April is National Volunteer month. A HUGE thank you, to the volunteers that continue to support the programs of Osceola County Extension - University Of Florida/IFAS. In 2007, 1,024 volunteers reported 17,013 volunteer hours supporting our programs. Our volunteers include 4-H, Home and Community Education, Master Gardeners, Lakewatch, Master Naturalists, and others; we could not do it without you! The Master Gardeners will be having their spring plant sale on April 4-5. The Master Gardeners manage the BEAUTIFUL gardens in front and behind our building, work in the plant clinic and assist with educational programs. Plan to brighten your home and yard with quality plants and Melaluca mulch. A Simply Florida will be held on April 29th and May 22nd. During these programs, recipes will be demonstrated and tasted followed by the participants preparing take home herb shakers. There is a charge of $35.00 to cover the cost of the supplies and cookbook. Plan ahead for Mother’s Day and purchase a gift certificate for the class! The Florida Beef Cattle Short Course is April 30- May 2nd in Gainesville, $110 for early registration. This program is designed to position cattle producers to access markets, choose bulls and fine tune management of their operations. Need CEU’s? June 24th at the Lake County Extension Office, programs on invasive weeds, ornamentals, laws and regulations, aquatic weeds, household pest control and workers protection standards will be offered. Cost is $20.00 per session. We hope you enjoy this newsletter and look forward to seeing you at our programs.

April, May, and June
2008

1921 Kissimmee Valley Lane
Kissimmee, FL 34744
321-697-3000
http://osceola.ifas.ufl.edu

Mary Beth Salisbury
County Extension Director
Family & Consumer Science
msal2@osceola.org

Randy Bateman
Agriculture
rbatl2@osceola.org

Tina Bond
Aquatics
jbon@osceola.org

Joy Borgman
Family & Consumer Science/4-H
jbor@osceola.org

Eleanor Foerste
Natural Resources
ejfoe@osceola.org

Karen Henry
4-H
khen@osceola.org

Grisel Negron
Expanded Food and Nutrition Education
gnega@osceola.org

Laura Royer
Family & Consumer Science
mroy@osceola.org

Jessica Sullivan
Florida Yards & Neighborhoods
jsul@osceola.org

Jennifer Welthans
Horticulture
jwel2@osceola.org

Watch out Hydrilla, there’s a new Sheriff in town! Dr. Tina Bond

Aquatic plant managers now have a brand new herbicide to add to their toolbox in their fight against hydrilla. The new product is called Galleon (penoxsulam is the active ingredient name) and was recently given full registration by the EPA for use on aquatic weeds in ponds, lakes, marshes, wetlands and other bodies of water. Galleon is a reduced risk pesticide, meaning that it has reduced risk to human health, non-target organisms, and even has reduced risks to the environment. Galleon does not have any restrictions for fishing or fish-eating which is a good indicator of its reduced risk nature.

Before Galleon received full federal registration, research was conducted in Osceola County stormwater ponds in order to help determine proper dosage rates, effects on non-target organisms and other toxicity and environmental data required by the EPA. Now, Galleon is being used in Lakes Jackson and Cypress in large scale applications for hydrilla control. These treatments are the largest applications of Galleon for hydrilla control in the State of Florida.

We are still conducting research to determine impacts to non-target organisms because not all plant species could have been evaluated during the preliminary phases of research. In research that has been conducted, Galleon has shown to be specific on hydrilla and water hyacinth. Galleon also works well when used in combination with other aquatic plant management tools. An integrated approach is the best method for managing pests.

Don’t forget to register for the Aquatic Weed Short Course in Coral Springs if you need CEU’s for your pesticide license or up to date research information on the aquatic industries! For more information on the short course visit: http://conference.ifas.ufl.edu/aw
5 Things To Do With Your 2008 Tax Money
By Laura Royer

1. Pay yourself first! Try to save at least 10% of your tax refund for financial goals or emergencies. Unexpected expenses do happen, are you prepared for the next one? To make saving money easy, use Form 8888 to split your tax refund and add some of the return to your savings account.

2. Get caught up on any bills that you may be behind on. Missing payments often results in fees that are huge spending leaks! Money used to pay late fees is money that could be saved for your financial goals or used for other needs.

