

Update on Trapping or Moving Feral Swine In Florida

By Randy Bateman, Agriculture

Individuals trapping feral swine in Florida must register with the Florida Department of Agriculture and Consumer Services as a feral swine dealer (FDS) if they transport trapped swine on public roads. The registered FSD will receive an identification card that must be carried when moving feral swine renewable each year. The dealer must also keep accurate records of all swine movements and make them available to any law enforcement officer or authorized agent of the Department upon request.

These records must include movement date, where the animals were trapped, number of animals and destination. The registered feral swine dealer must limit relocation to areas or premises where there will be no direct contact with domestic swine herds.

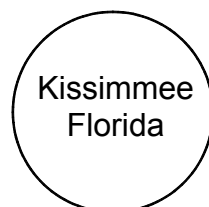
Final disposition of captured feral swine is restricted to:

- ◆ Movement to slaughter
- ◆ Movement to a game reserve, or
- ◆ Movement to an approved feral swine holding facility.

If an individual traps and feeds feral swine on the same premises without transport on public roads, no FSD card is required. For those wishing to feed feral swine at a location that requires transport on public roads, the premises must register with the Department as an approved feral swine holding facility. There is no charge for registration as an approved feral swine holding facility or for obtaining the FSD card required to move feral swine.

Questions regarding the Feral Swine Programs in Florida should be directed to Dr. Pam Hunter, FDACS at (850) 410-0947 or via e-mail at hunterp@doacs.state.fl.us. To register contact the Division of Animal Industry (850)410-0940 or visit <http://www.doacs.state.fl.us>.

Osceola County Cooperative
Extension Service
University of Florida
1921 Kissimmee Valley Lane
Kissimmee, FL 34744



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Osceola County's **SOLUTIONS** for *your* LIFE

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1921 Kissimmee Valley Lane
Kissimmee, FL 34744
321-697-3000
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Welcome to the first issue of the new Extension Services newsletter. Through our partnership between the Osceola County Board of County Commissioners, the University of Florida and the United States Department of Agriculture, we work to bring you current, researched based, unbiased information that will help you, your family, and your business. This newsletter will highlight the volunteer groups, such as the Home and Community Education clubs, the Master Gardeners, 4-H, Florida LAKEWATCH and Florida Master Naturalists that assist us in extending our educational message through classes, the plant clinic, workshops, newspaper, TV, etc. This newsletter will be different from *TIDBIT* and *Roots and Shoots*. Through this new look we hope to highlight our partner, the University of Florida's theme of Solutions for YOUR Life, and introduce you to educational programs and subjects that will expand your knowledge of the Osceola County Extension Services mission and variety of services. We want to help you find the Solutions for YOUR life.

Mary Beth Salisbury,
County Extension Director

HYDRILLA: Help Stop the Spread!

By Dr. Tina Bond, Aquatics

Osceola County was awarded a \$2.881 million dollar grant from the Environmental Protection Agency (EPA) to find new and alternative methods to control hydrilla and hygrophila in the Upper Kissimmee Chain of Lakes. What are hydrilla and hygrophila? They are two very invasive submerged aquatic plants that grow very quickly in the warm waters in Florida. Hydrilla and hygrophila were introduced to the United States in the 1950's and 60's by the aquarium trade to be used as

Exercise: An Eight Letter Word

By Mary Beth Salisbury, Family & Consumer Science

It seems exercise is one of those things the average person plans to do, but is the one thing they might not make the time to do for themselves.

Exercise has many purposes. It improves flexibility, builds muscle and tone, reduces and relieves tension, improves lung strength, helps to improve the efficiency of insulin, improves your quality of sleep, reduces the risk of heart disease, stroke, high blood pressure and assists in weight loss. In past years it was believed that you had to exercise continuously for thirty or more minutes to receive a benefit from exercise. Now we know that even short spurts of exercise

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aquarium plants. Unfortunately, the plants were released and have become a very large and expensive problem for Florida and many other states in the U.S.

