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BLUE LETTER

September 2018
No. 3797



Extension efforts are wide-ranging around the state

September represents the end of summer and the beginning of autumn – about time.

Please note that despite the weird summer – I say weird a lot the past few years with regard to weather – Extension colleagues have been uber-busy, as evidenced by this newsletter.

Farming and ranching are some of the most difficult and stressful professions, since both are at the mercy of the weather and economic forces often decided far away, and our Family and Consumer Science group have launched a new program to help with stress – led by Brittney Schrick and staff. Kudos to all, and please read this article on page 2.

If you have not tried out the new BOX application for cloud-based file storage and management, please note its availability as described in this issue. I have been trying it and am pleased with its user-friendliness and simplicity compared to other apps, and I think everybody knows that if I can use a software app – ANYBODY CAN. So have at it.

No pain, no gain – as I intend once again to participate in Walk Across Arkansas – our version organized by Dr. Lisa Washburn. Again, if I can do this, ANYBODY CAN, so I encourage you to get up and move – your life may well depend on it over time.

Kudos to Johnny Gunsaulis, Heidi Ward and Mark Russell for helping teach large animal technical emergency training recently. If you think it is easy to work with animals that weigh 1,000 to 2,000 pounds and are injured and scared, you need to look up the word “think” and reassess. Anyway, this training was a great example of the “cooperative” nature of extension as we worked with so many groups and individuals to pull this off.

(See “Efforts” page 7)



FROM THE DIRECTOR

INSIDE

FCS launches program to address farmer/rancher stress in Arkansas

Stormwater Education Program releases 2017 program efforts

Revamped Walk Across Arkansas to start Sept. 16

Extension helps teach Northwest Arkansas Large Animal Technical Emergency Training in Bentonville

Announcing a new application available to you – UAEX BOX Storage

Upcoming Tech Tuesday webinars

Kimberly Jackson joins RREC staff

Benefits Corner

CMASE STEM Camp Aug. 1 3

ASU dietetic interns learn about Extension

SNAP-Ed team presents poster at national nutrition conference

Sebastian County holds 4-H CSI Camp

Independence County 4-Hers trained in emergency preparedness

SouthShore 4-H leadership club gets True Colors training

Drew County goat milk soap workshop

What's New in Publications?

Personnel Changes

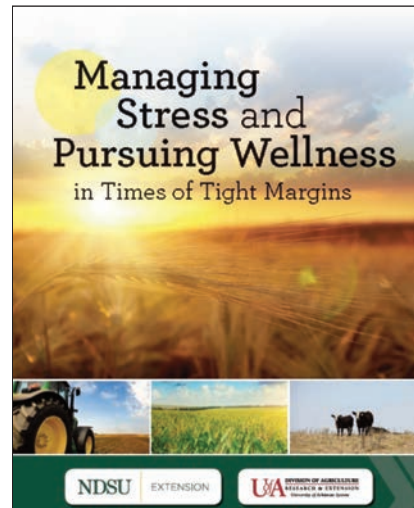
Grants and Contracts

FCS launches program to address farmer/rancher stress in Arkansas

Dr. Brittney Schrick, assistant professor – Family Life, hosted a Zoom meeting on Aug. 31 with family and consumer science agents to launch a new program called “Managing Stress and Pursuing Wellness in Times of Tight Margins.” This program is designed to equip farmers and other agriculture workers with tools to identify and respond to the stresses of agriculture production.

The program, developed by North Dakota Extension faculty, offers tools for coping with stressful seasons as well as information to help participants identify stress issues, warning signs of stress challenges, symptoms of depression and suicidal thoughts, and connection to local resources. FCS agents were given access to the materials to conduct a one-hour session with interested audiences as well as display and promotional materials.

For more information or to request a program, please contact your county FCS agent or Schrick at (501) 671-2202 or Rebecca Simon at (501) 671-2364. ■



Did You Know...

Stormwater flows untreated down our streets and drains directly to local creeks. Thanks for doing your part to keep it free of trash and other pollutants such as pet waste, auto fluids, fertilizers and yard waste.



Stormwater Education Program releases 2017 program efforts

The NWA Urban Stormwater Education Program fills a unique role in Extension. Eighteen Northwest Arkansas cities, Benton and Washington counties and the University of Arkansas contract with the U of A System Division of Agriculture Cooperative Extension Service and the Northwest Arkansas Regional Planning Commission on a regional approach to stormwater management. The contract has garnered more than \$2.35 million in local funds since the program's inception in 2004. Both EPA and the Arkansas Department of Environmental Quality have recognized the collaborative pro-

gram as a successful and cost-effective means of implementing a portion of the minimum control measures required in each jurisdiction's EPA Phase II Stormwater Management permit.

