



Dean's Notes and Quotes

Our webinar series Extension Connections last week was another success. During this last session Dr. Brian Myers spoke with us about what 4-H is, what sort of activities and impacts there are across the state as well as [policy updates](#).

Here is a message from Dr. Brian Myers:

During the March 31st Extension Connections session the question was raised regarding the ability UF faculty to request donations for 4-H. After consulting with UF General Counsel, we are not aware of any restrictions on UF faculty asking for donations on behalf of 4-H, so long as the donation is not accepted in exchange for some type of benefit, favor, action, award or employment. Because UF is an educational institution, it is exempt from Chapter 496, Florida Statutes, which regulates the solicitation of funds.

A couple of things to remember in terms of gifts – if someone wants to make a gift in kind, it must be a tangible item. We cannot provide tax credit through UF Foundation for services provided to counties (legal services, volunteer time, etc.). We can accept a number of gift types through UFF including appreciated stock, real estate, livestock, equipment, etc. I'm happy to help with any questions faculty may have regarding philanthropic giving.

For those who missed this webinar, here is a link with the recorded session as well as future session dates so that you can reserve the time on your schedules.

[UF/IFAS Extension Connections](#)

I look forward to interacting with you during our next session on April 14th.

Regards,
Dr. Nick Place

“Action expresses priorities.” - Mahatma Gandhi

March 2014

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Meet Your Specialist



**Kathryn "Katie"
Stofer**

Assistant Professor,
AEC

Ph.D. in Science Edu-
cation

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I came to the University of Florida from most recently, Corvallis, OR, but I'm from the Houston area originally, so the Florida weather doesn't scare me. I was a graduate student researching "free-choice" a.k.a. informal science education and outreach at Oregon State Univ. I did a lot of work with and research for the Hatfield Marine Science Center in Newport, the university's visitor center that showcases university and related research in the manner of the Florida Museum of Natural History. I earned my Ph.D. in Science Education, with an emphasis in Free-Choice Learning, from Oregon State University in June 2013.

My Specialties are research and evaluation of STEM education and outreach. I work with projects on all sorts of topics with a wide variety of audiences. I have a background in biology emphasizing neuroscience and a degree in science journalism. I've produced video for news releases for NASA's Earth and Space science programs and worked for several years as an educator and exhibit manager about current Earth science news (climate change, invasive species, Chesapeake Bay restoration, natural disasters) at the Maryland Science Center in Baltimore. Finally, I worked with a lot of marine topics while in Oregon.

I am particularly interested in helping adults obtain, make sense of, and use current science research information for decision-making in their

own lives and for their communities and societies. I therefore study ways that learning and communication happen well or break down among professional researchers, educators and communicators, and the general public, to help the flow of information in all directions. One communication tool I study is visualizations of scientific data, such as global satellite data overlaid on a map. I also study the development of science identity in both career scientists and non-professionals through education in formal classrooms as well as programs such as public participation in research. Ultimately, I'd love everyone to be empowered and able to learn as much as they'd like in any way they like about all kinds of STEM topics.

I love to travel and explore; I've lived in Michigan, Texas, southern California, Boston, DC/Baltimore, the Pacific Northwest, and now Florida. I'm excited to get to know and see this new state and work with the wide variety of education and outreach programs going on throughout the University, Extension, and all our partners. I love spending time outdoors, especially in or around the water. I am an avid rower and am anxious to compete in races on this side of the country. I also like to dance (especially Salsa Casino), sing, and play music. I love performance art and was in several water ballet and roller skating productions in Baltimore. I look forward to your calls and emails on any and all of the above!

