

Extension Connection

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"UF IFAS Extension Citrus County"



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Facebook

Extension Notes

BJ Jarvis, Extension Director

Summer Time

"Summertime and the livin' is easy", as Ella Fitzgerald croons. This summer, Citrus County is blessed to see the return of the rainy season. Our landscapes really suffered during this spring's extended dry spell. With the rainy season, comes possible threats of severe storms, even hurricanes. Dive into this edition of the Extension Connection to check out storm prep for farms (large and small – page 6) and details on making a hurricane plan starting on page 8. Whether during a pandemic or hurricane, many of you know that gardening is therapeutic. Check out more on this starting on page 2.

Other disastrous things can happen outdoors, like invasive pests that Steven writes about starting on page 4. Marnie muses on confidence, applicable to the young and young at heart. Don't miss the updates on classes, seminars, and plant sale throughout along with our newest newsletter section, Nature Naturally, featuring creatures of the night that starts on page 11.

Whether you stay home or are traveling this summer, look to Extension for answers to your questions. We are here to help!

Sincerely, BJ



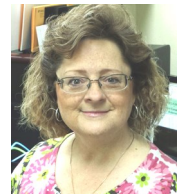
UF/IFAS Extension

Solutions for Your Life

URBAN HORTICULTURE

Survey Says... Gardening is a respite in troubled times

BJ Jarvis, Director and Horticulture Agent



After the bizarre 2020, it is no surprise that more residents are turning to gardening as a way to improve the quality of their own lives. Regardless of whether you are gardening to produce food, a Zen garden, or just getting some exercise, gardening is the perfect solution.

The top three trends this year, according to the garden trends survey (from Garden Design magazine) include: gardening (period), gardening sustainably, and creating your own garden getaway. In other words, a safe space right at home.



Citizens often equate sustainability and a safe garden space with eliminating or significantly reducing the use of highly toxic chemicals that may impact pollinators, the family and even our pets. People are shifting away from continuous mowing, pruning, and spraying, opting for more relaxed garden spaces. These feature less work and more downtime.

Savvy citizens are also doubling down on practicing water conservation, including selecting drought-tolerant plants. We know that about half of all residential water use is outdoors, not in vegetable gardens! Some are learning how to make garden gold by composting kitchen scraps and other recyclables. Whether on a small scale or really getting into it, composting is better for the environment and badly needed soil structure improvement. Other citizens report becoming more “environmentally-friendly” by planting natives. Some ways to enrich the garden experience are providing food and shelter for pollinators and to allow bird watching, accepting some level of plant damage from bugs and disease, and planting more trees to absorb CO₂, which make shade and shelter for wildlife.

Florida-Friendly Landscape principles are the basis for making the most of your garden efforts. These nine principles promote sustainable alternatives to conventional landscaping, use less water and other inputs, while protecting Florida waters from landscape pollutants.

(Continued on page 3)

UF/IFAS Extension

Solutions for Your Life

URBAN HORTICULTURE

(continued from page 2) GARDENING IN TROUBLED TIMES

Whether you are working from home, have always been a gardener or are new to the area and struggling to garden using northern techniques, connect with Extension experts for advice.

The Plant Clinic is staffed weekdays from 8 to 5, and Extension experts offer advice at our regular programs (check out our Facebook page for upcoming seminars or elsewhere in this newsletter.)

Mark
your
calendar
for
our
Plant
Sale!



5th ANNUAL PLANT SALE

Saturday October 16, 2021
8:30 am - 12:30 pm

Purchase
bluebird
houses
here!



- Great Variety & Prices
- Pollinator Attractors
- Trees/Shrubs
- Perennials
- Kid's Table

“Ask A Master Gardener” Booth

Citrus County Extension
3650 W Sovereign Path, Lecanto
352-527-5700

Service animals only please!

Cash/Checks Only

UF | IFAS Extension
UNIVERSITY of FLORIDA



Proceeds from the Plant Sale support Extension events and outreach programs.

An Equal Opportunity Institution

Florida-Friendly Landscaping™

Florida-Friendly Roadmap



Invasive Pests Tour Florida

Steven Davis, FFL Program Coordinator



Agriculture is responsible for generating over one trillion US dollars in economic activity. Environmental barriers including drought, wildfire, freeze events, storm systems among other seasonal disruptions interrupt production and availability of agricultural products. Additional disruptions including threats to natural resources are regularly intercepted at ports of entry. Insect threats can emerge from packaging material, lax nursery pest management, transport of plant materials with active pest populations and from the movement of fresh produce to the marketplace. Keeping a watchful eye is essential and complicated.

