



## In This issue:

4-H YOUTH NEWS 2-5

BLACK HISTORY MONTH 6

AGRICULTURE & HORTICULTURE NEWS 7

FAMILY & CONSUMER SCIENCES NEWS 8

FAMU EXTENSION NEWS 9

CALENDAR OF EVENTS 10

EXTENSION STAFF 11

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# EXTENSION NEWS!

**February 2022**



Greetings Extension Family,

Welcome to the February edition of the Jefferson County Extension Newsletter. The holiday season is over, and Jefferson County Extension has some exciting programs to offer you.

Black History Month reminds us to reflect on - or to learn- how we got here. I want to highlight a great pioneer in agriculture and a legendary Jefferson County Extension Agent, Mr. Miles Edward Groover-see the story inside.

To our 4-H families, 4-H County Events is Saturday, **April 13th**. Let me encourage you to get started **NOW** on your demonstration or speech. I am looking forward to viewing the work. I want to stress involvement to everyone. Club meetings and outings are fun but let us not forget what 4-H is all about.

Jefferson County Extension is here to serve you! If you are looking for information to assist your family, whether lawn, garden, health, personal financial management, cooking, canning, nutrition, youth development, or anything in between.

You can find a wealth of information on our **Facebook** page at or **website** or call the office at 850-342-0187.

Enjoy,

**John Lilly**  
Jefferson County Extension Director/4-H Agent

# 4-H Youth News

## Working Soldiers Club Pizza Party

"4-Hers commented that it was the best deed that we could ever do to help feed the needy in our Community. And there is more projects to come this year. They are planning on new ways to help give back to the Community. The Working Soldiers club leaders and volunteer would like to thank Ms. Gretchen and the Extension Staff for sponsoring our pizza party."--**Working Soldiers**



## 4-H Teen Retreat



Jefferson County teens will join other teens from around the Northwest District at the 4-H Teen Retreat on Feb 25-27. The retreat will be held at beautiful 4-H Camp Timpoochee in Niceville, Florida.

Teens from around the district will explore 4-H programs, make new friends, discover their potential, gain leadership skills, attend exciting workshops, but most of all, have lots of fun! The theme is **"4-H Music Magic"**.

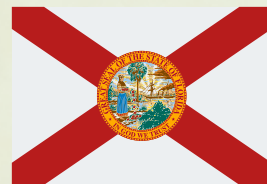
Teens can register at [4-H Online](#) under events labeled NWD 4-H Teen Retreat. Registration will be open until February 7.

Contact John Lilly at [jgl@ufl.edu](mailto:jgl@ufl.edu) or phone (850) 342-0187 for more information.



## Florida 4-H Day at the Capital

The 4-H Day at the Capitol Program provides youth with an opportunity to learn more about their state government and experience the political process firsthand. 4-H members are highly encouraged to make an appointment with their representative, senator, or a legislative aide to discuss how the Florida 4-H Program has impacted their lives. During the day, participants will hear from public officials, spend time in the Capitol Building, and see their legislators in action.



### Key Questions:

**Who?** All registered 4-H members and volunteers

**When?** February 23, 2022 Check-in at 8:00am EST; Event Begins: 9:30am EST

**Where?** The Florida Capitol - Tallahassee, FL

**Cost?** FREE to all 4-Hers in Jefferson County  
**Registration?** Open in [4-H Online](#) through February 9, 2022

## 4-H Club Leaders Attends Volunteer Retreat

Jefferson County 4-H Club leaders attended the 4-H NW District Volunteer Retreat Jan 21-22 at Hilton's Embassy Suites, Destin-Miramar Beach, Florida. The theme was "Oceans of Opportunity."

There were many opportunities to learn new ways to engage youth in 4-H fun educational programs.

Club leaders explored new 4-H curricula activities and learned new ways to make their 4-H clubs add content while keeping it engaging. In addition, the workshop provided hands-on activities to help leaders re-energize their clubs after the pandemic.

