

BLUE LETTER

The University of Arkansas Cooperative Extension Service Monthly Letter

No. 3754 • February 2015

FROM THE DIRECTOR

You may have noticed in the last few weeks that Zimbra seems to be slow, but it's not Zimbra, it's Barracuda, our spamfighter. Since late last year, attacks on our system have been on the rise and are becoming increasingly sophisticated.

We face phishing attacks where decoy e-mails lure the recipient into revealing information such as usernames, passwords or personal information such as Social Security numbers. Spoofing is another challenge where e-mails claim to come from an e-mail administrator with notice of an upgrade or having exceeded your storage capacity. Other e-mails contain dangerous attachments masquerading as delivery receipts or say that a virus has been detected on your computer and you must download a fix. Often these downloads are viruses that, in at least one case, permanently locked down a hard drive.

Each time one of us falls for one of these attacks, it prompts Barracuda to work overtime, slowing the system. Worse yet, falling for one of these attacks can prompt other IT systems to "blacklist" us, preventing anything from our domain (uaex.edu) from getting through.

So when you receive an e-mail, take an extra second or two to look before you click. And if by chance you do click on one of these traps, let Sam Boyster or the call center know right away. The sooner they know, the sooner they can secure your e-mail account and prevent it from generating the spam that keeps us blacklisted. We appreciate the efforts that Sam and his team go through every day to keep our e-mail usable and our servers safe.

– Tony Windham

Developing a security mindset for all IT users

One of the biggest challenges computer system administrators face today is security. Awareness that we are under constant threat by perpetrators intent on stealing information or using our systems to send out their spam is key to developing a security mindset to vet suspicious activity on your computer or via phone. The more visible attempts are through e-mail phishing to obtain your user name and passwords.

What to Know

- Never provide your username and password in response to an e-mail message.
- Make your password more challenging. Use upper and lower case letters, numbers and avoid words found in the dictionary. Why? The No. 1 password used in 2014 from a sampling of 3.3 million passwords was "123456." And the number two password used was "password."

(Continued, page 2)



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**
University of Arkansas System

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

Inside:

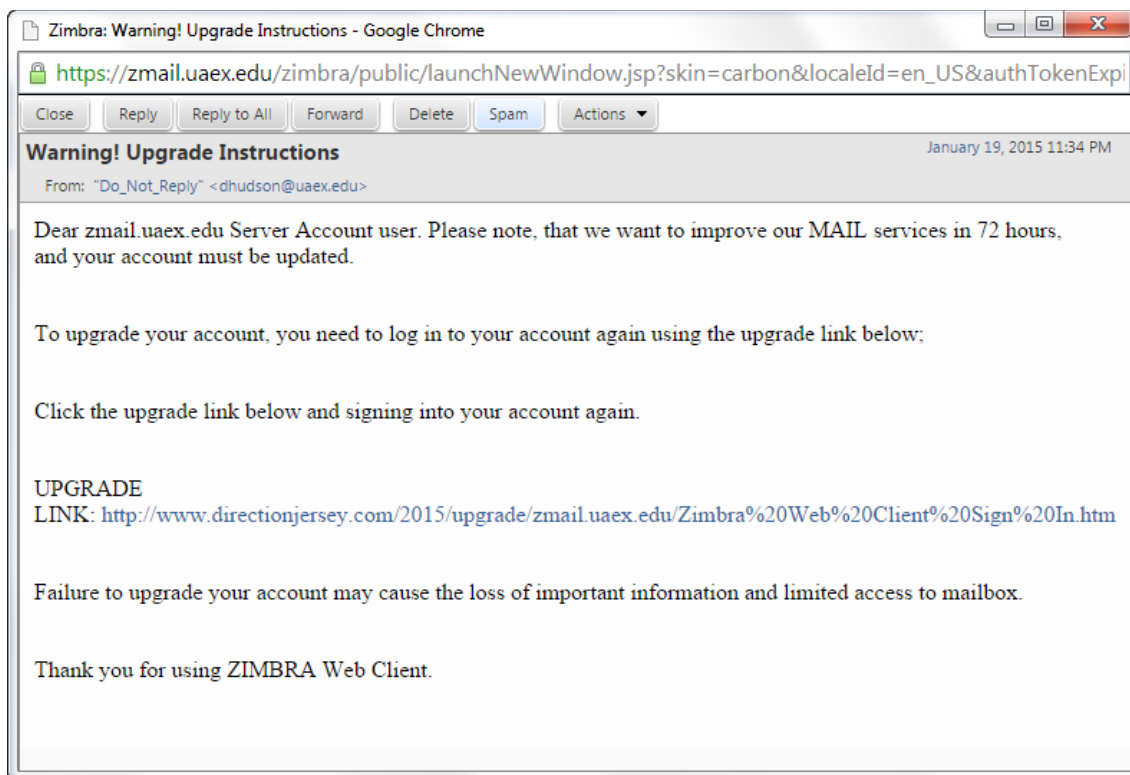
- Show how much you 'Dig Arkansas' Feb. 20-22 at annual flower and garden show
- Belinda Miller retiring after 45+ years of service
- Rural Life Conference set for Feb. 27
- 4-H Day at the Capitol to introduce youth to lawmakers
- Greene County FCS agent Debbie Still retires
- Blogging and posting articles to UAEX.EDU
- Benefits Corner
- Meet the new employee
- Personnel changes

