

# BLUE LETTER

The University of Arkansas Cooperative Extension Service Monthly Letter

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

No. 3686

June 2009

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*From the Director*

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Tony E. Windham  
Interim Associate Vice  
President for  
Agriculture-Extension

**UofA**

UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE

## From the Director

**A**s the recently named Interim Associate Vice President for Agriculture-Extension and Director of the Cooperative Extension Service, I appreciate the confidence and trust Dr. Shult has extended to me.

I imagine you are curious as to my background, personal and professional. I grew up on a farm in Forest, Mississippi. I have been married to Rose for 21 years, and we have been blessed with two children, ages 10 and 13.

I earned a B.S. in Ag Engineering Technology and Business in 1981, my M.S. in Ag Economics was awarded in 1985, and I received my Ph.D. in Ag Economics in 1988, all from Mississippi State University.

I began my career with the University of Arkansas Division of Agriculture in February 1988 as an Extension Economist - Management housed in the Little Rock office. In August 1995, I was named Section Leader - Agricultural Economics. In January 2002, I was appointed Section Leader - Agricultural Economics and Community Development. I was named Assistant Director - Community and Economic Development in February 2005, where I served until October 2006, when I was appointed

Assistant Director,  
Agriculture and Natural  
Resources, and Community  
and Economic Development.

I know you share my dedication to our organization, with its rich history and mission. We share a vision, as well, whether our work is in 4-H Youth Development, Family and Consumer Sciences, Agriculture and Natural Resources, Community Development or in a support unit, a county office, Extension and Research center or in the state office.

I pledge my best efforts on behalf of all of us and would like you to know my door is open. I look forward to working with you as Interim Associate Vice President and Director. I anticipate our continued success in bringing Arkansans research-based information that empowers them to enrich their quality of life.

*Tony E. Windham*



## Honorary and Memorial Gifts

The following honorary and memorial gifts were recently received in support of programs and funds within the Cooperative Extension Service. This list covers gifts deposited April 1-30, 2009.

### CES Retiree Scholarship Fund

*In memory of Mavis  
Trawick Chapman  
Fann Woodward*

*In honor of Stanley Chapman  
Merritt Royal*

*In memory of Shannon  
Pope Fewell  
Fann Woodward*

*In memory of Mr. Mills  
Portia Short*

*In memory of Mr. and  
Mrs. Pickett  
Portia Short*

*In memory of Kenneth Scott  
Bob and Sharon Reynolds*

### Lynn R. Russell Endowed Award for Professional Development

*In memory of Lynn Russell  
Becky O'Neal Mulhollen  
Barbara Singleton*

Honorary or memorial donations may be forwarded to the Development Office, Cooperative Extension Service, P.O. Box 391, Little Rock, AR 72203. To ensure that 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.

– Merritt Royal

## Retirees Award First Scholarship

At this year's annual retiree luncheon held at the 4-H Center, retirees awarded their first endowed scholarship to Vicki Shadell, a 4-H program assistant

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in Perry County. Retirees established their endowed scholarship fund to support current employees seeking to improve their knowledge through higher education or conferences.

The retiree editorial board selected Shadell because her passion is working with youth. She has told her own children and her 4-H children, "my kids too," that education is important. Knowing how important it is to be a role model, Shadell returned to pursue her associate's degree in January 2007 at the UofA Community College at Morrilton.

Once she completes her associate's degree, she plans to enter the University of Central Arkansas, where she hopes to earn a degree in family consumer sciences, and then she hopes to become a county agent.

– Bob Reynolds

## Agriculture Field Day Scheduled for July 30

An Agriculture Field Day has been scheduled for Thursday, July 30, at the University of Arkansas at Pine Bluff (UAPB) Agriculture Research Station farm on Oliver Road off University Drive. The field day will begin at 8:30 a.m. with registration and features both tractor and walking tours. The last tractor tour leaves at 11 a.m.

The field day will focus on profitable vegetable and ornamental crops for small farmers. Featured crops include sweet potatoes, cowpeas, ornamental crops, medicinal crops and hog production.

UAPB research scientists and Extension faculty will be at each tour stop to provide updates and answer questions. Scientists and their specialties include Drs. Obadiah Njue, horticulture; Shadrach Okiror, cowpeas; M. Jalaluddin, medicinal crops; Shahidul Islam, sweet potatoes; and Ondieki J. Gekara, animal nutrition.

