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BLUE LETTER

November 2019

No. 3811



Happy Thanksgiving!

November is a complicated month and if you enjoy unpredictable weather, this month is for you.

It is also complicated in our work, as we transition from fall into the winter meeting season, and I would like to remind all of you of our annual faculty and staff conference in Little Rock on Dec. 2. Sam Boyster is chair of the program, and his group has put together an interesting agenda, followed by lunch together. This is our once-a-year opportunity for everybody to interact, either in person or via Zoom, so I hope you can take advantage of it. It is also the time when we recognize Extension Excellence Award recipients along with all those who have earned special recognition during the year. I hope to see you, or speak to you, that day.

I hope you see the work of our colleagues highlighted each and every month in our Blue Letter and ask that you take time to contribute. I sincerely appreciate your noteworthy efforts, and others do too – and want to read about them. Visibility is important, but it does take some effort.

Speaking of visibility, I recently attended the Class 18 LeadAR graduation event in Little Rock and was privileged to recognize the graduates on the successful completion of this widely

recognized leadership and professional development program. I certainly appreciate Dr. Stacey McCullough, Emily Smith, Noah Washburn and other staff who led this effort during a time of transition for the program. It worked out, and this class has been impressive, with two of our own – Brad McGinley and Ryan McGeeney – completing the course too. Congratulations to all! This group made me think.

I would also mention 4-H Congress, held in Atlanta each November during the Thanksgiving holidays. Our dedicated, best and brightest 4-H members, along with a couple of tireless staff members, attend this national event and represent our state and our organization in the best possible way – so I just want to say kudos to all involved. Quite a few 4-H members have told us that this is the singular event – the pinnacle if you will – of their 4-H experience so we wish all of them well.

Speaking of 4-H, there is a rumor that Arkansas won at least one of the national poultry barbecue contests in Louisville this week, hopefully more details coming from Scharidi Barber in Poultry Science.



FROM THE DIRECTOR

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Extension Connections Everywhere

No matter where you go, you can find an extension connection. That was the case with Eva Bakalekos, advertising manager for the company that publishes "Arkansas Agriculture" magazine.

Bakalekos' "Granny" was HenriLu McGarrh Ingram, a nutrition aide in the Miller County office, working with Mary Gilbert, a home demonstration agent. Ingram was 4 feet, 11 inches tall, but left a big impression both with her granddaughter and just about everyone she got to know. Granny was born in 1913 to Henry and Clara McGarrh in Tomnolen, Mississippi, growing up on the family cotton farm. She was her high school valedictorian and also earned a real estate license.



HenriLu McGarrh Ingram

"Granny was featured on a TV show in Texarkana with her extension work in March 1973," Bakalekos said, an event that made an impression on her as a girl. "I used to publish a family newspaper when I was 10 or 11 and I drew all the pictures and had a circulation of 12." Granny's TV appearance was featured prominently. Bakalekos said her grandmother "was a real career gal who loved her some home-grown

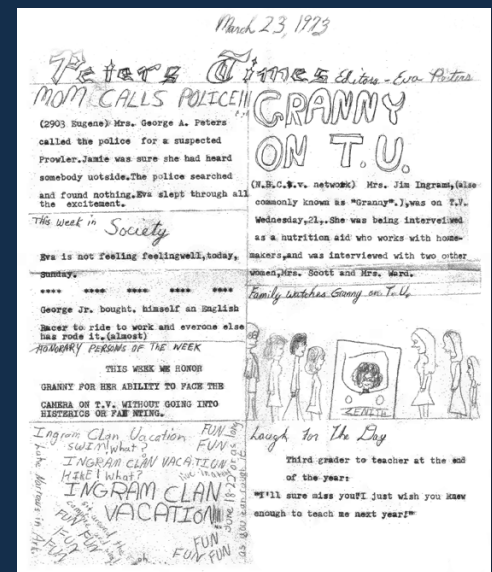
veggies." Even in retirement at Willow House Gardens, she continued her extension work.

"At the retirement home in North Little Rock, she implemented a 'Garden Row' program where the residents could have a four-foot by four-foot garden," Bakalekos said. "She tended half of them herself for people and called it 'sharecropping'."

The feisty farmer's crops included corn, tomatoes, cucumbers and peppers.

"She threatened to file for disaster relief when a storm blew down her four-foot row of corn," Bakalekos said.

Ingram died in 2001 at age 87. She would've been 106 in November. ■



Eva Bakalekos, editor and designer of the Peters Times, recorded her amazing grandmother's TV appearance.

Explorers!

Dr. Carolyn Lewis, from the Department of Entomology and Plant Pathology, recently led a group of Girl Scouts in Fayetteville as they explored the world of insects. Graduate students Juanita Gil Bedoya, Andrea Sierra Mejia and Ava Wait also helped the young entomologists. ■



Andrea Sierra Mejia, Dr. Carolyn Lewis, Ava Wait and Juanita Gil Bedoya share their love for entomology with members of the girl scouts (left to right).

