

UF/IFAS Extension *Comings & Goings* FROM THE OFFICE OF THE DEAN FOR EXTENSION

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Leon County Bites Back Against Mosquitoes (pg 2)

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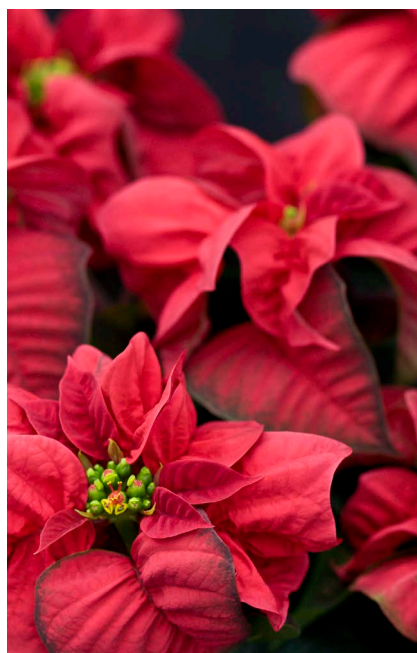
Danielle De Vries-Navarro – Through community partnerships and with generous support from sponsors, UF/IFAS Extension is able to provide nutrition education and fresh produce and whole grains to food-insecure areas of Palm Beach County.

Regional Workshops in East Central Florida Focus on Coastal Resiliency (pg 5)

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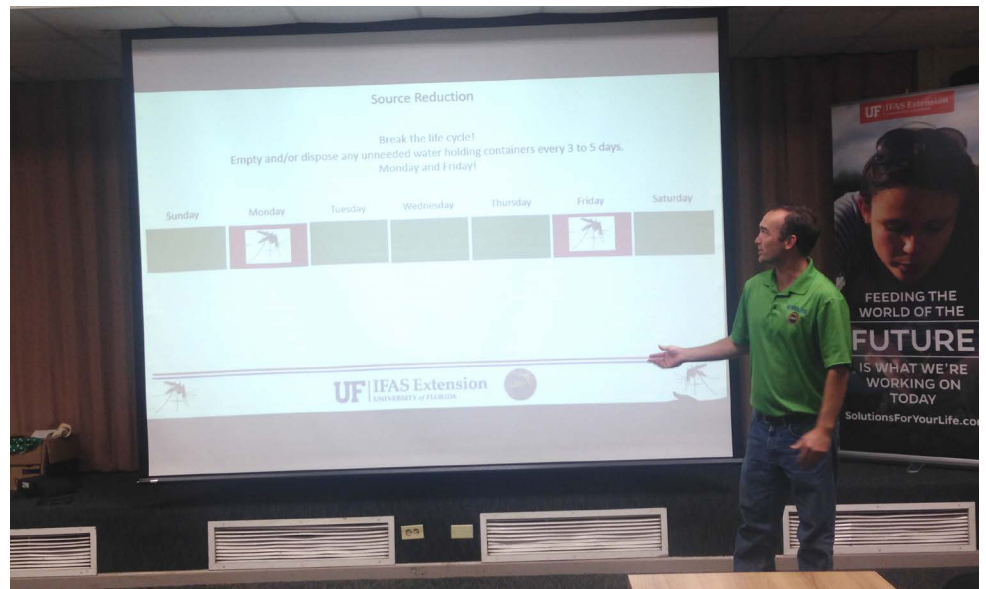
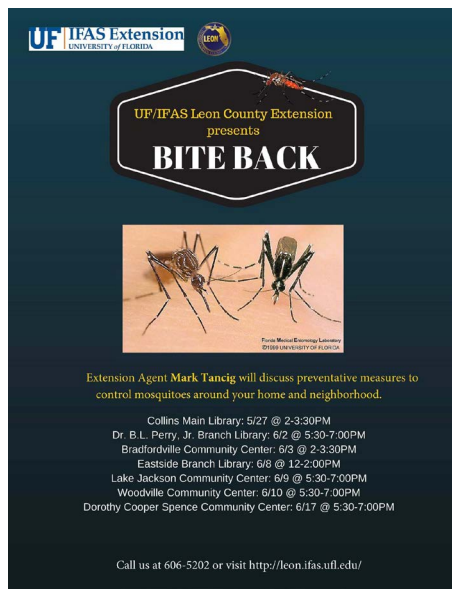
UF/IFAS Extension *Comings and Goings* is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the UF/IFAS Extension web site at <http://extadmin.ifas.ufl.edu>.