In Florida, FDACS (Florida Department of Agriculture and Consumer Services) plant inspectors and inspection stations are positioned throughout the state. Inspecting nursery stock for injurious pest populations, trapping and monitoring movement of suspected insect invaders and coordinating FDACS response to material quarantines when issued by the Secretary of Agriculture are agency priorities.

Monocultures are created when large numbers of the same plant are grown in close proximity. Plant nurseries are a great example. When managed well, pest populations at nurseries and garden centers can be easily recognized and controlled prior to shipment or sale. When not detected, the damaging insect can quickly move and colonize other locations. As hardiness zone temperatures climb, movement of tropical plant material farther north will aid in the migration of pests and pathogens to new areas of suitable warmer climate. Fruit fly is another pest that often creates a fuss in South Florida where quarantines of harvested fruit helped control the outbreak and diminished grower profits. Traveling with fruit from other states or transporting intrastate can present a hazard if they have an active and growing infestation. Sounds innocent, although transport may spread harmful insects if not recognized, prolonging or enlarging a quarantined area.

Emerald Ash Borer



Several pests have been introduced which don't harm commercial agriculture, but rather devastate natural forests. Several forest pests have Entered or are migrating close to Florida. Red Ambrosia beetle, Emerald Ash borer and Spotted Lanternfly have

impacted forest trees to our north and have migrated closer to the Florida border.

(Continued on page 5)

Florida-Friendly Landscaping™

Florida-Friendly Roadmap

(continued from page 4) *INVASIVE PESTS*

Control of Spotted Lanternfly created a quarantine area throughout Pennsylvania and if not controlled could injure forests throughout the eastern and central United States. The ability to fly and hide on transportation vehicles poses a threat to forest trees, northern fruit and ornamental trees. Quarantines, strict inspections and management practices are in place to minimize distribution of this introduced pest.

Wood packaging material and infested firewood are chief vectors for distribution of ambrosia beetle and Emerald ash borer. Transporting firewood into Florida is prohibited unless the shipment is accompanied by a FDACs permit enabling its movement into the state. Additionally, seasonal restrictions may apply to bordering states preventing movement of firewood across state or county borders. Ambrosia beetle is a boring insect which attacks plants in the laurel family including Red Bay and commercially grown avocado. Interestingly, the ambrosia beetle is a vector for a fungal disease which kills the tree, but is also used as a food source for early life cycle stages of the beetle. A beneficial relationship between the beetle and the fungus, but not so good for the tree host. The emerald ash borer is being tracked through Georgia and is slowly migrating south. Baits and traps have been set up throughout northern Florida to determine if or when the ash borer will begin to injure Ash trees, among other forest trees in Florida. Firewood, commercial timber and certain mulches are all vectors used to hitch a ride into the 'happiest place on earth'.



Don't move firewood. When camping, purchase and utilize local firewood. Burn all the wood you purchase and don't take it with you as you leave. Be aware when purchasing plants so that you are not carrying an unwanted pest home. Purchase locally grown fruits and vegetables whenever possible. Monitoring and inspection at points of entry, awareness at the point of harvest and cautious legal transport of the certified forest and agricultural products is essential to minimizing harm to agriculture and the forest environment.

<https://www.dontmovefirewood.org/invasive-species/>

Preparing the Farm for Storm Season



As we enter into the storm season, it's crucial that farm owners begin preparing themselves and develop an emergency plan if they do not already have one in place. Being proactive in this process can help mitigate some of the potential disastrous impacts and help farm owners be more self-sufficient in the case of an emergency.

Outlined below are some helpful suggestions for developing an emergency plan for the farm.

General Recommendations:

- If evacuation is recommended, plan to leave at least 72 hours in advance of the storm.
- Be familiar with evacuation routes and facilities.
- Notify friends and neighbors of your evacuation plan, and post it at your home and farm in the event you cannot be reached.
- Transporting livestock in trailers is dangerous in winds greater than 40 miles per hour.
- If sufficient time is not available for evacuation, be prepared to make your home and farm as safe as possible to wait out the storm.

