Spring weather is rapidly turning into Summer temperatures. With it staying lighter longer, it seems like people are more active...whether it be shopping, planting a garden, or walking in the neighborhood.

Don’t forget to check out the new Frisbee golf course (FREE!!) at Heritage Park and Gardens in Live Oak. Many of us here at the Extension office have tried it and it is a lot more fun than “EXERCISE”!

If you are considering buying a car, you may want to talk with Cathy Rogers, our Financial Management Agent, or one of our Master Money Mentor volunteers to make sure you aren’t getting into more than you can afford. On page 5 there are a host of great websites to help you make an informed car purchase.

Being outside means that you pay attention to insects and plants a little differently than you do inside. Check out page 11 for the scoop on Asian ladybugs and page 12 for tickseed, a lovely wildflower!

Check out Mary’s article on milk on page 8 to make you feel more confident in drinking it...not just for nutrition, but also for its safety!

Folks are always amazed at the wide range of information that is available at the Extension office. Check out Brian’s article on Home Schoolers, which many may not know utilize the 4-H and Youth Development program. We have a home school club that has over 50 members!!

Things are always happening around here, so don’t forget to check the scheduled programs listed on pages 2-4 to see if there is a class or event that might interest you! Hope to see you soon!
# Extension Calendar

## April 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Master Gardener Workday</strong>—Prep for Hydroponics Class, 9:00am, Suwannee Valley Agricultural Center</td>
</tr>
<tr>
<td>3</td>
<td><strong>Hydroponic Gardening for Master Gardeners and Homeowners</strong>, 8:30am-3:00pm, Suwannee Valley Agricultural Center</td>
</tr>
<tr>
<td>3</td>
<td><strong>Hog Showmanship</strong>, Suwannee Valley Youth Livestock Show and Sale, 6pm</td>
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<tr>
<td>4</td>
<td><strong>Hog Show</strong>, Suwannee Valley Youth Livestock Show and Sale, 6pm</td>
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<tr>
<td>5</td>
<td><strong>Steer Show</strong>, Suwannee Valley Youth Livestock Show and Sale, 6pm</td>
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<tr>
<td>6</td>
<td><strong>Sale</strong>, Suwannee Valley Youth Livestock Show and Sale, 1:30pm</td>
</tr>
<tr>
<td>8</td>
<td>Removal of fair booths from Exh. II, 9:00am</td>
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<tr>
<td>8</td>
<td><strong>4-H County Council</strong>, Extension Office, 6:30pm</td>
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<tr>
<td>9</td>
<td><strong>Florida Native Plant Society</strong>, Sparkleberry Chapter, 6:30pm, Hatch Park Community Center, Branford</td>
</tr>
<tr>
<td>11</td>
<td><strong>Master Gardener Workday</strong>, 9-11:30am, <strong>Brown Bag Lunch</strong>, 12-1pm, <strong>Alumni Meeting</strong>, 1:00pm, Extension Office</td>
</tr>
<tr>
<td>13</td>
<td>Flea Across Florida</td>
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<tr>
<td>17</td>
<td><strong>Overall Advisory Committee Meeting</strong>, 12-2pm, Extension Office</td>
</tr>
<tr>
<td>18</td>
<td><strong>HCE Cooking School $3.00</strong> doors open at 6pm. Price includes tasting, cookbook, demonstrations, goodie bags and door prizes. Focus is on low-fat, low sugar cooking</td>
</tr>
<tr>
<td>22</td>
<td><strong>Growing Gourmet Mushrooms in a Bag</strong>, 6-8pm, Columbia County Extension Office</td>
</tr>
<tr>
<td>22</td>
<td><strong>PowerPay Your Debts!</strong>, 6-7pm, Suwannee Regional Library-Live Oak</td>
</tr>
<tr>
<td>24</td>
<td><strong>Invasive Plant Round-up workday</strong>, 8:00am, Heritage Park and Gardens</td>
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<tr>
<td>30</td>
<td><strong>Ag Literacy Day</strong></td>
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### May 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4-H Early Release Workshop</td>
<td>2pm, Extension Office</td>
</tr>
<tr>
<td>3</td>
<td>Master Gardener Field Trip</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>4-H District Events</td>
<td>9am, Airline Baptist Church, Mayo</td>
</tr>
<tr>
<td>9</td>
<td>Master Gardener Workday</td>