The program recently released its 2017 program efforts which can be found on the bottom of the program's page at www.uaex.edu/nwastormwater.

There is a similar program conducted out of the Jefferson County office, the Southeast Stormwater Education Program, that covers the educational components of municipal stormwater permits for their four jurisdictions.

The NWA Urban Stormwater Education team is comprised of Katie Teague and Jane Maginot in Washington County and Trish Ouei and Linda Simpson in Benton County. ■



Revamped Walk Across Arkansas to start Sept. 16

Registration is open for the Fall 2018 session of Walk Across Arkansas. The eight-week program to increase physical activity starts on Sept. 16. Teams and individuals may register through Sept. 21.

WAA has helped state residents increase physical activity levels for more than 15 years. The Fall 2018 session is the first since the program revamp led by Gretchen Skinner, Amy Cole and Steve Hefner in the Office of Information Technology, in partnership with the FCS Health and Wellness team. WAA features a new web-based registration and tracking system, plus new options for participation. Teams of two to 10 adults, or up to 20 youth members, will log their minutes of physical activity and compete for the top team slot in their county and state. Register early to reserve your preferred team name.

LRSO employees and county Extension staff can get involved by forming teams of co-workers or friends and family. LRSO teams will compete against each other to rack up the most minutes. Issue a friendly challenge to a neighboring unit or office.

Participants will start tracking minutes of exercise on Sept. 16 and continue reporting through Nov. 10. Register now and review WAA program information at www.walk.uaex.edu. ■

Extension helps teach Northwest Arkansas Large Animal Technical Emergency Training in Bentonville



Animal control officers and first responders participate in a mock horse rescue using a sling with the guidance of Dr. Daniel Burba at the Northwest Arkansas Large Animal Technical Emergency Response Training in Bentonville.

University of Arkansas Extension agent Johnny Gunsaulis, Extension veterinarian Dr. Heidi Ward and Extension equine specialist Dr. Mark Russell participated in educating animal control officers and first responders on large animal technical emergency response at the Benton County Fairgrounds on Aug. 29-30. Other educators included Drs. Rebecca McConnico and Ashley Keith from Louisiana Tech University, Dr. Lesa Staubus from American Human and Dr. Daniel Burba from Oklahoma State University. The event was sponsored by Purina, Farmers Cooperative and the Benton County Farm Bureau.

The course began with a presentation on the role of animal responders in disaster situations. The participants were then divided into groups where they learned animal handling for horses, cattle and sheep. The acting Arkansas State Veterinarian, Dr. Melissa Yates, and the Arkansas Department of Human Services Director of Emergency Operations, Deltrise Hall, gave presentations during lunch to lay out the current command framework for animal emergency response in Arkansas. After lunch, participants learned about appropriate safety apparel and equipment for the responders.

The course culminated in hands-on work with live horse splinting/bandaging and a mock exercise for horse sling rescue with fork-lift assistance. All participants received a certificate of training as proof of attendance.

Announcing a new application available to you – UAEX BOX Storage

With UAEX BOX, you can store any type of files in the cloud, from videos to images, and access them easily from your computer, phone or tablet anytime, anywhere. You can keep everything organized in folders, just like your desktop, and securely stored in the cloud. UAEX BOX storage allows for internal and external collaboration and easily connects to all your apps.

You can find information and training on our website: <https://uaex.edu/box>.

You can always access your files on BOX through the internet. However, if you would like to access your files on BOX directly from your desktop, then we recommend installing BOX Drive. BOX Drive will only work while you are connected to the internet, it doesn't sync your files offline. The sync feature is coming and we will keep you posted as we get news on the availability. You can download BOX Drive here.

You can login to your BOX account here: <https://box.uaex.edu>. Use your UAEX email address and your AD password to login.

We will continue to support OneDrive alongside BOX.

There are several reasons to choose one over the other. Here are a few differences:

<https://uaex.edu/support-units/information-technology/Box/info-faqs.aspx#BoxandOneDrive>.

The most compelling differences:

- BOX has unlimited storage space.
- BOX group collaboration/sharing – this will be similar to our shared file storage (T-Drive) and managed by the end user.
- Larger file size limit.



Upcoming Tech Tuesday webinars

Tuesday, October 9: Videos – Editing and Sharing Your Videos (Kerry Rodtnick and Kim Rowe)

Tuesday, November 13: Slide Show Videos (Kim Rowe)

Second Tuesday of every month, starting at 9:00 a.m.

