



VOL. 14 ISSUE 3 · JULY-AUG-SEPT 2021

# CENTER PIVOT NEWSLETTER

UF/IFAS EXTENSION SUWANNEE COUNTY  
386-362-2771, suwannee@ifas.ufl.edu  
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## National Association of Extension 4-H Youth Development Professionals - National Award

On behalf of the National Association of Extension 4-H Youth Development Professionals, help us congratulate Suwannee County Extension agent, Kim Griffin and Hamilton County Extension Agent, Beth Kerr for being selected as the National Winner for the Search for Excellence in Teen Programming Award. These agents will be recognized at Pick 4-H: It's Music to Inspire Conference in Memphis Tennessee in November.

Kim and Beth gained national attention by their display of professionalism and expertise by the National Association of Extension 4-H Youth Development Professionals. Kim and Beth taught Financial Education program for at-risk youth from limited resource communities. These youth gained understanding on the impact that money can have on their future.



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# JULY 2021

UF/IFAS EXTENSION SUWANNEE COUNTY  
Call: 386-362-2771 or email: [suwannee@ifas.ufl.edu](mailto:suwannee@ifas.ufl.edu)  
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Every Wednesday: Master Gardener  
Greenhouse Workday Extension office,  
8:30am-11:30am

Master Gardener Seed Library: Live Oak,  
stop by and pickup seeds.

Master Gardener Seed Library: Dowling  
Park, stop by and pick up seeds.

1: Executive Board Applications Due

1: State 4-H Officer Applications Due

**5: Independence Day Observed,  
Extension office closed**

10: 4-H U Road Show in-person Workshops  
@UF

10: Mandatory Tagging/Ownership Date for  
Hamilton County Swine Show

12-15 Wild Water Day Camp, 9:00am-4:00pm  
register at:  
<https://wildwatersdaycamp2021.eventbrite.com>

14: Master Gardener Volunteer Training  
orientation 10:00am-12:00pm at Extension  
office.

16 & 23: Virtual Homebuyers Class 9:00am-  
1:00pm. Class focuses on the Homebuying  
process.  
<https://july2021homebuyer.eventbrite.com>

20-23: Doggy Day Camp, 9:00am-4:00pm  
register at :  
<https://doggydaycamp2021.eventbrite.com>

20: Community Conversation: Energy Choices:  
What should we do about America's Energy Future?  
10:00am-12:00pm. Free but space is limited, must  
have computer or tablet to participate. Please call  
386-362-2771 to register.

21: Helping Homeowners with insects (Mites &  
Bedbugs), Virtual class is available to Master  
Gardener Volunteers. Please call 386-362-2771 to  
register.

22: Livestock and Forage Field Day @ Santa Fe  
River Ranch, in Alachua, FL. Cost \$20.00 per adult  
19 and up, \$5.00 18 and under.  
Register:  
<https://livestockandforage2021.eventbrite.com>

23: Gardening Workshop at Suwannee County  
Extension, register using this link:  
<https://gardeningworkshopcornucopia2021.eventbrite.com>

27: County Council Officer Training Day 2 at  
Extension office 8:30am-2:00pm

28: Master Gardener Volunteer Training on  
Wednesdays, 8:30am-4:30pm. Register using this  
link, <https://mgvt2021.eventbrite.com>

30: 4-HU In person Day @UF



# AUGUST 2021

UF/IFAS EXTENSION SUWANNEE COUNTY

Call: 386-362-2771 or email: [suwannee@ifas.ufl.edu](mailto:suwannee@ifas.ufl.edu)



Every Wednesday: Master Gardener Greenhouse Workday, Extension office, 8:30am-11:30am

Master Gardener Seed Library: Live Oak, stop by and pickup seeds.

Master Gardener Seed Library: Dowling Park, stop by and pick up seeds.

4, 11, 18, 25: Master Gardener Volunteer Training

6: 4-H Banquet, Suwannee County Coliseum, 6:00pm

10: Family and Consumer Sciences Advisory Committee meeting, 12:00pm-2:00pm

10: 4-H County Council Meeting, Extension Office, 6:30pm

12: Master Gardener Workday and Alumni meeting at Heritage Park 8:30am-12:30pm

16: ServSafe Food Manager Class, 8:30am-5:00pm at Extension office, Please register by calling 1-888-232-8723 or <http://bit.ly/2z0YJiO>

17: Community Conversation- Youth and Education: What should we do for future generations? 10:00am-12:00pm, join the virtual conversation. Must have access to computer or tablet. Call 386-362-2771 to register.

