

SESSION 1: Collage/Artifact

Hard times create opportunities - Even in Extension



Victor Blanco
Extension Agent II,
Sea Grant
UF/IFAS Extension
Taylor County
Perry, FL

COVID pandemic set a great challenge for extensionists as we had to deliver our educational programs using new tools. These difficult times created the best opportunities to be disruptive. Sea Grant came together to create Bite-Sized Science, a series of structured webinars to deliver marine science topics to a broad audience. The planning phase of the program demanded a lot of brainstorming and discussion of the planning committee, but the final outcome was a solid and well-prepared program with top presenters and topics. Considering different groups of topics, from Ocean animals, to Fish and fisheries, Aquaculture and seafood, Water quality and harmful algal blooms, Ocean/coastal habitat and habitat restoration, Ocean threats and protecting our ocean, and Other miscellaneous ocean/coastal-related topics, the webinar series was a success. A total of 69 webinars were presented, 12 of which were delivered in Spanish. In 2020, over

990 individuals watched at least one of the Bite-sized Science webinars live, for a combined number of live views of over 3,400. Based on zip codes, people joined from at least 7 countries, 31 states, and 56 counties within Florida. At least 11 people watched 20 or more of the 69 webinars. On average, about 67% of attendees have reported that they "learned a lot".

Picking up the pace as the world slowed down



Dr. Tatiana Sanchez
Extension Agent II, Commercial Horticulture
UF/IFAS Extension
Alachua County
Gainesville, FL

This last year has been very interesting in multiple ways. One of the advantages of being forced to use technology (whether we like it or not) is that many of our clients have been able to overcome their shortcomings with it. This has opened the door to extension activities that before would have only been sought after by a tech-savvy audience. During this year of pandemic, the reach of my extension programs expanded beyond the county, state, and country. The skills learned have only improved

In this ISSUE

COVID-19 Faded the Line Between Professional and Personal Expectations	2
COVID-19's Silver Lining	2
Livestock Judging Manual	2
Lafayette Extension impacted by poor Internet services during pandemic	3
Extension Programs Adaptations due to the COVID-19 Pandemic	3
Suwannee County gets Egg-cited about Embryology	3
Online Teaching	4
Filling your cup through self-care	4
2020 Reflection: Think Like a Marine	4
Garden Shears: A Year of Pruning	4
Familiar Distortions: Processes of Adaptive Collaboration in a Borderland	5
Growth of the Family	5
Alachua County Youth Fair During Covid	5
Remembering the Silver Lining	6
Plants Relieve Stress	6
Piece by Piece	6
COVID taught me to speak Spanish	7
Zooming Ahead: Reaching a Diverse Audience with Inclusive Application Features	7
"WOW Wednesday" --Educating, One Way or Another	7
Crossposting on Facebook	8
How celebrating 'holidays' can increase agricultural awareness and community outreach	8
Hatching from Afar!	8
Navigating the Employee Education Program	9
How do we use zoom post pandemic?	9
International Associations and Conferences Every Ag and Horticulture Agent Should Join	9
Utilizing grant funding to improve education facilities and extension programming	9
The Impact of Sleep on Mental Health	10
Stress Management: Reflections from a Challenging Year	10
Expanding Educational Outreach Through Canvas Catalog Online Courses	10
Creating a QR Code Using Canva	11
Tools for Success in Digital Agriculture	11
Florida Peanut Survey	11



the quality and diversity of the educational materials produced in all programmatic areas. In addition, the uninterrupted service provided to growers during such an uncertain time strengthened the relationship between Extension and the stakeholders. With the small artifact presented (a paper roll), I will share with the audience my professional journey before and during the pandemic as well as some of the highlights achieved, using a short series of talking points.

COVID-19 Faded the Line Between Professional and Personal Expectations



Keith Wynn
Extension Agent II, Agriculture and
Natural Resources
UF/IFAS Extension Hamilton County
Jasper, FL

I don't think any of us really understood the impact a pandemic like COVID-19 could have on everyone until public schools started closing. In our area, schools closed on March 16, 2020 leading to what seemed like the first of many major pronouncements from state and federal agencies. In Hamilton County the Extension office remained partially open due to our county government continuing to function as normal. However, agents were encouraged to work from home beginning on March 23rd.

Once the closings started it became difficult to distinguish the difference in professional and personal anymore. Instead of working in an office with peers to collaborate with agents we're now working from home with family. As an agent we were still responsible for serving others in our community, so we started serving them from our home. Facetime, Zoom, email, phone conversations, and requesting permission to travel to neighboring farms became the new normal. Attending conferences or in-service trainings using Zoom while helping with house chores and watching the kids was also now acceptable.

