

EXTENSION

Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

Pond Management

In Northeast Florida many residents have access to ponds for recreational fishing and swimming. Managing these ponds can be challenging for residents, especially for the new pond owner. Regardless of programmatic background, County Extension Agents provide assistance in pond design, management and maintenance. With this in mind, the Bradford County Extension Office along with the assistance of Dr. Ken Langeland, UF/IFAS Aquatic Weed Specialist and Dr. Fred Fishel, UF/IFAS Pesticide Information Officer, lead an informal in-service training on weed control in ponds for the Northeast Florida Beef and Forage Group. A client agreed to allow us to treat her pond for filamentous algae and southern naiad weed control using a diquat/copper sulfate mixture. On September 9th, agents from nine counties attended this workshop and learned how to measure pond dimensions, calculate the proper herbicide

amounts, how to mix and spray the products wearing the appropriate personal protective equipment (PPE). The weed population was controlled and the agents that attended the workshop now have hands-on experience related to herbicide application for ponds. (Contact: Tim Wilson)



Gilchrist 4-H Partners with Local SWAT Clubs

Gilchrist County has one of the highest incidences of tobacco use among teenagers in Florida. According to the 2008 Florida Youth Substance Abuse Survey, 47% of teenagers in Gilchrist County have tried cigarettes, and

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20.7% of youth surveyed indicated they had smoked cigarettes within the past 30 days. Smokeless tobacco use is also prevalent in the county with 40.1% of respondents indicating past use with 18.6% indicating use within the past 30 days. These staggering statistics are three times higher than the state average.

If someone starts smoking or using smokeless tobacco at an early age they have a much higher incidence of gum disease, tooth loss, oral cancer, lung cancer, other cancers, stroke, and heart attack. Tobacco companies spend \$15 billion each year in marketing that specifically targets youth, spending more in Florida than any other state (around \$881 million).

Our 4-H program is a well-established and recognized youth development program in Gilchrist County. Last year the local SWAT clubs (Students Working Against Tobacco) and the county tobacco prevention specialist contacted the extension office about partnering to create a joint SWAT/4-H Club for home-schooled students. This club went on to accomplish great things to promote tobacco awareness and help prevent youth from experimenting with tobacco products, outperforming the other SWAT clubs. Youth members were introduced to a new 4-H project called "Health Rocks!".

As a result of the partnership between 4-H and SWAT, every elementary school student in Gilchrist County heard a message on how the tobacco companies are marketing to children and the effects tobacco products have on people's lives. Also 277 Gilchrist County youth signed a tobacco-free pledge. It is hoped these youth will never try tobacco and won't become addicted to these dangerous products, saving themselves and our health care system millions of dollars in the future.

Because of the extremely successful partnership last year between SWAT and 4-H, now ALL of the SWAT clubs in Gilchrist County are also 4-H Clubs, with members participating in the new Health Rocks! 4-H project. The Quit Doc Research and Education Foundation, a non-profit organization dedicated to tobacco prevention and education, awarded Gilchrist County 4-H \$8,000.00 to administer the county's SWAT program in 2010-11.

One of our young ladies in the 4-H/SWAT club was very passionate on the subject because she had lost a

grandparent to lung disease. This young lady did a 4-H demonstration on tobacco use and won 1st place at Florida 4-H Congress in her demonstration category. This young lady is now graduated from high school and is continuing to volunteer to help prevent tobacco use in Gilchrist County.

Because of the efforts of youth in the joint 4-H/SWAT club, 277 youth signed a tobacco-free pledge, indicating that they would never try a tobacco product. (Contact: Chris Decubellis)

Optimizing Peanut Harvest

In the Suwannee Valley Basin approximately 30,000 acres of peanuts were planted in the in the 2010 crop year. The economic value to the area exceeds \$22 million.

One of the most critical parts of growing peanuts is timing the harvest (Fig. 1) to make maximum grade and yield. A week early or late digging peanuts can make 500 lbs/acre difference or more in yield and several points in grade. Five hundred pounds of peanuts are worth about \$100-150 and the difference between a grade of 69 and 75 on a 4000 lb/acre peanut crop is about \$50-60.



Digging peanuts in the Suwannee Valley, a common sight in the fall.

Determining optimum peanut maturity can be done in

several ways but pod blasters that strip away the outer pod layer to expose colors indicative of the stage of pod maturity have become one of the primary methods. Blasters are widely used and are available at many county extension offices in the area. Blasters save considerable time and improve the accuracy over hand-scraping for determining the pod maturity profile. A high pressure washer and wire basket can serve as an inexpensive and simple method to assist in determining peanut maturity. Blasted pods can then be put on a peanut profile chart (Fig. 2) to assist in determining optimum peanut harvest.

