

BLUE LETTER

The University of Arkansas Cooperative Extension Service Monthly Letter

No. 3738 • October 2013

FROM THE DIRECTOR

Extension's FCS department has several programs that target Arkansans whose lifestyles and habits stand between them and good health.

Arkansans suffer with the nation's poorest health, having high levels of obesity, physical inactivity, diabetes and hunger.

The EFNEP program addresses these challenges. So far this year, the program has graduated 1,890 adults and reached 3,820 young people from its "Eating Smart, Being Active" or "Kids in the Kitchen" programs. Participants report changes in their diets and activities that follow a healthier track.

Dr. Serena Fuller, who joined Extension recently, reports that EFNEP is active in 14 counties. Monroe and Hempstead counties should begin offering EFNEP within the next six months. Serena says six more counties will likely come on board by the end of FY2013-2014.

During a recent EFNEP in-service, "Stepping Up to the Plate," 40 county agents and EFNEP PAs learned about current dietary and physical activity recommendations and used their knowledge as they competed in a reality-TV show (*Chopped*) style competition. End-of-the-year awards were presented in a concluding ceremony.

Whether you are involved in EFNEP or any of the other Extension programs we offer, you play a vital role in the quality of life in our state.

Thanks for you all you do.

– Tony Windham

Pulaski County SNAP-Ed team named LRSD VIPS Partner for 2013-2014

Little Rock School District (LRSD) has named the Pulaski County SNAP-Ed team as one of their Volunteers in Public Schools (VIPS) for the 2013-2014 school year. The goal of the partnership is to reduce childhood obesity through nutrition education, gardening and cooking as it relates to nutrition and healthy behaviors. Pulaski County SNAP-Ed will be partnering with 5 of the 10 schools announced during the August presentation. The Pulaski County SNAP-Ed team will be conducting nutrition lessons and activities in classrooms along with a fresh fruit or vegetable tasting and garden activities for first through fifth grade students. This fall, the Pulaski County SNAP-Ed team will focus on teaching students key messages related to making half their plate fruits and vegetables, increasing

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**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

University of Arkansas,
United States Department of
Agriculture, and County
Governments Cooperating

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DR. TONY WINDHAM
Associate Vice President for
Agriculture - Extension and
Director, Cooperative Extension Service

Smith-Lever – A century of Extension

Nearly 100 years ago, President Woodrow Wilson signed a law creating the Agricultural Extension Service – which he called “one of the most significant and far-reaching measures for the education of adults ever adopted by the government.”

In the century since the 1914 Smith-Lever Act, Extension employees have served during war and peace, drought and floods and lean and prosperous times.

“Our key accomplishment over the last century has been to help improve the quality of life for our neighbors in Arkansas, helping the state’s rural areas rise from near-subsistence levels to one fully engaged in modern technology,” said Tony Windham, associate vice president for agriculture - extension.

As Extension moves into the future, our faculty and staff will continue to “create and embrace new tools, such as social media or our responsive-design web site, to enable us to deliver our services where and when we’re needed,” Windham said. “We listen to our county advisory councils and other stakeholders to be sure we never lose sight of the issues important to the people we serve. Our public value is our ability to serve individuals, families or whole communities.”

Through the end of 2014, we will be marking the celebration in subtle ways, with a marketing toolkit for counties, plus presence of the seal on our new web site, letterhead and other printed material.



Lawrence County Summer Day Camp

For nine years, the Lawrence County 4-H staff, in collaboration with other agencies such as the AG&FC, Lake Charles State Park, the Lawrence County Conservation District, Lawrence County EHC and various CES specialists, has held a county summer day camp for 4-H and non 4-H kids entering third through sixth grades.



The Anchors Away/Boat Safety activity at the Lawrence County summer day camp.

Kids participate in this three-day camp because of the variety of activities offered and the low registration fee. Lunch, t-shirts, snacks and materials are provided for \$25.

The camp was held in June at Lake Charles State Park. Each day had a different theme: “Aerospace,” “Boat Safety” and “Crafting From Trash.”