3. Pay more than the minimum to pay down any outstanding credit card debt. The average interest rate on a credit card is typically higher than average investment returns including the stock market. For more information about decreasing debt, visit www.powernpay.org.

4. Invest the money for your children’s future. If you are wanting to help your children pay for college, consider placing tax refund money into a college savings account such as a 529 plan. With the increasing costs of college education, the earlier you plan, the more money available to pay for these expenses.

5. Plan your tax refund money wisely by giving each dollar a name. If you want to save some, designate certain dollars for savings. If you want to have repairs made on your car then set aside dollars for that. Most importantly, try to focus your tax dollars on needs before wants. If everything else is covered, have fun with your money!

For more information about taxes, visit our website at http://osceola.ifas.ufl.edu.

Don’t forget - Moola Venture Money Camp for Teens @ Extension Services - registration required, deadline May 30.

(Continued from page 10)

4-H’ers Excel at Presentations and Public Speaking
By Karen Henry

4-H prides itself on the public speaking skills that youth in the organization learn. Youth involved in the 4-H program participate in presentations within their 4-H clubs and have the opportunity to compete at the county, district and state level. Youth in fourth, fifth and sixth grade may also become involved in the 4-H Tropicana Public Speaking Contest. This contest is administered through the youth’s classroom at school.

So, what types of skills have these youth learned? How exactly do you go about writing and giving a speech? First, youth choose a topic. How do you do that? It is important to speak about something that interests you. Most 4-H’ers speak about their 4-H “project,” or a series of learning experiences within an area of interest. 4-H has over 60 projects to choose from, so speeches are about everything from entomology to leadership, bicycles to woodworking and clothing to veterinary science.

Next, 4-H’ers organize their speech and create a plan. This plan includes an introduction, body and conclusion. Youth doing demonstrations and illustrated talks also create visuals to go along with the presentation. Visuals contribute to the presentation and reinforce the point.

Then, youth practice, practice, practice. And the practice was evident as youth gave excellent speeches and presentations at 4-H County Events this year. Congratulations to all of this year’s participants. Blue Awards went to: Phoebe Obrecht, Elizabeth Rodriguez, Lane Wilber, Keenan Schmidt, Eileen Blanco, Austin Laufer, Emma Leonard, Samantha Nation, Ashley Anyshyn, Eliza Chase and Brittany Avant. Red Awards went to: Emma Byerly, Julia Robida, Dalton Tupper, Karsten Miller, Ashley Barnard, William Byerly and Chris Attkisson. White Awards went to: Ellie Christopher, Tristyn Greer, Raymond Rodriguez and Jennifer Nation. Purple Clover Award went to: Max Becker, Hunter Bronson, Marie Byerly, Quentin Byerly and Lauren Christopher. Great job!

Ten Tips for Cool Summer Treats
Summertime is a great time to enjoy whatever fresh fruits and veggies abound in Florida. Purchasing locally grown fresh produce saves you money, provides great nutrition, and is good for the environment. Many of these cool summer treats can be made with fresh ingredients or those that you have frozen during their peak season. Other ingredients are included to complement the taste and nutritional value of the fruits and veggies.

Remember, Fruits and Veggies: More Matters!™

Strawberry Milkshake
Mix in a blender on high: 1 cup fat free milk, ¼ teaspoon vanilla extract, 1 tablespoon sugar OR 2 packets sugar substitute (or sweeten to taste), and ½ cup quartered frozen strawberries. Wash, quarter, and freeze strawberries at the height of their season; they will keep for about six months.

Banana Milkshake
Mix in a blender on high: 1 cup fat free milk, ¼ teaspoon vanilla extract, 1 tablespoon sugar OR 2 packets sugar substitute (or sweeten to taste), and 1 small sliced frozen banana. Frozen sliced bananas will keep about two weeks.

Orange Smoothie
Mix in a blender on high: 1 cup fat free milk, 1 small can frozen orange juice concentrate, ¼ cup sugar or equivalent sugar substitute (or sweeten to taste). For more information about decreasing debt, visit www.powernpay.org.

