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## BLUE LETTER

June 2019  
No. 3806



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SARTOR**

Interim Associate Director,  
Family & Consumer Sciences  
& 4H Youth Development

# The Green Letter

## Inside the Blue Letter

When schools adjourn in Arkansas our 4-H program goes into high gear! There are numerous camps, events, and competitions to enjoy. The state 4-H faculty and county agents with 4-H assignments work extra-long days and many nights. Our State 4-H Office hires three 4-H interns to help us get thru this busy season. We are enjoying the assistance of Breanna Lewis, Avantea Furr and Jared McPeake. I am always impressed with the professionalism of our interns. But, of course, they learned many of their skills through the Arkansas 4-H program. They are great role models for the youth.

Our teen 4-H members look forward each year to the Teen Leader Conference, known to them as TLC, that kicks off the summer season. Leadership skills are honed as well as interviews to select Ambassadors who serve the 4-H organization in leadership roles. After the Wednesday night banquet, new Teen Stars are announced as well as the new Hall of Fame recipient. Congratulations to Sagely Burnett for receiving this honor as well as to the other nominees, Mallory Perkins and Julie Griffin. We look forward to seeing Sagely's picture on the Hall of Fame wall at the 4-H Center. This is also the baptism by fire for the new 4-H video team. This team provides needed assistance at most of our state events. Communications staff member, Kerry Rodtnick, trains this talented group.

In June and July our 4-H youth who won at state competitions represent us at national events. These events include the

National Sea Perch Challenge for underwater robotics in College Park, Maryland; the Mid America Grasslands Competition in Springfield, Missouri; the National 4-H Shooting Sports Competition in Grand Isle, Nebraska; the Wildlife Habitat Evaluation Program, or WHEP, in Junction City, Kansas; and the National Forestry Invitational in Jackson Mills, West Virginia. Our youth are very competitive. In fact, Randolph County and Madison County placed second and third respectively at the National Grasslands Evaluation Contest. Our forestry team competes in July, but they have a record of taking home first place. Counties with youth competing at the national level this summer include: Benton, Bradley, Cleburne, Faulkner, Grant, Greene, Howard, Johnson, Lawrence, Madison, Pope, Randolph, Saline, Sebastian, and White.

Mark Russell, Chelsey Kimbrough, Heidi Ward, and Scharidi Barber, animal science and poultry science 4-H faculty, are busy with summer livestock events. There are three regional qualifying horse shows, the Arkansas State Horse Show, a Regional Horse Show in Georgia, a junior and senior 4-H Horse Camp, a Livestock Reasons Camp, a Veterinary Science Camp, and a State Barbeque Broiler and Turkey Contest. Animal Science is one of our most popular projects.

4-H members are literally "Digging 4-H." 4-H faculty member, Hope Bragg, has designed a 4-H Archeology project

*(Continued next page)*

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with the help of the Arkansas Archeology Society. This summer 4-H members are working with archeologists as they explore the Caddo culture through examination of pottery that was left behind at a prehistoric saltworks and a mound complex. They are meeting at UA Cossatot in DeQueen to visit archeological labs, tour an excavation site and participate in multiple hands-on activities as they learn about the importance of past cultures.

Through a National 4-H Council Healthy Habits grant funded by Walmart, 4-H faculty member, Lauren Thornton, is hosting a Healthy Living Summit, for senior 4-H members to become leaders and advocates in their communities. During the summit, 50 youth will identify at least one issue that affects the health of their community that they want to change. Youth will begin working on an action plan that will help guide them in making changes to improve their community's health.

We are fortunate that C. A. Vines' vision came to reality to what became the C. A. Vines Arkansas 4-H Center. This is Grand Central for most of our events and particularly our summer camps. Besides the livestock related camps mentioned earlier we host Adventure and Challenge Camps, Cloverbud Camps, Junior Camps, STEM Camp, and Craft Camps. There are activities for most age groups. The highlight for many senior 4-H members is the High Adventure Backpacking Camp which takes youth away from the comfort of air-conditioned rooms at the center to the outback. This year's group will backpack through Daniel Boone National Forest in Kentucky. Past trips have taken youth to the Minnesota Boundary Waters, Pisgah National Forest in North Carolina and Santa Fe National Forest in New Mexico.