Health Team Completes Strategic Planning

The Health Team recently surveyed FCS agents to learn about unaddressed community health issues. Based on the survey responses, they identified three priority health needs: opioid abuse, e-cigarette use, and chronic disease. Here's how these issues are being addressed:

- 1. Opioid abuse:** The grant-funded "Move with Ease" program is in six counties through February 2020. When it concludes, staff will assess program results and have a strategic planning meeting to decide future programming efforts.
- 2. E-cigarette use:** A team of 4-H and FCS state office staff and agents has been formed to determine how to respond to the emerging e-cigarette epidemic. They are working to select and adapt an evidence-based prevention program to implement statewide.
- 3. Chronic disease:** Preventing diabetes, heart disease, cancer, and other chronic diseases continue to be pressing issues throughout the state. To prevent chronic disease, the health team will continue supporting programs that increase physical activity levels, including both direct education and policy, systems, and environmental interventions (PSEs). The core physical activity programs Extension supports and encourages are Yoga for Kids, Walk Across Arkansas, Extension Get Fit, 4th H for Health Challenge, Faithful Families, and community connectivity. ■



Happy Thanksgiving!

(Continued from Page 1)

Speaking of winning, I also heard that Adam Whitfield won the graduate student competition at the ACPA event in Fayetteville a few days ago. Adam is a graduate student in Entomology, working with Gus Lorenz, and works hard to be the best. Looks like he is, reflective of the national excellence of our extension entomology group. We cannot fail to mention Justin Chlapecka, who worked with us as a county agent before deciding to pursue his PhD through the Crop, Soil and Environmental Sciences Department. He won the PhD student division at ACPA. Many of you may know his father, retired agent Randy Chlapecka.

I visited the Vines 4-H Center again yesterday and would like to commend the entire staff there for making it a premier conference and education center for Arkansas. It has a beautiful setting with great features, and it is priced very competitively. I hope all consider our center for any meeting or event in 2020, and if you have not visited in a while, it is time. Last year, the center won Best in

Class in all five categories of Arkansas Business and we hope it continues to garner this type of repeated recognition. It is a great place, and named for a great person, Mr. C.A. Vines.

I hope all of you have a great November and Thanksgiving, and remember that family comes first. ■



Website Changes in the Works

SEVERAL CHANGES AND PROJECTS TO OUR WEB PRESENCE OVER THE NEXT FEW MONTHS!

EMPLOYEE SITE

Going live Dec. 2

Test site: employees.uaex.edu

- Site search will allow you to search across the main UAEX site and employees site for content.
- Anyone who wishes to can submit news and updates, and we will add them regularly.
- Anyone in a support unit can add content to this site using OmniUpdate.
- Policies and templates will remain where they are on the live site, and the site search will index them.
- Employees site will be Active Directory protected on all interior pages. The main page will not be password protected.

4-H SITE

Going live in Dec. 16

Test site: <https://4h.uaex.edu/>

- 4-H team is currently adding new content.
 - The live site will link to this new subdomain.
- The site search will search both 4-H and UAEX content.

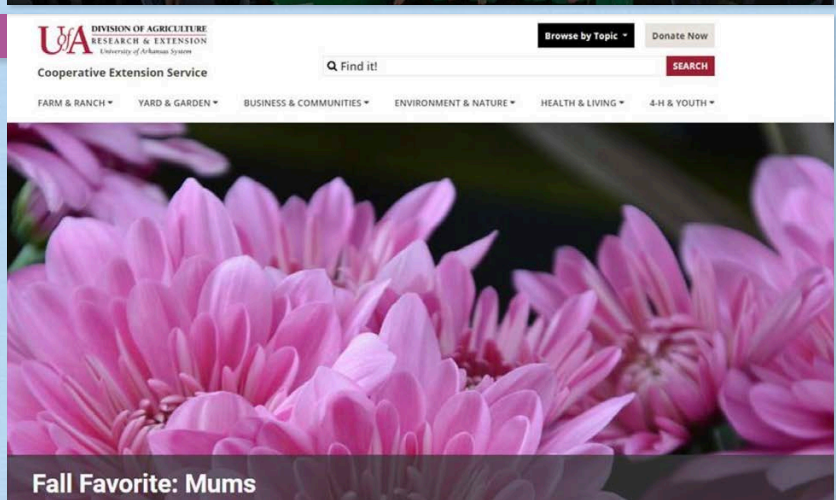
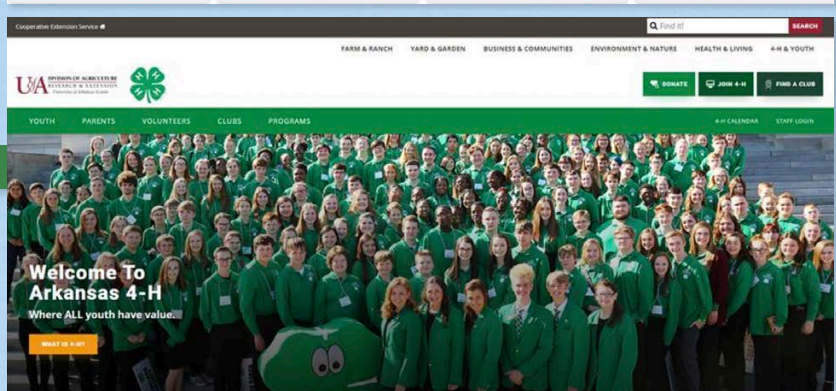


MAIN UAEX SITE

Going live Jan. 2020

Test site: sandbox.uaex.edu

- 7,000+ pages are being reviewed by a small team of site editors.
- Most OU site editors are locked out of the site temporarily while the sandbox site is being updated and cleaned up for launch.
- Please submit website updates to the IT team via the website update request form found here www.uaex.edu/websitehelp to keep your live UAEX pages fresh.
- Once we go live with the new site our OU users will be allowed back in to edit as usual.



