by several local businesses and had entries from as far away as Pine Bluff and Northeast Arkansas. There were more than 50 volunteers and competitors on race day morning.

Race competitors ran and walked 3.2 miles around the Hot Spring County Fairgrounds, Youth Baseball complex and neighboring areas. The start and finish line was at the Hot Spring County 4-H Youth Center.

4-H Volunteer Shooting Sports leader Tony Jenkins headed up planning the event. With the help of Malvern Leopards 4-H Club, Hot Spring County 4-H Livestock Show Team, Rockin' L 4-H Club, Young Guns Shooting Sports 4-H Club, Ouachita 4-H Club and Hot Spring County 4-H Teen Leaders, the event was very successful.



Hot Spring County 4-H'er Judy D. races for the finish line as 4-H'ers color dust the next runner.

Arkansas delegation attends National 4-H Congress



2017 Arkansas National 4-H Congress Delegation

The Arkansas delegation was among the nearly 900 youth from across the country and Puerto Rico who attended the 2017 National 4-H Congress Nov. 24-28 in Atlanta, Georgia. The theme was "Be You, Be True." The event recognized the nation's brightest and best young people in the 4-H program.

The Arkansas delegation consisted of 34 4-H members from across the state. The Arkansas 4-H program was pleased to have Davis S. of Mississippi County to serve on the National 4-H Congress Leadership team. As one of 12 National 4-H Congress leadership team members, Davis presided over the general assemblies. Katie G. of Washington County served on the National Design team. Jared M. of Saline County served as Arkansas' state youth delegate advisor. Emma F. of White County served as our state flag bearer and was also selected as a Congress Teen Entertainer.

Youth participated in a wide range of educational workshops and a day of service around the Atlanta area. Other highlights of the

conference included an evening of culture at the Atlanta History Museum, speakers United States Secretary of Agriculture Sonny Perdue, Matt Rush, professor and Holocaust survivor Dr. Eugen Schoenfeld, Zippy Duvall and Cara Mund, Miss America 2017.



Flyer used to advertise the Décember Clover Chefs programs in Franklin County

Franklin County 4-H Clover Chefs

In August 2017, Casey Jarding, Family and Consumer Science/4-H agent in Franklin County, started Clover Chefs, a program that holds workshops every other month for youth ages 5 to 8 and 9 to 13 to teach age-appropriate cooking skills.

Through the program, the participants gain confidence in the kitchen, learn nutritional information about the foods and prepare healthy and affordable snacks they can make at home. Due to the growing interest in Clover Chefs, the December Clover Chefs programs will be offered in Ozark and Charleston. Senior 4-H members with food and nutrition projects practice their leadership skills by assisting with the program, and Clover Chefs has been used as a 4-H promotional tool as well since it is open to both 4-H members and the public. ■



Franklin County 4-H member Erin M. teaching 5- to 8-year-old Clover Chefs participants how to use a blender during the October Clover Chefs program.

Polk County Extension Homemakers focus on home skills with pie crust workshop

The Polk County Extension Homemakers recently formed a new club focused on preserving home skills. In November, members and potential members gathered for a pie crust workshop where all participants made a bulk pie crust recipe. The recipe produced approximately 20 pie crusts per batch that participants could freeze and use to prepare meals for the holidays. An educational handout, *Sweet or Savory?*, provided some savory recipes participants could use for pot pies and quiches that make inexpensive meals for the holiday season.



Participants prepare pie crusts in batches to freeze for

Approximately 400 pie crusts were made by the participants that evening in the Extension Education Center, and the whole activity was completed and cleaned up in 1.5 hours. It was a great time, and it is estimated that each family spent 50 cents on each crust compared to store bought crust at \$1.25. This amounted to a savings of \$15 per family, for a total savings to the group of \$300.

The workshop also spawned interest in beginning a separate evening EH club just for individuals who work but who want to retain the philosophies of the Home Skills Preservation Club.