(Continued on page 7)

(continued from page 6) PREPARING FOR STORMS

Before the Storm:

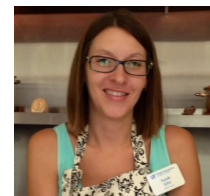
- Create a printed list of extended family, veterinarian, employees and their families, your local farm services agency office, utility company and local county Extension office.
- Stock up on feed for animals receiving supplemental feeds. Don't forget the cat and dog food. Have enough hay, feed and health-care supplies on hand for one to two weeks. Feed stores may not be open for business for a week or more after a storm.
- Check to ensure generators are ready and in working order for livestock operations that rely on electricity: milking parlors, chicken houses, wells for watering livestock and electric fence chargers.
- Stock up on fence repair materials: wire, posts and staples for repairing fences damaged by limbs and trees.
- Make sure chainsaws are in good working order and stock up on mixed fuel.
- Locate chains and come-a-longs for limb and tree movement off fences and buildings.





Hurricane Preparedness

Sarah Ellis, Family and Consumer Sciences Extension Agent



Hurricane season is here once again. Are you ready? Even if you don't live on the coast, rain and wind can damage where you live.

Know your hurricane risk

Do you live on the coast or do you live inland? Either way, you are at risk for wind, rain, and power outages during a hurricane. Know the risk and learn about alerts and warnings.

The Citrus County Sheriff's office is responsible for emergency management functions for Citrus County. During times of disasters, both natural and manmade, the citizen information line (352-249-2775) provides information to the community such as sheltering, evacuations, and other critical information.

Know your evacuation zone

If you live in an evacuation zone, you may have to evacuate quickly due to a hurricane. Learn your evacuation routes and identify where you will stay if you need to evacuate. Practice evacuating with your family and pets.

Assemble disaster supplies

Before an emergency, build emergency supplies by grabbing extra when shopping. Include flashlights, batteries, and a battery-powered radio. Additionally, have a supply of non-perishable foods, medicine, baby supplies, and pet food on hand. Include one gallon of water per person per day. Have enough supplies for 10 days for your household.

Prepare financially

Do you have enough saved in case of an emergency? If not, consider putting money into an emergency savings account. Each week have a small amount from each paycheck go directly into this emergency savings account. Additionally, have a small amount of cash on hand in case of power outages. Power outages often mean that merchants cannot take debt or credit cards and you may not be able to withdraw money from the ATM or bank.

Are you covered for hurricane dangers? If you don't have homeowners or renter's insurance, obtain property insurance. If you have insurance, check to ensure you have adequate coverage. Do you need flood insurance? Most policies do not cover rising waters. You can visit www.floodsmart.gov to learn more about flood insurance.



Strengthen your home

Is your home in good condition? At the beginning of hurricane season, inspect your home. Be sure to clean out your gutters and drains so that water flows free and stays out of your home. Consider trimming trees and shrubs away from the home. Finally, determine where you will store outdoor furniture and items that need to be secured during a hurricane.

(Continued on page 9)



(continued from page 8) HURRICANE PREPAREDNESS

Help your neighbors

Check in with your neighbors, especially those that may need help, before an emergency happens. Exchange contact information. Do they have a plan for before and after a hurricane? How can you help? If you are going to grab some last-minute supplies, check with your neighbor to see if they need anything.



Make an emergency plan

Have a written emergency plan and share it with family. Determine how you will contact others before, during, and after.

Finally, during a hurricane, stay safe. Pay attention to emergency alerts and information. If you live in an evacuation zone and are told to evacuate, do so immediately. Do not try to walk, swim, or drive through flood waters. Even a small amount of fast-moving water can knock you off your feet. As little as one foot of water can move most cars off the road.



Never drive around barricades

-  Most flood fatalities occur in vehicles
-  12 inches of water can sweep a car off the road



[weather.gov/flood](https://www.weather.gov/flood) 



Florida 4-H Youth Development

Head • Heart • Hands • Health



Confidence

Dr. Marnie Ward, 4-H Agent



What is confidence and where does it come from? According to the Merriam-Webster dictionary, confidence is a feeling or belief that you can do something well or succeed at it. There are multiple factors that contribute to self-confidence, including:

