Holly Houghton’s Role Evolves to Serve Dixie County

J. Scott Angle, Vice President for Agriculture and Natural Resources

At first, Holly Houghton helped Duane Cannon and Jamie Storey with the basics. As the 4-H agent for Dixie County, she organized the clubs that gave Cannon and Storey the chance to work with animals and to make wise choices as consumers.

Holly arrived in Dixie County in 1989 to lead the UF/IFAS Extension office. That year, scientists in Switzerland started developing a way to retrieve information from the internet that later became known as the World Wide Web.

Back then, Houghton did everything person-to-person, and she started with youth. She saw Duane, Jamie, and their peers as the most important investment the county could make in its future. She has stuck around long enough to see the return on that investment decades later.

Dixie County’s future hatched in those 4-H clubs. Duane and Jamie are now charged with making wise public policy decisions. Duane as County Manager Cannon and Jamie as Commissioner Storey. Houghton’s alumni also include County Judge Jennifer Johnson, Property Appraiser Robert Lee and a number of county support staff professionals.

While her Extension duties still include 4-H, Houghton has also become the county’s webmaster. She keeps Dixie informed with updates on county government departments, their policies and actions. If residents don’t know Cannon and Storey directly, they can know where to reach them, what they’re doing and how they’re helping shape the county’s future.
LaToya O’Neal Has a Personal Stake in Rural Health

LaToya O’Neal cares about your community in part because she’s from a place that’s like it. She knows that although the Department of Health has COVID-19 vaccines, they’re not available 24/7 or within a few minutes’ distance and that you may have questions before deciding what’s best for you and your family.

O’Neal has been spending time in your community because she doesn’t want you left behind as millions of Americans get vaccinated.

It’s personal for her. She saw up close how type 2 diabetes and hypertension limited the ability of the grandfather who raised her in rural Mississippi to enjoy his golden years. It didn’t have to be that way. He had the power to make different choices to take charge of his health. So do you, and she wants a different outcome for you and your neighbors.

Her work as a University of Florida Institute of Food and Agricultural Sciences faculty member focuses on making your county a healthier place through science-based information. Right now her focus is COVID-19 vaccines. But for the past four years, she’s been visiting rural North Florida to better understand how to curb obesity, diabetes, hypertension and other health challenges in places that don’t have boutique grocery stores, 24-hour health clubs and sprawling medical centers.

She is not parachuting into your community for a one-off before retreating to her lab. Like the scientists who started five years ago working on the technology that turned out to be a key to creating the first approved COVID-19 vaccine, O’Neal started working on rural public health long before the need to promote COVID-19 prevention and vaccinations.

O’Neal won’t try to tell you what to think. The population she wants to reach are what we might call wait-and-seers—maybe that’s you? You may not have gotten the vaccine because either it hasn’t been convenient or because you want to see how vaccinations have worked out for your friends and neighbors.

In coming months, you can expect to see O’Neal and her team members outside your church, at a town hall-type meeting, organizing local leaders into a coalition focused on your health and driving your main streets and back roads.

O’Neal’s approach is to form what she calls rural health disparities coalitions—health care, non-profit, social service and faith groups that come together to extend to you the same opportunities to take charge of your health that city residents already have.

In her past work in Bradford, Putnam, Suwannee and Taylor counties, O’Neal partnered with pastors, connecting with people through their faith communities. The folks she reached
have taken positive strides towards better health. They have planned more meals, taken a closer look at nutrition labels and dietary recommendations, made fewer trips to the fast-food drive-through window, eaten more fruits and vegetables, drank more water and exercised more. O’Neal has received national recognition for her local work.

The strength of land-grant universities like UF is relevancy through the kind of two-way outreach O’Neal does. As a land-grant academic she wants to know what questions you have about vaccination. She also wants to learn from you and share what she learns with other rural communities.

If you want to connect with her and her team, please email her at latoya.oneal@ufl.edu.

In Suwannee, Taylor, Hamilton, and Lafayette counties, pastors and other community leaders are joining these coalitions as public health messengers.

O’Neal’s grandfather had limited access to medical care because he chose to live in a rural community. O’Neal doesn’t want you to have to make that tradeoff. O’Neal has partnered with a UF Health mobile clinic that can bring experts, vaccines and information to your community.

Vaccines have arrived in your community. Perhaps vital information to accompany them has not.

It’s not just about COVID-19. Someday there may be another pandemic, and a new vaccination campaign. O’Neal doesn’t want rural North Florida left behind, now or in the future.

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Rural Telehealth Initiative: Reducing Barriers to Health Care in Rural Florida
Tom Obreza, Interim Dean for Extension

For me, a visit to the doctor can be an inconvenience. Between fighting traffic, finding a parking spot, checking in and doing time in the waiting room, I usually have to carve out an hour or more of my day, all for about 15 minutes of quality time with the doctor. Sometimes I wonder—what’s the point of extending my life if I have to spend that precious extra time in the waiting room?

I complain, but I’m lucky. I live in Gainesville and work on the UF campus, where access to world-class health care is a lunch-break away. For people who live in Florida’s rural areas, a checkup or a simple consultation with a healthcare professional might require an all-day—sometimes an overnight—excursion. For many, that’s more than an inconvenience. It’s a barrier—one with life-threatening implications.

There’s a widening health gap between rural and urban communities. According to the CDC, rates for the five leading causes of death in the U.S.—heart disease, cancer, injuries, chronic lower respiratory disease and stroke—are higher in rural communities. There are economic and social factors behind this, but a chief reason is that there are simply fewer health care services available to rural residents. For example, in Dixie County, the rate of physicians is only 6 for every 100,000 people (compared with the state average of 315 physicians for every 100,000). Because access to health care is so limited, people living in rural areas are less likely to get screened for cancer, are less likely to know their kids’ blood-sugar levels, and are more likely to delay or avoid care until the late stages of disease. As a result, Dixie County ranks 59th out of 67 Florida counties for health factors, including health behavior, access to clinical care, social and economic factors, and the physical environment.

