Each year Suwannee County 4-Hers participate in County Events where they can show off their talents in many different categories. If the 4-Her receives a Blue Ribbon they move on to District Events, to compete against other 4-Hers in our District. This year was District events were canceled because of COVID. Blue Ribbon winners were moved onto the State level. This competition was held virtually for Youth.

Four 4-H members represented Suwannee County at the State Level Competition Events for 2020. The categories that they competed in were Photography and Tailgating in the Food and Nutrition, Food Safety and Food Sciences. In the Photography Contest: Makenzie Greaves, Lacey Hermanson and Ava Alcorn all submitted entries. Ava Alcorn won 1st place for her People photograph in the Junior Division. Gabe Cumbess placed 2nd for his demonstration on Tailgating in the Food and Nutrition, Food Safety and Food Sciences Category. Congratulations!

Visit our website: suwannee.ifas.ufl.edu
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)!

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 program have been postponed.

This means this summer we were not able 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 was undoubtedly disappointing. Please know it was to us too. This was 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 was disappointing news. You are now able to register at www.v24honline.com, for the 2020/2021 membership year. 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.
Upcoming Events and Programs

October:

Spooky Pest!
4 week virtual series on Bedbugs, cockroaches, fleas, rats, mice and more!

Start date: 
October 27, 2020 – November 17, 2020

Register at https://bit.ly/2FMZC70

Virtual Canning

October 29, 2020


November:

Keeping the Pressure Down: 4 week online program to help lower and manage your blood pressure.

Start date: 
November 3, 2020

Class time: 
12:00pm-1:30pm

Class Schedule: 
11/3, 11/10, 11/17, 11/24

Let's Get Growing! will be held at the Suwannee County Extension Office. This six week program will teach youth about the different components of gardening. Some of the areas that will be covered are listed below. We will be limited to eight youth per time slot. If you have multiple children in your family that are joining the class, please register each child separately. MASK REQUIRED

Starting October 6, 2020–November 10, 2020

12:30pm-1:30pm 5 to 10 year-olds
2:00pm-3:00pm 11 to 18 year-olds
3:30pm-4:30pm After school (mixed ages)

Class Topics:
Parts of a Plant       Pollination
Environment            Food Gardens
Planting                  Mini Gardens

Hosted by Suwannee County Extension

YOUTH DISC GOLF

Everyone Is Welcome!
Heritage Park
Disc Golf Course
Thursdays
3:30pm-5:30pm
Call 386-362-2771

UF IFAS Extension
UNIVERSITY OF FLORIDA
Plants with Extrafloral Nectaries Can Help Increase Pollinators and Beneficial Insects

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://edis.ifas.ufl.edu/in175

Photo credit: Russ Mizell, UF/IFAS

<table>
<thead>
<tr>
<th>A partial list of plants with EFN:</th>
</tr>
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<tbody>
<tr>
<td>Beautyberry</td>
</tr>
<tr>
<td>Trumpet Creeper</td>
</tr>
<tr>
<td>Ash trees</td>
</tr>
<tr>
<td>Greenbriar</td>
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</tbody>
</table>
Concerned about pollen, dust mites, standing dust, carpet fibers, cigarette smoke or mold in your home? You should be. According to the EPA the concentration of air pollutants inside your home can be 2-5 times higher than what is found outdoors. Here in the south, air conditioning (A/C) filters help protect your expensive but well-loved ac. Because it protects the coils, it also helps reduce energy bills. Even window air conditioners will need to have their filters cleaned or replaced.

Not all filters work the same. Fiberglass for example, only capture large particles. They are sturdy but aren’t as good at taking care of the smaller particles. Pleated air filters are usually made of higher quality materials. One way you can have some confidence about their efficiency is to look at MERV rated filters. Minimum Efficiency Reporting Value (MERV) is the standard as defined by the American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE). The higher the MERV value, the more and smaller particles they remove from the air. The highest MERV on the market today is 16. Professionals typically recommend a MERV 13 if you can afford it, as it removes more than 85% of the small particles.

"Note: For the COVID pandemic ASHRAE has started recommending at least MERV 14. MERV is the industry standard."