Hydrilla and hygrophila are very difficult to control. One of the big problems with hydrilla is that it has become resistant to fluridone, a herbicide that used to work very well at killing hydrilla. Mechanical harvesters can be used to harvest hydrilla, but this can make the

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throughout the day can improve your health. A good fitness plan for a healthy adult includes exercise to improve endurance, strength, balance and maintain flexibility. There are five basic types of exercise. These include Isometric, Isotonic, Relaxation or recreation, Anaerobic and Aerobic. Isometric exercises focus on improving individual muscles or the major large muscle groups. Isotonic exercises cause your muscles to produce a range of movements such as calisthenics and weigh lifting. These exercises condition the skeletal muscles. Anaerobic exercises, such as running the hundred yard dash, demand large amounts of oxygen but not for long periods of time to be of value to your heart and lungs. Aerobic exercises promote the best utilization of oxygen and improve the heart, lungs and blood vessels. This type of exercise includes walking (at least four miles per hour), jogging or running, swimming, jumping rope or cycling.

Walking is the least expensive, easiest and best form of exercise for most people. It both increases your strength and improves your endurance. Before beginning any program, check with your doctor to make sure it is safe for you to exercise. Start your program gradually. Begin every workout with a warm up period. This should include stretching. Focus on consistency and sticking with your plan rather than the distance. Start with a five to ten minute walk and add a few minutes each week until you are up to thirty minutes a day three or four times a week. Always remember to cool down and drink water before, during and after your exercise to prevent dehydration. If you haven't exercised in a long time you might feel a little sore, but the old saying of "no pain, no gain" is wrong; if you feel pain you should stop. The heart and lungs are muscles we take for granted, but they too must be exercised to maintain their strength and endurance. Consistency is the key. Set a goal to improve your health by adding exercise to your everyday routine.



Osceola County Home & Community Education Card Bingo Fund Raiser

Luncheon
Friday, October 19, 2007
11:30 AM



Osceola County Extension Office
1921 Kissimmee Valley Lane
\$6.00 per ticket (lunch included)
Call 321-697-3000 for information

Dry Weather Ahead

By Eleanor Foerste, Natural Resources

According to the Southeast Climate Consortium and state climatologists, a dryer than normal winter may be in our future. The SCC has issued a La Niña Watch for the next one to three months. La Niña conditions usually bring a warmer and drier cool season (October through March) to Florida. A watch means that conditions are likely for the development of a full-fledged La Niña event. The watch will be followed by an official La Niña declaration if development continues in the next one to three months. With the arrival of La Niña, there is a good chance that drought conditions will continue and possibly worsen throughout the winter and into next spring. If below normal rainfall occurs during the cool season, moisture recharge of groundwater, soils, ponds and reservoirs will be limited. Un-irrigated crops and landscapes that are not drought tolerant are at higher risk of serious impact this winter. In addition, the risk of increased wildfires should be expected during the winter and spring wildfire season.

Businesses and residents located near woodlands and grasslands should prepare now to prevent damage from wildfires. Prescribed fires are ones that are intentionally planned by ranch and public land managers when conditions and staffing are suitable. Fire is critical for survival of some plant and animal species. Prescribed fires help reduce flammable materials called fuel that could burn in a wildfire so prescribed fires reduce damage to forests and structures and provide improved wildlife habitat.

Buying, Giving, and Using Gift Cards

By Laura Royer, Family & Consumer Science

Tips for buying gift cards

Store cards sold by retailers usually are issued free of charge. Banks (i.e. Visa, and Master Card) often charge consumers a fee to buy their cards. Some cards have fees for inactivity, and may come with a Personal Identification Number (PIN) that lets the user withdraw cash from an ATM.

- ◆ Buy from sources you know and trust. Avoid buying gift cards from online auction sites; the cards may be counterfeit or may have been fraudulently obtained.
- ◆ Read the fine print before you buy. If you don't like the terms and conditions, buy elsewhere.
- ◆ Ask about expiration dates and fees. This information may appear on the card itself, on the accompanying sleeve or envelope, or on the issuer's website. If the information is separate from the gift card, give it to the recipient with the card to help protect the value of the card.

Tips for using gift cards

If you've received a gift card, be smart about how you use it.

- ◆ Read the terms and conditions when you get the card, and check for an expiration date or any fees.
- ◆ If you didn't get the card's terms and conditions, the original purchase receipt, or the card's ID number, ask for them from the person who gave you the card, and then keep them in a safe place.
- ◆ Treat your card like cash. If your card is lost or stolen, report it to the issuer immediately. You may be out the entire amount on the card. Some issuers don't replace the cards, but others do if you pay a fee. If an issuer charges for a replacement card, you'll most likely need to document the purchase and provide the ID number on the card. Most issuers have toll-free numbers to report lost or stolen cards. Write this number down in case you lose the card.