The following club leaders who attended the retreat are Tammy Brookins, Dawanda Skipworth, Ruth Ann Scurry, Kathy Campbell, Carolyn Andrews, Sherika Austin, Ann Reddick, & Bruce Denson



FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE



## 4-H Overnight Summer Camp

### Outdoor Skills

June 6-10, 2022

Cost: \$425



Join us as we kick off summer with a week spent in the wild. We'll explore the ins and outs of outdoor survival! Expect to gain skills in compass navigation, shelter and fire building, wildlife identification, and so much more. This week is the perfect opportunity for all young adventurers to gain confidence in the outdoors!

## 4-H CAMP TIMPOOCHEE

# '22

Join us for a full week of overnight adventures, challenges, friendships, and more! Please read below to see which week or weeks you'd like to attend!

QUESTIONS? Contact us at [timpoochee4h@ifas.ufl.edu](mailto:timpoochee4h@ifas.ufl.edu) or (850)897-2224

**AGES 8-12,  
AS OF SEPT. 1, 2021**

With the exception of  
Just for Teens Camp

### Wonder Emporium Camp

June 13-17, 2022

Cost \$425

As campers journey through this imagination filled week, they will connect the magic of the world with the real-life science that's behind it all. From chemistry and physics to wildlife ecology and robotics, we will be sure to dabble into your favorite topics. Expect to perform experiments, create art, and collect specimens from the world around us!



### Creative Arts Camp

June 20-24, 2022

Cost: \$425

You won't want to miss out on this week dedicated to the artist in all of us. Youth will grow their skills in drama, painting, dancing, and so much more! All our classic camp crafts, activities, and fun will collide as we focus on the value of artistry and hobbies in everyday life.



### The Wild Outdoors

July 11-15, 2022

Cost: \$425

Campers will explore the outdoors through the lens of summer camp! From plant and animal identification to stories around the campfire, wild outdoors camp will immerse youth in the beauty of Camp Timpoochee. We will go on nature walks and delve into the different ecosystems found on camp.



### Just for Teens Camp

June 27 - July 1, 2022  
Ages 13-16 as of  
Sept. 1, 2021  
Cost: \$475

A week of adventurous programs designed just for teens! Campers will experience their favorite parts of camp, plus adventures off-site on field trips to highlight the wonders of the emerald coast. Whether you're interested in building your leadership skills or creating memories that will last a lifetime, this is the week for you!

### Junior Marine Science Camp I

July 18-22, 2022

Cost: \$425

Calling all ocean lovers! Join us as campers become oceanographers and dive into the wonders of our Florida seas, gulfs, and bays. This week we will take a special focus on our ecosystems that make Florida so unique. Expect to explore our very own Choctawhatchee Bay, practice different types of netting, and learn to identify fish and aquatic plants.



### Junior Marine Science Camp II

July 25-29, 2022

Cost: \$425

Expect all your favorite marine camp traditions from netting in the bay, scientific dissections with local experts, to caring for creatures in our marine laboratory. Campers can expect a week full of ocean exploration with a focus on why we should learn about the oceans and how they make our world on land go round!



### REGISTRATION OPENS

**FEB. 1, 2022**

Early Bird Discount! Register by March 15th for \$25 off per week!

Visit <https://florida4h.ifas.ufl.edu/camps/> to learn more about camp and to register.

Scholarships are available through this website as well, so please apply!

An Equal Opportunity Institution.

**UF** IFAS Extension  
UNIVERSITY of FLORIDA



# 4-H Youth News

## After School Club

Every two weeks, 4-H visits Somerset Academy and provides hands-on afterschool programs for grades 2-8.

These programs provide youth with a chance to participate in fun learning opportunities which includes:

- STEM
- Agriculture
- Nature
- Outdoor wilderness oriented topics



This is an ongoing venture which will last the entire school year and will involve many topics.

Keep posted for more 4-H programs coming your way!

## Saturday Outdoor Programs

**Jefferson County Extension office is proud to introduce Outdoor Saturdays!**

Come join 4-H extension staff in our Outdoor Saturdays. These are fun, hands-on programs for youth on outdoor and wilderness topics about the area in which we live. We will have fun and games while learning all about the outdoor world. Topics will range from fun STEM projects to learning some wilderness skills, such as, navigating the woods, cooking outdoors, and how to respect what is around you. Adults are more than welcome to attend these events. Come enjoy the fun!