Meet Your Specialist



Carissa Wickens

Assistant Professor, State
Extension Horse Specialist

Ph.D. in Animal Science

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Dr. Carissa Wickens joined the faculty in the Department of Animal Sciences January 1, 2014. She will serve as the second Equine Extension Specialist for the state of Florida. During the past four years, Dr. Wickens served as an Assistant Professor and Equine Extension Specialist with the Department of Animal and Food Sciences at the University of Delaware where she taught undergraduate equine science courses and provided educational resources and programming for Delaware equine owners. Carissa completed her Ph.D. in Animal Science at Michigan State University in May 2009 with an emphasis in horse behavior and welfare. The focus of her doctoral research was stereotypic behavior in horses, with a primary focus on the oral stereotypy of crib-biting. Dr. Wickens's dissertation research was comprised of a crib-biting and gastric ulceration study and administration of an online horse behavior questionnaire designed to investigate risk factors and owner opinions associated with crib-biting and weaving behavior in Michigan horses. During her Ph.D. program, Carissa also assisted with the development of an online Animal Welfare Assessment Course funded through the USDA Higher Education Challenge Grants Program.

Carissa received a Master's degree in Animal Science from Michigan State University in 2003. Her Master's Thesis focused on the protein nutrition of the exercising horse. During the Master's program, she also assisted with swine protein and amino acid nutrition studies and with teaching ANS 141-Draft Horse Basics and ANS 413 - Non-

Ruminant Nutrition. Carissa completed her Bachelor of Science degree in Animal Science with a Specialization in Agribusiness at Michigan State (2001). Carissa spent the 2003-2004 academic year in Alabama at Auburn University working under the direction of Dr. Cindy McCall. She assisted with equine behavior and nutrition research there and with teaching Horse Management, Horse Production and Introductory Animal Science courses.

Carissa's current responsibilities with IFAS are to develop and implement equine education and outreach programs throughout the state and to conduct applied research in the areas of equine management, behavior and welfare.

County Extension Cluster Team Established and Successful in the Northwest Extension District

Through the cooperation, collaboration and reorganization of three counties, a County Extension Cluster team has been formed in the Panhandle of Florida. Recent county extension faculty changes to look at sharing "areas of expertise," talent and programming across Gulf, Franklin and Wakulla county lines brought about this team. The team and their assigned areas include: Melanie Taylor and Shelley Swenson, Family and Consumer Sciences; Scott Jackson, Information Technology RSA and interim Sea Grant; Les Harrison and Roy Carter, Agriculture and Home Horticulture; while Heather Kent, Northwest District 4-H Regional Specialized Agent and John Wells, Northwest Information Technology Specialist lend their talents and support where needed. Shelley Swenson is serving as the Interim CED until a CED/Regional Specialized Agent in the Sea Grant area is hired and located in Franklin County. An open 4-H position will be added to the mix in the next 8 months. Dr. Pete Vergot, Northwest Extension District Director is coordinating the effort of the team.

Since last October, county faculty have spent time with assisting each other and residents with their areas of expertise, determined programming needs and provided general information and educational programming to residents of the three counties. Clientele are now served in traditional ways through the local media and office and field calls... and through social media on the [UF/IFAS Franklin Extension](#) and Facebook websites. A Fabulous Foods Cooking School, [Growing Winter Salads](#) and a [Spring Gardening Series for Novice Gardeners](#) have been offered through the cooperation of other county faculty and interactive videos in the Northwest Extension District. Scott Jackson attended the Interstate Shellfish Sanitation Conference with local seafood processors in San Antonio, TX to assist in setting policy and procedures for the harvest, processing, and sale of oysters and clams in the United States. Participants at all events have expressed their genuine thanks for our expanded presence in Franklin County.

Newly remodeled 4800 sq. ft. facilities are being sought to assist in fostering the expanded programming and collaboration with UF scientists and state extension specialists. Collaborations have been established with the Florida Department of Agriculture and Consumer Services and the Florida Department of Environmental Protection.

Shelley Swenson, FCS/EFNEP Interim CED III, Franklin Cty

UF/IFAS County Extension Cluster Team for Franklin, Gulf and Wakulla Counties:



Shelley Swenson



Les Harrison



Scott Jackson



Roy Carter



Melanie Taylor



John Wells



Heather Kent



Dr. Pete Vergot

School Garden Success Story Spotlight: San Jose Elementary School

School gardens have become an increasingly popular way to integrate hands-on learning opportunities in the classroom. UF/IFAS Extension in Pinellas County has created a program to support new and existing school gardens throughout the county. The goal of this program is to increase the number of school gardens in the county as well as to improve the success of school gardens through technical and curriculum support. The program includes teacher and volunteer workshops, site visits, and telephone and email support for teachers and other garden educators and volunteers. The team is made up of Urban Horticulture Extension Agent Theresa Badurek, Horticulture Program Assistant Bob Albanese, and several Master Gardener volunteers.