To view the recordings, visit <https://uaex.edu/techtuesdays> ■



Kimberly Jackson

Kimberly Jackson joins RREC staff

The Rice Research and Extension Center would like to welcome Kimberly Jackson to our station. Kim will fill a newly created administrative specialist position to support all full and partial appointment Extension faculty here at the station. She will also assist in other duties around

the RREC such as mail and reception. Please welcome Kim to our Extension family. You may email her at kjackson@uaex.edu

BENEFITS CORNER

Join UMR on Oct. 29, 2018, at 2 p.m. for an educational Zoom session. Learn more about the medical options provided.

Fidelity individual counseling sessions are available Sept. 21, 2018, Nov. 16, 2018, and Dec. 18, 2018. Sessions are available at the LRSO from 9 a.m. until 4 p.m. in conference room 107. Call (800) 642-7131 to schedule an appointment.

Flu Shot Clinic. Flu shots will be administered at the Little Rock State Office in conference room 107 in the main building on Thursday, Sept. 27, 2018, from 1:30 p.m. until 3:30 p.m.

To qualify for the 2019 Wellness Incentive, two steps must be completed.

1. Complete a qualified office visit with an in-network provider between **Nov. 1, 2017, and Nov. 1, 2018.**
2. Complete the Tobacco/Nicotine Pledge and Notice during Open Enrollment.

Biometric Screenings and Health Risk Assessments are no longer required.

Open Enrollment will take place Nov. 1-30, 2018. More information on all events coming soon!

CMASE STEM Camp Aug. 1-3

The Department of Animal Science has had a busy summer holding various educational programs at the Pauline Whitaker Animal Science Center and North Farm. Hosted by Animal Science faculty, staff and students, these programs seek to enlighten students from the surrounding region about the many facets of the animal science field, as well as the innumerable ways in which animal science research and industry influences everyday life in Arkansas.



Dr. Janeal Yancey used lambs and cows to teach students about animal biology and behavior.

Students view a parasite specimen while learning about animal health and digestion.

ANSC graduate student Sarah Shelby helps students dissect a sheep rumen.

One such program was a STEM – Science, Technology, Engineering and Math – camp hosted by the University of Arkansas Center for Math and Science Education for kids aged six to ten. The camp explored STEM themes in technology, animal science, food science and horticulture, with special emphasis on biological systems in animal science.

Activities in the animal science section focused on the ways by which animals digest food. Students constructed animal digestive system models, saw Hilda the cannulated cow, walked through a 3-D rumen model, dissected a real sheep rumen and learned the difference between ruminants and nonruminants. Students also learned about animal anatomy and behavior through real animal interactions.

The department is looking forward to hosting more STEM camps to a wide range of ages and demographics throughout the year.

ASU dietetic interns learn about Extension

Nine dietetic interns from Arkansas State University spent a series of three weeks working with and learning about the Cooperative Extension Service program. Students assisted with a variety of activities ranging from presenting SNAP Nutrition programs at local food pantries, conducting Drums Alive with area senior centers and youth programs, and preparing diabetic-friendly dessert tastings for the Tyrone Senior Lunch. Students also had the opportunity to tour the Gilster Mary-Lee food processing facility in Wilson and take a tour of Eagle Seed Company in Weiner to learn about technology use in agriculture and GMO/non-GMO use in food.



Dietetic interns from Arkansas State University served their community nutrition rotation “learning-by-doing” about Cooperative Extension Service programs. Students conducted nutrition education lessons at various food pantries, school programs and community centers.

SNAP-Ed team presents poster at national nutrition conference

The SNAP-Ed team presented a poster at the Society for Nutrition Education and Behavior national conference on July 21 in Minneapolis, Minnesota. An abstract was also published in the *Journal of Nutrition Education and Behavior*.

The poster, prepared by Dr. Rosemary Rodibaugh, Amy McClelland, Katie Holland and Sarah David, was titled “Assessing SNAP-Ed Program Success Through Teacher Surveys.” It discussed how the SNAP-Ed Teacher Survey was initially developed, how it has changed over the last few years and the current results. The SNAP-Ed Teacher Survey measures teacher satisfaction with SNAP-Ed programming and allows counties to determine changes in student behavior observed by teachers.