NEW CALENDAR DESIGN AND UPDATED CODING (LAUNCH DATE TBA)

- Our calendar is getting a new look to correspond with our new website design!
- Event searching will be easier
- The calendar software will be the same (Bedework). Logging in and adding/editing events will be the same process.

Agents, Producers Tour Small Ruminant Ranches

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Eight Extension employees and three producers participated in the Small Ruminant Ranch Tour to San Angelo, Texas, October 28-31. Everyone really enjoyed the trip and was ready for the next! Stops included:

- **EGGS Dorpers in Stephenville, Texas.** The Edwards raise Dorpers and White Dorpers, sell semen, and provide breeding services for small ruminants.
- **Producers Livestock and Auction Company**, the leading sheep and goat market in the U.S. Participants learned the history and marketing cycles of the sheep and goats from Mr. Benny Cox, sheep sales manager at Producers and president of the American Sheep Industry.
- **Texas Vet Lab.** The lab runs diagnostic samples for virus and bacteria isolation and produces some of the vaccines for sore mouth and Caseous Lymphadenitis (CL).
- **Bollman Industries**, one of two commercial wool-scouring and wool warehouses in the U.S.
- **Southwestern Livestock Mineral Company.** The Turner family specializes in helping folks with nutritional problems through their mineral blends.
- **Palmer Feed and Supply Mill.** Palmer Feed manufactures custom rations and top-quality livestock feed products sourcing only top quality feedstuffs.
- **Half Circle Six Ranches.** Mr. Glass raises full blood and commercial Dorpers. He does embryo and artificial insemination and imports bloodlines from Australia, New Zealand and South Africa.
- **Texas A&M AgriLife Research and Extension Center.** Participants learned about the small ruminant research being conducted and toured the wool lab. They also saw first-hand the guardian dog bonding pens.



Small Ruminant Ranch Tour participants and Texas AgriLife Extension in front of the painted sheep at the Texas A&M AgriLife Research and Extension Center.

- **Denis Ranch**, a sheep and goat feedlot that can hold up to 50,000 head. It has a feed mill onsite.
- **Smithwick Club Lambs.** Mr. Smithwick raises Rambouillet ewes. He markets fine wool and fine wool cross lambs to youth all across the nation as club lambs.
- **Two Springs Ranch.** The Everhearts raise show goats and market them to youth as projects. They also do embryo and AI work.

A special thanks to Dr. Reid Redden, Marty Vahlenkamp and Josh Blaneck with Texas AgriLife for hosting us in San Angelo! ■

Employees Have Option to Share Disability Info With Employer

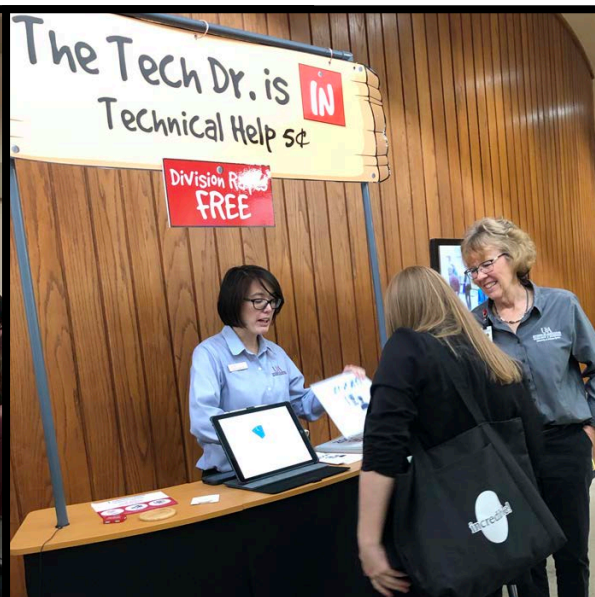
The Equal Employment Opportunity Commission, the Office of Federal Contract Compliance Programs, and the Office of Civil Rights have created the opportunity for employees and applicants to inform employers of their disabilities. This goes hand-in-hand with the ability for employees and applicants to request reasonable accommodations to help them with their job or job search. The Office of Affirmative Action wants you to know that the Division of Agriculture is offering this option to its employees.

Sharing this information is voluntary and optional. Information shared with the Office of Affirmative Action will be kept private.