Our three-day State Shooting Sports Junior Championship is in July. We are expecting 100 youth from 20 counties to compete. This program continues to grow. Because of this growth, seniors now compete separately in the spring, which coincides better with the national competition held in late June. State faculty member, Jesse Bocksnick, leads this program.

There is a busload of 45 senior 4-H members leaving for Citizenship Washington Focus in early July. The group stays at our National 4-H Center in Chevy Chase, Maryland, and receive a full week of training on how our federal government works. Our legislators look forward to their visit on Capitol Hill each year. It is a trip every 4-H'er should aspire to participate.

Our largest events are our District and State O'Ramas where youth demonstrate what they have learned in their project areas. "O'Rama Mama," Priscella Thomas-Scott, does an excellent job facilitating these events. Our youth enjoy the dances, movie and networking with youth from other counties. Other highlights of the State O'Rama include the announcement of the Governor's Award winner, scholarship winners and advanced record book winners who will receive a trip to National 4-H Congress in November. It is also the time we recognize our Friend of 4-H. Our 4-H program is not possible without the assistance of our many donors and volunteers.

All of the 4-H events, activities and scholarships are made possible because of the support of parents, volunteers and agents. The state 4-H staff under the leadership of Interim Associate Department Head Angie Freel, do amazing work. Another important group is our Arkansas 4-H Foundation Board. They provide much of the funding that supports our program. Thanks to the leadership of our Foundation Board President, Mike Boyd, who is instrumental along with the other 19 members in securing needed funds. Our new 4-H Foundation Managing Director, Dr. Sara Brown, is learning that our board is very active and hands on. Yes, Arkansas is fortunate to have a very active, passionate 4-H Foundation Board.

I have spent most of this column discussing many competitive, project, and leadership activities, but what I am most proud are the ways our 4-H members give back. Our youth visit nursing homes, collect food for pantries, raise money for Arkansas Children's Hospital, give to tornado and flood victims ... I could go on and on. The goal of 4-H is to develop youth to become good citizens and useful members of society. Yes, we do that in Arkansas!



# Animal Science Hosts Awards & Scholarship Banquet

The Department of Animal Science hosted its annual Animal Science Awards and Scholarship Banquet on Tuesday, April 23, at the Pauline Whitaker Animal Science Center.

Honored at the banquet were students who received scholarships for the 2019-2020 academic year, graduates of distinction, outstanding students, American Society of Animal Science scholastic achievers and Department of Animal Science club officers and team members. This year, the department presented almost \$40,000 in scholarships to 40 students.

The banquet was hosted by the Animal Science REPS, Representing, Promoting and Educating Scholars, group which consisted of Annalee Parker, Colleen Williams, Elle Rottman, Kaylee Chambers, Amy Frank, Zoey Smith, Mersady Redding, Sophia Mauldin, Shannon Leonard, Bailey Carpenter, Holley Herndon and Kelsey Johnson.

The Graduate of Distinction awards recognize Animal Science alumni who have impacted the field of animal science, contributed to their community and serve as role models for current and future animal science students. The 2019 recipients are: Advanced Graduates of Distinction – Dr. James Caldwell and Nicole Huffer; Graduate of Distinction – Kaaron “Jody” Davis; and Friend of the Department – Ms. Linda Jones (posthumously). Awardees are commemorated with plaques in the AFLS building. ■

The Department of Animal Science Awards and Scholarship Banquet was attended by over 125 students, faculty, staff and family members.

## Lawrence Co. WHEP Team Wins First Place at State

The Lawrence County 4-H senior WHEP, Wildlife Habitat Education Program, team won first place in the state WHEP competition at Hazen on April 26. Team members are Olivia P., Kristion S., Phoebe L. and Alyssa R. Alyssa won third-place individual, and Phoebe won fifth-place individual. Jerri S. competed in the junior competition. WHEP engages youth in learning about wildlife, habitat and habitat practices. Lawrence County 4-H agent Bryce Baldrige coaches the team. The team will compete in Junction City, Kansas, July 14-17 representing Arkansas at the national WHEP competition. Phoebe has competed for four years. This is the second year for Alyssa and Olivia, and it is Kristion’s first year. The girls have been meeting for competition practice twice a month since October of 2018. ■



Left to right: The girls with their awards; Alyssa R., Phoebe L., Kristion S. and Olivia P.

