



Keeping you connected

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Becky Mullhollen: A love for travel and 4-H

After finishing her degree in home economics, Becky Mullhollen went to work for Extension. She started in Craighead County as a 4-H/home economics county agent. After 14 years Mullhollen moved to Poinsett County as the home economics agent there until she retired in 2001.

Being in 4-H herself, Mullhollen knew she wanted to work for Extension as a teenager.

"My mother was in the home demonstration club, and I really liked it," Mullhollen said. "It's what I wanted to do."

She said that going on trips and 4-H was some of her favorite things about working for Extension.

"Working with the kids, going on trips with them and teaching them things was something I enjoyed," Mullhollen said.

Chaperoning kids on trips was a highlight of her Extension career, and she went several places with them.

"I went to Citizenship Washington Focus in Washington D.C.," Mullhollen said. "I went back to D.C. for a conference later. We also always went to State O'Rama in Fayetteville."

Mullhollen got to meet plenty of people over her years with Extension. Some of her friends today were made through an exchange program.

"We got to participate in that exchange program with North Carolina," Mullhollen said. "They came here one year, and we went up there the next year. A few of them stayed here with me, and my youngest daughter went back home with them. We still visit to this day after 40 years."

When asked what she has done with her free time, she answered almost immediately.

"Quilting. I have done a lot more quilting," Mullhollen said. "I've made quilts for my four grandchildren and some others."

She has been fascinated by the activity since childhood.

"I was raised on the farm, and my grandmother did quilting,"

she said. "It's just always something I wanted to do, and I had to wait until after I retired. I wish my grandmother could see the quilts I do now."

Mullhollen's passion for traveling did not stop when she retired from Extension. She continues to make trips, some even across the world.


"I travel with two other women, and we've been everywhere," she said.

Some of the locations that she has traveled to include England, Scotland, Canada, Greece and Las Vegas. One of her favorites is Ireland.

"There is a castle in Ireland that has the same name as my maiden name, which was neat," Mullhollen said. "I loved the countryside, and I felt like it was where my ancestors were."

She said one of the best parts of working for Extension was educating people about nutrition choices and working with youth.

"I liked working with the low-income families on how to budget for food and to save money," she said. "I enjoyed working with the kids too. I used to work at the pioneer place for a week to teach the kids about quilting."

Throughout her career as an extension agent, Mullhollen educated families and made a difference in the lives of 4-H members. 



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Competition heats up in Arkansas 4-H Food Challenge

For people who live on a tight budget and in areas with limited access to food, eating nutritionally balanced meals can be a challenge. Through Arkansas 4-H, youth are learning this important life skill, and on Aug. 6, 50 members showed just how creative they could be in preparing an inexpensive but nutritional meal.

Members from eight counties competed in the competition, which was modeled after the Food Network's popular show "Chopped." The competition was held at the University of Arkansas-Pulaski Technical College's Culinary and Hospitality Management Institute where teams had 40 minutes to prepare and present a dish.

The competition twist: The young chefs had to create meals using ingredients available at dollar stores, such as Family Dollar, Dollar General and Dollar Tree. Using canned beans, corn, chicken broth, canned chicken, cheese, mushrooms and tortilla chips, the young chefs whipped up an array of dishes from tortilla dip and taco bowls to chicken nachos and soups.

A panel of Cooperative Extension Service family and consumer science agents and specialists scored the teams on preparation and presentation. Fifteen teams participated from eight counties: Benton, Drew, Franklin, Grant, Howard, Madison, Saline and Yell counties.


Adelene Westfall, Sarah Lamb and Alex Trombley of Howard County's "Seniors with Spatulas" won first place in the senior division, impressing judges with burgers seasoned with basil and oregano topped with sauteed mushrooms and melted cheese on toasted buns. The team competed in the protein category and was given ground beef, salt, pepper, oil and bread, and balsamic vinegar.

"The balsamic vinegar threw us off," Westfall said. "We were trying to figure out what to cook."

Instead of using the vinegar, the young cooks used part of their budget to buy cheese, mushrooms and extra spices to dress up the burgers while keeping costs low.

The team will advance to the 4-H National Food Challenge in September at the Texas State Fair.

"The Arkansas 4-H Food Challenge is an ideal event to showcase the Healthy Living 4-H Project because it incorporates food and nutrition, decision making, utilizing available resources, teamwork and time management skills," said Angie Freely, associate 4-H department head. "Teams must work together to succeed in this hands-on event, and that's how 4-H instills life skills in its members. Practicing life skills through 4-H experiences prepares them for using those same skills in different scenarios throughout their lives."

