

BLUE LETTER

The University of Arkansas Cooperative Extension Service Monthly Letter

No. 3774 • October 2016

FROM THE DIRECTOR

October is one of those months where look-back and opportunity meet up. This month sees cooler weather we dreamed about in August, and harvest reminds us to look back at our impact.

I confess that “impact” reporting is something we struggle with. Our nature is to be humble people who love our work and the people we serve, but this contributes to us being “the best kept secret.”

So, this is an opportunity. Mary Hightower and I and others are brainstorming on ways to change the best kept secret challenge, while remaining professional and objective. In essence, this will be a “visibility” campaign, and it will go on for years. However, I believe there are many practical and positive benefits from our work being better known. If you have creative and positive ideas about how to “not be the best kept secret,” Mary and I would like to hear them.

Most of you know that I tend to ramble a bit thought-wise, and this apparently cannot be corrected. I recently met a young person who was interested in getting into farming of specialty crops. They were passionate, but had not been successful in spite of “assistance” from various grant-based programs. But they were still trying, which I liked. Another person in the ag lending area told me that many of the farmers being turned down for operating loans had been in business less than seven years. Then two of our newer county agents cornered me about starting a young farmers’ and ranchers’ program in their county, and their enthusiasm told me “they are going to run over me if I hesitate so I said go forth and do good and got out of the way.” I confess I like their attitude.

Anyway, I got to thinking about the land grant university mission. Part of our mission is to make sure there is a next generation of farmers, families, youth and communities that are well-prepared and successful. This is an awesome responsibility but an equally wonderful and important opportunity.

(Continued, page 2)

Welch takes reins as Arkansas 4-H Foundation executive director

Ewell “Pete” Welch, former Arkansas Farm Bureau executive vice president, is putting his administrative skills to his new position as executive director of the Arkansas 4-H Foundation.

The foundation is a nonprofit organization that supports not only the educational programs of Arkansas 4-H, but also the operations of the C.A. Vines Arkansas 4-H Center. The 4-H Youth Development program is part of the Cooperative Extension Service and the University of Arkansas System Division of Agriculture.

“I am honored by this opportunity to not only serve the Arkansas 4-H Foundation, but also the families the foundation serves,” Welch said. “Four-H is actively shaping Arkansas’ future leaders, and to be in a position to work with the volunteers who make up the foundation board in support of 4-H members and programs is a privilege.” *(Continued, page 4)*



From left, Ewell Welch, Deanna Welch and Mark Cochran, Vice President - Agriculture for the University of Arkansas System Division of Agriculture, at a 2014 reception honoring Welch for his contributions to agriculture and the U of A System Division of Agriculture with a boardroom named for him.



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. RICK CARTWRIGHT
Interim Associate Vice President for
Agriculture - Extension and
Director, Cooperative Extension Service

Arkansas Healthy LIFE: Where community and health collide

How many times have you “tried” to be healthier? If you are like us, you know that it can be tough. Foods we need to avoid at every turn and we have to find time (somehow!) to be active. The Arkansas Healthy LIFE (Lifestyles Involving Food and Exercise) project is working to make healthy choices easier in Chicot, Craighead, Jefferson and Monroe counties. Working with local community groups, the project supplements county Extension programs with coalition-driven changes to help local economies, improve local food availability and increase access to public spaces for physical activity.



One year into the project, early successes include farmers' market promotions, city-wide policies to extend or improve sidewalks and bike lanes, and schools that have started youth health teams to help students and staff. Our goal is to make the healthy choice the easy choice – for it to be as easy to walk to the farmers' market for groceries as it is to fight limited parking or drive all the way to the grocery store. We aim for grabbing a banana to be easier than grabbing a bag of chips. When the healthy choice is the easy choice, communities are healthier physically, socially and economically. ■

Supporting local and regional food systems development across Arkansas

The farm to table movement is growing in Arkansas. Many communities have created farmers' markets, established community gardens, and started serving farm fresh food in school cafeterias and more. Arkansas is seeing an increased interest in sustainable agriculture and locally grown foods. A growing number of farms are producing a wide range of locally produced vegetables, fruits, grain, nuts, seeds and livestock.