# Calico Rock 4-Her Becomes Certified Veterinary Assistant



We are proud to recognize Baylee Hicks of Calico Rock for completion of both the 4-H Vet Science Program and Certified Veterinary Assistant. Baylee is the first 4-H member from Izard County to become a Certified Veterinary Assistant. This certification requires 100 core lessons, a minimum of 500 clinical hours, a skills validation test by a Doctor of Veterinary Medicine, DVM, and a written exam. Baylee worked for three years at the Nixon Animal Hospital and will be attending the University of Missouri at Columbia majoring in Animal Science. She has been selected as a member of the Elite Agriculture Scholar program through UM College of Veterinary Medicine. Baylee has a guaranteed seat in vet school during the fall of 2020, provided criteria is met. She plans to return to Arkansas where she will practice animal medicine as a DVM. ■



Michael Paskewitz presenting Baylee Hicks with CVA certificate and patch at senior award banquet.

## PTAC and Sharp County Ext. Promote Government Contracting Opportunities

On May 21, the Sharp County Extension office and Arkansas Procurement Technical Assistance Center, PTAC, partnered on an event at Ozarka College in Ash Flat for small businesses in Fulton, Izard and Sharp counties.

Speaking to a strong turnout, Arkansas PTAC counselor Debra Garcia led small business owners and entrepreneurs through an introduction to opportunities for selling goods and services to local, state and federal governments.



Arkansas PTAC Counselor, Debra Garcia.

Ed Mabry, outreach coordinator for Arkansas PTAC, a program of the office of community and economic development, worked with Chelsea Conway of the Sharp County Extension office to plan and promote the event.

Charles Covington of CSP Management, LLC, a long-time Arkansas PTAC client, shared his experiences as a government contractor and encouraged those in attendance to take the first step.

The counties targeted for this event are home to a number of businesses working in manufacturing, construction and technology—industries historically associated with government contracting. But as Garcia emphasized, “There’s nothing the government doesn’t buy. It’s a matter of using Arkansas PTAC to help you find your best opportunities.” ■

# Construction Begins at Share Grounds Project Sites



The fairgrounds concession stands at Cleveland, Searcy and Woodruff counties are undergoing a facelift this summer with minor construction scheduled to be complete by Aug. 1. These modifications, including electrical updates, plumbing extensions, wall patching, floor refinishing and trenching and kitchen expansions are necessary to transform the concession stands into commercial food manufacturing facilities.

Searcy and Woodruff counties received an Arkansas Rural Services County Fair Building grant award to assist with their construction efforts. Let us give a round of applause to these county fair associations and county extension staff for all of their hard work to get these sites ready for the Share Grounds kitchen openings in 2020.

Visit [www.uaex.edu/sharegrounds](http://www.uaex.edu/sharegrounds) for additional information and updates on the project. ■



Left to right: Trenna Kemp, Concession Coordinator, Cleveland County Fair Association, Roy Phillips, President, Cleveland County Fair Association and Dr. Amanda Philyaw Perez, UACES ANR, discuss construction activities and placement of equipment in the Cleveland County Fairground concession stand.

Financial support has been crucial to securing the materials and professional labor needed to complete these activities. Through a local food initiative endowment, the Arkansas Community Foundation is providing funds to the fair associations and is encouraging the local communities to match a portion of the gift with their donations. Additionally,



Left to right: Dr. Renee Threlfall, Rod Corley, Aux Arc Wilderness Cabin Rentals, and Don Yarbrough-President, Searcy County Fair Association.



Kitchen deconstruction at Three County Fairgrounds (Woodruff County).



Kitchen expansion construction at the Searcy County Fairgrounds.

# Little Rock Mayor to Speak at Breakthrough Solutions Conference

There is still time to [register](#) for the 2019 Breakthrough Solutions Conference.

