

# Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

August - September 2012

After more than three years as Dean for Extension...



...and 28 outstanding and dedicated years with Extension, we congratulate Millie Ferrer-Chancy on her well-deserved retirement. It is with sincere gratitude for the guidance, leadership, and commitment you have given us that we wish you well on your new adventure.

You have set an example to be followed in the future and cherished by those of us that were fortunate enough to have experienced it for ourselves.

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## Meet Your Specialist

Matthew E. Smith  
Plant Pathology  
Ph.D. University of California – Ecology



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I came to the University of Florida from Duke University in Durham, NC where I worked as a post-doctoral researcher in the mycology lab of Dr. Rytas Vilgalys.

My specialties are fungal systematics and evolution as well as the ecology of fungal-plant interactions and I also take special interest in truffles and symbiotic ectomycorrhizal fungi.

In 2006, I received my degree in Ecology from the University of California at Davis.

I am broadly interested in the biology of fungi and have specialized on synergistic use of molecular and morphological analyses to understand these fascinating organisms. As a specialist on fungi, I am the main contact to identify unknown fungi for Poison Control, the UF Vet School, the UF Plant Disease Clinic, other IFAS units, and any other public stakeholders. I also act as curator of the UF Fungal Herbarium, which is a collection of Florida's Museum of Natural History that serves as a repository for fungal specimens. I am pleased to

be a part of the IFAS team and will look forward to serving the people of Florida - and studying the many interesting fungi here in the state!

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## Panhandle Outdoors Live

The County Extension Faculty of the Northwest District Natural Resource Program Implementation Team developed and are teaching during a yearlong program entitled "Panhandle Outdoors Live".

There are ten natural resource-based field trips for adults held at various locations throughout Northwest Florida to showcase the Panhandle's hidden ecological treasures. Evaluations are being compiled for each event. More information can be found at: <http://panhandleoutdoorslive2012.eventbrite.com/>



Carrie Stevenson, Escambia County Agent, and a participant.

## Saving Grace

Fifteen years ago, multi-county Agent Dennis Mudge, came to Orlando, Florida. The first ranch visit was for a horse that had died from eating poisonous plants in a pasture. Each year since, Dennis has assisted livestock owners across Central Florida in identifying toxic plants that could harm farm animals or even be fatal if consumed.



Dennis' reputation and skill in this area has spread. Not just farmers and ranchers ask Dennis for help now, but veterinarians, doctors, and poison control centers have all used his skills. About \$375,000 worth of animal's lives was saved this last year. Dennis is a popular speaker at allied meetings, breed organization meetings, IFAS events, club organizations, and he has even spoken at a National Conference.

This past year, success reached a new high when, at Orlando's famous Lake Eola, swans valued at \$1000 each were dying. National USDA specialists and even university veterinarians failed to find the problem using necropsies. The usual disease and parasite issues proved negative. Park manager Chris Wallace welcomed assistance from Dennis, who discovered that the swans were ingesting flower parts and seeds from Coontie plants while sitting on nests in them. After this problem was remedied, Orlando tourists, residents, and visitors who frequent this elegant city park are now, once again, blessed as their favorite swans are safe.

*Dennis Mudge, Animal Science EA III, Orange County*

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## An Experimental Approach to Teaching Vegetable Gardening

In 2010, the Brevard County Extension office recognized a significant increase in requests for information on growing, preserving, and cooking fresh vegetables. While providing information in the form of EDIS publications or short classroom lectures can increase knowledge, seldom does this give learners the confidence to start gardening and/or preserving on their own. To build confidence in learners, the agents took a collaborative, hands-on approach and created the "Be Healthy, Grow Your Own: Vegetable Gardening in Florida" program.

The agents involved in the development and implementation of the program included urban and commercial horticulture, agriculture, and Family and Consumer Sciences. The program consisted of 12 weeks of 2-hour classroom lecture followed by 2 to 4 hours of hands-on instruction in the garden. Master Gardeners and agents circulated throughout the garden after the lectures to provide recommendations and advice to participants (See Below).