If you look at some other filters, they may list micro-particle performance rating (MPR) which measures the effectiveness of capturing the smallest particles on the MERV scale. There are also filter performance ratings (FPR). With any of the scales, look for the higher numbers. Typically, if a filter catches the small particles, it will be able to catch bigger ones as well.

How often should the filter be replaced?

First, know that there is no standard filter size. You can find more common ones in the home supply stores, so be sure to bring your measurements when you shop. Usually the filters list the size on the frame. If you have a filter that has a plastic frame, then you have a reusable/cleanable model (or even a High Efficiency Particulate Air (HEPA) filter).

Secondly, you may have more than one filter location. Check for return air registers and in the air handler cabinet. Do not run you’re A/C without a filter in place. Changing out a filter is easy. When you are inserting the filter, there is an arrow printed on it to show the direction of the airflow. If you don’t install it properly, it will use more energy because it will work harder to pull air through the opposing side. Proper filtering will result in better comfort for the occupants of the home.

A dirty filter can restrict airflow and cause your air conditioner to work harder to heat or cool your home. On the packaging, the instructions usually say every replace your filter every 30 days. If you have a large home, live in a busy city, have a pet, or have allergies, you may want to consider changing monthly. In months where you are not running your heating and/or cooling or if you are using a higher efficiency filter, you can get by with not changing it as frequently.

Make sure you are changing AT LEAST every three months. If you can’t remember when to change the filter, consider a “smart” air filter. There is a sensor on the filter that you can read with an app on your phone to let you know if it is time. There are also products that allow you to scan the barcode to send you a reminder. While you are changing the filter, go ahead and clean the dust buildup on the grill.

For questions or for more information call Katherine Allen at UF/IFAS Extension Suwannee County at 386-362-2771. An Equal Opportunity Insti-
Dietary Approaches to Stop Hypertension (DASH) Diet

High blood pressure also known as hypertension is a disease that develops when blood flows through your arteries at higher-than-normal pressures. What you choose to eat affects your chances for developing high blood pressure. To manage this condition, your doctor may suggest that you adopt a heart-healthy lifestyle that includes the DASH diet. The DASH eating plan follows heart healthy guidelines that can help lower your blood pressure.

The DASH diet recommends the following:
- Eating vegetable, fruits and whole grains
- Including fat-free or low fat dairy products, fish, poultry, beans, nuts, and vegetables oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils as coconut, palm kernel, palm oils and trans fat
- Limiting sugar-sweetened beverages and sweets
- Choosing foods lower in sodium
- Choosing foods rich in potassium, calcium, magnesium, protein and fiber

Sample DASH Diet Eating Plan based on a 2,000-calorie diet

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>DAILY SERVINGS</th>
</tr>
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<tbody>
<tr>
<td>Grains</td>
<td>6-8</td>
</tr>
<tr>
<td>Meats, poultry, fish</td>
<td>6 or less</td>
</tr>
<tr>
<td>Vegetables</td>
<td>4-5</td>
</tr>
<tr>
<td>Fruit</td>
<td>4-5</td>
</tr>
<tr>
<td>Low-fat and fat-free dairy</td>
<td>2-3</td>
</tr>
<tr>
<td>Fats and oils</td>
<td>2-3</td>
</tr>
<tr>
<td>Sodium</td>
<td>2,300mg</td>
</tr>
</tbody>
</table>

- 1,500 milligrams (mg) sodium lowers blood pressure even further.

<table>
<thead>
<tr>
<th>WEEKLY SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuts, seeds, dry beans and peas</td>
</tr>
<tr>
<td>Sweets</td>
</tr>
</tbody>
</table>

Combing the DASH eating plan with other healthy lifestyle changes can not only help control your blood pressure but also your LDL cholesterol! Other habits for a healthier lifestyle include:

- Achieving and maintaining a healthy weight
- Being physically active
- Managing stress
- Getting enough sleep
- Limiting alcohol intake
- Avoiding smoking
Interested in getting goats, but not sure what breed is right for you? This guide is the second of a two-part series that will introduce some of the breeds commonly utilized for meat and dairy production in the southeast.