“At the end of every summer, my children are asked what exciting thing did you like best this summer,” says one parent. “Their answer is always the same – going to 4-H camp.” ■

SNAP-Ed Team (cont. from page 1)

physical activity and balancing calorie intake from foods and beverages with calories expended. The team will also hold cooking schools for interested parents and keep them up to date through periodic newsletters. VIPS serves as a link between LRSD and the community while providing patrons and citizens an opportunity to be significantly involved in the education of children. The Pulaski County SNAP-Ed team is glad to take part in that opportunity. ■

What’s new in publications? Find out at:

http://www.uaex.edu/depts/Administration/blue_letter/Monthly_Publications_Report.htm

BENEFITS CORNER

Keep your EYES open...

Information regarding Open Enrollment will be mailed to your home address during the last week of October 2013.

The University of Arkansas Division of Agriculture Cooperative Extension Service will be offering open enrollment for our health, dental and vision plans and announcing the annual Flexible Spending Account enrollment. The enrollment period will begin **November 1, 2013, and end Friday, November 29, 2013. All enrollments and changes will be effective January 1, 2014.**

Flu shots will be available during the month of October at the LRSO. Additional information will be provided by electronic mail soon.

Things can get hectic this time of year so remember the **Employee Assistance Program**. The Employee Assistance Program (EAP) consultation service provides short-term counseling as well as referral and resource assistance for employees (including their spouses and dependents) who experience some form of personal distress. Services are confidential. To contact a representative in the EAP, call toll free: 1-800-542-6021.

Meet the *new* employees!

Colin Massey
County Extension Agent - Agriculture/Water Quality
Washington County

• What's your background?

I earned a Master of Science in 2009 in crop, soil and environmental sciences from UA. I became employed as a program associate in 2010 with the soil fertility group in crop, soil and environmental sciences at UA - Fayetteville. Before earning my master's, I worked for the U.S. House of Representatives for six years, mostly as grants and outreach coordinator. My B.A. is in international relations and European studies from UA. I grew up in Fort Smith, Ark., and have lived in Fayetteville since 2001. My wife, Leslie, and I were married in 2009, and we have a 5-month-old daughter, Adelle.

• What knowledge, skills and experience are you bringing to Extension?

My thesis research focused on bermudagrass forage yield and ammonia volatilization as affected by nitrogen fertilization with a goal of reducing phosphorus runoff.

I spent four years assisting with fertility research on row crops, forages and nutrient dynamics, transformations and losses in soils. I have had ample experience working with and communicating scientific research to growers, other researchers and the public. My previous government service required continuous outreach and communication with the public, community organizations and other agencies.

• What are one or two things you would like your colleagues to know about you?

I am glad to be here, and I'm excited about my future with Extension. I'm pretty laid back, and I'm always eager to learn, get involved and help wherever I can.

• What would you like to accomplish your first year with Extension?

I want to be a valuable member of the Washington County team. I'm very excited about my project and working to increase stakeholder understanding and ownership in the Lake Fayetteville Watershed.

• **What brought you to Extension? What was it about Extension that you value?**

I saw working with Extension as my next professional step and an avenue to once again work with individuals and organizations in my home community. An opportunity to work in the area of water quality and in Washington County really drew me to Extension, and I know it will be an environment in which I can continue to learn and expand personally and professionally.

• **What are your interests or hobbies outside of work?**

Spending time with family and anything involving the outdoors. I love backpacking, hiking, mountain biking and floating when I have the time. I also enjoy playing basketball, watching football in the fall, my dog, playing guitar, gardening, cooking and military history. ■



Valerie Turner
County Extension Agent - Family
and Consumer Sciences
Monroe County

• **What's your background?**

I have a B.S. in communications radio/TV production, an M.S. in teaching and learning, an M.S. in community/school counseling and a

Specialist degree in educational counseling.

• **What knowledge, skills and experience are you bringing to Extension?**

I was an Arkansas 4-H Governor's Award winner and National Presidential Award finalist. I worked four years in the Missouri Extension Service as an FNEP program manager/extension associate. I was a public school guidance counselor for 10 years, and I am a 4-H pistol instructor.

• **What are one or two things you would like your colleagues to know about you?**

I love the outdoors, travel, photography and working with kids. 4-H shooting sports is one of my favorite 4-H activities. I have two awesome nephews.

• **What would you like to accomplish your first year with Extension?**

I would like to start a 4-H shooting sports club and an EHC club in Monroe County.