Our UA Community and Economic Development Unit is participating in a multi-state partnership sponsored by the U.S. Department of Agriculture to investigate state efforts around local food system development. To help us better understand the needs of the local food system players (i.e., producers, market managers, food distributors and consumers), we are conducting a short survey. Please share the survey with your county Extension clientele. CED is also hosting a series of webinars on local foods related topics each third Thursday of the month. The survey and web series information is available at www.uaex.edu/local-foods. Deadline to complete the survey is Oct. 31. ■

From the Director (cont.)

I also talked to the head of the Beginning Farmer and Rancher Development Program at USDA/NIFA, and she agreed that the Cooperative Extension Service in Arkansas and other states would be the ideal leaders for this program. The request for proposals at <https://nifa.usda.gov/funding-opportunity/beginning-farmer-and-rancher-development-program-bfrdp> was recently sent to our unit leaders and selected faculty for review and consideration. Leading a successful proposal could help us establish a very effective and long-term statewide program in this area. We do many important things in the Cooperative Extension Service, but what could be more important than the next generation – whether farmers, families, young people or communities. By the way, I do not use the term “lead” lightly as too many times we are the “tail on the dog” in large grants. I prefer that we be the dog.

I thank all of you for your hard work and dedication on behalf of the Division of Agriculture.

– Rick Cartwright

Battling fall armyworms

Fall armyworms have been widespread and fierce in pastures and hay fields this year. In some cases, loss of an entire hay cutting occurred. Many fields were infested with worms of all sizes, which indicates overlapping generations that often require multiple insecticide applications when short residual products are used. In the harder hit counties, two or more reapplications were required. Joe Moore, Sharp County staff chair, whose county was hard hit, suggested “With infestations like this, farmers need to consider longer residual products.”

Hank Chaney, area ANR educator, and 10 county agriculture agents compared insecticides to show producers the advantage of longer residual products. Generic lambda-cyhalothrin was compared to two products with longer residual activity, either Besiege® or Intrepid®.



Fall armyworm-infested field in Grant County.

All of the treatments killed existing worms in the field. Infestations reoccurred in a couple of demonstrations and showed worms reinfesting at 5 and 25 days after treatment in the lambda-cyhalothrin plots but not in the Besiege® plots. Jennifer Caraway, agriculture agent in Miller County and demonstration participant, said “Armyworms were bad in Miller County this year. This demo gave us the opportunity to compare two popular insecticides and their residuals, which provided valuable information for our social media campaign.” ■



Brad McGinley, Grant County staff chair, taking fall armyworm counts from a demonstration strip in Grant County. Note the mixed sizes.

Extension Service to sponsor five tax update schools

Know a professional tax preparer, farmer, small business owner or anyone else interested in income tax preparation? You can refer them to one of our two-day Income Tax Schools.

Each class runs from 8:00 a.m.-4:30 p.m. and meets the guidelines for 16 hours of continuing professional education. Registration is \$220 per person.

The instructors are tax experts with extensive experience with the Internal Revenue Service. Representatives from Arkansas Department of Finance and Administration will also conduct sessions. We are an approved IRS Continuing Education Provider.

Additional information, including registration information, can be found on our website:

<http://www.uaex.edu/business-communities/business-entrepreneurship/tax-school.aspx>

For more information, contact Kaitlyn Baker or Kim Magee at (501) 671-2072. ■

School Dates and Locations

Van Buren • Nov. 14-15
Fayetteville • Nov. 17-18
Jonesboro • Nov. 28-29
Little Rock • Dec. 1-2
Hot Springs • Dec. 5-6

Mobile Computer Training Lab, what is it?

The Mobile Training Lab (MTL) is a collection of 36 laptops, divided into travel cases of five to six laptops each, that can be used for all types of events and/or programs. You can reserve multiple cases, as available, giving you the number of laptops needed.

What changes are being made? Rather than sending an invitation to the MTL calendar resource, you will complete the online MTL request form. The Employee Links webpage has a link (under Training/Conferencing) to the request form as well as the calendar to view which cases are available.

Need more information? Visit our Employee Links webpage or www.uaex.edu/mtl to get all the details about our Mobile Training Lab.

Are single laptops still available? Yes, along with the cases of multiple laptops, we also have single, short-term loaner laptops. These can be used by individuals or departments for various short-term needs. You can get further information on these by visiting the webpage listed above. ■

Sebastian County 4-H youth learn by doing



Rocket Building • Electric Motors • Food • Playing the Stock Market • Hands on Learning

Sebastian County agents Lance Kirkpatrick and Shaw nee Sorenson and 4-H program assistant Jayson McGaugh conducted five exciting educational day camps this summer for 70 4-H youth.

