I have always felt that the 4-H programs like Legislature and 4-H Day at the Capitol were important ways for youth to have a non-threatening look into the world of politics. Suwannee County 4-H had a group of six youth that were registered for 4-H day at the Capital. We contacted Glenda Williams, the local Supervisor of Elections to see if we could get a glimpse inside their office and what they do. Even though they had just moved into a new building, Ms. Williams graciously offered to take the youth for a tour of her facility and go through the voting process on test ballots. Three adults and four youth attended and learned that there are 16 local precincts and 26,000 registered voters in Suwannee County. The group also learned that the only position in Suwannee County that is not elected is the police chief who is appointed. Ms. Williams allowed them to mark the test ballots and enter them into a machine. Since they “voted”, they all received an “I-voted” sticker! They got to see the checklist for the boxes that are taken to each precinct during an election (to make sure the workers didn’t forget anything on election day!). The group was surprised that a phone and a can of compressed air were among the items. They were also free to ask questions during the tour. One asked what the difference was between Republicans and Democrats. Ms. Williams explained that your party is determined by the candidates who have similar beliefs to yours. Since the participants got to see at a county level what happens to legislation that is to be voted upon, all of the 4-Hers looked forward to meeting the lawmakers and how they created the legislation.

Six Suwannee County youth joined others from across the state in Tallahassee to attend 4-H Day at the Capitol. This 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. Our 4-H members had appointments with a representative, senator, or a legislative aide to talk about how the Florida 4-H Program impacted their lives. During the day, participants heard from public officials, spent time in the Capitol Building, and saw their legislators in action. Finally, a father who attended the Suwannee County Supervisor of Elections tour decided to advantage of the opportunity and registered to vote while he was there. As a result, he will be able to vote in the upcoming election. Today, 4-H’s slogan of “Learn By Doing” engages participants involved in 4-H programming. Youth and adult participation can lead to cultural, social and economic changes.
We have been closely monitoring the COVID-19 situation. While we do not enjoy disrupting our programs, our top priority is for the health and safety of our clients, volunteers, staff and faculty.

Current in-person activities being held by UF/IFAS Extension in Suwannee County such as 4-H Club meetings, Master Gardener volunteer meetings or workdays, Overall Extension Advisory committee meeting, first time homebuyers (SHIP), judging practices, and other classes and workshops, etc. have been postponed, canceled or in some instances, moved to virtual platforms due to direction from the University of Florida based on the recommendations by the Florida Department of Health, the Centers for Disease Control and Prevention, the National Institute of Health concerning COVID-19.

Any events, meetings or programs offered online or via video conference are still being held. Other face-to-face meetings may now take place via video conference where appropriate. As always, our extension faculty are available for consultation at the office, by email, or by calling the office phone number (386-362-2771) Monday through Friday, during normal business hours. The disappointment and inconvenience these cancellations will cause are unfortunate, but the safety and well-being of our clientele, faculty and staff are paramount. Thanks for your understanding.

We will post updates as we get them. Stay well (and wash your hands)!

4-H Summer Schedule Update

Just as we are sure you have, Florida 4-H has continued to monitor the COVID-19 situation. In line with the direction of the University of Florida, the CDC, and others we are very disappointed to share with you that in-person Florida 4-H summer programs have been canceled through July 31, 2020.

This means this summer we will not have in-person offerings of the traditional events we have enjoyed for decades such as 4-H Legislature, 4-H University, and residential camping at Camp Timpoochee, Camp Cherry Lake, and Camp Cloverleaf. This is undoubtedly disappointing. Please know it is to us too. This has been an agonizing decision which was not made lightly but was made in consideration of the health of all in our 4-H family.

Instead of in-person programs, we are currently working on ways for our 4-H members to connect through virtual means. We know this is may not look the same, but we feel a great responsibility to continue to provide our 4-H members and families a place to learn, lead, serve, grow, and belong. Understandably, as this is new territory for all of us, we don’t know exactly what these alternatives will look like yet. However, 4-H has a history of youth-adult partnership and we value our youth as the problem solvers they are. We will be tasking some of our own youth leaders to help us create innovative solutions.