In the first year of the program (2013), we reached out and provided this assistance to all

Pinellas County public schools; 13 schools took advantage of our expertise. One of those schools is San Jose Elementary School in Dunedin. San Jose had an existing but struggling raised bed garden. After a site visit it was determined that the garden needed to be relocated and re-energized. A recent “Fuel Up to Play 60” grant allowed them to fund some new beds and other materials they needed to succeed. The agent and a Master Gardener volunteer devised a new school garden plan and the school, with the help of the Master Gardener volunteer, put that plan into action. The staff at the school really embraced the plan and worked diligently with the Master Gardeners to make this garden a success. They have dubbed their garden the “San Jose Diversity Garden” that honors the students who come from any country other than the United States of America; each nation representing their culture as flowers, trees, fruits and vegetables planted with each country’s flag.



San Jose Diversity Garden

The garden has served to teach nutrition “from the ground up,” as it is believed that if children see food growing they are more likely to eat healthier. Nutrition through hands on education is a great chance to reach many kids at risk for obesity and other illnesses down the road. The Diversity Garden engages students in every grade level, every classroom and every curriculum, not just nutrition. For example, in kindergarten, students are drawing what they predict each plant will grow to be... some measuring, some tasting... all hands on and fun. For Fuel Up and other PE programs, the emphasis is on nutrition. Whether it is

fun to grow your own food and/or learn to eat locally grown food, both produce impactful lessons about nutrition for our bodies, the economy, and our community. This garden has provided all of these wonderful lessons while giving the staff and students an opportunity to garden outside, which is a wellness exercise in itself. The San Jose school garden is a great success story for our first year of expanding school gardens in Pinellas County.

Theresa Badurek, Hort/MG EA II, Pinellas Cty

Extension Floods Regional Audience with Timely Information

UF/IFAS Extension Faculty hosted a Regional Floodplain Management Workshop in November 2013 to address the changes proposed in the Biggert-Waters Flood Insurance Reform Act of 2012. Key provisions of the legislation requires the National Flood Insurance Program (NFIP) to raise rates to reflect true flood risk, make the program more financially stable, and change how Flood Insurance Rate Map updates impact policyholders. The proposed changes will have significant impact on Pinellas County's 142,000 properties with subsidized flood rates provided through the NFIP, more than any other county nationwide.



Panel of experts

Extension agents brought together national, regional, and state subject-matter experts. The workshop included five presentations and a panel discussion that provided participants with an opportunity to ask specific questions to each of the

presenters. The presentations covered the Biggert-Waters Act and Changes to the NFIP, Legal Challenges & Impending Legislation, the NEW Community Rating System, Evaluating the Effectiveness of Mitigation Strategies and the Coastal Resilience Index Tool. Continuing education credits were offered for professionals working on flood related issues, namely certified floodplain managers and certified planners. Sixty-one floodplain managers, planners, and municipal leaders from 13 surrounding counties attended.



Floodplain workshop

UF/IFAS Extension faculty filled a program niche by providing a relevant regional program to assist counties and municipalities struggling with issues related to NFIP. By facilitating these educational workshops, IFAS Extension can highlight current research and policies that provide cost-effective solutions to local and regional problems.

Libby Carnahan, Sea Grant EA I, Pinellas Cty
Ramona Madhosingh-Hector, Urban Env Sust. EA II, Pinellas Cty

Community Pride Project: Cemetery Clean Up

The Pinehurst and San Sebastian cemeteries are nestled off Pearl Street in West St. Augustine and are said to be the oldest African-American cemeteries in St. Johns County. World War I vets, railroad workers, and many others were buried there at a time when African-Americans had to be seg-

regated, even in the grave. The tombstones date back at least 173 years, although no one knows when the cemetery officially began. This is the location that Isaac Turner and his mother stumbled upon when bike riding one day. They saw that the cemetery was severely neglected over the years. There were broken bottles everywhere, trash, and desecrated graves with broken grave-