Telemedicine—using online medical services—is one way to reduce health disparities, and since the COVID-19 pandemic it’s become an increasingly popular way to visit the doctor. But telemedicine devices are expensive and many people in rural areas don’t have access to the bandwidth needed for online consultations.

UF/IFAS Extension, in collaboration with UF Health, is in a position to help lower the barriers to health care in Florida’s rural counties. We have Extension offices in every Florida county, so chances are there’s an office closer to your home than the nearest hospital, clinic or private practice.

Beginning this fall, current UF Health patients living in 13 rural Florida counties will have the option of conducting online medical visits from their local Extension office. As part of the Rural Telehealth Initiative, a pilot program funded by a three-year USDA grant, these offices will be equipped with TytoPro™ telehealth kiosks that connect patients with their doctors in real time.

The kiosk is like a doctor’s office that fits in a box. It includes a high-definition camera and diagnostic equipment that allow you to send your doctor temperature, blood pressure,
pulse, weight, heart and lung sounds and other basic biometrics. The equipment is sanitized and the rooms are private and come with boosted internet service. Trained Extension agents and staff are on hand to assist with learning how to use the equipment and connect online. Once the connection is secure, agents step out of the room and patients can enjoy a private consultation with their healthcare providers.

After their appointment is over, patients can also learn about Extension programs that support their health care goals. These can range from taking charge of diabetes, to horticulture therapy for cancer patients, to financial guidance for managing healthcare bills. In Extension, we know that medical care is just one part of the picture. Real health and wellness comes from our whole environment—the food we eat, the activities we enjoy, our work, our families, our finances. It includes both mental and physical health. Our research-based educational programs are designed to help people of all ages and backgrounds take charge of the many the factors that affect their health.

The Rural Telehealth Initiative has the potential to save patients and their families hundreds of dollars and lower the hurdles that might prevent them from seeking the health care attention they need. We hope that as the program expands, more people will take advantage of their local Extension office to be proactive about their health.

Agriculture and Natural Resources Programs

Saqib Mukhtar (Associate Dean for Extension), Shirley Baker, and Maia McGuire (Associate Program Leaders)

Virtual conferences can still provide great resources

Maia McGuire, PhD, Associate Program Leader and EA IV, mpmcg@ufl.edu

I suspect that most Extension faculty have participated in at least one remote conference in the past year (apart from the Extension Symposium and the 2020 EPAF conference). Hopefully you came away with some useful resources, ideas, contacts and/or tips! I recently participated in the National Marine Educators Association conference and saw some really cool activities demonstrated that I thought might be useful for Extension agents. The “What’s in the Muck?” activity (at https://bit.ly/3mL6ZPx) uses bags containing assortments of different sized beans to simulate soil/sediment containing grains of different sizes. Instead of needing sand sieves to separate the different sizes, students sort the beans in their “soil sample” by type of bean, and then weigh each set of beans. Knowing the percent of each type of bean, the students can then identify the soil/sediment type. This could easily be tweaked for various ages (even adults). Soil type can then be used to talk about water drainage, suitability for different infauna or any number of topics.

My first two months

Shirley Baker, PhD, Associate Program Leader, Natural Resources Extension, sbaker25@ufl.edu

I’ve been blasted by a fire hose! That’s about how my first two months as Associate Program Leader for Natural Resources Extension have felt.

While the onslaught of new information is sometimes overwhelming, I am greatly enjoying learning more about the great state of Florida, its natural resources, and the critical role of Extension in environmental stewardship and agricultural management. In the last several weeks, I’ve participated in interviews for county agents in horticulture, small farms, cattle, and fruit and nursery production, all topics outside my area of expertise. It has been inspiring to witness the depth of knowledge, experience, and passion that the candidates bring to the table. This month I also had the opportunity to tour the DeLuca Preserve, near Yeehaw Junction in Osceola County. This 27,000-acre property, gifted to UF last year, has incredible potential as a living classroom and laboratory for Extension, teaching, and research. I look forward to the development of creative programs at DeLuca in support of the Land Grant mission!

Now that I’m starting to get a grip on the fire hose nozzle, please let me know what you’re working on and how I can help!
News from the UF/IFAS Invasive Species Council

Website provides easy access to information

An invasive species is any organism that is non-native to an ecosystem and whose introduction causes harm to the economy, environment, and/or human health. The UF/IFAS Invasive Species Council (ISC) is a statewide network of Extension specialists and agents who are working to address invasive species problems, from the laurel wilt fungal pathogen to feral hogs. Their mission is to build the capacity of all stakeholders to address invasive species management and prevention to preserve Florida’s environment, economy, and quality of life. The ISC website (https://invasivespecies.ifas.ufl.edu/) provides easy access to a wealth of invasive species information, programs, and resources associated with plants, vertebrates, invertebrates, and pathogens. The website also provides instructions on submitting samples to UF/IFAS Diagnostic Services.

Training modules available for your use

Further information on invasive species, including training modules, are available on the IFAS-Invasive Species site on Microsoft Teams. Training modules have been developed by specialists and include ready-to-use PowerPoint presentations with notes, supporting materials, and recorded webinars of the specialist providing context for the presentation. This library of topics, ranging from general biological invasion ecology and terminology, to cogongrass and cane toads, is meant to empower you to provide programming to your clientele. Instructions for joining the IFAS-Invasive Species Teams site are on the ISC website. For further information about the Invasive Species Council, contact Emily Bell ecbell@ufl.edu.

Reporting is everyone’s responsibility

Prevention and early detection are essential to protect Florida’s agriculture, communities and natural areas. Reporting is a legal obligation under Florida Statue 581.091. UF/IFAS faculty and UF/IFAS Diagnostic Services are responsible for reporting diseases, insects, weeds, nematodes, or any other invasive species to the Florida Department of Agriculture and Consumer Services, Division of Plant Industry (FDACS, DPI). FDACS, DPI is then responsible for announcing the detection or establishment of any new invasive species that could affect Florida’s agricultural producers and trade of agricultural products. To report a possible invasive species, email PlantIndustry@FDACS.gov or call 1-888-397-1517.