Everything grown by the participants was theirs to keep. Participants were encouraged to grow vegetables they had never tried to encourage them to eat more vegetables.

The garden, which is located on the extension campus, was divided into 45 20x20 foot plots. Participants were assigned a plot where they could practice the skills and techniques they learned in the classroom. Course topics included plant selection, planning the garden, fertilization, irrigation, pest management, harvesting, cooking, and preserving, and more. All materials necessary for gardening were provided—seeds, transplants (which were grown by Master Gardeners in a grant-funded greenhouse built by the agent with some assistance), soil amendments, equipment, irrigation, and more. Participants also received a binder full of publications, books, loupe, and other educational materials.

To date, two classes have been delivered with nearly 80 participants in each class. A 6 month, follow-up survey was delivered to participants in the first class (the second recently ended). Of the 40 participants, 38 (95%) who responded to the survey said they felt confident about vegetable gardening on their own after taking the class compared with only 11 who felt confident before taking the class. Of the 38 respondents indicated they consumed fresh vegetables before taking the class; 40 participants indicated they consumed fresh vegetables after taking the class. The agents concluded that the survey instrument needs to be changed to better collect data about consuming fresh vegetables. Also, people who are interested in vegetable gardening may already consume more fresh vegetables than other people, so maybe that objective needs to be reconsidered. More surveys will be conducted in the future to determine other impacts the program has had on producing and consuming fresh vegetables. The enthusiasm from the class participants was overwhelming. From satisfaction with the class overall to confidence in gardening on their own, feedback from the participants was unanimously

positive. The following is a quote from one of the class participants:



“Just a note to let you know that I am still getting tomatoes and Brussels sprouts out of my plot #6! Bigger news is that I have started my own garden on my property. I will be planting this March on a 12’ by 8’ plot. Wish me luck!”



More than 50 Master Gardeners volunteered more than 2,100 hours to help implement the program. The various activities - everything from helping with classroom logistics to growing transplants - provided Master Gardeners with new activities as well as provided new learning opportunities that increased their effectiveness when serving clientele. Several new small farmers participated in the lectures only. The possibility of

including more small farmers will be explored for future programs.

The class participants became effective advocates for Extension. The cross-discipline programming made them aware of the variety of educational programs provided by Extension. The second class joined together to write and deliver letters of support to County Commissioners. Participants donated tools and equipment, helped each other maintain plots, and volunteered to help Master Gardeners. In the end, a feeling of community was established while the program objectives were met.

The 2012-2013 class, which starts in September, is almost filled. Plans for the next class include a plot for a local faith-based youth group who wants to learn about vegetable gardening. This group will be led by one of the 4-H agents, and lectures will be held on a different day. The agent recently secured funding and purchased a tractor, which will help prepare the grounds between classes.

*Linda Seals, CED EA II, Brevard Cty*  
*Elizabeth Shephard, FYCS EA III, Brevard Cty*  
*Sally Scalera, Residential Hort EA II, Brevard Cty*  
*Jim Fletcher, CED IV, Osceola Cty*



## Local Seafood Class

On Saturday July 14<sup>th</sup>, Brevard County Extension, Cocoa, FL in collaboration with Wild Ocean Seafood Market in Port Canaveral held their Local Seafood Class. This program is multi-disciplinary involving Marine Science/Sea Grant and FCS Extension Agents. The program works with Wild Ocean Seafood Market, a local market that has provided local, wild-caught seafood on the Florida coast for more than four generations. This partnership allows the program to provide information on seafood found locally and the tasting of local seafood, and provides information on fisheries management plus nutrition and safety information for seafood. The goal of this program is to increase participants' knowledge of local seafood products and the benefits of buying and consuming local seafood.



Beth Shephard, Brevard Cty, discusses the nutritional benefits of seafood

A total of 24 participants attended the program and learned about fisheries management and the various agencies that manage the fisheries in Florida; why buying local is important; nutritional benefits of consuming a variety of seafood; seafood preparation and safety; the various species of seafood found in Florida; and tasting of some recipes with local seafood. The program was 2 hours long with the final part of the program consisting of seafood tasting. The participants were

able to sit outside with their meal and watch the unloading of swordfish from a commercial vessel behind the market.



