



Keeping you connected

extension cord

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Multimedia program supports diet, exercise, nutrition during COVID-19 isolation

The time of coronavirus is no time to ignore diet and exercise.

A multimedia program from the University of Arkansas System Division of Agriculture is designed to help people focus on health and nutrition during COVID-19 isolation with video demonstrations, fact sheets and weekly open-forum online discussions.

The project is a collaboration of the Division of Agriculture's Center for Human Nutrition and the University of Arkansas' Exercise is Medicine program.

D-FEND — for Diet, Food, Exercise and Nutrition During social distancing — provides an open forum to discuss questions related to diet, food and exercise with scientific experts during COVID-19 isolation, said Jamie Baum, associate professor of nutrition for the Division of Agriculture and director of the Center for Human Nutrition.

The program also features "Fast Facts" videos and fact sheets that are designed to help with decisions related to diet, food and exercise during social distancing, Baum said.

"I think this will be a way for people to connect in this time of isolation while also finding important and useful information," she said.


The open forum topics and "Fast Facts" are hosted or produced each week by Baum and University of Arkansas faculty and students from the Dale Bumpers College of Agricultural, Food and Life Sciences' department of food

science and the College of Education and Health Professions.

Baum led the first forum Friday, May 15, with an introduction to D-FEND, followed by a question-and-answer session. Register for upcoming forums at <https://bit.ly/AAES-D-FEND>.

Weekly topics so far include:

- Venturing back out: shopping safely at the grocery
- How to get your 10,000 steps at home
- Get those Zzzzz's: The importance of sleep
- Boost your immunity with diet and exercise
- Budget bites! Snacks and meals that keep you full on a budget
- Diet, exercise and mood
- Kids and exercise
- Staying safe for the Fourth of July: Food safety, healthy recipes, physical activities

For more information contact Baum at the Center for Human Nutrition at cfhn@uark.edu or visit the Center's webpage at <https://nutrition.uark.edu>. 



THE INSIDE STORIES

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Pursuant to 7 CFR § 15.3, the University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services (including employment) without regard to race, color, sex, national origin, religion, age, disability, marital or veteran status, genetic information, sexual preference, pregnancy or any other legally protected status, and is an equal opportunity institution.

Extension Retiree Scholarships awarded for 2020

Extension retiree scholarships of \$750 each were awarded to JoAnn Vann, family and consumer science agent in Clark County; Elizabeth Easley, 4-H agent in Mississippi County; and Melanie Berman, Arkansas PTAC program director in Pulaski County. While scholarship recipients are traditionally recognized at the annual spring luncheon, this year's event cancellations have put that on pause. The Extension Cord editorial board hopes to recognize the recipients later this year.

JoAnn Vann is pursuing a Master of Science in Agriculture and Extension Education at the University of Arkansas at Fayetteville.

One of her colleagues said, "As Clark County's family and consumer sciences agent, JoAnn works tirelessly with several groups and individuals to help them improve their life situations, whether it be nutrition, exercising more, finances, or family relationships. Her knowledge and expertise goes well beyond FCS programs. Her advice is widely sought after on raising rabbits, dairy goats, and homesteading arts and skills."

Elizabeth Easley is pursuing a Master of Education in Human Resource and Workforce Development at the University of Arkansas.

Elizabeth began work in the Mississippi County Extension office in April 2016, as a 4-H agent. As one of her colleagues puts it, "Historically, establishing youth programs in Mississippi County has been challenging. Elizabeth has met these challenges head on and has expanded meaningful programming across the county. Due to her leadership, Mississippi County youth have been competitive at the state and national level."

Elizabeth plans to use her degree to create a relevant 4-H programmatic experience for clients. With a degree in HRD, "I gain the necessary skills in analyzing, designing, developing, implementing and evaluating a successful countywide 4-H program", she said.

Melanie Berman is working to earn the Project Management Profession (PMP) certification, the most widely recognized certification for project managers.