2021 NACAA Annual Meeting

Shirley Baker, PhD, Associate Program Leader, Natural Resources Extension

As the new Associate Program Leader for Natural Resources Extension, I enjoyed the opportunity to attend the National Association of County Agricultural Agents (NACAA) 2021 Virtual Annual Meeting and Professional Improvement Conference (AM/PIC), July 6-9. One theme woven throughout the conference was the pivot from “in real life” engagement to virtual formats that took place over the last year. So the keynote presentation, “Optimizing your Extension efforts on social media,” was especially timely. The session was tagged by Dr. Sara Place of Elanco (animal health pharmaceuticals) and Dr. Kevin Folta of UF’s Horticultural Sciences Department, who spoke to the power of social media outlets to engage stakeholders. Over the course of the conference, I was in awe of the work, dedication and impacts of our county agents across Florida. I’d like to congratulate the many Florida recipients of NACAA 2021 Awards!

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Since the North American Free Trade Agreement (NAFTA) renegotiation, the U.S. produce industry has been actively pursuing policy changes to counter increasing foreign competition. This competition, particularly from Mexico, has caused great challenges to the sustainability of the domestic industry.

I have participated in policy discussions and testified at two recent hearings. The first was on seasonal and perishable produce held by the Office of U.S. Trade Representative (USTR) in August 2020. The second was on the effects of cucumber and squash imports on U.S. seasonal markets by the U.S. International Trade Commission (USITC) in April 2021. In this article, I will present some major issues in the debate and shed some light on potential solutions.

The Big Picture

U.S.-Mexico trade has been growing rapidly since NAFTA took effect. Between 1993 and 2020, U.S. agricultural exports to Mexico have grown fivefold, while imports from Mexico have jumped elevenfold. In 2020, the United States had an agricultural trade deficit of roughly $15 billion with Mexico. In the same year, fruit and vegetable imports from Mexico reached a record high of $16 billion. To put it in perspective, the combined U.S. exports of corn and soybeans, the two largest agricultural commodities exported to Mexico, were $4.6 billion.

The surge of fruit and vegetable imports has had a profound impact on the U.S. domestic produce industry, particularly in the Southeast, where the production window overlaps with that of Mexico for many crops.

Cucumbers and Squash

In 2000, U.S. production of fresh cucumbers was more than 40% higher than imports. But by 2020, U.S. production had dropped 70%, while imports increased threefold, causing a dramatic reversal in market positions. In 2020, the import volume was seven times higher than total U.S. production, with about 80% of the imports coming from Mexico.

Florida is one of the top suppliers of cucumbers. Within a 10-year period from 2007 to 2017, Florida lost two-thirds of its production due to intensified competition from imports.

Like cucumbers, the squash market positions between U.S. domestic products and imports reversed as well. Between 2000 and 2020, U.S. production of fresh squash dropped over 40%, while imports increased nearly threefold. In 2020, the volume of imported squash was two times higher than total U.S. production, with 96% of the imports coming from Mexico.

In the southeastern United States, Florida and Georgia are major producers of squash. Fresh squash imports from Mexico were at the same level with Florida and Georgia production in 2000. But by 2019, imports from Mexico were eight times higher than the amount produced in those two states. During this period, Florida lost over 40% and Georgia lost over 80% of its production.

Reasons for Rapid Import Growth

Besides having cost advantages, Mexico has been systematically subsidizing its fruit and vegetable industry.

Mexican agricultural subsidies are administered by its Ministry of Agriculture under the National Development Plan, which consists of several subsidy programs. Based on a study my team published in 2018, entitled “Government Support in Mexican Agriculture,” Mexican agricultural subsidies from 2006 to 2016 averaged 59 billion pesos, or 4.5 billion dollars, per year.

Protected agricultural production provides a good example of Mexico’s subsidy policy. The Mexican government subsidizes up to 50% of the cost of agriculture protection structures such as greenhouses and shadehouses. In 2019, under the protected agriculture program, Mexican growers could receive up to 4 million pesos, or over 200,000 dollars, per project.

Total subsidies for protected agriculture alone in Mexico were over 7 billion pesos, or over half a billion dollars between 2001 and 2018. The subsidies contributed to more than 60-fold growth in protected acreage during this period, with 94% of the acreage used to produce fruit and vegetables in 2018.

Cucumbers are one of the major crops in protected agriculture in Mexico. Mexico had over 14,000 acres of cucumbers in protected production alone. Compared to Florida, Mexico’s cucumber yield in protected production was about six times higher than Florida’s yield in open-field production.

There are other government programs that subsidize a wide range of activities, from equipment purchases to financing. In addition, other major specialty crops, such as squash, tomatoes, peppers and berries are included in these programs. In fact, Mexico has been subsidizing its fruit and vegetable industry throughout the supply chain, from production to post-harvest management to marketing. The subsidies, coupled with Mexican labor cost advantages, have turned Mexico into a market power in the produce industry.

What’s at Risk?

The decline of the U.S. fruit and vegetable industry, especially in the Southeast, is expected to continue unless changes occur.

But it is more than that. Foreign competition also poses risks in multiple dimensions associated with agriculture and food systems that have not been widely recognized. For example, a rapidly shrinking U.S. fruit and vegetable industry means greater dependence on imports for food supply. For fresh produce, a perishable commodity that, unlike corn or
soybeans, cannot be stored for extended periods and requires constant supply, this dependence poses a food security issue. This has become a legitimate concern and a real risk given the tremendous uncertainties the pandemic has caused in global supply chains.

Last but not least, agriculture provides more than food. It also produces ecosystem services and environmental amenities that are valuable for society. A struggling agriculture industry, coupled with rising urbanization pressure in states such as Florida, could result in rapidly diminishing farmland lost to commercial development. This is an irreversible process that would have broad social, economic and environmental implications.

Policy Change Needed

In the United States, row crops (like those in the Midwest) and other sectors have been given most of the attention or priority in government support and trade negotiations, but the market and trade patterns have witnessed tectonic shifts in the last two decades. It is time to overhaul U.S. agricultural policy to have a balanced, fair treatment of the U.S. fruit and vegetable industry, which is struggling to survive due to the surge of imports.