For instruction on how to share this information, refer to the all-employees email sent Oct. 31 by Barbara Batiste. For more information, contact Barbara Batiste in the Office of Affirmative Action at 501-671-2213 and/or Tonisha Thorpe at 501-671-2135. ■

Fall New Employee Orientation

On Nov. 6, a new group of extension employees were introduced! **Welcome aboard!**



Social Skills
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Tech Corner



Coming Soon! Multi-Factor Authentication (MFA)

Beginning mid-January, UAEX will implement multi-factor authentication (MFA), a requirement of the new Workday system. MFA will aid in reducing the chance of user accounts being compromised by phishing scams, automated bots and targeted attacks.



- SMS Text message code. This method sends a text message containing a verification code.
- Secondary email address. This method sends a verification code to your secondary email account.
- Call to phone. An automated voice call is placed to the user.

What is Multi-Factor Authentication MFA?

Multi-Factor Authentication (also known as two-factor authentication or two-step verification) is a security process for identifying users by validating two or more credentials when signing in.

What methods are available for MFA?

- Microsoft Authenticator app (preferred as the primary method). This option pushes a notification to the authenticator app on your smartphone or tablet. It can also generate a six-digit code for alternate verification.

Which applications will require MFA?

- Office 365 Applications (Email, OneDrive, Sharepoint, Teams, Office Online, etc...)
- Zoom
- Qualtrics
- Learn
- Workday
- OmniUpdate (OU)
- BOX
- Monsido ■

Deer Repellent Demonstrations Held in Pulaski County

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“How can I keep deer from eating my plants?” It’s a common question many county agriculture agents are asked. To educate the public, Pulaski County Extension Agent Nicole Nichols, along with Dr. Becky McPeake and Andrew Shields in ANR Forest Resources, placed flats of pansies with repellents in areas heavily populated with deer, including Two Rivers Park, the C.A Vines 4-H Center, and a Master Gardener’s residence.

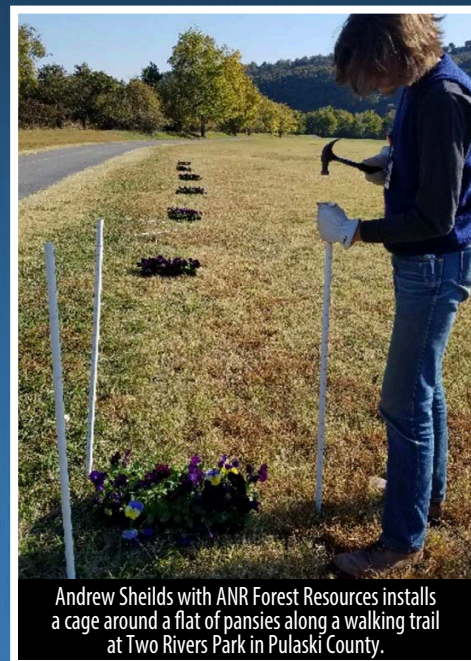


County Agent Nicole Nichols applies a repellent to a flat of pansies near a wooded area at the 4-H Center.

Repellents typically have limited success at preventing browse when deer are numerous and hungry, but some may work a little longer than others. The effectiveness improved when combined with other strategies, such as fencing. Repellents

with stinky odors from putrid eggs or blood protein are sprayed onto foliage, but a newer repellent on the market is systemic. Tablets or granules are placed in the soil for plants to take up through their roots and into leaves. Within seven to 10 days, the pansies and their leaves began smelling bitter.

4-H Center Director J.J. Pitman hopes the systemic repellent will work for roses, too, to protect Mr. Vines’ precious bushes from further deer browse. ■



Andrew Shields with ANR Forest Resources installs a cage around a flat of pansies along a walking trail at Two Rivers Park in Pulaski County.

Animal Science Offers Cattle Production Recordkeeping Workshops

Large cow-calf operators pointed to their recordkeeping as an area needing improvement during the Arkansas Beef Industry Assessment.

Dr. Shane Gadberry in the Department of Animal Science is working with county agents to address this by offering a production recordkeeping workshop. The hands-on class is made possible through IT’s Mobile Computer Lab. The three-hour workshop covers topics on commercial software options, types of records, and using spreadsheets for herd records. The workshop starts with the basics of layout and advances to using pivot tables to learn from herd data.

About one-third of workshop participants indicated that they do not keep production records while 57 percent said they keep paper records. Fewer than 20 percent use spreadsheets or commercial software. While three hours isn’t enough time for novice attendees to walk away as power users, participants do get a chance to experience spreadsheet functionality. The workshop has a net promoter score of 62, and participants are rating the workshop 4.6/5 for value and 2.9/5 for difficulty. Many participants indicate the hands-on learning is what they enjoy most. These workshops are sponsored by Farm Credit of Western Arkansas. ■



UPCOMING TECH TUESDAY WEBINARS

Tuesday, December 10: Preparing Your Computer for Presentations (Kerry Rodtnick)

Don’t forget to complete the annual Tech Tuesday survey! Your feedback helps us plan for 2020.

Second Tuesday of every month, starting at 9 a.m.