COVID-19's Silver Lining

Mary Lee Sale
4-H Program Coordinator
UF/IFAS Extension Alachua County
Gainesville, FL

2020 was a truly unique year to have a baby, and it gave me the opportunity to be a stay-at-home mom with a full-time career. Most working parents can't say that they were able to be at home with their baby every day for the first 8 months, but COVID-19 afforded me that opportunity that I will forever be grateful for. I juggled meetings and feedings and play time and work time and felt so lucky to "have it all" on our little farm. Coming back to the office has been so much easier thanks to the transition time that has been provided, and it's allowed me to feel confident in my abilities to continue to move forward in my career while also being the perfect momma to my sweet boy. 2020 was an awful year for so many, and I wouldn't ever deny that, but I'm thankful that there was a beautiful silver lining for my little family.

Livestock Judging Manual



Jessica Altum Cooper
County Extension Director and
Extension Agent II, 4-H Youth
Development
UF/IFAS Extension Gilchrist County
Trenton, FL.

This manual was created for all levels of livestock judging teams. It covers all species, the foundations for judging, oral reasons, and other helpful resources. Youth and coaches can use this resource to train teams to identify the parts, identify meat cuts, and visualize differences in quality of livestock animals. In addition, youth will learn to critically evaluate muscle shape, finish, breeding characteristics and movement to determine the placings in a class. Youth will also be able to begin putting together oral reasons using an easy to navigate format where they can list identifying points and use terms that will help them be successful in the reasons room. This tool would be effective for all ages and would be extremely handy for coaches.

Lafayette Extension impacted by poor Internet services during pandemic



Michael Shawn Jackson
County Extension Director and
Extension Agent II
4-H Youth Development
UF/IFAS Extension Lafayette County
Mayo, FL

The COVID 19 Pandemic has exposed how critical broadband access is to everyone. The most significant obstacle to Lafayette County Extension offering services during the pandemic was unstable internet service in the office and a lack of broadband service in the community. Rural Lafayette County, population 8,637 (Floridademographic.com), is not unique to this hardship. According to a 2020 Broadband Deployment Report released by the Federal Communications Division, over 1/5 of rural Americans do not have access to broadband internet. The impact of limited broad band on the Lafayette County Extension agents included being dropped from State and District zoom meetings, the inability to upload video presentations, difficulty in learning new online software needed to operate during the pandemic, and difficulty delivering online instruction to school students in their classroom and at home.

Despite the inconveniences caused by limited broadband at the Extension office, agents and staff found ways to overcome these obstacles. When making presentations for virtual conferences, this agent traveled to neighboring extension offices and used their internet service. Virtual Zoom meetings were attended by phone when broadband would not support live streaming. Many videos had to be uploaded for virtual camps and instructional purposes. Agents accomplished this by going to selective areas of the county including the local school district where internet services were more dependable.

Extension Programs Adaptations due to the COVID-19 Pandemic



Dr. Izabella Toledo
Regional Specialized Agent
Dairy
Mayo, FL

With restrictions on in-person programs caused by the pandemic, I had to adapt and learn new skills to continue extension services. Activities in which I participated, including conferences and meetings were not cancelled during COVID pandemic, but were all switched to an online format. Unfortunately, during the pandemic, I was not able to deliver some of the dairy programs or make farm visits.

On the bright side, I learned how to develop and deliver programs and teach virtually and had more time to develop programmatic materials including publications and fact sheets and develop websites and a newsletter.

Suwannee County gets Egg-cited about Embryology



Courtney Darling
Extension Agent I, Livestock, Forages,
and Natural Resources
UF/IFAS Extension Suwannee County
Live Oak, FL

In the Spring of 2020 Suwannee County Extension dropped off embryology kits to four classrooms at two different schools. However, due to COVID-19 schools were closed and the kits had to be picked up prior to starting the project. With school back in session the following Spring of 2021, interest in the embryology project had escalated. Typically, only third grade is targeted with just four kits going out one time a year. Objective: To provide as many classrooms as possible the chance to participate in the embryology project. Methods: We ordered an additional four kits and did multiple rounds of the project. Pilgrims Pride donated the fertilized eggs. Results and Conclusion: Although the embryology project is still active, we have had 14 classes participate thus far, totaling 150 students. The participation has consisted of 5 schools and grade levels, kindergarten through 5th grade. After the chicks hatch the Extension office hosts an adoption day where the students are able to purchase chicks and supplies.