Cinthia Sandoval with Wild Ocean Seafood Market shows participants a commercial shrimp net, including the required turtle excluder device.

This is the fourth time this program has been offered in Brevard County but the first time that it was held at the Wild Ocean Market, a working waterfront market with commercial vessels off-loading their catch at the adjacent dock. The market is able to offer a fresh, quality product to their customers both at the market in Port Canaveral, at their market in Titusville, FL (north Brevard County), and at their sister restaurant, Dixie Crossroads (also in Titusville, FL). The participants in the program were able to see first-hand a working waterfront and commercial seafood market because a tour of the facility was part of the program. It also allowed us to show the participants fish that were caught during the past few days. Since we held the class at the market, they were also able to buy some fresh seafood before they left, which was an added financial benefit to the market. Four participants purchased some seafood from the market before departing.

A pre and post-test and post-survey was given to the participants to document their gain in knowledge after the program and to see what they liked and did not like about the program.

There was a 6% knowledge gain for the participants who completed both the pre and post-test surveys. A 6-month survey will also be given to see if there have been any changes to their seafood consumption since the class and if they buy local seafood. This program continues to be popular and the switch to offering it at the seafood market is a good change that will be maintained for future programs.



The yummy seafood the participants were able to taste at the end of the class.

*Holly Abeels, Marine Science EA I, Brevard Cty  
Elizabeth Shephard, FCS EA III, Brevard Cty*

## Saving Money on Your Electric Bills

Changing family economic situations and weather patterns have impacted residents' ability to pay utility bills. More than 160 residents have been learning about home energy use and savings techniques through demonstrations and exhibits at "Save Money on Your Electric Bills."

After attending the 3 hour class, families are making no cost behavior changes as well as purchasing low cost items to save money as they conserve energy. One family documented more than \$700 savings during the 7 month period since taking the class. Some of the changes included turning off lights when not in use, reducing wattage but maintaining lumen light output by converting to compact fluorescents, reducing plug loads by unplugging appliances when not in use, and turning off the pool heater during the cold winter months.



Participants are aware of UF/IFAS Extension and taking advantage of other programs such as money management, landscape improvement, and water conservation.

*Eleanor Foerste, Natural Resources EA II, Osceola Cty*

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## Watershed Management Plan

After 4 hours, 65 Stakeholders and two Extension Agents in Polk County's Peace Creek watershed learned that solutions to water quality issues have been hard to come by. The City of Winter Haven has been discussing how to create a watershed management plan with stakeholders for at least 25 years with the unfortunate results of tension, distrust, and anger.

In the past few months, the City of Winter Haven partnered with Florida Department of Environmental Protection and UF/IFAS Polk County Extension Service to collaborate on designing a participatory decision-making process for local stakeholders.

The goal of this endeavor is to not only work within the existing Basin Management Action Plan process, but to also develop a management plan that moves beyond the existing regulatory framework and encourages good stewardship of Polk County's natural resources.

The first stakeholder input meeting took place on June 29<sup>th</sup> and it included representatives from local, regional and state government, environmen-

talists, ranchers, consultants, homeowners, and many more, totaling 65 participants. The stakeholder meeting featured an ice-breaker activity, technical presentations, a technical panel for stakeholder questions, small group work, and a promise for continued stakeholder engagement. For the first time in recent memory, the stakeholders were able to discuss watershed priorities in a non-threatening environment, and they left feeling satisfied. As the beginning of a long process, this meeting was an overwhelming success in setting the stage for collaborative stakeholder participation.

Training received through the Natural Resources Leadership Institute was highly influential in UF/IFAS Polk County Extension's role of facilitator.

*Shannon McGee, Natural Resources EA I, Polk Cty*

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## Operation Drag & Snag



Recently, growing awareness of the impact derelict crab traps have on marine life, the environment and public safety have lead the Florida Fish and Wildlife Conservation Commission (FWC) to implement volunteer-based cleanups. During closed season cleanups focus on traps left in the water, as they have greater potential to become derelict during season.

