



**Central District
2009 Extension Faculty Symposium**

PROGRAM AND ABSTRACTS

**28 April 2009
Putnam County Extension, East Palatka, FL**

UF/IFAS EXTENSION

2009 Central District Extension Faculty Symposium 28 April 2009 Putnam County Extension, East Palatka, FL 32131

PROGRAM

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| 9:30 A.M. – 10:00 A.M. | Registration and poster set up |
| 10:00 A.M. – 10:30 A.M. | WELCOME – Edsel Redden, County Commissioner, Tim Momol, Tom Obreza |
| 10:30 A.M. – 10:15 A.M. | Update on the Hastings Research Center – University of Florida Partnership for Water, Agricultural and Community Sustainability – Scott Taylor and Sharon Treen. |
| 10:15 A.M. – 11:45 A.M. | Extension Update – Tom Obreza |
| 11:45 A.M. – 1:15 P. M. | Lunch and Poster Session |

Moderator of the Poster Session, Geralyn Sachs

Authors will be present at their posters from 12:15 P.M to 1:15 P.M.

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| 1:15 P.M. - 1:45 P.M. | “Turning Point: Audience Evaluation Tool” – Norma Samuel (Marion County) and Natasha Masciarelli. |
| 1:45 P.M. - 2:15 P.M. | “Pod Casting” – Linda Seals (Brevard) and Beth Shepard (Brevard) |
| 2:15 P.M. - 2:30 P.M. | BREAK |
| 2:30 P.M. - 3:00 P.M. | “Enhance Your Extension Programs with Elluminate” – Gustav (Gus) Koerner (Brevard) |
| 3:00 P.M. - 3:30 P.M. | “Introduction to SharePoint” – Ben Beach – IFAS/IT |
| 3:30 P.M. | Program Adjournment |

Organizing Committee

Edsel Redden (Co-Chair) – Putnam County
David Dinkins (Co-Chair) – St. Johns County
Wendy Lynch (Registration Coordinator) – Putnam County
Geralyn Sachs (Abstract and Poster Coordinator) – St. Johns County
Crystal McCazzio (Member) – Putnam County
Joe Sowards (Member) - Putnam/St. Johns County

Technical Support

Francis Ferguson (IFAS/IT)
Nikki Wilson (Central District)

UTILIZING 4-H SPORT FISHING TO TEACH YOUTH LIFE SKILLS IN A DAY CAMP SETTING. C. McCazzio. 111 Yelvington Road, Suite 1, East Palatka, FL 32131.

Youth are in great need of life skill building activities to give them the skills they will need to be good, productive citizens of their communities. According to the 2007-2008 annual report from the Florida Department of Juvenile Justice the state of Florida spends approximately 134.7 million dollars on detention services and had 51,071 admissions last year. It is also known that we experience an increase in juvenile crimes during hours their parents are at work and they are not at school. Over the summer many youth are left at home while their parents go to work and this is a great opportunity for 4-H programming in the form of day camps. Sport fishing is a great way to encourage youth to explore the outdoors while teaching skills such as critical thinking, teamwork, communication, decision making, learning to learn and much more. During the summer of 2008, Putnam County 4-H held a sport fishing day camp that incorporated subject matter such as casting, healthy environmental practices, food chains, parts of a fish and lure making. Through a grant provided by Fish Florida, Putnam County 4-H obtained 45 fishing poles and tackle boxes filled with equipment for the youth to use. The camp provided the opportunity for some youth to catch their very first fish which only increased their excitement about learning and participating in skill building activities. During the day camp, organizations like WAV (Watershed Action Volunteers) came out with their environmental models to help teach the importance of working together to take care of the environment and demonstrating ways to do that. The sport fishing day camp offered hands on opportunities for youth to use critical thinking to improve their angling skills and learn more about the sport of fishing altogether. Also incorporated into the day camp were recreational, healthy lifestyle activities and fun teambuilding games. Through pre and post evaluations the youth exhibited as high as a 75 percent increase in knowledge and skills after participating in the day camp. Also as a result, youth who participated in this day camp signed up to be a part of other 4-H programs including our week long residential camp held at the 4-H camping center, Camp Ocala. This is an exceptional way to teach life skills to youth that keeps the program exciting, hands on and supportive of life skill development.

THE ORGANWISE GUYS AND TEACHING HEALTHFUL LIVING TO YOUTH. W. Lynch. 111 Yelvington Road, Suite 1, East Palatka, FL 32131.

Obesity has become an epidemic in the United States. This escalating problem has significant costs including financial and health-related costs including death. This concern is also true for youth. According the Center for Disease Control, the numbers of obese youth ages 6 - 11 have more than doubled in the past twenty years and that these children are more likely to become overweight or obese adults. Childhood obesity is commonly associated with multiple health concerns such as asthma, type II diabetes, hypertension, musculoskeletal and psychological challenges. Interventions are necessary to reduce the prevalence of childhood obesity. Healthful behaviors must be introduced, modeled and reinforced early in childhood. In the elementary school classrooms, teachers need additional resources to increase the nutrition knowledge, improve eating habits, and ways to increase physical activity of their students. The Organ Wise Guys is a science based curriculum that introduces health, nutrition, and the importance of daily physical activity in a creative, fun approach using organ-like characters. The program is designed to teach elementary school-age children ways to increase their basic nutrition knowledge and physical activity level to help prevent them from developing future health problems, such as, obesity later in life. The Organ Wise Guys objectives: Youth will: Increase their basic nutrition knowledge, increase their level of physical activity by incorporating ten minutes of physical activity into the student's day while also keeping them on task in academics, learn about the importance of making healthy food choices and being physically active, and learn about the digestive system of the body. To reach the maximum number of youth, a teacher training was presented to participating schools, as well as, an OrganWise Guys kick-off celebration to get the children excited about the program. Curriculum is provided to all of the teachers for their students and is funded by the Family Nutrition Program grant. Almost two thousand youth have demonstrated their ability to make healthy food selections. Based on a pre and post test, teachers have reported a ten percent increase in their students' knowledge of healthful living. The OrganWise Guys program began in four classrooms and has grown to twenty-nine classrooms in just one year. As the program continues to grow more children will benefit from this curriculum by learning the necessary life skills to healthful living and reduce their risk of obesity and weight-related health costs.