<td>9-11:30am, Brown Bag Lunch, 12-1pm, Alumni Meeting, 1-3pm, Extension Office</td>
</tr>
<tr>
<td>9</td>
<td>International Bike to Work Day</td>
<td></td>
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<tr>
<td>13</td>
<td>4-H County Council</td>
<td>Extension Office, 6:30pm</td>
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<tr>
<td>14</td>
<td>Encouraging Pollinators, Beneficial Insects and Other Good Guys—”A Whole Farm Approach to Managing Pests”, Suwannee Valley Agricultural Extension Center</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Florida Native Plant Society</td>
<td>Sparkleberry Chapter, 6:30pm, Hatch Park Community Center, Branford</td>
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<tr>
<td>15</td>
<td>Growing and Canning Tomatoes</td>
<td>9am-4pm, Extension Office, $15, Must pre-register by May 10</td>
</tr>
<tr>
<td>16</td>
<td>Florida Native Plant Society State Conference</td>
<td>Jacksonville</td>
</tr>
<tr>
<td>16</td>
<td>HCE District Planning Meeting</td>
<td>Jacksonville, Call Bettye Bracewell for more information</td>
</tr>
<tr>
<td>22</td>
<td>Attracting Pollinators and Beneficial Insects and Other Good Guys to Your Yard, Suwannee Valley Agricultural Extension Center</td>
<td>5-8:30pm</td>
</tr>
<tr>
<td>23</td>
<td>Buying A House? Buy Green and Save</td>
<td>9am-12pm and 6pm-9pm, FREE, Extension Office</td>
</tr>
<tr>
<td>29</td>
<td>NRA ServSafe</td>
<td></td>
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<tr>
<td>27</td>
<td>Memorial Day-Office Closed</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Crash Course in Lowering Blood Pressure</td>
<td>6-7 pm, Suwannee Regional Library, - Live Oak</td>
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</tbody>
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# June 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>1</td>
<td>Blueberry Festival</td>
<td>8am-2pm, Wellborn</td>
</tr>
<tr>
<td>8</td>
<td>Blueberry/Blackberry Workshop</td>
<td>8am-12pm, Suwannee Valley Agricultural Extension Center</td>
</tr>
<tr>
<td>10</td>
<td>4-H County Council</td>
<td>Extension Office, 6:30pm</td>
</tr>
<tr>
<td>11</td>
<td>Florida Native Plant Society</td>
<td>Sparkleberry Chapter, 6:30pm, Hatch Park Community Center, Branford</td>
</tr>
<tr>
<td>12-14</td>
<td>4-H Bacon Day Camp</td>
<td>time and cost TBD, Extension Office</td>
</tr>
<tr>
<td>13</td>
<td>Master Gardener Workday</td>
<td>9-11:30am, Brown Bag Lunch, 12-1pm, Alumni Meeting, 1:00pm, Exhibition II</td>
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<tr>
<td>15</td>
<td>June Bug Festival</td>
<td></td>
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<tr>
<td>18-21</td>
<td>BugOut Wildlife Camp</td>
<td>time and cost TBD, Extension Office and Suwannee Valley Agricultural Extension Center</td>
</tr>
<tr>
<td>20</td>
<td>Going Gluten-Free</td>
<td>6-7pm, Suwannee Regional Library—Live Oak</td>
</tr>
<tr>
<td>24-28</td>
<td>4-H Sewing Camps</td>
<td>time and cost TBD, Extension Office</td>
</tr>
<tr>
<td>24-28</td>
<td>4-H Legislature</td>
<td>Tallahassee, <em><strong>registration due to Extension Office by May 1st</strong></em></td>
</tr>
<tr>
<td>24-28</td>
<td>4-H Camp Cherry Lake</td>
<td>Madison, cost is $182, registration due to Extension Office by June 7th</td>
</tr>
<tr>
<td>27</td>
<td>CARES Dinner</td>
<td>4pm, Suwannee Valley Agricultural Extension Center</td>
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Calculated Car Shopping

Katherine Allen-Family and Consumer Sciences Agent/CED

When buying a car, have you ever felt overwhelmed? Luckily you can avoid that feeling if you're well prepared and informed about what's ahead. That means comparing new model vehicles, finding out what your budget can accommodate, knowing how to close the deal — in short, all the research such an important purchase demands. Whether you're a first time buyer or are just looking for a refresher, this is the ideal first stop on the way to your new car.

Save Gas By Shopping From Home: When researching models, you can find almost everything you need without getting off the couch! Using the Internet not only saves time and money, it also reduces the buying pressure that salespeople are so good at! Don’t worry if you don’t have internet access at home; the local library does!

