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## Longtime 4-H volunteer, extension retiree Judy Riley accepted into National 4-H Hall of Fame

Though she admits that few occasions render her at a loss for words, Judy Riley said she was “completely speechless” when she learned of her acceptance in the 2026 National 4-H Hall of Fame.

The Arkansas 4-H Foundation Board surprised Riley with the news at a recent meeting. The induction ceremony for the Hall of Fame is scheduled for Oct. 26 in Kansas City, Missouri. Darlene Millard and Mike Klumpp, both National 4-H Hall of Fame inductees themselves and former extension colleagues of Riley, said Riley’s lifetime commitment to the 4-H program makes her an ideal fit for the Hall of Fame.

“The University of Arkansas Division of Agriculture could not have a more staunch supporter than Judy Riley,” Millard said. “4-H functions because of volunteers like Judy, and it continues to be the program that it is because of people like her. This honor is extremely well deserved.”

Each year, 4-H programs throughout the country can nominate one person for the National 4-H Hall of Fame, and 14-16 honorees are chosen for each class.

“I judged the pool of nominations for a couple of years, and all the applicants are so good in different kinds of ways — the competition is fierce every year,” Millard said. “So, to be named in the 2026 class, that speaks so highly of Judy.”

Klumpp said Riley “truly believes in the extension 4-H program, and our extension mission as well — delivering quality educational programs to all clientele across the state of Arkansas.”

“Judy has a passion for working with people and making sure we provide them with the best opportunities for families and their kids, socially and economically,” Klumpp said.



Judy Riley, dedicated 4-H volunteer, was recently accepted into the 2026 National 4-H Hall of Fame. Left to right: Debbie Nistler, assistant vice president of 4-H and youth development for the University of Arkansas Division of Agriculture, Mike Boyd, chair of Arkansas 4-H Foundation Board, Darlene Millard, vice chair of the Arkansas 4-H Foundation Board, Tom Riley, Judy Riley, Erin Riley Leach holding Rhys, Will Leach holding Molly, Lee Riley and Julie Robinson, extension professor of community, professional and economic development for the Division of Agriculture.

Riley said she is a product of Arkansas 4-H, and that if it hadn’t been for the program, “I probably would have had a completely different career and skill set.”

“Part of the success I’ve had in my career has been because of how 4-H helped me develop,” Riley said. “There’s nothing you can get your kids involved in that pays dividends for the rest of their lives the way 4-H does.”

Riley was a member of Washington County 4-H as a youth, where her parents were also actively involved in extension programs. In 1963, Riley was the state 4-H project winner in home improvement and represented Arkansas at the national 4-H Club Congress in Chicago. She served as district 4-H vice president and was a delegate to 4-H Citizenship Washington Focus. Read the full article [here](#).

### THE INSIDE STORIES

Gerald Klingaman puts away the pen

Honey bee swarm tips

2026 4-H Ross Photography Contest

What does 'GLP-1 friendly' mean?

FCS Day at the Capitol

Message from the director

# 2

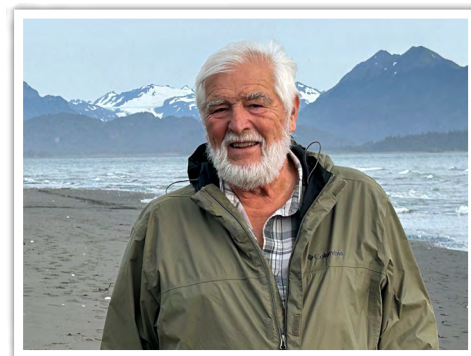
## After nearly 30 years of weekly columns, Gerald Klingaman is putting away the pen

On the approach of his 80th birthday, noted horticulturist and writer Gerald Klingaman has decided to end his "Musings on Nature" column. The column, begun in 2021, followed his long-running "Plant of the Week" column, which ran from 1997-2021.

He joined the University of Arkansas Division of Agriculture Cooperative Extension Service in 1974, both as a professor and an extension horticulture specialist.