BUTTERFLIES FOR CENTRAL FLORIDA, AN INDOOR ATRIUM. B. Burn.
UF/IFAS Sumter County Extension, 7620 SR 471 Ste 2, Bushnell, FL 33513

The Sumter County Fair Open Exhibit Coordinators requested a butterfly atrium for guests to experience at the 2008 Sumter County Fair. The atrium demonstrated butterfly nectar plants, host plants, puddling areas, butterflies suited for Central Florida and the life stages of butterflies to its visitors. The objective was to develop and sustain a live, educational butterfly display which provided participants with the knowledge and tools needed to create their own butterfly garden. Methods included an indoor walk thru butterfly atrium, posters, and plant labels. UF/IFAS and Southwest Florida Water Management District educational tools were utilized. These resources were created and/or utilized to give residents a clear understanding of butterflies and their needs in Central Florida landscapes. In order to sustain the exhibit, live butterflies were purchased and placed in the butterfly atrium throughout the week. Nectar plants were displayed and misted with water and Gatorade to provide an additional food source for the butterflies. Plant watering needs were maintained and outdoor carpeting was utilized to help absorb any draining water. A combination of florescent and halogen lights were operated as a light source for butterfly and plant needs. Residents used the posters and plant labels while visiting the atrium and left with a butterfly ID chart, a list of host and nectar plants, and publication "Getting Started in Butterfly Gardens". The project results included disseminating educational materials that provided participants with the knowledge and skills needed to create their own Central Florida butterfly garden. Butterflies exhibited low feeding or flying activity throughout the atrium and lived for approximately three days. In conclusion, a wide range of residents were observed using the educational posters and labels to identify plants and understand butterfly needs. Improvements would be to provide more light and heat which is necessary for actively feeding and flying butterflies.

SMALL STEPS TO HEALTH AND WEALTH WORKSHOP TRAINING AT THE BRIDGES ACROSS AMERICA. C. Mondelus Orange County/University of Florida Extension, 6021 S. Conway Rd. Orlando, FL 32812

Situation/Objective: Many ex-inmates leaving Florida Correctional Facilities have low-education backgrounds and insufficient job skills. These limiting factors create challenges to the transition process they experience when re-joining society. The lack of skills to positively generate and manage income along with poor nutrition practices as a result of low education lowers their quality of life. Because of the current economic conditions, educational workshops that focus on health and wealth management for ex-inmates are at its highest need. The Small Steps to Health and Wealth curriculum was developed at Rutgers University by the New Jersey Cooperative Extension Service. The curriculum is designed to teach how health and wealth have a direct correlation to one another. Participants learn strategies to increase health and wealth by applying theories of positive behavior change. Method: The Small Steps to Health and Wealth (SSHW) workshops were held at the Bridges of America Transitional Facilities in Orlando, Florida. The eight week program was given once weekly to 68 male inmates. PowerPoint presentations were developed to coincide with an adapted SSHW curriculum created by University of Florida IFAS Extension Financial Management specialist. Personal stories were incorporated as well as the money management game *PAY DAY* and a cooking demonstration applying the information covered in workshop sessions. Results: Fifty-one of the 68 inmates received certificates of completion. Program evaluations reported 51% plan to: reduce drinking sugary drinks and increase water intake, increase fruits and vegetable intake, and increase exercise. Forty-three percent (43%) reported reducing fat intake. With regards to financial changes, 37% reported improving budgeting practices, 35% said they plan to reduce wasteful spending, 25% will start saving pocket change and 33% will increase financial planning for their future. Conclusion: SSHW motivated the participants to make lifestyle changes that will positively influence their health and wealth and quality of life.

CASUAL GARDENING: AGRICULTURE IN THE CLASSROOM

K. Stauderman, K. Bryant, J. Taufer, UF/Volusia County Extension 3100 E. New York Avenue, De Land, FL 32724

Amid reports of food poisoning outbreaks and tough economic times an increased interest in locally grown produce has been experienced. The Volusia County Extension Team answered the call by creating the “Casual Gardening Series.” These workshops use cross-discipline; team-teaching methods that feature ‘Florida Grown’ produce.

Agriculture, Horticulture, and Family and Consumer Sciences came together to generate unique and informative learning opportunities for community groups. Presentations include: Chutney, Salsa, Chipotle, Oh My!, Strawberry Jammin’, Snack Packs To Go, From Canes to Grains, Plant Propagation, and Herbs and More. The series lends itself well to additional programs on various topics and will be adapted and used in the Jr. Master Gardener classes as a way to enlighten a younger generation about the benefits of growing and consuming their own crops. Participants in the programs were surveyed about their knowledge of Florida agriculture, fruits and vegetables and nutrition. They then observed a demonstration, tasted product and received educational materials. Take home samples were provided. A quiz was administered at the end of the session to determine knowledge gained and the usefulness of the information. Outside funding was secured to support the programs. Contributors include: Volusia County Farm Bureau, Farm Credit Services of Central Florida, Friends of De Land Library, Deltona Community Center, and John Knox Village. Monies received provided supplies for the food demo and printing costs. Thus far, five programs have been presented to forty-three participants. Evaluation data showed that 78% of participants increased knowledge relating to the nutritional value of Florida fruits and vegetables and 70% increased their understanding of Florida Agriculture as measured in pre and post tests.