Melanie has served as the director of Arkansas Procurement Technical Assistance Center (PTAC) since January 2017. She oversees a staff of four program associates and two administrative specialists. Under her leadership, the team provides training, technical assistance and other support for Arkansas companies seeking to sell goods and service to local, state and federal government entities.

"Her participation in this training course will help position her for success in gaining this certification. It will also have a direct positive impact in Ms. Berman's ability to continue to grow the PTAC program and fulfill the mission of the Division of Agriculture to strengthen agriculture, communities, and families by connecting trusted research to the adoption of best practices," said Dr. Stacey McCullough, director – Community, Professional & Economic Development.

The Extension retiree scholarship supports professional development opportunities for Extension faculty and staff. It is funded by generous donations to the retiree scholarship fund from retirees, Extension faculty and staff, and friends and family members of retirees. Because of them, 23 scholarships have been awarded to Extension employees since 2009, for a total of \$12,250.

The editorial board would like to thank all those who have contributed to the retiree scholarship fund for making these scholarships possible. 



Scholarship recipients (from left) JoAnn Vann, Elizabeth Easley and Melanie Berman.

Judy Riley honored with AACES Service Award


Judy Riley, former Delta District associate district director and county extension agent, was recently honored with the Arkansas Association of Cooperative Extension Specialists (AACES) Service Award. This award recognizes unselfish service and dedication to the University of Arkansas Cooperative Extension Service or to the Land-Grant System and is considered a rare and coveted award.

Quoting from her nomination packet: “Judy is a true role model for someone who is passionate about CES and 4-H. She is constantly trying to help ensure that the vitality of CES and 4-H programming, even while retired, by being an advocate for the cause. She is unselfish in her service endeavors.”

Her favorite part of Extension work has been “helping folks, that’s all it in a word!” Judy loved training and encouraging fellow employees and volunteers. Being a part of another’s growth and development was “all of it” for her. Judy’s kids may even claim that she practiced on them.

In retirement, Judy has stayed involved in extension and her community by coordinating the Rice Expo, fundraising for LeadAR, rehabilitating a 100-year-old building for a community library (LeadAR Project), serving as the fund development committee chair and treasurer of the Arkansas 4-H Foundation and planning educational projects for the White County Farm Bureau.

Judy also knits hats and makes teaching dolls for Arkansas Children’s Hospital through her local Extension Homemakers Club. She recently made 140 Covid masks with lots of help from her husband.

She has been involved with extension much of her life. She grew up on a poultry farm in Farmington, Arkansas. She was a 4-H member and went on to be a state project winner and state officer. She lives in El Paso, Arkansas, with her husband and fellow retiree, Tom Riley. 



To our Extension retirees

Welcome to June, the best month we are currently in. June features the “longest day of the year” and the start of summer, so it remains one of my favorite months and the hot temperatures in the current forecast really help my attitude given the cool spring we had. I like hot weather.

We are living in extraordinary times, and our colleagues have effectively exemplified your legacy of “adapting” and “figuring out how to get it done” in spite of very challenging circumstances. Yes, I am referring to the COVID-19 pandemic and how that has affected our programs, impact and lives. But Extension has not just coped during this crisis, we have excelled together. This issue of the Cord illustrates one of the many successful virtual education efforts created and implemented by our professionals to help people during these times. And it has been highly accepted and praised for helping people cope – healthwise – during the Covid isolation we have been living under. It is a great story and example.

There are many other examples accumulating across the organization, and the number and quality of “success stories” or “impact statements” this year will rival any year before. Stay tuned as we write and talk about these efforts in the months to come. To say they are impressive is an understatement. I sincerely appreciate our folks for their hard work and dedication. It is a continuing testament to the Extension Service that all of our retirees built.