On day one of Survivor Camp, youth learned how to make fire with magnesium, get coals ready and cook with a Dutch oven. Day two campers built a shelter, searched for edible food in the forest, read a topography map and used a compass.

Canning camp covered canning safety, botulism and types of canning. Campers smashed berries, made blackberry jam and prepared and processed carrots. They tasted the blackberry jam on homemade biscuits.

At fishing camp, campers learned fish facts, including using bait and lures, fish habitat, bait casting and knot tying. Youth also examined a groundwater simulation model and learned about nonpoint source groundwater pollution.

During technology camp, junior and senior 4-H'ers experimented with 3D printing and motors with D cell batteries, learned about electric cars, built Mars Rovers and robots, made rockets using two-liter bottles and learned about hard drives.

Campers played a stock market simulation game throughout the month of June. The winner of the stock market game won a Kindle Fire. The financial camp included the interactive exhibit "Get Real, Here's the Deal," how to make a budget, use credit, write checks, pay bills, save and how much everyday items cost individuals and families. ■

NEAFCS Arkansas Affiliate had a big showing at Big Sky

The Arkansas Affiliate of the National Extension Association of Family and Consumer Sciences had more than 20 members representing the state at the National NEAFCS Conference in Big Sky, Montana, Sept. 11-16.

The following Arkansas members were award winners: Jennifer Conner, third place National and second place Regional, Community Partnership Award; Dr. Lisa Washburn and team, first place National and Regional, Communications Award: TV/Video, as well as third place National and Regional winners, Communications Award: Educational Publication. Jean Ince, Terrie James and Janet Cantrell won second place Southern Region for the Dean Don Felker Financial Management Award and third place National on the Estate Planning program. Diane Clement took the Distinguished Service Award and Carla Hadley won the Continued Excellence Award.

Jean Ince and Terrie James presented a poster session on "Your Farm, Your Legacy – Estate Planning." ■



Pictured, left to right, are Mary Beth Sanders, Pulaski County, JoAnn Vann, Clark County, Terrie James, Hempstead County, and Kristal Draper, Hot Spring County.

Ewell Welch (cont.)

His first job out of school was with the Arkansas Farm Bureau, which hired Welch to be part of its poultry division. He began work there in December 1977 and Welch never looked back, serving at Farm Bureau for 36 years.

The University of Arkansas System Division of Agriculture dedicated a boardroom to Welch in 2014.

"We are thrilled to have Ewell aboard," said Rick Cartwright, interim director of the Cooperative Extension Service. "His professionalism, experience and knowledge of the state and our 4-H programs make him a perfect fit for the foundation." ■

4-H Fall Festival is family fun for a good cause

A little family fun at the Oct. 29 4-H Fall Festival can go a long way toward supporting educational activities for Arkansas youth.

The 4-H Fall Festival will be held at the C.A. Vines Arkansas 4-H Center in Ferndale, about 18 miles from downtown Little Rock. The event runs from 10 a.m.-2 p.m. Admission is free, and the festival features plenty of no-cost family friendly events, such as pumpkin decorating, canoeing, and even a chance to whip up a smoothie using a bicycle. There will also be a chili luncheon, archery and trap shoot events and a silent auction providing fundraising opportunities to support the program. Janet Carson will be speaking at 11 a.m. about fall gardening.

“It’s hard to believe that in our nearly 40-year-history, we’ve never had an open house at the C.A. Vines Arkansas 4-H Center,” said Ewell Welch, executive director of the Arkansas 4-H Center. “The 4-H Fall Festival will be that open house and we want to invite all to see what we do and provide one more opportunity to celebrate National 4-H Month.”

Proceeds from the event will benefit the Arkansas 4-H Foundation. The foundation is a nonprofit group that funds the C.A. Vines Arkansas 4-H Center, the education programs offered at the center, as well as the more than \$70,000 in scholarships offered every year to Arkansas 4-H members. To learn more about the foundation, visit www.arkansas4hfoundation.com. ■



Polk County 4-H'ers help feed the hungry

Polk County 4-H'ers and volunteers packed 20,000 meals with the Pack Shack Fill the Funnel activity Oct. 1 at the Polk County Extension Office to fulfill their 4-H One Day of Service. The Pack Shack is a nonprofit organization based in Rogers, Arkansas, whose goal is to provide nutritious, easy-to-prepare meals for area families in need.