ENHANCING SUSTAINABILITY IN CITRUS COUNTY THROUGH EXTENSION AND INDUSTRY PARTNERSHIPS. J. Bradshaw. Citrus County Extension, 3650 W Sovereign Path, Ste 1, Lecanto, FL 34461-8070

1) Situation: Sustainable practices enable Floridians to meet current needs without compromising the next generation's ability to satisfy their needs. The Citrus County building industry recognized the need to address the issue of sustainability via retrofitting homes and design new “green” homes that are energy, water, resource conservative. This being the case, reliable and easily accessible information is critical to assist the public in making sound “green” decisions regarding their home. The solution to this predicament was to create a "Green" Building Council Education Committee to address the educational needs of the resident and building industry. The objectives of this committee were to: (A) establish a partnership between Citrus County Extension and the Citrus County Builders Association to implement “Green” educational programs; (B) assess residential and Citrus County building industry needs relative to water-efficient, energy-efficient and waste reduction construction and Florida-friendly landscaping practices; (C) educate commercial and residential audiences on credible and practical green building approaches for residential and commercial construction. 2) Educational Methods: Citrus County "Green" Building Educational Committee developed a multi-tract online needs assessment tool to determine educational needs of 12 user groups. The survey is posted on Citrus County Extension’s and Citrus County Builder Association websites. Survey results continue to be collected and serve as a tool to assist in program planning. In addition to assessing perceived needs, the building industry and Citrus County Extension hosted a number of green events during 2008 and 2009. 3) Results: As a result of educational events, publications and exhibits carried out in 2008, there was heightened awareness of “green up” actions. The 2008 Citrus County Water Customer survey (2,857 respondents) indicated that: 65% reduced water usage, 78% reduced pesticide usage and 88% used fertilizers responsibly to prevent pollution and 75% used Florida-friendly practices when maintaining their landscape. 4) Conclusions: The primary concern associated with integrating sustainability practices is whether residents, over the long term, will understand and take local action to conserve water, energy and waste reduction. The partnership of industry and Extension greatly enhances the opportunity to increase the adoption of building practices that result in water-efficient, energy-efficient, healthier and environmentally sustainable buildings.

BUILDING A SUSTAINABLE COMMUNITY THROUGH A LOCAL GROWERS MARKET. S. Kelly, UF/IFAS Sumter County Extension, 7620 SR 471 Ste 2, Bushnell, FL 33513

1. Situation - With the recent renewed interest in buying local foods, Sumter County residents have started coming to the UF/IFAS Extension Office looking for producers of vegetables and fruits. While a large flea market with some produce vendors exists in the county, the consumers were interested in purchasing foods from a known source and preferred high quality and organic or pesticide-free produce. Fruit and vegetable producers in the county have limited direct marketing opportunities for high quality fresh produce. The solution to this dilemma was the initiation of a pilot Sumter Growers' Market which would be evaluated after one season.. The objectives of this project were: 1) at least 100 consumers will attend the market each week and will increase their knowledge of locally produced food, as measured by observation 2) 100% of the vendors at the market will produce food and plants within 100 miles of Bushnell and 3) 75% of the vendors at the market will have a positive marketing experience at the Sumter Growers' Market, measured by a end of season evaluation. 2. Education Methods - Farms within a 100 mile radius were identified and contacted about becoming vendors for the new market. A business plan and marketing plan were developed and presented to the City of Bushnell during a city council meeting with a request for support of the market. During the market, this agent developed individual teaching opportunities with the consumers about the fruits, vegetables and plants being sold. Many consumers returned each week, developing relationships with the growers, fellow market patrons and with the extension agent. At the conclusion of the season, the growers were sent a survey to determine their satisfaction with the market as a direct marketing experience. 3. Results - The Sumter Growers' Market was visited by hundreds of consumers each Saturday from February through May 2008. Thirteen local (within 100 miles) vendors/growers participated during the season and seven growers came consistently every week. The results of the survey indicated that the growers who attended were satisfied with the marketing experience; however we learned that more vegetable growers were needed in order to keep the market going. In the community building aspect, the market was very successful based on observation of the conversations between growers and consumers and the community participation in the market. 4. Conclusion - A framework for a successful growers market was established through the business plan and marketing plan. Rules and the vendor application were successfully established and the growers approved the restrictions, fees and hours of the market. While the market was very popular with the public, it was determined after one season that not enough vegetable growers in the area were willing to participate. At the conclusion of the market, this agent began teaching basic vegetable gardening in hopes of developing more growers who might choose to participate in a local growers market in the future.

ORGANIZE YOUR FINANCIAL LIFE. J. England, UF/IFAS Lake County Extension, 1951 Woodlea Road, Tavares, Florida, 32778.