Composting

By Jessica Sullivan, Florida Yards & Neighborhoods

Composting has a rather, well, dirty reputation. It does, after all, involve what some would call garbage. However, recycling vegetative waste into compost is an easy and inexpensive way to make free fertilizer for your plants, and reduce the amount of waste we put in the landfill. Some people are afraid that a composting system will be unsightly, messy, or difficult to maintain. However, a composting system can be low-maintenance, and even attractive. Find out how to compost efficiently in your own yard at our upcoming Backyard Composting workshop (see calendar).

Selecting the right plants for your yard

To have a low-maintenance landscape, use landscape plants that are right for your site. First, evaluate your planting site for sunlight, soil pH, drainage, and space constraints. Second, choose plants that are suited for those conditions. Here are a few tips to simplify the process...

Know your zone

Read plant tags to see what climate zones a plant is suited for. Osceola County is in heat hardiness zone 10, and cold hardiness zone 9b.

Multi-tasking plants

Get the most for your money; select plants that provide multiple benefits. Some examples: the Chaste Tree is a striking ornamental shrub/tree that also attracts hummingbirds; mango trees look nice, provide shade, and give fruit to eat.

Landscaping time-savers

Floridayards.org has a searchable plant database that allows you to select plant characteristics, then gives a list of plants (including photos!) that fit your criteria. The site also has an interactive landscape design tool to help you plan your landscape. You can even test your landscaping know-how with an online quiz.

Is your Landscaper Legal?

By Jennifer Welshans, Horticulture

According to the Florida Pesticide Law, Chapter 482 F.S., any commercial landscaper or pest control company must have a pesticide applicator license in order to apply chemicals to the landscape. This accounts for ALL herbicides, insecticides, or fungicides, including those over-the-counter chemicals that you can easily find in any store. If you hire someone to care for your lawn or landscape and they are using any type of pesticide on your property (ex: Roundup), make sure they have the appropriate pesticide applicator license from the Florida Department of Agriculture and Consumer Services. It's the law.

Free plant diagnostics and information provided by the Osceola County Master Gardeners. Call the Plant Clinic

Monday thru Friday 10 a.m.— 2 p.m.
321-697-3000



Osceola County Master Gardeners'

Fall Plant Sale

Fri, Oct. 5th 9 - 6 p.m.

Sat, Oct 6th 9 -3 p.m.

KVLS Building, Osceola Heritage Park
Kissimmee, FL

Old World Roses	Palms
Perennials	Bromeliads
Annuals	Butterfly Plants
Herbs	Native Plants
Caladiums & Bulbs	Specimen Plants



Master Gardeners available to answer questions.

All proceeds used to support the Master Gardener Horticultural Scholarship and other Master Gardener programs in Osceola County.



National 4-H Week! Let's Celebrate!

By Karen Henry, 4-H

National 4-H Week is just around the corner—October 7-13, 2007. National 4-H Week is held annually as a time to celebrate, promote and share the 4-H movement. Did you know that former Vice President Al Gore, country singing sensation Faith Hill, popcorn pioneer Orville Redenbacher and late-night talk show host David Letterman are all on the list of notable 4-H alumni? 4-H also includes youth who would become 14 governors, 33 university presidents and chancellors, 31 CEOs, four astronauts and 60 million others who are proud to call themselves 4-H alumni. While most people associate 4-H with its agricultural roots, now less than half 4-H members live on farms. Today, 4-H has expanded to include youth in suburban and urban areas. While some think that 4-H is cows and cooking, 4-H now encompasses hundreds of 'projects' for young people to learn leadership, citizenship and life skills. Project choices are varied, including rocketry, public speaking, GPS mapping, photography, nutrition, electricity, companion animals and community service.

4-H is in every community across America, including all 50 states, D.C. and U.S. territories and U.S. military installations worldwide. In Florida, 4-H is the youth development program of the University of Florida, making 4-H the only youth development program with direct access to technological advances from university research. Administered through the Florida Cooperative Extension Service, 4-H offers youth ages 5 to 18 "learn by doing" experiences encouraging experimentation, innovation and independent thinking.