To view the recordings, visit <https://uaex.edu/techtuesdays>

Grad Students at Work

The Community, Professional, and Economic Development (CPED) office is proud to host five Arkansas graduate students collaborating on statewide community development projects for the 2019-2020 school year.

Kelven Hadley, of Pine Bluff, is collaborating with several faculty members. He is developing an updated report on interlocal agreements with Dr. Wayne Miller as well as supporting the Center of Public Policy's Kristin Higgins in her work with the Arkansas Beef Council.



UALR MPA Student Kelven Hadley

Hadley is a graduate of the University of Arkansas Pine Bluff and is in his first year of the Master of Public Affairs program at UA Little Rock. A practicum team from UA Clinton School of Public



UACS Student team includes Brock Hyland, Drew Coker, Marlie Ball and Dillon Pitts (left to right).

Service is working closely with CPED faculty to research and assess best practices and strategies for Arkansas infrastructure, specifically roads and bridges, water and wastewater, levees and dams, and alternative energy sources. Their work will culminate on April 21 with a presentation at the state office. The team includes Drew Coker, Marlie Ball, Brock Hyland and Dillon Pitts. They are in their first year of the Clinton School's Master of Public Service program. ■

EHC Clubs Rally to Provide 1 Million Meals

Arkansas Extension Homemakers Club (EHC) members have an aggressive goal over the next two years: to raise enough money and collect enough food donations to provide 1 million meals.



Roberta Shankle, EHC member and project chairperson, gives AEHC t-shirt to speaker Sarah Riffle, Chief Development Officer with the Arkansas Foodbank.

They have made combatting food insecurity the statewide community service project for the next two years. EHC members will address food insecurity issues in their counties by volunteering at food pantries, donating food, hosting events, and other activities.

More than 450 and Extension professionals attended the October rallies in Stuttgart, Morrilton and

Arkadelphia, where representatives from the Arkansas Foodbank, Arkansas Hunger Relief Alliance, and the Foodbank of Northeast



Attendees received water bottles with the AEHC slogan above to encourage members to save dimes to donate to foodbanks.

Arkansas spoke. The rallies also served as the launch for the council-wide "One million meals, one dime at a time" campaign.

Each club member received a small logoed bottle as a reminder that small donations add up. A small water bottle will hold about \$50 in dimes.

EHC has a long and successful history of community service over the past decades. They planted victory gardens, started soup kitchens, and are credited with the success of promoting vaccinations for child health. They make teaching dolls for Arkansas Children's Hospital, donate blankets for UAMS patients, knit caps for those in need, and much more. Last year, Arkansas EHC members gave 325,454 hours of volunteer time at a value of more than \$8 million. ■

Charles Looney Receives President's Award

FROM AMERICAN EMBRYO TRANSFER ASSOCIATION



Dr. Charles Looney accepts the President's Award at the AETA-CETA/ACTE Joint Annual Convention.

The American Embryo Transfer Association (AETA) presented Charles Looney with the President's Award during the annual meeting in Colorado Springs on Oct. 25.

The award recognizes Dr. Looney's continued service to the AETA and was one of the highlights of the 2019 AETA-CETA/ACTE Joint Annual Convention. This event featured sessions that consisted of pre-conference seminars, presentations, workshops, student/technician sessions and a traditional poster session.

The purpose of the AETA is to unite those organizations and individuals in the United States engaged in the embryo transfer industry into an affiliated federation operating under self-imposed standards of performance and conduct. ■

Sixth Annual Animal Science Day Highlights Halloween Festivities

The sixth annual Animal Science Day on Oct. 31 capped off a week of Halloween festivities throughout the department that included costume and door-decorating contests, along with treats provided by faculty and staff members.

Animal Science Day welcomed hundreds of attendees from the university and surrounding community. The event, coordinated by the Department of Animal Science students, faculty and staff, was held in the Pauline Whitaker Animal Science Center and featured an evening of animal science and Halloween-related fun. Activities included costume contests, a corn maze presented by the graduate students, trick-or-treating, games and more. Highlighting the end of the night was the pre-vet club's "Pie a Professor" event, which featured Dr. Lauren Thomas getting pied in the face by one of her club members.

Great for children and families, Animal Science Day is a perfect way for the department to educate and celebrate animal science with the community. ■



4-H Staff Recognized at National Meeting

In early November, eight Arkansas 4-H representatives attended the annual National Association of Extension 4-H Agents meeting in West Virginia where they shared information with colleagues across the nation regarding archeology, shooting sports and the High Adventure program.

Five employees were recognized or received awards. Creenna Bocksnick, for published picture; Jesse Bocksnick, for service as the Southern regional senior director; Chelsey Kimbrough, achievement in service award; and Cindy Ham and Anna Goff, distinguished service awards. ■



4-H was well represented at this year's NAE4-HA annual meeting in West Virginia. Pictured are Mike Klumpp, Shannon Caldwell, Martha Ray Sartor, Angie Freel, Valerie Seefeld, Creenna Bocksnick and Jesse Bocksnick. Not pictured is Hope Bragg.



4-H'ers Attend National 4-H Dairy Conference



Molly G., Huntar S. and Danika S. represented Arkansas at the National 4-H Dairy Conference.