Little Rock Mayor Frank Scott will speak at the Breakthrough Solutions Conference held at the Four Points Hotel by Sheraton in Midtown Little Rock Wednesday, June 26, at 1:45 p.m. Mayor Scott will explore ways to cultivate unity through community-led action teams. In community and economic development, community buy-in is integral to long-term sustainability and support. Mayor Scott will talk about his own experience creating community-led subcommittees to address major issues facing Little Rock and discuss how this model can, likewise, benefit rural communities.

Connected communities are unified communities. Long-term development and sustainability cannot occur without a unified community leading from within. This portion of the conference

will revolve around the importance of community member involvement, ownership in decision making processes and ways to empower and unify communities through leadership opportunities and action teams. The conference will also feature a slew of “Ignite Sessions”— short presentations designed to energize the crowd and showcase community events and initiatives at work across the state.



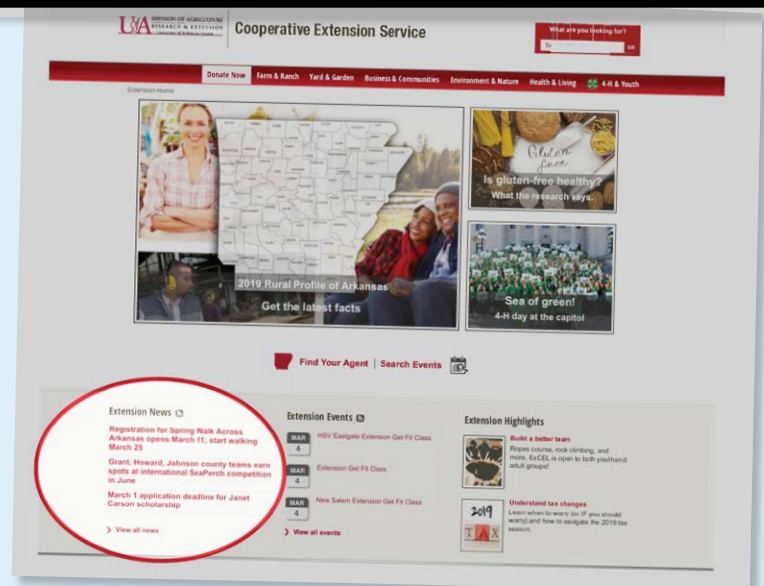
The 2019 Breakthrough Solutions Conference activities will take place June 25-26 in North Little Rock/Little Rock. The pre-conference workshop will take place from 8:30 a.m.-5:00 p.m. at the North Little Rock Chamber of Commerce. The conference will take place from 9:00 a.m.-4:00 p.m. at the Four Points Hotel by Sheraton Midtown Little Rock. [Register here.](#)

For more information visit our [Breakthrough Solutions website.](#) ■

## Front Page News You Can Use

Looking for a news story to use in your local paper? Look no further than the front page of [uaex.edu](http://uaex.edu). And if you click on view all news, you'll see all of our archived news stories back to 2014.

If you want to be on the email list to receive our news stories, email Mary Hightower at [mhightower@uaex.edu](mailto:mhightower@uaex.edu) and Communications will add you to the distribution list. ■

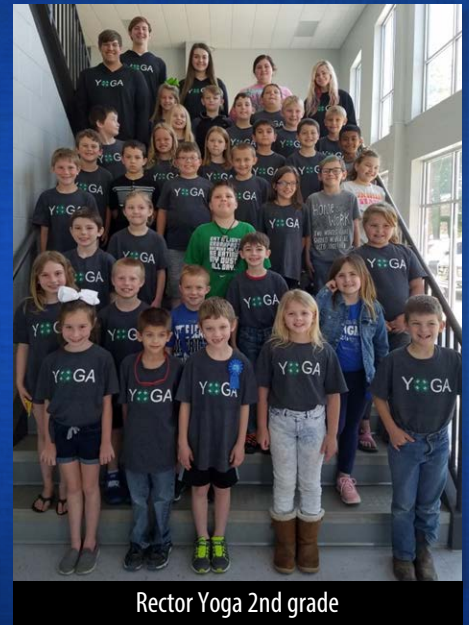


## 4-H Youth Leadership Citizenship Team Going Strong

Heading into their fifth year, Clay County 4-H Youth Leadership Citizenship Team, YLCT, has become a premier program for training youth in leadership roles in their schools and community. Seventy-two youth have graduated the program with \$6,000 of scholarship funds awarded. In the fall semester, youth attend eight workshops designed to train them in communication, conflict management, critical thinking, money management, social media as a leadership tool and diversity. Every year, the program includes an overnight trip to the state capitol to meet with the governor, our state representative and senator. Youth participate in the ExCEL leadership program and True Colors at the C. A. Vines 4-H Center.