Fruit Cup with Pizzazz
Cut up two or three of your favorite seasonal fruits and/or berries in a bowl. Add ⅛ cup corn fresh or frozen into small bowls. Add a spoonful of fat free or low fat vanilla yogurt and a sprinkle of wheat germ or and/or berries in a bowl. Add ⅛ cup corn fresh or frozen into small bowls. Add a spoonful of fat free or low fat vanilla yogurt and a sprinkle of wheat germ or chopped nuts to each. NOTE: You can make your own vanilla yogurt by adding vanilla extract and sugar or sugar substitute to plain yogurt.

Lime Spritzer
Add a squeeze of fresh lime juice (to taste) to a glass of seltzer or club soda with crushed ice for a refreshing and no-calorie thirst quencher.

Cantaloupe Supreme
Top ½ cup of small cantaloupe chunks (or be fancy and use a melon ball maker) with a small scoop of low fat vanilla ice cream.
It’s best to give whole milk to toddlers under the age of two. They need the calories and nutrients

in fat to grow and develop, lower-fat milk doesn’t have enough fat. (Infants should only drink breast-
milk or iron-fortified formula.)

After age two, switch to 1% or fat-free milk. Everyone in the family over age

two can benefit from lower-fat foods!

Health food drinks like soy milk and

rice drinks may not give your toddler the nutrients needed for growth and
development. These drinks do not naturally have the same nutrients as cow’s milk, like calcium, Vitamin D, and protein.

If your toddler cannot drink cows milk, talk to your child’s doctor about the best milk choice.

Help! My Toddler Only Eats One Food!

When a toddler wants the same food for every meal, it’s called a food jag. Many

parents worry about food jags, they wonder if their toddlers are getting all the

important nutrients.

The good news is that these food jags usually
don’t last long! And the nutrients your child gets are balanced over a period of time.

So what’s a parent to do? Here are some steps for less stressful mealtimes:

It’s your job to make mealtimes pleasant and offer a variety of healthy foods - it’s not your job
to make your child eat. Offer your toddler’s favorite food along with some other healthy choices.

It’s your child’s job to decide what foods to eat from the foods you offer. Your child also decides

how much to eat. Be patient! Remember that food jags won’t last long.

Lemon-Broccoli Salad

2 pounds fresh broccoli

3 Tbsp. vegetable or chicken broth

3 Tbsp. fresh lemon juice

1½ Tbsp. olive oil

½ tsp. salt

½ tsp. pepper

Separate broccoli into florets, peel stems and slice crosswise. In a covered saucepan over medium

heat steam broccoli in a small amount of water for 5 minutes or until tender-crisp. Drain, reserving

liquid for soup. Immediately plunge broccoli into a bowl of ice water to stop cooking process. Drain.

In a blender container combine broth, lemon juice, olive oil, salt and pepper. Process until mixed. Put

broccoli into a salad bowl. Add dressing; toss to coat. Marinate in refrigerator for several hours.

Makes 6 servings.

Approx per serving: 74 calories; 4 grams fat; high fiber.

Mock Sour Cream

1 cup low-fat cottage cheese

¼ cup fat free milk or buttermilk

1½ tsp (or more) fresh lemon juice

In a blender container combine cottage cheese and

buttermilk. Process until smooth. Stir in lemon juice
to taste. Makes 1 cup.

Approx per serving: 10 calories; fat-free

Lean Quesadillas

6 corn tortillas

3 ounces part-skim mozzarella cheese, shredded

Lettuce, shredded

Tomato slices or chunks

1 cup mock sour cream

Prepared salsa

In an ungreased hot skillet, toast tortillas on both

sides. Top with cheese. Heat until cheese melts.

Place tortillas on serving plate. Layer lettuce, tomato slices and moch sour cream. Serve with salsa. Makes 1 serving.

Approx per serving: 140 calories; 4 grams fat.
Pruning is not recommended for three years or until the rose becomes fully mature. Before that time it will only be necessary to trim away the dead twigs and spent blooms. After it is all grown up, prune back about 1/3 of the bush to encourage fuller growth and more blooming. The best time to prune is any time after Valentine’s Day for ever-blooming roses and right after blooming for once blooming ones.