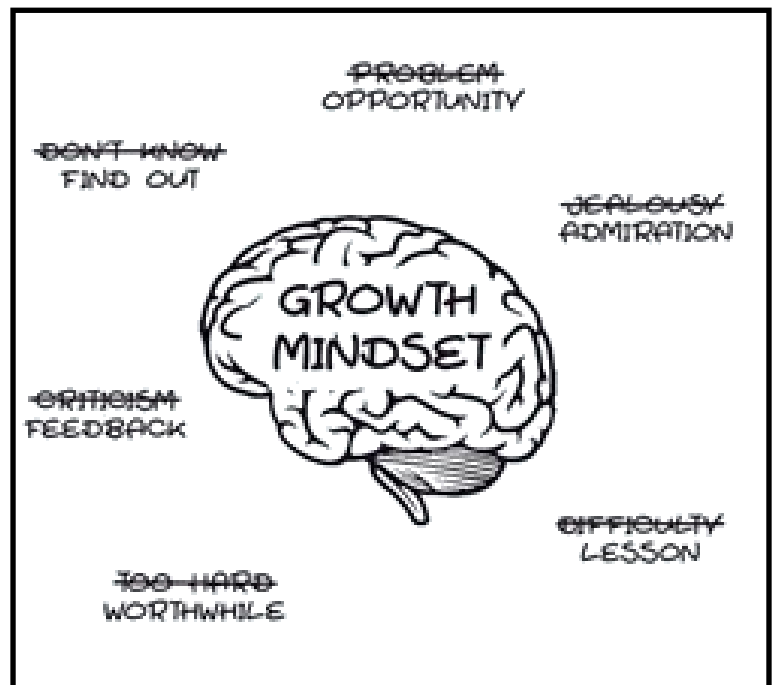
1. Genetics – family influence
2. Environment – social pressures, exercise, resources, etc.
3. Personal Choices – relationships, beliefs, and others

While these factors are important, they are not the end of the story. Research has identified the important role of the human mind in self-confidence. Understanding the role of this mindset is critical for adults working with young people. There are two views here. Individuals with the “fixed” mindset avoid challenges and give up easily. They focus on the outcome of their actions and look for someone to blame for perceived failures. In contrast, young people with the “growth” mindset embrace failures as learning experiences.

Growth Mindset

A belief system is based on an individual’s view or outlook on life. It is based on the belief that factors such as intelligence, personality, and character can be developed and learned. Here, failure is not something to be avoided. Instead, it is an opportunity to learn new skills and develop talents and abilities. Receiving and sharing feedback is a positive, nurturing experience in the growth mindset. Unknown answers or topics are opportunities to find out and learn something new.

Accept the challenge of the growth mindset and seek out worthwhile new experiences.



Nature Naturally



Take a (Night) Hike

After the sun sets, the world becomes a different place. There are certain animals we are used to seeing that go to bed at night and creatures of the night come out.

There are many benefits of being active at night: being harder to detect, less competition for food, and fewer prey animals. While there are many kinds of nocturnal (active at night) animals, they do share some common features:

- Heightened senses - hearing, smell, and sight to maximize available light
- Special adaptations - whiskers, large ears/eyes, large noses

Creatures of the Night



Moths – Did you know moths outnumber butterflies 9 to 1, and come in all sizes and colorations? They have a remarkable sense of smell (able to sniff a mate more than 5 miles away). Some moths even have an “ear” on their abdomen. We don’t often think of moths as pollinators, so they don’t get enough credit for this service. Moths avoid being eaten with incredible mimicry (imitation) of other parts of nature. Some look like twigs or spiders, and some even make noises to confuse bats. Many adult moths do not have mouths. They feed only as juvenile caterpillars, with their main purpose to find a mate, as an adult.

(Continued on page 12)

Nature Naturally

(continued from page 11) NIGHT HIKE



Owls – Owl eyes are very large to capture light. They are so large, their eyes are unable to move in their sockets. Owls have adapted to rotate their neck around 270°. Burrowing owls in Florida live underground in abandoned burrows of gopher tortoises. Barn Owls are good providers, bringing an incredible haul to their young. In a 24-hour period, one owl pair brought to the nest 16 mice, a snake, a lizard and a squirrel. Yum Yum!