Consider your needs: Do you need the towing capacity and toughness of a new model truck? Something family friendly, to fit your kids' needs as well as yours? Or maybe the time is right to splurge on a convertible you've been eyeing all these years. Here are some things to study that may help you build your short list: New car reviews, safety reports, invoice price information, gas mileage estimates, cargo room, engine and transmission options, and what comes standard (vs. cost of upgrade). Decide which options you can live without; you will often get a better deal if a dealership doesn't have to order a vehicle from the manufacturer. If you have a particular manufacturer in mind, its website will provide comprehensive information about new models. The following websites provide information about both new and used vehicles and can provide handy information to help you make the best deal
- Kelley Blue Book  http://www.kbb.com/
- http://www.edmunds.com/
- National Automobile Dealers Association  http://www.nadaguides.com/

Money Matters: Once you've decided on the models you'd like to test drive, you still have some work to do before heading to the dealership. In particular, you should outline all the expenses that come with car buying and ownership so you can walk in prepared. This part of the process is especially useful for first time car buyers who may be so focused on the ultimate goal that they let key details slip by. Selecting which vehicle to purchase is the most important fuel economy decision you'll make. The difference between a car that gets 20 MPG and one that gets 30 MPG amounts to $938 per year (assuming 15,000 miles of driving annually and a fuel cost of $3.75). That's $4,688 extra in fuel costs over five years! You can check www.fueleconomy.gov, a website that has gas mileage estimates and more information for 1984-2014 model year cars. Don’t forget to look at insurance costs and reports on repair needs and costs.

Realize that if you have a current car to sell, trading in to the dealership is certainly the most convenient route, but you will likely make more money if you sell your car privately. Even if you're committed to trading your current car into the dealership, remember to keep that number separate from negotiations on the price of your new car; one should not affect the other.

Make the Most out of Your Test Drive: There are a number of things you can do to make the most out of your limited time test driving a vehicle. Make sure to turn off the radio to hear engine and road noise. Some questions you should be asking yourself during a test drive include: Does the vehicle have enough head and leg room for everybody who will regularly ride in it? Does it have the acceleration you're looking for? Does it slow smoothly when you brake? How does it feel on bumpy roads? Are the interior controls and displays easily accessible and readable?

Dealership Tips: You'll want to bring along much of the information you've already collected including:

Continued on page 13
Cathy Rogers  
**Family and Consumer Sciences & 4-H and Youth Development Agent**

As the population matures, more of us will be dealing with issues of aging; either as older adults ourselves, as caretakers, or both. Here at UF/IFAS Suwannee County Extension our mission is education and so we are taking a more serious look at some of these issues. We already have programs in place for diabetes self-management and diabetes prevention; we teach nutrition at the three senior meal sites in Suwannee County; and we have published or have plans to publish articles that address such issues as Cooking for 1 or 2, Stress Management – Sleep Deprivation, Smart Frugality, Food Safety at Home, and Bedbugs. On May 30th from 6-7 pm I will be presenting a “Crash Course on Lowering Blood Pressure” at the Live Oak Library.

Also, the Home and Community Educators (HCEs) have chosen “Low-Fat, Low-Sugar Foods” as the theme of their Cooking School this year. Since generally, older people are less active and do not burn as many calories as they once did, this is often of concern to them. Whether you are old or young, be sure to attend on April 18th at 6 pm here at the Extension Office.

**Fall Prevention**

According to the American Academy of Orthopedic Surgeons, falls are the leading cause of injury deaths in persons 65 years and older. Many elders fear falling, and for good reason; statistics show that about 300,000 older adults suffer fall-related hip fractures annually and about half of these individuals never regain their previous level of functioning. Older adults who fall once are two to three times as likely to fall again within one year. About half of patients hospitalized because of a fall die in the first year. The direct cost of all fall-related injuries to persons 65 and older is expected to be approximately $32.4 billion by 2020.

While these stats are scary, the good news is that many falls are preventable. Most experts agree that over 50% of falls can be prevented. To decrease the chance of falling, follow these helpful hints:

- Wear shoes with non-skid rubber soles.
- Get up slowly from a sitting or lying position to avoid feeling dizzy.
- Use plenty of lighting throughout your home.
- Cover slippery surfaces with carpet or rugs that are firmly anchored to the floor.
- Keep walkways free of clutter.
- Use a rubber bath mat in the bathtub.
- Install grab bars on bathroom walls.