When pruning cut back to a 5-leaf outward facing node. New growth will appear at that node. The idea of cutting at a node facing away from the center of the bush is to help keep the interior of the bush less dense to allow for greater air flow. This helps to reduce the chance for fungus to develop. A second pruning for the ever-blooming varieties in the fall can be done but it is not necessary. Following these basics will ensure you of success.

Swallow your doubts and fears and give it a try—you’ll be so glad you did.


Add some Color to your Patio with Plants
By Annie Viehhaus

Spring welcomes us every year with a beautiful display of new blossoms. Unfortunately, a large number of these flowers require full sun in order to generate blooms, making it difficult to find flowering plants to grow on a covered porch or patio.

Finding the right plant for the right place is the most important step when choosing plants. Plants have certain growing requirements, such as sun and water requirements. When a plant is grown in an environment that it does not like, it will not perform up to our expectations.

So, how can we be sure we buy the right plant for the right place? First know the conditions of the site you want to put a plant and then find a plant that fits those needs. Most patios and porches probably do not receive full sun, leaving the only option to find plants that like shady conditions.

Knowing which plants grow in which environment is a simple task. Most plants at the garden center have plant tags in the pots that list their requirements, making it easy to make the match. Therefore, all you have to do is read the label.

Colorful annuals for the spring include begonias, impatiens, crossandras, and dahlias. They are all unique plants that come in a variety of colors, shapes, and sizes to fit anyone’s needs. These plants will provide the most flowers and color for patio containers in the spring. With proper care and maintenance, they should continue to thrive throughout the spring and into the summer months.

often during preparation. Teach children to wash their hands before eating lunch. (You will know they know the drill when they wash their hands before supper…. without being asked!). To prevent cross contamination, separate foods as they are being prepared and stored, and don’t reuse packing materials unless they are properly cleaned and sanitized. One teaspoon of household bleach per quart of tap water can be used as a sanitizing agent. Insure food is cooked to safe temperatures by using a food thermometer. And remember to chill foods quickly by refrigeration or freezing.

Popular lunch items such as chicken, eggs, turkey, tuna and prepackaged lunch combinations that include luncheon meats with crackers, cheese and condiments won’t stay safe long when transported without an ice source. They should not be left out at room temperature more than two hours (one hour if the outside temperature is above 90 degrees F.) Insulated, soft-sided lunch boxes or bags combined with the use of frozen gel packs can keep food cold, but metal or plastic lunch boxes and paper bags can also be used with proper caution, which usually means add ice! To keep packed lunches in a safe temperature range until consumed, also consider creating layers by combining with the use of frozen gel packs can keep food cold, but metal or plastic lunch boxes and paper bags can also be used with proper caution, which usually means add ice! To keep packed lunches in a safe temperature range until consumed, also consider creating layers by

The American Academy of Pediatrics (AAP) recommends that fruit juice should provide no more than half of a child’s daily fruit needs. Children under 4 years need 2 servings of fruit every day. Older children need up to 4 servings. One fruit serving = 6 ounces of fruit juice

With kids spending more time playing outside this summer, make sure they drink often to keep their bodies hydrated. Offer milk, fruit juices, and water as sources of liquids. Water is the best thirst-quencher, while milk and fruit juices are packed with nutrients that growing children need.

100% fruit juices are nutritious and taste good, which makes it easier to over-consume. Too much juice, like too much of any food, can throw children’s diets off balance and lead to some problems like:

• Poor appetite because of filling up with juice while crowding out other foods.

• Unnecessary weight gain due to excessive calories from large amounts of juice.

• Intestinal problems (cramps, diarrhea) because of the sorbitol in some types of juices. Sorbitol is a type of sugar that cannot be absorbed by the stomach. Prune juice and pear juice have sorbitol.

With kids spending more time playing outside this summer, make sure they drink often to keep their bodies hydrated. Offer milk, fruit juices, and water as sources of liquids. Water is the best thirst-quencher, while milk and fruit juices are packed with nutrients that growing children need.

100% fruit juices are nutritious and taste good, which makes it easier to over-consume. Too much juice, like too much of any food, can throw children’s diets off balance and lead to some problems like:

• Poor appetite because of filling up with juice while crowding out other foods.