Spring semester youth carry out a service learning project in their school or community. This year, teens taught elementary students Yoga for Kids. They attended a one-day training conducted by Extension to prepare them to

work with young students. They were responsible for meeting with school administrators and teachers to plan out teaching schedules, fill out reports of their sessions and administer the 4-H Common Measures evaluation. Youth Leadership teams taught 18 sessions reaching 167 students in three schools. ■



Rector Yoga 2nd grade



Corning 4th grade Yoga



Piggott 6th grade Yoga

# Grants and Contracts

PROJECT TITLE	AWARD AMOUNT	PI	GRANTING AGENCY
Management and Termination of Cereal Rye Cover Crops in Arkansas Edamame Production	\$1,500	Amanda McWhirt	Soybean Promotion Board
Virtual Blackberry School 2019	\$10,000	Amanda McWhirt	Southern Region Small Fruit Consortium
4-H National Mentoring Program Year 9 - OJJDP	\$41,533	Ashley Dingman	National 4-H Council
Evaluation of BT Traits for Corn Earworm Control	\$2,000	Ben Thrash	Corn & Grain Promotion Board
Soybean Insect Management	\$2,000	Ben Thrash	Soybean Promotion Board
Evaluation of BT Traits for Corn Earworm Control	\$5,276	Glenn Studebaker	Corn & Grain Promotion Board
ISM-555 CP NA2019 SC400 Rate Profiling-Thrips in Cotton	\$9,400	Glenn Studebaker	Syngenta Crop Protection, Inc.
Insect Management in On Farm Grain Storage	\$4,776	Glenn Studebaker	Corn & Grain Promotion Board
Soybean Insect Management	\$13,785	Glenn Studebaker	Soybean Promotion Board
Educating Growers and Consultants on Insect Monitoring and Control	\$5,000	Gus Lorenz	Soybean Promotion Board
Evaluation of BT Traits for Corn Earworm Control	\$7,897	Gus Lorenz	Corn & Grain Promotion Board
ISM-555 CP NA 2019 SC400 Profiling-Stink Bugs in Soybean	\$19,000	Gus Lorenz	Syngenta Crop Protection, Inc.
Insect Management in Mid-South Pest Management AR	\$50,000	Gus Lorenz	Cotton Incorporated
Insect Management in On-Farm Grain Storage	\$7,398	Gus Lorenz	Corn & Grain Promotion Board
Investigating Emerging Production Recommendations for Sustainable Soybean Production	\$24,084	Gus Lorenz	Soybean Promotion Board
Small-Plot Trecepta Evaluations for Yield and Efficacy in the Coastal Region	\$10,640	Gus Lorenz	Monsanto Company
Soybean Insect Management	\$40,425	Gus Lorenz	Soybean Promotion Board
Perform Efficacy evaluation for Indigo Products Candidates on Rice in the United States	\$50,600	Jarrod Hardke	Indigo Ag, Inc.
Arkansas Corn and Grain Sorghum Research Verification Program	\$128,000	Jason Kelley	Corn & Grain Promotion Board
Developing Profitable Irrigated Rotational Cropping Systems	\$16,000	Jason Kelley	Soybean Promotion Board
Overcoming Yield Limitations in Corn	\$24,000	Jason Kelley	Corn & Grain Promotion Board
Rotational Cropping System	\$25,000	Jason Kelley	Corn & Grain Promotion Board
Improving Technology Transfer for Profitable and Sustainable Soybean Production	\$30,900	Jeremy Ross	Soybean Promotion Board
Investigating Emerging Production Recommendations for Sustainable Soybean Production	\$156,889	Jeremy Ross	Soybean Promotion Board
Soybean Research Verification Program	\$177,574	Jeremy Ross	Soybean Promotion Board
United Way of Columbia County 4-H	\$5,000	Jerri Lephiew	United Way of Columbia County
Development of Nematology and Sampling Online Course	\$7,498	Julie Robinson	Soybean Promotion Board
Development of Online Course Nematology and Sampling	\$15,000	Julie Robinson	Corn & Grain Promotion Board
Soybean Science Challenge	\$73,340	Julie Robinson	Soybean Promotion Board
Delta Innovation Fund	\$2,506	Karen Ballard	Winrock International
Promoting Forest Health and Proper Forest Management within Selected Watersheds in Arkansas	\$151,733	Kyle Cunningham	Arkansas Forestry Commission
Evaluation of Soil Sampling Methods for Variable Rate Fertilization	\$22,000	Leo Espinoza	Corn & Grain Promotion Board
Improving Irrigation Scheduling and Irrigation Efficiency for Corn Production in Arkansas	\$7,177	Leo Espinoza	Corn & Grain Promotion Board
Promoting Irrigation Water Management	\$63,101	Leo Espinoza	Soybean Promotion Board
Validation of P and K Recommendations for Warm Season Grasses	\$20,000	Leo Espinoza	Agriculture Experiment Station
Arkansas Discovery Farms	\$5,000	Michael Daniels	Corn & Grain Promotion Board
Arkansas Discovery Farms	\$18,025	Michael Daniels	Soybean Promotion Board
Hanging Baskets on the Square	\$5,000	Mike McClintock	Harrison City Advertising Tourist Promotion Commission
Determining the Impact of Disease and Stinkbug Feeding on Soybean Quality	\$25,614	Nick Bateman	Soybean Promotion Board
Evaluation of BT Traits for Corn Earworm Control	\$4,827	Nick Bateman	Corn & Grain Promotion Board
Insect Management in on Farm Grain Storage	\$4,276	Nick Bateman	Corn & Grain Promotion Board