Online Teaching



Dr. Andrew Toelle
Extension Agent II, 4-H and Youth
Development
UF/IFAS Extension Duval County
Jacksonville, FL.

My artifact is the title slide of my most recent online presentation. I have added the Zoom and Teams logo to represent my journey from a novice user to one that now teaches others how to "Zoom". During the time of Covid-19, I have become adept at using both platforms for collaboration, teaching, and learning. Finally, my new knowledge gained from learning these platforms will carryover once the pandemic has passed. I grew professionally as I learned new software. Personally, Covid-19 forced me to learn to balance work/life while working from home, yet I was able to use the platforms I learned to keep in touch with family and friends.

Filling your cup through self-care



Savanna Barry
Regional Specialized Sea Grant Agent
Nature Coast Biological Station
Cedar Key, FL.

The saying goes "you cannot pour from an empty cup". The COVID-19 pandemic spilled our cups. For some, even after we tipped them back upright it felt like there was a hole in the bottom. Yes, a lot of us felt drained, permanently drained. Feeling drained makes it tough to face the demands of our jobs and almost impossible to step up to the new challenges we often face in extension. I am bringing an artifact to talk about how I prioritized self-care so I could be there for my colleagues, family, and friends who were struggling to cope. The lessons I learned during this time will stick with me, and I hope you will join me in committing to not let your cup run dry even once we are "back to normal"

2020 Reflection: Think Like a Marine



Natasha Parks
Extension Agent III, Family and
Consumer Sciences
UF/IFAS Extension Duval County
Jacksonville, FL

Growth is doing the same thing bigger. Expansion is using the current platform to develop other areas. I was able to expand my programming in ways I probably would not have had the time to do previously. I was able to use my love of technology in the delivery and organization of my programs. Three of my favorable accomplishments:

- Created an online version of Living on My Own (a 4-H curriculum on financial literacy).
- Implemented a door-to-door, weekly produce delivery program that lasted nine months.
- Joined the First Time Homebuyers team and created supporting materials.

The unofficial slogan of the Marine Corps is to improvise, adapt, and overcome. Professionally it was business as usual with a few technology tweaks. I successfully pivoted to an online environment while helping participants adapt to virtual learning, all while overcoming technological difficulties.

I like to consider myself creative. To have the time to allow the creative process to flow is priceless, which brings peace and balance to my mental capacity. COVID-19 has allowed me to have the flexibility and uninterrupted time to expand my creativity.

Garden Shears: A Year of Pruning



Grace Carter
Extension Agent I. 4-H and Youth
Development
UF/IFAS Extension Duval County
Jacksonville, FL

Pruning plants can promote health and new growth. Much like plants, Extension programs sometimes need pruning. During COVID-19, I was able to take a step back and evaluate what is truly important for the Duval County 4-H Program. Activities, projects, and even some volunteers and families were pruned. At first glance the program may seem to have

dying elements. But this pruning will allow us to focus on what is important and to grow back stronger and healthier in the future. With the time saved from pruning various projects and activities, we've already been able to dedicate energy to enhancing core programs and developing new services that better meet the needs of our clients. I look forward to more new growth in the coming years.

Familiar Distortions: Processes of Adaptive Collaboration in a Borderland

Theodore Karsch
Extension Agent I, 4-H and Youth Development
UF/IFAS Extension Nassau County
Callahan, FL

The collage is an assembly of digital photographs depicting educational interactions I participated in during the past sixteen months. The photos reflect familiar 4-H IFAS programming: clients and stakeholders attending a training, youth demonstrating a skill or engaging in experiential leadership. However, the collaborations between the agent and client, or the agent and stakeholder, essential for these activities, were undertaken in the borderland between the familiar and foreign. Foreign is a concept delineated by borders. Covid-19 restrictions erected a border. On one side of the border was the familiar map of in person programming. On the other side was the virtual world of YouTube videos, social media, and Zoom meetings. As citizens of the physical world, we never fully inhabit the virtual. We exist in the borderland between the two. The borderland is simultaneously familiar and foreign, a landscape of distortion. The distortions in the borderland necessitate adaptations in methods of collaboration to deliver impacts. These adaptations occurred differently for each person involved in the process. They are difficult to quantify with photographs or imagery; however, the adaptive processes themselves are the markers for learning and growth.