Falls are not just the result of getting older. There are some well-documented risk factors that can increase the risk of falling. Lack of exercise is one of them. It is crucial to abandon the myth of exercising being an activity “just for young people.” When exercise programs target specific muscle groups that provide stability or address other specific needs of the individual, building stronger muscles and bones, the body can better absorb the impact of a fall, also, recuperation is faster and easier. Tai Chi is a type of exercise that has been shown to reduce the risk of falls for older adults. The National Institute on Aging offers a DVD, called Go4Life, with exercises that help to prevent falls. Order one free at www.nia.nih.gov/Go4Life.

For more information on fall prevention contact Cathy Rogers, cjrogers@ufl.edu 386 362-2771.
Recently, I heard a testimonial about how Barn Owls had helped a fellow agent control mice and other pests on his farm. He had heard about Dr. Richard Raid’s barn owl program and decided he needed to give barn owls a chance to do the dirty work on his farm. Dr. Raid is a University of Florida Plant Pathology Professor that works with vegetable growers in the Everglades Agricultural Area. Dr. Raid works with the UF Barn Owl Program which utilizes barn owls for sustainable rodent control with the use of owl nesting boxes. These birds provide low cost, sustainable rodent control. The pests, particularly cotton rats and marsh rabbits, cause up to $30 million in damage each year to the Everglades 700,000 acres of sugar cane, rice and vegetable crops.

Barn owls are easy to recognize because of their pale round faces and shrieking call. They are extremely efficient predators of rodents and mammals. As dedicated food providers for their young, a pair of adult barn owls may be responsible for the destruction of more than 1,500 rodents over the course of a year. For this reason, they are desirable to have around. Unlike many woodland owl species, barn owls often nest in man-made structures, frequently roosting in barns, silos, pump houses, pole sheds, belfries, and church steeples; however, they are anything but fastidious housekeepers. Their nesting sites resemble a rodent graveyard, being littered with regurgitated bones and fur. In addition, their roosts are characteristically "whitewashed" with owl excrement. By placing nesting boxes in proper locations, the desired presence of barn owls may be maintained without the accompanying mess.

Barn owls are monogamous, and pairs will stay partnered for several breeding seasons. In Florida, they will usually lay their eggs in February. In South Florida, barn owls will produce a second set of offspring in the late summer or fall. Barn owls lay an average of between four and six eggs. An owl will lay each egg two to three days apart, and the eggs will hatch in that same order. Each chick will have an age difference of a few days. This is a survival mechanism that ensures a few chicks will survive if food becomes scarce.

Barn owls spend their days resting ("roosting") in quiet areas and spend their nights searching for food. These nocturnal hunters mainly catch small mammals such as mice, moles, rats, muskrats, and marsh rabbits. They will also occasionally catch and eat lizards, amphibians, and other birds. Barn owls usually swallow their prey whole. They regurgitate the bones and fur they cannot digest in the form of an "owl pellet." Sifting through pellets, you can get an idea of the animals in the barn owl's diet.

It is fairly easy to build nesting boxes, for directions on how to build a barn owl nesting box and tips for placement and management visit [http://erec.ifas.ufl.edu/barn_owl_research/](http://erec.ifas.ufl.edu/barn_owl_research/) and click on the resource tab on the right titled Building a Barn Owl Nesting Box. If you don’t have access to the Internet please call our office at 362-2771 and we will gladly provide you with a copy of this publication. Make sure you follow the guidelines provided by Dr. Raid for building the boxes.

This is an ecologically friendly practice, but be aware that it will take time for the barn owls to find the boxes and colonize them. In the case of my fellow agent, it took about a year for the owls to find the boxes and start doing the job but they sure have done a tremendous job cleaning up his farm!

If you would like to learn more about barn owls visit: [http://erec.ifas.ufl.edu/barn_owl_research/](http://erec.ifas.ufl.edu/barn_owl_research/)

Credits: Dr. Richard Raid.
[http://solutionsforyourlife.ufl.edu/hot_topics/environment/barn_owls.html](http://solutionsforyourlife.ufl.edu/hot_topics/environment/barn_owls.html)
Milk is the most highly regulated product in the grocery store to insure its wholesomeness for both children and adult milk drinkers. To avoid chemical, physical and microbiological hazards in milk, many precautions are taken on dairy farms and in processing plants. Government regulations state that no harmful or deleterious substances are permitted in dairy foods.