Local extension offices are providing a service to peanut growers that assists in maintaining their sustainability and profitability in challenging economic times. (Contact: Chris Vann)



Blasted peanut pods sorted on a maturity chart, according to color variation.

On My Own

Today's youth are preparing for the world of work or advanced study with little preparation for the financial reality of living on their own.

"On My Own" is a simulation that allows teens to budget resources, experience typical roadblocks and make financial decisions. Each teen is given a salary complete with deductions, and is given information regarding their "family" situation. Some are single

parents, some have a non-working spouse, some have two incomes but make minimum wage, others are college educated. They set goals, learn about wants vs needs and are turned loose on their new financial world.

Eleven stations manned by volunteers are set up and include "Living Large Realtors," "Motor Mania Transportation," "In the Dark Utilities," "High Maintenance Insurance," "Crystal Ball Counseling, Fortunes and Pawn," "Kiddie Kennel Child Care," "Lick Your Chops Grocery," "Party Alley Entertainment," "Major Moola Mall," and "Big Money Bank and Credit." As they travel to each business, they find that to balance their budget, wants may give way to needs.

Students have to visit all eleven stations. If they have problems based on income and expenditures, they may have to visit some stations several times. Volunteers are helpful if asked, but used typical sales tactics to get the students to buy/sign up for expensive options.

The students reported that they had a much harder time trying to make ends meet than they thought. They reported that being educated and postponing having a family made it easier to achieve their goals. (Contact: Jane Corless)

Busting Stress in Duval County

Jacksonville is a stressful place to live for many. Thirty-eight percent of our children live in single parent families. More than 8000 grandparents have primary responsibility for raising their grandchildren. Sixty-two percent of children under 6 years have each parent in the labor force. Plus, we have an extremely high divorce rate at 68%. Those are just a few family variables related to stress, which often have economic and health consequences. Long-term stress is linked to gastrointestinal problems, cardiovascular damage, weight gain or loss, disease vulnerability, memory and thinking problems, fatigue, muscle reduction, reproductive problems, and sleep problems!

The Duval County family and consumer sciences program has reached out to breast cancer survivors, a

local rescue mission, airline call center employees, financial institution employees, women in a drug rehab/pre-work release program, and the public library. Through the *Stressbusters* program, these men and women identified their unique sources of stress, considered their physical and mental reactions to stress, ways to cope with stress and alleviate stress. We practiced deep breathing, progressive relaxation, autogenic relaxation, and visualization. The facility for women in the pre-work release program requested a CD of the guided exercises and later reported to me that it became a regular part of their recovery program. Audio files of the exercises have been shared on request of participants at other sites so they could continue to practice the new techniques. Overall, 56 participated in Stressbusters, and 100% reported that they learned something and the program was helpful. (Contact: Stephanie Toelle)

Ag Adventures Day plays host to 250 Fifth Graders in Taylor Co.

Many children do not understand where the food they eat comes from and do not know what Agriculture is really about. An Ag Adventures Day was planned to teach youth about the importance of Agriculture and how it affects their everyday lives. All 5th grade students in Taylor County Schools spent the day learning where the materials in their clothing comes from, where their food comes from and other important agriculture-related lessons as part of the 10th annual 4-H sponsored Ag Adventures.

In 2010, 250 youth and fifteen teachers participated in hands-on learning activities where they learned about Florida aquaculture and its relationship to agriculture, about products that are made from wood and wood by-products, learned the difference between sweet corn and field corn, where honey comes from and its uses, herbs and herb gardening, forestry products we use every day, aquaculture and careers in this field, agroforestry and what it takes to have a healthy forest, and the health benefits of citrus fruits and why we need farmers. One of the participating students remarked about the day, “I never really realized the important job a farmer has, until today.” And after the forestry rotation, one student

commented, “I can’t believe that I have eaten a tree!” This was made after they learned that cellulose, a bi-product of trees, is found in salad dressings.

Student post tests showed an increase in knowledge on the topics by almost double.



Fifth graders learning about agricultural equipment of the past and about how computers are used in today’s equipment.

This day is not only fun for the students but educational too. Through the Ag Day, fifth graders learned more about the importance of Agriculture and how it affects their everyday lives. Hopefully they will pass down this concept to others and especially to the next generation.