**Register by emailing the program assistant at [bryan.danford@ufl.edu](mailto:bryan.danford@ufl.edu).**

**Walk ins are also welcome but please try to register.**

**When:** Every other Saturday @ 9am

**Where:** Jefferson County Extension Office Property

**Ages:** 8+

**Dates:**

**Birding 101: February 5th**

Have you wanted to figure out the birds that call this area home? Do you know where to find the birds and what makes a bird a bird? Come learn in this fun hands on birding program.



**Monticello Eco Park Walk: February 19th**

Did you know there was an Eco Park in Monticello? Come join us for a walk and talk on a 3/4 mile trail and learn all about what is on this cool trail. Meet at the trailhead off of South Water past the HS auditorium.



## Working Soldiers Winter Garden



"We are so proud of our Winter Community Garden! It was all a team effort including 4-H members, club leaders and volunteers.

They were so excited to help plant our garden. It was like work and fun all together. Through my observation it was a great hand on learning experience for everyone.

Our students, volunteers and club leaders had fun getting their hands dirty for a good cause, to help promote eating healthy leafy veggies. All students said that they were willing to taste the leafy veggies and start to eat them more often, and share our harvest with the community and encourage them to do likewise.

We learned that eating a healthy portion of leafy green veggies every day can help protect you from many diseases, including heart disease, diabetes, and cancer, and can also help you live longer.

Over all it was a great learning experience on learning how to plant and nurture our 4-H Community Garden."

**—Working Soldiers 4-H Club**



# Black History Month 2022

## First County Agent

The late Miles Edward Groover (May 19, 1887- December 25, 1966), a cooperative extension agent, farmer, teacher, and country store owner, lived in Jefferson County. He was the first black extension worker to be appointed in the state. He first became a county agent in 1917, an appointment he held until he retired in 1957. In 1998 Groover became the first and only black inducted into the Florida Agricultural Hall of Fame.

Born on May 19, 1887, on a Jefferson County, Florida plantation. He was the son of Plenty Groover and Ann Linton. He was raised by his paternal grandmother, Elizabeth Groover. A lifetime resident of the Linton Mill community of Jefferson County, now Dills, he was a member of Mount Pleasant African Methodist Episcopal Church from his youth. He married March 7, 1918, to Daisy Black, born May 19, 1889, in Ashville, Florida, the daughter of Isaac Cuthbert and Sarah Black of Jefferson County. Miles and Daisy had one daughter, Doris Groover Herring.

Miles' uncle William Groover taught him to read and write, and he eventually attended Florida Memorial College, where he received his high school certificate. He later studied during several summer school sessions at various American Institutions of higher learning.



He became a teacher in 1902 and remained in the public school system until 1924, except for the few months in 1917 when he served as a wartime farm production agent. He taught school and served as principal of schools in Jefferson County. Groover is listed as the Principal of Elizabeth School in the 1915 Florida Education Directory. Groover's daughter, Doris Groover Herring, also taught at the school. He and his wife, Daisy Black Groover, donated 2 acres of land to Jefferson County to be used as the site to build the Elizabeth School in the Dills Community.

He was the Jefferson County agent for 33 years until his retirement in 1957. He brought many exciting programs to Jefferson County for the farmers and ranchers. He organized community farm clubs and 4-H Clubs throughout the county. He also served as the Vice President of the National Negro County Agriculture Agent Association, the Florida Agriculture Stabilization Advisory, and Conservation Committee, World War II Price Administration Rationing Board, deputy sheriff of Jefferson County, U.S. Marshal, and the advisor for the Selective Service System. He was awarded the Most Outstanding Negro Contributor in Agriculture in Florida Award by the Florida State Fair Association, the Achievement Award for Meritorious Service to Florida Agriculture from Florida A&M University, and the Founder and resident's Award for Outstanding Contributions from the Jefferson County Farmers Union. He organized the Farmers Union in 1929. Mr. Groover loved his work and loved working with the farmers. He also loved working with children.