4-H'ers practice coding and creativity at Innovation Hub

Lonoke and Prairie County 4-H members visited Arkansas' first makerspace, the Arkansas Regional Innovation Hub in North Little Rock, for a fun-filled day of hands-on STEM (science, technology, engineering, mathematics) education. The Hub provides an environment where students can make, create, explore, invent and design under the guidance of experienced mentors. 4-H members were exposed to a variety of creative possibilities within the makerspace.

During a coding workshop, 4-H youth learned to use Arduino microcontrollers, which are printed circuit boards designed for a versatile platform. Students learned how to write code in C++ for motors, sensors, lights and buzzers - all of which can come together on an Arduino to form a fully functioning robot. Youth also attended a session on engineering. Through problem solving and hands on activities, they learned their creativity is just as important as their know-how. From building bridges and towers to changing the way paper behaves as a material, the goals and concepts of engineering were made approachable



Lonoke and Prairie County 4-H'ers at Arkansas Regional Innovation Hub. Back row, left to right: Clayton S., Aleigha S., Lacy S., KayLyn C., Shayleigh S. and Caleb S Front row, left to right: Adysen J., Jolie S., Will S., Maddox T., Kymber B. and Karly K.

Hempstead County 4-H'ers thank local Cattlemens Association for support

On Nov. 27, several Hempstead County 4-H youth attended the Hempstead County Cattlemens Association's monthly meeting to thank them for sponsoring them in the premium sale during the Hempstead County Fair. Each of the youth gave a testimony of their placing at shows and expressed their gratitude to the association for all their financial and moral support.



Back row, left to right: Terrie James, Hempstead County staff chair, Cody L., Kelsea B., Harlie L., Keely P., Courtney R., Kelsey H. and Steven Sheets, Hempstead County agriculture agent. Front row, left to right: Brayden S., Justin S., Lane L., Cooper P., Huck P. and

What's new in publications? Find out at: http://www.uaex.edu/publications/new.aspx

Perryville High In-School Club members gain leadership skills through 4-H

Last month 15 students from the Perryville High School 4-H In-School Club, accompanied by Perry County Extension agent Mary Jane Cody, took part in hands-on leadership development activities at the Arkansas 4-H Center. The group consisted of 10 mentees and five mentors representing seventh through 12th grades and was made possible through the National 4-H Mentoring Grant program.





een students from Perryville High participated leadership development activities at the Arkansas 4-H Center, including a low ropes course, rock wall climbing and ziplining.



While at the 4-H Center, students participated in team-building activities, which included a low ropes course, rock wall climbing and ziplining. Luke Nipper, Arkansas 4-H Center Leadership and Outdoor Education coordinator, said that throughout the activities, students stepped out of their comfort zones and were encouraged to continue to enhance their leadership skills and make an impact on their school and community by talking to new people and expanding their experiences.

"While this leadership group is smaller, we are using this team to expand 4-H throughout our school," said Cody. "Through experiences like team building at the 4-H Center, our students are making memories to last a lifetime and becoming leaders for tomorrow."

The Perry County 4-H'ers plan to return to the Arkansas 4-H Center in January to take part in an overnight camping experience.

Yell County Speak Up Speak Out program



This is the 23rd year for the Speak Up Speak Out program in Yell County. It was brought to Arkansas by Claudia Corbin, former FCS agent, based on a program Florida agents were conducting. We work with 7th and 8th grade language arts and speech teachers to present lessons.

Students learn parts of a speech, conduct research and learn skills needed for public speaking. Each school holds classroom contests then an overall grade contest to select the top five students in the 7th and 8th grades. These students then compete in the county competition for the overall county winners.

Students report increased confidence speaking in public, improvements in their communication skills, and gaining knowledge and skills on conducting a speech. This also serves as a recruitment tool for 4-H

Livestock Skillathon Team competes at national contest in Louisville



team from Grant County consisted of Mackenzi D., Brooke A., Katlyn H. and

The state winning Arkansas 4-H Livestock Skillathon team from Grant County competed at the National 4-H Livestock Skillathon Contest in Louisville, Kentucky, on Nov. 13.