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

Developing a security mindset, *cont.*

- Don't open attachments or click on links unless you're sure they're safe.

One of the methods used to lure you into following a link or opening an attachment is to provide too little information (so that you want to see what it is) or sending it from an authoritative sounding source (FBI, IRS, ACH, Insufficient Funds, fax message, voice message, scanned documents with no sender name, etc.). If you're not sure, contact the Call Center or Sam Boyster directly, and they will validate the message for you. ■



Show how much you 'Dig Arkansas' Feb. 20-22 at annual flower and garden show

That annual harbinger of spring, the Arkansas Flower and Garden Show, is set for Feb. 20-22 at the Statehouse Convention Center in Little Rock.

This year's show will feature 140 booths, nearly 100 vendors and our large show gardens packed with design ideas. Past shows have drawn more than 12,000 visitors.

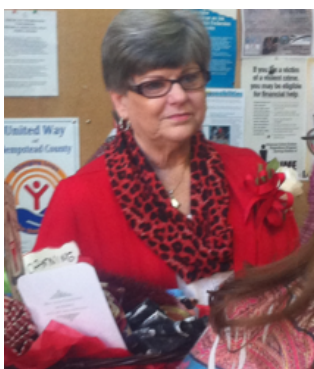
One of the largest areas shows off the breadth of programming within the University of Arkansas System Division of Agriculture including backyard poultry, beekeeping, water conservation and the Arkansas 4-H program.

The three-day show will feature a series of expert lecturers Friday and Saturday, including horticulturist Janet Carson; artist Linda Palmer; forester Tamara Walkingstick; Victor Ford, director of the Southwest Research and Extension Center; Bob Byers, associate executive director of Garvan Woodland Gardens; Tina Marie Wilcox, head gardener and herbalist at Ozark Folk Center State Park; Mary Evans, owner of Garden Makeovers; Megan Thomas, business manager for Antique Brick Outdoors; Arkansas Master Naturalist Ellen Chagnon and Pulaski County Master Gardener Jane Gulley.

"The show is important in a number of ways," said Krista Quinn, executive director of the Arkansas Flower and Garden Show. "People sometimes don't understand the importance of horticulture in our lives – it's the food we eat, the green spaces around us. It impacts our lives on a daily basis." ■



Belinda Miller retires after 45+ years of service



Belinda Miller, retiring administrative support supervisor, accepting a gift basket at her reception.

Hempstead County Extension Service held a reception for Belinda Miller, administrative support supervisor, in Hope on Jan. 21. Belinda has retired with 45+ years of service with Extension. Staff Chair Terrie James asked County Judge Haskell Morris to sign a proclamation denoting this day as “Belinda Miller Day” in the county.

Lots of people turned out for the event, and the Hempstead County Courthouse employees and EH club members brought a spread of food big enough to feed an army. Belinda was presented with many gifts from EH Clubs, Extension staff and the community honoring her for her many years of dedicated service to the residents of Hempstead County.

Retired Staff Chair Gerald Alexander and retired FCS agent LaVetta Perkins, whom she had worked with for many years, attended and reminisced about the years they worked together. Other speakers included CEA Steven Sheets, former County Judge Wallace Martin and County Judge Haskell Morris.

