



Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

May 2013

Dean's Notes and Quotes

This month I would like to share a video message instead of our regular written update. I go over topics of the Extension Roadmap, major issues and big ideas, extension staffing, marketing and branding and balancing work and personal time. Please take a look here:

[Extension Update Spring 2013](#)

If you have encounter any errors or problems viewing this video, please get in contact with Val Shah.

Best regards,

Dr. Nick Place

Table of Contents

Dean's Notes and Quotes	1
Meet Your Specialist	2
Deadlines & Events	2
Florida Homeowners Handbook	2
Marina Initiative	3
Improving the Urban Tree Canopy	3
Take Charge of Your Diabetes	4
Extension and Ag in Action	5
Eating from the Garden	6
JOE	7
Easy as PIE	8
New Langley Bell 4-H Center	8
Gulf Course Hort Training	9
New Positions/Resignations	9

Meet Your Specialist



Phillip Lancaster
Extension Beef
Cattle Manage-
ment Specialist

Ph.D. Texas A&M
University in Ani-
mal Science with
emphasis in Rumi-
nant Nutrition.

Email: [palancas-
ter@ufl.edu](mailto:palancas-ter@ufl.edu)
Tel: 863-735-1314

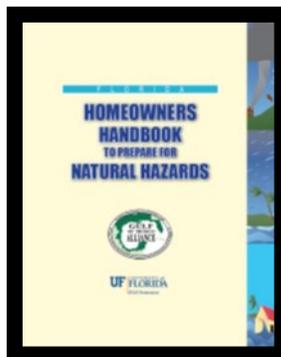
I came to the University of Florida from Oklahoma State University where I was a postdoctoral fellow working in the area of adipose tissue development in growing/finishing beef cattle. My specialties are beef cattle nutrition and management, and nutritional physiology and metabolism and also take a special interest in greenhouse gas emissions from beef cattle production and development of sustainable production systems. In 2008, I received my degree in Animal Science with emphasis in Ruminant Nutrition from Texas A&M University.

My research interests involve the impact of nutrition on animal metabolism, and the efficiency of growth and reproductive function of the animal. I also have an interest in how nutrition and management strategies influence the environmental impact of beef cattle production systems, and developing strategies to improve the sustainability of beef production. My extension efforts focus on educating clientele about nutrition and management strategies to increase productivity, efficiency, and profitability, all under the umbrella of assisting them in improving the sustainability of their operation.

Deadlines & Events

August 26-30, 2013 - Extension Professional Associates of Florida (EPAF) Conference at the Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach, FL (<http://epaf.ifas.ufl.edu>)

Florida Homeowners Handbook to Prepare for Natural Hazards



A new 144 page handbook has been developed by IFAS Extension Faculty, working cooperatively with other state and regional organizations to help Florida residents prepare for natural hazards, such as floods, tropical storms, hurricanes, tornadoes and wildfires.

Mike Spranger and Randy Cantrell, Community Development Specialists in the Department of Family, Youth and Community Sciences, Libby Carnahan and Brooke Saari, Sea Grant Extension agents were part of the writing team that developed this book. Supported by the Gulf of Mexico Alliance (GOMA), this handbook provides timely, useful information that should help people reduce risks to their family and property. GOMA is a multi-state partnership between Alabama, Florida, Louisiana, Mississippi and Texas. It was established by the five Governors of the Gulf States to increase regional collaboration on the ecological and economic health of the Gulf of Mexico. Following on the heels of Katrina in 2006, the Governors established an Action Plan for Health and Resilient Coasts.

The Florida handbook is similar to handbooks that GOMA has sponsored in the other states. "Alabama, Louisiana, and Mississippi have also completed books specific to their state," said Spranger. "The goal of the project is to help build a more resilient coast by getting important information into the hands of homeowners along Flori-

da's coast." The book addresses common myths, basic overview of these natural hazards, as well specific information on how to prepare for each of these hazards. It also has useful information on evacuation plans, kits, emergency shelters and contact information, as well as a homeowner's preparedness checklist.

Spranger added that "although you can never eliminate all potential damage from a natural hazard, you can be proactive and take some cost-effective actions that may significantly lower your vulnerability to yourself and your household, and save you some money in the long-run. So, plan for the worst, and hope for the best for the upcoming hurricane season."

This new handbook is available for free download on the Solutions for Your Life website at http://solutionsforyourlife.ufl.edu/disaster_prep/ Printed copies will also soon be available to the public.