To counter intensifying competition, policy initiatives should address trade practices and prioritize government stimulus on innovation to accelerate technology development and deployment in the U.S. produce industry.

Holmes County Leadership Summit
Kalyn Waters, Agriculture CED II, Holmes County, Kalyn.waters@ufl.edu
Julie Dillard, 4-H Youth Development Associate DED III, NW District, Washington County, juliepd@ufl.edu

Summer day camps are popping up across the state. Camps provide a unique opportunity for youth to explore different 4-H projects. UF/IFAS Extension Holmes County Agricultural Agent/Director, Kalyn Waters, and UF/IFAS Extension Washington County 4-H Youth Development Agent/Director, Julie Dillard, collaborated to create the Animal Science Day Camp in June 2021.

The day camp was hosted at Hickory Ridge Farm in Chipley. Eil Malloy, co-owner of Hickory Ridge, and Water demonstrated how to pregnancy diagnosis in beef cattle using ultrasound imaging and blood samples. Youth practiced basic lab techniques and animal health and husbandry. They explored experimental designs for livestock cropping systems and silage production with ag agent, Mark Mauldin.

By exploring animal science, youth learned about local careers, developed and practiced science skills, and gained a deeper understanding of the local food system, all while getting their boots dirty and having fun!
UF/IFAS Extension Franklin County Office Finds a New Home
Erik Lovestrand, Sea Grant CED II, Franklin County, elovestrand@ufl.edu

More than a year after completion of renovations at its new office location, the UF/IFAS Extension Franklin County staff were able to host an open house event and ribbon cutting on June 24th. The road to completion for the project was long and winding, with some unexpected turns but in the end a beautiful, functional facility is ready to host a variety of Extension programs for the public.

The process began in 2015 when the Board of County Commissioners submitted a request for funding to their legislative delegation; at the time, Senator Bill Montford and Representative Halsey Beshears. At the end of the legislative session, there was an allocation of $250,000 designated for an Extension office renovation project. Fast-forward to 2018, past many of the “unexpected turns” in the road, when the Board of County Commissioners was able to ink a 20-year sub-lease agreement with the Florida Department of Environmental Protection for the former headquarters building of the Apalachicola National Estuarine Research Reserve.

Architectural and Construction services were completed during 2019 and staff moved their equipment and furniture into the facility in January of 2020. In March of 2020, the COVID-19 pandemic arrived, causing another year-long delay in getting the facility open to the public. Staff are excited now to be able to conduct programming on-site related to their 4-H youth, Master Gardeners, Family Nutrition Programs, and Natural Resource topics.

The project received support from a large number of groups and individuals to make it a reality. Special thanks to all who helped move the process forward, wrote letters of support, handled all of the paperwork, and helped us work through the difficulties along the way. It definitely took a village to raise this baby, including our County Commission, State Legislators and Staff, Florida Department of Agriculture and Consumer Services, Florida Department of Environmental Protection, UF, Franklin County Staff, and many, many heroic individual efforts from community members and volunteers. The Extension Director and staff want to relay a heartfelt “Thank You” to everyone who had a part in it.

Second Annual Beef Boot Camp
Kalyn Waters, Agriculture CED II, Holmes County, Kalyn.waters@ufl.edu
Dr. Chad Carr, Meat Science Associate Professor, UF/IFAS Animal Sciences, chadcarr@ufl.edu

Cattle producers are continuing to capitalize on the demand for ranch raised and harvested beef products. While many producers clearly understand how to produce cattle, making the transition from raising live cattle for sale to producing a custom beef product is sizable and complicated. In an effort to support their production goals, the UF/IFAS Extension Holmes County director Kalyn Waters teamed up with Dr. Chad Carr, UF/IFAS Extension State Meat Specialist and Mississippi State Extension Beef Cattle Specialist Brandi Karisch to host a multi-state webinar that focused on beef production.

The webinar was hosted on August 3 via Zoom. It was also broadcast to Facebook LIVE using ZOOM Webinar to a pre-established page. A total of 75 producers registered for the webinars from multiple states. Topics included:
- Logistics of Direct-to-Consumer Beef Merchandising
- Transitioning from Cattle Producer to Beef Marketer
- Selection & Management of Cattle
- Marketing and Brand Development Discussion Panel

Over the two years of this program, the webinars were viewed live by 378 clients on Zoom and Facebook LIVE. In addition, the webinars were viewed 14,419 times on social media, with a total social media reach of more than 44,800.

Increasing producers’ knowledge of alternative markets for their beef products and expanding their ability to successfully navigate the process of transitioning from a cattle producer to a beef marketer can add value to their cattle enterprises. This program was able to do that and reach those clients during the challenges of COVID-19.
Professional Development Mini-Grants 2020

Professional growth and development are essential components of an effective Extension career. Such growth requires a personal commitment by Extension faculty and access to resources. UF/IFAS Extension Administration provides an opportunity for state and county Extension faculty to compete for a Professional Development Mini-Grant. We have funding to support local, state, national, and international initiatives. In 2020 we were pleased to offer 87 Professional Development Mini-Grants worth approximately $140,000 to UF/IFAS Extension faculty. Here are some highlights from those experiences.

Mark Tancig
Commercial and Residential Horticulture EA I, Leon County

I applied for and received a 2020 Professional Development Mini Grant to attend the North American Association for Environmental Education (NAAEE) conference, held October 13-16, 2020, with the theme of “Inspire Change.” Due to COVID-19, the 2020 conference was held virtually.

I wanted to attend this particular conference to get a non-Extension focused conference experience and was extremely satisfied. Even though the conference was held virtually, the organizers did a great job facilitating interactions amongst attendees. The greatest benefit of attending was being exposed to up-and-coming environmental education thinkers and authors with a focus on how environmental education (EE) can also address historic inequities in environmental education, such as sexism and racism.

In line with the theme of the conference and following the summer of 2020 that saw widespread political activism to address racial inequality, many of the keynote speakers provided very relevant thoughts.