• Unnecessary weight gain due to excessive calories from large amounts of juice.

• Intestinal problems (cramps, diarrhea) because of the sorbitol in some types of juices. Sorbitol is a type of sugar that cannot be absorbed by the stomach. Prune juice and pear juice have sorbitol.

With kids spending more time playing outside this summer, make sure they drink often to keep their bodies hydrated. Offer milk, fruit juices, and water as sources of liquids. Water is the best thirst-quencher, while milk and fruit juices are packed with nutrients that growing children need.

100% fruit juices are nutritious and taste good, which makes it easier to over-consume. Too much juice, like too much of any food, can throw children’s diets off balance and lead to some problems like:

• Poor appetite because of filling up with juice while crowding out other foods.

• Unnecessary weight gain due to excessive calories from large amounts of juice.

• Intestinal problems (cramps, diarrhea) because of the sorbitol in some types of juices. Sorbitol is a type of sugar that cannot be absorbed by the stomach. Prune juice and pear juice have sorbitol.
It's In The Bag!  
By Joy Borgman

Back when my mother was a girl, she carried her lunch to school in a bucket. No lid, no refrigeration, no zip lock disposable bags. What did grandma do to keep it safe? Missouri weather may have helped as did that daily ration of peanut butter and syrup. The cooler weather and less perishable items combined to keep the bad bugs at bay.

Fast forward to 2008 in Osceola county. While a bag lunch or picnic in the park is an attractive and economical alternative to fast food or cafeteria offerings, our warm spring and summer days make packing a bag lunch a little more risky. Bacteria multiply rapidly at room temperature and even faster in the summer sun, so a casual approach to food safety when packing those goodies can introduce more than camaraderie to that lunch time treat. When a violent food borne illness suddenly strikes, victims often think they have a “bug” or the “24 hour flu” and fail to connect the painful experience with the lunch that may have been left in the car or locker from early morning until lunchtime. While no one can afford to think they are immune, some groups of people have greater difficulty in fighting the nasty culprits that cause food borne illnesses: the young, elderly, pregnant, and immune-compromised folks suffer the greatest consequences. It is estimated that as many as 76 million people are stricken with food borne illness each year, of which 300,000 are hospitalized and 5000 die.

In addition to offering classes on the UF campus, IFAS has facilities for teaching, research and demonstration located throughout the state at Research and Education Centers (REC’s) such as the Mid-Florida REC in Apopka and the citrus REC in Lake Alfred.

What does UF/IFAS mean to our residents? We are a non-biased source of information and we have a variety of services backed by research to help solve practical problems.

Osceola County Extension is for youth and adults. We teach classes, write news articles, diagnose problems and organize hands-on learning activities and demonstrations to show the latest university research. Let us help you with some of the many questions you have been wanting to ask.

Oops, I let the secret out. This is one secret you will want to share with everyone you know.

Visit our web site at http://osceola.ifas.ufl.edu

Choosing And Preparing Foods Lower in Salt and Sodium

Most of us take in more salt and sodium than we need. The current recommendation is that the amount we take in should be less that 2,400 milligrams a day. This means that the total mount of sodium in our daily food should be less than the equivalent of one teaspoon of table salt. For those who have high blood pressure, the doctor may advise you to eat even less salt and sodium.

To reduce the salt and sodium in your diet, you can follow these tips for shopping, preparing and serving healthy meals and snacks:

- Learn to read the food label. Look at the serving size. Consider the milligrams of sodium and the percent daily value. Think about the amount that you will usually use. Is it more or less than the serving size given on the package? Can this food fit into your healthy eating plan?
- When you shop for food, choose the types and amounts of foods that will help you manage the amount of sodium in your healthy eating plan.
- Buy fresh vegetables or when you buy frozen or canned vegetables, choose the plain ones and choose those that have no added salt.
- Choose fresh poultry, fish, and lean meat, instead of canned or processed types.
- Choose herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Buy less instant or flavored rice, pasta, and cereal mixes. These usually have more sodium and salt. When you cut back on these you could also have another bonus. That is you will probably save money on your grocery bill, because these products often cost more than the plain versions.
- Choose less frozen dinners, pizzas, packaged mixes, canned soups or broths, and salad dressings, these foods often have a lot of sodium.
- When you do choose convenience foods, choose those that are lower in sodium.
- When available, buy low - or reduced-sodium, or no salt added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.