Clean and Resilient Marina Initiative



Publications and materials for a new Gulf-wide Clean and Resilient Marina Initiative were released in late Spring. Mike Spranger, Professor and Extension Community Development Specialist in the Department of

Family, Youth and Community Sciences represented the University of Florida as a member of the Clean and Resilient Task Force. Representatives from other universities and agencies from Texas, Louisiana, Mississippi and Alabama also participated as members of the task force. The group worked in developing the materials, and provided guidance, review and outreach activities throughout the process.

The project was supported by the Gulf of Mexico Alliance. The objective of this Initiative is to provide uniform standards for the resiliency of marinas across the Gulf states, providing marina owners and operators the means to be able to reduce

damage and resume business in the face of many natural hazards found in the Gulf of Mexico region.

The Clean and Resilient Marina Guidebook is a three document set that provides marina owners and operators with useful information on tools and recommended practices. Volume I provides information on marina design and siting, emergency preparedness, evacuation procedures, storm water management and erosion controls, climate adaptation and sea level rise, and outreach and education for marina operators and boaters. The 25 page "At-A-Glance" publication provides a quick over view of these topical areas, and an extensive checklist to see how the marina measures up to being "resilient." The Volume II – Appendices was developed as a complement to the Guidebook. It has 600+ pages of examples, best management practices from the region that focus on marinas.

A Clean Marina Policy Guide has also been developed that provides laws, policies and strategies that state and local officials can take to promote cleaner and more resilient marinas. Spranger points out that "smarter policy can protect the environment and vital businesses from the impact of natural and human-caused disasters. Also, this was the first time that each of the individual state clean marina programs joined forces in attempts to create a consistent, coordinated approach for marina owners and operators that should assist in their resiliency and capacity to adapt to future disasters.

Copies of these materials are available on the GOMA website at <http://www.gulfofmexicoalliance.org>

Improving the Urban Tree Canopy in Miami-Dade County

Improving the Urban Tree Canopy (UTC) in Miami-Dade County to Enhance Florida's Environment for Governmental Employees was developed by the Urban Commercial Horticulture Extension Agent with the assistance of the Florida Forest

Service (FFS) and the City of Miami Downtown Development Authority (MDDE) to teach and train good arboricultural practices in the urban landscape.

During 2012, nine (9) workshops on tree management techniques were taught to 129 ground maintenance employees from the cities of Miami, Sweetwater, Miami-Gardens, Doral, North-Miami, and Biscayne-Park. The objectives of the workshop were for the participants to:

- Become familiar with the importance and benefits of the tree canopy
- Learn proper tree pruning techniques
- Learn why proper tree planting, mulching and staking are important and relevant for the sustainability of the tree canopy

The program consisted of two hours of presentations covering basic tree biology, planting, mulching, staking, pruning, and one hour of hands-on activities.

A post-seminar questionnaire to 47 participants indicated that 91% (43) of the respondents increased their knowledge and 68% (40) would use at least one of the recommended practices in their landscape activities. A six month follow up to ten participants indicated:

- 100% are using personal protection equipment (PPE) when pruning trees
- 100% are using gloves, and sharp tools when pruning
- 90% are making proper cuts when removing branches.
- 100% are following the proper procedures when planting trees
- 70% are planting trees at the correct plant depth

A testimonial was recorded for this program: "According to their supervisor, the participants are more confident in performing landscape maintenance and planting trees and shrubs. They also take initiative and assist/correct others who have not been trained and show them how to do the planting or pruning correctly". Due to the higher quality of the canopy in the city of Miami, less money is expended in tree replanting and removal, and this program is also providing an entry

-level opportunity to economically disadvantaged individuals who were homeless in the past.

Also, as a response to a request from the city of Miami Downtown Development Authority (DDA), agents taught 44 entry-level employees from the Downtown Enhancement Team (DET) how to properly plant and maintain trees. Of the participants in these trainings, ninety percent (40) were formerly homeless and economically disadvantaged individuals. According to their supervisors these workshops increased the participants' confidence in performing proper landscape maintenance practices and in planting trees and shrubs. They also take initiative and assist/correct others who have not been trained. Due to the success of the program, these workshops will continue and expand during 2013.