Growth of the Family



Halie Corbitt
Extension Agent I, Family and
Consumer Sciences
UF/IFAS Extension Columbia County
Lake City, FL

During the pandemic there was growth in my family, both personally and professionally. Personally, my family had to grow and adapt to all the changes COVID-19 brought to our

world just like everyone else. These changes were no small feat though having effects on everyone's personal and professional lives. Professionally though my family grew exponentially and continues to flourish. The new ways of the pandemic brought agents from all over the state together to provide services we had previously done individually. This allowed for new connections to be made, more services to be provided, and new ways of reaching people in a time when we were all being separated. My extension family grew through the Housing program, the Victory Gardens program, and many more. We became close family members who not only came together to teach but were also there to support each other both personally and professionally through the trying and ever changing times of 2020.

Alachua County Youth Fair During Covid



Dr. Cindy Sanders
Associate DED and Extension Agent IV,
Livestock
UF/IFAS Extension Alachua County
Gainesville, FL

My photo is of my son Danny and Tony Myers (Brian Myers son) at the 2021 Alachua County Youth Fair, March 2021, and the Celebrity Goat Costume Contest (featuring Dr. Simonne & Dr. Mastrodicasa). Not only were we in a brand new location, but we were in a pandemic as well. We survived construction issues with the site not being ready, did not get a Temp. Cert. of Occupancy until the day before we weighed in animals. The County said that all had to wear masks, even youth in the show ring. We almost got shut down by Alachua County Codes Enforcement on Saturday of the fair. Then on Saturday night we had a very successful ribbon cutting ceremony for the new facility, with about 2000 in attendance including 4/5 Alachua County Commissioners, City Commissioners, Sheriff, Congress Woman Cat Cammack, Jeannie Mastrodicasa, and our very own DED. Our market animal sale set records! This was the first of its kind during COVID for our Youth Fair. What a success :)

Remembering the Silver Lining



Stephanie Conner
Extension Agent II, 4-H Youth
Development
UF/IFAS Extension Clay County
Green Cove Springs, FL.

What is important to you, is important to you, what is painful to you, is painful for you...but it may not be for someone else. Over the 2020-21 years I believe that the true character of people throughout the world came through, whether the traits shining through were empathy, selfishness, self-preservation, selflessness, or something else.

For our family going through COVID, isolation, work/school stress and family loss were thought-provoking, to say the least, and watching our friends and family members struggle was heart wrenching...but through it consistently in acknowledging the "crap storm" we're in, but more importantly finding the silver lining and the positives this experience has provided us has kept us strong.

Plants Relieve Stress



Carolyn Saft
County Extension Director and
Extension Agent III, Environmental
Horticulture
UF/IFAS Extension Suwannee County
Live Oak, FL.

Artifact is a potted plant propagated by a staff assistant.

In March 2020, Covid 19 inhibited the contributions of Master Gardener Volunteers and Agents' in person programs. Horticulture Agents who oversee plant propagation areas and demonstration areas were left without a workforce.

Luckily, in Suwannee County there are two staff assistants that were willing to help maintain the greenhouse area and demonstration gardens. One was a self-proclaimed "black thumb" and the other dabbled with a few succulents. The

agent shared basic info about propagation, soils, potting media, irrigation, fertilization, weed identification and pruning. The staff assistants accumulated over 300 hours each in experiential learning opportunities. Their knowledge and confidence soared. Their help helped reduce stress and the workload on the agent. The staff assistants shared the days outside and working with plants help them feel like they were out of "lockdown" which reduced their anxiety and stress.

In the fall of 2020 and spring of 2021, the two staff assistant (both former teachers) facilitated two different six-week gardening program for youth. The evaluations developed by the ladies indicated youth knowledge gained and would share it with others.

For the agent, it was a win-win, she now has a trained support team that can oversee volunteers and teach youth.

Piece by Piece



Justine Dacey
Extension Agent II, Agriculture and
Natural Resource
UF/IFAS Extension Nassau County
Callahan, FL

My artifact is one piece of a larger demonstration living shoreline project in Northeast Florida.

I was unsure if this project would get completed due to COVID-19, but with a few deployment modifications, safety protocols implemented, all oyster module deployments managed to happen. Piece by piece, each oyster module was deployed by community volunteers and in collaboration with partners from the UF/IFAS Nature Coast Biological Station and University of North Florida. In a similar vein this project made me realize the setbacks in my own personal life due to COVID-19. As places reopen and a sense of normalcy returns, piece by piece, I too will restore my personal life analogous to a living shoreline restoring the coastal habitats of Florida.