I note in this issue the recipients of the Retiree Scholarships — Jo Ann Vann, Elizabeth Easley and Melanie Berman. When I look up the word “quality” or “professional” or “exceptional” in the dictionary, their pictures are there. They make our scholarship program look really good. Congratulations to all. We sincerely appreciate the selfless dedication and donations of all retirees to continue this effort. It has changed many lives for the better so thank you!




July Birthdays

Jim Wallace - July 1	Wally Goddard - July 15
Michael Hedges - July 1	Candace Carrie - July 15
Wanda Snow Pemberton - July 3	Patsy Stephens - July 16
John Gunter - July 3	Nora Terry - July 16
James Jefferson - July 3	Bobby Johnson - July 16
Sheryll Gregory - July 3	James Aikman - July 17
Randy Chlapecka - July 3	Susan Pickle - July 17
Shirley Hesselschwerdt - July 4	Debbie Archer - July 17
Veda Thompson - July 4	Ora Lee Yates - July 19
Louise Williams - July 4	Joyce Whittington - July 19
Mike Klumpp - July 4	Leon Ferguson - July 20
Jane Mowry - July 5	J. B. Williams - July 21
Jimmy Moore - July 5	John Boyd - July 21
Debbra Still - July 6	Helen Glass - July 22
Millie Collins - July 7	Gail Kizer - July 22
Andy Vangilder - July 7	Relda Washburn - July 24
Betty Lou Archer - July 8	Virginia Cottrell - July 24
Carolyn Lewis - July 8	David Foster - July 25
Quinton Hornsby - July 8	Tony Windham - July 26
Jim Bemis - July 10	Mark Keaton - July 27
Liz Childs - July 10	Ruben Johnson - July 28
Linda Gaye Tanner - July 10	Wanda Shelby - July 28
Thomas Vaughns - July 12	Tommy Thompson - July 29
Carolyn Burns - July 12	Madlyn Mason - July 30
Sung Lim - July 13	Edwin Colburn - July 31
Dolores McBride - July 14	

To our Extension retirees, cont.

We offer our congratulations to Judy Riley on her recognition for the AACES Service Award. The nomination mentions words like "role model", "help", "advocate", "unselfish", "passionate," and all those and more are deserved. I am just proud to know her.

Most of you know that I am moving on to retirement July 1, so I convey to all of you sincere thanks for working with me as the Director the past few years. Your support, friendship, advice and encouragement made the difference, and I am very appreciative. It has certainly been an honor to serve and, in leaving, I would simply share with you that I still believe the best days for Extension and the Division are ahead of us, and I look forward to the achievements by this organization in those days.

As my Scottish ancestors might say "Lang may yer lum reek" ("Long may your chimney smoke" = I wish you good luck and good fortune for the future.) 

Scholarship Donations

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

Extension Service Retiree Scholarship Fund

Margaret Alexander


In honor of Fann J. Woodward

In honor of Portia Short

Lanny Ashlock

In memory of Leo Rainey

Donna Graham

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. 

Yes, I will subscribe to the *Extension Cord*.

	Cost	Amount Enclosed
Extension Cord	\$18.00	_____

Please make check payable to **UA CES** and mail to Martha Thorpe, Communications Department, 2301 South University Avenue, Little Rock, AR 72204-4940.

NOTE: Please do not combine payment for an Extension Cord subscription and a scholarship donation in one check. Payment for the **Extension Cord** should be made to **UA CES**. Payment for **scholarship donations** should be made to the **UA FOUNDATION**. If you include payment for an Extension Cord subscription in a check made payable to the UA Foundation, the entire amount will go to the UA Foundation.

Yes, I want to support the fundraising initiative in support of the Cooperative Extension Service Retiree Scholarship.

Enclosed is my gift of \$_____. My gift is in honor / in memory of _____.

Name/Address for notification of honorary and memorial gifts:

Please make check payable to the **UA Foundation** and mail to Brian Helms, Development Office, 2301 South University Avenue, Little Rock AR 72204-4940.