Alpine

Although originally from the Alps, American alpine goats have genetic influences from other breeds. The alpine breed is medium to large. At maturity bucks weigh up to 160 lbs. and does 135 lbs. They have a wide range of coat pattern and color. They are known for their rich dairy production, with milk that is higher in sugar and lower in fat than most other dairy breeds. Their milk is a popular choice for making ice-cream, cheese, and soap. They are docile, highly curious, and friendly.

La Mancha

This breed was developed in the United States from crossing Spanish and Swiss breeds. They are medium sized and can have a variety of coat color combinations. Bucks can weigh over 160 lbs. and does around 130 lbs. Most notably about this breed is its lack of external ears. There are two types of La Mancha ears: the gopher which is one inch long and the elf that is up to two inches. Their lack of ears can leave them prone to ear infections. They have high milk production and high percentage of butterfat content. They are known for being docile, sociable, and quieter than most other breeds.

Saanen

Originally from Saanenland in West Switzerland. They are white or cream in color, with the possibility of some small spots. Their fair skin and fine hair make them prone to sunburn and therefore it can be difficult for them to endure hot climates. With their medium to large frame they can weigh up to 154 lbs. and stand 35 in tall. They tend to have a higher resistance to diseases and infections than other breeds. They have a calm, well-behaved demeanor.

Continued on page 8
Nubian

One of the oldest goat breeds thought to have originated from the Nubia region of North Sudan. The breed we know today is the Anglo-Nubian goat which were brought to America in the late 1890’s. They are the heaviest and tallest of the breeds, with bucks weighing up 308 lbs. and does 242 lbs. They have long, drooping ears and convex noses. They can be any variation of color or pattern. While they have lower milk yields than other breeds, their milk has the highest butterfat content. The butterfat contributes to the flavor of the milk making it a great choice for cheese production. They tend to be quiet and intelligent, making the milking process easier. They are also considered a dual-purpose breed that can be used for meat or dairy.

Toggenburg

This breed originated from the regions of St. Gallen in eastern Switzerland. They are medium in size with does weighing about 120 lbs. and bucks reaching up to 200 lbs. They can be various shades of brown with white markings. While they’re sturdy and vigorous, they tend to do better in cooler climates. Their milk is flavorful making it popular for butter and ice cream. They are friendly but tend to be high strung and stubborn.

Oberhasli

Originally from Bern, Switzerland. This is a newer breed to Florida with low reported numbers. They are medium sized with Does standing 28 in and weighing 120 lbs. Bucks stand about 30 in tall weighing 150 lbs. Their coloring can vary from light bay to deep red bay with distinctive lack markings on their face, legs, and backs. They are vigorous, strong, and do not startle easy. They have a friendly, calm demeanor. They produce a sweet tasting milk.
When is the Rain not “good” for my Crop?

Sylvia Willis
Row Crops/Commercial Horticulture Agent

 Seems like we just entered rainy season here in Suwannee County from all the rain we have gotten in the past few days! We needed rain after weeks without, but I am not sure we wanted that much. Lots of rain is not something farmers want to see at the start or end of a growing season. Farmers may have just applied fertilizer to their fall vegetable or row crops and with all this rain, lost some of those vital nutrients that help crops grow.

The first question you may be asking is, what should I do? We recommend to soil sample your field before applying any fertilizer to pinpoint what nutrients you may be missing. You can do this by dividing your farm into sections and taking soil samples from each section. You want to collect samples that are representative of the entire field to give you a better idea of what that area needs. Avoid sections that do not represent the entire area, like feeding areas, wet spots, or other problematic areas.

We recommend using a soil probe or auger to collect your soil samples by drilling the probe into the ground to the necessary depth (depends on the crop and plant stage). Once at the certain depth, pull out the probe and dump the contents into a clean bucket. If you are taking general samples of the area, you can collect multiple samples (at least 15), dump them into the same plastic bucket, mix the contents of the bucket, and place the sample into a bag to the fill line. You can pick up some free sampling bags at our office in Live Oak, FL.

If a probe or auger are not available, you can use a shovel. Use the shovel by digging a 6-inch deep V-shaped hole in the soil, slice a 1-in slab off one of the sides of the hole, and pull that slab out of the hole. From that slab, you will shave a 1-inch wide strip of the soil from the center of the slab and send that to the lab.