19: Homebuyers Education Class (Spanish) 8:30am-5:00pm, virtual register at: <https://augustship2021.eventbrite.com>

28: Well and Septic System Maintenance Workshop, register at: <https://aug2021wellandseptic.eventbrite.com>

# SEPTEMBER 2021

UF/IFAS EXTENSION SUWANNEE COUNTY  
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Every Wednesday: Master Gardener Greenhouse Workday, Extension office, 8:30am-11:30am

Master Gardener Seed Library: Live Oak, stop by and pickup seeds.

Master Gardener Seed Library: Dowling Park, stop by and pick up seeds.

1, 8, 15, 22, & 29: Master Gardener Volunteer Training

**6: Labor Day, Extension Office Closed**

7: Mandatory Exhibitor/Guardian Meeting for Hamilton County Swine Show

9: Master Gardener Workday and Alumni meeting at Heritage Park 8:30am-12:30pm

27: Hamilton Swine Show Record books Due





Most songbirds feed insects to their young. The proteins and other chemicals in the insects are critical for the proper development of baby birds. Ideally you want to attract the birds into your yard by providing a desirable habitat.

"During the late spring and summer months, insects make up the great majority of many avian species' diets," says National Wildlife Federation Chief Naturalist, Craig Tufts. According to Tina Phillips, project leader of Cornell Lab of Ornithology's Bird House Network, "The most important thing to do to attract birds to your yard is to provide an enticing habitat, not just a nest box. Birds choose a nest site based on its surrounding habitat."

Along with native vegetation, offer birds a water source and a few different nesting sites: brush piles, ledges, nest boxes, shrubs, and various types of trees. "As long as they don't create a safety hazard for people, dead trees (snags) provide nesting areas and are a great food source for insectivores," says Tufts.

Now keep in mind, birds will not completely rid your garden of insects, and even if they could, you wouldn't want them to. Some insects are imperative for a healthy garden, especially for pollination,

Which bug-eating birds are the best ones to attract to your yard? There's no simple answer. Depending on where you live, the following bird species can be valuable allies in your efforts to reduce insect populations.

**Purple Martin:** Aerial feeders that forage over land and water, purple martins eat a variety of winged insects. They typically nest with as many as 30 pairs in hotel-like boxes or hanging, hollow gourds. The migrants often use the same nesting site each year. Attract these birds with ponds and wetland areas.

**Red-Eyed Vireo:** These migrants forage in trees, feeding mainly on crawling insects--especially caterpillars--but also on other invertebrates and berries. They prefer nesting in deciduous shade trees. Plant Virginia creeper, spicebush, elderberry, blackberry and dogwood to supplement insect diet.

**Chipping Sparrow:** Well-adapted to various landscapes, chipping sparrows are common. They eat insects and seeds from the ground, shrubs, and trees. They tend to nest in evergreens, making nests out of grasses, weeds, roots and hair. Attract them with pines, red cedar, wax myrtle, and yew.

**Eastern Bluebird:** With their numbers increasing due to nest-box projects along "bluebird trails," eastern bluebirds occupy semi-open areas east of the Rockies. They eat a variety of insects, other invertebrates, and berries. Eastern bluebirds' nest in tree cavities, old woodpecker holes and nest boxes. Plant elderberry, hackberry, dogwood, holly, and red cedar to supplement their diet.

**House Wren:** Regular backyard visitors, house wrens have diets that consist almost exclusively of insects and spiders. Not very fussy about sites, these birds may nest in nest boxes, mailboxes, building crevices--even in pockets of hanging laundry. House wrens' range throughout most of the lower 48 states during parts of the year. Include low-lying shrubs (such as American beautyberry) or brush piles in your yard--sources for cover, nesting materials and food. Carolina Wrens also consume large numbers of insects.