• **What brought you to Extension? What was it about Extension that you value?**

I have always appreciated what 4-H taught me. Now that I work for Extension, I can pass on knowledge to the next generation. I value Extension's wealth of knowledge and resources shared freely with the public.

• **What are your interests or hobbies outside of work?**

All outdoor activities, photography and travel. ■

A square poster with a red background and a dark brown border. At the top center is the U of A logo (University of Arkansas) with the text "DIVISION OF AGRICULTURE RESEARCH & EXTENSION University of Arkansas System" below it. To the left of the text is a stylized white floral graphic. In the center, the text "SAVE the DATE" is written in large, bold, black letters, with "the" in a smaller font inside a black circle. Below this, the date "01.10.14" is written in large, bold, black letters. Underneath the date, the location "Clarion Hotel Medical Center, Little Rock, AR" is written in a smaller, black, sans-serif font. At the bottom, the text "Annual Division Awards Luncheon" is written in a white, cursive script font.

Grants and contracts

for Month Ending August 31, 2013

Project Title	Award Amount	Principal Investigator	Granting Agency
2014 SNAP-Ed Food and Nutrition Program	\$1,475,041.00	Rosemary Rodibaugh	Arkansas Department of Human Services
High School 4-H Clubs Representing the State of Arkansas at National Conferences and Events	20,000.00	Tom Troxel	Arkansas Livestock and Poultry Commission
LeadAR Class 16 Seminar 5: Natural Resource Issues (Monticello, Arkansas)	300.00		Ross Foundation
St. Francis County Youth Leadership Program	750.00	Holly Valentine	Arkansas Community Foundation
Dicamba Products Tank-Mixed With Co-Herbicides	6,450.00	Bob Scott	Monsanto Company
Experimental Dicamba Formulations Plus Water Conditioner Efficacy on Tough Weeds	6,450.00	Bob Scott	Monsanto Company
Weed Management in Bollgard II XtendFlex Cotton	14,640.00	Tom Barber	Monsanto Company
Herbicide Tolerance of DGT Germplasm	12,900.00	Tom Barber	Monsanto Company
Saved Soybean Seed: Genetics	6,000.00	Jeremy Ross	Monsanto Company
Market and Production Assessment for Double Cropping – Soybeans and Wheat	19,827.00	Jeremy Ross	Illinois Soybean Board
UACES Early Care and Education Projects (Best Care, Best Care Connected, Guiding Children Successfully, 4-H Afterschool) CCDF	322,500.00	James Marshall	DHS Division of Child Care and Early Childhood Education
Demonstrating Sustainable Management of Glyphosate-Resistant Ryegrass	7,200.00	Bob Scott	Cotton Incorporated
MGI Herbicide-Tolerant Soybeans: Evaluation of Mesotrione-Based Weed Management Programs	14,286.00	Bob Scott	Syngenta Crop Protection, Inc.
Grow for the Green Yield Inspection	9,000.00	Rick Cartwright	Arkansas Soybean Association
TOTAL AUGUST 2013 AWARDS	\$1,915,344.00		

Personnel changes

Please welcome the following:

Angelia Y. Anderson

Program Assistant - EFNEP, Drew County, effective August 19, 2013.

Jodi L. Blackard

Administrative Specialist, Pulaski County, effective August 1, 2013.

Cindy L. Maddox

Institutional Services Assistant, Facility Maintenance, effective September 3, 2013.

Colin G. Massey

County Extension Agent - Agriculture/Water Quality, Washington County, effective September 3, 2013.

Russell E. Parker

County Extension Agent - Agriculture, Crittenden County, effective September 9, 2013.

Terry N. Spurlock

Extension Plant Pathologist, Plant Pathology, effective August 26, 2013.

Valerie N. Turner

County Extension Agent - Family and Consumer Sciences, Monroe County, effective September 3, 2013.

Extension says goodbye to:

Michelle Buchanan

County Extension Agent - Agriculture, Crawford County, effective September 27, 2013.

Kristen A. Dickson

Accountant, Financial Services, effective August 30, 2013.

Andrew Hood

Program Associate, Crop, Soil and Environmental Science, effective September 13, 2013.

Barbara J. Tompkins

Program Assistant, Franklin County - Ozark, effective August 28, 2013.