Once you place the soil in the bag, make sure to label the bag. An example of labeling could be: Pivot 1, Pasture 1, Peanut Field 1, etc. It is important to keep a record of which sample goes to which field or area. This will not only help identify the location of where the sample was taken but help identify the field that corresponds to the soil results from the lab.

Next you will fill out the appropriate forms, available at the UF/IFAS Suwannee County Extension office or online at the Extension Soil Testing Laboratory website (https://soilslab.ifas.ufl.edu/ESTL%20Home.asp). On the form, you can indicate which analysis you need on your soil. You will include the form and method of payment in the box when mailing the samples.

Once you get your results back, it will include the analysis of the soil and recommendations on fertilizer applications. By following the recommendations, you are providing the necessary nutrients to the plants to help them grow. This will save you from playing the guessing game and not knowing how much to apply, especially after a heavy rainfall event. If you need help determining at what depth to soil sample, how to interpret your results, or understanding the recommendations provided by UF, call me at the UF/IFAS Suwannee County Extension office, an Equal Opportunity Institution, at (386) 362-2771.
The Suwannee Valley region of North Florida is one of the most important ag production areas in the state. For instance, Florida ranks first nationally in the value of production of watermelons, accounting for 18 percent of the total U.S. production and 23 percent of the U.S. crop’s total value. Soils in the Suwannee Valley area are well drained and perfect for watermelon and several other vegetable crops as long as water and nutrients are efficiently managed. Watermelon and other growers in the region have been leaders in the farming community for adopting best management practices for the past 25 years. The research and Extension programs of University of Florida/Institute of Food and Agricultural Sciences (UF/IFAS) have developed production systems and efficient practices helping farmers implement them resulting in the conservation of water and fertilizer. The recent development and adoption of statewide Best Management Practices in Florida and increased production costs have emphasized the need for improved irrigation and fertilizer management practices and a better understanding of water movement in the sandy soils common to the region. UF/IFAS County Extension agents and specialists have been working with Suwannee Valley’s watermelon and other vegetable growers for several years to help them adopt plastic mulch and drip irrigation, where appropriate, and to refine their management of this technology since it was introduced to the region in the late 1980s. The watermelon industry in the Suwannee Valley has shifted nearly 100% from less efficient overhead irrigation techniques on open soils to the current system using drip irrigation placed under a plastic covered bed of soil. The combination of these practices has reduced water use by more than 50% and has also reduced nitrogen fertilizer use by at least 25% in comparison to the practices used 25 years ago. In addition, watermelon farmers use at least 50% less fuel for low pressure drip irrigation pumping in comparison to the previously used overhead systems.

As the Suwannee Valley region transitions to a Florida Department of Environmental Protection adopted Basin Management Action Plan area, it will come with the targeted reduction of nitrate-nitrogen load to groundwater at 4 million lbs. in this region. Current UF/IFAS research is addressing the need to identify new ways to adopt BMPs that will further reduce nitrogen loading. Several new research projects have been initiated to evaluate controlled release nitrogen sources as an alternative to conventional, more soluble, sources of nitrogen fertilizers. Recent research at North Florida Research and Education Center- Suwannee Valley with polymer-coated controlled release fertilizers (CRF), especially nitrogen, has shown great promise in watermelon, carrot, and corn production. Using controlled release forms of nitrogen fertilizer may offer the possibility of adopting new fertilizer coating technology (potentially an advanced BMP) to help reduce nitrogen losses due to leaching of soluble nutrient sources.

Initial research trial results with controlled release nitrogen fertilizer has shown equal yield and quality of the crops tested when compared to traditional soluble sources of nitrogen. Research continues to be conducted to evaluate the optimum rates and timing of application. There seems to be advantages in reducing the risk of leaching nitrogen, however, the cost of the controlled release forms is much higher. Therefore, continued research is needed to determine how other farm input costs may be reduced, in addition to the environmental benefits. For instance, other possible reduced costs may be found as a result of less machinery and equipment trips across the field for application of fertilizer when using controlled release forms. New agricultural technologies, such as controlled release fertilizers, offer new potential solutions for farmers in Florida.
TSC Fall Paper Clover

Fall Paper Clover Update | Oct 7-18

Due to ongoing COVID concerns, TSC has requested NO physical presence from 4-H at the store, including outdoor spaces like parking lots. This just means we are going to have to use our 4-H creativity a little more. Be thinking about how you can work with your local store to represent your 4-H program without being there in person and connect with your store manager/team early – display boards? Video screens? Takeaway details about local impacts? National 4-H Council and TSC are ramping up their standard clover store signage such as new pin pad signs to help communicate the opportunity! The TSC clovers are not only a great opportunity for fundraising, but generally for public relations and community awareness.

