

Healthy Living,

Happy Homes

in Lonoke County

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



Delivering practical knowledge backed by
leading-edge research for more than *100 years!*

University of Arkansas
Research and Extension

Lonoke County
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A handwritten signature in cursive script that reads 'Dianna Bowen'.

Dianna Bowen

County Extension Agent:
Family & Consumer
Sciences

Marriage, Parenting, &
Family Life
Food & Nutrition
Financial Management
Health & Aging



Summer 2014

Extension Wellness Rally

Formerly Strong Women and Men, the Extension Wellness program covers all aspects of wellness. Join us for a wonder day filled with research based information in nutrition, stroke awareness, fitness tech tools as well as strength training with medicine balls, aerobic/jazzercise, and a blue print to happiness. Also learn about the newest extension program in Wellness Ambassador 101. The Rally will take place on August 22, 2014 at the F-H Center in Ferndale. Registration is \$30 and is due by August 8th. Registration cost includes lunch and a t-shirt. After August 8th the late registration cost will be \$45 with no guarantee of a t-shirt. So register early. Register online at www.regonline.com/WellnessRally or for a paper registration contact Lisa Brown at (501) 671-2084 or email at lcbrown@uaex.edu.

Whether you have been a part of the Strong Women and Men program or not this will be a wonderful experience. Registration, vendors and Bio Screenings take place for 8:00-9:00 with the conference getting under way at 9:30 and going until 5:00. Keynote speaker will be Becky Comet of The Biggest Loser program. Hope to see you there.

If you would like to receive this newsletter electronically, send me an email at dbowen@uaex.edu. If you know someone who is not getting this newsletter and would like to receive it please have them contact my office.



Join the Division of Agriculture for a Fun-Filled Day!

Looking for something different and fun for the whole family? Join us on August 1, 2014 at the Grand Prairie Center in Stuttgart for a day filled with activities and education for the whole family. And the entire event is free of charge.

For the farmers, home gardeners and those just interested in farming issues there will be a workshop on the 2014 Farm Bill, live and virtual demo plot tours and a workshop on the Arkansas State Water Plan update. Janet Carson will present a session on Growing Herbs and Vegetables.

There will also be a locally grown farmers' market including food preservation demos. Produce will be available for purchase and you can learn about the latest food preservation techniques. Sessions include: selecting tomatoes, types, and characteristic; canning salsas; acidity, sodium, and herbs and spices in canning; packs – hot and raw. Living Well with Rice cooking demonstrations will also be presented with the opportunity to sample the foods prepared.

The finalists in the Rice Recipe Contest will be presenting their dishes for the final judging. There will also be a Rice Centerpiece arrangement competition. The centerpieces must utilize rice panicles, either green and immature standing up and/or brown and mature drooping over. Pre-registration for the centerpiece is required by July 25. Contact the county extension office for more information.

There are a number of activities for the youth. 4-H passport adventure and Farm to You Exhibit will be held inside. Outside youth activities will include BB shoot, Ag Pro Train, AR Game and Fish Aquarium, Farm Bureau Rice Mill and Combine Simulator. So bring the kids and make a family day of it. We will top the day off with a delicious lunch with activities ending at approximately 1:00 pm.

The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Items of Interest

Extension Homemakers and 4-H Join Together

Sewing Sew Simple (SSS Club) is a joint venture of Extension Homemakers and 4-H youth to explore the art of sewing. The club meets the second Saturday of every month at 9:00 am at the county extension office. Whether you are an experienced seamstress or have never used a sewing machine before, this is a great opportunity to share your skills and knowledge or learn from others. Anyone ages 8 to 88 is welcome to join us. Don't have a machine, that's okay too. There are machines at the office to use. Each month we work on a different project most simple enough to finish at the meeting. For more information call the Lonoke County Extension Office or come join us on the second Saturday.

Lonoke County Fair

The Lonoke County Fair is just around the corner, September 17-20. Time to finish up, or start, your entries for the Educational Building. This is a wonderful way to showcase those hand crafted items you have been doing throughout the year. There is a category for almost anything you craft, quilt, sew, bake, or preserve. Check in for entries is Tuesday, September 16, from 11:00 am to 7:00 pm. Be sure to check the general rules for entries as well as any individual rules for your specific items at the Lonoke County Fair website.



Extension Celebrates 100 years of Learning

One-hundred years ago, America was still three years away from entering The Great War; Ty Cobb was hitting .368 and Charlie Chaplin's first movie, "Making a Living," was released.

At the time, Arkansas was home to about 1.5 million people, most of them involved in farming.

"Like most of the United States, agriculture was a part of everyday life, whether it was subsistence farming or farming to sell commodities to a growing nation," said Tony Windham, associate vice president-extension for the University of Arkansas System Division of Agriculture.

1914 was an important year for agriculture in the United States. That year, the Smith-Lever Act went into effect, creating an educational force that would change agriculture forever. The idea behind extension was simple. Agents would collect the latest research on farming and household issues and teach these innovations to their neighbors.

"Having the ability to transfer research discoveries to the people who could use them was a key moment in our history," he said. "It provided the ability to raise the level of farm production from near subsistence to a level where it could support a nation that was growing in population, economy and technology."

The result was a steady rise in the standard of living across the state.

Although Arkansas had been assigned its first extension agent nine years earlier, Smith-Lever would lead to bigger things for Arkansas. State government became involved. The University of Arkansas joined the effort and the Cooperative Extension Service as we know it was born.

To take advantage of the numerous educational opportunities extension has to offer contact the county extension office.