When you prepare and serve foods, try these steps for meals with less salt and sodium:

- Use less salt at the table and in cooking.
- Cook rice, pasta, and hot cereals without adding salt.
- Cook with low-salt ingredients; use more spices and herbs.
- Try salt-free blends of spices and herbs in cooking and at the table.
- Rinse salt from canned foods. For example, you can rinse canned tuna to remove some sodium.
- Use fewer sauces, mixes, and instant products.
- Limit smoked, cured, or processed beef, pork, or poultry.

A healthy lifestyle helps to prevent high blood pressure. These are some healthy lifestyle habits that can help you prevent and control high blood pressure:

- Maintaining a healthy weight
- Being physically active
- Following a healthy eating plan
- Choosing and preparing foods with less salt and sodium
- If you drink alcoholic beverages, do so in moderation and limit alcohol intake. Some people should not have alcohol at all, including pregnant or lactating, underage or people who have health problems.

Choosing And Preparing Foods Lower in Salt and Sodium

Most of us take in more salt and sodium than we need. The current recommendation is that the amount we take in should be less that 2,400 milligrams a day. This means that the total mount of sodium in our daily food should be less than the equivalent of one teaspoon of table salt. For those who have high blood pressure, the doctor may advise you to eat even less salt and sodium.

To reduce the salt and sodium in your diet, you can follow these tips for shopping, preparing and serving healthy meals and snacks:

- Learn to read the food label. Look at the serving size. Consider the milligrams of sodium and the percent daily value. Think about the amount that you will usually use. Is it more or less than the serving size given on the package? Can this food fit into your healthy eating plan?
- When you shop for food, choose the types and amounts of foods that will help you manage the amount of sodium in your healthy eating plan.
- Buy fresh vegetables or when you buy frozen or canned vegetables, choose the plain ones and choose those that have no added salt.
- Choose fresh poultry, fish, and lean meat, instead of canned or processed types.
- Choose herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Buy less instant or flavored rice, pasta, and cereal mixes. These usually have more sodium and salt. When you cut back on these you could also have another bonus. That is you will probably save money on your grocery bill, because these products often cost more than the plain versions.
- Choose less frozen dinners, pizzas, packaged mixes, canned soups or broths, and salad dressings, these foods often have a lot of sodium.
- When you do choose convenience foods, choose those that are lower in sodium.
- When available, buy low - or reduced-sodium, or no salt added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.

When you prepare and serve foods, try these steps for meals with less salt and sodium:

- Use less salt at the table and in cooking.
- Cook rice, pasta, and hot cereals without adding salt.
- Cook with low-salt ingredients; use more spices and herbs.
- Try salt-free blends of spices and herbs in cooking and at the table.
- Rinse salt from canned foods. For example, you can rinse canned tuna to remove some sodium.
- Use fewer sauces, mixes, and instant products.
- Limit smoked, cured, or processed beef, pork, or poultry.