Each tanker load of milk which leaves a dairy farm and arrives at a bottling plant is tested for temperature, antibiotics, and bacteria counts.

The normal body temperature of a cow is 101.5ºF. Dairy producers are required to cool milk from 101.5º to 40ºF or below as quickly as possible to minimize bacterial growth and maximize the shelf life of milk. Most milk leaves a dairy farm in a tanker truck at temperatures between 35º and 38ºF.

The tolerance level for antibiotics in milk is virtually zero. Although most non-organic dairy producers use antibiotics to treat cow infections (as most humans do when sick), they must adhere to strict withdrawal times of when a cow’s milk cannot be sold for human consumption after an antibiotic is administered. Legal milk must test negative by a certified lab using an approved US Food and Drug Administration method which tests for several types of antibiotics. Every tanker load of milk is checked for antibiotics before it is unloaded at a plant. Any loads found positive for antibiotics are unusable for human consumption in fluid milk or dairy products and is dumped.

Most bacteria are not pathogenic (disease causing). However, on rare occasions a cow may become infected with a disease such as tuberculosis, listeriosis or anthrax (smallpox in humans), etc., which could give people the disease also if they drank the raw milk of the infected cow. Fortunately, there is an easy way to eliminate pathogenic bacteria called pasteurization (a process for heating milk to kill bacteria), and it is used on any legal milk sold in Florida for human consumption.

Dairy producers and processors are frequently inspected by state and federal inspectors to meet sanitation standards in addition to all the other regulations and tests milk must pass through before being bottled.

Therefore, there are few reasons not to drink milk and many health benefits (strong bones, decreased hypertension, etc., from calcium, potassium, proteins, energy and vitamins) for doing so. So enjoy at least three servings of dairy products a day for a healthy body.
4-H and Home Schooled Youth

Brian Estevez-4-H and Youth Development Agent

4-H programs are open to all children ages 5-18. With many of the programs associated with, or directly marketed to, youth in public schools, one of the segments of this population that could be considered under-served is home-schooled youths.

4-H has several resources and opportunities that could supplement the teaching efforts of homeschooled parents. In 1862 the Morrill Act authorized a land grant university to be formed in each state to provide research-based educational programs to all citizens with the intention of improving their quality of life. The 4-H program is part of the Cooperative Extension System that is a component of Florida's land grant institution, the University of Florida/Institute of Food and Agricultural Sciences.

This allows all of the publications, curriculum and subject matter expertise at UF to be available to 4-H members and leaders-including those not enrolled in public schools.

Home school students can either join an existing 4-H club or form their own club. Since these groups often meet during public school hours, the option of organizing a club and incorporating 4-H curriculum into their existing lesson plans would allow them to expand their home-school learning model within their own 4-H club. By incorporating 4-H life-skill development activities and competitions, they can expand their learning model.

Here in Suwannee County the Live Oak Learners 4-H Club meets the needs for local home schooled students. With over 50 enrolled 4-H’ers, it is one of the largest 4-H clubs in Suwannee County. Communication, team building and leadership development are integral to the building and reinforcing of life skills in youth. A 4-H program can provide the opportunity for home-schooled children to take advantage of these developmental programs in a setting that may not be available within the traditional home school sphere of learning. A 4-H club can also meet the need for socialization for home schooled youth. Socialization is the process by which children learn to function in society. A home school 4-H club is a great way for youth to make friends who share similar interests.

The 4-H program has extensive educational resources, activities, camps and competitive events that can provide a partnership to broaden and strengthen the educational efforts of the home school community. 4-H homeschool clubs provide an audience for writing, project, speaking, and creative efforts of home school youth. They also make community service learning projects easier and more enjoyable to plan and execute.

4-H clubs are a perfect match for home school parents looking for an ideal educational outlet for their youth. The availability of research based information from the University of Florida, along with 4-H programs and curriculum that develop life skills in youth, all combine to make this great partnership. So if you are a parent of a home schooled youth, consider partnering with Suwannee County 4-H to help meet the educational, social, and developmental needs of your youth. For more information about Suwannee County 4-H, please contact Brian Estevez at 386-362-2771.

Excerpts taken from “4-H helps homeschoolers” by Gary Thomas, 4-H Agent in Flagler County.
Blueberry season is quickly approaching for us in Northeast Florida, and for the rest of the country it is not far off. Whether you have one bush or several thousand we can all be thankful that the freezing nights of March are behind us and looking forward to harvesting these healthy and delicious berries. Wellborn’s annual blueberry festival is only six weeks away and in keeping with this excitement the question might arise: Who is buying all of these blueberries?