This is the second year the 4-H'ers have chosen this activity for their One Day of Service. That's 40,000 meals prepared and \$10,000 raised to complete this project. Meals go to school backpack programs, food pantries and churches to provide nutritious meals to those in need. ■



Polk County 4-H youth and volunteers at work packing meals for The Pack Shack Fill the Funnel activity.

BENEFITS CORNER

2016 Flexible Spending Account Reimbursement (Health Care Participants Only)

Expenses for your 2016 FSA must be incurred from January 1, 2016, through December 31, 2016. There is no grace period. Up to \$500 of unused FSA funds as of December 31, 2016, will transfer to your 2017 available balance. Any unused amount over \$500 will be forfeited. You have until March 31, 2017, to file for reimbursement for expenses incurred through December 31, 2016.

Remember, keep your receipts. Documentation may be required to substantiate your FSA health care claims.

Keep your Benny Card! Your 2017 amount will be loaded onto your current FSA Benny Card (MasterCard). If you need a replacement card, call UMR at 1-888-438-6105.

Retirement Planning – The Emotional Component

What contributes to a happy and fulfilling retirement? Financial institutions provide planning for retirement. But, where is the information about the psychological and emotional components?

The Arkansas Employee Assistance Program (EAP) will present on the emotional and non-financial aspects of retirement via Zoom on Wednesday, October 26, 2016, from 11:00 am – 12:00 pm. Information on how to sign up for the presentation will be provided prior to the session.

Make sure your address is up to date in Banner! ■



4-H “Build a Bot” STEM session

The Arkansas 4-H Science and Afterschool Programs partnered with AETN to instruct an engineering lesson during the 2016 Arkansas STEM Girls Camp. In this lesson, students built an Explorer Bot that converts potential energy into linear motion. Through building and operating this machine, the STEM Girls explored the relationship between various simple machines and how they can be used to convert potential energy into kinetic energy. The session leaders were Rick Fields, Arkansas 4-H Science coordinator) and Erica Fields (Arkansas 4-H Afterschool coordinator). ■

Cyber Security Awareness Month

October begins National Cyber Security Awareness Month sponsored by the U.S. Department of Homeland Security. The program is designed to engage and educate public and private sector partners through initiatives to raise awareness about cyber security, providing tools and resources needed to stay safe online. Each week will have a new theme and focus. Cyber security plays an important role in our professional and personal lives. We will share some of the higher-value resources to help you avoid becoming a victim. ■

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

Meet the *new* employees!



Leila (lay-la) Davis
 County Extension Agent - Family and Consumer Sciences - 4-H
 Chicot County

• **What’s your background?**

Nutrition and integrative medicine is my background. I have a B.S. in nutrition and an M.S. in family and consumer science from

UCA. I am certified as a LEAP (Lifestyle Eating and Performance) therapist by Oxford Laboratories.

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

I have 14 years of experience in family and consumer science (ninth grade - current). I have studied culinary arts (private lessons), herbalism through the Cedar Bear Liquid Herbal Supplement company and neuro-nutrition through Dr. Daniela Ferdico’s Cogwheel Clinic for neurodevelopment in Seattle post grad. My latest continuing education experience before arriving in Arkansas on July 31, 2016, was in behavioral change therapy through the American Council on Exercise with special interest in weight loss.

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

I would like my colleagues to know that I am playful and use humor for comedic relief often. Expect the unexpected.

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

My goal for my first year at Extension is to gain a statewide network of friends and partners who support my ideals for making Arkansas a safer place to live.

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

My family’s ties to the South brought me to Extension as well as the valued work-life balance that we promote.

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

My interests outside of work are the arts, naturopathy and exploring outdoors. ■



Janeé Shofner
 County Extension Agent - Family and
 Consumer Sciences - 4-H
 Franklin County

• **What’s your background?**

I grew up on a small family cattle farm in Bentonville, and was a third generation 4-H'er. I served as the Arkansas state 4-H president in

2012. I attended the University of Arkansas and received my bachelor of science in food science.

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

With my 4-H and food science background and being a recent college graduate, I feel like I am bringing a fresh perspective and can serve as a liaison between youth and Extension.