SESSION 2: Tips and Tricks

Topic area: IDEA (Inclusion, Diversity, Equity, and Access)

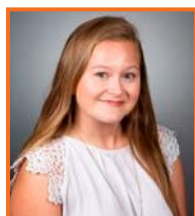
COVID taught me to speak Spanish



Katherine Allen
Extension Agent IV, Family and
Consumer Sciences
UF/IFAS Extension Suwannee County
Live Oak, FL

Although I do not speak Spanish, I have Spanish speaking participants who attend my classes. Previously, participants would bring translators (usually their family members) to help them understand the class material and presentation. During the pandemic, the switch to all virtual classes caused me to attend trainings by Dewayne Hyatt and Joe Gasper on TEAMS and other Microsoft products. They taught me about the closed-captioning feature on PowerPoint which could then be used to translate my audio (English) into text (Spanish). I have used this feature on-line as well as in-person to help participants for whom English is not their first language.

Zooming Ahead: Reaching a Diverse Audience with Inclusive Application Features



Cassidy Dossin
Extension Agent I, Agriculture and
Natural Resources
UF/IFAS Extension Clay County
Green Cove Springs, FL.

UF/IFAS Extension is constantly working to outreach education to a more diverse audience. The plight for reaching a more culturally inclusive audience has changed as we have transitioned to virtual learning with the onset of COVID-19. The Beginner Beekeeper's Short Course and other Clay County extension programs utilized tech applications to reach the hard-of-hearing community virtually. After advertising for the Beginner Beekeeper's Short Course, the

agent received contact from an individual interested in participating in the course but curious about the accommodations for hard-of-hearing individuals. The inquiring individual was assured there would be proper accommodation to allow all groups access to the course. Zoom, the virtual meeting platform that has been widely used since many have been quarantined, offers live transcriptions that were then enabled in Clay County programs and meetings to allow access for a wider audience. Survey responses of virtual participants indicated a positive association with the live transcriptions. Comments included, "the live transcriptions were much appreciated, made it a lot easier to follow," and, "The captions helped."

Topic Area: Social Media

"WOW Wednesday"--Educating, One Way or Another



Beth Moore
Extension Agent II, 4-H Youth
Development
UF/IFAS Extension Madison County
Madison, FL

COVID-19 made it necessary to cancel all in-person programs and activities last year. Virtual meetings were not considered an option for most 4-H youth in the area, as they were not interested in more online meetings. They were having enough of that with online schooling. However, youth still needed opportunities for Positive Youth Development and fun educational experiences more than ever. The question was asked, "How can the 4-H agent reach youth with educational programming during the pandemic when no one will participate in virtual meetings?" The answer was found in an ongoing weekly video series "WOW Wednesday". For the last 50 weeks a 3-8-minute video is written, produced, and published by the agent. Topics have included cooking, gardening, science experiments, agriculture, citizenship, local tours, and crafts. A new video is published weekly on the Madison County 4-H's Facebook and YouTube sites. As a result, there have been over 12,500 views of the videos and adults as well as 4-H aged youth have increased their knowledge of interesting and new topics.

Crossposting on Facebook



Heather Janney
County Extension Director and
Extension Agent II, 4-H Youth
Development
UF/IFAS Extension Columbia County,
Lake City, FL

Crossposting is an excellent tool for use to keep our social media active and relevant. To maintain algorithmic boosts, pages should post at least once per day and a max of twice per day. Crossposting is a way to use videos across multiple Pages and keep these boosts going. You can crosspost an already-posted video on Facebook Pages without having to upload it again, either within the same Page, or across Pages as a Business Manager. Crossposting relationships are reciprocal and offer benefits to both pages involved in the crosspost. Traffic is seen in our Facebook Insights from the posts we make and if you are the originator of the post, you can access insights from the posts that result from crossposting privileges. Crossposting can save time when you need social media resources: less time creating and uploading videos and less time creating content. This is especially beneficial to help us with catering to different audiences and geographies. Views are consolidated on one uploaded video and these benefits can be shared across organizational Facebook Pages. Crossposting in moving our brand to the future of having a strong united front on social media for UF/IFAS Extension.