An overall view of America produce purchases is released each year and blueberries have a category all to themselves, here are a few of the fun and interesting statistics released from 2012:

- Blueberries ranked #8 in fruit purchases in the past year, up from #10
- About 48% of consumers have purchased blueberries in the past year
- The Southeast US is more likely to buy blueberries than the Midwest or Pacific, outranked by only the Northeast
- Women are 7% more likely to buy blueberries than men
  Blueberry purchases are very sensitive to household income:
  - Less than $25,000 33% likelihood of buying blueberries
  - $25,000 - $49,999 45% likelihood of buying blueberries
  - $50,000 - $99,999 52% likelihood of buying blueberries
  - Greater than $100,000 62% likelihood of buying blueberries
- Married couples buy blueberries 5% more often than single people
- Households with 3 or more kids are 10% more likely to buy blueberries at the grocery store than households without children
- Consumers in the age range 50-58 are much less likely to buy blueberries than any other range
- Organic blueberries account for about 12% of all purchases

For more information about this survey visit [http://www.thepacker.com](http://www.thepacker.com)
Asian Ladybugs are Everywhere

Carolyn Saft
Multi-County Horticulture & FYN Agent

The multicolored Asian lady beetle (Harmonia axyridis) is native to Asia but occurs from Florida to Canada. This insect has a wider range of colors and spot numbers than other lady beetle species. Wings range from black to mustard; spots number zero to many. The most common U.S. form is mustard to red with 16 or more black spots.

Lady beetles have four distinct life stages: egg, larva, pupa and adult. The multicolored Asian lady beetle adults begin laying eggs on host plants in early spring. Eggs hatch in about three to five days, and larvae begin searching on plants for aphids and other soft-bodied arthropods on which to feed. Adults and larvae typically feed upon the same prey. Larvae molt four times, becoming larger after each molt, and enter an immobile pupal stage after the last molt. After several days, the adult beetle emerges from the pupal case. Development time from egg to adult requires about 15-25 days depending on temperature and food availability. Later in the fall, near the time of killing frosts, the adult beetles seek shelter to spend the winter.

This variably colored and spotted lady beetle is an effective, natural control for harmful plant pests such as aphids, scale and other soft-bodied arthropods. Still, its tendency to overwinter in homes and other buildings, sometimes in large numbers, may make them a nuisance to many persons. If agitated or squashed, the beetles may exhibit a defensive reaction known as “reflex bleeding,” in which a yellow fluid with an unpleasant odor is released from leg joints. This reaction generally prevents predators, such as birds, from eating lady beetles. But in the home, the fluid may stain walls and fabrics.

Multicolored Asian lady beetles have become a problem in some regions of the United States. It is probable that their introduction into new habitats in the United States freed these lady beetles from some natural population checks and balances that occur within their native Asian range. It is likely that these natural controls will catch up to the lady beetles in time and curtail their booming population. Additionally, a period of time may be required for checks and balances of our native lady beetles to adapt to this newcomer. Multicolored Asian lady beetles are beneficial insects. Their natural control of aphids in pecan orchards has decreased insecticide use against those pests. Additionally, they have controlled aphids on some ornamental plants. Still, these lady beetles are unwelcome guests for many homeowners.

Lady beetles are not structure-damaging pests, unlike insects such as termites and carpenter ants. Lady beetles do not chew or bore holes in walls or eat carpet or furniture. They do not lay their eggs in homes. Multicolored Asian lady beetles are attracted to lighter colors: whites, grays, yellows. So, light-colored houses, especially on hillsides in forested areas, might serve as “homing beacons.” Once the lady beetles enter the walls of a building through cracks and crevices, they may or may not proceed to the interior of the building. Most stay in the wall spaces. During warm days of late winter and early spring, overwintering beetles in a wall space may become active. In their search for an exit, they may enter the home’s living areas and become a nuisance. Warmer temperatures or lighting in the living areas may attract these active beetles as they search for an exit.

Preventing the lady beetles from entering is the best approach to keeping them from becoming a household nuisance in fall and winter. Caulking exterior cracks and crevices--before the lady beetles seek overwintering sites--is the best way to keep them out. This will also keep out other unwanted insects such as wasps, and will save homeowners money on energy costs.