This is unprecedented for us and we realize this is disappointing news. We believe we will hit the ground running with the start of the 4-H year on September 1, 2020. Please know though that the safety of our 4-H members, volunteers, families, staff, and faculty is always our top priority, and thank you for your cooperation in keeping us all healthy.

Please reach out to your local UF/IFAS Extension county office if you have additional questions.
Have you ever wondered where statistics originate? When you read in the newspaper or hear on the news about how many people own their own home, what are the major employers in the USA, what the average income is or what the average age of the population is, do you ever wonder how the reporter got that number?

I remember people coming to the door to ask questions. I knew that this census information was used to create data. What I didn’t know was in addition to providing the numbers that we read or hear about, the census information is used to decide when and where roads, hospitals, fire departments and schools are built. We want to make sure we get our fair share of the tax money that is collected, so it is important to be counted. The population information collected every 10 years is also used in assigning the number of seats each state has in the House of Representatives. This information has been collected since 1790!

You should have already received a notice in the mail (or maybe two!) addressed usually to “the resident of” and is from the US. Census Bureau or US Department of Commerce with Jefferson, Indiana as the return address. This letter directs you how to respond via email. If you don’t respond, then the knock on the door that I remember growing up, will happen. In addition to being able to fill out the Census online, you can also provide information via phone or by returning the paper survey in the mail.

To protect yourself and your family from fraud, know that you will never be asked for:

- Social security number
- Bank or credit card number
- Passwords
- Money/donations
- Anything for a political party.

You can verify that the person contacting you is a Census Bureau employee by entering the name into: https://www.census.gov/cgi-bin/main/email.cgi

You will be asked basic information about the people in your household as of April 1, 2020. There are also other surveys for which you may be asked to provide information. You will be told which questions are voluntary and you don’t have to answer, and which ones are mandatory. All of the information is strictly confidential and is not even shared with other agencies. The data is only used to create statistics. We will all have access to the information collected starting in 2021. If you want more information or have questions about the census, go to https://www.census.gov/. We all have a responsibility to make sure our roads, hospitals, fire departments and schools are funded fairly. That can’t happen if you don’t respond.
It’s not uncommon to think that chronic conditions, such as diabetes and heart disease, exist independently or that one doesn’t affect the other. Unfortunately, that is not entirely true. Let’s review the basics. Heart disease occurs when plaque builds up in your arteries causing them to narrow which reduces blood flow to the heart. Diabetes, on the other hand, occurs when your blood sugar (blood glucose) is too high for one of several reasons including, the body not making enough insulin, the body not making any insulin or, the body not using insulin properly. One issue involves the heart while the other involves blood sugar, so what do these two chronic conditions have in common? Perhaps more than you would think.

**Diabetic Heart Disease**

Diabetic heart disease is a gradual process caused by high blood glucose levels that damage the vessels and nerves that control the heart and blood vessels. Another contributing factor to this problem is the fact that individuals with diabetes typically have other problems that contribute to their risk for developing heart disease. These problems range from high blood pressure, high cholesterol, and obesity, to being physically inactive, smoking, or poor blood sugar control. This means that having diabetes alone increases your risk for heart disease even when your diabetes is under control. In fact, heart disease is the most common cause of death for individuals with diabetes.

**Lower Your Risk of Heart Attack**

There are several ways for diabetics to lower their risk for heart attack. One is by taking care of their diabetes by managing blood glucose levels especially the hemoglobin A1c. Other ways include maintaining healthy blood pressure and cholesterol levels, eating healthy, staying active, maintaining a healthy weight, getting adequate sleep, managing stress and not smoking.