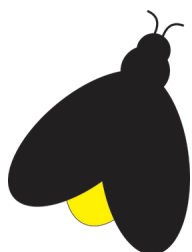
Bats – Thirteen species of bats live in Florida, ranging from 2.5 - 6 inches in body length. The Brazilian free-tailed bat is the most common in Florida and they commonly nest in man-made structures (barns, attics, bridges, etc.). Bats are insectivores – which means they eat a lot of insects like moths, flies, dragonflies, beetles, wasps, ants, mosquitos and more. Bats may be small, but they can eat their body weight in insects every night. That's the same as a 100-pound person eating 20 gallons of ice cream (1 gallon of ice cream weighs 5 pounds). Bats produce a very useful product - guano (aka bat poo). This highly valuable fertilizer contains abundant nitrogen, phosphorus and potassium.

Visit these websites to learn more about Florida Bats, and to see live video (flights) from the University of Florida Bat House: www.floridamuseum.ufl.edu/bats/

myfwc.com/conservation/you- conserve/wildlife/bats/field-guide/



Raccoons – These easily recognizable masked mammals are becoming more common in semi-urban and urban landscapes. Generally they remain asleep during the day, becoming more active in the early evening and after dark. They are opportunistic feeders, which can lead them to pet food dishes, garbage cans and structures.



Fireflies – Fireflies are actually beetles and one of the few animals that can create light called bioluminescence. Only females create a light show to attract a partner and some types of fireflies synchronize their flashing to make a bigger impact. Firefly populations are declining due to climate change, light pollution and habitat destruction. Fireflies generally don't migrate to new spots when a road or other construction eliminates their habitat. Some female fireflies mimic the mating flash pattern of other firefly species to lure unsuspecting males, then eat them. Yikes! For more firefly info: www.tinyurl.com/FireflyUF

(Continued on page 13)

Nature Naturally

(continued from page 12) NIGHT HIKE

Fun Facts After Dark

Color matters: Nocturnal pollinators are drawn to pale/white colored flowers that reflect moonlight.

Scent matters: After-dark pollinators are attracted to “smelly” flowers with abundant nectar. Consider adding fragrant flowers such as flowering tobacco, magnolia, gardenia, jasmine, and Chickasaw plum.

Temperature matters: Nocturnal animals avoid heat and predators by being active during cooler night hours.

Take a Night Hike Yourself – Here are a Few Tips to Keep in Mind



Follow local weather reports – Plan your hike for when skies are clear. A full moon offers good visibility, and you can catch it on July 23rd, August 22nd and September 20th.



Choose a trail or area you know well, then start when the sun is setting. Hike out as the sun sets, then when you hike back, it's dark. Your eyes will have adjusted for maximum viewing in low light.



Bring a flashlight but avoid turning it on as it takes a long time for your eyes to re-adjust to night vision. Use of a red filter can help.



To try it out, here is a short night hike at the Chinsegut Conservation Center in Brooksville www.youtube.com/watch?v=K7b5ZBq5KDA

Be a night owl or a night moth and discover another world after dark!!

Nature Naturally

Word Search

h s c h v r r s j u v e n i l e d i v v
 t m i q l c y n o o m y w z s n s a p s
 o k m q a e o l m k k u a t j d e z r k
 m z i v r n a i t a f g p u e a e t s k
 z n m p s g o h k q m j y u r n h u s z
 s d n k y d g i r h o m d b v g d s y m
 w l l m i i o z t k t y a i v e k p g b
 m e g a l f u o m a c o r l x r t f u q
 i y b f w t m g s r t o h b n e a b e e
 n t s i l a r u t a n p a c t d t a j f
 y o e c o l o g y m e t a c e h i b l i
 t z o x l e r b e p c d a d s o b w i r
 i y m c g v q n z t z b o d a k a r a e
 w e s m c v t p s a t r n w t p h r k f
 f m l y b a s f x x o r i h t s t v j l
 b n j v l u r e z d i w m n e c j k l y
 l n q s r h g u r r q k q k l q u g v n
 n o c t u r n a l l x a p q l f z v d k
 d h v w q e a d t o u l q t a k q f p b
 u k s t j o r g o r s d c n x b w e i i

Words can go in any direction and
can share letters as they cross over each other.

adaptation
 bat
 camouflage
 dark

dusk
 echo
 ecology
 endangered

environment
 firefly
 flight
 habitat

juvenile
 mammal
 mimic
 moon

moth
 naturalist
 nocturnal
 prey
 raccoon

★ Until further notice, these will be virtual seminars.