Older adults often have a lifetime accumulation of financial records and other important papers. Many of these adults are unsure where to safely store and how long to keep these important records. In addition, people often do not have a current home inventory. A home inventory is a vital financial record needed for disaster preparation as well as proper recordkeeping. Organized records provide easy access to needed documents, proof of transactions, and assist in distribution of estates and provide peace of mind. Organize Your Financial Life is an educational program adapted from Legally Secure Your Financial Future, a national curriculum developed by extension specialists and educators from six states and USDA-CREES. Organize Your Financial Life objectives include knowledge gain in organization of financial information, how to replace missing documents and motivation to create or update home inventory. The preferred presentation method is a one-hour interactive presentation with a multimedia presentation and instructional handout. The program includes a shorter thirty minute option appropriate for community groups. Organize Your Financial Life was presented to 66 adults in the one-hour format and 130 participants in the abbreviated form. End of program results from two hour-long programs (n=44) showed 98% gained knowledge on how to better organize financial information; 90% increased knowledge to help prepare for a disaster; and 93% intend to use at least one technique learned to organize finances. Of participants without a current home inventory, 92% (35 of 38 participants) plan to start or update their inventory. Fifty-five percent of participants plan to use the information learned to replace missing documents. Organize Your Financial Life provides valuable information to help older adults organize valuable records and create a plan to secure their financial future.

ENHANCING THE VISIBILITY OF LOW-IMPACT DEVELOPMENT (LID) PRINCIPLES, PRACTICES AND TECHNIQUES AT THE ST. JOHNS COUNTY WIND MITIGATION AND RESOURCE CONSERVATION BUILDING, J.

Sewards, UF, IFAS, St. Johns County Extension, 3125 Agricultural Center Dr., St. Augustine, Fl. 32092

Despite the current economic downturn, development in Florida continues albeit, at a slower pace. According to a report by the University of Florida's Bureau of Economic and Business Research, economic growth has slowed and the housing market has cooled. Annual population growth declined from an average of 395,000 between 2000 and 2006 to 331,000 between 2006 and 2007 and 127,000 in 2007 and 2008. This still represents population gain and housing is still being built. As population growth continues, and eventually accelerates to pre-recession rates, it remains important to educate stakeholders about low-impact development principles. The UF, St. Johns County Extension Office, "Wind Mitigation and Resource Conservation Building" (WM&RCB) provides an opportunity to demonstrate technologies such as, rainwater harvesting systems, low-volume irrigation, permeable paver systems, dual-flush toilets, waterless urinals and other water conservation innovations. This is in addition to its mission to demonstrate hurricane-safe building practices and products. The objective is to create a facility that demonstrates in-situ examples that are functional, practical and that connect with builders, developers, homeowners and other Florida stakeholders and helps to overcome common objections to cost, complexity and utility. A variety of companies eager to demonstrate their products and gain acceptance in the marketplace donated various LID products such as, 1000 sq. ft. of permeable pavers, 250 sq. ft. of permeable concrete sidewalk, an 840 gallon cistern system, various low-volume irrigation systems, tank less water heater, dual-flush toilets and more to the project. By having working demonstrations (on which we will also gather data about cost-effectiveness, longevity and practicality) stakeholders have been able to ask questions and decide if such innovations are applicable to their situations. Already, one plumbing company has added rainwater recover systems to their business in St. Johns County as a result of the demonstration at the WM&RCB. Also, numerous irrigation workshops have been enhanced by the low-volume irrigation system there. A proven way to increase acceptance and adoption of innovations is to have working examples. This project provides an opportunity to incorporate LID ideas into future development thereby enhancing sustainable and adequate water supplies and economic development.

USING PERSONALITY PROFILES TO ENHANCE EXTENSION PROGRAMS

Joy A. Borgman 1921 Kissimmee Valley Lane, Kissimmee FL 34744 jbor@osceola.org

Challenges faced by families at risk include poverty, stress, lack of parenting and communication skills and a high rate of family breakup. Intervention is needed to provide supportive environments and educational opportunities that develop strategies to enhance communication skills for personal and workplace success, and to build strong family and community relationships.

Intact families also benefit from these kinds of supportive environments and educational opportunities. Educational programs that focus on parenting skills and developing positive interpersonal relationships help individuals acquire and internalize parenting and problem-solving skills necessary to build healthy families, and contribute to workplace success. Research shows that effective parent training and family interventions promote protective factors and lead to positive outcomes for both parents and children (Lundahl & Harris, 2006).

Spectrum Temperament Development interactive educational workshops were selected as a researched tool to help people better understand themselves and others. Spectrum emphasizes key components for achieving optimal success as identified by The Ohio State University Leadership Center: awareness, appreciation, development of self, and ability to value the differences among people. Applications of the model address personal development, parenting skills, stress reduction, leadership, conflict resolution, effective communication, and building collaborative work teams.

A measurable objective defined and achieved: Eighty five percent of temperament workshop participants measured learned how to identify at least one characteristic of four identified temperaments and to apply an appropriate strategy for effective communication.

Spectrum Temperament workshops have included youth and adult participation: 4-H camp staff, youth counselors, adult chaperones, Home and Community Education Leadership; adult 4-H club leaders; summer youth day camps in Orange County (Teen Force) and Osceola County (Money Moola Camp); Teen Court; H.O.M.E. (residence for homeless women and children), county wellness classes, workshops for other community groups, and Extension agents and staff of Osceola and Brevard counties

Challenges: Trainer certification required; associated materials costs.

Conclusion: Numerous temperament theorists and behaviorists have attempted to categorize types of behavior. There is no basis for generative valid assumptions when the fundamental scales measure different things, but any of the models can be used successfully if they provide a basic understanding and appreciation of those who have temperaments very unlike our own, and recognize that we each have the capacity to learn and develop strengths in all of the temperaments for optimal personal and workplace success. It is an educational process, not one of psychoanalysis or diagnosis.

The poster presented provides comparisons of models devised since the time of Hippocrates as we all try to answer that age old question: Why *do* people do what they do?