To learn about the 2021 Arkansas 4-H Food Challenge and to view more photos, read the full article [here](#). 



The Howard County "Seniors with Spatulas" From left: Alex Trombley, Adelene Westfall and Sarah Lamb.


An update on COVID-19 booster shots

Dr. Bryan Mader, health specialist and assistant professor, shares the latest on COVID-19 boosters:

As of Friday, September 17th, the FDA's Vaccines and Related Biological Products Advisory Committee voted 16-2 to reject a proposal for COVID-19 booster shots for the general public, including those aged 16 and older. However, **the committee did come to the unanimous decision to recommend the third booster shots for people aged 65 and older, as well as other vulnerable Americans, such as those at risk for severe disease.**

While this decision is non-binding (meaning the Biden administration could instruct the FDA to continue with the plan to roll out the boosters to everyone), the decision does hold a lot of weight for top officials to make a final ruling. The week of September 20th, the CDC will meet to discuss plans for distribution of the booster doses, pending the final ruling from the FDA.

For context, booster doses were initially recommended due to a series of studies done by the CDC that showed the vaccines' protection diminished over several months' time, suggesting that a third dose was necessary to improve overall vaccine effectiveness. It is worth noting here that the vaccines are still extremely successful in protecting us from severe disease and death. However, part of the pushback from the FDA committee is a lack of data supporting the third dose boosters, as well as worry about myocarditis in younger people, for which there is also a lack of data.

I think it is important to mention here that the reason for changing guidance, conflicting information, and split committee votes boils down to ensuring that whatever final decision is made is in the best interest of all who are affected by COVID-19 (that's everyone!). For that reason, these decisions are difficult and take time. 



Message from the director

I want to start off this month's Extension Cord article by thanking Dr. Mark Cochran for his leadership over the past decade. His support has meant a lot to me both personally and professionally. Although I would have liked to have kept him for a boss for at least another year or so as I continue to learn my new role as director, I do wish him and his wife, Alicia, all the best and hope they enjoy this new stage of life. Also, I want to remind Brian Helms that we have another candidate to join our army of Extension retirees!

Sadly, as I looked over my August article, I realized that I could probably have cut and pasted my comments on COVID-19 issues. In Arkansas, we are still experiencing a high number of cases. The Delta variant is more adversely affecting our young people than during our previous spike in cases, and sadly, most hospitalizations and deaths are among those people choosing to not get the vaccine. The good news is that overall case numbers are far below the peak we saw back in mid-August, and although we are lagging behind the U.S. average, our first-dose vaccination rate is now close to 55 percent. We continue to provide educational materials on COVID-19 and the vaccine. We continue

to do our best to operate and conduct the business of Extension in the safest and most effective ways possible during this time.

Even with COVID restrictions in place at many events, fall is here, and it is time for county fairs, fall festivals and football! We are going forward with many events.

One that I am looking forward to is our Dinner at the Vines event on Oct. 5 benefitting Arkansas 4-H. Dr. Martha Ray Sartor, Dr. Angie Freel, John Thomas, JJ Pitman and many others are working very hard to make this event fun and safe. If you are not attending, you can check out the online auction that opens Sept. 27 at 4hauction.uada.edu. There's some great items up for grabs.

Finally, I want to thank recent retirees Al Rosendale and Pat Walters for their service. Al was a part of the Office of the Director, and his contributions are greatly appreciated. I also want to thank Pat for putting up with me as a faculty member during her years in the administrative suite!

I hope you are all staying safe and able to get out and enjoy some fall activities. ☺



Dr. Mark J. Cochran announces retirement

After guiding the University of Arkansas System Division of Agriculture through a decade of growth, vice president for agriculture, Dr. Mark J. Cochran, will retire effective Sept. 30.



"After 39 rewarding years in the University of Arkansas System, retirement is not a decision that was made casually or in haste," he said. "It's been an honor to lead the Division of Agriculture and there is still much that can be accomplished. However, the time has come to pass on that responsibility to the next leader of the division and to enjoy time with my family and especially my granddaughter."

Cochran said one of the most satisfying aspects about his time within the Division of Agriculture was that its people and work "probably touch more lives than any other institution in higher education."