How celebrating 'holidays' can increase agricultural awareness and community outreach



Sylvia Willis
Extension Agent I, Agriculture and
Commercial Horticulture
UF/IFAS Extension Suwannee County
Live Oak, FL

Situation: The UF/IFAS Agricultural Extension Agents in Suwannee County utilize a Facebook page (@SuwanneeAGNR) as an outlet of quickly delivering vital information to producers and ranchers. Facebook posts include information on production practices, programs, and pest/weed ID. However, there was a need to increase the page's followers to reach more in the agricultural sector, especially during COVID-19. **Objective:** To increase followers (producers, stakeholders, industry representatives) on the

@SuwanneeAGNR Facebook page leading to increased agricultural awareness. **Methods:** The agents identified a creative means of encouraging users to follow the page through designing agricultural 'holiday' graphics. For example, a National Tomato Day graphic was created to highlight Florida tomato production. To encourage further participation on the page, groups were emailed a link to follow the page. **Results:** Facebook Analytics was utilized. From March 2020 to present, the Facebook page's reach increased by 66%, followers increased 15%, and the total post engagements increased 74%. **Impact:** This creative social media campaign encouraged users to follow and view more content. Also, posts were shared by industry representatives (Peanut Federation) and local businesses (Hoover Market). This outlet of sharing knowledge has become a quick method of disseminating information to increase awareness and promote behavior change.

Topic Area: Teaching Tricks

Hatching from Afar!



Gregory T. Hicks
County Extension Director and
Extension Agent IV
UF/IFAS Extension Hamilton County
Jasper, FL

Having the opportunity to teach youth about agriculture, science, and the miracle of life all at once is very rewarding. Programs such as "embryology" give youth the chance to follow a project through to completion in a relatively short period of time. With new developments daily, this program allows for plenty of hands-on experience giving little chance for boredom. Principals, teachers, and youth look forward to the annual 3rd grade chick hatching program conducted by the extension agent. Even with the limitations due to the Covid-19 Virus, teachers wanted the program to continue. With permission from UF and school administration, incubators were placed after school (no youth present) providing the full experience of the hatching process. The agent gave the presentation virtually which allowed youth to interact and ask questions. On day seven of the incubation process, a teacher videoed the agent candling the eggs then shared this procedure with the youth. Worksheets and puzzles were also used in the educational process. This school term marked the 31st consecutive year the agent has conducted the program. Embryology not only educates, but it builds memories that will last a lifetime.

Navigating the Employee Education Program



Jay M Capasso
Extension Agent I, Agronomy/Row
Crops
UF/IFAS Extension Columbia County
Lake City, FL

The Employee Education Program (EEP) provides funding for staff and faculty at the University of Florida to attend six credit hours of courses per semester. Staff and faculty include all full-time UF academic personnel, TEAMS employees, and USPS employees employed by the university for at least six months under good standing. Extension agents often utilize the EEP because they are required to earn a M.S. degree or at least fifty percent of the required course work for the degree before they are eligible for permanent status and promotion. Other agents who already earned their M.S. degree may utilize the EEP to take courses or earn additional degrees. This presentation will cover the requirements for the EEP application submission and course registration process students must follow to receive funding through the EEP.

How do we use zoom post pandemic?



Kelsey Haupt
Extension Agent I, 4-H Youth
Development
UF/IFAS Extension Duval County
Jacksonville, FL

We all hear it: "I am just zoomed out" "zoom fatigue" "I don't learn on zoom" "I am so over zoom calls"

Are we really zoomed-out or are we just tired of experiencing boring zoom presentations? Zoom (teams or any video conferencing platform) gives access to participants that otherwise would have never been apart of our program. We have learned so many teaching tricks and ways to be successful on zoom. Let's talk about how to keep using zoom and integrate it into hybrid or mixed programs as we see a new normal. What makes up exciting zoom calls? How do we keep participants engaged? I will share what I have learned and hope to connect with fellow colleagues on their successes too.

International Associations and Conferences Every Ag and Horticulture Agent Should Join



Erin Harlow
Extension Agent II, Residential and
Commercial Horticulture
UF/IFAS Extension Columbia County
Lake City, FL

As agents move through their careers, they eventually may want to present at the international level. It can be difficult to know which professional organizations are worth joining or which conferences are the most useful. It is important to select organizations that compliment an agent's program, provide appropriate professional development opportunities, and allow opportunities for presentations and awards. The objective of this presentation is to introduce agriculture and horticulture agents to a few of the international organizations the presenter is an active member and increase agent knowledge on opportunities where they can present their research and programs.

Utilizing grant funding to improve education facilities and extension programming



Luke Harlow
Extension Agent I, Agriculture
and Natural Resources/4-H Youth
Development
UF/IFAS Extension Union County
Lake Butler, FL

Union County has never had a dedicated facility for the education of youth outside the school system. In 2014, Union County Extension and local government pursued a grant through the Florida Department of Agriculture to construct a new facility for the UF/IFAS Extension service to promote agricultural education. The grant was awarded in 2015 and construction of the new facility started in 2018. I became the interim County Extension Director in 2019 and took co-leadership of the completion of the facility, including the interior construction of the new Extension office. This role allowed me to make decisions to improve the facilities for the benefit of extension educational programming. The building was finalized in 2020 and since that time has been used for extension programs, industry partner meetings and events, livestock shows, and the new Union County Livestock fair.