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.

LEON COUNTY BITES BACK AGAINST MOSQUITOES

Mark Tancig, Commercial & Residential Horticulture EA I, Leon County



Mark Tancig discusses source reduction as a way to reduce mosquito populations around the home and garden as part of the Leon County Bite Back program.

With the Zika virus taking a lot of air time on the daily news programs, Leon County horticulture agent Mark Tancig and county extension director Kendra Zamojski thought it would be a good idea to inform Leon County residents about ways in which they can help reduce mosquito populations. Leon County's Bite Back program focuses on ways in which homeowners and gardeners can take steps to reduce day-biting mosquitoes, including the Asian tiger mosquito (*Aedes albopictus*) and yellow fever mosquito (*Aedes aegypti*) -- the mosquitoes most likely to carry the Zika virus.

The program points out that many of the landscape practices promoted by UF/IFAS Extension through the Florida-Friendly Landscaping Program, such as bird baths to attract wildlife and rain barrels to reduce storm water runoff, can be potential mosquito breeding sites. Additionally, many areas of the residential landscape are prime habitats for these species of mosquito, including container trays, gutters and pet bowls.

Through lecture, multi-media materials, and visual aids, Bite Back participants are taught the history of human/mosquito interactions, mosquito biology, species present in Florida and Leon County, potential breeding sites around the home and garden, and measures to reduce the potential for mosquitoes. Preventative measures such as dumping standing water and using larvicides containing Bti (*Bacillus*

thuringiensis israelensis) were strongly recommended to break the mosquito lifecycle, as well as encouraging people to cover their skin when outside, using effective repellants, and keeping screens in good order. Information from the Florida Entomology Lab was an important resource in preparing the materials.

Based on post-workshop evaluations (n=30), 79% of the participants reported that they gained knowledge in steps to protect themselves from mosquitoes, 86% reported that they learned ways to reduce the mosquito population, and 89% reported gaining knowledge when it came to understanding mosquito biology and human history with mosquitoes. Sixty percent of the participants reported that they would empty standing water to reduce the potential for mosquitoes, while 37% reported that they were already doing this. Fifty-two percent of participants reported that they would use a larvicide to control mosquitoes, while only 17% reported already using such products.

In summary, UF/IFAS Extension faculty and staff have been providing education to Leon County residents to help them implement practices to both reduce the potential for mosquitoes in their landscapes and to properly protect themselves from getting bit. Hopefully, it will help take a bite out of our local mosquito population!

EXPERTISE OF EXTENSION DIRECTOR, OTHERS CAN HELP LOCAL ECONOMY GROW, THRIVE

*Jack Payne, Senior Vice President for Agriculture and Natural Resources
(Previously published 10/12/16 in the Tampa Bay Times <http://bit.ly/2d9wkA0>)*



Dr. Jack Payne, UF SVP for agriculture and natural resources and leader of the Institute of Food and Agricultural Sciences.

It wasn't the dress shoes and the tie Stacy Strickland wore that garnered him the respect of the farmer he visited in Brooksville last month.

It was the bullwhip.

Strickland knows the farmers he serves as the University of Florida's Extension director for Hernando and Sumter counties. So he knew that even though U-pick tomato, strawberry and blueberry farmer Jeff Casey said his shoulder was hurting, he wouldn't be able to resist a

friendly challenge.

Strickland stepped into a dusty row of strawberries in his Rockport wingtips and snapped off a few lashes. Jeff immediately grabbed for the whip and jerked out a series of loud cracks. Then, they went back to talking berries.

An hour later, Strickland trudged in his dusty shoes into the office of Valerie Pianta, Hernando County economic development manager. No bullwhip this time. He visited to get an update on construction and new tenants at the Brooksville-Tampa Bay Regional Airport & Technology Center.

Strickland is an agricultural agent for the UF/IFAS Extension offices for Hernando and Sumter counties. That means he advises producers like Casey on how to irrigate his crops, which plants could be harmful to Jeff's cattle, and the latest pests and diseases to watch out for.