One thing to keep in mind if you are trying to attract songbirds is that feral and domestic cats are the number one killer of songbirds. University of Wisconsin ornithologist, Dr. Santley Temple estimates that 20-150 million songbirds are killed each year by cats in Wisconsin alone. Cats are a serious threat to fledglings, birds roosting at night and birds on a nest. Research shows that de-clawing cats and bell collars do not prevent them from killing birds. For more information go [http://library.fws.gov/bird\\_publications/songbrd.html#Cat](http://library.fws.gov/bird_publications/songbrd.html#Cat)

This fall, add native plants to increase biodiversity and you will be in for a real "Tweet".

# NATIVE PLANT SPOTLIGHT:

## Native Hibiscus

### *Hibiscus moscheutos*

UF/IFAS EXTENSION SUWANNEE COUNTY

by Amanda Law, Staff Assistant Suwannee County Extension

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Summer brings many Florida native wildflowers bursting with color for all to enjoy. Their beautiful flowers appear in all colors, sizes. Their fragrances lure in a variety of birds, bees, flies, beetles and other pollinators. If you look closely while outdoors you will surely see an interesting plant blooming and providing a pollen nectar source for wildlife.

There are about 35 species of native hibiscus, also called rosemallows in the United States. They range in color from white to pink to yellow to red. Common names for these flowers are interchangeable, checkout some of their names by visiting, (</plants/plant-names.html>). One hibiscus native to Florida, *Hibiscus moscheutos*, is also known as crimson-eyed rose mallow, Eastern rose mallow, swamp mallow, or swamp rose mallow. This herbaceous perennial can reach a height of 5 to 7 feet. The leaves are alternate with a toothed margin. Large, gorgeous white flowers with a burgundy appear in mid- to summer and continue into early fall. This flower may grow up to 12" across, the size of a plate. This hibiscus may go dormant during the winter, it is a great addition to be planted by ponds or streams. The swamp hibiscus requires full sun or partial shade.

As with any plant, "Right Plant, Right Place" applies, plant in a low area of the garden or along ponds or downspouts to our Florida native species too. native Hibiscus plants prefer full sun to partial shade consistently moist. If given those conditions, it will thrive with very little additional care in your landscape and reward you with a beautiful display every summer.

**Common/Scientific name:** Native Hibiscus, *Hibiscus moscheutos*

**Description:** Herbaceous perennial can reach a height of 5 to 7 feet and 4-6" wide.

**Leaves:** Alternate with tooth margin, lower leaves may have three lobes.

**Flowers:** Large white flowers with a burgundy center, measuring 8"-12" inches in width.

**Growing conditions:** Rich, moist, well drained, acid soil in full sun to light shade.

**Drought tolerance:** It is slightly tolerant to dry soils.

**Propagation:** By seeds or division.

**Wildlife attractor:** Hummingbirds are attracted by hibiscus; many types of butterflies are as well, including Cloudless Sulphurs, blues, and Gulf Fritillaries.

**Landscape uses:** Container, Pond, Rain garden, butterfly garden, pollinator garden and native plant garden.

source: Hibiscus - N.C. State- [plants.ces.ncu.edu](http://plants.ces.ncu.edu)



# WELCOME BACK TO 4-H

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Let's face it, 2020 was a rough year for 4-H. Health Concerns and Meeting Restrictions made the 4-H experience we all know and love difficult to accomplish. But have no fear, Suwannee County 4-H is preparing to open our 2021-2022 4-H year full speed ahead and we hope you will join us for all the fun we have planned!

Probably the biggest change you will notice is our new 4-H Agent, Ms. Katie Jones. Ms. Katie comes to us from Levy and Gilchrist counties where she was a teacher, advisor and coach for a wide variety of school activities and a 4-H volunteer leader in the community. She's eager to get to know our Suwannee County 4-H members and can't wait to visit our local club meetings. This year, she will be focusing on leadership development with the County Council and invites any interested members to join in!

Speaking of County Council, please plan to have your club's delegates attend our monthly meetings! We want our council to represent all the different clubs and programs in our county and that can only happen if they are all represented! The council meets the second Monday night of each month at 6:30pm at Suwannee County Extension office.

One of the Special Interest Clubs that we are excited to introduce this fall is a Dog Club that will focus on the 4-H dog project. If you are a dog enthusiast, or a dog professional, we would love to connect as we begin designing this education experience. Youth can expect to learn about selecting, caring for and training their canine friends! Look for more information to be released in the fall!

Thanks to a generous donation from Mrs. Laine Tuten and the Nestle water plant, our 4-H program is adding an apiary and has plans for a bee-keeping SPIN club starting in the Fall. We are incredibly thankful for this generous support and look forward to sharing 4-H honey at our office!