In the individual portion of the contest, they had to identify equipment, retail meat cuts and livestock breeds. They also had a hay judging class, wool judging class, individual quality assurance exercise and a 30-question quiz. The team portion of the contest consisted of meat and carcass evaluation, performance and marketing, livestock feeding, animal breeding scenario and a team quality assurance exercise. Team members included Brooke A., Mackenzi D., Juliann H. and Katlyn H.

Get Real – Here's the Deal station lets youth see how their votes affect their communities

The Public Policy Center, which publishes nonpartisan fact sheets on every state ballot issue, has joined forces with Dr. Laura Hendrix in Family and Consumer Sciences to offer a new Get Real – Here's the Deal station on voting.

Get Real – Here's the Deal is a hands-on experiential simulation that gives young people the opportunity to experience their future in a financial decision-making mode. Youth are encouraged to make wise financial lifestyle choices similar to those adults make each month.

Citizen in Action is the program's 13th station. Participants draw a card to see how they are affected by voting. The scenarios include sales and property tax votes that add something to their community but cost them something in the process. This may be the first time some participants realize voters have a say in setting local taxes that apply to vehicles, phone bills and fast food purchases. The idea is to leave them with an understanding of how they have a role in shaping their community at age 18.



Citizen in Action display.

For information about the program and to order the display, contact Rachael Price, FCS program technician, rprice@uaex.edu. For more information about how to use the Citizen in Action station, contact Kristin Higgins, program associate - Public Policy, khiggins@uaex.edu.

Madison M. and Lupe M. coached by Taylor Gwin. ■

State winning Livestock Judging Team competes at National 4-H Livestock Judging Contest



The Arkansas 4-H Livestock Judging team from Bradley County consisted of Abby J., Madison M., Lupe M. and Samantha C.

The state winning Arkansas 4-H Livestock Judging team from Bradley County competed at the National 4-H Livestock Judging Contest in Louisville, Kentucky on Nov. 14. At the contest, they judged four classes of cattle, three classes of hogs and four classes of sheep. They also had four reasons classes and three questions classes. As a team they placed 1st in swine, 3rd in reasons, 9th in sheep and 10th overall. The top 20 individuals in the contest were named All-Americans. Samantha C. earned this honor by winning 10th overall. She also was 1st in reasons and 10th in swine. Abby J. received 6th in swine and Madison M. was 9th in swine. Team members were Samantha C., Abby J.,



Benton County team competes in National 4-H Dairy Quiz Bowl

Benton County 4-H competed in the 2017 National 4-H Dairy Quiz Bowl competition at the North American International Livestock Exposition in Louisville, Kentucky, on Nov. 4. Winners of the 4-State Dairy Days, held in Bentonville every year, are eligible to attend the National 4-H Dairy Quiz Bowl.

The Dairy Quiz Bowl is a contest where teams of four members compete against each other. Points are awarded for correctly answering questions about the dairy industry and closely-related areas. Competition in the 4-H Dairy Quiz Bowl encourages a 4-H member to develop a more complete knowledge of dairy animals and related subjects.



Front row, left to right: Abagail P Alisun W., Julie G.: Back row: Kimberly K., Johnny Gunsaulis, Benton County staff chair, Joshua K., Jessica Street, Benton County 4-H agent

Cartwright (cont.)

As I said, this is a time to think of others, so I will mention the opportunity to support our 4-H programs. We started the "2020" program recently where you can donate \$20 a month through 2020, and we are hoping to sign up 10,000 people to do this during 2018. This would greatly enhance our 4-H programs and the lives of so many young leaders. Even though many think I am the world's cheapest person – they make this assumption based on the vehicles I have historically driven – I have actually already completed the campaign. This is not to "brag" but simply to let you know that even the world's cheapest Extension Director is helping. I hope you will consider this campaign – see Dr. Martha Sartor or Angie Freel for details. And, not to forget, you can purchase a 4-H license plate for your vehicle (I did that too) or you can easily sign up for payroll deduction to benefit 4-H (yep, I did that as well). Not to run this in the ground, but I sincerely need more 4-H youth leaders. You and I can make that happen, but it takes effort, and money.