Lady beetles that enter wall spaces in the fall may remain there, without entering living areas, until they depart in spring to search for food. But some may become active on warm days in late winter or early spring and move into living areas. Sweeping and vacuuming are effective methods for removing these lady beetles from living areas. Using insecticides indoors for control of the lady beetles is not typically recommended unless the infestation is very heavy, and professional pest control advice should be sought.

Source: USDA http://www.ars.usda.gov/is/br/lbeetle/#mixed
Tickseed - an unfortunate common name for the beautiful wildflower that happens to be our state flower. The good news is that there's no connection between ticks and the plant except that the seeds are thought to look like ticks. Coreopsis, the botanical name of the genus, is easy enough to say and seems to be used more often than the common name these days.

Florida has about a dozen native species of Coreopsis, one of which is endemic (grows naturally only in Florida) and a few are very rare. Most have yellow flowers, although Coreopsis nudata has lavender flowers. Depending on the species, they can be found in wet to dry sites in full sun or partial shade, with bloom seasons ranging from early spring through fall. Only a few native species are available in the nursery trade, although many non-native species, hybrids and cultivars are readily available. Goldenmane Tickseed (Coreopsis basalis), the species that seems to blanket the roadways and fields around Suwannee County at this time every year, is NOT native to Florida. This one is yellow with a burgundy or maroon center and was planted by the Department of Transportation to reduce mowing costs.

If you look more closely you will find some of our native Coreopsis growing along our roadways, too. Any one of the dozen native Florida species may occur in our area; the most common are Lanceleaf Tickseed (Coreopsis lanceolata) and Leavenworth's Tickseed (Coreopsis leavenworthii). Both of these species are well adapted to ordinary garden conditions, easy to cultivate and propagate, commonly available from native nurseries. They are "must-haves" for any butterfly garden.

Lanceleaf Tickseed is a little plant that starts out as a clump of shiny green, basal leaves that are lance-like or lobed and can remain green through our winters. As it grows it produces short stems with smaller oval-shaped leaves and upright stems of 2" yellow flowers. The flower heads are held above the foliage, singularly or in small groups, from April to frost. Even though it is considered to be a short-lived perennial, it will form colonies when the stems touch the ground and will also sprout from its numerous seeds. It prefers well-drained soil in full sun, but it's a tough little plant that adapts to almost any condition.

Leavenworth's Tickseed is a warm-weather annual with branching, upright stems and narrow leaves. It is a little taller and more slender than the Lanceleaf Coreopsis, giving it a rather wispy appearance. The 1-2" diameter flowers are at the ends of each stem with bright yellow, toothed petals and a dark brown center disk. Blooms are continuous from late spring through late summer on the original plant or its self-sown seedlings. It does best in moist, well-drained soil in full sun to light shade.

**Lanceleaf Tickseed—Coreopsis spp.**

**Scientific name (Genus and species)**: Coreopsis lanceolata

**Description**: Herbaceous perennial wildflower

- **Height/Spread**: 2' x 1.5'
- **Leaves**: Mostly basal, lanceolate or lobed to 8". Persist in winter.
- **Flowers**: 2", bright yellow petals with toothed edges and yellow disk. Flowers from spring to fall.

**Growing conditions**: Sun to part shade, dry to moist, well-drained, sandy soil.

**Drought tolerance**: Moderate

**Propagation**: Cuttings and seeds

**Wildlife attractor**: Butterflies and numerous pollinators

**Common name**: Lanceleaf Tickseed

**Scientific name (Genus and species)**: Coreopsis lanceolata

**Description**: Herbaceous annual wildflower

- **Height/Spread**: 3' x 1.5'
- **Leaves**: Shiny green, narrow, ovate or lobed
- **Flowers**: 1"-2", bright yellow petals with toothed edges and dark brown disk, spring to fall.

**Growing conditions**: Sun to part shade, moist, well-drained, sandy soil.

**Drought tolerance**: Moderate

**Propagation**: Reseeds readily

**Wildlife attractor**: Butterflies and numerous pollinators

**Common name**: Leavenworth's Tickseed

**Scientific name (Genus and species)**: Coreopsis leavenworthii

**Description**: Herbaceous annual wildflower

- **Height/Spread**: 3' x 1.5'
- **Leaves**: Shiny green, narrow, ovate or lobed
- **Flowers**: 1"-2", bright yellow petals with toothed edges and dark brown disk, spring to fall.