Overgrown tombstones at Pinehurst Cemetery, West Augustine, FL

stones. Learning through 4-H that service to the community is important led Isaac into action. With the help of his mother, Isaac began making contacts with local community leaders (West St. Augustine Improvement Association) and county archeologists. He met with the county 4-H Agent for support in coordinating efforts to clean up the cemetery. After a visit to the cemetery, the 4-H Agent encouraged Isaac to apply for a Florida 4-H Community Pride Grant, in which he was awarded \$250 in support of this cause. Since the inception of this project, there have been numerous cemetery clean up days that have involved 4-H families, volunteers from Home Depot, and residents of the West St. Augustine area. In addition, Isaac's action brought the cemetery's need to the local spotlight and other concerned citizens began to take action toward improving the appearance of the cemetery. Other benefits of this project involved the educational orientation of historical cemeteries and proper methods for cleaning grave markers presented by the county archeologist for those helping with the clean up. In May, Isaac submitted a final report to the Florida 4-H



4-H Families and Home Depot employees working to clear the overgrown brush from the cemetery.

Office regarding the project's impact on the cemetery clean up and the success of the community's response to assist. The Pinehurst Cemetery Clean Up project was selected as one of the top projects in the state and Isaac and his team were invited to give a presentation at the 4-H State Community Pride Project Luncheon in July at the University of Florida where Isaac presented an inspiring account of this worthwhile project. The St. Johns County 4-H program will continue this project throughout 2014.

Dan Cantliffe, CED IV, St. Johns Cty

Modifying Food for Special Needs

Our Family and Consumer Sciences Advisory Committee requested programming to address food modification for individuals with swallowing and eating issues. SCARC INC., an adult day training center for mentally and physically challenged people, and the Farmers Market Restaurant both wanted assistance in this program area. Three different "Food Modifications for Special Needs" in-service training sessions were conducted. Multimedia presentations on "Swallowing Problems, Sensory Deficits and the Older Adult and Pureed Food Preparation" were used in the training. Hands-on activities included the spoon test, line spread, pureed food preparation of different

fruits, vegetables, rice, bread and meats, a sensory test with thickening and flavor enhancement, and a blindfold test for identification and acceptability. The overall SCARC INC. supervisor stated, "This is a partnership that will be an asset to our total program providing training for our staff that



Agent assisting class participants from SCARC Inc. and Farmers Market in acquiring the right food consistency

provides our residents with a balanced diet allowing them to have a healthier lifestyle." A restaurant manager stated, "We have about 10% of our customer base that need modified food plus several others in the community that will benefit from our new menu. I am very thankful and appreciative to UF/IFAS Extension for offering this program and including our restaurant in this program. I can relate to this program since several years ago my husband died of throat cancer with dysphagia. This information would have been very helpful to me and now I know how to properly modify foods. I want to share this information and provide modified foods service to those who need it."

Maddox, FCS EA III, Sumter Cty

Broward 4-H Extension Education Makes Health Rock in 2013! Healthy Minds Create Healthy Lifestyles

Broward 4-H was immensely active in schools during the 2012-2013 4-H year. A total of 853 students from local Title One schools including one

Parochial School participated in the Broward 4-H Health Rocks School Enrichment Program. Although Health Rocks was initially a drug prevention program, the emergence of a partnership with Holy Cross Hospital Community Outreach Division and interjection from UF's Dr. Karla Shelnett (Foods and Nutrition Assistant Professor) and Dr. Kate Fogarty (Youth Development Associate Professor), the curriculum was customized to suit an urban audience. Auxiliary curriculum was included to create a cohesive program derived from the YUM-EE and [Relationship Smarts Love curriculum](#). Lessons included drug prevention, tobacco use and fitness and nutrition components. The program was well received and generated a strong interest within the community.

The Children's Services Council requested the presence of the Broward 4-H Agent to generate awareness of the program during their May 2013 Youth Provider meeting. The providers included organizations such as ASPIRA, Hispanic Unity, Harmony Development Center and the YMCA, among many others. Many were very interested, and as a result 169 youth were part of the Health Rocks Enrichment Program through their day camps.