IMPLEMENTING 4-H PUBLIC SPEAKING PROGRAMS WITH PARKS AND RECREATION DEPARTMENTS. K. Henry, University of Florida IFAS Osceola County Extension, 1921 Kissimmee Valley Lane, Kissimmee, FL 34744

City parks and recreation departments provide the primary outlet for youth summer activities in Osceola County. However, many times the parks and recreation departments do not have enough resources to provide all of the educational training beneficial to youth participants. In the summer of 2008, the Osceola County 4-H program partnered with the City of Saint Cloud Parks and Recreation department to provide training on public speaking. The purpose of the program was to help youth to identify the difference between extemporaneous and prepared speeches, teach youth to identify the parts of a speech and to have youth demonstrate being able to successfully give a speech. Utilizing the 4-H Tropicana Public Speaking program materials, as well as curriculum from National 4-H Curriculum, a six-week training program was developed to teach communication and public speaking skills to over 100 youth, ranging in age from 7 to 13. At the end of the summer session 95% of youth were able to identify what extemporaneous speaking was, 80% of youth were able to name the parts of a speech and 42% of youth were able to give a speech and receive a 90% or higher on their performance. The 4-H Public Speaking program allowed for additional educational programs to be offered with the Parks and Recreation Department, as well as provided a diverse audience for 4-H programming in Osceola County.

VOLUSIA COUNTY 4-H HORTICULTURE TEAM PROGRAM D. Venrick, L.
Cash Volusia County Agricultural Center, 3100 E. New York Ave., DeLand, FL 32724

The Volusia County 4-H Horticulture Club exists because agriculture is an integral part of Extension, involvement in the state contest supports the State 4-H Horticulture Program, youth should have the opportunity to explore horticulture-related careers, and the horticulture curriculum is a vehicle to teach life skills. Youth typically know little about the production of fruit and vegetables and the commercial landscape plant industry. By being involved in the Horticulture Club, 4-H'ers learn about the horticultural industry and its impact on Florida's economy. Furthermore, the youth enjoy participating in the annual Horticulture Identification and Judging Contest, held at 4-H State Congress on the University of Florida campus each July. During the years we have worked with the youth, we have reinforced many life skills, such as critical thinking, teamwork, self-motivation, marketable skills, and community service. We began working with our current members when they were Juniors and Intermediates in order for them to be prepared for when they became Seniors and could compete. Our objectives were to win the state contest and represent Florida at the National Junior Horticulture Association (NJHA) Convention. To prepare for competition, the following materials were used: the state manuals - "Florida 4-H Horticulture Identification and Judging Study Manual – Rules and Glossary, Fruits and Nuts, Vegetables, Flowers and Foliage, and Ornamentals;" supplementary materials, such as Power Points; regular meetings; growing and selling plants; field trips, participation in the annual state contest; and community service. A team of four Club members won the 2008 Florida 4-H Horticulture Identification and Judging Competition and attended the NJHA Convention in Spartanburg, South Carolina. At the national competition, our team won the award for Best State Exhibit, was a semi-finalist in the Horticultural Connections competition, and placed ninth in the National Identification and Judging Contest. In conclusion, the agents developed a successful and committed team, trained team members to be better consumers and encouraged them to pursue careers in the horticulture industry. The youth visited University of Florida professors and many local growers. They developed an appreciation of horticultural industries in Florida and their importance to the nation. Most importantly, they learned how to become a winning team.

GREENHOUSE AND NURSERY FINANCIAL PROGRAM FOR HARD ECONOMIC TIMES. L. Parker. Orange County/University of Florida Extension Education Center, 6021 South Conway Road, Orlando, Florida, April 2009.

Greenhouse and nursery growers are not immune to the current economic downturn. In addition to standard operating costs, greenhouse and nursery operators must contend with customers who write bad checks or default on their payment obligations. Now more than ever it is imperative that growers learn account management and financial benchmarking for their production systems. The primary objectives of this program were to teach growers the legal procedures for check collection, the actions to take in the event of receiving a bad check, and proactive management of their financial accounts. The poster explains the major financial topics that were discussed within the program. It shows the percent of knowledge changed as a result of the program. Furthermore, it illustrates the follow-up visits to participants who demonstrated behavior change and applied the information that was presented during the program. The more growers become knowledgeable about account management and receivables, the more money they can save and utilize toward other crop production costs. This program will be held again in the fall of this year in a continuing effort to help growers protect their finances.

PRODUCING AND USING HERBS IN FLORIDA, Maddox, Martha B., County Extension Agent, Family and Consumer Science, UF/IFAS Extension Service-Sumter County, Bushnell, Florida 33513, Davis, Lei Lani, Sr. Lab Technician, North Florida, REC, Suwannee Valley Live Oak, 7580 CR 136, Live Oak, FL 32060-7434

In Sumter County Florida, 33% of the adult population has been diagnosed with high blood pressure. Statistics indicate that cardiovascular disease, heart disease, and hypertension were responsible for 1142 deaths over the past four years. To address this concern, the Extension Family & Consumer Sciences Agent and the Agricultural Technician from the North Florida Research & Education Center formed a partnership to provide educational information to both producers and consumers. An in-depth educational program was developing a power point presentation to increase the awareness and knowledge of the use of herbs as a means to reduce sodium in the local diet. The presentation was used with both farmers and consumers as a method to teach different techniques in growing herbs and using herbs as flavor enhancers to reduce or eliminate sodium in a consumer's diet. The presentation has been used during field days, educational seminars, health fairs and classroom nutrition presentations. This program has been well received by the 3,842 consumers and farmers attending the 78 educational seminars. Follow-up surveys of participants indicate an increased knowledge about herbs and different ways they are grown, decreased consumption of sodium which reduced the risk of high blood pressure and strokes, modified eating habits and an increased awareness of herb substitutes to enhance flavor. Between March 2008 and 2009, pre and post test result found, 1,242 individuals gained the knowledge necessary to lower their blood pressure by eliminating the use of additional sodium and 2,824 individuals were able to reduce the sodium in their diets.