The event was funded by a grant from Florida Agriculture in the Classroom. (Contact: Lori Wiggins)

Pinellas County Passes Green Building Resolution

Pinellas County Extension drafted a model green building resolution to support green building through fast tracking of permits for contractors. Through an extensive process with several County departments such as Planning and Building Development Review Services, Extension provided information to county staff on green building, green building certifications and the benefits of supporting green building in our community. A representative from the UF Program for Resource Efficient Communities attended one meeting to answer technical questions from building officials. A model

resolution was developed with input and discussion from stakeholders and a final resolution was approved by the Board of County Commissioners in September, 2010. It provides fast tracking for permits and inspections, a green map on the Extension website to market builder's efforts and a tracking process to share best building practices. (Contact: Mary Campbell)

Hillsborough Garden Goodies

Renewed interest in home gardening and the current economy have increased opportunities to teach 4-H and home schooled youth to create a vegetable garden. FCS, Urban Horticulture and 4-H Agents developed and co-taught this educational project. Inter-departmental, county and external grant funding provided materials and related costs. Weekly meetings were split between educational lessons and gardening activities. Seventy-eight percent began composting after participating in this project. Sixty-five percent have undertaken gardening activities with little to no parental prompting. Fifty-seven percent are now assisting with home food preparation. Ninety-five percent reported tasting at least one new vegetable. Based on survey results, heightened knowledge about vegetable gardening processes and food preparation/nutrition resulted in significant increases in children's knowledge and ownership in home gardening and food preparation projects. (For more intensive survey results contact: Lynn Barber or Mary Keith)

For Clean Water ... Act!

Seventy-four percent of Pinellas County waters do not meet water quality standards and are considered impaired. The University of Florida's Pinellas County Extension Service in cooperation with the Department of Environmental Protection sponsors a monthly Green Industry Best Management Practices for Protection of Water Resources program. This program trains participants about proper landscape practices to keep our water clean and pristine for drinking, bathing and recreating, as well as conserving water. Eight (8) programs have been offered this year with a total of two hundred seventy-seven (277) participants. There were

two-hundred fifty-eight (258) participants which passed the certification exam, a ninety-three percent (93%) passing rate. Survey responses were provided by 266 participants. When asked if they would use proper fertilization rates and methods 79% (n=210) said they would, while 18% (n=47) said they already did. When asked if they would inform their clients of the best management practices for protection of water resources 81% (n=215) said they would, while 15% (n=40) said they already did. The measured increase in knowledge and stated changes in behaviors regarding using best management practices for the protection of water resources will have a positive effect on water quality and quantity in Pinellas County. Due to the positive results obtained this program will continue on a monthly basis. (Contact: Jane Morse)

Big Box looks to Extension for Ordering Advice

The Pasco Extension Horticulturist has been cultivating partnerships with the local home improvement stores offering Florida-friendly gardening programs in the stores and encouraging customers to select plants wisely for their west-central Florida gardens. The agent spends one Saturday a month teaching Pasco residents how they can make their lawn and landscape more Florida-friendly. A recent vegetable gardening program drew 82 gardeners. In addition, this retailer contacted the Extension educator requesting assistance in identifying fruit plants that are well suited to Zone 9a. They requested the list prior to ordering for the garden center. By choosing more suitable cultivars and omitting other plants that are ill-suited for the low number of chilling hours common to this area, the garden center buyer expects fewer unhappy customers, a reduced number of buyer returns. By offering plants are appropriate to this county, store management thinks they will have higher customer loyalty and higher sales. (Contact: BJ Jarvis)

Hardee County Lands Community Support Grant

The grant runs for 5 years with \$125K funding each year. These are highly competitive grants with thousands of other coalitions competing from across the country. Hardee County was one of only six counties in the state of Florida awarded this grant. Hardee, Highlands, and Polk counties were all first-time recipients of this grant, which will provide collaboration between counties and depth of programming. The Center for Substance Abuse Prevention at SAMHSA awards these grants using funds from the Federal budget. This is a major breakthrough for the Hardee County Teen Pregnancy Prevention Alliance and the Drug Prevention Coalition who have merged into one coalition--the Hardee County Alliance for Substance Abuse and Pregnancy Prevention—in obtaining funding for reducing risky behaviors in Hardee County, thus lowering the instances of teen pregnancy and substance abuse. (Contact: Carolyn Wyatt)

(Green) Map it!