**The Statistics**

- Heart disease is the number one leading cause of death in the United States
- Diabetes is the seventh leading cause of death in the United States
- About 647,000 Americans die from heart disease each year
- About 83,564 Americans die from diabetes each year
- Over 60 percent of diabetics age 65 or over die from heart disease
- Adults with diabetes are two to four times more likely to die from heart disease than adults without diabetes

**References:**


Did you know that some plants produce nectar from other places than flowers? Extrafloral nectaries (EFN), are nectar-producing glands physically apart from the flower. The glands may be located on leaf stems, bracts which are modified leaves or pedicels (flower stalks) or fruit. More than 2000 plant species in more than 64 families have EFN. Size, shape and secretions of EFN vary with plant species. The composition of the gland secretion is about 95% sugar with the other 5% consisting of a wide array of amino acids and other important nutrients. EFN content differs from floral nectar. Nectar may or may not flow in a daily pattern. Two functions for the EFN have been hypothesized: as an excretory organ for the plant to rid itself of metabolic wastes or to attract beneficial insects for plant defense. With the challenges associated with honeybees, we can utilize the work of native bees to pollinate some of our food crops (See Sylvia’s article about bees).

Many of our native plants have EFN and can be left on our property or added to our landscape. Passionflower (*Passiflora* spp.), Partridge pea (*Cassia* spp.) and Elderberry (*Sambucus* spp.), are common native Florida plants with large EFN on the leaves and/or stems that are easy to find. Many species of *Prunus* such as peaches and plums have EFN on the leaves. Some cultivars of peaches such as ‘GoldPrince’ and ‘JunePrince’ do not have EFN.

The occurrence of EFN appears to be controlled by a single gene in most plant species. EFN offer an important supplemental food source for beneficial insects particularly during extreme weather conditions such as drought and other times of the year when prey are scarce. EFN may be valuable if not critical components in the ecology of gardens, orchards and landscapes. For more information, go to:

https://www.google.com/search?q=extrafloral+nectar&ei=TzVdXvQCzI6CB9z3i6gJ&hnwi=0&tbm=isch

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### A partial list of plants with EFN

<table>
<thead>
<tr>
<th>Beautyberry</th>
<th>Willow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trumpet Creeper</td>
<td>Sunflowers</td>
</tr>
<tr>
<td>Ash trees</td>
<td>Vetch</td>
</tr>
<tr>
<td>Greenbriar</td>
<td>Catalpa</td>
</tr>
</tbody>
</table>

Photo credits: Russ Mizell, UF/IFAS
Have you noticed the small blue flowers showing off in the sunshine along the roadsides? That may be Blue-eyed Grass!

Noted for its bright blue flowers, Blue-eyed Grass is a low growing Florida native wildflower that adapts well to our gardens. The narrow leaves typically are not more than 12" tall and form small clumps that are about a foot wide. Even though it looks like a grass, it really is in the Iris Family. Flowers at the top of stems slightly above the foliage are small, star shaped, and bright violet to blue. Although each flower opens for only a day or two, the flattened branched flowering stems produce multiple flowers on each branch. This makes for a profuse display over a period of several weeks in spring.

Blue-eyed grass prefers to grow in full sun and well drained, moderately moist soils. It is most actively growing during the winter months, blooms heavily in spring, and grows as a thin grass-like plant the rest of the year. It will self-seed and will also form small clumps over time. The seeds sprout easily - sometimes in other parts of your garden or lawn. Those little light green sprouts are easily spotted by the fan shaped base and can simply be transplanted to another suitable location. After the bloom period, the plants can be sheared back to avoid self-seeding or to freshen the foliage for the rest of the season. Every year or two, the clumps can be divided in the fall to keep them vigorous and looking their best.

It makes a nice display, especially when planted in a mass or used as a low growing border. Adding a few plants to a container, along with summer blooming native perennial Purple Coneflower (Echinacea purpurea) or Wild petunia (Ruellea caroliniansis), will provide greenery and seasonal flowering nearly year round.

**Common/Scientific name:** Blue-Eyed Grass, Sisyrinchium angustifolium

**Family:** (Iris Family - Iridaceae)

**Description:** Low-growing perennial wildflower, herbaceous, evergreen, common throughout most of Florida.

**Leaves:** Fine, narrow leaves to 12" long arranged in the fan shaped, flattened bases characteristic of Irises, clumping and grasslike.

**Flowers:** Star shaped, 1" across, violet-blue with yellow eyes, open successively on multi-branched, flattened stems slightly above the foliage, in Spring.