The National 4-H Dairy Conference was held in Madison, Wisconsin, on Sept. 29-Oct. 2. Huntar S. of Franklin County 4-H, Molly G. of White County 4-H and chaperone Danika S. of Franklin County represented Arkansas at the conference and were provided an expense-paid trip through the Department of Animal Science.

They participated in a variety of tours including ABS Global, Hoard's Dairyman Publishing firm and dairy farm, Nasco, World Dairy Expo, and to various dairy producer farms. They also participated in hands-on seminars with topics including artificial insemination. Huntar and Molly networked with other dairy-minded youth and learned about the dairy industry from the conference. ■



Molly G. and Huntar S. with the University of Nebraska Badger mascot.



4-H: SAVE THE DATE!

In 2020, the C.A. Vines Arkansas 4-H Center will be celebrating its 40th anniversary! Be on the lookout for information, promotions and activities surrounding this exciting celebration and save the date of the official anniversary – Oct. 22, 2020!

KUAR Public Radio Spotlights Extension

If you listen to KUAR, you may have heard some short segments spotlighting the work of Extension.

Thanks to a partnership between the Community, Professional, and Economic Development (CPED) unit and UA-Little Rock Public Radio KUAR/KLRE, the station will air three spots a month, with new features each month.



CPED's Kristin Higgins records her first spot at KUAR UA Little Rock Public Radio.

Branded as "Strengthening Our Communities," the one-minute educational spots

showcase ways the CPED unit helps communities create viable options for economic and community development and provides leadership development. The goal is to educate listeners about community and economic development pursuits and illuminate the tools and resources available to Arkansans.

The spots began airing in October and have featured the following:

- The Procurement Technical Assistance Program and how it helps Arkansas small businesses pursue government funding.
- The benefits of community visioning and strategic planning methods and how residents can use the process to benefit their community.
- The Arkansas ballot initiative process.

You can listen to the spots here <https://www.ualrpublicradio.org/programs/strengthening-our-communities>. ■

NEAFCS-AR Wins Big at Sweetest Place on Earth

NATIONAL MEETING AT HERSHEY, PA

Twenty-four Arkansas Family and Consumer Science (FCS) Extension agents and state faculty attended the National Extension Association of Family and Consumer Science (NEAFCS) national conference in Hershey, PA on Sept. 30-Oct. 2. During the week, they learned more about Milton S. Hershey, indulged in some chocolate, and learned about innovative programming from fellow FCS staff from across the nation.

At the opening ceremony, Jane Newton was recognized as the national communication award winner in newsletter. Members then went to the Welcome Event at Hershey Chocolate World. The rest of the conference was filled with concurrent sessions, poster presentations and NEAFCS World Café/ Ignite Sessions. The following Arkansas NEAFCS members presented at the national conference.

• POSTER PRESENTATIONS AND NEAFCS WORLD CAFÉ/IGNITE SESSIONS.

- Jessica Vincent and Addie Wilson presented a poster on "Use of Ripple Effect Mapping to Show Impacts of High Obesity Prevention Program."
- Dianna Bowen presented a poster and a NEAFCS World Café/ Ignite Session on "Using Experiential Learning to Teach Food Safety".
- Kris Boulton presented a session on "Connecting Citizenship and Valor" during the NEAFCS World Café and Ignite Sessions.

• EDUCATIONAL SESSIONS

- Jean Ince, Terrie James, Carla Due and Janet Cantrell presented information on their national award-winning Teen Chef Academy program.
- Pamela Pruitt and Michelle Lombardo, from Organ Wise Guys, presented an educational session on "Healthy Communities are Thriving Communities."
- Dr. Laura Hendrix presented an educational session on "Cooperative Extension's Capacity to Demonstrate Impact in Financial Capability & Well-Being."

Several Arkansas NEAFCS members were recognized for their achievements, both regionally and nationally. The following members were recognized:

- Valerie Turner and team: Jessica Vincent, Addie Wilson, Tyler Brown, Caitlin Palenske, Jennifer Conner, Jordyn Williams, Debbie DeRossitte, Mary Ann Kizer,

Pia Woods, Leigh Ann Bullington, Lisa Washburn, Lauren Thornton won 2nd place Southern Region for Innovations in Programming.

- Shea Wilson & team: Becky Bridges, Amy Cole, Kim Rowe, Kerry Rodtnick, Chris Meux, and Julie Thompson won 1st place-Southern Region and 2nd place-National in Social Media Education Award
- Jane Newton won 3rd place-Southern Region in Communications-Newsletters and 3rd place National Award.
- Dianna Bowen won 1st place Southern Region for Food Safety award.
- Jean Ince & team: Carla Due, Terrie James, and Janet Cantrell won 1st place Southern Region and 1st place National Award in Innovative Youth Development Programming award

At the closing ceremony on Oct. 3, Leigh Ann Bullington received the Distinguished Service Award, and Jane Newton received the Continued Excellence Award. ■



Some of the Arkansas Members gather together for picture after enjoying States Night Out



Terrie James, Carla Due, Janet Cantrell and Jean Ince receiving their award.