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# Grants and Contracts

PROJECT TITLE	AWARD AMOUNT	PI	GRANTING AGENCY
Soybean Insect Management	\$13,785	Nick Bateman	Soybean Promotion Board
Determining the Impact of Disease and Stinkbug Feeding on Soybean Quality	\$26,634	Terry Spurlock	Soybean Promotion Board
Determining the Value of Fungicide Application on Regional, Field Level, and Within - Field Scales	\$23,000	Terry Spurlock	Soybean Promotion Board
Promoting Irrigation Water Management for Soybean	\$6,587	Terry Spurlock	Soybean Promotion Board
Understanding Charcoal Rot and Taproot Decline, Potentially Yield Limiting Soybean Diseases in Arkansas	\$34,436	Terry Spurlock	Soybean Promotion Board
A Team Approach to Weed Control	\$49,890	Tom Barber	Soybean Promotion Board
Evaluate Various PSII Inhibitors for Atrazine Replacement	\$35,608	Tom Barber	Corn & Grain Promotion Board
Evaluation of Emerging Weed Control Technologies in Grain Sorghum	\$9,000	Tom Barber	Corn & Grain Promotion Board
A Team Approach to Weed Control	\$55,014	Tommy Butts	Soybean Promotion Board
Assess Management Options for Corn Nematodes in Arkansas	\$34,522	Travis Fasje	Corn & Grain Promotion Board
Assessment of the Importance of Target Spot on Soybean in Arkansas	\$13,386	Travis Fasje	Soybean Promotion Board
Comprehensive Disease Screening of Soybean Varieties in Arkansas	\$55,633	Travis Fasje	Soybean Promotion Board
Development of Disease Management Strategies for Peanut Production in Arkansas	\$31,845	Travis Fasje	National Peanut Board
Development of an Effective Program to Manage Fungicide Resistant Diseases of Soybean in Arkansas	\$35,082	Travis Fasje	Soybean Promotion Board
Integrated Management of Soybean Nematodes in Arkansas	\$40,219	Travis Fasje	Soybean Promotion Board
Assessment of the Importance of Target Spot on Soybean in Arkansas	\$9,098	Vic Ford	Soybean Promotion Board
Comprehensive Disease Screening of Soybean Varieties in Arkansas	\$38,772	Vic Ford	Soybean Promotion Board
Corn Enterprise Budget and Production Economics for Corn and Grain Sorghum	\$10,000	Vic Ford	Corn & Grain Promotion Board
Improving Irrigation Scheduling and Irrigation Efficiency for Corn Production in Arkansas	\$10,053	Vic Ford	Corn & Grain Promotion Board
Soybean Enterprise Budgets and Production Economics Analysis	\$10,156	Vic Ford	Soybean Promotion Board
<b>TOTAL AWARDS FOR MAY 2019: \$1,836,494</b>			