Henry Mayer, EA II Urban Com Hort, Miami-Dade Cty

Take Charge of Your Diabetes

Type 2 diabetes is a prevalent condition affecting an estimated 26 million Americans (8.3% of the population). Diabetes is the seventh leading cause of death and contributes \$245 billion to the nation's health care bill. In Marion County, 9.5% of adults have diabetes. People with diabetes who engage in recommended self-care practices feel better, maintain healthier blood glucose concentrations, and are at a reduced risk of developing debilitating and expensive health complications. Diabetes self-management education (DSME) helps persons with diabetes make positive lifestyle choices that can reduce health risks and improve quality of life. Take Charge of Your Diabetes (TCYD) is an eleven-session DSME program developed by UF/IFAS Extension faculty, and conducted in collaboration with local health professionals. In Marion County in 2012, 51 people participated in TCYD classes and learned how to manage their diabetes by addressing medical issues, nutrition, self-care, and exercise. Evaluation is based on self-reports and medical measurements of body weight, blood pressure, and hemoglobin A1c (A1c)



Nancy Gal explaining to class members how to plan meals using carbohydrate counting.

Extension and Agriculture in Action

Today's youth are challenged with many lifestyle choices which will 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 lifestyle habits, the greater the probability they will practice and maintain them into adulthood.

During the 2012- 2013 school year, 865 youth (K-2) participated in monthly education lessons through the Taylor County



FNP Program Asst, Corrie Willis, teaching 3rd graders about the benefits of eating a variety of vegetables

Food Nutrition Program and 252 third grade students participated in bi-monthly nutrition lessons. As part of the nutrition education program, eight lessons were taught about the importance of nutrition and were designed to motivate them to adopt healthy lifestyle practices, according to the US Department of Agriculture (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 key elements of choosing healthier foods, from each food group, and in appropriate amounts. Proper hand washing was also taught to help prevent foodborne illness. Youth engaged

levels, which reflect average blood glucose levels over the past two to three months. Data is collected at baseline, end of program, and at follow-up three months after completion of the program. From pre-test to follow-up, participants engaged in more diabetes self-management behaviors in all areas, with statistically significant increases in seven of nine practices evaluated. A1c scores and body weight were significantly reduced. Calculation of economic impact based on (1) the cost savings for consumers relative to hospital programs; (2) projected health care savings; and (3) value of volunteer time, indicates that the Marion County program had an estimated economic benefit of over \$135,000. Given the increasing rates of obesity and type 2 diabetes in the U.S.. TCYD is a timely program that meets a critical community need.

Nancy Gal, EA IV FCS/4-H, Marion Cty
Dr. David Diehl, Asst. Prof., FYCS
Dr. Linda Bobroff, Prof., FYCS



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, EA III FCS, Taylor Cty



FCS Agent, Lori Wiggins, teaching students about how to grow their own lettuce plants

Eating from the Garden

Obesity has become an epidemic in our country. Since 1980, obesity among children and adolescents has almost tripled. With effective programs like this nutrition and gardening program, we can help target this epidemic through teaching youth how to grow and eat healthy foods. Growing fruits and vegetables in a school garden provides an environment where nutrition and plant science skills can be taught. This program provided students an opportunity to become part of an outdoor classroom and play in the dirt all while learning about gardening and nutrition. Students were encouraged to taste new foods and adopt healthier eating habits while growing fruits and vegetables in an outdoor garden.

This school garden and nutrition program provides hands-on, problem-based environmental and science education. The garden is also a form of a community garden, providing a new setting for interactions among members of the school community and promoting the sense of connectedness, and skills of the community. The target audience is third grade Elementary students. The

program is implemented at the local Elementary School with 252 students and ten teachers participating. Weekly lessons are taught by the FCS Agent, FNP Assistant and Master Gardeners. Each participating student receives two hours a month of education, for a total of 18 hours for the school year. This program is a collaborative effort by the Taylor County Extension Service, local Master Gardeners and Taylor County Elementary School. Funds for this project were donated by Taylor County Master Gardeners.

As a result of our programming, 252 kids learned about gardening techniques and planted/maintained their own garden plot of fruits and vegetables and learned about gardening techniques. They also learned about the MyPlate food groups and especially the importance of eating a rainbow of fruits and veggies. The kids engaged in physical activity through gardening and most importantly learned to prepare several yummy, healthy recipes that they truly enjoyed eating each week.



3rd Grade students sharing their carrots they harvested from their classroom garden plot.

Two-hundred fifty-two third grade students were evaluated through pre and post tests on the effectiveness of a gardening and nutrition program to teach health and nutrition.

The student's nutritional and gardening knowledge was measured through a 12 question multiple-choice test, based on the educational activities the student performed. The student's nutritional attitudes regarding fruit and vegetables were measured with a fruit and vegetable

preference questionnaire, and children's eating behaviors were evaluated with an interview question asking them what they ate for a snack that day. After participating in the nutrition and gardening program, the student's knowledge about the benefits of eating fruit and vegetables significantly improved from 53% to 84%. The students also reported eating healthier snacks and being more active after participating in the program. Faculty and teachers surveyed about the program reported this as being the best enrichment program ever at the school. The teachers reported also noticing students bringing healthier snack choices and trying more fruits and vegetables during lunch time.