Mr. Groover was involved in farming all of his life. He and his wife owned a farm in the Dills community consisting of ninety acres of land. Mr. Groover ran his own country store for 40 years. He carried an excellent stock of goods, was very popular in this locality, and had a large trade. He was also a notary public for many years. He died on December 25, 1956. His wife, Daisy Black Groover, died on May 13, 1984. In the days when even the extension agents in Florida were segregated, he did his job and did it well.

He gained high respect among both black and white citizens of Jefferson County.





## Citrus Health Forum

**February 17, 2022 8AM-2PM**

UF/IFAS North Florida Research & Education Center  
155 Research Road, Quincy, FL

This meeting aims to cover the major issues that citrus growers in the cold hardy region are facing.

Topics include: insect management, proper tree care, production practices, a grower panel and an in-field demonstration by Florida Grove Hedgers.

The Cold Hardy Citrus Association will meet following the program.

Florida and Georgia Pesticide CEUs available.

The cost to attend is \$5 and includes educational materials, snacks, lunch and the field demonstration.

### To register:

<https://2022citrushealthforum.eventbrite.com>

Register by February 14th online or by phone to Charlene at 850-342-0187.

**For more information, contact Danielle at 850-342-0187.**



## Citrus Greening

Citrus greening or huanglongbing (HLB) is a bacterial disease caused by the bacteria. The bacterium is spread from tree to tree by a tiny insect known as the Asian citrus psyllid. Psyllids spread the disease by feeding on infected trees and moving on to non-infected trees. Once the tree is infected, there's little hope for survival as there is no cure for citrus greening.

Citrus greening can be difficult to diagnose as it can be easily confused with nutrient deficiency. Symptoms of citrus greening include yellowing of the veins and a blotchy mottle pattern. Nutrient deficiencies tend to have a symmetrical pattern on each side of the leaf vein whereas citrus greening is asymmetrical. Overall, a tree infected with citrus greening will appear unhealthy with discolored leaves, a thin canopy, and reduced fruit production.

We're encouraging everyone to scout for the disease this winter to prevent the spread! If you suspect you have citrus greening, contact the Extension Office to review tree symptoms and discuss options.

# Family & Consumer Sciences News

## Healthy Foods

As human beings, we all have our favorite go-to food or foods. My mother and I love to eat chips. We need to focus on eating various healthy foods, MyPlate can show how everybody can make food choices for a healthy diet. Each food group provides all most every nutrient and energy we need. No one food group is more important than the other. For good health and proper growth, individuals need to eat various types of food every day. By eating healthy, you love your heart. My mother and I should replace the chips for whole grains, fruits and veggies during the day for a healthy snack.



Jefferson County, FCS Agent Gretchen Thornton teaching "Edible Grasses" at the North Florida Fair



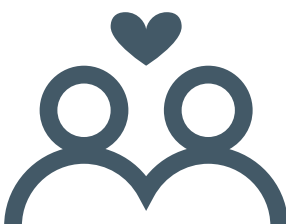
## SMART Couples of Florida Celebration

*Strengthen your relationship through  
the Art of Effective Communication!*

- Fun date night!
- Join us online from the comfort of your own home.
- Workshops from marriage and family professionals from across the nation.
- Learn how to improve your communication skills and keep romance alive

**10 per couple  
(through January 31)  
\$15 per couple  
(starting February 1)**

Each ticket covers the cost of one virtual seat (link) at the conference — only one ticket needed per couple (assuming you watch the event on the same device together) All workshops will be recorded and will be available on-demand for participants to watch for approximately 30 days after the conference.



## Lets Walk Florida

Starting in February 2022

For more information click : [Here!](#)

Let's Walk Florida! is a virtual educational program and challenge designed to help Floridians achieve and maintain health through physical activity. The program meets you where you are - both in terms of physical location and your current fitness level.

Our county-based health educators provide participants with healthy lifestyle strategies and exercises for all fitness levels. Let's Walk Florida! is available to individuals, families, and teams. All ages can benefit from establishing and achieving health and well-being goals. Participants can walk or exercise at their homes or other locations while maintaining the recommended physical distancing.