For more information, contact Dr. Edmund Buckner at (870) 575-8536. – Carol Sanders

## Monthly Gift Total Summary – April 2009

The following chart summarizes gifts and noncash gifts deposited in April 2009 to advance the programs of the University of Arkansas Division of Agriculture Cooperative Extension Service.

Cumulative Giving				
University of Arkansas Division of Agriculture Cooperative Extension Service				
	April 1-30, 2009		Fiscal Year 2009 July 1, 2008-April 30, 2009	
	Monthly Gift Count	Monthly Gift Total	Fiscal Year-to-Date Gift Count	Fiscal Year-to-Date Cumulative Giving
CES Administration	18	\$ 597.00	52	\$ 131,538.35
Delta District	0	\$ 0	7	\$ 5,570.00
Ouachita District	0	\$ 0	5	\$ 7,162.50
Ozark District	0	\$ 0	1	\$ 2,500.00
4-H Youth Development	0	\$ 0	3	\$ 28,000.00
Agriculture and Natural Resources	6	\$71,750.00	139	\$ 958,340.95
Community and Economic Development	14	\$ 3,556.91	72	\$ 22,372.40
Family and Consumer Sciences	0	\$ 0	1	\$ 500.00
Arkansas 4-H Foundation, Inc.	41	\$10,545.00	436	\$ 195,645.83
<b>TOTALS</b>	<b>79</b>	<b>\$86,448.91</b>	<b>716</b>	<b>\$1,351,630.03</b>

## State Extension Office Retirees Honored at May 19 Reception



Standing left to right: Jerry Wooley, Quinton Hornsby, Mike French, Phil Tacker, Henry Rice, Venetta Rice, Darlene Millard, Irene Carlock, Nina Boston, Suzanne Hirrel, Dianne Knuteson, Mike Hamilton, Lamar James and Milo Shult.

Photos from the retirement reception are available on the web site by going to [www.uaex.edu/news/pressroom/default.htm](http://www.uaex.edu/news/pressroom/default.htm) and clicking on Photos.

## Managing in Tough Times National Extension Initiative

Arkansas' Cooperative Extension Service personnel have been providing leadership for a national initiative to help Americans suffering the stresses of the nation's economic downturn.

Karen Ballard and Rich Poling of the Program and Staff Development section, Anne Sortor, assistant director - FCS, and Mary Hightower, assistant director, Communications and Marketing, are serving as core members of the "Managing in Tough Times" (MiTT) National Extension Initiative. This effort is being led by Lyla Houglum, executive director of the Western Region Association of Extension Directors, and Jane Schuchardt, national program leader, Cooperative State Research, Education, and Extension Service, USDA.

Conceived in November 2008 by the Extension Committee on Organization and Policy (ECOP) Program Committee, the MiTT initiative has identified Extension experts from around the country to build an online directory of the best educational resources and materials for use by Extension educators in conducting programs related to financial and resource management issues. The effort is meant to expand and mobilize Extension's capabilities to provide relevant, community-based educational programs on a national scale and to complement what is already available online through eXtension.

From May 6-8, some 30 Extension personnel from across the country, representing the areas of farms and ranches, individuals and families, youth development, community development, program evaluation, professional development and communications, met in Dallas to hammer the Managing in Tough Times concept into a workable solution.

A similar multidisciplinary initiative, specifically to address issues in Arkansas, has been initiated by Sortor, Tony Windham, interim associate vice president for agriculture - extension, and Darlene Millard, assistant director - 4-H Youth Development. Ron Rainey, Agricultural Economics and Agricultural Business section, is serving as chair of the Arkansas initiative. – *Mary Hightower*

## Arkansas Family Programs Score Well in ACE Annual Competition

Arkansas family programs scored well in the National Association for Communication Excellence (ACE) annual competition, which drew 241 nominations nationally. *See the World Through My Eyes*, a program to help parents and caregivers understand preschool children's developmental challenges, received two Gold Awards, one for writing and one for illustration. *The Marriage Garden* received a Bronze Award for illustration. Both programs were developed by Wally Goddard and James Marshall and their team in the Family and Consumer Sciences section. These programs have been very popular for training couples, parents and child care providers. We are proud of the ways these programs strengthen Arkansas families. – *Wally Goddard*

## Chi Epsilon Sigma – Beta Chapter Celebrates 20th Anniversary of Life, Loyalty and Learning

Members of the University of Arkansas Cooperative Extension support staff fraternity gathered in the dining hall of the 4-H Center on April 30 for the annual membership meeting in conjunction with support staff in-service training. In addition to the business meeting, the organization celebrated 20 years

of fellowship among support personnel dedicated to serving the Cooperative Extension staff.