## New Publications:

(You know you want to look.)  
[uaex.edu/publications/new.aspx](http://uaex.edu/publications/new.aspx)



**UA DIVISION OF AGRICULTURE RESEARCH & EXTENSION**  
 Agriculture and Natural Resources

### Optimum Preflood Nitrogen Applications in Rice

**Trent Roberts**  
 Associate Professor and Extension Soil Fertility Specialist

**Jarrod Hardie**  
 Associate Professor and Rice Extension Agent

**Rick Norman**  
 Professor of Soil Fertility

**Nathan Slaton**  
 Professor and Director of Soil Fertility

**Abstract:** Nitrogen (N) fertilizer represents the largest single-cost input used for most rice production. Costs associated with N fertilization vary based on N-STAR, N-rate-tolerant and cultivar planted. Effective management of rice N is essential for maximizing overall profitability. Modern rice cultivars have shorter vegetative periods that were grown continuously more than 20 years ago. Prior to the development of N-STAR, producers relied solely on Rate trials and uniform N rate to determine the proper N rate. Research has consistently shown that a single optimum pre-flood N rate can produce similar or greater rice yields than the traditional 2-way split application method. The implementation of a single optimum pre-flood N application over a 5-way split N management strategy will maximize grain yield and reduce N loss. This publication provides information on how to determine the optimum pre-flood N rate for your rice production system. To better illustrate this point, Table 1 and Table 2 provide the optimum pre-flood N rates for common and 5-way split N rates for common and pre-flood rice cultivars in Arkansas.

Cultivar	Pre-flood N rate (lb N/ha)	Post-flood N rate (lb N/ha)	Total N rate (lb N/ha)
CL551	100	120	220
Table 2. Recommended N rates for common and 5-way split N rates for common and pre-flood rice cultivars in Arkansas.	100	120	220

**UA DIVISION OF AGRICULTURE RESEARCH & EXTENSION**  
 Family and Consumer Sciences

### Healthy Fast Food: Healthy Meals in 30 Minutes or Less

**Abstract:** Healthy eating can be a struggle for those with busy lives. When you have little to get to supper, it can be a challenge to get to supper. It can be easy to turn to fast food. The good thing is, eating on the go doesn't have to be unhealthy. This handbook is intended to provide tips and recipes to help fast food lovers.

**Where to Find Fast Healthy Recipes**

There are a variety of recipe small sites that can be prepared in 30 minutes or less. If you are unsure where to find healthy recipes, try using the USDA's "What's Cooking?" website.

**6 Minute Microwave Denver Scramble Slider**

What up last? No worries, this recipe only takes 6 minutes to prepare! That's one time when you'll spend the fast food drive-thru.

Ingredient	Amount
1 egg	
1.5 lbs lean beef (ground)	
1.5 cups water	
1.5 cups frozen corn	
1.5 cups frozen peas	
1.5 cups frozen beans	
1.5 cups frozen lentils	
1.5 cups frozen chickpeas	
1.5 cups frozen garbanzo beans	
1.5 cups frozen kidney beans	
1.5 cups frozen black beans	
1.5 cups frozen pinto beans	
1.5 cups frozen navy beans	
1.5 cups frozen cannellini beans	
1.5 cups frozen lima beans	
1.5 cups frozen great northern beans	
1.5 cups frozen chickpeas	
1.5 cups frozen lentils	
1.5 cups frozen garbanzo beans	
1.5 cups frozen kidney beans	
1.5 cups frozen black beans	
1.5 cups frozen pinto beans	
1.5 cups frozen navy beans	
1.5 cups frozen cannellini beans	
1.5 cups frozen lima beans	
1.5 cups frozen great northern beans	