The opening session was a plenary talk moderated by Aimee Nezhukumatathil, author of World of Wonders. She interviewed Audrey Peterman and Drew Lanham, both people of color working in the environmental education field. They discussed ways in which to connect with non-traditional EE audiences and to show how natural resource conservation is important for all.

Professor Ibram X. Kendi, a National Book Award Winner and author of How to be an Anti-Racist, provided insight into why and how racial justice and environmental education go hand in hand by highlighting that the same issue lies at the heart of climate change denial and denial of racism – an attack on observable reality. He also provided thoughts on workplace diversity committees (which I am a part of here in the NW district), including that, to be successful, an organization’s equity trainings, etc. should focus not just on actions of individuals but also on the policies and organizational systems that help prop up racist or sexist outcomes.

Some of the regular sessions focused on similar themes that Extension-related conferences address, such as various teaching methods, assessing outcomes, and shifting to online learning. A particularly good session looked at the factors of EE that have the best impact, from preparing the audience, through good logistical and teaching preparation, to the role of the educator, which includes passion and the ability to connect the audience to the subject. The NAAEE even has a series of publications to help consider these factors - Guidelines for Excellence: Best Practice in EE.

I was surprised to see a fellow UF/IFAS faculty member present! Our very own Martha Monroe, I learned, is quite active in EE and with NAAEE. She co-presented a session on EE outcomes assessment that any faculty in Agriculture Education and Communication would be proud of!

Another keynote speaker was Ayanna Johnson, editor of All We Can Save, a collection of stories written by female EE advocates and scientists. She gave an inspiring talk about the environmental issues we all face and how it’s all too great and amazing not to work to protect it. One of her points that resonated with me was that when it comes to saving natural resources, a systems/policy approach is going to be much more effective than individual actions, such as driving hybrid cars and installing low-flow shower heads.

The conference closed with an inspiring session on young EE practitioners across the globe. The one that left the greatest impression on me was the story of Aadya Joshi who was inspired by Doug Tallamy’s Bringing Nature Home, a book about taking restoration super-local by planting trees to support wildlife in your own yard. Aadya first started with a small park restoration in her hometown on Mumbai, India. She is now working with local schools to get tree-related curricula to the children of a city with 12.5 million people!

In summary, attending the NAAEE 2020 Conference was an opportunity to learn from and be inspired by a non-Extension related group. The conference did exactly what I was hoping for and lived up to the theme of “Inspire Change”. Attending helped me to realize how all educators face the challenge of planning and executing a learning plan and documenting the impact of their teaching. In environmental education, the passion that drives its practitioners is inspiring and motivating and so reminds me of those who work in Extension. The conference organizers’ willingness to discuss socially relevant topics that can be somewhat sensitive and sometimes uncomfortable was encouraging and refreshing. I was able to learn of new and different sources of information, from curricula related to measuring behavior change to current thought leaders on racial and environmental justice issues. Continuing to learn from many different voices will help me address my community’s EE needs, so thank you UF/IFAS Extension Administration for encouraging professional development and providing the funds for me to attend the 2020 NAAEE Conference!
Daniel Gonzalez
4-H Youth Development EA I, Palm Beach County

A 2020 Extension Professional Development Mini-grant helped me complete the Mindful Schools Essentials and Mindful Schools Fundamentals virtual courses.

The initial purpose of the grant was to provide mindfulness and emotional intelligence education to youth. At the time the grant was received, the COVID-19 pandemic was expected to last no longer than a few months. Fast forward almost a year later, and although our respective communities may have returned to what can be considered somewhat of a sense of normalcy, the pandemic is still very much part of our lives, and present in our minds. As it turns out, as I completed both courses, I learned tools, tips, and techniques of how to not only educated mindfulness to youth, but also adults. Also, I learned how to better practice mindfulness in all facets of my 4-H programming. I am appreciative for UF/IFAS for supporting my professional growth.

Dr. Paula Davis
4-H Youth Development EA IV, Bay County

The Training Wheels Experiential Facilitation 101 certificate course provided me with information to enhance my knowledge and expertise by making trainings and educational programs enjoyable using experimental facilitation. It gave me multiple ideas for facilitation like how to sequence the stages of group development from Forming to Performing. I also learned about using a Full Value Contract that is an agreement among the group members to work together to achieve both the individual goals and the group goals that have been developed and shared during the group experience. This training would be good for any new agent just starting to build teams. The resource package would be excellent for a beginning agent; however, as a more experienced faculty member I felt that I already had most of the resource ideas presented in the course.

Nicole Crawson
4-H Youth Development EA II, Holmes County

I have completed the Volunteer Management Training funded by the Professional Development Mini-grant. The training program provided me with information to broaden my knowledge and skillset in volunteer management. It gave me an in-depth look at the major components of volunteer management programming, like exploring the heart of the volunteer sector, better understanding the needs of the volunteer and how to maximize the volunteer experience utilizing the tools currently available in the county. I also gained access to some useful volunteer management tips that will assist me in the assessment of my system currently in place within the county such as a Motivational Analysis Survey. I will be sharing numerous resources from this training with my peers.

Tycee Prevatt
4-H Youth Development CED II, Glades County

I used my mini-grant to attend the 2021 Joint Council of Extension Professionals (JCEP). This year JCEP was virtual, but the committee did a great job to make it interactive and informational. This past year has been full of challenges, and many of the sessions were helpful in that they were encouraging. I feel that I was also able to take home some skills and knowledge that will not only help make me a better leader, but a more efficient leader.

Karen Henry
4-H Youth Development EA II, Seminole County

As a 4-H Youth Development Extension Agent, I witness on a regular basis the impact that volunteers have on young people through 4-H programming. Having the knowledge and skills to support volunteers is key to a successful program. Thanks to an Extension Professional Development Mini-grant, I received my Certified in Volunteer Administration (CVA) designation. This international certification in the field of volunteer resources management recognizes practitioners who meet specified standards in the areas of:

• strategic volunteer engagement
• volunteer involvement
• attracting and onboarding a volunteer workforce
• preparing volunteers for their roles
• documenting volunteer involvement
• managing volunteer performance and impact
• acknowledging, celebrating, and sustaining volunteer involvement

The knowledge and skills that I received will assist me in continuing to support volunteer involvement in the 4-H program, providing opportunities for youth of character to be caring, confident, connected, competent, and contributing members of our communities.