As the director of the two offices, Strickland is responsible for bringing the full scope of University of Florida expertise to the counties – not just its knowledge of agriculture.

For example, UF recently sent two interns from its College of Engineering to Sumter County to work in the Department of Public Works. The UF College of Law also sent an intern to help the county's attorneys comb through the local government code.

Strickland and Pianta see a continuing role for UF as consultants that could offer low-cost advice on the layout of factories, retooling manufacturing businesses, and increasing efficiencies.

It's also a selling point for business recruitment to highlight the presence of the state's flagship public university in the neighborhood where the new companies would set up shop.

Strickland recently moved the UF/IFAS Extension Hernando County office to the Technology Center in Brooksville.

With more than 125 tenants, 2,000 jobs and 1,000 acres of available land for development, including air and rail access, the center is key to economic development in Hernando County.

It puts Extension geographically at the center of Hernando's future economy. Strickland's vision for Hernando includes using the 7,000-foot runway to fly local agricultural products to markets and challenging Miami's near monopoly as an agricultural shipping hub.

That could mean Hernando-Sumter-area flowers being sent to big U.S. markets. Or it could be livestock sent to the Caribbean. Because UF/IFAS Extension taps into such a wide range of university knowledge and cultivates so many local relationships, Strickland is able to dispatch a livestock agent to goat farms while he seeks resources and experts that could one day connect those farmers with foreign markets.

In a way, Extension is even a public health service. It has helped local efforts to prevent Zika with an initiative that delivers insect repellent to a Hernando County homeless encampment where residents face exposure to mosquitoes.

Strickland succeeds on the basis of relationships. So he gets out of the office a lot. On one recent day he addressed a Hernando County Chamber of Commerce breakfast meeting to highlight the economic contribution of agriculture in Hernando County, brought the whip and the farming advice to JG Ranch off Wiscon Road, and met with Pianta in her office near the airport.

That was all before noon. By lunchtime, he was at the Rising Sun Bistro & Market in downtown Brooksville, visiting with owner Catherine Reeves as he munched a Philly cheesesteak. She greeted Strickland by reminding him that her daughter grew up in 4-H – another Extension program.

With all this activity, Strickland aims to keep ag at the table as Hernando County looks to diversify its economy by focusing on primary industries such as manufacturing, distribution, and back-office operations.

Hernando and Sumter's rural location can make economic growth a challenge. By combining one of the things it's good at – agriculture – with its access to university expertise in other sectors, UF/IFAS Extension is trying to grow economies.



Dr. Stacy Strickland with Jeff Casey.

Editor's note: Stacy Strickland left Hernando and Sumter Counties to become the Osceola County Extension director on Dec 16.

PANHANDLE SEA GRANT FACULTY RECEIVE GRANT TO PROTECT SEA TURTLES

Erik Lovestrand, Sea Grant CED II, Franklin County



Loggerhead sea turtle hatchlings. Photo courtesy of FWC stock photos.

Three Florida Sea Grant agents in the middle Panhandle region of the state have received a half-million dollar grant to mitigate the impacts of artificial lighting on sea turtles. The work is supported with NRDA (Natural Resource Damage Assessment) funding in a partnership between FDEP, FWC and UF/IFAS-Florida Sea Grant, and will be conducted in Franklin, Gulf and Bay counties by agents Erik Lovestrand, Scott Jackson and Ray Bodrey.

Scientists have long known that artificial light can have negative consequences for many nocturnal animals, including nesting and hatching sea turtles. However, it has only been through recent research that we are beginning to understand the reasons behind some of these effects and develop better lighting strategies to protect our treasured marine turtle species. The term “phototactic” is used to describe organisms that are stimulated to move towards or away from light. Nesting sea turtles have been shown to avoid bright areas on the beach, but hatchlings tend to be attracted to the brightest source of light when they emerge from the sand. On a nesting beach with no artificial lighting, any natural light from the moon or stars is reflected off the water, creating a

much brighter horizon in the direction that hatchlings need to go. Lights from human sources can appear very bright in comparison, and quite often draw hatchlings over the dunes and into harm’s way on roadways, from predators, or simply by exposure once the sun comes up.