Of 1,022 youth participating in the Health Rocks program, 85% reported learning gains in the area of drug identification and post effect of drug use; 93% reported that they understood the physical limitations they would endure if they were cigarette smokers; and 70% indicated that through the program they were able to understand the difference between smoking marijuana and smoking cigarettes. 77% of youth reported they would become more physically active. Broward 4-H plans to continue educating youth in Broward County and have a greater impact next year.

Rina LaRosa, 4-H YD EA I, Broward Cty

100 Trees for 100 Years of Extension

In 2014, the Natural Resources Agent in Pinellas

County spearheaded an effort to celebrate Extension's centennial event with a tree planting extravaganza. The agent partnered with a County Forester to apply for funding through the Florida Forest Service that would acquire 100 trees to mark the celebration of 100 years of the Extension Service in Florida. The Florida Forest Service provided 25 red maple, southern red cedar, slash pine, and yaupon holly trees for the event. The free tree event to commemorate Extension's centennial was promoted through social media and local television. A volunteer tree planting event was also organized to pot the bare root seedlings. All of the trees now have owners and residents in 19 unique zip codes in Pinellas County and surrounding areas. Tree survival rates and ecosystem benefits will be calculated through follow-up surveys with tree owners.

With a county population density of 3,339 per square mile, this tree planting event enhances the natural resource base in the county and contributes measurable ecosystem benefits. Trees are known to decrease soil erosion, reduce energy costs, improve air quality, increase property value, and reduce atmospheric carbon dioxide concentration. If 50% of the trees reach maturity, the resulting contribution will be \$268/year, an ecological value of \$13,400 after 50 years (Casey Trees, & Davey Tree Expert Co. (n.d.). National Tree Benefit Calculator. Retrieved from National Tree Benefit Calculator website: <http://treebenefits.com/calculator/>). Big things come in small packages and these seedlings are a great example of the large impact they can have on a very urban community.

Lara Miller, Nat Res EA I, Pinellas Cty

4-H Archery Program in Glades County

The 4-H archery program is a great way to get youth involved in the outdoors and in STEM-centered learning. Since the program is open to youth ages 8 to 18 as of September 1st, many

whole families are able to become involved. In addition, contrary to popular belief, a child does not need to know how to shoot a bow prior to joining the archery program, which has helped the Glades County 4-H Archery Program become successful over the last 3 years.

The program started in 2011 in a small crowded room with 12 interested youth and their parents. The only equipment available to the kids was what they already owned plus four Genesis bows and targets purchased by the 4-H Advisory Committee. To set the scene, the kids brought their bows, which were typical hunting bows that had been in their closets since the end of hunting season, and set them in the designated spot. Then as



In the beginning, youth brought any target they could find to club practices.

everyone started unloading vehicles, it looked like the kids had literally salvaged every old discarded hunting target for miles around.

From those humble beginnings, the program has seen growth in participants and has increased the amount of equipment and opportunities available to the youth. I am often asked, "How did you get your equipment and targets?" Since we do not have a large 4-H Foundation or any local gun/archery shops in Glades County, we turned to other funding sources. The most unique way we were able to acquire many 3-D targets was by way of a sponsorship letter. We sent out letters requesting a sponsorship of \$50 to sponsor lanes for a match we were hosting. In return for the \$50, the busi-



Glades County youth proudly show off ribbons and medals from their first match in 2011.

ness had their name placed on a shooting lane and in the newspaper. We raised more than \$1,500 for targets, \$50 at a time. In addition, some community members themselves went out and bought targets and dropped them off. Other funding sources that we have found to be successful include grants from the Friends of the National Rifle Association (NRA) and Youth Shooting Sports Alliance (YSSA).

In the past 3 years the Glades County 4-H Archery club has been able to increase the amount of equipment on hand that is available for check-out to new archers. Our one rule is that a parent must be in attendance while the child is learning and practicing. I believe that this sense of family and unity in our group has helped the club to be successful. Not many other clubs have both community and family buy-in. I also stress to the parent and child that this is their project and it can be whatever the youth wants it to be. I often use the following scenario: I explain that the club bow they are using is their project just like a steer is a project. I then give them three arrows; when they are lost or broken it is up to them or their parents to provide replacement arrows. Just like I will not buy feed for anyone's steer, I do not provide arrows for the youth whenever they need them.