Read the full article [here](#). ☺

Fall Events

Oct. 1-3 – [Hot Springs Arts & Crafts Fair](#), Hot Springs

Oct. 8-9 – [Arkansas Scottish Festival](#), Batesville

Oct. 8-10 – [Vintage Market Days of NW Arkansas](#), Bentonville

Oct. 14-16 – [Ozark Regional Arts & Crafts Fair](#), Fayetteville

Oct. 16 – [War Eagle Mill Fall Arts & Crafts Fair](#), Rogers

Oct. 23-24 – [Bean Festival & Great Arkansas Championship Outhouse Races](#), Mountain View

Event availability is subject to change. Please check event links to stay up to date.

October Birthdays

Portia Short - Oct. 1	Jimmie Lee Bowling - Oct.	Charlotte Gorman Trent - Oct. 10	Frank A. Roth II - Oct. 16	Pam Cannada - Oct. 20
Pat C. Hayden - Oct. 2	Judy M. Riley - Oct. 5	Judith R. Urich - Oct. 11	Tom Troxel - Oct. 16	Renee E. Myers - Oct. 20
Larry Pryor - Oct. 2	Lazaro English - Oct. 5	Armenthia Willis - Oct. 12	Carolyn A. Meeks - Oct. 17	James A. Clower - Oct. 21
Bobby Hall - Oct. 2	Sheila Whiteley - Oct. 5	Elinor Sue Coates - Oct. 13	Gail Torok - Oct. 17	Tom Riley Jr. - Oct. 22
Frank Jones - Oct. 3	James R. Lipsey - Oct. 7	Jack Boles Jr. - Oct. 13	Ron Baker - Oct. 17	Mark B. Bryles - Oct. 23
Gerald Klingaman - Oct. 3	Suzanne Wiley - Oct. 8	James Hood Jr. - Oct. 14	Mary K. Parker - Oct. 18	Wanda Snyder - Oct. 23
Stanley D. Carter - Oct. 3	Glen Ford - Oct. 10	Bruce Knox - Oct. 14	Cecilia Harberson - Oct. 18	Janice B. Gooch - Oct. 27
Paul Beck - Oct. 3	Billie Coleman - Oct. 10	Rich Poling - Oct. 14	Hugh W. Plumlee - Oct. 19	Janella B. Pugh - Oct. 31
Craig Andersen - Oct. 4	Lorene McGuire - Oct. 10	Carroll R. Prewett - Oct. 15	Mable Tate - Oct. 19	

Welcome new retirees!

Al Rosendale - Office of the Director

Al began his career with Extension in July of 2010 and retired on July 31, 2021. He served in the Office of the Director as an Administrative Specialist at the time of his retirement. Al retired with 10 years of service.

Pat Walters - Office of Inclusion, Access, and Compliance

Pat began her career with Extension in January of 1981 and retired on July 31, 2021. She served as the Administrative Associate for the Office of Inclusion, Access, and Compliance at the time of her retirement. Pat retired with 40 years of service.

Scholarship donations

The following gifts were recently received to support professional development opportunities for faculty and staff of the Cooperative Extension Service.

Extension Service Retiree Scholarship Fund

Bobby Hall

In memory of Harvey Gordon

Darlene Millard

In memory of Barbara Chapman

Don Plunkett

In memory of Barbara Chapman

Honorary or memorial donations should be forwarded to the Development Office, ATTN: Brian Helms, Cooperative Extension Service, 2301 South University Ave., Little Rock, AR 72204. If joint recognition is desired, please indicate. To ensure proper notification is sent, please also include in whose honor or memory the gift is made and the mailing address of the person to receive the notification.

A Perfect Place to Shop

Our Arkansas 4-H Dinner at the Vines on-line auction opens Sept. 27 and can be accessed at 4hauction.uada.edu.

We have lots of items that could make excellent holiday gifts!



Made or donated by Extension Employees

- 6-inch celebration cake or 2 dozen cupcakes
- Handmade Wooden 4-H pen/pencil set made from wood at center
- Handmade wooden cutting board
- Honey and Beeswax gift set
- Art

Here's some of the items up for grabs:

- Freshwater pearl necklace and earrings from Laura Stanley
- Arkansas Symphony Orchestra Tickets
- Restaurant gift cards: Mellow Mushroom, Cypress Social Three Fold Noodle Co.
- Car detailing from Ducky's
- Little Rock Zoo membership
- \$100 meat package from Milltown Valley Meats

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