4-H offers Youth a wide range of opportunities to explore their own interests, while gaining valuable life skills for the future. We are always looking for new members and volunteers to expand the reach of 4-H in Suwannee County. For more information, about these or other 4-H programs, contact Katie Jones at kmjones@ufl.edu.

# PREVENT HURRICANE SCAMS

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Every disaster brings out deceitful individuals who seek to take advantage of the crisis and target those in distress. Here are some of the most common scams during a hurricane event:

**BUILDING REPAIR AND CONTRACTING SCAMS-** Get at least three written, itemized estimates or bids on repairs. Be suspicious of someone who says they can perform your repairs with leftover supplies from a previous job. Verify the contractor's license <http://myfloridalicense.com> and proof of insurance. Don't pay the full amount up front. Florida law requires a contractor to apply for a permit within 30 days and start work within 90 days if he collects more than 10 percent of the contract price up front. Read the document thoroughly before signing. You have 3 days to cancel without penalty. Don't sign the Certificate of Completion or pay the final payment until you are satisfied with the work completed .

**ASSIGNMENT OF BENEFITS ISSUES-** Although policyholders can sign over their rights to benefits to a third party for convenience, be aware that there are some untrustworthy people who may try to pressure or bully you into signing in order to make the repairs. Again, read the entire contract. Fine print may hide language that would prevent you from talking with your insurance company. Never sign a contract that has blank spaces. AOBs can be rescinded within 14 days.

**TREE SERVICE SCAMS-** When hiring a tree removal service, get three written estimates. Ask whether debris removal is included in the estimate. Just like with the contractor, verify the insurance is current and never pay the full amount up front. Only deliver the final payment once you are happy with the work done.

**CHARITY SCAMS-** Helping others is noble, but be wary of high pressure groups or if they don't want to provide additional information about their organization. Consider an established disaster relief charity. Get a copy of the charity's registration documents from the Florida Department of Agriculture and Consumer Services at 1-800-HELP-FLA (1-800-435-7352) or [FDACS.gov/Consumer Services](http://FDACS.gov/Consumer Services). Check with the Attorney General's hotline by calling 1-866-9-NO-SCAM to see if the charity has any complaints against them.

**DISASTER RELIEF SCAMS** Know that applications for federal FEMA relief programs are free and can be accessed at <http://DisasterAssistance.gov> or by calling 1-800-621-FEMA (1-800-621-3362).

**PRICE GOUGING-** The best way to prevent price gouging is to prepare and stock up on supplies ahead of a hurricane. Florida has a law that once a State of Emergency has been declared, suppliers cannot charge unreasonable rates for things like lumber, ice, water, generators and shelter (this includes raising hotel rates or housing leases).

If you think you have been unfairly charged, you can report suspected price gouging, by downloading the FREE "No Scam" app from the Apple and Android play stores in English and Spanish. Make sure to keep your receipts, invoices, photos, etc.

Preparation is the key to resiliency after a storm. Make sure you are educated on how to protect yourself both before and after the storm. Check out <http://disaster.ifas.ufl.edu> for more great tips.



# THE VEGETARIAN DIET

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Have you ever considered trying a plant-based diet but didn't know where to start? Let's start with the basics. The vegetarian diet is one of many plant-based diets that include a variety of foods, but excludes meat, fish, and poultry. A vegetarian diet is not only nutritious but is associated with many health benefits including lower rates of obesity, lower risk of heart disease and lower blood pressure. There are several versions of the vegetarian diet that you can try including lacto-ovo, lacto and vegan. Let's take a closer look at each one.

- Lacto-ovo vegetarian diet: Includes all plant-based foods in addition to milk, dairy, and eggs but does not include meat, fish, or poultry.
- Lacto-vegetarian diet: Includes all plant-based foods in addition to milk and dairy but does not include eggs, meat, fish, or poultry.
- Vegan diet: Includes all plant-based foods but does not include any animal-based products.