"One Summer in the Garden" was presented by David Cook, minister of the Choctaw Church of Christ. Members and cancer survivors, Rin Morris and Diane Cunningham, presented a talk on the Race for the Cure and the importance of being involved in this event. A slide presentation depicting the history and charter membership of Chi Epsilon was presented by Dena Malone.

Scholarships were awarded to Alisha Colvin, daughter of Sharon Colvin, and Amanda Lee Huddleston, daughter of Vicki Huddleston. Brenda Hawkins received the Professional Improvement award. The Ozark District was recognized as the district collecting the most money for the 2008 THV Summer Cereal Drive, the district with the most new members and the district with the most members present.

Judy Fenton received the Rookie of the Year award. Crystal Ingle won the \$25 prize drawing for new members. Laura LaRue received a certificate honoring her retirement. Support Staff of the Year was awarded to Louise Williams, Delta District; Regina Foster, Ouachita District; and Denise Murdoch, Ozark District. Overall Support Staff of the Year was awarded to Denise Murdoch.

President Dena Malone conducted the business meeting and installation of officers for 2010. The newly elected officers are Regina Foster, president; Sandra Blocker, president-elect; Ursula Crow, first vice president; Glenda Sutherlin, secretary; Denise Murdoch; treasurer/membership chair; Pamela Ferrill, analyst; Diane Cunningham, administrative advisor; and Dena Malone, past president. District directors are Rin Morris, Delta; June Moody, Ouachita; Leveda Tate, Ozark; Pamela Ferrill, LRSO; and

Diana Baker, Retirees.

Each year the local chapter selects a community service project to support. This year two projects received overwhelming donations. The Humane Society of Pulaski County was the beneficiary of dozens of items to help care for homeless pets. Members also donated magazines to The University of Arkansas Medical Services for use in over 16 waiting areas.

One of the most anticipated events of the yearly meeting is the silent auction. Members donate and bid on various items. This money is used to provide scholarships and professional improvement awards to members and families. Chair Diana Baker announced that \$849 was collected this year.

– *Dena Malone*

## Hot Spring County 4-H Fishing Derby Celebrates 30th Anniversary

Eleven inches of rain in four days didn't stop the 30th annual 4-H Fishing Derby on May 7 at Maurice Hendrix's pond. Hendrix, vice president of the Hot Spring County 4-H Foundation, a former 4-H member and a lifelong 4-H supporter, has donated use of his pond for more than 20 years.

More than 400 exceptional students from the five school districts in Hot Spring County and one school in an adjacent county serving Hot Spring County threw in their fishing lines from cane poles and pulled out fish stocked by the Arkansas Game and Fish Commission.

The Fishing Derby is a community service project of the Hot Spring County Teen Leaders. The program's growth is no fish story. "We had about 15 students at our first derby," said Jesse Clark, Hot Spring County staff chair. "It has gotten bigger every year."

The students, kindergarten through 12th grade, wore commemorative T-shirts donated by the Hot Spring County Farm Bureau and matching "gimme" caps donated by Leatha Bryant,

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Hot Spring County 4-H leader.

The Hot Spring County community supports the derby by furnishing prizes, fishing poles, sinkers, hooks and man-power. Food is donated and volunteers grill hamburgers and hot dogs to provide a sack lunch for students, 4-H Teen Leaders and volunteers.

The students can take their fish home along with trophies and prizes for the biggest fish, the most fish, the first fish and the smallest fish.

– Cheryl Maxwell

## Congratulations to Craighead County EFNEP

After observing Craighead County EFNEP in the community, promoters of the two-day HMG Health and Fitness Expo 2009 at the ASU Convocation Center in Jonesboro not only invited EFNEP to participate, but also donated the educational booth costs to enable the program to do so.