**Growing Conditions:** Full sun, well drained moist soils. Adapts to most garden settings, may require extra moisture in summer heat to keep it from looking a little tired.

**Drought Tolerance:** Moderate.

**Propagation:** By seed or division of clumps. Wildlife attractor: Some nectar for small pollinators, bees are attracted to blue flowers. Not particularly palatable to grazing animals.

**Other Features:** Low growing, well behaved, versatile. Good for borders, containers, rock gardens, easily divided or transplanted. Stays green in winter, easily maintained. Very showy in spring bloom season. Can be trimmed after flowering. Some maintenance required for vigor and neatness. Specific epithet, "angustifolium", means narrow-leaved.
Both first time heifers and seasoned cows have two nutritiously critical periods during their reproductive journeys referred to as pre-calving and post-partum. It is important that increased nutritional needs are met during these times because it can be the difference between your cattle getting behind or keeping up with the herd. During the postpartum period (80 to 90 days after calving) is when cows experience their highest nutritional demands. The second most nutritionally critical period is the 50 to 60-day window prior to calving. Significant nutritional deficiencies during these times can cause such issues as impaired fetal development, reduced milk production and colostrum quality, reduced calf performance and health, and poor rebreeding.

The pre-calving phase is a demanding one because it is during this time that fetal growth is maximized and when the cow begins process of lactation and colostrum production. Providing cows adequate nutrition during the last trimester of gestation is critical for the future health of the calf and the future fertility performance of the cow. It is recommended that cows calve at a Body Condition Score (BCS) 5 or greater. While too thin of cows will have less energy for calving, cows too heavy can also have issues calving due to fatty tissue build up in the birth canal. Other low energy impacts during the last 30 days of pregnancy include: a decrease in calf survival, decrease in calf weaning weights, an increase in calf scours, and therefore an increase in calf deaths related to scours.

Beyond the chore of calving, the postpartum period involves lactating, repairing of reproductive tracts, resuming heat cycles, breeding, general activity, and if she is a heifer, continue to grow herself. With all those biological events occurring simultaneously, it is no wonder that this phase requires the highest demand of crude protein (CP) and total digestible nutrients (TDN). It is estimated that a cow during this phase requires twice as much CP and a 20-30% increase in TDN. However, unlike during the pre-calving phase, the cow’s voluntary feed intake is higher. During pre-calving voluntary feed intake is often lower because the large fetus and related reproduction anatomy impede on space normally occupied by the rumen.
It is vital that cows and heifers are provided the necessary nutrition during these times in order to maintain adequate BCS. Besides from lower energy while calving, low BCS can have negative consequences on several other factors, one being rebreeding rates. According to a study by Selk (1988) cows (mature and young) that calved at a BCS of 4 and lower, only 60% were rebred by the next breeding season, a 20-30% decrease compared to cows that calved at a BCS of 5 and 6 respectively. Another study by Houghton et al. (1988) revealed that cows rebred at a lower BCS of 3 and 4 experienced longer postpartum intervals (88.5 and 69.7 days respectively) compared to those with BCS of 5 and 6 (59.4 and 51.7 days respectively). This postpartum interval is known as postpartum anestrus, which is a time of temporary infertility after calving where a cow does not experience normal estrous cycling. It is important to keep the number of postpartum anestrus days as low as possible to help the cow meet a yearly breeding cycle. It is important to maintain adequate BCS during these critical phases of reproduction through strategic utilization of nutritious feedstuffs.