Changing topics, but I thank Dr. Clarence Watson for his friendship, leadership, commitment and support the past several years as Associate Vice President for Agriculture - Research and Director, Arkansas Agricultural Experiment Station. Clarence is retiring this month after a brilliant career as a researcher in crop genetics, as well as administrative leader at three major land grant universities. The Division was indeed fortunate to have him and his wisdom during some difficult times. Clarence – Job Well Done!

I hope all of you have kept up as the University has just hired Dr. Deacue Fields from Auburn University to be the next Dean of the Dale Bumpers College of Agricultural, Food and Life Sciences. Dr. Fields will come to Arkansas with a comprehensive background in formal teaching, applied research and extension over many years. He is currently department chair of Ag Economics at Auburn and offers wide experience in the land grant university mission. He has indicated a strong interest in working with Cooperative Extension in Arkansas and recruiting students from every county in the state. I know that we will help him in this vision, and we have some of the best potential students in the state in our 4-H programs. Welcome aboard, Deacue!

With that said, I offer on the behalf of Extension, our heartfelt thanks to Dr. Lona Robertson who has served so professionally, so admirably and so positively the last year and a half as Interim Dean of Bumpers College. I may have worked and known her equal in my career but nobody better than Lona. She is the consummate professional and has provided exceptional leadership during a difficult time. Great job, Lona!

As I wrap up, I hope all of you will join me in expressing thanks to Dr. Mark Cochran for his positive leadership and example as Vice-President of Agriculture. His is the most difficult of jobs, but he wears it well, and if you appreciate the one-time payment received Dec. 15, then you appreciate Dr. Cochran because he made it, and many more good things, happen. Thanks, Dr. Cochran!

I wish to thank and recognize Dr. Rosemary Rodibaugh. It would be difficult to find a more dedicated, effective and professional educator and leader than Rosemary, mainly because there are none better. Just a fact. And once again, I appreciate her selfless leadership and her incredible work ethic. Awesome job, Rosemary!

I thank all of you for working with me as your Director, for supporting this organization, for doing your best every day. Cooperative Extension in one sense is just a bunch of like-minded professional people, all united to accomplish one thing, really – to make the lives of people better through science-based education and problem-solving. We do it every day, and we do it better than anyone else in the world. That is my view of you and why I consider it a privilege, every day, to be your Director.

Finally, I wish all of you a wonderful and safe holiday season. I hope that you will spend time with family, that you embrace your moments together, that you make good memories, that you love each other while you can. There will come a time when it is too late, so please don't waste any moments.

Finally, I promise to be rarin' to go Jan. 2, so be ready.

- Rick Cartwright

BENEFITS CORNER

SmartCare

Starting Jan. 1, 2018, participants in all three medical plans may save on health care costs through the SmartCare program by visiting a University of Arkansas for Medical Sciences (UAMS) provider at a UAMS facility and utilizing UAMS billing services. If you are in the Classic or Premier Plan, you may save money on certain expenses through lower deductibles, out-of-pocket maximums, copays and coinsurance. Under the Health Savings Plan, you may save money through lower coinsurance. You don't have to sign up for UAMS SmartCare, UMR will automatically apply the savings.

To make an appointment or for billing questions, call the UAMS SmartCare concierge at (501) 686-8749 or email smartcare@uams.edu. For more information on SmartCare, visit https://hr.uams.edu/benefits/smartcare/.