Be looking for green and white around the community. Notice the 4-H'ers that will be accepting proclamations from Osceola County, the City of Kissimmee and the City of St. Cloud declaring October 7-13 as National 4-H Week. Think of who the 4-H'ers in Osceola County may become in the future. Celebrate National 4-H Week!

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problem worse. Harvesters fragment the aquatic plants which help it spread. Harvesters are also non-selective, which means they will harvest anything, including fish, turtles or other desirable species. Grass carp are a very good biological control option; however we cannot use them in the Kissimmee Chain because of permitting regulations established by the Florida Fish and Wildlife Conservation Commission. Barriers are required by the FFWCC in order to contain the carp in a closed system because grass carp eat everything and can harm native fish populations due to their aggressive nature. Barriers alone cause a problem because it is virtually impossible to ensure that the grass carp would be confined to Lake Toho and not escape to Lake Kissimmee or other lakes. Even if we could remove all of the hydrilla, there is still one small problem: turions. Turions are survival structures, like a small potato, that can remain dormant in the soil for years until conditions are right for the turions to germinate. We have no way of controlling turions.

So, what can we do? Osceola County is working with the University of Florida and SePRO on the EPA grant to find new ways that we can better control hydrilla, hygrophila and other aquatic invasive weeds in our waterways. We are currently looking at new herbicides that are being developed for use on aquatic plants. We are also evaluating existing herbicides and different application methods, rates, etc. to improve their effectiveness on aquatic weeds. Researchers are searching for natural enemies of hydrilla and hygrophila in Africa and India. One of the biological control agents being looked at is a fungus called Mt. This fungus attacks hydrilla and makes the hydrilla vulnerable to herbicide treatments.

Another component of the grant is education and outreach. We hope by educating the public that people will begin to recognize these problematic weeds and help prevent their spread and to help residents understand why it is important to manage aquatic invasive weeds. You can visit our website to get up to date information on the status of the research. For more information, check out our website: <http://plants.ifas.ufl.edu/osceola/index.html>.

Join Efforts with EFNEP to Be Part of the Solution

By Grisel Negrón, Expanded Food & Nutrition Education

In 2006, 9 million American children were considered "super sized", overweight or obese. Over the last 30 years, obesity rates have doubled among pre-schooler's and tripled for those children 6 to 11 years of age. Adult diabetes has rapidly become a childhood disease. High cholesterol and high blood pressure and other grown up problems are being seen among pediatric patients.

Many overweight kids even suffer from sleep apnea. Adolescent apnea means that students will be irritable, sleepy and ready to catch any cold germ that is around them. This has escalated to a social and health problem that needs attention. Together we can be part of the solution. We need to be informed, and motivate not only children but adults, parents and care takers to be part of a wellness effort that helps and support children to have better nutrition and a healthier life.

At Osceola County Extension office the Expanded Food and Nutrition Education Program (EFNEP) bring to the district schools, after school and summer programs interactive lessons on nutrition incorporating physical activities that correlate and support the Florida Department of Education Sunshine State Standards. The goal of this free program is to help children and youth learn and develop lifelong behaviors of good nutrition and physical activity. The program target is children 5 to 18 years of age.

This year we have added to our lessons the Organ Wise Guys, fun characters which help children and youth learn about their internal body organs (Hearty Heart, Pepto, the stomach, the Kidney brothers, etc.) and how good healthy foods help their body perform to their best and stay free of diseases such as diabetes, heart disease or other health problems. For more information or if you want your child to have Fun with Foods and be Organ Wise visit our website or call us.