This project involves work with beachfront property owners within 1,000 feet of existing conservation lands to expand the dark-sky area along important sea turtle nesting beaches. Funds will provide for lighting retrofits based on the following three principles:

1. **Keep it Long:** Long-wavelength lighting that is still in the portion of the spectrum visible to humans includes amber, orange and red light. Manufacturers are now making highly efficient LED bulbs that are certified by the FWC as turtle-friendly.
2. **Keep it Low:** Many times lighting needed for safety of access can be placed low enough to be unseen from the nesting beach.
3. **Keep it Shielded:** Fixtures that are in line-of-site to the nesting beach need to be recessed to shield the bulb from being directly visible. The correct long-wavelength bulb should also be used in these shielded fixtures.

Exterior lighting is not the only danger turtles face from our lights; unobstructed interior lights can be just as much of a problem. The best solution here is to tint beach-facing glass with a 15% transmittance tinting product. The project will also have funds for working with property owners to tint windows and doors that need to be shielded from the beach. This will save money on cooling bills as well as protect interior furnishings and avoid the possibility that someone using a rental property might leave the blinds or curtains open accidentally during turtle season.

PALM BEACH COUNTY’S EFNEP SALUTES SPONSOR SUPPORT

Danielle De Vries-Navarro, EFNEP EA I, Palm Beach County



UF/IFAS Extension EFNEP

Two corporate sponsors have recently provided donations to the Marjorie S. Fisher (MSF) Nutrition Driven Program, a mobile food pantry that provides nutrition education and fresh produce and whole grains to food-insecure areas of Palm Beach County. This program is a collaborative partnership between UF/IFAS Extension Palm Beach County and the Palm Beach County Food Bank (PBCFB). MSF Nutrition Driven is delivered by trained UF/IFAS Extension program assistants who apply Expanded Food and Nutrition Education Program (EFNEP) principles to teach core nutritional values, food safety, smart shopping tips, exercise and preparation of simple recipes through the 8-week EFNEP educational curriculum.

Florida Crystals Corporation, which has provided previous support for the MSF Nutrition Driven Program, recently donated 720 pounds of locally grown brown rice. The rice is given to all participants as an example of an affordable and nutritious food to include in meals for their families. They are taught how to properly prepare the brown rice during the EFNEP lesson on whole grains, and are able to taste it in a recipe demonstration for tofu vegetable stir fry.



UF/IFAS Extension EFNEP

In addition, Jarden Consumer Solutions (JCS) has donated more than a dozen cooking appliances and products used as drawing prizes for those participants graduating from EFNEP. The donated products include Crock-Pot® slow cookers, a FoodSaver® vacuum sealing system, and a variety of Oster® and Sunbeam® branded products including an electric skillet, blender, food steamer, toaster oven, panini maker, electric griddle, and electric mixer. JCS has agreed to provide ongoing support to the MSF Nutrition Driven Program.

REGIONAL WORKSHOPS IN EAST CENTRAL FLORIDA FOCUS ON COASTAL RESILIENCY

The East Central Florida Regional Planning Council (ECFRPC) helped to organize a series of workshops focusing on coastal resiliency. The first workshop in the series was a “tools buffet” where participants could get in-person guidance, useful tips and hands-on experience using tools to conduct vulnerability assessments. The second workshop, hosted by NOAA, was on green infrastructure concepts and practices for coastal resiliency. The third workshop, hosted by Florida Sea Grant, focused on the legal aspects and challenges associated with sea level rise and coastal resiliency.

Coastal Resiliency Tools Buffet

This workshop was held on October 26th at the Volusia County Office of Emergency Management, and included participants from both Volusia and Brevard counties. The workshop was organized, planned, and hosted by the ECFRPC, the Tampa Bay Regional Planning Council, and the UF GeoPlan Center. The goals of the workshop were to: 1) provide in-depth training for UF GeoPlan Center’s Sea Level Scenario Sketch Planning Tool and the NOAA Coastal Flood Exposure Mapper, and 2) to help participants gain an understanding of basic sea level rise concepts and the US Army Corps of Engineers methods of projecting sea level rise. Participants learned about the tools and were able to conduct local vulnerability assessments. They also came up with strategies for addressing

Britnye Underwood (PBCFB Director of Programs) highlighted the importance of the food bank’s partnership with UF/IFAS this way: “By combining our organization’s abilities, strengths, and resources, we are able to provide a more comprehensive program in the community. Our unique relationship with UF/IFAS benefits both the food bank, and more importantly, the recipients of the program. Together, we can do more.”