MASTER GARDENER CLINIC AID: ACCESSING FREQUENTLY USED EDIS DOCUMENTS WHEN THE NETWORK IS DOWN. E. Thralls, Orange County Extension, 6021 S. Conway Rd., Orlando, FL 32812

- 1) **Situation/problem statement and Objectives:** Master Gardener Volunteers learn a great deal about where they can obtain unbiased, scientific-base research documents especially at the University of Florid Electronic Data Information Source (EDIS) online repository. But accessing the Internet when the network is down is impossible. If we still have electrical power and a person computer, we should still be able to access those frequently used EDIS publications without reducing the quality of our customer service.
- 2) **Education Methods/procedures/approach:** Ask Master Gardener Volunteers which EDIS documents they use most frequently when providing service county residents. Collect those publications electronically, preferably in an easily reproducible format such as Adobe's Portable Document Format (PDF).
- 3) **Results/findings/product:** Create a "filing system" to store the documents; even better, use the one that already exists in EDIS. Place the publications in a common directory on a desktop computer. Provide an interface that is user friendly to quickly locate the files. Updates are easy to maintain because the EDIS publication number does not change when updated so the file can be replaced without changing the webpage text. This product may be downloaded to Universal Serial Bus (USB) devices or "thumb drives" and transported to field demonstrations and tables/booths for use with a laptop personal computer to answer many questions, timely and accurately because the documents needed are always available.
- 4) **Conclusion:** The Master Gardener Clinic Aid has been in use at Orange County Extension for over two years. The network has failed twice during this period of time. Both Master Gardener Volunteers and county residents were unaware of the failure to access the Internet because the publications needed were readily available from the desktop. Master Gardener Volunteers were pleased to have the EDIS document on hand and the quality of customer service was maintained.

ANTIGUA AND BARBUDA PESTICIDE CERTIFICATION PROGRAM S. Brown¹, B. Kern¹, G. McAvoy¹, N. Samuel¹, M. Spencer², K. Rudisill¹. ¹University of Florida /Institute of Food and Agriculture Sciences (UF/IFAS), Florida and ²Ministry of Agriculture, Antigua

There are over 170 products listed for pest control with the Pesticide and Toxic Chemicals Board (PCB) of the Ministry of Agriculture (MOA) in Antigua and Barbuda. Safe handling and application of these products is crucial to achieving desired pest control and to protect non-target organisms and the environment. The Pesticide and Toxic Chemicals Act of 2007 dictates that any person performing pest control activities for remuneration must be certified to do so. The MOA partnered with University of Florida/ IFAS to develop a pesticide certification training module modeled after the Florida program. The objectives of the module are to: enhance the knowledge base of pest control applicators on identification of pests, control options and safe use of pesticides; and ensure that all actions governing the use of pesticides are in accordance with the requirements of the Act. A team of five UF/IFAS faculty members developed a needs assessment survey and modified the Florida curriculum based on the results of the survey submitted by the MOA. The module included four training categories: core (to be taken by all participants), structural pests, lawn and ornamentals, and agriculture. A one-week training was conducted in January 2009 and was attended by 65 people that represented the various categories and MOA personnel. Sixty three (63) participants took the core exam and 60% (38) passed. Twenty (20) participants took the Structural Pest Control training, and 25% (5) passed. Twenty seven (27) participants took the Agricultural category training 81% (22), passed. Sixteen (16) participants from the landscaping industry participated, fourteen (14) took the Lawn and Ornamental category exam and 57% (8) passed. A regular training and exam schedule is needed for pest control applicators to ensure compliance with the Act and proper pesticide usage to protect pesticide users, public health, and the environment.

PALM BAY TEACHING GARDEN AND OUTDOOR CLASSROOM. L. Seals and V. Spero. 1455 Treeland Boulevard, Southeast, Palm Bay Florida, 32909

As an extension office, our goal is to provide high quality programs to the public and to address the needs of the changing community. By assessing our teaching facility and noting that all of our onsite programming takes place in a traditional classroom setting (lecture, Power point, video, etc.), we initiated and created a teaching garden. This garden provides visual, hands-on experiential learning opportunities. The cognitive and affective benefits of outdoor teaching sites have been proven to increase the motivation for learning, create a more positive attitude toward science and environmental concepts and aid in the acquisition of knowledge and skills (Athman, J. and M. C. Monroe. 2002. Enhancing Natural Resource Programs with Field Trips. FOR 105. Gainesville, FL: University of Florida. 19 May 2008 <UF/IFAS EDIS Database <http://edis.ifas.ufl.edu/FR135>>). The objective for this garden is that by the year 2010, 80 out of 100 participants attending educational programs in the garden will increase their knowledge of Best Management Programs and Florida Friendly Landscaping (professional horticulturists and homeowners), plant biology, entomology, soil conservation, and gardening (4-H youth) as evidenced through pre- and post-tests. This project consists of community support in the form of donations and services (Brevard County Master Gardeners, Linda Gombert of Tulinda's Garden). Solicitation of funds for educational materials, tools, and plants is ongoing to complete the garden. In 2008, the first summer camp Budding Gardeners, was held in the garden. As anticipated, 100 % (n=7) of the youth involved in the program expressed interest in continuing to garden and feeling comfortable in a garden as documented through pre- and post-tests. A majority of the youth also perceived themselves as gaining knowledge on plants, insects, seeds, and gardening. The overall impact of this site allows participants who attend educational activities in the garden to have a higher knowledge gain than those participating in traditional learning environments. A hands-on learning experience will improve attitudes towards learning, which will improve knowledge gained and skill acquisition, as well as increase repeated use of Extension resources for 4-H environmental clubs, class field trips, Master Gardener classes, Best Management Practice training, Florida Friendly Landscape training, pesticide training, and others. Lastly, the community participation involved in the development and use of the garden will bring positive attention to the Extension office.

