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University of Arkansas System

March 2020

No. 3

Registration is Open for Walk Across Arkansas

If your New Year's fitness resolve has waned, you might need a new challenge to get back on track. Walk Across Arkansas can help.

For eight weeks, hundreds of Arkansans form teams and log the time they spend exercising. Events are organized each spring and fall by the Cooperative Extension Service, part of the University of Arkansas System Division of Agriculture, with the goal of helping Arkansans lead healthier lives.

Last year, 524 people logged 798,340 minutes in the Fall 2019 Walk Across Arkansas. There were 104 participating teams across 37 counties. Many of those participants later reported they had more energy, slept better, controlled stress, strengthened their relationships, lost weight or inches, and improved their blood panels and blood pressure.

“Our data showed there was a significant difference in activity levels, so people were more active at the end of the program,” said Dr. Laura Balis, a University of Arkansas System Division of Agriculture assistant professor of health and an extension specialist. “Mileage has been a focus in the past, but now we are trying to shift the focus to participants increasing their physical activity by meeting their personal exercise goals.”

Too few Americans get the recommended amount of physical activity. The Centers for Disease Control and Prevention recently announced its Active People Healthy Nation initiative with a goal of 27 million more active people by 2027.

Research recommends that adults exercise for at least 150

WALK ACROSS ARKANSAS

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Spring Walk
March 16—May 10

For more info, visit walk.uaex.edu

minutes per week and youth get 60 minutes of exercise daily. Physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, high cholesterol, Type 2 diabetes, metabolic syndrome and some cancers, according to the CDC. Exercise also helps with weight loss, reduces depression and improves energy.

“Walking is one of the least expensive and easiest ways to get fit,” said Addie Wilson, program associate for health. “Adding in even small amounts of exercise to your daily routine can have positive results that can improve health.”

Participation is simple. Grab a few friends to form a team and register at www.uaex.edu/walk.

Then, from March 16 to May 10, record the amount of time you spend walking or getting any other form of exercise.

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THE INSIDE STORIES

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“We encourage and count all types of physical activity that get the heart rate up,” Balis said.

A little team competition can keep members motivated and accountable for doing what they say they’ll do.

“Everyone is working toward the same goal of more physical activity,” Wilson said. “Having support and

New Service Enlists Texting to Aid Crop Production

Your phone could become your best tool for managing weeds, soil fertility and crops.

On Monday, specialists rolled out the Extension Row Crop Text Message Update service enabling subscribers to receive just-in-time information about crop production needs.

Within the first few hours of rollout, more than 150 subscribers had signed up from Arkansas, Texas and Mississippi. Within 24 hours, that number had tripled.

There is no cost for the service, but messaging and data rates may apply, depending on carrier or contract, said Tommy Butts, extension weed scientist with the University of Arkansas System Division of Agriculture.

To sign up for the service, text one of the following keywords to 69922: Cotton, Fieldcorn (all one word), Rice, Soil, Sorghum, Soybean, Weeds, Wheat.

Users may sign up for as many subjects as they’d like; however, they need to send separate text messages with each keyword. To opt out, simply reply STOP to cancel. Text HELP if assistance with the messages is needed. “We recommend saving 69922 as a contact in your phone,” Butts said.

The system also allows two-way communication. “If you ever have a question regarding a message sent, you can reply directly to the text message,” he said. “The responses will only be visible to the extension specialists, and we will reply on a one-on-one personal basis.”

The specialists see texting as the quickest way to get information to growers.

encouragement from friends can really make a difference.”

Minutes can be logged online, or you can contact your local county extension agent for forms. For more information about Walk Across Arkansas, visit uaex.edu/walk or contact your county extension agent. 

Jarrod Hardke, extension rice agronomist for the University of Arkansas System Division of Agriculture, has been using texts to keep growers, consultants, agents and others apprised of production situations. This new service expands that reach.

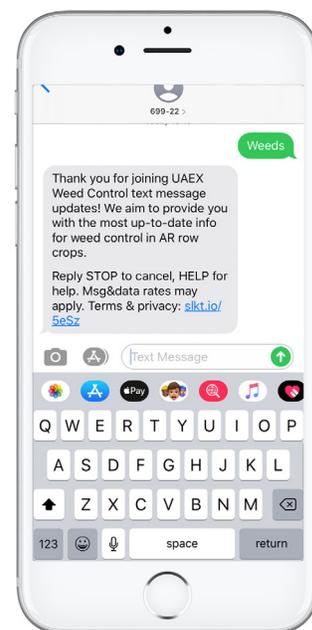
“Email is still an excellent form of contact, but we’d gotten some feedback that whether it’s a producer, consultant, specialist or county agent, email gets pretty cluttered,” he said. When it comes to getting information “texts jump to the top.”

Butts said that for example, “Right now, burndown applications are going out. If all of a sudden the temperature cools off, the herbicides’ effect will cool off too. Butts said, “We would text a message that might say ‘temps are dropping, be careful with your herbicide application now.’”

Butts said “We can also send picture messages if it’s something real specific, such as what damage from paraquat drift on rice looks like.”

Hardke said, “The sooner growers and consultants have that information in making their decisions, the more likely they’ll be able to incorporate that into their operations.”