It is important to feed readily digestible, higher quality forages during pre-calving and postpartum periods. While it is typical for calving season to be in spring, when forage growth is more productive and more nutritious, southeastern states such as Florida are unique to the rest of the United States in that they experience mild winters that allow for a longer growing season and therefore, an alternative calving season in the fall. This fall calving season, although more feed cost incurring than in spring, has the advantage of higher calf prices when marketed in the spring. Bahiagrass and bermudagrass are typically used for hay and grazing in Florida and with an average 10% CP value, they often do not meet the TDN or CP requirements of cows for that one to two months after calving. It is important to supplement these types of forage with mineral, grain, or cool-season forage of higher nutritional value. It is also recommended to separate cows with adequate BCS from heifers and those with lower BCS. This will help fine tune nutritional requirements of those animals who require a little extra attention to feed, while also being economical with feedstuffs.
Spring is finally here in Suwannee County, which means planting season is just around the corner. From row crops to commercial horticulture crops, Suwannee County has a diverse list of crops we grow here. I like to say that we can basically grow a salad in Suwannee county because many of the fruits and vegetables you can find in a salad, we grow here. However, taking a step back from what CAN grow, we need to think about what we NEED to grow these crops. First things first, plants need sunlight, water, and nutrients to grow, but a vital piece of the puzzle for growing fruit is pollination. Pollination for crops can be done by insects, such as honeybees!

What are honeybees and how do they pollinate?
There are more than 315 species of bees in Florida, all of which play an important role in the pollination of agricultural crops and landscapes. The western honeybee is an important pollinator but other bees, such as the bumble bee, sweat bee, and carpenter bee, provide pollination to crops. Honeybees are insects that survive on nectar and pollen from plants.

Honeybees have long, straw-like tongues that allow them to drink nectar from flower blossoms. Honeybees are social insects that live in colonies with a single queen, hundreds of drone (male) bees, and thousands of worker (female) bees. When honeybees travel from flower to flower, some pollen from the stamen (male reproductive organ of the flower) sticks to the hair of the bee. When the bee visits the next flower, some pollen rubs off the bee body onto the stigma (female reproductive organ of the flower). Once this happens, fertilization is possible, and fruits can develop. The bee will then transport the nectar stored in their ‘nectar pouches’ back to the hive to produce honey.

Challenges that affect bees:
Florida is known for its great climate and weather, which helps keep bees pollinating year-round. However, this great climate, also makes it a perfect place for increased disease and pest pressure affecting bees and hives. It is important that beekeepers are vigilant with their pest and disease control practices. Additional stress factors on bees are queen quality and nutrition that can decline the population. Research is being performed at UF to identify best management practices to combat these.

What you can do as an agricultural producer?
Bees are a vital piece of the food industry puzzle and without them, our environment and food industry would greatly diminish. Lack of pollination can cause unmarketably small or misshapen fruit. As a producer, throughout the growing season you can help your honeybee population by renting hives from certified beekeepers that follow best management practices and strategically place colonies on your land for best pollination. To increase native bee activity throughout your field, you can plant wildflowers along your field borders, have a variety of plants and shrubs as windbreaks within your spray alleys, spray pesticides at a time bee activity is low or use least harmful insecticide formulations when you spray, and plant a variety of high-pollen cover crops and forages for livestock.

Spring is here and honeybees are ready to pollinate your field crops! If you have further questions about honeybees, contact Sylvia Willis at the UF/IFAS Suwannee County Extension Office, an Equal Opportunity Institution.
What the title of this article is referring to is more accurately called direct potable reuse. In the documentary “Last call at the Oasis”, there is a funny clip with the actor Jack Black that puts the concept of direct potable reuse into the perspective of someone that has had little exposure to where drinking water comes from.

Now that you’ve seen the clip, what do you think? Would you drink that recycled water? What if I told you that you may already have? There are projects all across the country where direct potable reuse is being looked at and implemented because recycled water is a very dependable source of water. In some locations the strategy is to purify wastewater to drinking water standards then inject it back into the aquifer. This technique is called indirect potable reuse.

Indirect potable reuse is interesting because it may be more palatable to some but, it is less efficient than direct potable reuse because the water must be pumped back into the aquifer before it can be pumped back out of the aquifer, treated (again) and then distributed to your home. With direct potable reuse, the used water is treated to drinking water standards then injected directly into the drinking water supply where it mixes with water that was pumped from the ground and treated.

You see, if we can get used to the idea of recycling water in this way, we can “tap” into a source of water that could go a long way toward meeting our water security goals in Florida. I am not sure if you have seen the stats or not but every year the population of Florida grows. Current projections in the Orlando area have revealed a potential future water shortage which has led to the formation of the Central Florida Water Initiative. One topic on many minds is whether or not we as a society would be willing to accept recycled water into our public water supply strategy.