**UA DIVISION OF AGRICULTURE RESEARCH & EXTENSION**  
 AR SCIENCE

### HERBICIDE RESISTANCE TRAITS: Quick Reference Guide

Herbicide-resistant crops have provided more flexibility for producers (PST) herbicide applications than ever before for herbicide-resistant traits. However, the abundance of traits may lead to confusion of which herbicide is most effective for your situation. This quick reference guide provides information on herbicide-resistant traits and the respective herbicides that those crops are resistant to. A check mark and green color indicates that the herbicide paired with the specific herbicide resistant trait would not injure the respective crop if applied in-season.

**TABLE 1. CORN HERBICIDE RESISTANCE TRAITS AND THE HERBICIDES THAT THOSE TRAITS PROVIDE RESISTANCE TO.**

CORN HERBICIDE TRAIT	GLYPHOSATE	GLIFOSIFENATE	2,4-D CHLORATE	PDF ACCIVER
CONVENTIONAL				
GLYPHOSATE TOLERANT (GT)	✓			
LIBERTYLINK (LL)	✓	✓		
CTXL			✓	
ROUNDUP READY 2 YIELD (RR2Y)	✓	✓		
RR2Y LL	✓	✓		
ENLIST				✓

**TABLE 2. COTTON HERBICIDE RESISTANCE TRAITS AND THE HERBICIDES THAT THOSE TRAITS PROVIDE RESISTANCE TO.**

COTTON HERBICIDE TRAIT	GLYPHOSATE	GLIFOSIFENATE	2,4-D CHLORATE	ORGANIC
CONVENTIONAL				
GLYFO	✓			
GLYFO-LIBERTYLINK	✓	✓		
ROUNDUP READY FLEX	✓	✓		
ROUNDUP READY PROTEK	✓	✓		
ENLIST				✓



# Benefits Corner

## DENTAL XTRA

You can receive additional no-cost dental benefits if you are diagnosed with one of these conditions:

- Diabetes
- Coronary artery disease
- Stroke
- Pregnancy
- Oral cancer
- Sjogren's syndrome

Dental Xtra, administered by Arkansas BlueCross/Blue Shield, provides education about your dental health and no cost, in-network services. Plus, **covered services** do not require you to meet your deductible and won't count toward your calendar year maximum.

To register for additional benefits, visit [www.blueadvantagearkansas.com/portal/uasdenal](http://www.blueadvantagearkansas.com/portal/uasdenal) and select "Enroll Now" in the Dental Xtra section. You'll receive a letter telling you about the additional benefits you're eligible to receive.

The employee required University Retirement Plan contribution will increase to four percent with the first full payroll in July. The 2019 increase is the fourth of a total of five annual required increases of one percent which will continue through July 2020 when the employee required contribution will be five percent. For this July, if you currently contribute at four percent or greater, your retirement plan is APERS, or you are a federally benefitted employee, this change will not impact you. ■

# Personnel Changes

## Welcome aboard:

**Alex Dykes** - County Extension Agent - Agriculture/Horticulture, Garland County, Hot Springs

**Ashley Edgmon** - Administrative Specialist, Boone County, Harrison

**Raven Randolph** - 4-H Program Assistant, Lawrence County, Walnut Ridge

**Kelley Rogers** - Program Assistant - Expanded Food and Nutrition Education Program, Union County, El Dorado

**Whitney Rook** - Program Tech - Animal Science, Hempstead County, Hope

**Jennifer Sansom** - County Extension Agent, Little River County, Ashdown

## Farewell to:

**Debbie Archer** - Extension Specialist - Senior Project Leader, UAPB 1890 Program, Jefferson County, Pine Bluff

**Carol Dodson** - Administrative Specialist - 4H & Youth Development, State Office

**Emily Hawkins** - County Extension Agent - 4-H Agriculture, Pope County, Russellville

**Rashauna Trigg** - Fiscal Support Analyst, Financial Services, State Office

**Miranda Tucci** - Administrative Specialist - Agriculture Economics and Agriculture Business, State Office

**Missy Turnage** - Expanded Food and Nutrition Education Program Assistant, Miller County, Texarkana