In the FY18 program year, 17 counties completed surveys with their SNAP-Ed programs. This evaluation found that

97 percent of teachers surveyed reported being “satisfied/very satisfied with the SNAP-Ed program” and found the SNAP-Ed program “valuable/very valuable for students.” Ninety-three percent of teachers also reported that they would like to continue the program the next year, and 68 percent reported that the SNAP-Ed program delivered to their students motivated the teacher to eat healthy and be more active.



Sarah David with SNAP-Ed poster presented at conference.

Sebastian County holds 4-H CSI Camp

On July 19, Sebastian County held a 4-H CSI Camp. Sixteen youth were engaged in learning about crime scene basics and eye witness basics. The 4-Hers were also involved in solving mysteries about breaking and entering and vandalism. Not only did they get to learn about crime scene investigators, but they were also visited by Sebastian County crime scene investigator Sgt. Robert Crouch, who demonstrated how to dust for fingerprints, protect evidence and presented tools for solving crimes. Sgt. Crouch shared insight into his profession and enlightened the youth on staying alert, being observant and making educated decisions.

Responses from some of the families were:
 “Sgt. Crouch was the highlight of the Camp!”
 “Cool experience!”
 “When I grow up, I want to solve crimes!”



Participants in Sebastian County 4-H CSI Camp.

Independence County 4-H'ers trained in emergency preparedness

After completing nearly 50 hours of class and hands-on work over the course of the summer, 13 Independence County 4-H members have been certified in Community Emergency Response Team basic training as part of the MyPI, Preparedness Initiative, program. This training covers basic skills that enable these youth to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available.

MyPI participants had to take a test prior to the course and a post test. All 13 participants scored higher on the post test as a result of taking the course. These youth also completed a PREP+6 project. Every participant had to assemble an emergency disaster kit and recruit six other families in their community to assemble their own disaster kit. A total of 91 kits were assembled by these youth taking action in their communities.

These 13 participants attended a graduation ceremony where they received a backpack full of emergency supplies and a certificate of completion. ■



MyPI participants after touring the Survival Flight helicopter (left to right): Julian Carpenter, Family and Consumer Sciences/4-H agent, Daniel L., Elsa T., Steven S., Cheyenne M., Sydney B., Kaylee L., Morgan S., Ally E., Madison I., Keylee H. and Linda Latus, 4-H program assistant.

Lonoke County residents learn basics of estate planning

What is an estate plan and what should it include? What happens to my assets and property in the event of my death? How can I ensure that my loved ones are protected in the event I should require long-term care? These and many other questions were answered recently when 84 participants attended an Estate Planning Workshop presented by the Lonoke County Cooperative Extension Service and hosted by New Horizon Baptist Church.

Lonoke County FCS agent Dianna Bowen, along with Dr. Laura Hendrix, associate professor - Personal Finance and Consumer Economics, worked together to present the event. Participants attended two evenings where they also heard from local elder law attorneys Doug Jones and Cynthia Orlicek Jones.

Many of those in attendance commented about the benefits of the information. One participant, who had not intended to return for the second evening, commented at the conclusion of the first night: "I will be back tomorrow night. This is wonderful information, and I do not want to miss the rest of the program." At the request of participants, the possibility of a third session is being discussed. ■



Dianna Bowen, Lonoke County Family and Consumer Sciences agent, teaching at Estate Planning Workshop.

SouthShore 4-H leadership club gets True Colors training

The 21 members of the SouthShore Marion County Youth Leadership 4-H spin club participated in a True Colors training in August to learn their personality type.

Members of this club are all ninth-grade students nominated by the three school districts in Marion County. They focus on leadership skills, personal development, healthy living and citizenship. Funding is provided by various community and foundation grants. ■



The "blue" personality group explains their design for the perfect school.

Drew County goat milk soap workshop

Terry Koone, Drew County Shooting Sports 4-H leader, conducted a goat milk soap workshop for 4-H'ers, EHC members and Boys and Girls Club students on Aug. 7.

He explained the importance of being very careful when handling lye. The skin should be protected at all times. When mixing the ingredients, a stainless steel pot or bowl should be used, as the lye will eat through plastic.

Some of the youth had an opportunity to measure, pour and mix the ingredients together. The participants were amazed to have the opportunity to participate in the soap-making activity.

It takes four weeks for the soap to cure, so he brought soap that was ready to cut into bars so the participants could witness the steps of cutting and boxing the soap bars.

This was a great experience for all who took part. ■



Participants look on as Terry Koone and a helper mix ingredients for goat soap.

Efforts, cont.

Speaking of cooperation, I really appreciate Chelsey Ahrens working so hard to support fairs and showing of animals in the state. I get many kudos from stakeholders about Chelsey and her dedication in helping young people with showmanship, as well as conduct of fairs overall.