Extension Services Calendar of Events

Registration for any class is highly recommended so adequate materials are available and if classes are rescheduled we will be able to notify you. Please call 321-697-3000

October		
Tuesday, 2 nd	10:30 a.m.	Communicating With Your Teen @ Sheriff's Office.
Thursday, 4 th	2 p.m.	Got A Brain, How does it work? @ Poinciana Library.
Tuesday, 9 th	6:30 - 8:30 p.m.	New Homeowner Landscaping Workshop @ St. Cloud Library. Registration required: 407-742-8888 or www.OsceolaLibrary.org.
9, 16, 23, 30	6 – 9 p.m.	A Home of Your Own / First Time Home Buyer @ Extension Services, Osceola Heritage Park. Must Register @ 497-742-8400
Friday 5 th Saturday 6 th	9 – 6 p.m. 9 – 3 p.m.	Master Gardeners Plant Sale at Osceola Heritage Park / KVLS Building.
Tuesday, 9 th	10:30 a.m.	Success and Single Parenting: The Communication Puzzle @ Sheriff's Office.
Wednesday, 10 th	8:30 a.m.	ServSafe Food Safety Certification Course & Exam. @ Extension Services, Osceola Heritage Park. Must register @ 888-232-8723.
Wednesday, 10 th	1 p.m.	Become Captain of Your Financial Ship: Understanding Your Credit @ Animal Control.
Thursday, 11 th	6:30 to 8:30 p.m.	Homeowner Pruning Workshop @ Extension Services, Osceola Heritage Park.
Friday, 12 th	9 to 11 a.m.	New Homeowner Landscaping Workshop @ St. Cloud Library. Registration required: 407-742-8888 or www.OsceolaLibrary.org.
Friday, 12 th	9 a.m.	Woods Walk – Lake Lizzie Preserve Marsh Loop.
Monday, 15 th	6:30 p.m.	4-H Leader / Council Meeting @ Extension Services, Osceola Heritage Park.
Tuesday, 16 th	10 a.m.	Parenting During the Elementary Years. @ Human Services.
Wednesday, 17 th	3 p.m.	Exercise: World of Energy @ Road & Bridge.
Thursday, 18 th	10 to noon	Backyard Composting Workshop @ Extension Services, Osceola Heritage Park.
Thursday, 18 th	2 p.m.	Holiday Shopping @ Human Services.
Friday, 19 th	11:30 a.m.	Home & Community Education Card Bingo & Luncheon @ Extension Services
Tuesday, 30 th	10 a.m.	Help! I have Mildew @ Corrections.
Wednesday, 31 st	2 p.m.	Stress Management @ Supervisor of Elections.

Food Safety, as you know, is one of the most important elements in the Food Service Industry. Proper training in food safety is one of the best ways to insure that your

establishment is operating in a safe mode. The University of Florida, Osceola County Extension Office has this educational opportunity to offer you and your employees. We believe that education is the key to success.

November		
Friday, 2 nd	3 p.m.	Insomnia @ Human Services.
Tuesday, 6 th	11 a.m.	Become Captain of Your Financial Ship @ Hart Memorial Library.
Wednesday, 7 th	3 p.m.	Planning your Financial Future: Getting Started @ Road & Bridge.
Thursday, 8 th	10:30 a.m.	Parenting During the Elementary Years: The Communication Puzzle. @ Sheriff's Office.
Thursday, 8 th		Continuing Education Classes for Pesticide Applicators @ Extension Services, Osceola Heritage Park.
Tuesday, 13 th	10 a.m.	Health Issues topic to be determined @ St. Cloud Library.
Tuesday, 13 th	6:30 p.m.	4-H Leader / County Council Meeting @ Extension Services, Osceola Heritage Park.
Monday, 19 th		Health Issues topic/time to be determined.
Tuesday, 20 th		Health Issues topic/time to be determined.
Tuesday, 27 th	2 p.m.	Online Convenience: Is it really safe? @ Human Services.
Wednesday, 28 th	10 a.m.	Holiday Shopping @ Corrections.
Thursday, 29 th	2 p.m.	Obesity @ Sheriff's Office.

December		
Wednesday, 5 th	2 p.m.	Holiday Home Safety @ Sheriff's Office.
Tuesday, 11 th	6:30 p.m.	4-H Leader / County Council @ Extension Services, Osceola Heritage Park.
Wednesday, 12 th	10:30 a.m.	Becoming the Best Grandparent Ever @ Sheriff's Office.
Friday, 14 th	11 a.m.	Stress Management @ Human Services.

ServSafe: Food Manager Certification. Is your food service establishment out of compliance? Do you need to become certified or recertified? Call and sign up today for the training and test certification and learn all of the

new rules and regulations in regards to food safety. The certification is good for 5 years. Class exam and manual - \$140. Call (888) 232-8723 to pre-register