When eating a vegetarian diet be sure to include a variety of foods from all food groups especially foods that are high in calcium, iron, protein, vitamin D and B12. If you want to try a vegetarian diet, take it slow. You can start by eating a vegetarian diet one day a week. Think "Meatless Mondays." This concept means that you will eat your regular diet Tuesdays through Sunday and eat a vegetarian diet on Mondays. When eating vegetarian, be sure to include foods such as beans, peas, lentils, and nuts in your diet. These high protein options will make you feel satisfied, and you won't miss the meat. Sound simple enough? When you choose to go meatless and add more fruits and vegetables to your diet you can actually improve your health! Now how is that for a healthy trade off? You can start your vegetarian journey by trying this vegetarian recipe for a nutritious dish that includes some of our favorites like broccoli and cheese.

## Cheesy Chickpea and Broccoli Bake

### Ingredients

- 1 large bunch of fresh broccoli, rinsed and cut into medium pieces or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 cup shredded Gruyere, cheddar, or vegan cheese
- ½ cup whole-wheat breadcrumbs
- Optional: May substitute ½ pound of broccoli for ½ pound of cauliflower

### Directions

Follow all food safety guidelines starting by washing your hands before you begin.

- Preheat oven to 400°F.
- Lightly steam raw broccoli first. Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. You may also steam fresh broccoli in the microwave. Place raw broccoli pieces in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
- Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
- Add salt and black pepper to taste. Top evenly with grated cheese, then breadcrumbs.
- Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

Serving size: 1½ cups

Serves 6

References:  
Vegetarianism: The Basic Facts. (2018, August). Retrieved from <https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/vegetarianism-the-basic-facts>

# WHAT'S ON THE MENU FOR HORSES? FORGE VARIETIES IN FLORIDA

Courtney Darling, Livestock, Natural Resources and Forges agent  
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Florida's unique climate allows for various types of forage production year-round. Whether it is in the form of hay or grazed pasture, forages should be the foundation of your horse's diet. Except for high performance horses, most of their nutritional needs can be met from forages. So, what is on the menu is fresh from Florida? This a mere sample of the many forage options available to horses and other livestock. For more information on these forages and others for your horses visit, <https://edis.ifas.ufl.edu/aa216>.

**Bermudagrass hay** is commonly produced throughout the southeast. There are many cultivars, including coastal which is the most popular. Bermudagrass can be grazed but is usually planted for hay. It is high yielding, low maintenance forage.

**Crude Protein: 10-14%**

**Total Digestible Nutrients: 52-58%**

**Perennial Peanut** hay is often confused with peanut vines that are baled after peanut harvest and fed to cattle. Perennial peanut is termed the "Alfalfa of the South" because it has similar nutritive value as alfalfa. Like alfalfa, perennial peanut is also a legume.

**Crude Protein: 14-18%**

**Total Digestible Nutrients: 54-68%**

**Oats** are a cool-season forage option in Florida that can be grown for either hay production or grazing. Oat hay can be an acceptable forage for mature horses by offering a good source of digestible energy. However, when oats are harvested at alter maturity, horses tend to get picky. They will select for the seeds and leaves, leaving behind the courser stems.

**Crude Protein:14-18%**

**Total Digestible Nutrients: 65%**



**Bermudagrass**



**Perennial Peanut**



**Oats**



# NEW CROP SPOTLIGHT: CALABAZA SQUASH

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Our mission at UF/IFAS Extension is to disseminate research-based information provided by scientists to local producers. This is done through classes, consultations, demos, field days, meetings, and workshops. Not only does UF/IFAS Extension Suwannee County partner with local producers to conduct on-farm demos, but Extension Agents also partner with UF scientists to conduct research.

The agricultural sector thrives throughout the county and for producers to continue to be successful, they require up-to-date information on new emerging crops. During the research phase, UF scientists will collaborate with Extension Agents on research projects to examine the applicability in different regions. South Florida climate is very different compared to North Florida, so it is important to understand how a crop will grow in these varying environments. One new emerging crop that is being researched in North Florida is the Calabaza Squash.

Calabaza is a specialty pumpkin used in the Caribbean, South America, and Central America diets. Calabaza plants grow long vines, and their leaves are mottled and grayish-green in color. Depending on what variety is planted, the fruit size, shape, and color can vary. Their fruit shape is usually round with a flattened top and bottom. Their color is mottled green and yellow/cream.