May is National High Blood Pressure Month

By Mary Beth Salvariou
### Extension Services Calendar of Events

**APRIL**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, 3rd</td>
<td>9 a.m.</td>
<td>Woods Walk - Makinson Island - Registration required, space is limited.</td>
</tr>
<tr>
<td>Thursday, 3rd</td>
<td>10 a.m.</td>
<td>A Spectrum of Temperaments @ Convention &amp; Visitor Bureau - 1925 E. Irlo Bronson Hiway - Kissimmee</td>
</tr>
<tr>
<td>Thursday, 3rd</td>
<td>6:30 p.m.</td>
<td>Finding Money To Save @ Extension Services 1921 Kissimmee Valley Lane - Kissimmee.</td>
</tr>
<tr>
<td>Friday, 4th</td>
<td>10 a.m.</td>
<td>The ABC’s of PUD and GERD @ Human Services 108 Park Place Blvd. Building C Kissimmee.</td>
</tr>
<tr>
<td>Friday &amp; Sat, 4th - 5th</td>
<td>9 a.m. to 4 p.m.</td>
<td>Master Gardener Spring Plant Sale @ KVLS Building, Osceola Heritage Park.</td>
</tr>
<tr>
<td>Saturday, 5th</td>
<td>9 a.m. to noon</td>
<td>Low Maintenance Landscapes @ Extension Services, Osceola Heritage Park. Register @ 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
</tr>
<tr>
<td>Tuesday, 8th</td>
<td>10 a.m.</td>
<td>Home Refinancing &amp; Equity Loans: What Should You Do? @ Convention &amp; Visitors Bureau 1925 E. Irlo Bronson Hiway Kissimmee</td>
</tr>
<tr>
<td>Tuesday, 8th</td>
<td>8 a.m. to 3 p.m.</td>
<td>Landscape Best Management Practices Certification (for green industries professionals), Pre-registration required: <a href="http://osceola.ifas.ufl.edu/comm_hort.shtml">http://osceola.ifas.ufl.edu/comm_hort.shtml</a> - $10.00 fee.</td>
</tr>
<tr>
<td>Tuesday, 8th</td>
<td>6:30 p.m.</td>
<td>4-H County Council/4-H Volunteer Meeting @ Extension Services.</td>
</tr>
<tr>
<td>Thursday, 10th</td>
<td>5:30 p.m.</td>
<td>Lake Management Advisory Committee Meeting @ 2 Courthouse Square Administration Bldg. - Kissimmee</td>
</tr>
<tr>
<td>10th &amp; 22nd</td>
<td>9 a.m. to noon</td>
<td>Low Maintenance Landscapes @ Poinciana Community Center 395 Marigold Ave. Register @ 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
</tr>
<tr>
<td>Friday, 11th</td>
<td>2 p.m.</td>
<td>Strokes @ Sheriff's Office 2601 E. Irlo Bronson Hiway - Kissimmee</td>
</tr>
<tr>
<td>Monday, 14th</td>
<td>10 a.m.</td>
<td>On-Line Banking @ Corrections 400 Simpson Road - Kissimmee.</td>
</tr>
<tr>
<td>Tuesday, 15th</td>
<td>7:00 p.m.</td>
<td>4-H Tropicana Public Speaking Contest @ Extension Services.</td>
</tr>
<tr>
<td>Thursday, 17th</td>
<td>10 a.m.</td>
<td>Food Safety Jeopardy @ Beaumont Center 330 N. Beaumont Kissimmee</td>
</tr>
<tr>
<td>Tuesday, 22nd</td>
<td>10 a.m.</td>
<td>Organizing Your Financial Documents @ Road &amp; Bridge 3850 Old Canoe Creek Road St. Cloud</td>
</tr>
<tr>
<td>Tuesday, 22nd</td>
<td>6:30 to 8:30 p.m.</td>
<td>Making Your Home More Energy Efficient @ Extension Services, Osceola Heritage Park.</td>
</tr>
<tr>
<td>Thursday, 24th</td>
<td>10 a.m.</td>
<td>Food Safety Jeopardy @ Hart Memorial Library 211 E. Dakin Kissimmee</td>
</tr>
<tr>
<td>Thursday, 24th</td>
<td>6:30 to 8:30 p.m.</td>
<td>Irrigation Maintenance for Homeowners @ Extension Services, register @ 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a>.</td>
</tr>
<tr>
<td>Friday, 25th</td>
<td>2 p.m.</td>
<td>Insomnia @ Beaumont Center - 330 N. Beaumont Kissimmee</td>
</tr>
<tr>
<td>Tuesday, 29th</td>
<td>10 a.m. to 12 p.m.</td>
<td>From Our Table to Yours: A Simply Florida Experience @ Extension Services - (Cost: $35)</td>
</tr>
<tr>
<td>Tuesday, 29th</td>
<td>6:30 to 8:30 p.m.</td>
<td>From Our Table to Yours: A Simply Florida Experience @ Extension Services - (Cost: $35)</td>
</tr>
<tr>
<td>Wednesday, 30th</td>
<td>2 p.m.</td>
<td>Protection From Florida Sun @ Road &amp; Bridge 3850 Old Canoe Creek Road St. Cloud</td>
</tr>
</tbody>
</table>