“It is encouraging to have the support of corporate leaders like Florida Crystals Corporation and Jarden Consumer Solutions,” Underwood continued. “It demonstrates their commitment to the consumers they serve. We deeply appreciate their support.”

The Marjorie S. Fisher collaborative Nutrition Driven Program was launched in December 2014. Since its inception, the program has been delivered at 38 sites with 655 EFNEP graduates. In order to graduate from EFNEP, participants must complete 6 of the 8 educational lessons as well as a pre/post evaluation. Participants received education, recipes and collectively more than 70,000 pounds of nutritious food, enough to prepare more than 58,333 meals. Pre/post EFNEP evaluation revealed that 93% of EFNEP graduates increased healthful eating practices, 76% increased food safety practices, 53% increased physical activity, and \$53.03/graduate in monthly savings on groceries. Data also revealed a 1.8-cup increase in daily fruit and vegetable consumption.

Holly Abeels, Sea Grant EA I, Brevard County

impacts from sea level rise, and learned about the NOAA CanVis tool and NOAA Sea Level Rise Viewer.

The workshop was well received and the participants learned a great deal. However, the day was not without a few hiccups. The NOAA website crashed while we were exploring the mapper, so instead of using the Flood Exposure mapper for the group vulnerability assessments, the groups used the Sketch Planning Tool. It was still a worthwhile exercise, and participants were able to go back later and use the NOAA mapper once the site was back up and running. Also, the Sketch Planning Tool website that was used is undergoing construction and a revamping of the tool, so UF GeoPlan Center had to provide a specific website link for their tool just for this workshop.

The ECFRPC posted the PowerPoints from the workshop and an example of a vulnerability assessment on their website (<http://www.ecfrpc.org/Programs-and-Projects/Energy---Climate-Change.aspx>).

I also had the chance to work with Tara McCue with the ECFRPC on a vulnerability assessment for the city of Cocoa Beach using the Sea Level Rise Sketch Planning Tool. This was a deliverable through the grant that brought this workshop to the region. Sea level rise scenarios were assessed for the city of Cocoa Beach, and an assessment of vulnerable roads, structures, and other assets was done in order to give

recommendations for future planning. This report will be given to the city of Cocoa Beach for their use and planning.

Green Infrastructure for Coastal Resiliency

This workshop was held on November 9th at the Volusia County Office of Emergency Management. It was a free training offered by NOAA's Office for Coastal Management in partnership with Volusia County and the ECFRPC. The goal of the workshop was to introduce participants to the fundamental green infrastructure concepts and practices that can play a critical role in making coastal communities more resilient to natural hazards. The ECFRPC posted the PowerPoints from the workshop on their website (<http://www.ecfrpc.org/Programs-and-Projects/Energy---Climate-Change.aspx>).

Sea-Level Rise and Flooding: Planning and Law for Local Governments

This workshop was held on November 17th at the UF/IFAS Extension Brevard County Office. It was organized by Florida Sea Grant, ECFRPC, and UF/IFAS Extension Brevard County. Thomas Ruppert with Florida Sea Grant is offering this workshop in several locations across the state, tailoring it to the location where each workshop is being offered. He is partnering with local extension offices or organizations to host the workshop and recruit government officials to attend. This workshop focused on legal aspects, infrastructure issues, public engagement, and integrating sea level rise into hazards planning and documents at the local level, and was aimed towards local decision makers, county and city council, and county and city staff.

There were 36 participants at the workshop representing county and city governments, transportation planning organizations, public works, planning and development, water control district, Brevard County attorney's office, Department

of Transportation, and consulting firms. Eight participants came from the Brevard County attorney's office, which was an accomplishment, as this group could have an important hand in preparing the county to deal with sea level rise and flooding planning.

A post-workshop evaluation was distributed to all attendees, and 29 (81%) surveys were returned.