## Love Your Heart!

### DEVELOPING A HEALTHY LIFESTYLE

You play a significant role in loving your heart by developing a healthy lifestyle that will last a lifetime. *Do you know a heart beats about 2.5 billion times over the average lifespan?* The heart's never-ending workload is like a love between a mother and her daughter. A mother and daughter will have bumps during their lifespans, such as teenage rebellion, fight for independence, and battle to become a woman. The love for your heart can also have bumps during your lifespans, such as poor diet, lack of exercise, smoking, unlucky genes, and much more.

Loving your heart at times may not be straightforward. Healthy lifestyles are a day-to-day process that takes time and hard work. Loving your heart is unique because we all share the same common goal to live a healthy life. In 2022, remember to follow MyPlate.gov and eat healthily. Each day, turn the television off and exercise for at least 30 minutes a day. Make this year tobacco-free; learn the benefits of quitting by contacting Tobacco Free Florida for more information. Spending time with your family is an excellent time to communicate about family health history and genetics. For more information about heart health, contact your local doctor about how you can become more heart-healthy.



# FAMU Extension News

## 2021 Looking Forward How can you get involved with FAMU 4-H this fall?

### NATIONAL 4-H STEM CHALLENGE— GALACTIC QUEST

Kids learn foundational STEM skills while they wrestle with the same questions as today's top aerospace scientists and engineers!

Activities can be done all at once or individually, making it great for classrooms, afterschool programs, clubs, parents, and more.



### FAMU Tech Changemakers We Want YOU!

Tech Changemakers is a program designed to pair teenagers (who are very tech literate) with older persons in the community to teach them valuable tech skills to make them more employable and confident in the ever-growing/changing workplace.

FAMU Tech Changemakers is recruiting motivated teenagers who are interested in helping close the gap of the digital divide.



## 2022 In –Person 4-H National Summits in Washington D.C

PLEASE SEE BELOW FOR THE DIFFERENT SUMMITS BEING OFFERED THIS UPCOMING YEAR AND THE DATES.

- **Healthy Living Summit**
  - February 10th–13th
- **Agri-Science Summit**
  - March 10th–13th
- **Citizenship Washington Focus**
  - June 5th–July 16th (week long programs)
- **Leadership Washington Focus**
  - July 18th–July 22nd
- **STEM Summit**
  - September 15th–18th

## Agri-STEM

Agri-STEM is a program that teaches students about multiple areas of agriculture that uses science, technology, engineering, and mathematics in their everyday practices.

The Areas of Agriculture Include:

- Natural Resources
- Veterinary Technology/ Animal Science
- Biological & Agricultural Systems Engineering
- Food Science
- Entomology

# February

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
	1	2	3 Speech Workshop	4	5 Outdoor program 6
7	8	9 4th grade school club	10 3rd grade school club 4-H Healthy Living Summit	11	12 13
14 Teen Council Meeting	15 5th grade school club Let's Walk Florida Starts	16 4-H Speech Help	17 Citrus Health Forum	18 The Art of Communication Workshop	19 Outdoor program 20
21	22	23 4-H Day at the Capital	24	25 4-H Teen Retreat	26 27
28					

## Upcoming March Events

4-H Demonstration / Speech Workshop - 3rd  
 Saturday Outdoor Program - 5th and 19th  
 4th Grade School Club - 9th  
 2022 In-Person 4-H National Healthy Living Summit  
 -10th - 13th  
 3rd Grade School Club - 10th  
 Teen Council Meeting- 14th  
 5th Grade School Club- 15th  
 Lets Walk Florida Starts - 15th  
 4-H Demonstration/ Speech help - 16th  
 Citrus Health Forum - 17th  
 The Art of Effective Communication - 18th  
 4-H Day at the Capital - 23rd  
 4-H Teen Retreat - 25th - 27th

West Florida Livestock Show - 4th and 5th  
 Dirty Pecan Bike Event - 5th  
 4th Grade School Club - 9th  
 4-H Demonstration/Speech Help - 2nd, 9th, 16th, 23rd,  
 30th  
 3rd Grade School Club - 10th  
 Teen Council Meeting- 14th  
 5th Grade School Club- 15th  
 Outdoor Saturday Program - 19th

# Meet the Staff!



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