If you look at the club today, you will see a wide variety of equipment from beginning Genesis bows, hunting bows, fixed pins, scoped sights, strapped release, back tension releases and target

bows. The youth have set goals for themselves and upgraded their equipment with these goals in mind. Many of the youth have had to use their “workforce readiness” skills to make their own money to purchase their equipment. However, the one common thread is that no matter what equipment the youth have, they are always willing to help and share their knowledge with others.

Finally, the Glades County Archery program is not only fun for the whole family, but it is teaching STEM to the leaders of tomorrow.

Science – The weather plays an important role in how a shooter needs to aim, and the weather effects the equipment in general.

Technology – Youth learn to use technology equipment such as a range finder and a chronograph, which is used to measure the speed of the arrow.

Engineering – Youth learn about the different designs of the bow and how design affects the way it shoots as well how to build targets.

Math – Youth learn how to work with their bow and the arc of their arrow as well as how to measure and convert distance and calculate scores.

Currently the Glades County Archery Club has 23 members. As a whole, the group has brought home many ribbons and medals over the years. For the past 2 years, members have qualified to go the 4-H National Shooting Sports Invitational in Grand Island, NE. This year one youth was on the Florida team that placed 3rd place overall in the compound division. In Glades County, it is hard to tell who is happier about this accomplishment, the youth, the club members, the parents, or the community.

Tycee Prevatt, 4-H YD EA I, Glades Cty

Coastal Policy Adult Day Camp

From 2000-2010, Palm Coast in Flagler County



Modeling nonpoint source pollution using

was the fastest growing metropolitan area in the nation (the county was the third fastest growing county). Most of the people who move to this area come

from other states and are not familiar with the coastal environmental issues that affect the region. Research shows that adult exposure to natural settings is the biggest factor credited with inspiring a sense of commitment to environmental protection. With this in mind, Sea Grant agent Maia McGuire has designed a series of adult “day camps.” These 5-day hands-on environmental education classes cover a range of coastal topics. In 2013 *Exploring our Environment—Coastal Policy and You and Me* was newly offered. Based on a spring break course taught by UF Law School’s Tom Ankersen and Richard Hamann, this class focused on topics such as watershed management, coastal zoning, aquaculture, and seafood consumer issues. Field trips included visiting the Summerhaven River, which became a dune habitat following a nor’easter. Classroom activities included a Watershed Game from Minnesota Sea Grant, a CoastSmart sea level rise role-playing activity from Maryland and an analysis of several seafood choice cards.

Eleven people took the class; ten completed both pre- and post-tests. All participants who completed pre- and post-tests increased their knowledge about coastal policy, watershed protection and seafood choices. Scores increased from an average of 66% on the pre-test to an average of 81% on the post-test. All stated that they would recommend the training to others, and that they planned to share the information presented in the program with others. Nine out of ten stated that they had learned actions that they could take to help protect the water supply. All stated that they intended to make behavior changes to reduce their input of pharmaceuticals and personal care

products into the environment. These behavior changes include reading personal care product labels to ensure that the product does not contain the antibacterial compound triclosan or polyethylene plastic pellets. All stated that the class was a good value for the money.

By introducing these adults to the ways that their actions can impact natural areas, there is a high likelihood that they will take action and/or change behavior to help protect these areas.

Dr. Maia McGuire, Sea Grant/Marine Science EA III, Flagler and St. Johns Cty

Grassroots effort to bring hens to urban areas result in increased exposure for IFAS Extension

In Duval County, a local grassroots effort had been working for several years to convince the city council to change the zoning code to allow backyard chickens in residential areas. After many public hearings, a reluctant city council agreed to a 2 year pilot program that would allow for 300 permits to be issued. Applicants for the permits were required to show proof of attendance in a Duval County Extension Poultry Seminar designed specifically for urban poultry production. Since many urban dwellers had their roots in more rural areas and backyard chickens were a way of life,



Backyard poultry seminar in Duval County with more than 230 participants.

there was concern that chickens would eventually be turned loose in residential neighborhoods causing a decline in property values.