Utilizing the Agriculture Education and Portion Facility grant has provided extension education with many opportunities that would not have been possible before.

Topic Area: Mental Health

The Impact of Sleep on Mental Health



Kim Griffin
Extension Agent II, Family and Consumer Sciences
UF/IFAS Extension Suwanee County
Live Oak, FL

Sleeping is a basic human need, however, the Centers for Disease Control and Prevention (CDC) reports that one third of all adults in the United States are not getting the recommended hours of sleep needed for good health (CDC, 2020). Covid-19 would exacerbate this problem with more people reporting sleep issues due to increased stress, increased media consumption and loss of daily routine. Like diet and exercise, sleep is an essential function for optimal health and has been shown to have a major impact on mental health. Sleep is necessary for a number of brain functions, including the communication of nerve cells, the removal of brain toxins, the consolidation of experiences and ideas, memory, enhanced attention, problem solving, and creativity. When adequate sleep is not obtained the risk for mental health issues such as depression, anxiety, bi-polar disorder, ADHD, and dementia may be induced or increased for people who are at high risk for these conditions. Other mental health issues related to lack of sleep include difficulties with decision-making, learning, reacting, and attention span. To address these concerns, healthy sleep consisting of sleep quality, sleep quantity, a consistent sleep schedule and improved sleep hygiene is recommended.

Stress Management: Reflections from a Challenging Year



Dr. Kevin Athearn
Regional Specialized Agent,
Agribusiness Development
Live Oak, FL

Many of us have experienced heightened levels of stress during the past year. In this context, stress is physical, mental, or emotional pressure or strain from a situation or event. The purpose of this poster is to share thoughts and tips to help us manage stress. Drawing from web sources and personal reflections, I describe common causes of stress, the effects of stress on behavior and health, and suggestions for managing stress. Although small amounts of stress can be good, high levels of chronic stress can have damaging effects on your health, contributing to symptoms like trouble sleeping, headaches, high blood pressure, irritability, anxiety, depression, or problems with memory or concentration. Common causes of stress include serious illness, job loss, death in the family, moving to a new home, and work pressures. Health websites suggest stress management techniques such as regular physical exercise; yoga, meditation, or other relaxation techniques; keeping a sense of humor; spending time with family and friends; and setting aside time for hobbies. Additional tips come from personal observation and family members.

Topic Area: Helpful Software and Tools

Expanding Educational Outreach Through Canvas Catalog Online Courses



Wayne Hobbs
Extension Agent I, Environmental Horticulture
UF/IFAS Extension Clay County
Green Cove Springs, FL.

Hundreds of options exist in the realm of online learning tools that can be utilized by extension agents, but support from the University of Florida does rest heavily within the confines of the Canvas Catalog learning management software. Hosting many different courses across the UF/IFAS, the program allows agents to develop, implement, and evaluate programs while also providing a simple interface

for students as well. Since March 2020, I was able to host 5 self-paced online courses as well as create a hybrid Master Gardener training course. In total, 1032 students registered for these courses which is around 10% more than I had attend all programs in 2019. Overall, evaluations showed a very positive response to the use of this technology which lends credibility to this software serving as an alternative or companion to in-person programming. However, issues with online learning do exist such as lack of user experience, low completion rate, and a low participation in evaluations. More research is ongoing with this programming to determine best practices for agents utilizing this program, and others, to reach clientele remotely.

Creating a QR Code Using Canva



Paulette Tomlinson
Extension Agent II, Agriculture and
Natural Resources
UF/IFAS Extension Columbia County
Lake City, FL

To allow for interaction and involvement with our fair booth during strict COVID protocols, UF/IFAS Extension Columbia County utilized our traditional in-person "Farm to the Table" program as our theme for the 2021 fair booth. The educational information was placed on a website for teachers, students, and even the general public, as fair goers, to access at their convenience. To connect this website to the fair booth, QR codes were utilized.

We see these QR codes everywhere but what exactly does it do and how can it help us with our fair booth? The QR code is defined as a "Quick Response" code. The funny looking square is really a matrix barcode which can be read by a machine and your smart phone qualifies as the machine. Since almost everyone has a smartphone, this could allow our educational information to be easily accessed by a person while walking through our booth. Each section needed its own QR code to connect to a different page of our website and was easily created using Canva™.