In 1997, Klingaman began writing his "Plant of the Week" column for extension. While the Internet was still in its infancy, Klingaman's columns were mailed out as part of a news digest distributed each week by the Cooperative Extension Service's communications department. What began with no expectations of longevity became a 26-year run spanning more than 1,200 columns and earning a devoted readership across Arkansas and beyond.

Even after retiring from the Cooperative Extension Service in 2005, Klingaman continued producing the column until 2021, when he launched his "Musings on Nature" series. Across both columns, he wrote continuously for extension audiences from 1997 to 2026, blending horticultural expertise, storytelling and reflections on nature, travel and Arkansas connections.



Read more [here](#).

## Spotted a honey bee swarm? *Stay calm and call a beekeeper!*

Have trouble with bee swarms near your home? Learn why this happens and how to get help [in this article](#).

For more information on bee swarms, [watch this video](#) and visit the [Beekeeping in Arkansas page](#).



When their food sources are abundant in spring, honey bee hives become crowded, leading to a swarm, when part of a hive separates from the rest to establish a new colony.

## Arkansas 4-H members test technical, artistic skills in annual photography contest

Arkansas 4-H members from 53 counties practiced their creativity and submitted entries to the [2026 Ross Photography Contest](#), with Catelyn Stearman from Washington County bringing home Best in Show.

Entries captured scenes of nature, including landscapes and close-up shots of plants, along with human and animal subjects. 4-H members first submitted their photos at the county level, and those winners were submitted for consideration at the state level. Read more [here](#).



Best In Show: 1st Place - Black and White Non-Living, Catelyn Stearman - Washington Co

## What does 'GLP-1 friendly' mean?

Broad use of a hormone prescribed for weight loss has spawned a flurry of menu items touted as “GLP-1 friendly,” but it’s a phrase that has no strict definition, said nutrition expert Lida Araghi.

“‘GLP-1 friendly’ is not a standardized or regulated nutrition claim,” said Araghi, who is an assistant professor — extension nutrition and foods specialist for the University of Arkansas Division of Agriculture. “That is an important consumer takeaway.”

GLP-1 stands for glucagonlike peptide 1, a hormone the body naturally releases from the gut after eating. It plays several important roles in appetite regulation and blood sugar control.

“In everyday conversation, people often use ‘GLP-1s’ as shorthand for a group of newer diabetes and weight loss medications,” Araghi said. “Some work on GLP-1 receptors, while others, such as tirzepatide, act on more than one gut hormone receptor.

“The common effect across these medications is im-

proved satiety, appetite regulation, and blood sugar control,” she said.

Araghi said the phrase may be a clue about the nutritional value of the food but is not a guarantee the food is a good fit for the consumer’s diet. She offered a checklist for consumers deciding whether to order the GLP-1 friendly item:

- Is there a meaningful protein source, not just a small amount?
- Is fiber coming from whole foods such as vegetables, beans, or whole grains, and introduced gradually if the consumer has gastrointestinal symptoms are an issue?
- Is the portion size reasonable, or could it be split?
- Is it lower in very highfat, fried, or very sweet components if nausea or reflux is a concern?
- Does it match individual tolerance, which can vary widely?

Read more [here](#).



## Extension hosts inaugural Family and Consumer Sciences Day at the Capitol

The second-floor rotunda at the Arkansas State Capitol buzzed with conversation as Cooperative Extension Service staff connected with legislators, agency leaders and community organizations during the inaugural Family and Consumer Sciences Day at the Capitol on April 16.

Hosted by Cooperative Extension Service family and consumer sciences, or FCS, professionals, the event was “an important opportunity for extension to highlight the critical role family and consumer sciences plays in strengthening Arkansas families and communities,” said Jessica Vincent, extension assistant professor of health and community and public health outreach specialist for the University of Arkansas Division of Agriculture.