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

I am a very optimistic person and I have a huge love of all dogs and puppies.

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

In my first year, I would like to gain as much knowledge as I can through learning from other agents and trainings so I can best serve Franklin County in the years to come.

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

My mother has been an Extension agent the majority of my life, and I grew up watching the impact she made on others and how they impacted her as well. I have seen first-hand how beneficial all Extension programs are to communities, and I am so excited to be a part of that.

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

I picked up a new hobby, calligraphy, this past year and absolutely love it! I am also getting married in May, so wedding planning will be my biggest hobby until then! ■



Jeremy Sutterfield
 Maintenance Specialist
 Lonoke and Newport

• **What’s your background?**

I have a military background.

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

Extensive experience in management, organizational maintenance, safety and accountability.

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

When you first meet me, I may look and sound mean, but I'm really not.

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

My first year at Extension I would like to improve and maintain the awesome facilities at Lonoke and Newport and meet new people from Extension.

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

Chance and the winds of change brought me to Extension. I value Extension's loyalty and that it is a family-oriented institution.

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

I'm catching up on a lot of lost time with my wife and kids. They are my number one priority outside of work. ■

Save the Dates:

State Faculty Conference, Little Rock State Office – December 5, 2016
Division of Agriculture Awards Luncheon, Embassy Suites, Rogers – January 13, 2017

Personnel changes

Please welcome the following:

Tiffany Carpenter

Campus Postmaster, Postal Center, effective September 1, 2016.

Lisa Cook

4-H Curriculum Coordinator, 4-H and Youth Development, effective September 1, 2016.

Leila Davis

County Extension Agent - Family and Consumer Sciences, Chicot County, effective August 16, 2016.

Janee Shofner

County Extension Agent - Family and Consumer Sciences, Franklin County - Ozark, effective August 16, 2016.

Jesse Taylor

County Extension Agent - Agriculture, Franklin County - Ozark, effective August 16, 2016.

Extension says goodbye to:

John Grissom

Administrative Specialist, 4-H and Youth Development, effective September 19, 2016.

Dianne Hardgrave

Livestock Market News Reporter, Animal Science, effective September 30, 2016.

Anne Sortor

Associate Director - Family and Consumer Sciences and 4-H Youth Development, Office of Vice President for Ag-Extension, effective September 1, 2016.

Grants and contracts for Month Ending September 30, 2016

Project Title	Award Amount	Principal Investigator	Granting Agency
2014 Arkansas Extension Implementation Program	\$ 52,285	Glenn Studebaker	National Institute of Food and Agriculture
2014 Arkansas Extension Implementation Program	4,000	Glenn Studebaker	National Institute of Food and Agriculture
2014 Arkansas Extension Implementation Program	23,787	Glenn Studebaker	National Institute of Food and Agriculture
Dow AgroSciences Regulated Cotton Insect Control 2016	2,500	Gus Lorenz	Dow AgroSciences LLC
2014 Arkansas Extension Implementation Program	15,458	Kelly Loftin	National Institute of Food and Agriculture
Growing Pines in Changing Times: Disseminating Modern Pine Management Tools and Techniques for the Small-Scale Family Forest Landowner	51,399	Kyle Cunningham	Arkansas Forestry Commission
County-Based Projects to Reduce Obesity in Arkansas	864,773	Lisa Washburn	Centers for Disease Control and Prevention
National 4-H Council Youth Choice Healthy Living Project	9,218	Lisa Washburn	National 4-H Council
DLA Procurement Technical Assistance Program (PTAP) Non-Distressed, FY17	218,380	Max Franks	Defense Logistics Agency
DLA Procurement Technical Assistance Program (PTAP) Distressed, FY17	180,288	Max Franks	Defense Logistics Agency
NRCS Assistance	45,183	Max Franks	Natural Resources Conservation Service
StrikeForce Program in the Arkansas Delta	200,000	Ron Rainey	Natural Resources Conservation Service
2014 Arkansas Extension Implementation Program	10,470	Sherrie Smith	National Institute of Food and Agriculture
ANRC - Special Project Funds	4,767	Trish Ouei	Arkansas Natural Resources Commission
Total Awards for September 2016	\$1,682,508		