Judy Corbus
Family and Consumer Sciences IV, Washington/Holmes County

I received a Professional Development Mini-grant to attend the National Extension Association of Family and Consumer Sciences (NEAFCS) Virtual Annual Session in September 2020, where I co-presented an Ignite session, “Partners in Impact: Creating a Multi-County Housing Education Team” with Lisa Hamilton, Sarah Ellis, and Johanna Gomez-Gonzalez. We also received First Place Southern Region and were National Winners of the Extension Housing Outreach Team Award for this same program. I also attended numerous concurrent sessions, which provided opportunities to learn about resources and programs in other states that support my current programs and give me ideas for new programs. I continued my service on the NEAFCS Awards Committee, advancing to Co-Apprentice of the Training Sub-Committee for 2021. With limited county travel funds, the mini-grant...
made it possible for me to participate in the Annual Session presentation and award recognition opportunities with the Housing Team, build on my Association involvement at the national level, and strengthen connections with my FCS colleagues around the nation.

**Shari Bresin**  
*Family and Consumer Sciences EA I, Pasco County*

The mini-grant that I was awarded helped me to become a National Academy of Sports Medicine Certified Personal Trainer—which became official as of December 2020 when I passed my exam! One of my program areas covers healthy lifestyles, and I have been asked about fitness and exercise programs before for both youth and adults but didn’t feel proficient enough to offer this. Now, having this personal trainer qualification gives me credibility to offer such classes, lets me properly present and design fitness programs, increases my confidence on the subject (such as learning about proper posture during activity, overused and underused muscles, weight loss, etc.), and further lets the community know that I can be a trusted and relevant source for health and wellness topics. It’s been hard during the pandemic, as fitness classes scheduled earlier this year had to be rescheduled. However, as things start to return to normal, some planned programs include partnering with the local libraries for fitness programs and doing in-person and virtual fitness classes with county employees for an employee wellness program. I’m looking forward to offering more exercise-related programs to help my county’s residents enjoy physical activity and be less sedentary.

**Carol Roberts**  
*Community Resource Development EA I, St. Lucie County*

I was provided funding for the opportunity to attend the 10th International Conference on Diversity in Organizations, Communities and Nations to be held in June at the University of Curaçao in the Caribbean. A team of colleagues and I were approved to present on the impacts of an activity that provided much needed support and resources to our colleagues at the inception of the pandemic restrictions. Most especially we shared the results of a particular session that dealt with racial equity in response to the George Floyd incident.

After registering and having our abstract accepted, the conference organizers decided the event had to be held virtually for safety reasons. Although disappointed we would not be there in person, our team was able to share our story to an international audience. We were also fortunate to learn about efforts across the globe focused on increasing diversity, equity and inclusion, including the perspective of one presenter who has developed an app for organizations to monitor diversity efforts and permit members to have anonymous conversations about it. By default, we are all automatically registered for next year’s conference, which will hopefully take place in person on location. We are excited for the continued opportunity to share with educators from around the globe the great work being done at the University of Florida.

**Ken Gioeli**  
*Natural Resources and Environment EA IV, St. Lucie County*

Gratitude to the UF Dean of Extension for providing a Professional Development Mini Grant that enabled me to participate in the 2020 Aquatic Weed Short Course October 28-30. During this course, I gave a presentation entitled “Air Potato Biological Control Extension Program: A Success Story”. This program was originally planned as an in-person short course in Davie, but COVID-19 lingered much longer than originally anticipated. The program was transitioned to an online course. Dr. Carey Minteer and I hosted a small delegation of short course attendees at the UF/IFAS Indian River REC. We were able to watch the Zoom webinar and earn CEU’s toward their license renewal. I also proctored exams for participants seeking to complete pesticide licensing exams. Overall, kudos to short-course organizers, especially Dr. Lyn Getty at the UF/IFAS Ft. Lauderdale REC. This short course would not have been possible without her adaptability and innovativeness switching from an in-person short course to a Zoom program with multiple downlink sites around the state.

Learn more about the successful completion of the Air Potato Biological Control Extension Program on my blog:  

**Lisa Hickey**  
*Sustainable Ag and Food Systems EA II, Manatee County*

How exciting to be approved for a Professional Development Mini-grant to attend the 4th Annual Conference on Global Food Security! The conference was going to be held at the Montpellier University in France. Talk about missing a wonderful tour ability when the conference went from in-person to virtual. The good news is it was free, and funds were saved for the next round of Professional Development Mini-grant applicants. Stimulating was the information and knowledge I gained. Each presenter and attendee was recognized on a map with their location. Representation was literally from all parts of the world. I presented on Sustaining Food Systems in Manatee County during the pandemic. I met another Extension specialist from Germany who discussed similar programming. Our creativity almost mirrored each other in the ways we worked with our producers to get wholesale products into a retail market. During the chatroom opportunities, I was able to connect with my colleagues and compare programming.