The Sarasota County Florida-Friendly Landscaping™ Program for Community Associations promotes environmental sustainability by providing educational assistance to community associations (condominium, homeowners, and neighborhood associations) and their associated property management and landscape maintenance contractors. Since 2000, the program has reached 600 (49%) of the 1237 community associations in Sarasota County. In cooperation with Sarasota County's GIS and Environmental departments, the participating communities have now been mapped and will be included in the Sarasota Green Map this month, and efforts are underway to include water quality data. In addition, the Green Map will include the homeowner yards that received Florida-Friendly Landscape Recognition, and the homeowners that purchased rain barrels after attending rain barrel programs provided in cooperation with Sarasota County Environmental Services. Inclusion of our programs on the Sarasota County Green Map not only highlights the accomplishments of our clients, but also shows our successful partnerships with other Sarasota County

departments. (Contact: Annemarie Post)

Innovative Approach to Boating and Waterways Management

Florida Sea Grant/UF/IFAS Extension held a 2-day Southwest Florida Regional Boating and Waterways Workshop in Punta Gorda in September. The workshop provided innovative strategies to balance economic vitality with ecologically sound management practices along southwest Florida's waterways for a mix of managers, planners, lawyers, policymakers, and industry people from state, local and regional levels. Day 1 consisted of presentations by local and state experts followed by lively discussions including inquiries about how to make boating and waterways planning more useful to stakeholders and quantifiable. Day 2 consisted of facilitated discussions designed to conduct strategic planning for boating and waterways in Southwest Florida based on participants' expertise and information gleaned during the previous day's presentations. Participants prioritized waterways issues, discussed strategies to address prioritized issues and formed action networks. Subsequent steps will be setting measurable goals and following up with networks to determine if goals were met. Ninety-four percent (n=48) of workshop survey respondents indicated that they increased their knowledge of economical and sustainable boating and waterways management practices. The model established during the SWFL Boating and Waterways workshop will be replicated by Sea Grant Agents in Brevard and Miami-Dade who are planning an East Coast workshop for spring 2011. To see the final summary of the workshop including presentations, brainstorming summaries and evaluation results please visit:

<http://charlotte.ifas.ufl.edu/seagrant/2010%20Southwest%20Florida%20Regional%20Boating%20and%20Waterways%20Workshop.htm>

(Contact: Joy Hazell & Betty Staugler)

Reeling Em' In!!

Today's children are increasingly disconnected from nature, and the number who spend time hunting and fishing continues to decline dramatically. In an effort to connect underserved youth to their natural environment and engage them in the pastime of sport fishing, the Collier County Sea Grant Extension Agent organized and partnered with the U.S. Fish and Wildlife Service, FWC, Collier County Parks and Recreation, Marco Island Sport Fishing Club, and Port of the Islands Marina to host the 4th Annual National Wildlife Refuge Week Kids Fishing Clinic. Forty-eight migrant Hispanic and Haitian youth from Immokalee and East Naples plus chaperones and family members participated in the clinic. Participants rotated through five skill stations that emphasized casting, knot tying, common tackle, fishing regulations, and ethical angling practices. Following the skill stations participants fished along the marina's seawall and caught several species including tarpon and snapper. A local eco-tour also provided students with complimentary sight-seeing boat tours, where students saw manatees and bald eagles. Students wrapped up the day with a free lunch. Each student received a fishing pole and tackle box through donations the Agent received from Fish Florida. According to the Director of Collier's Title 1 Migrant Program, "[The clinic] was a great example of collaboration among multiple groups to provide an experience to local migrant children who may otherwise have never had this type of opportunity. What a wonderful way to celebrate National Wildlife Refuge Week by making students more aware of marine life and how to protect it. (Contact: Bryan Fluech)

New Faculty

Please welcome the following new faculty:

Michael Davis (michael.davis@ufl.edu), Ag CED II, Baker County, 9/1/2010

Sue Bartolomeo (sbartolomeo@ufl.edu), FCS Prg EA I, Palm Beach County, 9/3/2010

Stefanie Duda (sduda1@ufl.edu), 4-H EA I, Leon County, 9/3/2010

Laura Sanagorski (lsanagorski@ufl.edu), Env Hort EA I, Palm Beach County, 9/10/2010

Bridgete McKenna (bmckenna@ufl.edu), 4-H/FCS CTSY EA I, Seminole County, 10/4/2010

Debra Kinsella (djkinsella@ufl.edu), Community Development CED IV, Hillsborough County, 10/13/2010

Keith Wynn (kwynn@ufl.edu), Hamilton County, Ag/Nat Res EA I, 10/18/2010

Robert Trawick (rob.trawick@ufl.edu), Hort EA II, Jackson County, 10/29/2010

Please also welcome Megan Brew into her new position as Lake County Livestock/Forage EA I.

Resignation

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

Sylvia Shives, Manatee County, Com Hort EA I, 9/26/2010

Extension Comings and Goings is a monthly newsletter of 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 Liz Rossen at lizann@ufl.edu.