Determined to provide direct and interactive education and not just “literature,” and with the heart of a former 4-H volunteer leader, Nelvia Agnew, FSC agent, knew this would be a great “fit” for 4-H volunteers, so she set to work. Communicating with Easter Tucker, state EFNEP director, for resources and materials and with Expo promoters for an informal “needs assessment,” Agnew identified two “key teaching points” for the event and began recruiting 4-H members looking

for leadership experience. Five 4-H members and two 4-H adult leaders received training during a 2½-hour workshop. The workshop covered “the basics” of meeting the public, handling those who might disagree and how to politely refer Expo participants to the county agent as needed.

More than 130 individuals received direct, interactive teaching on the topics of “Have You Fed Your Bones Today” and “Eat Your Colors.” Additionally, a large number of Expo participants who chose not to “interact” took advantage of health and nutrition information made available at the booth through print material.

Families in a multi-state region gained health and nutrition information. 4-H members received training and gained “hands-on, real-life” experiences, the public gained awareness of Extension and EFNEP identified local families interested in more information for further lessons. – Nelvia Agnew

## Fit in 10: Increasing Physical Activity as We Age

The U.S. Department of Health and Human Services and the National Institute on Aging’s most recent recommendations state that adults and senior adults should perform a minimum of 150 minutes per week of exercise spread throughout the week in episodes of at least 10 minutes. This physical

activity should include the four main exercise categories: balance, endurance, strength and stretching. “Fit in 10” is a new program that explains these recommendations in everyday terms with the goal of increasing physical activity as we age.

“Fit in 10” is a research-based exercise program including the “Increasing Physical Activity as We Age” fact sheets and an exercise DVD. The series consists of six fact sheets explaining the exercise recommendations, the types of exercise and nutrition as we age. The DVD is designed so you can choose to do the entire video for a 40-minute workout or pick and choose the segments to create your own exercise experience. The segments are in line with the new recommendations. Each is 10 minutes in length, one for each of the exercise categories, with a bonus 10-minute Tai Chi warm-up segment endorsed by the Arthritis Foundation.

This project could not have been completed without the help of numerous individuals from across the state. Participation from the state office included administration, communications, community and economic development, family and consumer sciences, IT, LeadAR, program and staff development, and the warehouse. County participation included both FCS and agriculture agents from Craighead, Garland, Hempstead, Hot Spring, Lee, Miller and White counties.

You can find the “Fit in 10” program on our web site at [www.uaex.edu](http://www.uaex.edu).

– LaVona Traywick

## Personnel Changes

Please help welcome the following:

**Kathryn R. Baney**, Program Tech - Best Care Connected, Family and Consumer Sciences, effective May 1, 2009.

**Michelle A. Carter**, County Extension Agent - Family and Consumer Sciences, Bradley County, effective May 18, 2009.

Extension says goodbye to:

**Terry L. Davis**, County Extension Agent - Staff Chair, Ozark District, effective May 15, 2009.

**Deborah Dooly**, 4-H Program Assistant, Columbia County, effective April 30, 2009.

**Patricia S. Garmany**, Program Assistant - EFNEP, Ouachita County, effective May 1, 2009.

**Ivory W. Lyles**, Associate Vice President for Agriculture - Extension, Little Rock State Office, effective May 21, 2009.

**Louis S. McDonald**, Procurement Advisor, Community and Economic Development, effective May 11, 2009.

**Brenda J. Yusko**, Secretary, Sebastian County, effective May 15, 2009.

## Grants and Contracts

Project Title	Award Amount	Principal Investigator	Granting Agency
AR Annie’s Project	4,000	Ron Rainey	Arkansas Women in Agriculture
Authorization to Incur Costs for Efforts in Support of Operation Military Kids – Camp Initiative	50,000	Maureen Rose	Kansas State University
Risk Management Assessment and Training Regarding Local Foods – Phase I	22,926	Ron Rainey	Agriculture Experiment Station
Toolbox for Small Ruminant Educators: Building on the Small Ruminant Resource Manual	5,000	Jodie Pennington	USDA, ARS MSA
Production of Syngas From Dairy Manure to Replace Natural Gas	95,000	Samy Sadaka	San Diego State University
<b>TOTAL =</b>	<b>\$176,926</b>		

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.