Share Grounds: Meet the Managers

Angela Armes, John Payne and Ryan Sinclair are the Share Grounds certified kitchen managers.

Angela, a native Arkansan, has a diverse background including farming, dental lab work, caregiving and missions. During her time in West Africa, Angela saw health benefits from eating locally grown food. Her hope for Share Grounds-Marshall is to unite the surrounding counties through health promotion and commerce. Angela hosts a radio show and spends time with her grandbabies.

John, originally from Kentucky, moved to McCrory when his previous employer purchased a business there. Since then, John has enjoyed owning a restaurant, trying new recipes, home canning, and fishing with his wife. His hope for Share Grounds-McCrory is community engagement and teaching the benefits of healthy eating.

Ryan and his wife ventured to Arkansas from the Pacific Northwest to pursue farming and homesteading. Through rural development work, Ryan joined the Share Grounds-Rison advisory



Angela Armes



John Payne



Ryan Sinclair

committee. Ryan hopes to assist his community in economic development projects. He enjoys finding solutions to technical problems, rebuilding things, and spending time with his wife and Schipperkes dogs.

Interested in starting a food-processing business? Share or join us Dec. 7 in Little Rock, <http://bit.ly/uafood>. For more information about Share Grounds, visit www.uaex.edu/sharegrounds. ■

Animal Science Hosts Young Cattlemen Leadership Class in Fayetteville



Bryan Kutz speaks to the Young Cattlemen's Leadership Class in Fayetteville.

The Department of Animal Science recently hosted the fourth session of the Arkansas Cattlemen's Young Cattlemen's Leadership Class (YCLC) Oct. 28-30 in Fayetteville.

The session focused on beef cuts and the processes necessary to provide retail meat case products. Class members participated in a mock auction to purchase steers and then processed their steer and consumed some of the end product during a sensory and tenderness demonstration.

Participants gained an understanding of the processes their beef product undergoes from the harvest to the plate. In understanding those processes, they will be better educated to tell the industry story.

Janeal Yancey and Tim Johnson (manager, UA Division of Agriculture Red Meat Abattoir) coordinated the event, and John Marcy (Poultry Science), Bryan Kutz and Kenny Simon spoke to the group. The Arkansas Beef Council funded the program. ■

eVersity Program Announced!

Don't miss this educational benefit for you and your family and to pass on to our service community. We're excited to announce a new educational alliance with the University of Arkansas System to provide the University of Arkansas System Division of Agriculture/UA System Cooperative Extension Service employees and their family members - as well as the people we serve - an exciting new way to earn college degrees.

The University of Arkansas System eVersity launched in 2015 as the state's only 100 percent-online university to help provide adult, working learners a high-quality, accessible path toward completing both associate and bachelor's degrees, along with other credentials. eVersity offers five degree programs.

Part of CES employees' benefits package may include ways to help you pay for college. Employees and their family members can attend eVersity at a discounted rate, while also passing on an additional benefit to our service members by simply entering a five-digit alliance code when they apply for free at eVersity.edu. Contact our HR office for more information.

ABOUT EVERSTY

Earn your University of Arkansas System-quality degree entirely online without ever having to visit a campus, and by taking just one class at a time for six weeks, taking a week off, and then moving on to your next class. Seven times annually.

HOW ARE WE DIFFERENT? From start to finish we have a low cost, worry free admissions process.

- No application fee, book fees, campus fees, athletic fees

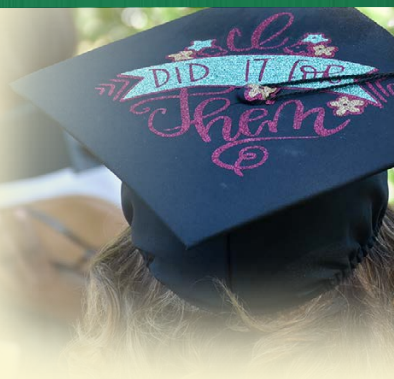
or hidden costs.

- Our advisors care about your future and will be there every step of the way.
- We acquire college transcripts and retrieve your high school transcripts at no cost.
- At \$175 per credit hour, most classes cost \$525 (some classes require a one-hour lab).
- The first on-boarding class, Engage, is a free college credit course.
- Financial aid is available for those who qualify.
- UA System eVersity is accredited, assuring quality education at every level.
- Classes taught by highly qualified UA System instructors.
- Your chosen degree path courses are selected for you, one class at a time.
- UA System discount for employees AND their family, as well as for the people we serve
- No guesswork about which classes to take
- Quick and easy online application
- All classes and materials are free, open-source material and 100 percent online. No drives to campus.