“FCS Day at the Capitol allowed policymakers, agency partners and the public to see firsthand how extension’s evidence-based programs address real, everyday challenges impacting health, financial stability, food security, child and family development and overall quality of life,” Vincent said.

Nina Roofe, assistant vice president of family and consumer sciences for the Division of Agriculture, highlighted how coordinated FCS programs around the state support Arkansas’ families.



The second-floor rotunda at the Arkansas State Capitol buzzed with conversation as CES staff connected with legislators, agency leaders and community organizations during the inaugural FCS at the Capitol on April 16.

“Hosting this event at the Capitol helps legislators see the real return on investment of extension,” Roofe said. “This is a great way to tell our FCS story and show attendees how our work directly supports Arkansas families and state priorities.”

Read more [here](#).

## June Birthdays

Mae Rosby - June 1	Lanny Ashlock - June 8	Sharon Dawson - June 17	Linda Outlaw - June 25
Ford Baldwin - June 1	Rex Roberg - June 9	Berni Kurz - June 18	Romona Thieme - June 25
Robin Bridges - June 2	Jo Howard - June 10	Lila Grist - June 20	Allen Bates - June 25
Linda Hon - June 3	Graffie Eldridge - June 11	Bonnie Taylor - June 20	Iris Phifer - June 27
Jesse Clark - June 4	Tamara Walkingstick - June 13	Rin Robertson - June 20	Pamela Ferrill - June 27
Debra Baker - June 5	Michael Hamilton - June 14	Dennis Bailey - June 21	Jim Robbins - June 28
Mike McCarter - June 5	Rick Wimberley - June 14	Rick Cartwright - June 21	Dorothy Hall - June 29
Jelyne Coldwell - June 6	Janet Kuykendall - June 16	Sherry Black - June 23	
Brenda Vick - June 7	Sue Oglesby - June 16	Clifford Coker - June 24	
Vetress Strong - June 8	Samuel Boyster - June 16	Carroll Garner - June 25	

## Message from the director



Well, summer is here again. For our friends on campus, that means that students are mostly gone. In Extension, our calendar works a little differently. For us, summer means that the students are here. In May, we welcomed a new crop of summer interns to the Division of Agriculture. Let me tell

you, it's a bumper crop. I believe this is the largest group we've had: 13 County Extension Agent interns, 10 Experiential Scholars Program interns, two Extension Animal Science interns, and six 4-H/Youth Development interns (two in the state office and four at the C.A Vines Arkansas 4-H Center).

This year, we have drawn interns from more schools than ever before. We have students from most of the state's four-year universities and several community colleges. We drew interns from schools in Oklahoma, Texas, Tennessee and Ohio. We even have an intern from Constructor University in Germany. The recruiting reach we see in this year's intern class speaks to the quality of our internship

programs. These students will get much more than a line on their resume; they will have in-depth, hands-on learning experiences that will inform their future educational and career decisions. That's what all internship programs promise. Our internship programs in UADA actually deliver it. That is not an accident. It is a result of the thoughtful planning and hard work that our faculty and staff invest in these programs.

It is a real privilege and a lot of fun for me to welcome our interns to Extension and the Division during their orientation. The enthusiasm and energy of a group of young people are infectious, and it is rewarding to have a role in helping them channel that enthusiasm and energy toward a productive career. That is not the best part, though. The best part for me is seeing our intern mentors' involvement. Our specialists, agents and staff who work with the interns are no less enthusiastic and energetic than the interns themselves. Hearing them explain to the interns what they do, and more importantly, why they do it never gets old. At its core, the message to the interns always comes down to service. We help people. Nice work if you can get it.

## Welcome Sam Boyster to the Extension Cord Editorial Board

We're excited to welcome **Sam Boyster** to the Extension Cord Editorial Board. Sam will also soon launch a new "Tech Tips" feature designed to help readers navigate today's fast-changing digital world. Look for practical advice on topics such as managing passwords, protecting your online identity, avoiding scams and more.