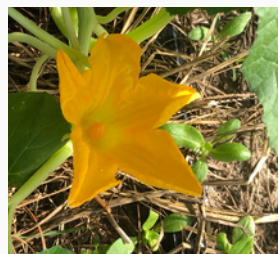
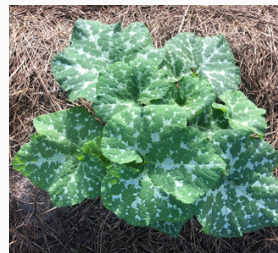
Calabaza tolerates hot weather conditions and easily becomes injured by frost and freezes. It is recommended to plant early in the spring after the final frost. Fall production here is possible, but pests and diseases can negatively impact the crop. Cultural practices are similar to those for squash. Plants require about 3 months from seeding to harvest.

This research, funded by FDACS, has been led by Dr. Geoffrey Meru, a UF/IFAS vegetable geneticist at the UF/IFAS Tropical Research and Education Center. Calabaza is a traditional staple in cultural dishes, but Meru wants to take the potential of calabaza a step further - the next pumpkin of choice for those working in the brewing, food, agriculture, manufacturing, and health industries. Production has been researched in conventional and organic production at the NFREC-SV in Live Oak, with additional production seasons to come. If you are interested in learning about calabaza squash, call Sylvia Willis at the UF/IFAS Suwannee County Extension office, an Equal Opportunity Institution, at (386) 362-2771.

## Sources:

<https://edis.ifas.ufl.edu/publication/mv039>

<http://blogs.ifas.ufl.edu/news/2021/03/22/should-your-passion-for-pumpkins-include-the-calabaza-uf-ifas-scientists-laying-the-groundwork-for-chefs-growers-consumers/>







grow • shop • cook • eat  
**Family Nutrition Program**



**Agriculture  
 Natural  
 Resources**



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For persons with disabilities requiring special accommodations, please contact our office at least five working days prior to the program so that proper consideration may be given to the request. For the hearing impaired, please contact the Florida Relay Center Service at 1-800-955-8771.

Use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee or warranty of product named and does not signify approval to the exclusion of others of suitable composition.

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.



**Home Monthly Maintenance Planner**



**July:**

- Be sure A/C condensation drip tubes are flowing freely.
- Trim shrubs away from heat pump compressor & crawl space vents.
- Cut back tree limbs that are touching roof.
- Flush water heater as needed.
- Open & close cutoff valves to sinks & toilets.

**August:**

- Call heating service to schedule a checkup; call propane company to fill tanks.
- Check A/C ducts for leaks. Add programmable thermostat if you don't have one.
- Replace light bulbs with LED bulbs.
- Add motion sensor controls to exterior lightning.

**September:**

- Test smoke and carbon monoxide alarms & replace batteries.
- Caulk around windows & doors.
- Add weather stripping around pull-down & attic access holes; insulate backs of panels.
- Vacuum gas logs & be sure they are properly seated.
- Open weep holes in storm windows.

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 to our website. If you would like to receive *The Center Pivot* by email.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Clip and return this slip to our office:  
 1302 11th Street SW, Live Oak, FL 32064  
 or email to amanda.law@ufl.edu or kglasscock@ufl.edu  
 requesting to be added to our email list.

**Carolyn Saft**, County Extension Director,  
 Environmental Horticulture Agent and  
 Master Gardener Volunteer Coordinator

**Amanda Law**, Staff Assistant,  
 Horticulture, FCS, FNP & Admin.  
**Linda Thomason**, Staff Assistant,  
 Bookkeeper

**Kim Griffin**, Family & Consumer  
 Sciences (FCS) Agent  
**Bonnie Box**, Nutrition Educator,  
 Family Nutrition Program (FNP)

**Katherine Allen**, Family & Consumer  
 Sciences Agent (FCS)  
**Sylvia Willis**, Commercial  
 Horticulture/Row Crops Agent

**Courtney Darling**, Livestock, Forages  
 & Natural Resources Agent  
**Katie Jones**, 4-H Youth Development  
 Agent

**Kimberly Glasscock**, Staff Assistant,  
 4-H & Agriculture  
**N. Florida Research & Education Center-  
 Suwannee Valley (NFREC-SV):**

**Bob Hochmuth**, Vegetable Crops  
 Regional Specialized Agent(RSA)/  
 Asst. Center Director-NFREC-SV

**De Broughton**, Sustainable Cropping  
 Systems, RSA

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**Dr. Charles Barrett**, Water Resources,  
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