All you need to do is fill out the fast and free application and a UA System tuition discount form, while people we serve simply enter a five-digit alliance code (93070) and enter it when they apply and it will be credited. If you have questions, contact our HR office or call eVersity at (844) 837-7489. ■

Grants and Contracts

PROJECT TITLE	AWARD AMOUNT	PI	GRANTING AGENCY
2019 4-H Healthy Habits	63,000	Angie Blacklaw-Freel	National 4-H Council
Arkansas 4-H Livestock Leadership Class	2,500	Chelsey Kimbrough	Arkansas Farm Bureau & Federation
Reach to Enrich Fort Smith Initiative	45,000	Laura Hendrix	Credit Counseling of Arkansas
Southern Region SARE Training Program MSP19	11,111	Amanda McWhirt	University of Georgia
TOTAL AWARDS FOR OCTOBER 2019: \$121, 611			



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Farmer Veteran Opportunities

Cooperative Extension Service recently participated in the Vets4Ag Summit held Nov. 14 at Arkansas Tech University. The summit's goal was to provide information and networking opportunities to veterans interested in farming or ranching as a profession.

Numerous USDA and state programs exist to support veterans becoming successful farmers and ranchers. The 2018 Farm Bill provides a variety of program to encourage veterans to enter farming and support their efforts. Congressional Research Service provides an overview of the programs offered to veterans, <https://fas.org/sgp/crs/misc/IF11093.pdf>.

To assist veteran farmers in your area, have them sign up with a recently launched statewide farmer veteran program. Farm Bureau leads the program, Vets4Ag Program, that seeks to build a database of veteran farmers, both beginning and experienced farmers. To learn more about the program or sign up, visit the program's website, www.vets4ag.org. Please encourage farmers and ranchers in your counties to sign up to stay updated with the latest training and networking opportunities. Farmers can sign up in two ways, either through a visit to the website or by texting "vets4ag" to 52886. ■

Check it Out!

Did you know there are forms available for requesting all sorts of things from Information Technology?

- New web applications
- Tech support for an event
- New webpage or blog
- Qualtrics account
- New form or registration
- Zoom support for your webinar
- New computer ordered
- Mobile Training Lab reservation

And many more, go check it out. <https://uaex.edu/it-forms>. ■

U of A Hosts Focus on Forages Field Day Event

Faculty and staff within the University of Arkansas System Division of Agriculture presented research related to pasture and forage production at the Focus on Forages Field Day event Oct. 18 at the Pauline Whitaker Animal Science Center and Milo J. Shult Agricultural Research and Extension Center. The event featured field tours and a free lunch for all attendees. The list of presenters included John Jennings (UAEX), Ken Coffey (UA Dept. of Animal Science), and Kenny Simon (UAEX). ■

PROJECT ONE

U of A DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



SAVE THE DATE

Workday®
Launch Training
May 1, 2020



Benefits Corner



It's Open Enrollment Time!

How do I enroll or make changes? Medical, Dental, Vision, Flexible Spending Account (FSA), Optional Long Term Disability: [Go to https://benefits.uasys.edu/enrolling/2020-open-enrollment/](https://benefits.uasys.edu/enrolling/2020-open-enrollment/), click the appropriate form on the right-hand side of the page. You must re-enroll in an FSA every year in which you wish to continue this benefit. The form(s) should be sent to HR – by fax (501-671-2251), email (yourbenefits@uaex.edu) or in person. The deadline is Nov. 30.

Visit the [UMR Member Portal](#) to complete the Tobacco Pledge and Notice. Note: The pledge only applies to you, not your spouse or enrolled dependents. If you do not complete the Tobacco Pledge and Notice, you will be assessed a \$50 monthly tobacco surcharge

through payroll deductions on an after-tax basis for the entire 2020 calendar year.

Click the link for step by step instructions on [How To Submit Your Tobacco Pledge](#).

Critical Illness

Critical illness insurance pays you a cash benefit if you are diagnosed with a serious illness, like cancer, or experience a stroke or heart attack. The Critical Illness Insurance vendor will change to UnitedHealthcare, which offers expanded plan design options. [Rates for 2020](#) also will change. Watch for details in your Open Enrollment packet for the new Critical Illness vendor and enroll this year during Open Enrollment.

If you are currently enrolled in the prior Critical Illness vendor (MetLife), you must re-enroll. ■

Personnel Changes

Welcome aboard:

Hayley Rice - Program Assistant, Hempstead County, Hope
Tracy Courage - Director of CES Communications, Office of Communications, Pulaski County, Little Rock
Elizabeth Daigle - County Extension Agent – FCS, Izard County, Melbourne
Kaitlyn Wilson - County Extension Agent – 4H, Pope County, Russellville
Krista Kugler-Quinn - County Extension Agent – Agriculture, Faulkner County, Conway
Terry Spurlock - Associate Professor – Plant Pathologist, Plant Pathology, Lonoke County, Lonoke
Tim Stolzer - Maintenance Specialist – Vines 4-H Center, Pulaski County, Little Rock
Tristin Bolton - County Extension Agent – FCS, Crawford County, Van Buren
Katie Reid - Program Associate - EFNEP, FCS, Pulaski County, Little Rock



Farewell to:

Jennifer Conner - Region Program Associate – Obesity Reduction, FCS, Chicot County, Lake Village
Darren Neal - County Extension Agent – Staff Chair, Ouachita District, Prescott
Sara Brown - 4-H Foundation Managing Director – 4H & Youth Development, Pulaski County, Little Rock