Gardening Seminars

Contact Steven Davis at 527-5708 to pre-register for these free classes or go to:

<https://ccufflprogram.eventbrite.com>

“Managing Pests Wisely”

Tuesday Jul 13
2:00 - 4:00 pm

“Optimizing Irrigation Systems”

Tuesday Aug 10
2:00 - 4:00 pm

“Lawns in Central Florida”

Tuesday Sep 7
2:00 - 3:30 pm

“Create a Florida-Friendly Landscape”

Tuesday Jul 27
2:00 - 3:30 pm

“9 Florida-Friendly Principles”

Tuesday Aug 24
2:00 - 4:00 pm

“Florida-Friendly Fertilizing”

Tuesday Sep 21
2:00 - 3:30 pm

SAVE THE DATE

UF | IFAS Extension
UNIVERSITY of FLORIDA



5th ANNUAL PLANT SALE
Saturday October 16, 2021
8:30am - 12:30pm

Citrus County Extension
3650 W Sovereign Path, Lecanto
352-527-5700



Service animals only please!
(No “comfort” animals)



UF/IFAS Extension
SolutionsForYourLife.com

UF UNIVERSITY of FLORIDA
IFAS Extension

JULY, AUGUST, SEPTEMBER

UF | IFAS Extension
UNIVERSITY of FLORIDA



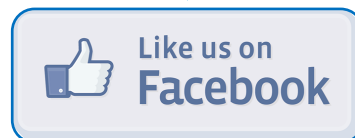
citrus
LIBRARIES

★ Extension Master Gardener library programs will be virtual ★

Monthly seminars explore timely garden topics.

They last approximately 1 hour, are **free** and **pre-registration is required**.

Check back here <https://sfyl.ifas.ufl.edu/citrus/who-we-are/>
or our Facebook page for registration links.



July 26: Cool Season Vegetable Gardening

August 23: Alternatives to Invasive Plants

September 27: Insects: Really Good, Misunderstood, Really Bad

Bring plant problems and questions for expert advice to the Extension office.

Trained Master Gardeners are available most days between 8am - 5pm.

Schedules can vary, so please call ahead (352-527-5700).

Additionally, challenges (pictures are helpful) can be emailed to:

IF-SVC-citrusmg@ad.ufl.edu

Summer Gardening Calendar

Vegetables: There is still time to solarize soil to minimize weed seeds and nematode populations, if you start in July. Six weeks of clear plastic covering will get temperatures up high enough to reduce these pesky problems in the fall. Now is also the perfect time to start a fall garden. If starting from seeds, give a few weeks for germination and acclimation to being outdoors before placing in the ground.

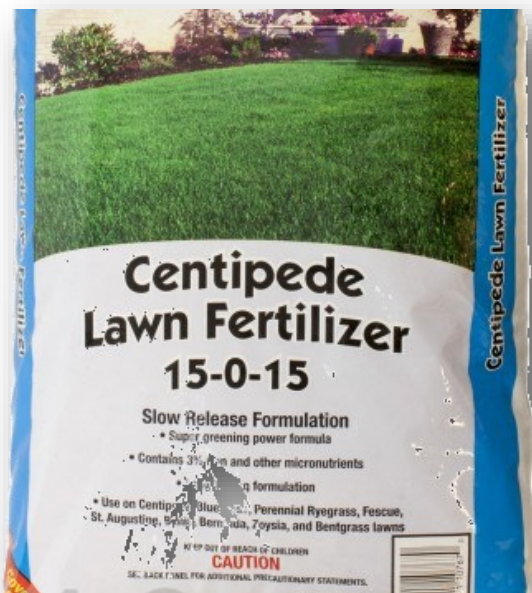
Herbs: Biannual parsley may start to flower toward the end of summer. Pull the entire plant, dry and store leaves in a zip-style bag or other air-tight container. Best to store out of light and in the refrigerator. Start new parsley plants for two years of steady production.

Houseplants: Most houseplants will enjoy a little vacation into a shady spot outdoors. Place containers under a tree and wash with a hand-held hose to remove dust and insects. After they drip-dry, return to their original home. If pot-bound, repot.