A cooperative effort between Extension, the local zoning office, and three local feed dealers resulted in a curriculum that included an overview of all aspects of backyard poultry production. In addition, rules for compliance with the newly enacted ordinance were reviewed and participants were provided the opportunity to complete and submit the permit application at the close of the program.

More than 250 residents have received certificates for completing the Duval County Extension Poultry Seminars and 200 have applied for hen permits. Another 102 residents are on a waiting list for the next seminar. Program evaluations indicate that 94% increased knowledge of poultry production and caring for young chicks, 77% indicated that they planned to change their current poultry production practices and 94% indicated they would utilize the UF/IFAS resources provided in their handout packet.

The grassroots effort to bring hens to urban residential areas of Duval County has resulted in a better educated urban population and increased exposure for IFAS Extension at Duval County.

Mike Sweat, Ag CED IV, Duval Cty

The Fourth H...Health

As a 4-H agent, I have yet to work with a child who does not like eating French fries, cupcakes and other similar high-fat, low-nutritional value type foods. Obesity is a prevalent issue in our society, and in Nassau County specifically 17.8% of our youth are fighting weight issues and 12.7% are considered obese. In January of 2012, I attended an abstract session at the Youth Development Institute to learn more about the Y.U.M. (Youth Understanding My Plate) curriculum. That same month a newly hired FNP program assistant



4-H Youth Development Agent Amanda Thien teaching youth at Fernandina Beach Christian Academy about "The Good of Grains."

began delivering this same curriculum to Nassau County schools that qualified financially. The program seemed like an ideal way to reach our youth audience not only from a health perspective, but also to market the 4-H program county wide to kindergarten-aged youth.

Nassau County 4-H has been the recipient of two United Healthcare grants that have allowed our program to offer the Y.U.M curriculum, and the middle school version Y.U.M.E.E., to almost 400 youth through day camps, after school clubs, and school enrichment programming. The grant money helped defray the cost of educational literature and food.

In this program, youth participants have been provided opportunities to sample food that may not commonly be in their homes. As we explored fruits in an afterschool club setting, not one of the 20 participants were able to identify a pomegranate blindfolded or with their eyes wide open! The majority of the youth after sampling this fruit were excited to tell their parents about this new food. On the other hand, as we discussed protein the youth discovered hummus was not as appetizing to their palate, but at least the youth sampled something not commonly found on their plates.

As a result of this program, the 4-H agent hopes that the youth participants will learn at a young

age the importance of making good food choices. Realistically children not eating cupcakes and French fries is not likely, but through this program youth will go through a behavioral change that will have them fill half of their plates with fruits and veggies. This change can then extend from generation to generation.

Amanda Thien, 4-H YD EA I, Nassau Cty

Union County High School is getting a New Greenhouse through the UF/IFAS Union Extension Office Support

Union County has approximately 450 acres under vegetable production. Most of the producers are home gardeners, while others produce vegetables for the commercial market. There are a few producers who operate greenhouses. Producers with larger acreages tend to seek the latest information by attending training sessions outside of the county. Smaller producers are less inclined to do so because of the costs associated with travel. A demonstration greenhouse therefore would make an ideal training unit for home gardeners and vegetable producers. Additionally, Union County High School has a vibrant FFA program and was in need of a greenhouse.