Results of the evaluation show that:

- 50% (14 out of 28) strongly agreed and 46% (13 out of 28) agreed the workshop met or exceeded their expectations;
- 48% (13 out of 27) strongly agreed and 48% (13 out of 27) agreed the presenters met or exceeded their expectations;
- 45% (13 out of 29) strongly agreed and 55% (16 out of 29) agreed the workshop provided useful ideas or techniques;
- 21% (5 out of 24) strongly agreed and 71% (17 out of 24) agreed the workshop better prepared them to do their job or perform their role; and
- 59% (16 out of 27) strongly agreed and 37% (10 out of 27) agreed the workshop incorporated useful lectures and discussion.

There were many participants who attended all three workshops, which also provided professional credits such as CLEs for attorneys, CECs for floodplain managers, CEUs for engineers, and CMs for AICP planners. Having three related workshops held in the same region within 30 days helped participants get a variety of information within a short period of time and without having to travel a great distance. Participants will hopefully use the information and tools learned for future coastal resiliency planning within their communities, and will know who within the community they can contact for additional help and guidance.

HABITAT FOR HUMANITY, UF/IFAS EXTENSION PROGRAM WORK TOGETHER FOR NEW HOMEOWNERS

Habitat for Humanity Program candidates in Jacksonville can now learn about home maintenance, saving energy and how to get along better with fellow home occupants through the Homeflow program, offered by UF/IFAS Extension through a partnership with Habitat for Humanity in Jacksonville.

Known as HabiJax, the Jacksonville Habitat for Humanity program is one of the largest in the U.S., having built more than 2,000 homes in the past 28 years. Qualified homebuyers complete educational workshops and hours of "sweat equity" – volunteer hours alongside community volunteers – to help build their own homes; upon completion, they purchase their home with an affordable mortgage payment.

With Homeflow, a statewide program, UF/IFAS Extension faculty teach homeowners not only how to maintain and upgrade their homes to help them lower their utility bills, but also how to communicate better among those living under the same roof. Homeflow is about how the home 'flows' together

as a unit, starting with communications between occupants and progressing to specific steps that can help the home function smoothly and efficiently.

Randall Cantrell, an assistant professor in the UF/IFAS family, youth and community sciences department, co-developed the Homeflow program with Victor Harris, another assistant professor in the department, and Sarah Ellis, a UF/IFAS Extension Citrus County agent. The partnership debuted during the summer of 2016 -- taught by UF/IFAS Duval County Extension agents Melanie Thomas and Stephanie Toelle -- and showed improved knowledge in multiple measures of energy efficiency and domestic tranquility, Cantrell said.

Homeflow will soon have about 60 graduates statewide, with programs in Duval, Osceola, and Leon counties.

Cantrell says that the next goal is to devise a method for monetizing the value of change in the social stratus of families

Randall Cantrell, Assistant Professor, FYCS

that move from unstable housing to possessing their own 30-year mortgage on their own home. What is the price of consistency in living in the same neighborhood, attending the same school, and knowing where you will pillow your head from night to night? These are the “big-picture” impacts that Cantrell and his colleagues are now beginning to work on to augment Homeflow’s standard pre- and post-tests as well as

follow-up surveys. Dr. Cantrell says he is confident there is a quantity-versus-quality story to be told, and he maintains great confidence in the future of Homeflow as it continues to grow through new collaborations in more counties, and as more county faculty learn that they, too, can succeed at teaching it.

ARRIVALS

We would like to welcome the following new faculty:

Holly Bates, Charlotte, Exten Prog Mgr,
Thomas Becker, Charlotte, Educ/Train SpecII,
Justin Walker, Bradford, EA I, Ag/Nat Res
Andrea Nikolai, Polk, EA II, FCS
Glen Bupp, Brevard, EA I, Com Hort
Melinda Morgan-Stowell, Brevard, EA I, Com Dev
Nicholas Simmons, Escambia, CED II, Ag
Britton Wilson, Martin, EA I, FFL
Alicia Halbritter, Duval, EA I, Ag
Nicole Owens, State, SSA Prg EA II, EFNEP
Kevin Korus, Alachua, EA II, Ag/Nat Res

DEPARTURES

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

Jamila Adams, Orange, EA I, FCS
Jill Taufer, Volusia, EA I, FNP
Ashley Fluke, Osceola, EA I, Livestock/Crops
Jonathan Mayer, Palm Beach, EA I, 4-H
Madeline Samec, St. Johns, Ext Prg Assistant
Rachel Slocumb, Lake, EA I, 4-H
Jamie Wallace, Marion, EA I, Sm Farms