Lori Wiggins, EA III FCS, Taylor Cty



A student sharing the bounty of turnips that was grown at the school.

Don't Make the Editor Crazy: Why Following JOE's Formatting

Some of you may know that in addition to being the JOE liaison for UF/IFAS Extension, I'm also the Managing Editor for the *Journal of International Agricultural and Extension Education* (www.aiaee.org). This officially means that I'm the person responsible for vetting new submissions and determining if they meet the minimum standards required by the journal in order to be sent out for blind review. Unofficially, it means that I'm

the person who continually wants to bang my head against my keyboard when I get **great** submissions that just haven't followed the guidelines and I'm forced to send them back to the author(s). Why is it so hard to follow the guidelines? As Extension practitioners and academics, we expect our clientele and our students to abide by the guidelines we establish for our programs and our classes. We need to apply this same standard to our own work when submitting to any journal. Guidelines are important for both the journal and for you as an author. They establish the boundaries for what is acceptable and what is not. An editor or editorial board develops guidelines so that there is some common metric for evaluating manuscripts and so that the finished product – the journal – has a professional look to it. Formatting rules are also intended to decrease the amount of work it takes for a reader to understand the information, as a well-formatted article has a better flow than one that is sloppily assembled. Editors take a great deal of pride in each issue they produce; this is why you must also take pride in the quality of your submissions. Following the guidelines is an easy way to demonstrate to the journal editor that you respect the publication and will help establish a positive relationship between both parties. Mastery of formatting rules also means it will take the editor less time to assign reviewers, leading to a faster turnaround for you. This is important to keep in mind as JOE receives nearly three hundred submissions each year. Laura Hoelscher, the long-time editor of JOE, has done an excellent job of providing resources for prospective authors. The submission guidelines for JOE are clearly laid out at: <http://www.joe.org/for-authors-submission-guidelines.php>. No fewer than 30 additional helpful resources can be found, appropriately enough, on the Help for Authors page: <http://www.joe.org/for-authors-help.php>. You may also find it insightful to read the guidelines for reviewers, so you know the expectations for those individuals who will evaluate your work: <http://www.joe.org/for-reviewers.php>. Finally, you can always contact me for help. I'm most readily ac-

cessible by e-mail: amharder@ufl.edu. Or, consider participating in the in-service training entitled "How to Publish High-Quality Research Manuscripts in the *Journal of Extension*" that I'll be co-presenting with Dr. Grady Roberts (past editor of the *Journal of Agricultural Education*) and Dr. Alexa Lamm (prolific author and current reviewer for multiple journals, including JOE) at EPAF. We'd love to see you there!

Gators in JOE

Let's hear it for the following scholars who made sure that UF/IFAS Extension was well represented in the February and April issues of the *Journal of Extension*!

February 2013

- *A National Perspective on the Current Evaluation Activities in Extension* (Alexa Lamm – AEC, Glenn Israel – AEC, David Diehl – FYCS)
- *Problems Impacting Extension Program Quality at the County Level: Results from an Analysis of County Program Reviews Conducted in Florida* (Amy Harder – AEC, Austen Moore – AEC, Melissa Mazurkewicz – U.S. Peace Corps, Matt Bengé – Alachua County/AEC)
- *Nature's Notebook and Extension: Engaging Citizen-Scientists and 4-H Youth to Observe a Changing Environment* (Will Sheftall – Leon County; et al.)
- *Current and Future Water Availability* (Tatiana Borisova – FRE, Michael Olexa – FRE, Damian Adams – SFRC; et al.)

April 2013

- *Public Preferences for Water Resource Topics and Information Sources in the Southern United States* (Tatiana Borisova – FRE, Damian Adams – SFRC; et al.)
- *Improving Interactive Workshops: A Case Study of GIS Workshops* (Corina Guevara – Florida Sea Grant, Robert Swett – FAS/Florida Sea Grant, Martha Monroe – SFRC)

Dr. Amy Harder, Assoc. Prof, AEC

Easy as PIE

Save the Date! Easy as PIE Webinar Series

Date: June 19

Time: 2-3 pm

Topic: Gulf Coast Communities Case Study: Building Community Capacity in Times of Change



Speaker: Angela Lindsey, Project Manager of the Healthy Gulf, Healthy Communities Community Outreach & Dissemination Core.