**MAY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, 2nd</td>
<td>5 p.m.</td>
<td>All 4-H Project Reports due. Secretary / Treasurer books due.</td>
</tr>
<tr>
<td>Tuesday, 6th</td>
<td>4 - 5 p.m.</td>
<td>4-H District Council Meeting @ Extension Services</td>
</tr>
<tr>
<td>5th - 8th</td>
<td>5:30 p.m.</td>
<td>Aquatic Weed Short Course, Coral Springs FL.</td>
</tr>
<tr>
<td>Thursday, 8th</td>
<td>5:30 p.m.</td>
<td>Lake Management Advisory Committee Meeting @ 2 Courthouse Square Administration Bldg.</td>
</tr>
<tr>
<td>Friday, 9th</td>
<td>10 a.m. - 2 p.m.</td>
<td>Building Safety Fair @ Court House Square - Kissimmee.</td>
</tr>
<tr>
<td>Tuesday, 13th</td>
<td>6:30 p.m.</td>
<td>4-H County Council @ Extension Services.</td>
</tr>
<tr>
<td>Saturday, 10th</td>
<td>2 p.m.</td>
<td>Vegetable Gardening @ Poinciana Library.</td>
</tr>
<tr>
<td>Thursday, 15th</td>
<td>6:30 - 8:30 p.m.</td>
<td>Identity Theft: Defer-Detect-Defend @ Extension Services - registration required.</td>
</tr>
<tr>
<td>Tuesday, 20th</td>
<td>8 a.m.</td>
<td>Certification for Ornamental and Turf Pesticide Applicators @ Extension Services.</td>
</tr>
<tr>
<td>Wednesday, 21st</td>
<td>2 p.m.</td>
<td>Is Your Home Healthy @ Road &amp; Bridge 3850 Old Canoe Creek Road St. Cloud.</td>
</tr>
<tr>
<td>Thursday, 22nd</td>
<td>6:30 - 8:30 p.m.</td>
<td>From Our Table to Yours: A Simply Florida Experience @ Extension Services - (Cost: $35)</td>
</tr>
<tr>
<td>Monday, 26th</td>
<td>OFFICE CLOSED - MEMORIAL DAY</td>
<td></td>
</tr>
<tr>
<td>Thursday, 29th</td>
<td>10 a.m.</td>
<td>Parenting: The Communication Puzzle @ Road &amp; Bridge 3850 Old Canoe Creek Road St. Cloud</td>
</tr>
<tr>
<td>JUNE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday, 2nd</td>
<td></td>
<td>Florida Lake Management Society Annual Meeting, Sandestin, FL</td>
</tr>
<tr>
<td>Tuesday, 3rd</td>
<td>10 a.m.</td>
<td>How To Spot a Con Man @ Human Services 108 Park Place Blvd. Building C Kissimmee.</td>
</tr>
<tr>
<td>Friday, 6th</td>
<td>2 p.m.</td>
<td>Hypertension @ Sheriff’s Office 2601 E. Irlo Bronson Hiway - Kissimmee</td>
</tr>
<tr>
<td>Wednesday, 11th</td>
<td>2 p.m.</td>
<td>Migraines/Headaches @ Animal Control 3910 Old Canoe Creek Road St. Cloud.</td>
</tr>
<tr>
<td>Thursday, 12th</td>
<td>5:30 p.m.</td>
<td>Lake Management Advisory Committee Meeting @ 2 Courthouse Square Administration Bldg.</td>
</tr>
<tr>
<td>16th - 20th</td>
<td>8:30 a.m. - 4:30 p.m.</td>
<td>Moola Venture Money Camp for Teens @ Extension Services - registration required, deadline May 30. Cost $25.00</td>
</tr>
<tr>
<td>Monday, 23rd</td>
<td>10 a.m.</td>
<td>Help! I Have Mildew @ Beaumont Complex 330 N. Beaumont Kissimmee</td>
</tr>
<tr>
<td>Thursday, 26th</td>
<td>10 a.m.</td>
<td>Food Safety Jeopardy @ Sheriff’s Office - 2601 E. Irlo Bronson Hiway - Kissimmee</td>
</tr>
</tbody>
</table>