Traps that no longer have a buoy and are not visible are problematic. These traps are generally lost when boats snag the buoy, creating navigation hazards and ghost traps that continue to fish unattended.



In May 2012, Charlotte County Sea Grant acquired a side scan sonar unit through a boating improvement grant to help identify and remove submerged, unbuoyed traps. Because current rules prohibit “tampering” with legal traps, the agent reached out to the commercial fishers in Charlotte and Desoto counties requesting authorization (via signed consent) to recover their legal trap when found unbuoyed using the side scan.

To date, 35% of the fishermen have responded. In July 2012, a crew of volunteers helped the agent recover 29 submerged unbuoyed traps. Forty-one percent of the traps recovered were in fishable condition (containing 32 blue crabs). The 3 traps recovered were legal and have been returned to their owners (note ID tag in photo) as a result of the signed consent letters. Derelict traps and trap debris collected were disposed of at the Charlotte County Landfill where the metal trap material is recycled.

*Betty Staugler, Marine Science EA II, Charlotte Cty*

## 2012 NACO Achievement Award for Miami-Dade County Extension



Rugose Spiraling Whitefly (previously Gumbo Limbo Spiraling Whitefly)

Every year, the National Associations of Counties (NACO) recognizes effective and innovative programs that contribute to and enhance county government in the USA with the NACO Achievement

Award. We are very proud that this year Miami-Dade County Extension received this award for the comprehensive educational program on Whitefly Management. Extension faculty demonstrated dedication and commitment to develop and conduct a variety of educational activities and provided information in English and Spanish for the entire community.



Damage from Rugose Spiraling Whitefly on coconut palm

In 2007, Miami-Dade County Extension received several phone calls from homeowners about dying Ficus trees in the Miami River area. Commercial Urban Horticulture Extension Agent Henry Mayer, with the help of a commercial

landscape company, collected a sample from a ficus hedge in the infected area. The sample was sent to the University of Florida Tropical Research and Educational Center ornamental entomology laboratory. Later it was identified by the Florida Department of Agriculture and Consumer Services, Division of Plant Industry (FDACS-DPI) as a Fig Whitefly infestation. This occurrence was a new record of this whitefly in the United States. In a short period of time, the ficus whitefly infestation spread throughout Miami-Dade and neighboring counties causing defoliation and the die-back of branches. Ficus trees and hedges dam-



aged by this whitefly started to decline and in a short period of time thousands of trees and miles of hedges in the county were dying. The devastation was so visible that the Miami-Dade Board of County Commissioners passed a resolution allocating money to Miami-Dade Public Works and Parks and Recreation Departments to start an eradication campaign.

The second invasive whitefly, the Gumbo limbo whitefly (also called “Rugose Spiraling Whitefly”) was discovered for the first time in Miami-Dade County in 2009 on native Florida gumbo limbo trees. This report was again the first one of this insect on USA soil. It is believed that this pest moved to South Florida from Central America. In response to a growing need for information and training about management of whiteflies, Miami-Dade County Cooperative Extension Service implemented a “Whitefly Management Educational Program” to teach the community how to identify whiteflies and their damage to plants, and to educate landscape professionals and pesticide applicators how to treat whiteflies without damaging the environment.



Workshop on whitefly management

Educational efforts included workshops, hands-on activities, town hall meetings, field consultations, office visits, plant/pest identification clinics, teaching of the whitefly monitoring techniques, production of YouTube videos, updates to the Extension Website, newspaper articles, and English and Spanish radio and TV interviews. Written educational materials and PowerPoint presentations were developed in English and Spanish. Thousands of phone calls and emails from concerned clients were answered by Cooperative Extension



Hands-on training during the whitefly workshop

staff.