I learned so much and look forward to incorporating different aspects into my programming over the next few years. The topics included building synergies from farm level to the consumer’s plate, impacts of carbon footprint throughout our food systems, new AI technologies that are advancing food systems (a few I recognized UF is doing already!), and how food systems can adapt and be resilient. I hope to have another opportunity to attend (in person) across the ocean.
**Victor Blanco**  
*Marine and Natural Resources EA II, Taylor County*

I submitted a mini-grant application to get my **Divemaster Certification**, which would improve my professional capabilities in my Extension program, especially for the artificial reef program. The road to get my Divemaster certification led me to receive a total of 19 certifications in different areas of scuba diving (including guiding dives, marine ecology, rescue, equipment service and maintenance, among many others). The main goal of getting Divemaster-certified was to reach a professional level in scuba diving that would help me provide better educational and diving services to the clientele involved in the artificial reef program, and the goal has been achieved. Initially ten volunteer divers were trained this year in fish identification and artificial reef ecology as part of the citizen science-based program, and I have received several calls and emails from Taylor County residents willing to get trained and involved in the artificial reef program. These volunteers share their experiences and knowledge with family, friends, and other stakeholders, like fishing clubs and dive groups using social media and other means, and these groups use the information to visit and use the artificial reef site resources. Also, these volunteer divers are participating in other Extension programs, like scallop post-season counts, which help understand the scallop population status after the recreational harvesting season closes. During the dive sessions this year, we have had the company of bull sharks; at the beginning, divers were a little bit concerned about sharks’ presence, but the experience and my educational approach allowed them to understand how important top predators are in marine systems health and turn down some myths about sharks’ risks and behaviors. In the end it has been a win-win situation for all parties involved, me included. It has been a great opportunity for me and my professional development. I appreciate all the support received.

**Julie Dillard**  
*4-H Youth Development Associate DED III, NW District, Washington County*

I started developing an interest in e-Learning several years ago as a way to serve our busy 4-H volunteers. It was important to me to remove barriers to training for volunteers and to look for alternative ways to meet their needs. I took one course in 2017 and have been learning what I can on my own since then. I decided I wanted to move formally improve my skills in this area, so I took another course in **Essentials of e-Learning Design**. The most important factor in taking a course like this is being able to immediately put what I learn to work. I immediately updated the e-Learning modules for Level 4-**H Shooting Sports Instructor Certification**. I also worked with the Office of Youth Compliance Services to create a 4-H specific **Youth Protection Training** – a mandatory training for all Florida 4-H volunteers. Both of those trainings are housed in the 4-H online enrollment system. I also worked closely with my RSA, Heather Kent, to develop short training videos, interactive presentations, infographics, and job aids for our volunteers in the NW Extension District. I plan to continue developing tools and resources for 4-H volunteers who are critical to the success of 4-H programs.

**Dr. Jehangir Bhadha**  
*Soil, Water, Nutrient Management Assistant Professor, UF/IFAS Soil and Water Sciences*

I was awarded the 2020 Extension Professionals Development Mini grant last year to attend the **Epsilon Sigma Phi (ESP) 2020 National Conference**, which was held virtually from October 6-8. This three-day event was filled with events such as keynote presentations, concurrent oral presentations, poster viewing and presentations, and awards ceremony. The keynote presenter was Dr. Sonny Ramaswamy, President of the Northwest Commission on Colleges and Universities. This was followed by a couple of very interesting talks on sustainable agriculture, and technology and the land-grant university mission in nutrient management. Both these talks were very productive for me and my program because it highlighted the power of partnerships, including partnerships between stakeholders, within universities and across, and between public and private sectors. Nutrient management is one of my program focus areas and being made aware of the challenges associated with it was very insightful.

I was also impressed by a presentation titled ‘What’s Extension’s Impact? Show it, Share it, Shout it!’ This talk highlighted some of the ways in which outreach efforts could be leveraged to develop regional impacts. Sound networking, personal as well as social, is critical in reaching out to a larger audience.

Being able to attend the ESP national meeting has allowed me to stay connected with fellow Extension professionals, albeit virtually. As I currently serve on the ESP Global Relations committee, this opportunity provided by the UF/IFAS Extension Administration office for me to learn and network with peers is sincerely appreciated.

**Geralyn Sachs**  
*4-H Youth Development RSA III, Central District*

I received a 2020 Professional Mini-grant to attend the **National Ag in the Classroom Conference** in Des Moines Iowa June 28th – July 1st, 2021. Appropriately themed the **Field of Dreams Ag in the Classroom Conference**, it certainly lived up to its name, as the learning opportunities were inspiring and plentiful! Throughout the two and a half-jam-packed days, this conference enabled me to attend numerous sessions targeted for classroom deliver that focused on a wide variety of subject matter ranging from bio energy to what’s on your dinner plate and how it got there. Attending this conference also allowed me the opportunity to learn from and network with other professionals from around the county.

Here are results from and plans related to this opportunity:

- One of the Florida classroom teachers that I met at the conference re-initiated her engagement with the local Extension Office.
• Gained a better understanding of the wealth of resources and funding opportunities available through Ag in the Classroom that will be shared with Florida Extension Agents.
• Experienced a wide variety of hands-on learning sessions that targeted multiple age groups and subject matter.
• Currently recruiting a group of Extension agents from various program areas to develop a series of project-based learning kits related to food systems that can be utilized as 4-H school enrichment-based projects.

As noted above, the conference was held in Iowa, one of our nation’s most prideful top pork producing states. Every meal throughout the conference included pork and I was most surprised, and a bit taken back, to find bacon crumbled on my brownie!

Wendy Lynch
Family and Consumer Sciences RSA III, Central District

The Professional Development Mini-grant provided the opportunity to both renew my American Council on Exercise Health Coach certification, as well as receive a certification as a Weight Management Specialist. This experience provided the latest research related to the financial impact of the obesity epidemic, the physiological impact a high body mass index can have on the body’s systems, knowledge of the negative stigma of being overweight and long-term implications, review of the stages of change, communication strategies to facilitate a collaborative, empowering dialogue and trust with individuals impacted by obesity, application of nutritional guidelines for individuals affected by weight management concerns, and explored the field of bariatric surgery. I have used the knowledge and skills gained from this experience during the implementation of the National Diabetes Prevention Program (NDPP), as well as past participant outreach. Upcoming, the skills will be applied in delivering Towards Permanent Weight Management, a behavioral lifestyle program focusing on nutrition and physical activity for weight management.

Alicia Betancourt
Community Development EA III, Monroe County

With the 2020 mini-grant, I was able to pay for registration for the Association of Natural Resource Extension Professionals (ANREP) online conference. There were over 80 different presentations and posters to view and because it was virtual, we had access to view all of them. This was a real treat and something that never happens during an in-person program. I also spent time discussing how different states structure their climate stewards programming and found that California has theirs closely aligned with their Master Naturalist program. I think this may be an opportunity for Florida to move our Climate Smart Floridians program forward. I spoke at the conference in the plenary panel on “Place Based and Future Focused” programming and as the current association president I held the business meeting for 315 members. I appreciate the funding which helped me attend.