For me, I’m all for it! I must admit I’m a little biased. You may know, I work in irrigation. I work to save water with farmers and I can report that agriculture is working harder and harder each year to save water. We are using technologies to become more efficient and reduce input costs. I am more sympathetic to agricultural water use because I like to eat and wear clothes, call me crazy. Then I drive into almost any city in Florida and I see urban irrigation systems spraying on sidewalks, driveways, roads, or running in the rain. This drives me crazy! I often wonder if folks would reconsider their household water use decisions if they understood that the alternative to their actions is direct potable reuse.

Another point to put our water use into perspective is to compare how much water we use, on average. According to the most recent study by the United States Geological Survey, in 2015, the national average was 82 gallons of water per person per day. This number is coming down from 98 gallons in 2005 and 87 gallons per person per day in 2010. So it looks like we’re doing pretty good but let’s consider a couple more things. First, access to clean drinking water is a basic human right. So is access to sanitation. However, nearly 1 billion people worldwide lack access to clean drinking water and over 2 billion lack access to sanitation. Why do I bring this up? Because the basic human right of access to clean drinking water according to the World Health Organization and the United Nations, is at a minimum 20-25 liters a day but to sustain health and hygiene a more appropriate target should be between 50 and 100 liters per day. So, in gallons, the basic human right translates to a minimum of 5.28 – 6.60 gallons or more reasonably 13.21 – 26.42 gallons per person per day. In other words, our nation average is 55 gallons of water per person per day more than what is considered to be sufficient. We probably have room to conserve, no?

To recap, in the United States we use a lot of water and we are looking at direct potable reuse as an alternative source to drinking water because we are facing shortages of water in areas where populations are larger or growing and not just in desert cities like Las Vegas or much of Southern California. We all need to do our part here in Florida!
The COVID-19 (coronavirus) outbreak is creating numerous challenges for farmers and the food supply chain. Not only does COVID-19 pose a health risk to farmers and farm workers, it may reduce the availability of farm labor, disrupt markets for farm products, and create financial challenges for farmers. Although some direct-market farmers are experiencing an increase in demand, others are negatively impacted as sales to restaurants and schools decline, some farmers’ markets close, and agritourism visits may fall. We briefly summarize possible adaptation strategies for direct-market farms and list some government programs available to help small businesses cope with COVID-19.

**How can small farms adapt?**

Farmers can try to adapt to the current situation by adjusting their product mix and packaging, considering alternative market outlets and distribution systems, taking additional safety precautions, and communicating effectively with customers.

With heightened concern about pathogens and health, consumers look for foods they think are nutritious, as well as safer options for shopping and other activities. Products thought to boost our immune systems are in demand, and consumers may also respond to perceptions about the cleanliness and safety of products.

Although the Center for Disease Control and Prevention (CDC) does not find any evidence of COVID-19 being transmitted through food, the virus can be spread by close person-to-person contact and possibly by touching contaminated surfaces. The place where food is purchased and how it is handled could potentially affect coronavirus risks. UF/IFAS Extension, NC State Extension, and Vegetable Growers News offer advice on how farmers can reduce virus transmission risk and reassure customers at farmers markets. Suggestions include wearing sanitary gloves, packaging items to reduce touching of products, avoiding product sampling, making hand sanitizer and wash stations readily available, and maintaining safe social distances.

The Florida Agritourism Association offers advice for how farms that host visitors can reduce risks and adapt to coronavirus concerns. Their suggestions include limiting the number of visitors, signs about social distancing and hand washing, and “drive through” or “drive in” options. The CDC offers recommended strategies for businesses to reduce virus risks.

In addition, there may be opportunities for farmers to adjust where and how their products are sold. For example, some farms may be able to increase online sales and offer home delivery or product pickup options on-farm or at community hubs, typically as a prepacked box or bag allowing for quick transactions and minimal produce handling. Growers who focus on a limited number of crops may consider partnering with other growers to obtain enough product variety and volume to support such a system. UF/IFAS Extension publications on direct marketing and community supported agriculture (CSA) systems may provide a good starting framework.