Eleven different QR codes were created allowing the viewer to access only that which they were interested in!

Tools for Success in Digital Agriculture

Luke Miller
Extension Agent I, Horticulture and Small Farms
UF/IFAS Extension Bradford County
Starke, FL

Commercial horticulture producers in Bradford County have primarily relied on traditional means of promoting their businesses. Through engaging online clients commercial producers were able to expand to new clients during the COVID-19 pandemic. In addition, digital tools created by the University of Florida have had a positive impact on grower's decision making in managing diseases and crop production. In Bradford County, growers have increasingly found tools such as the Strawberry Advisory System and Strawberry Irrigation App easy to use and helpful in crop management. Moving forward from the COVID pandemic the growers in my county appreciate the need to use more online resources to aid in managing their farms and expanding their outreach potential.

Florida Peanut Survey



De Broughton
Regional Specialized Agent, Row Crops
UF/IFAS North Florida Research and
Education Center
Live Oak, FL

In response to a widespread peanut collapse observed among North Florida growers in 2017, the University of Florida Research and Education Center-Suwannee Valley developed a process known as the "Florida Peanut Diagnostic Survey". The survey was a collective effort among extension agents, peanut growers, industry leaders, and University of Florida researchers. Data of plant disease and environmental conditions was collected, shared, and analyzed in order to mitigate the risk of future crop collapse. A central online data repository was developed to allow researchers and vested partners to view historical environmental data, track

instances of disease, and correlate data points across broad geographical locations. This nexus of agents, growers, and researchers working in conjunction, fosters industry relationships and empowers growers faced with mercurial environmental challenges. Factors such as disease cycles, spread, and underlying environmental correlations can be observed and studied inter-seasonally and knowledge gained may serve

as an insulator against future crop loss or even collapse. In 2019, the agent team observed a 250% participatory uptick in analyzed sampling from across seven Florida counties. Anticipated growth should provide the critical mass necessary to sustain the long-term project and produce meaningful results for agents and growers alike.

COMING TOGETHER is a **beginning**,
STAYING TOGETHER is a **progress**,
 and **WORKING TOGETHER** is **success!**

– Henry Ford

UF/IFAS EXTENSION Northeast District Offices – Find your local office at <http://solutionsforyourlife.ufl.edu/map/>

Alachua

2800 NE 39th Avenue
 Gainesville, FL 32609
 Phone: 352.955.2402

Baker

1025 W Macclenny Avenue
 Macclenny, FL 32063
 Phone: 904.259.3520

Bradford

2266 N Temple Avenue
 Starke, FL 32091
 Phone: 904.966.6224

Citrus

3650 W. Sovereign Path, Suite 1
 Lecanto, FL 34461
 Phone: 352.527.5700

Clay

2463 SR 16 West
 Green Cove Springs, FL 32043
 Phone: 904.284.6355

Columbia

971 West Duval Street, Suite 170
 Lake City, FL 32055
 Phone: 386.752.5384

Dixie

99 NE 121st Street
 Cross City, FL 32628
 Phone: 352.498.1237

Duval

1010 N McDuff Avenue
 Jacksonville, FL 32254
 Phone: 904.255.7450

Gilchrist

125 E Wade Street
 Trenton, FL 32693
 Phone: 352.463.3174

Hamilton

1143 NW US HWY 41
 Jasper, FL 32052
 Phone: 386.792.1276

Lafayette

176 SW Community Circle, Suite D
 Mayo, FL 32066
 Phone: 386.294.1279

Levy

625 N Hathaway Avenue, Alt. 27
 Bronson, FL 32621
 Phone: 352.486.5131

Madison

184 College Loop
 Madison, FL 32340
 Phone: 850.973.4138

Nassau

543350 US Hwy 1
 Callahan, FL 32011
 Phone: 904.879.1019

Suwannee

1302 11th Street SW
 Live Oak, FL 32064
 Phone: 386.362.2771

Suwannee Valley Ag. Ext. Center

7580 County Road 136
 Live Oak, FL 32060
 Phone: 386.362.1725

Taylor

203 Forest Park Drive
 Perry, FL 32348
 Phone: 850.838.3508

Union

25 NE 1st Street
 Lake Butler, FL 32054
 Phone: 386.496.2321

NENEWS Editorial TEAM

Kim Griffin (editor), Wayne Hobbs (co-editor),
 Lori Wiggins, Jessica Altum, Alicia Lamborn,
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