Tina McIntyre
Florida-Friendly Landscaping EA I, Seminole County

As the COVID-19 pandemic swept the world, the National Association of Environmental Professional’s (NAEP) Annual Conference went from Ft. Lauderdale to online. I saw this as an opportunity to engage and network with national and state environmental professionals and applied for the UF/IFAS mini grant to be able to attend. The virtual conference was held August 24-28, 2020. After searching the agenda, I became interested in the Women in STEM panel discussion and networking session, as it had panelists from the Southwest FL Water Management District, a lawyer, individuals from the private consulting world and others in the industry. The session was inspired by the Tampa Bay members of the local chapter of the Florida Association of Environmental Professionals, who came together to form a group dedicated to empowering, encouraging, supporting, and mentoring women within the environmental field. Attendees had the opportunity to engage with, learn from, and network with top women leaders from local environmental businesses, agencies and universities. The panelists and organizers of the panel really allowed for heart-felt discussion about what it is like to be in a STEM discipline as a woman. Though I had never met any of the women in the session, I really enjoyed listening to their stories and experiences, and sharing my own journey as well. I particularly appreciated the range of ages and disciplines of the people involved. It was very enlightening to hear from those that have been in the field for decades, versus the challenges some of the recent graduates are facing. I hold this simple session and the conference as a whole in my memory and will keep it in mind as our organization further develops and evolves as it relates to inclusion. As an Extension agent, it is important to have a good understanding about what is happening in the non-academic realm of my discipline, and this was a fantastic opportunity!

Jennifer Pelham
Urban Horticulture CED IV, Martin County

I received funding to renew my annual membership for the International Society of Arboriculture. By renewing my membership, I was able to participate in the free online continuing education (CEU) classes I needed to renew my certification as a Certified Arborist during the pandemic. Being a Certified Arborist has given me confidence in my knowledge of the urban forest, tree health, proper pruning, and tree selection. I feel that as a Certified Arborist, I am qualified to provide the most up-to-date tree education to my clients. I provide tree consultations to our partners (Martin County and City of Stuart) on public lands. They see me as their “personal arborist” and this service is valued by the county and city. For the public, I answer tree identification, selection, maintenance, and health questions. I also teach tree and pruning classes to Master Gardener volunteers, professional landscapers, property owners and homeowners. I’ve been a Certified Arborist since 2004 and I plan to continue this certification till the end of my career.
The 2020 Professional Development Mini Grant allowed me to complete a hands-on **drone training program** in preparation for my pilot’s examination. I have conducted several youth programs that incorporate technology in agriculture, including drone uses. The grant covered the expenses for my training, where I gained useful knowledge to further enhance my programs. It also provided me with flight experience that has made me more confident in obtaining my pilot certification. I look forward to completing my exam and purchasing a drone that we can use in our 4-H programs. Furthermore, Tish Roland, Matthew Olson and I plan to work together to develop and implement a 4-H Unmanned Aerial System Curriculum for use across the state.

**Dr. Lisa Krimsky**  
*Water Resources RSA III, SE District*

The 2020 Professional Development Mini-grant supported my participation in both an introductory and an advance virtual training for **Community-Based Social Marketing (CBSM)**. CBSM is a process that combines social and behavioral sciences with commercial marketing principles to promote behavior change for societal benefit, rather than for commercial profit. Our role as Extension agents is to promote behavior change to achieve social, economic or environmental benefits. However, many of our programs are developed with the assumption that behavior change will happen simply because an exchange of information occurred, even though social science tells us otherwise. While I had previously engaged in CBSM activities and co-taught trainings, this professional development opportunity allowed me to put more tools in my Extension toolbox by expanding my understanding and implementation of CBSM. Most recently I used some of the tools learned during these trainings in an FDEP-funded project to develop an educational development plan for septic to sewer conversion projects in Florida through the lens of social marketing. This project has been shared with more than 100 public works and natural resources professionals within the state and is currently being used to improve the implementation and effectiveness of septic to sewer marketing strategies.

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**Comings & Goings**

We would like to welcome the following newly hired and transferring faculty. These individuals were hired following a highly competitive search, screening and selection process. In some cases, candidates interviewed both on the UF campus in Gainesville and in a county Extension office. Selection was often difficult because we typically have two or three suitable candidates. These faculty are truly the best of the best!

### New Hires

- **Brittany Council-Morton**, Urban Horticulture EA II, Volusia County
- **Elizabeth Whitehead**, Agriculture/Natural Resources EA I, Bradford County
- **Taylor Langford OBannon**, Food Safety SSA II, SW District
- **Tonya Ashworth**, Environmental Horticulture EA II, Duval County
- **Anna Meszaros**, Commercial Horticulture EA II, Palm Beach County
- **Dr. Peyton Beattie**, Community Resource Development EA I, Clay County
- **Bailea Gnann**, 4-H Youth Development EA I, Flagler County
- **Brandon White**, Commercial Crop Production and Food Systems

### Transfers

- **Nicole Crawson**, from Holmes County to 4-H Youth Development EA II, Walton County
- **Dr. Taylor Clem**, from Alachua County to Environmental Horticulture CED II, Nassau County

We would like to wish the following agents the best of luck in their future endeavors.

### Departures

- **Matthew Olson**, 4-H Youth Development EA I, Clay County
- **Erin Elsberry**, 4-H Youth Development EA II, Manatee County
- **Taylor Davis**, Agriculture and Natural Resources EA I, Highlands County
- **Amanda Morgan Pittman**, 4-H Youth Development EA I, Alachua County
- **Kimber Sarver**, 4-H Youth Development EA I, Miami Dade County
- **Justina Dacey**, Agriculture and Natural Resources EA II, Nassau County
- **Emma Cannon**, 4-H Youth Development EA I, Marion County