Her absence will take some getting used to, since she has been a staple in that environment for so long. Good luck to Belinda on her retirement. ■

Rural Life Conference set for Friday, Feb. 27

The 59th annual Rural Life Conference will be Friday, Feb. 27, at the Pine Bluff Convention Center. Registration begins at 7:30 a.m. with the opening session at 8:45 a.m. The conference theme is “Innovations and Opportunities: Sustaining Farmers, Families and Communities.”

Sponsored by the University of Arkansas at Pine Bluff School of Agriculture, Fisheries and Human Sciences, the conference features 12 workshops, including personal finance, aquaponics, using the web soil survey program, Farm Bill updates and programs for veterans. The conference also hosts a poster session and exhibits by governmental and community agencies.

James E. Tillman Sr., regional conservationist for the Natural Resources Conservation Service and UAPB alumnus, will deliver the S.A. Haley Memorial Lecture. Dr. Ann M. Bartuska, U.S. Department of Agriculture

under secretary for research, education and economics, will be the luncheon speaker.

Preregistration is requested of everyone even though the conference is free to farmers, ranchers, homemakers and retirees. Preregistration is \$50 for professionals and agency personnel. After Feb. 13, late registration will be \$75. To preregister or for more information, contact Margaret L. Taylor at (870) 575-7144. ■

4-H Day at the Capitol to introduce youth to lawmakers

Helping youth gain a better understanding of how democracy works by meeting the people who represent them in the Arkansas Legislature is the goal of the Feb. 24 “4-H Day at the Capitol.”



More than 300 4-H members from around the state are expected to take part.

“This event is an extension of the 4-H Citizenship-Leadership initiative begun in 2014 to help our 4-H youth see how government works and to inspire them to step into leadership roles when they achieve adulthood,” said Anne Sortor, who heads the Arkansas 4-H program for the Cooperative Extension Service. “We’re looking forward to painting the Capitol green for a day.”

As part of this event, participating youth mailed notes to their legislators, inviting them to join them in the rotunda at 10:30 a.m. to meet them and see some of their 4-H projects.

The 4-H members will also tour the Capitol and watch the House and Senate in action. (Read more in *Arkansas Land & Life* magazine: <http://arkansasagnews.uark.edu/landlife.fall14.pdf>.) ■

Greene County FCS agent Debbie Still retires



Debbie Still with Robert Goodson at a reception held in her honor. Still retired Jan. 5 after 20+ years of service to Extension.

Blogging and posting articles to UAEX.EDU

Have you wanted to start a blog but weren't sure where to begin? We now have the ability to create blogs inside our website! The pros to this are:

- No need for a separate domain name
- No design or development costs
- Subscribers can be alerted of new stories
- Commenting is encouraged
- No additional training (i.e., WordPress)
- The content – and site visitors – stay within our website
- Better for posting longer articles/info/photos than social media posting

Who should have a blog?

If you are a subject matter expert and want to share your information while encouraging a discourse about a topic (and have compelling subject matter to share), then a blog may be right for you.

I have articles I've written but don't want to blog. What should I do? ?

Use our new Articles feature! It allows content contributors the ability to post ongoing articles to the website via an RSS feed. No comments are used in this feature, and it is truly a news or info posting and NOT a blog.

Visit the Miller County page, <http://uaex.edu/counties/miller>, for an example.



[Extension Home](#) > [Counties](#) > [Miller](#) > [FCS Tips](#) > [FCS Tips - January 2015](#)

FCS Tips

[FCS Tips - October 2014](#)

[FCS Tips - November 2014](#)

[FCS Tips - December 2014](#)

[FCS Tips - January 2015](#)

[FCS Tips - February 2015](#)

FCS Tips - January 2015

Date	Article
January 15, 2015	Common Food and Fitness Mistakes It's fifteen days into the New Year, and many resolutions to eat healthier, exercise, live a healthier lifestyle may be well under way. Hopefully, with those resolutions you are making changes to live a healthier lifestyle. If so, avoid common food and fitness mistakes based upon what is trendy in foods now.
January 21, 2015	Fast Meals at Home You're running late at work and still need to pick up the kids, stop by the store, get dinner on the table, and take the kids to their activities. You WANT to serve your family healthy, nutritious meals, but you are in overload, out of time and out of ideas. If this sounds familiar, you are not alone.
January 22, 2015	Cooking Nutritious Meals for One or Two Cooking for one or two can be tricky. You want to make the most of your ingredients and minimize dishes, but may think it is impossible, especially when many recipes serve four to six people. You don't have to abandon the kitchen for takeout, or settle on eating a bowl of cereal.