**Growing conditions**: Sun to part shade, moist, well-drained, sandy soil.

**Drought tolerance**: Moderate

**Propagation**: Reseeds readily

**Wildlife attractor**: Butterflies and numerous pollinators
New or Used? Buying a used car makes a lot of sense, especially in times when for most people money is a little tighter than it may have been in the past. Heading for the local used car lot is for many people the logical place to start their search, but there are a lot of other options. You can find cars on the internet, but without a test drive, bidding thousands of dollars on a vehicle you’ve never even physically seen before buying it seems risky. However, there are some great sites to help you make a good decision and reduce getting scammed.

Keep in mind, whether new or used car, your payment (and overall investment) will be less if you put more money down up front. (Better to wait and save and get a lower interest rate.) If at any point you don't feel good about “the deal”, don't be afraid to walk out the door. Having a breakdown of every fee and bringing along your research will help you feel more confident about whether it is a good deal. Knowledge is power!

Research the Car: Get the car’s VIN number. Ask the seller for a picture of the car with the VIN number clearly visible. Once you have the VIN number, order a car history report. This is important as the seller may have been less than forthcoming about exactly where it has been in the past (flood?) and what repairs or problems it has had.

If a seller offers potential buyers the chance to see the history report they ordered, consider ordering your own anyway to protect yourself from buying fraudulent and unsafe vehicles.

- www.autocheck.com
- www.carfax.com
- www.nicb.org/theft_and_fraud_awareness/vincheck

This is the National insurance crime bureau which checks to make sure the car hasn’t been stolen
- VinAudit.com

The National Motor Vehicle Title Information System (NMVTIS) is the only nationwide database of vehicle history that DMVs, insurance carriers, and junk/salvage yards are required by law to report into.

- http://www.safercar.gov

The National Highway Traffic Safety Administration allows you to check for deactivated airbags and get recall information.

Why can't I have a report from vehicles built before 1981? From 1954 to 1981, the standards for VIN is not yet accepted. As a result, different manufacturers used different formats. In 1981 the National Highway Traffic Safety Administration standardized the format. The standardized VIN allows us to maintain and query vehicle data for vehicles since 1981.

Time to Negotiate: Make sure you bring other new car price quotes as well as the car's invoice price. Don't be afraid to make a low offer and try to move up in small increments — if you have a price ceiling preset, don't budge from it. Dealerships are required by law to have a window sticker displaying the Manufacturer's Suggested Retail Price (MSRP) on every new car. The dealer should be able to spell out the purpose of every single fee. Watch for costly extras like locking wheel nuts and first aid kits that can add on to your price. Ask if you are confused about anything on your bill of sale.

http://www.fueleconomy.gov/feg/

Close the Deal: Do another inspection of your new car and a thorough examination of all the paperwork; make sure to get everything you’ve been promised in writing.
4-H summer day camps are right around the corner. Below is a tentative list for 2013. Prices and times are still to be determined. Please call 362-2771 for more information. We hope to see you there!

- **Bacon Day Camp** - June 11-13
- **Bug Out Day Camp** - June 18-21
- **4-H Sewing Camps** - June 24-28
- **4-H Camp Cherry Lake** - June 24-28
- **4-H Culinary Day Camp** - July 9-12
- **4-H Cloverbud Day Camp** - July 16-17
- **Trash to Treasure Day Camp** - July 29-2
Welcome!

Please help us welcome our newest secretary, Mrs. Karen McGalliard!

Are you aware that mangoes can be used at any stage of maturi-
ty or that edamame (soybeans) are a complete protein source
providing fiber, essential fatty acids and isoflavones? Did you
know that cooking raw poultry to a minimum internal temperature
of 165 degrees will eliminate pathogens and viruses, such as sal-
monella? Did you have any idea that eggs should never be
boiled? They should be cooked gently at no more than a low
simmer so that they are hard-cooked rather than hard-boiled.

This kind of information about Florida agricultural products can
be found along with a variety of delicious, kitchen-tested recipes
in the new cookbook, Simply Florida: A Taste of Flavors from the
Sunshine State. Learn to make flavorful herb shakers for meat
dishes. Find out how easy it is to broil grapefruit and when to
serve this dish. Get tips for selecting fresh garlic on your next
shopping trip. And receive nutritional profiles on each recipe.
Call the office for your copy!

"An Equal Opportunity Institution

*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-
395-8771.

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information. It is not a guarantee or warranty of product named and does not signify approval
in the exclusion of others of suitable composition.