The goal of these multiple educational efforts was to educate the whole community about the best way to manage these two whitefly pests. Managing the pest problem involved trainings on the safe and environmentally sound use of pesticides when needed, as well as the implementation of Integrated Pest Management (IPM) techniques. Approximately 1,500 commercial pest control operators, commercial landscape professionals, and ground maintenance employees from cities, parks and municipalities participated in the trainings and workshops conducted by Extension Staff since 2007. After the educational programs, a post-seminar questionnaire of a 235-participant sample indicated that 81% (190) increased their knowledge about whitefly pests. A follow-up survey ten pest control companies conducted several months after the workshops indicated that 100% of responders were able to identify the pest; about 90% were scouting for juvenile stages of whiteflies; 80% were calibrating equipment; 100% always read the insecticide label; 70% had an insecticide plan rotation in place; and more than 80% were able to identify the natural enemies of whiteflies.

Analyses of the questionnaire and survey data have helped assure that we offer the best programming to address this ongoing problem.

*Teresa Olczyk, CED IV, Miami-Dade Cty*  
*Henry Mayer, Commercial Hort EA II, Miami-Dade Cty*

## 46th Annual Santa Rosa County Farm Tour

On July 19, 225 local officials and area citizens participated in the 46<sup>th</sup> Annual Santa Rosa County Farm Tour. The day-long bus tour began at the county Extension office with a continental breakfast. Stops on the tour included the Santa Rosa County Extension Teaching and Demonstration Gardens, Whispering Pines Christmas Tree Farm, Shannon Flinn Farm, a “Visit with Beekeeper’s”, Chumuckla’s Farmers Opry, UF/IFAS WFREC Jay Research Farm, and Holland Farms.



A highlight of the tour was recognition of the Shannon Flinn Family as the “Outstanding Farm Family of the Year.” Shannon and his wife Audra, along with daughter Megan and sons Sheldon and Aaron, accepted the award from County Commissioner Don Salter. Sheilah Bowman, Florida District Director for Congressman Jeff Miller, presented the family with a copy of remarks that Congressman Miller recorded in the Congressional Record honoring them for their accomplishments. The family also received a commemorative crystal vase from the North Florida Fair. The Flinns farm 500 acres of corn, cotton, peanuts, and soybeans. They are leaders in our county’s production of food and fiber and they are actively involved in various agricultural organizations. In addition to the Flinn family, tour organizers presented a plaque to retired Extension Agent Dan Mullins honoring him for his many years of dedicated service to the agricultural community.

The tour was again deemed a success as participants indicated they learned much about agriculture and its importance to the local economy. From a post-program evaluation, 98% (125 of 127) of respondents said they increased their knowledge of the scope and impact of agriculture in the county and the issues facing local farmers. Ninety-nine percent said they planned to share their newfound knowledge with others.

The Farm Tour is organized each year by the Santa Rosa Farm Tour Committee, headed by Extension, with representatives from various agricultural support agencies in the county. Of course, the tour would not be possible without the help of numerous supporters and corporate sponsors.

*Mike Donahoe, CED EA IV, Santa Rosa Cty*

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## Jubilee Wildlife Camp Enters Second Decade of Outdoor Education

When planning for the Jefferson – Leon County Jubilee Wildlife camp began more than 10 years ago, smart phones were rare and “nature deficit disorder” was a buzz word yet to be created.

It is estimated American children spend 44 hours per week with electronic media these days. Getting away from the screen and into the sometimes intimidating Florida outdoors can be a big step, but the Jubilee Wildlife day camp gave 60 4-Her’s 45 hours of introduction to the natural world and its wonders.

“We want to introduce campers to nature and make them comfortable “, says Leon County forestry agent Stan Rosenthal. “ We want this experience to build a lifelong appreciation for nature and its value. We include a variety of activities and always stress safety, whether it’s what to do when your canoe turns over or how to recognize poison ivy.”

A “variety of activities” may be an understatement! The week includes teaching and learning about soil and water conservation, plant identification, air rifles, archery, skeet shooting, outdoor cooking, animal track identification, fishing, canoeing, aquatic science, geocaching, orienteering and primitive shelter building.



Photo by Kristin Jackson

This year’s optimistically named “quiet time” sessions explained recycling, gopher tortoises, and worm composting. In addition to Jefferson and Leon County Extension staffs headed by John Lilly and Marcus Boston, this year’s campers worked with UF/IFAS specialists, Florida Forestry Service personnel, the Florida Wildlife Conservation Commission, Leon County government and a host of experienced volunteers.