Flexible Spending Account (FSA)

Expenses for your 2017 FSA must be incurred from Jan. 1, 2017, through Dec. 31, 2017. Up to \$500 of unused FSA funds as of Dec. 31, 2017, will transfer to your 2018 available balance. Any unused amount over \$500 or under \$50 will be forfeited. If you enrolled in the Health Savings Account, all FSA funds must be used by Dec. 31, 2017. You have until March 31, 2017, to file for reimbursement for FSA expenses incurred through Dec. 31, 2017.

Keep your home address updated in Banner Self Service.

Personnel changes

Please welcome the following:

Porsha Brents, CES Program Assistant, Pope County, effective November 1, 2017.

Debra Garcia, Program Associate - APAC, Community and Economic Development, effective October 16, 2017.

Derell Jones, Grants Officer, Office of Sponsored Programs, effective November 1, 2017.

Megan Maulden, Administrative Specialist, Crop, Soil and Environmental Sciences, effective November 1, 2017.

Debbie Miller, County Extension Agent, Scott County, effective November 1, 2017.

Courteney Sisk, Administrative Specialist, Greene County, effective November 1, 2017.

Sherry Sanchez, Accounting Specialist, Financial Services, effective November 13, 2017.

Extension says goodbye to:

Lee Anderson, County Extension Agent - Staff Chair, Delta District, effective November 17, 2017.

Kristen Dickson, Project/Program Specialist, Office of Sponsored Programs, effective November 30, 2017.

Lauren Morris, Obesity Reduction Project Coordinator, Family and Consumer Sciences, effective November 15, 2017.

Craig Rothrock, Interim Department Head, Plant Pathology, effective November 30, 2017.

Angela Scott, Program Technician - EFNEP and Food Safety, Family and Consumer Sciences, effective November 3, 2017.

Katie Sullivan, Program Associate, Southwest Research and Extension Center, effective November 3, 2017.

BL 10

Grants and Contracts

for Month Ending November 30, 2017

Project Title	Award Amount	Principal Investigator	Granting Agency
Development of an Arkansas Blackberry Grower Association to Promote the Development of the State Blackberry Industry	19,987	Amanda McWhirt	Arkansas Agriculture Department
Evaluation of Winter Cover Crops for Conservation and Increased Economic Returns for Specially Crops	49,112	Amanda McWhirt	Arkansas Agriculture Department
4-H Science: Building a 4-H Career Pathway (Cohort 2)	5,000	Angie Blacklaw-Freel	National 4-H Council
UACES Early Care and Education Projects (Best Care, Best Care Connected, Guiding Children Successfully, and 4-H Afterschool)*	237,500	Brittney Schrick	DHS Division of Child Care and Early Childhood Education
Carbon and Nutrient Dynamics of a Bioenergy Agroforestry System*	5,372	Dirk Philipp	USDA, ARS MSA
2017 Arkansas Extension Implementation Program*	179,445	Glenn Studebaker	National Institute of Food and Agriculture
Beef Quality Assurance*	6,700	Heidi Ward	Arkansas Beef Council
Utilizing and Revising Prediction Models to Develop a Strategic Pecan Scab Management Plan in Arkansas	49,057	Jackie Lee	Arkansas Agriculture Department
Testing and Evaluating of RiceTec Hybrids*	3,750	Jarrod Hardke	RiceTec
Construction Education Pilot	10,267	Katherine Teague	Beaver Water District
An Instructional Effort to Guide Extension Professionals in Technology-Enabled Tools Enhancing Impact for Multiple Objectives	75,000	Kyle Cunningham	National Institute of Food and Agriculture
4-H Youth Nutrition Education Project	61,000	Lisa Washburn	National 4-H Council
County-Based Projects to Reduce Obesity in Arkansas*	826,200	Lisa Washburn	Centers for Disease Control and Prevention
Southern Risk Management Education Center at the University of Arkansas Cooperative Extension Service*	1,082,736	Ron Rainey	National Institute of Food and Agriculture
Educating Producers and Industry on Implementation of the FSMA	214,140	Vic Ford	Arkansas Agriculture Department
Total Awards for November 2017	\$2,825,266		

^{*}Awards received July-October, 2017 not previously included.