HYDRILLA AND HYGROPHILA DEMONSTRATION PROJECT. S. Hetrick.
University of Florida /IFAS Osceola County Extension, 1921 Kissimmee Valley Lane,
Kissimmee, FL 34744.

Hydrilla (*Hydrilla verticillata*) and hygrophila (*Hygrophila polysperma*) are aquatic weeds that cause serious environmental and economic impacts in Florida. The goal of this demonstration project is to provide aquatic plant managers with new and alternative cost-effective methods to manage these nuisance weeds. First, researchers are determining the effectiveness of new and existing aquatic herbicides and new application techniques by conducting field demonstrations in lakes and ponds in Osceola County, Florida. This project has contributed to the registration of two new aquatic herbicides- penoxsulam and imazamox- and several additional herbicides are being evaluated for aquatic registration in the future. Combinations of existing registered aquatic herbicides are also being evaluated for synergistic effects to determine if different combinations are more effective than the individual components. Each new herbicide that is registered for aquatic use or new method that is developed provides plant managers another tool to manage aquatic weeds. Second, researchers are searching for and evaluating potential biological control agents for managing hydrilla and hygrophila. They have discovered seven new natural enemies of hydrilla and hygrophila in Africa and India and are evaluating them for host-specificity and effectiveness in controlling the two plants. In addition, a production process is in development for a fungus that is capable of killing hydrilla at high concentrations. These potential biological control agents could provide a more cost-effective method of controlling hydrilla and hygrophila in the future. Lastly, the results of the project are being communicated to the industry, public, and governmental partners through various demonstration and outreach strategies including a demonstrational website, teacher workshops, field days, presentations for community groups and scientific meetings, exhibits at community events, and publications in various journals, newsletters, and newspapers.

OBSTACLES, OPPORTUNITIES, ADAPTIONS: CURRENT CHALLENGES OF INTERGENERATIONAL RELATIONSHIPS AS A RESULT OF ECONOMIC CONDITIONS. L. Spence. 2232 NE Jacksonville Road, Jacksonville Road, Ocala, FL 34470

Current economic conditions present obstacles and opportunities for intergenerational relationships. As a result, there is an unprecedented increase of grandfamilies, revolving doors, open doors, and no doors. These familial changes require programming expressly suited to address evolving challenges. Nonprofits are guided by a specific need, gap, or purpose identified by the founder, founding board, and strategic planning. Their missions are constructed accordingly. Funders for the third sector pay close attention to the organization's adherence to its mission. Governmental agencies, through directives from decision makers, serve in the capacity delegated to the respective department or agency. Mandated policies limit responses to unlimited problems. Unlike nonprofits and other governmental agencies, Extension professionals, especially family and consumer science faculty, are not limited by these boundaries, rendering them able to explore these challenges on a broader scope. Research consistently finds the ecological approach to familial problems is more effective. Because the issues of generational families are complex and compounded, curriculum delivered over a period of time encourages behavior change and has greater impact. Evaluations validate intergenerational families are encouraged to seek adaption using knowledge gain delivered by Extension programming. The impact on intergenerational families positively affects families, contributes to youth development, leading to the sustainability of the community. Intergenerational programming increases coping skills for all generations to weather new challenges they face as a result of current economic times with as little stress as possible.

LANDSCAPE MAINTENANCE: TURNING OVER A NEW LEAF. J. Sullivan.
1921 Kissimmee Valley LN., Kissimmee, FL, 34744

In Osceola County, the only required qualification for landscape maintenance workers is a business license. Consequently, there are few landscape maintenance workers who follow Landscape Best Management Practices. Improper landscaping practices lead to unhealthy and unattractive landscapes that negatively impact the environment. Trees become diseased and hazardous due to poor pruning practices. Urban storm water runoff accounts for over 15% of the pollution in Florida's waters. Misuse use of pesticides and fertilizers, and unsuitable disposal of yard waste contribute to this pollution. With basic training, landscape maintenance workers can improve the quality of landscapes and the environment by using proper landscape care practices. The New Leaf Landscape Maintenance Certification Program is a pilot program designed to teach essential landscape maintenance skills to potential landscape workers. Horticulture Faculty at the University of Florida/IFAS Osceola County Extension created and taught the program in response to a request for horticultural programming from the County Corrections Department. The objective of the program is to increase professionalism in the landscape maintenance industry by training potential landscape industry employees in proper landscape maintenance skills. New Leaf landscape maintenance training includes sessions on: mulching, plant installation, pruning, mowing, and integrated pest management. Teaching methods include classroom discussions and presentations, and outdoor, hands-on learning. After completing the training sessions, participants take an exam and receive certification with a score of 70% or higher. For inmates, New Leaf offers vocational training for potential future employment, helps develop purposeful leisure skills, and provides a focus for the future. Obtaining a vocational certificate can reduce recidivism by about 15%. From July 2008-February 2009, fifty people participated in the New Leaf Program. Due to varied jail sentence lengths and changes in Corrections staff and programs, only eleven inmates were certified in the three cycles of the New Leaf Program. However, with condensed scheduling, the New Leaf Landscape Maintenance Certification Program can be completed in as little as a week, making it more suitable to sites such as a jail or homeless shelter. Program materials are designed such that a layperson can teach the lessons; it is possible that interested facility staff will implement the program in the future. Extension faculty should continue to administer testing and certification to maintain consistency in certification qualifications. With region-specific modifications to teaching materials, the New Leaf model could be used statewide in various facilities to offer vocational training.