“Kids are naturally inquisitive,” said Jed Dillard, Jefferson County Extension agent. “They like to see things, feel things and get their hands on things. We want to take that enthusiasm and use it to teach critical thinking and appreciation of our natural resources. When a camper’s eyes widen and they reach out to hold something they’ve never seen before, you know you’re getting there.”

*Jed Dillard, Livestock EA I, Jefferson Cty*

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## Save Your Home

In November 2011, a single mother attended the Osceola County Extension’s two-hour, Save Your Home - Prevent Foreclosure class. This client had a loss of income that lasted 2 years and caused her to fall behind 24 months on her mortgage payments. Upon completing the class, the client committed to receive one-on-one foreclosure prevention counseling that started on December 9, 2011. We were able to analyze the client’s financial situation and we recommend some workout options including home mortgage modification. Since the client started a new job in October 2011, during her second appointment all the paperwork needed by the bank to request a modification was faxed. By January, 2012, the client received a trial period payment from the bank. The bank requested trial period payments of \$459.93 for the months of February, March & April, 2012. On April 12, 2012 the client received a Shared Appreciation Permanent Modification Offer. After reviewing all the information in the agreement with the client, she accepted the bank’s offer and dropped her payment from the original amount of \$1,374.00 to a new modified payment of \$459.93. This amount includes escrow of property taxes and home insurance and meets housing guidelines of 31% of gross monthly income. Because of this program the client was able to resolve her housing need by saving her home and preventing foreclosure.

*Laura Royer, FYCS EA II, Osceola Cty*

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## Aquatic Invasive Weeds

Aquatic invasive weeds have expanded in Osceola County lakes, resulting in changes in wildlife habitat, navigation problems, potential flooding, reduced recreational use, and damage to boat motors.

Since 2006, Osceola County used a \$2.881 million appropriation through the US Environmental Protection Agency to demonstrate various management techniques to minimize the negative im-

pacts of hydrilla and hygrophila in local lakes and waterways. Project management through UF/IFAS Osceola County Extension, with assistance from the UF Center for Aquatic and Invasive Plants (CAIP) and researchers around the world, has resulted in additional tools in the toolbox for integrated pest management of hydrilla and hygrophila. At the conclusion of the project, at least three new herbicides have been labeled for use in lakes, and lake managers are using new products in combinations that reduce chemical use, save money, target specific areas of large lakes, and extend the effectiveness of treatments. Of the many results, one is the development of a new rapid assessment technique for monitoring presence and treatment impacts to submersed aquatic vegetation.

*Eleanor Foerste, Natural Resources EA II, Osceola Cty*



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## Volunteer Involvement

From 2008 to the present, Orange County 4-H has made significant progress in the area of volunteer management. Overall, volunteer enrollment has increased by 317% (from 81 in 2007 to 257 in 2011). Orange County 4-H volunteer involvement was once limited to club leadership and judging. Volunteers now serve in 25 roles that include everything from direct service work with youth to sharing professional services and serving on boards/committees. Part of this progress can be traced back to gains in retention, which topped 72% last year.

Orange County 4-H is pleased to partner with Real Men Outdoors and the City of Orlando on The Garden, sponsored by Chipotle. The Garden is a part of Mayor Buddy Dyer's "Cities of Service: Orlando Cares" initiative, a program funded by the Bloomberg Foundation with the goal of implementing volunteer-led service projects that address community needs. Through this innovative program, inner city youth learn career skills through a 10-week gardening educational pro-



gram that features guest speakers and hands-on activities. Youth grow a container garden under the mentorship of an adult volunteer. Participants then come together at the end of the program to make a pizza with the produce raised. The program is currently operating at two sites, with plans to add two additional sites and spin off two new 4-H clubs at existing sites in the fall.