Join us to learn more about an interdisciplinary project involving biologists, psychologists, social scientists and communi-

ty members working together to address the environmental, economic, and emotional health concerns of Gulf communities arising from the Deepwater Horizon oil spill. This session will focus on the successes resulting from using a three-pronged approach to outreach. This approach was aimed at building community capacity through issues management, collaboration, and two-way communication. Participants will leave the session with a few practical steps they can take to implement aspects of this strategy in their own communities as extension professionals or community leaders.

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 Langley Bell 4-H Center Planned for Escambia County

In August of 2012, Escambia County 4-H sold 240 acres of property to Navy Federal Credit Union to expand their operations. Navy Federal Credit Union officials announced a long-range expansion plan, enabled by the purchase of the land, that

they said will create a \$1 billion campus that would house some 10,000 workers by 2020. This property known as the Langley Bell 4-H Center has been a part of the 4-H program for the past 70 years. This land was a donation from Langley and Minnie Bell in the early 40's to support Escambia County 4-H. As part of the sales agreement, Escambia County Board of County Commissioners allocated 1.5 million dollars to build a new Langley Bell 4-H Center next to the existing Extension Office. A presentation by the architect firm, Hernandez & Calhoun was held Friday April 26th at the Escambia County Extension Office. Dr. Nick Place, Dean and Director of UF/IFAS Extension was in attendance and gave brief remarks about the future of 4-H and how this will certainly impact the advancement of the local 4-H program. Over 60 people were in attendance to view the floor plans and renditions of the new building.

Click [HERE](#) to view the factsheet

Click [HERE](#) and [HERE](#) for additional photos

Pam Allen, CED EA IV, Escambia Cty



Dean Nick Place discussing the new 4-H building plans at the Escambia County Extension Office.

Customized Horticultural Training for Golf Course and Landscape Professionals

A key focus of the Palm Beach County Extension program is the development of individualized programs based on the needs of our specific audiences. A recent initiative for the Polo Club of Boca Raton golf course and landscape management staff was designed to provide critical updates on tree pruning for structure and chainsaw and chipper safety in a minimal amount of time. Management for the Polo Club of Boca Raton expressed concern over keeping staff up to date with safety awareness and proper pruning techniques. Palm Beach County Extension developed a three hour training course to cover these topics and provide an opportunity to practice new skills. The pruning aspect of the program reviewed basic tree biology and focused on pruning to increase longevity and safety in the landscape, with a focus on recognizing and correcting structural defects. The safety aspect of the program incorporated avoiding heat stress and using power equipment, including chainsaws and chippers safely. During the hands-on portion of the program, attendees participated in a hands-on tree-pruning exercise, explored the safety features of the chipper equipment used on site, and learned about the types of personal protective equipment (PPE) and their uses. The program was offered at no cost to the organization. To measure the effectiveness of the training, a retrospective pre/post test was used to gauge participants' self-rating of their ability to identify structural defects in trees and conduct pruning for proper structure. They were also asked to indicate if they were committed to adopting safety measures taught in the training as well as other best management practices. The results were as follows, based on a 5 point scale: 46 participants attended Participants' (15) rating of their ability to identify structural defects in trees rose to 4.53 after the training from 3.33 before the training;

Participants' (15) rating of their ability to conduct structural pruning on landscape trees rose to 4.36 after the training from 3.33 before the training; 92% (11) of twelve responding participants indicated a commitment to utilizing learned safety procedures in their job; and 13 out of 14 respondents indicated that they would adopt a best management practice as a result of the training. The most common practices participants indicated they would adopt were: proper pruning techniques for structure, increased safety awareness, and identification of safety problems on the jobsite. Polo Club of Boca Raton management felt that the program was a great use of their limited time and indicated that their staff would be more cautious and cognizant of proper pruning techniques going forward. They indicated that the inclusion of several topics covered over an afternoon made for an interesting program which helped to keep the attention of their staff.

Frank Dowdle, EA I Ag Safety, Palm Beach Cty
Dr. Laura A. Sanagorski, EA I Env Hort, Palm Beach Cty



Polo Club of Boca Raton staff participates in a safety and Structural pruning workshop.

New Positions

We would like to Congratulate the following faculty members on their new position:

Sarah Hensley, From 4-H EA II in Sumter Cty to 4-H RSA II in District III

Resignation

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

Tim Pehlke, 4-H EA I, Orange Cty
James Moll, Res Hort EA I, Hernando Cty

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 valkyrieshad@ufl.edu.