The establishment of a greenhouse at the school drew closer to reality when I received some correspondence from the Florida Department of Agriculture and Consumer Services (FDACS) through the County Commissioners Office in 2012. This letter advised that units of local government and fair associations are encouraged to submit applications requesting funding to build or renovate agricultural education and promotion facilities for the fiscal year of 2013. The funding is awarded on a competitive basis, and the application must demonstrate a strong need for this investment in the county. I sought advice from the County Commissioners and met with the principal and the ag-

riculture teacher of Union County High School. The intent was to encourage the high school to apply for this funding in cooperation with the UF/IFAS Extension – Union County Office. I completed a draft application based on the guidelines required by FDACS. I thought by doing the ground work for the application, it might increase the chance of gaining the school’s cooperation on this project. The meeting with the school went well, and the principal and agriculture teacher decided to take this request to the Union County School Board. The School Board agreed to apply for the grant and UF/IFAS Extension – Union County became the collaborator on the project. The Union County Board of County Commissioners (UCBOCC), by way of resolution, approved this collaboration since only local governments and fair associations were allowed to apply for this type of funding (not schools). The Union County Board of Education adjusted the application to reflect the estimated costs for the new project. It was listed in the No. 1 position out of 17 applications submitted to FDACS. The funding was approved for the full amount of \$50,000 for the greenhouse last summer (2013). The high school is currently in the process of sending out bids for the construction of this greenhouse.

When the request for a proposal was received via the Union County Board of County Commissioners, I seized the opportunity to write the proposal because it was better to have a written proposal before talking with the school. It was necessary to share my ideas with people to garner their support. To this effect, I began to talk with the County Commissioners, the agriculture teachers, the principal of the high school, the Agriculture and Community Development Agent in Bradford County, the Multi County Agent for Vegetables and Small Farms and the farm manager at Suwannee Agriculture Extension Center. The cooperation received from all involved was exceptional. It was a learning opportunity for me, and I feel very comfortable doing another such collaborative initiative again. I am looking forward to work with Union County High School to make this project a

source of agricultural education for the community.

Basil Bactawar, Ag/Nat Res EA II, Union Cty

JOE - Persistence is the Key to Publishing Success

I kicked off my morning today by sitting down with a colleague so we could carefully go through the comments we received from reviewers on a recent journal submission. Unfortunately, we have some work to do before we’re going to be able to swing the reviewer in our favor. This is not my favorite scenario – nobody likes to have his/her work rejected – but the reality is that if you want to publish, you’re going to have to learn to accept rejection.

Accepting rejection can be very difficult for anyone. It’s not fun to read through criticism of your work, especially when that criticism may be missing the adjective “constructive.” I’ve been publishing for more than 10 years, so I’ve received my fair share of criticism related to my work. The key is to not give up in the face of adversity. I’ve counseled many a graduate student who comes into my office with a look of defeat after having received the first rejection notice. My advice is always to buck up, take a deep breath, and then get to work making the manuscript better by addressing the reviewers’ concerns and seeking additional assistance as needed. Persistence is the key to publishing success – don’t give up!

The latest issue of the Journal of Extension is full of Gator authors – five articles encompassing 11 different authors! I’m willing to bet each of these faculty has had to learn to overcome rejection on their way to becoming successful authors. JOE has an acceptance rate of 26%. Congratulations to our UF authors who were featured in the February 2014 issue of JOE! To view these articles, please visit www.joe.org.

Dr. Amy Harder, Associate Professor, AEC

Easy as PIE!

Date: April 9th

Time: 2-3 pm

Topic: Facilitation



Speaker: Joy Hazell is a UF/IFAS Extension faculty member and is currently the Sea Grant Extension Agent in Lee County. She is also a member of the Natural Resources Leadership Institute Team. Joy plans, develops, implements and evaluates comprehensive needs based marine and natural resource educational programs that focus on marine fisheries and habitat issues. She facilitates issue based programs through workshops, conferences, and electronic media for various audiences.

Join this webinar to learn more about facilitation strategies to address contentious issues in agriculture and natural resources.

Registration is required. Visit our website to register and to learn more about the Easy as PIE Webinar Series: <http://www.centerpie.com/easy-as-pie/>.

Contact Nicole Dodds for more information: ndodds@ufl.edu or 352-273-3139.

New Hires

We would like to welcome the following new faculty:

Prudence Caskey, 4-H YD EA I, Santa Rosa Cty
Dr. Qingren Wang, Veg Crops EA II, Miami-Dade Cty

Resignations

We would like to wish the following faculty the best of luck in their future endeavors:

Lauren Hrcirik, 4-H YD EA I, Highlands Cty
Kenneth Johnson, Com Dev & Sus EA II, South Central District

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.