*Tim Pehlke, 4-H EA I, Orange Cty*

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## Marketing Extension in Duval County Through the Annual Report

Duval County has faced severe budget shortfalls for several years. In 2013 the shortfall is projected to be around \$90 million due to the continuing decline of property values and the national economic downturn. Extension has survived major cuts due to a marketing campaign using an Annual Report that is distributed to local decision makers to emphasize the value of our services at a time of economic uncertainty.

This marketing tool allows each program area to share accomplishments as they relate to the overall theme of the particular years' Annual Report. Agents are encouraged to share accomplishments and photos that emphasize the value of extension services to the local community. The Clientele Contact Statistics for the total office are also listed that detail the use of services and the value of volunteer time within Duval County. Assistance with the development and layout of the Annual Report is provided by UF/IFAS Communication Services and printing uses EDIS funds allocated to Duval County.

Agents are encouraged to provide the Annual Report to Advisory Committee members, commodity groups, and other funding partners. Personal copies are mailed or hand-delivered to Council members before the start of budget deliberations to familiarize them with Extension programs, outcomes and impacts.

The Annual Report has been a tremendous marketing tool for Duval County Extension. It has resulted in several non-traditional collaborative requests for programming and the increased awareness of Extension by local government funding partners.

Mike Sweat, CED EA IV, Duval Cty

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## Making a Difference with Nutrition Education

Today's youth are challenged with many lifestyle choices that impact their overall health. Early intervention of positive lifestyle behaviors is key to promoting normal growth and development, disease prevention, and wellness. Healthy eating in childhood can help reduce risk of obesity, tooth decay, eating disorders, and iron deficiency anemia. Children can benefit tremendously from learning accurate nutrition information and learning how to use this knowledge in their daily lives. The earlier children begin to practice healthy life-

style habits, the greater the probability they will practice and maintain them into adulthood.

During the 2011- 2012 school year, 830 youth, Pre-K through 2<sup>nd</sup> grade, participated in monthly education lessons through the Taylor County Food Nutrition Program. As part of the nutrition education program, eight lessons taught about the importance of nutrition were designed to motivate them to adopt healthy lifestyle practices according to the USDA My Plate for Kids. My Plate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Lessons focused on the



Students Learning about the dairy group and letting them make a home-made healthy snack.

key elements of choosing healthier foods from each food group in appropriate amounts. Proper hand-washing was also taught to help prevent foodborne illness. Youth engaged in activities that reinforced these concepts and provided opportunity for reflection and application at school and home. As a result of the program, the participating students demonstrated proficiency in identifying food groups, making healthier food choices from each food group, and proper hand washing.

Lori Wiggins, FCS EA III, Taylor Cty

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## Welcome!

Many of you have already worked with the newest members of Extension Administration, however for those of you who have not, here they are!



Debora Bell (djbell@ufl.edu)

Is the new Executive Secretary to Dr. Joan Dusky, Associate Dean, Agricultural programs.



Ali Baker is the new Office and Clerical Assistant in Extension Administration working under Charlotte Simmons.

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## New Faculty

Please welcome the following new faculty:

Laura Valencia, 4-H EA I, Lake Cty

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## Resignations

Catching up for the year thus far, we would like to wish the following faculty the best of luck in their future endeavors:

Angelo Randaci

David Sui

Emma Willcox

Dianne Jacobson

Jennifer Ramos

Britany Bethel

Rachel Fautsch

Natalie Bomann

Gus Koerner

Richard Godke

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## Retirement

Catching up for the year thus far, we would like to give our best wishes for an enjoyable retirement after many years of service and dedication to:



Charles Fedunak  
Residential Hort EA IV  
Lake Cty



David Marshall  
Agriculture EA IV  
Leon Cty



Theresa Friday  
Residential Hort EA I  
Santa Rosa Cty

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Extension Comings and Goings is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the Extension web site at <http://extadmin.ifas.ufl.edu>.

If you have any suggestions or would like to submit your own recognition or short article of interest, please send them to Valkyrie Shah.

Please feel free to also forward any questions or comments about this periodical to Valkyrie Shah at [valkyrieshah@ufl.edu](mailto:valkyrieshah@ufl.edu).

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