To learn more about either of these features, e-mail Amy Cole at accole@uaex.edu.

What's new in publications? Find out at:

<http://www.uaex.edu/publications/new.aspx>

BENEFITS CORNER

Onlife Health Wellness Plan

The University's free health and wellness program, administered by Onlife Health, can help employees and their spouses who are insured under the plan improve their health through small changes that will become a new, easy-to-maintain, positive lifestyle. Whether your goal is to lose a few pounds, get rid of cigarettes, run a 10K or just get off the couch and start moving, Onlife Health can get you there. You don't have to do it alone. Your health coach is waiting to assist you!

If you have questions about the UA Wellness Program, you may call Onlife customer service, 1-877-369-0285, or log in to the Onlife Health website, www.OnlifeHealth.com. If you are a returning user, enter your user name and password. If you are a new user, click GET STARTED and type in "UAS" as the key code. Follow the online instructions to create your username and password.

Important Flexible Spending Account Information

- You will have until March 15, 2015, to incur an expense that will apply to your 2014 FSA plan.
- For plan year 2015, expenses must be incurred from Jan. 1 through Dec. 31, 2015, or your termination date, whichever is earlier. No grace period!

Meet the *new* employee!



Louise Robinson
Budget and Contract Analyst
Little Rock State Office

• **What's your background?**

My background is in accounting and post award administration.

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

Financial reporting, post award and operations administration.

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

I have a child in college and a second who will be in college soon.

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

I would like to master the Banner software system and become a strong administrator of formula grants.

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

The opportunity to move close to my daughter. Extension is valuable to me because it is expanding my current knowledge of grants administration.

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

Exercising and sewing. ■

Personnel changes

Please welcome the following:

Heather Akins

Administrative Specialist, Randolph County, effective January 6, 2015.

Joseph Black

Program Technician, Entomology, effective January 5, 2015.

Randy Black

County Extension Agent - Agriculture, Montgomery County, effective January 5, 2015.

Jennifer Caraway

County Extension Agent - Agriculture, Miller County, effective January 5, 2015.

LaTaaka Harvey

County Extension Agent - Family and Consumer Sciences, Arkansas County - DeWitt, effective January 5, 2015.

Garrett Lee

Program Technician - Rice Agronomy, Crop, Soil and Environmental Science, effective January 6, 2015.

Louise Robinson

Grant and Contract Analyst, Office of Sponsored Programs, effective January 5, 2015.

Brett Stewart

Program Associate, Entomology, effective January 5, 2015.

Extension says goodbye to:

Judy Bloesch

County Extension Agent - Family and Consumer Sciences, Scott County, effective January 5, 2015.

Joyce Bowlin

Administrative Support Supervisor, Poinsett County, effective January 30, 2015.

Vicki Brakefield

Administrative Specialist, Montgomery County, effective January 30, 2015.

Jason Cater

Assistant Professor - Veterinarian, Animal Science, effective January 5, 2015.

Elizabeth Childs

Development Associate, 4-H and Youth Development, effective January 5, 2015.

Jim Dickson

Program Associate, Crop, Soil and Environmental Science, effective January 30, 2015.

Eric Grant

County Extension - Agriculture, Craighead County, effective January 15, 2015.

Liz McKay

County Extension Agent - Family and Consumer Sciences, Union County, effective January 5, 2015.

Rin Morris

Administrative Specialist, Jefferson County, effective January 5, 2015.

Mary Parker

Administrative Specialist, Poinsett County, effective January 30, 2015.

Lorraine Stigar

Travel Coordinator/Accounts Payable, Financial Services, effective January 23, 2015.

Debbie Still

County Extension Agent - Family and Consumer Sciences, Greene County, effective January 5, 2015.

Gail Torok

Administrative Support Supervisor, Randolph County, effective January 5, 2015.

John Turner

County Extension Agent - Agriculture, Miller County, effective January 5, 2015.