Soil Solarization



UF/IFAS researcher Bob McSorley demonstrates soil solarization. (Photo: Tyler Jones, UF/IFAS)



Lawns: St. Augustine grasses are prone to thatch build-up, especially if regularly watered and fertilized. Mid-summer is a good time to vertical cut, giving the plants time to rejuvenate before easing into winter dormancy in the fourth quarter. If grass plants (of any type) are showing signs of nutritional deficiency, now is the time to fertilize with a slow-release fertilizer. Remember this area is abundant in Phosphate (the middle number) and rarely needs this addition. Look for fertilizers that have a balance of the first and last numbers (Nitrogen: Potassium) and zero or less on the middle number. Did you know that Citrus County was once mined for Phosphate?

(Continued on page 18)

(continued from page 17) SUMMER GARDENING



Weeds: Spot treat with a non-selective herbicide but be cautious as these products will kill whatever they touch (in about 2 weeks). Really tough weeds may need more than one application. Always follow label directions for mixing and frequency of application. And of course, follow instructions for PPE (personal protective equipment), which usually means no shorts or flip-flops when working with chemicals of all kinds. And sometimes more PPE than that.

Palms – Summertime is a good time to plant palms as the rainy season continues to add necessary moisture. Large palms may need supplemental irrigating for many months until they are properly established. Make sure installers don't plant the base of the palm too deeply or nail supports into the base of the plant. Both of these can cause death of this important and expensive addition to the landscape.



Appropriate staking is shown to the left. Stakes should be removed within about one year after planting when roots can support the palm. However, there is too much soil over the root ball in this photo. This should be removed before leaving the job site. The top-most roots should be visible at the surface of the root ball.

Pruning – It's getting late to prune spring bloomers, such as azaleas. The next flowering season's buds start developing on a plant about 3-4 months after the last blooms fade. Unless a plant has broken limbs, or is encroaching onto the driveway or walk, don't prune late in the summer. If you do, that area of the plant may produce no or limited flowers.

For specific gardening information, be sure to contact us - 352-527-5700



Are you concerned about falling?

UF/IFAS Extension Citrus County for A MATTER OF BALANCE.
This award-winning program is designed to manage falls and increase activity levels.

This program will teach you practical strategies to manage falls.

Learn how to:

- View falls as controllable
- Set goals to increase activity
- Make changes at home to reduce your fall risk
- Exercise to increase strength and balance

Who should attend?

- Anyone who is concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted their activities due to concerns about falling.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Location:

**UF/IFAS Extension Citrus
County**

3650 W. Sovereign Path, Ste. 1

Dates:

September 8, 15, 22, 29
October 6, 13, 20, and 27

Pick one session:

Session 1: 10:00 am– 12:00 pm

or

Session 2: 1:00 pm—3:00 pm

There are eight, 2 hour IN-PERSON
sessions beginning on
Wednesday, September 8th to
Wednesday, October 27th.

Thank you to our sponsor:

CITRUS MEMORIAL

**Call UF/IFAS Extension Citrus
County for more information
or to register: (352) 527-5700**

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved.
Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

An Equal Opportunity Institution

My First Florida Home

HUD approved



Thinking about purchasing a home? In this free, online class you'll learn about

- How to get your finances in order
- How much home you can afford
- How to repair your credit
- How to work with housing professionals
- How to shop for a loan and a home
- How to make an offer
- Why you should get a home inspection
- Closing

This homebuyer workshop meets the education requirements for down payment assistance programs. UF/IFAS Extension Citrus County is a HUD approved housing counseling agency.

Thursdays starting September 9th until September 30th, 2021
Time: 6 pm to 8 pm

Pre-Registration is required by August 26, 2021.

For more information:
ellissm@ufl.edu and/or
352-527-5700

To register: www.cchomebuyers3.eventbrite.com



ServSafe

Citrus County



Thursday

October 21, 2021

8:30am

Location:

UF/IFAS Extension Citrus
County
3650 W Sovereign Path
Lecanto, FL 34461

Cost: \$110.00 for the course
and the exam and \$55.00 for
Manager Manual

Registration deadline:

October 7, 2021

**For more information,
contact:**

Sarah Ellis
352-527-5700
ellissm@ufl.edu

Are you opening a new business in the food service industry? Do you prepare food at any point in your business and require certification? UF/IFAS Extension Citrus County is providing training to help food managers and staff keep food served to Florida's consumers safer.

The class runs approximately 7 hours then participants have a maximum of 2 hours to take the national certification exam. According to University of Florida guidelines, face masks are to be worn during the class.

What to bring with you: Bag lunch and valid picture identification.

To register: www.tinyurl.com/z6dp7jf