HAY PRODUCTION FIELD DAY. M. Thomas. University of Florida Lake County Extension 1951 Woodlea Road Tavares, FL 32778

The first annual Hay Production Field Day was held at a coastal hay field belonging to a member of the Lake Agricultural Advisory Board on September 25, 2008. **Objective:** For Lake County hay producers to attend an educational field day to learn about herbicide application and new equipment available for hay harvesting and production. **Educational Method:** The agent arranged an educational program teaching current herbicide recommendations for hay fields and the calibration of a tank sprayer. The clientele watched the demonstration of how to accurately calibrate the sprayer, and were given handy, pocket size cards with the instructions. The agent invited two tractor companies to bring equipment for display and demonstrations. **Results:** Several clientele responded that this method of calibration was very simple to apply. Sprayer calibration saves time and money for the producer. If the sprayer is not properly calibrated herbicide is wasted, losing valuable time and money. The equipment and the field technicians showing the equipment were a huge success. Clientele had many questions about repairing equipment they had purchased in the past and new equipment that was being displayed. The clientele also responded that being able to observe different equipment side by side helped them in making future equipment purchase decisions. **Conclusion:** Having the right hay equipment saves producers valuable time during production season because producers only have a very short window to cut, dry, and bale hay during peak production. The quality and value of hay depends on the equipment not breaking down and the ability to fix equipment yourself so that valuable time is not lost. The lunch and tents for the event were provided by the tractor companies displaying their products. The field day brought in new extension clientele and was a great learning and networking event for hay producers. There were 40 attendees at the hayfield day and each was given an exit survey.

UNDERSTANDING ULTRASOUND CARCASS DATA FOR MARKET STEERS, MARKET HOGS AND LIVESTOCK ULTRASOUND FREQUENTLY ASKED QUESTIONS (FAQ's). John Mark Shuffitt and Amy Perryman. 2232 NE Jacksonville Road, Ocala, FL. 34470.

Although most 4H and FFA members participating in market steer or hog projects do an exemplary job raising their animals, many do not understand the importance of a high quality carcass or how carcass quality is related to the value of the meat products they are producing. Also, most of these participants do not understand ultrasound technology or the process of live carcass evaluation and how this data is used to determine carcass quality. This lack of understanding is evidenced by the number of repetitive questions from participants, their parents and adult leaders during the final weigh-in and the data collection process.

In an effort to provide a basic understanding of carcass quality and value, Amy Perryman; a Centralized Ultrasound Processing Lab (CUP) certified technician and Mark Shuffitt; Livestock Extension Agent III designed, developed and produced three large posters with the following information:

1. Livestock Ultrasound FAQ's (3' X 3') answering the following: What is Ultrasound? What is the technician looking for? Why is the oil used? How do I get the oil out of the hair coat?
2. The Ideal Steer Carcass (4' X 6') delineating the primary cuts of beef including percent of total carcass, steer carcass data indicators with definitions, USDA beef quality grades, USDA beef yield grades with calculations and determining carcass value including calculations and images.
3. The Ideal Hog Carcass (4' X 6') is picturing the ideal market hog phenotype, pig carcass data indicators with definitions, USDA grade with calculations, muscle score explanation, primary cuts of the pig carcass as well as carcass weight, belly thickness and percent lean explanations with formulas for calculations including images.

Placing these posters in prominent locations at exhibit sites has resulted in a better understanding of carcass evaluation and quality as evidenced by a marked reduction of repetitive questions.

YOUTH ENTREPRENEURSHIP ENTERPRISE. G. Sachs. 3125 Agricultural Center Drive, St. Augustine, FL 32092.

Entrepreneurs are an important part of America's economy. A global study conducted by researchers from Babson College, [London School of Business](#), and the [Kauffman Foundation](#) found that entrepreneurship is a major contributing factor to a country's economic well being. The presence of entrepreneurs in a community brings both economic growth as well as increased employment opportunities. Youth Entrepreneurship Enterprise is geared for 4-H youth ages 11-18 and uses a variety of educational delivery methods. Participation in the Youth Entrepreneurship Enterprise project provides youth with an understanding of the types of entrepreneurs, why entrepreneurs are important for our economy, marketing techniques, and what it takes to be a successful entrepreneur. Since its inception in the spring of 2008, there have been 47 youth participants who have either attended a series of educational sessions, a onetime workshop or a summer day camp. Three out of seven youth participating in the entrepreneurship project at the local level have made great strides in developing a working business. These participants designed a business plan, produced products to sell, and are now marketing and selling their products. In the spring of 2008, two \$50 micro loans were issued to youth entrepreneurs. This start up money contributed to the success of their businesses which has allowed them to repay their loan.



<http://solutionsforyourlife.ufl.edu>



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Resources for CEDs and Faculty

Program and Abstracts
University of Florida, IFAS Extension
Central District Extension Faculty Symposium, 28 April 2009