**What assistance programs are available?**

The State of Florida conducts a Business Damage Assessment Survey, which you can fill out online. Florida’s Small Business Emergency Bridge Loan Program provides short-term interest-free loans to eligible small businesses that experience economic damages from COVID-19. The application deadline is May 8, 2020. Florida’s Small Business Development Centers can provide assistance with the loan application and other resources. The U.S. Small Business Administration (SBA) recently announced that it is offering low-interest Economic Injury Disaster Loans to small businesses in Florida that suffer economic injury resulting from COVID-19. The application deadline is December 18, 2020, and you can apply online. Some employers and employees who lose work hours during temporary slowdowns may be eligible for the Short-Time Compensation Program. American Farmland Trust has set up a Farmer Relief Fund to help support farmers impacted by the COVID-19 crisis. Your local UF/IFAS Extension office may be able to assist with other questions related to farming or public health.

Blog post by Kevin Athearn and Matthew Smith, UF/IFAS Extension. Thanks to Bill Messina and Christa Court in the University of Florida Food and Resource Economics Department for helpful input on this post.
UF/IFAS Extension provides practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future. When you use UF/IFAS Extension, you can be confident that experts have reviewed and developed educational programs to ensure that you receive the best information for your needs. UF/IFAS Extension employees and volunteers work hard at improving the quality of life for our neighbors and communities. We provide solutions to everyday problems. We offer a variety of educational programs and information:

**Agriculture and Natural Resources:** Local farmers and ranchers are provided technical assistance and education to enhance their profitability and sustainability.

**Horticulture:** Programs are designed to meet the needs of residents by utilizing Florida-Friendly Landscaping principles.

**Master Gardener Volunteer Program:** Master Gardener volunteers receive training in exchange for service to the community. The Master Gardener volunteers staff the Seed Library and hold plant clinics every Wednesday from 1:00-3:00PM, and provide a gardening presentation on the second Wednesday of each month from 2:00-3:00pm, both at the Live Oak Library. Volunteers also staff a Seed Library and plant clinic at the Branford Library on Tuesdays from 2:00-5:00pm.

**Family and Consumer Sciences:** Family and Consumer Sciences programs offer you information about health and nutrition, food safety, food preservation, money management, home concerns, relationships, community development and many other topics.

**4-H and Youth Development:** The UF/IFAS Extension 4-H Youth Development program uses a learn-by-doing approach to help youth gain the knowledge and skills they need to be responsible, productive citizens. This mission is accomplished by creating safe and inclusive learning environments, involving caring adults, and utilizing the expertise and resources of the University of Florida and the nationwide land grant.

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**OUR MISSION OF EDUCATION**

**FREE NEWSLETTER SIGN UP**

UF/IFAS Extension in Suwannee County publishes The Center Pivot each quarter. You can receive an email reminder for a paperless copy that will link you directly to the website. The electronic format reduces our costs.

I would like to receive *The Center Pivot* by e-mail.

My email address is:

Name ____________________________

E-Mail ____________________________

Phone ____________________________

Clip and return this slip to our office at 1302 11th St SW, Live Oak, FL 32064.

OR send an email to amanda.law@ufl.edu or kglasscock@ufl.edu requesting to be added

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**Home Monthly Maintenance Planner**

**April**
- Clean gutters; make sure they are flowing properly
- Inspect roof for damaged shingles
- Check flashing, and re-seal as needed
- Re-nail any loose siding or trim boards
- Check house and garage for any rotting wood, and repair as needed
- Oil garage door tracks

**May**
- Check porch flooring, and repair as needed
- Check and replace any bad caulking around windows, doors, siding joints, or anywhere else needed
- Scrape loose window glazing, and replace as needed
- Wash & clean windows and their frames. Repair screens at this time

**June**
- Check caulk or seal between house and drive, and repair as needed
- Trim trees, bushes, and shrubs.
- Clean flower beds out around the house
- Drain off sediment from hot water tank and steam heating system
- Add copper sulfate to basement floor drain and downspout drains to control tree roots in main sewer.