Meanwhile and outside the *Blue Letter*, I have heard from Jesse Bocksnick that he intends to have the "Bustin' Clays" event to raise funds for 4-H Shooting Sports this fall, and if you would like to support this event, please contact Jesse. Last year's event raised quite a bit of money and was great fun for participants.

Also, if you keep up with Twitter, note the activity of our horticulture and row crop programs the past month or so. Lots of hard work in the field trying to get ready for fall and finish harvest and survive the heat and untimely rains, all at the same time. This type of work is not easy, as evidenced by recent photos from Dr. Gus Lorenz and the Entomology field crew – but they "get it done." Kudos to all.

And, finally, we recently attended the annual county judges meeting in North Little Rock, and I was able to visit with many of our county leaders. In every case, they commented positively on the professionalism, hard work and cooperation of the county agents and local staff. It was a very positive experience, and I thank each of you for that – your local excellence is visible and making a difference. Kudos!

Please have a great September.

– Dr. Rick Cartwright ■

What's new in publications?

Find out at:

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



December 3
State Faculty Conference
Little Rock State Office

Personnel changes

Please welcome the following:

Mindy Beard, Administrative Specialist, Faulkner County, effective August 16, 2018.

Garrett Felts, Program Associate, Entomology, effective August 16, 2018.

Serena Garner, Administrative Specialist, Vines 4-H Center, Little Rock, effective August 1, 2018.

Kim Jackson, Administrative Specialist, Rice Research and Extension Center, effective September 4, 2018.

Meredith Lancaster, Administrative Specialist, Washington County, effective July 16, 2018.

Ed Mabry, Program Associate - Rural Development, Community and Economic Development, effective September 4, 2018.

Darlene Madden, Administrative Specialist, Jackson County, effective July 16, 2018.

Jennifer Mendenhall, Administrative Specialist, Jefferson County, effective August 16, 2018.

Emilee Moody, County Extension Agent - Family and Consumer Sciences, Marion County, effective July 16, 2018.

Andrea Price, Administrative Specialist, Community and Economic Development, effective September 4, 2018.

Andrew Sayger, County Extension Agent - Agriculture, Monroe County, effective September 4, 2018.

Sarah Stacy, 4-H Program Assistant, Hempstead County, effective July 16, 2018.

David Steele, Administrative Specialist, Family and Consumer Sciences, effective September 4, 2018.

Cody Stroud, County Extension Agent - Agriculture, Sharp County, effective July 16, 2018.

Ben Thrash, Assistant Professor, Entomology, effective August 1, 2018.

Extension says goodbye to:

Sam Austin, Cash and Position Control Manager, Financial Services, effective August 9, 2018.

Paul Beck, Interim Director, Southwest Research and Extension Center, effective August 30, 2018.

Tellisha Brown, Program Technician - Health, Family and Consumer Sciences, effective August 24, 2018.

Ally George, County Extension Agent - Family and Consumer Sciences, Randolph County, effective August 15, 2018.

Carroll Guffey, Natural Resources Program Associate, Forest Resources, effective August 31, 2018.

Josh Hardin, Program Associate - Food Systems and Safety, Associate Director - Agriculture and Natural Resources, effective August 10, 2018.

Autumn Johnson, Administrative Specialist, Arkansas County - DeWitt, effective August 10, 2018.

Tammy Keeler, Program Assistant - EFNEP, St. Francis County, effective August 5, 2018.

Grants and Contracts for Month Ending August 31, 2018

Project Title	Award Amount	Principal Investigator	Granting Agency
SNAP-ED Program	\$2,100,000	Debra Head	Arkansas Department of Human Services
Use of Alfalfa in Crop Rotation to Control Herbicide Resistant Pigweed	20,675	John Jennings	National Alfalfa and Forage Alliance
Provide Assistance to Landowners in Properly Managing and Developing Water Quality Plans	99,000	Michael Daniels	Natural Resources Conservation Service
LeadAR Class 18 National Study Tour and Seminar 3 – Batesville	2,250	Noah Washburn	Entergy Corporation
Chloride Excluder Testing and to Verify RKN Mi Resistance in Soybean Lines	1,325	Terrence Kirkpatrick	Syngenta Crop Protection, Inc.
Pioneer Hi-Bred International, Inc. Evaluation Agreement Statement of Work #4	2,040	Travis Faske	Dow AgroSciences LLC
Total Awards for August 2018	\$2,225,290		