

EXTENSION

Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

Video Presentation by
Mary Campbell

This edition's video presentation is from Mary Campbell, Pinellas County Extension Director. In it, Mary highlights Pinellas County's Sustainability programs.

<http://webdev.ifas.ufl.edu/icsvideo/comingsGoings/ComingsGoingsSept09.html>

This video presentation utilizes the same streaming technology being used on the Solutions for Your Life web site. If you have Flash Player 8 or higher installed on your computer, you can view the video using Flash. You can download Flash at the following website: <http://get.adobe.com/flashplayer/>

Requires Flash Player installed on your PC and a relatively fast broadband connection.

Walton Extension
Opens New Coastal
Office – Grand
Opening

The University of Florida IFAS *Walton County Extension* has opened a new Coastal Branch in Grayton Beach. A Grand Opening celebration and Ribbon Cutting will be held on Thursday, December 10 from 3:00 to 6:00 pm. The new office is located at 70 Logan Lane, formally the Regional Utilities Office. The building now also houses, Cecilia Jones, District 5 Commissioner's Office. Refreshments and door prizes will be offered and mini workshops will be on-going.

Interactive displays will showcase the services offered by the Extension Service.

Eddie Powell, the Horticulture Agent, and Master Gardeners will hold a plant clinic to answer gardening questions and test soil pH. Bring in your pressure cooker and canning lids for inspection and

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safety testing by **Kendra Zamojski**, the Family and Consumer Science Agent. Rain barrel and biodiesel demonstrations will be held.

UF IFAS Extension conducts educational programs for Walton County citizens in the areas of Marine Science, Agriculture, Forestry, Horticulture, 4-H Youth Development, Family and Consumer Sciences and Nutrition. The Coastal office operates on Wednesdays from 9:00 am to 2:00 pm. The telephone number is 850-231-0246. The Extension Service also has an office located at 732 N. 9 Street in DeFuniak Springs. The office is open from 8:00 am to 4:30 pm Monday through Friday, the telephone number is 850-892-8172.



South Walton County Extension Office
Photo Credits: Photo by Pete Vergot III

Contact either office for more information about UF IFAS Walton County Extension programs or the grand opening. **Kendra Zamojski**, hughson@ufl.edu, FCS, Walton County Extension, 732 N 9th Street, DeFuniak Springs, FL 32433, Telephone 850-892-8172

Gadsden County Faculty Host EARTH University Intern

Gaspari Davince Cordova, a third year Belizean student at EARTH University will soon finish his internship with the faculty at the Gadsden County Extension office in Quincy Florida. CED **Henry Grant** and agricultural agents **Lester Muralles** and **Alex Bolques** assisted **Gaspari** in developing extension skills though projects with livestock and nursery plant management and a community project with assisting in teaching English as a second language.

EARTH University

(<http://www.earth.ac.cr/ing/index.php>) is located in Guácimo, Limón, Costa Rica. It is a private, international, non-profit university dedicated to education in the agricultural sciences and natural resources in order to contribute to sustainable development in the tropics by seeking a balance between agricultural production and environmental preservation. Each year all third year students perform an internship as part of their graduation requirement. **Gaspari** explains his internship as a new challenge that will become apart of a great turning point in his life.



Lester Muralles with Gaspari Cordova and Dr. B K Singh of Earth Univeristy

Photo Credits: Photo by Dr. Pete Vergot III

Additional quesions on hosting EARTH University students can be directed to Dr. Pete Vergot pvergot@ufl.edu.

St. Lucie County/ UF-IFAS Extension is Protecting Agriculture Workers

St. Lucie County/ UF-IFAS Extension is Protecting Agriculture Workers

The Florida Agricultural Worker Safety Act (FAWSA) is intended to ensure that agricultural workers employed in Florida receive protection from agricultural pesticides and are provided with educational information concerning agricultural pesticides. Extension educators in St. Lucie County in cooperation with area agricultural / nursery businesses provided ongoing workshops aimed at educating business owners and workers on how to create a pesticide safe working environment. As a result of this partnership, 436 participants attended 6 programs and received worker protection standards completion cards. This educational program will reduce the number of worker pesticide related incidents, while saving the business owners thousands of dollars in potential fines for not providing their employees with WPS training. A good example of the cost a fine could represent to an agriculture proprietor or nursery owner, on September, 29 2008 the EPA fined Vector Tobacco Inc. \$65,040 for allegedly misusing six pesticides and failing to comply with federal pesticide worker safety laws.

Contact: Ed Skvarch, Commercial Horticulture, St. Lucie County

Miami-Dade County/ UF-IFAS 4-H Extension is Helping Youth to be Healthier

Miami-Dade County/ UF-IFAS 4-H Extension is Helping Youth to be Healthier

At risk youth often lack the nutrition knowledge and physical fitness knowledge required to live a healthy lifestyle. Traditional means of teaching the food pyramid, portion size, label reading, and physical fitness seem to have minimal impact on knowledge gain and

behavior change on youth. Miami-Dade County 4-H Extension collaborated with South Florida Urban Ministries after school programs, and the USDA Children Youth and Families at Risk (CYFAR) program to develop and implement an innovative yoga, health and nutrition program. Forty-five youth were instructed by a certified yoga instructor and two 4-H agents. The topics included portion sizes, the food pyramid, food density concept, label reading, and the various means and time required for a healthy physical routine. Pre and post exams completed by 45 participating youth showed at least 83% knowledge gain on all subjects: the elements of the new food pyramid, portions size, and label reading. All youth surveyed indicated they would implement the information they learned. Three program staff of the Florida Urban Ministries reported that they had seen notable changes in the youths' eating behavior during lunch and snack breaks, and also noticed these youth discussing food selection and portion with their peers. By increasing health and nutrition knowledge gain, and positive behavior change on participants, youth are less likely to develop high blood pressure and type-2 diabetes. The South Florida Urban Ministries was so highly impressed by the outcome and programming of 4-H that they have started several 4-H clubs and have implemented other 4-H programming.

Contact: Alex Diaz, 4-H, Miami-Dade County

New Hires

Please welcome the following new faculty:

Natalie Bomann, 4-H Extension Agent I, Holmes County, 11/06/09

Frank Dowdle, Ag Safety Training Extension Agent I, Palm Beach County, 11/13/09

Please also welcome the following faculty into their new positions:

Carrie Stevenson, Sustainability/Wind Storm, Escambia County, 11/13/09

John Lilly, County Extension Director and 4-H Agent

IV, Jefferson County, 11/13/09

We are pleased to announce that we have a new staff member in the Office of the Dean for Extension. Mrs. Robin Jenkins comes to us from the Department of Microbiology and Cell Science. Please join us in welcoming Robin to Extension Administration.

Extension Comings and Goings is a monthly newsletter of the Office of the Dean for Extension via e-mail and on the Extension web site at <http://extadmin.ifas.ufl.edu>. If you have any suggestions or would like to submit your own recognition or short article of interest, please send them to Liz Rossen at lizann@ufl.edu.