To learn more about crop production, visit uaex.edu or call your county extension office. Follow the Cooperative Extension Service on Twitter at [@UAEX_edu](https://twitter.com/UAEX_edu). 



TEXT IT -- A new text service will enable just-in-time delivery of crop production information.

Vaughns and Woodall among 6 Inducted into Arkansas Agriculture Hall of Fame

Two longtime extension employees of the University of Arkansas System Division of Agriculture were inducted March 6 into the Arkansas Agriculture Hall of Fame and recognized for their contributions to the state's largest industry.

World War II and Korean War veteran Thomas Vaughns of White Hall, a member of the Tuskegee Airmen, was recognized for his decades-long career in agriculture which included farming, working 20 years as a Crittenden County extension agent and 4-H leader and 14 years as a horticulture specialist at the University of Arkansas at Pine Bluff.

William E. "Gene" Woodall, of Little Rock, was recognized for creating the Cotton Research Verification Trials which helped cotton farmers find efficient and profitable production methods. His 26-year career with the Cooper-

ative Extension Service included serving as an agent in Pulaski, Yell and Monroe counties and later as a cotton specialist at extension's state office in Little Rock.

Gov. Asa Hutchinson congratulated the new inductees and said Arkansas enjoys "a long history of heroes in agriculture."

"Our farmers and ranchers represent some of the best of us. They are determined, capable and survivors," he said. "You understand the risk and the things you can't control, but you continue to produce and invest, knowing the world depends on you." 



Thomas Vaughns of White Hall was recognized for his decades-long career in agriculture.



To Our Extension Retirees

2020 was clicking along at a fairly rapid pace and then along came the virus commonly referred to as COVID-19. Suddenly all of our lives changed in numerous and unexpected ways. From practicing social distancing, to now having to be strategic about finding food and everyday necessities.

In a matter of days, Extension's ability to bring people together or to work with them one on one practically vanished. Another unique attribute to this crisis is that it affects all 75 counties. Usually it is an ice storm, flood or tornado that only affects part of the state.

Thankfully, under the leadership of Dr. Rick Cartwright, Extension has invested heavily in the resources to provide information and training in a digital format and train employees use those tools. While the physical doors are locked on most Extension buildings, employees are working away to provide the information and resources that citizens need to navigate through the challenges they are facing during this pandemic. Zoom, Facebook and Twitter are just a few of the digital tools faculty, staff and county agents are employing to stay in contact with their clients. Another tool that is being rolled out this spring in the row crop area is the ability to text message subscribers just in time updates on crop production updates.

I would be remiss if I did not highlight two of our very own, Thomas Vaughns and Gene Woodall, who were recently inducted into the Arkansas Agriculture Hall of Fame. They joined four additional outstanding contributors to Arkansas Agriculture. This is always a banner day for the Extension Service and the Division of Agriculture as we recognize these outstanding leaders in agriculture.

In closing, as soon as we get past the COVID-19 outbreak we look forward to rescheduling the Retiree Luncheon. We will get the word out through all of our usual channels and we hope you will be able to join us. 

-Brian Helms

April Birthdays

Yvonne Mizell - April 1

Ione Daniel - April 1

Linda King - April 1

Annette Coor - April 1

Saundra Blocker - April 1

Kenneth Williams - April 2

Nancy Winterbauer Olofson - April 3

Susan Sanders - April 4

Janice Wadkins - April 5

Easter Tucker - April 5

Kathryn Lynch - April 6

Bonnie Wright - April 7

Colleen Owen - April 8

Ann Gray - April 8

Stan Chapman - April 9

Louise Walker - April 10

John Payne - April 11

Melvin Daniel - April 12

Rich Maples - April 12

Mary Ruth Miner Fallin - April 17

Rebecca Reynolds - April 19

Janet Carson - April 19

Mary Butler - April 21

Tommie Wyatt - April 22

Phil Tacker Jr. - April 22

Claude Bonner - April 25

Eleanor Walls - April 27

Diane Jones - April 29

Robin Bridges Retires

Robin Bridges, Union County (Ouachita District). Robin began his Arkansas Extension career in 2010 after retiring from the LSU AgriCenter as the Union Parish staff chair with 25 plus years of service. Robin served for 10 years as county extension agent staff chair and agriculture agent. ☺

Edwin Albert Passes

Edwin Albert "Eddie" Erwin, age 64 of Fairplay, passed away Feb. 20, 2020, at his home. After high school, Ed served his country in the United States Navy. A computer technician, he worked in the IT industry before joining Cooperative Extension. Ed worked for 20 years in the Information Technology Department before retiring. Visitation and Memorial Service was held on Saturday, Feb. 29, 2020, at J.A. Funk Funeral Home. ☺

George Morris Passes

George L. Morris, age 85 of Sherwood, passed away on Feb.20, 2020. George earned his bachelor and master's degrees from the University of Arkansas. During his career, George served as an area agronomist, cotton specialist, assistant county agent and staff chairman for Pulaski County. George also served in the Arkansas National Guard, retiring as a lieutenant colonel. ☺

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

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

Name/Address for notification of honorary and memorial gifts:

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

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