Join Florida 4-H October 4th - 10th, to celebrate National 4-H Week 2020!

Schedule for National 4-H Week:
• Tuesday at 6:30 pm – Hall of Fame (FB Live Event)
• Wednesday Spirit Day - Wear your 4-H Green
• Thursday at 6:30 pm – 4-H Trivia Night via FB
• Friday – Camp Night with our camping team via zoom
• Saturday at 6:30 pm- #Opportunity4All forum (FB Live Event)

For more information please call Suwannee County Extension at 386-362-2771
Suwannee County Extension would like to highlight Kim Griffin, Family and Consumer Sciences Agent on awards that she won at the state, regional and national levels. Kim’s dedication to excellences and hard work are a result of her receiving these awards.

National:

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<thead>
<tr>
<th>Year</th>
<th>Organization</th>
<th>Award</th>
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<tbody>
<tr>
<td>2020</td>
<td>National Extension Association of Family &amp; Consumer Sciences</td>
<td>Family Health &amp; Wellness; 2nd place</td>
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<tr>
<td></td>
<td></td>
<td>Communication Award Photography; 3rd place</td>
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Regional: Rural Health Program

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<thead>
<tr>
<th>Year</th>
<th>Organization</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>National Extension Association of Family &amp; Consumer Sciences</td>
<td>Southern Regional Winner, Family Health &amp; Wellness; 1st place</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Southern Regional Winner, Program Excellence Through Research Award; 2nd place</td>
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State: 2020 Extension Professional Association of Florida– Past President’s New Professional Award.

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<thead>
<tr>
<th>Year</th>
<th>Organization</th>
<th>Award</th>
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<tbody>
<tr>
<td>2020</td>
<td>Florida Extension Association of Family &amp; Consumer Sciences</td>
<td>Innovation in Programming</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Program Excellence Through Research</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Family Health and Wellness</td>
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</tbody>
</table>
Considering a home generator?

**Wrap water heater with insulating blanket.**

**Check depth of attic insulation & make sure insulation isn’t blocking soffit vents.**

**Seal holes in foundation, especially spots around pipes & wires where rodents might enter.**

**Be sure well cover is tightly seated to prevent pipes from freezing.**

**Drain & winterize irrigation system.**

**Seal holes in foundation, especially spots around pipes & wires where rodents might enter.**

**Create a fire escape plan for the family & practice it. Be sure fire extinguishers are properly filled. Make sure household chemicals are out of reach of children. Post poison hotline (1-800-222-1222).**

**Make sure everyone knows the location of main water shutoff.**

**Check holiday drop cords for wear & tear.**

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**OUR MISSION OF EDUCATION**

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 university system.

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**FREE NEWSLETTER SIGN UP**

UF/IFAS Extension in Suwannee County publishes The Center Pivot for free 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.e. Your tax dollars.)

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.

---

**October**

- Add new sweeps to the bottoms of exterior doors.
- Reverse ceiling fans to blow up.
- Clean gutters. Use hose for downspouts.
- Wrap water heater with insulating blanket.
- Check depth of attic insulation & make sure loose insulation isn’t blocking soffit vents.

**November**

- Check roof for curled or missing shingles.
- Be sure well cover is tightly seated to prevent pipes from freezing.
- Drain & winterize irrigation system.
- Seal holes in foundation, especially spots around pipes & wires where rodents might enter.
- Considering a home generator?

**December**

- Create a fire escape plan for the family & practice it. Be sure fire extinguishers are properly filled. Make sure household chemicals are out of reach of children. Post poison hotline (1-800-222-1222).
- Make sure everyone knows the location of main water shutoff.
- Check holiday drop cords for wear & tear.