Drought and Weed Control!

Randy Bateman

Weed control under dry conditions can be problematic for two reasons. 1. Weed competition is most severe during and 2. Weeds are less affected by herbicide applications under dry conditions.

**Preemergence herbicides.** Preemergence herbicides require rainfall for incorporation into the soil. Without rain, the herbicide will be less active and will result in more weed escapes. Additionally, many of our soil applied herbicides are degraded by sunlight. So, without incorporation by rainfall, there is less herbicide in the soil and degradation by sunlight is more common.

**Postemergence herbicides.** Postemergence herbicides are also affected by drought. Weeds growing under drought stress are more difficult to control. Under dry conditions, weeds have more wax on their leaf surfaces, which restricts movement of the herbicides into leaf tissue. Additionally, most herbicides need to translocate throughout the plant to achieve a complete kill. A drought-stressed plant is growing very slowly and herbicide movement within the plant is greatly reduced. This means that less herbicide enters drought-stressed plants and what does enter is poorly translocated. Together, these factors lead to poor control. For Postemergence applications, the addition of the proper adjuvant can improve weed control operations under dry conditions. Some herbicide labels specifically list which adjuvant should be used under such conditions. In any case, it is best to be familiar with the label to optimize herbicide activity under any environmental condition.

If weeds are actively growing, herbicide applications can be highly effective. However, if weeds are wilting during the day and recovering over the night, an herbicide application should be delayed until rainfall has been received and weeds resume active growth.
Legumes - an Option to High Fertilizer

In times when nitrogen fertilizers and fertilizers in general are escalating in an almost vertical trend, the idea of using forage legumes is an attractive and almost necessary proposition. Forage legumes, if harvested and allowed some growth for later use as cover crops, functions as a slow release fertilizer. They may partially substitute chemical fertilizer use and may also sustain/enhance solid organic matter content. Their use is beneficial for many Florida soils, especially for sandy soils which typically have low natural soil fertility, do not retain much water or nutrients, and are often prone to excessive nutrient leaching losses.

How much Nitrogen Do they Fix? And when is the Nitrogen Available?

Legumes have the ability to associate with certain soil bacteria (rhizobia) that fix atmospheric nitrogen. They may add between 20 to 150 lbs. N/acre per season (see table below), depending on the legume type, growing conditions and symbiotic N-fixing bacteria present in the soil. Their herbage also tends to be richer in proteins with no nitrates, and decomposition is more rapid compared to grass/grain crops. Legumes when used as green manure decomposes rapidly when incorporated with moist soil. Nitrogen is available after decomposition in four to six weeks depending on weathering conditions; in hot summer rainy conditions it may be even less than four weeks. Nutrients released should be used immediately by the planted crop or warm-season grass, or it will be lost to leaching or escaping in the air as gas.

<table>
<thead>
<tr>
<th>Legume</th>
<th>Yield-Biomass (lbs/acre)</th>
<th>Yield N (lbs/acre)</th>
<th>Seeding rate (lbs/acre)</th>
<th>Seeding Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hair Indigo</td>
<td>4500-9000</td>
<td>80-150</td>
<td>6-10</td>
<td>3/1 - 7/15</td>
</tr>
<tr>
<td>Velvet beans</td>
<td>2200-4000</td>
<td>50-85</td>
<td>30-50</td>
<td>3/1 - 6/30</td>
</tr>
<tr>
<td>Perennial Summer</td>
<td>Rhizoma Peanut</td>
<td>2000-6000 (12 months)</td>
<td>50-130</td>
<td>80-100³ (bs. Rhizomes)</td>
</tr>
</tbody>
</table>

Kenneth Windsor, County Director of the U.S. Department of Agriculture Farm Service Agency (FSA) reminds Osceola and Brevard County livestock producers they have until July 18, 2008, to enroll in the 2005-2007 Livestock Compensation Program (LCP) and the Livestock Indemnity Program (LIP). The program began September 10, 2007, for the two programs that provide aid to livestock producers who suffered eligible livestock or livestock feed losses between January 1, 2005, and December 31, 2007, because of a natural disaster.


LIP provides payments to eligible livestock owners and contract growers who incurred the death of livestock because of a natural disaster. LCP provides payments to eligible livestock owners and cash lessees who suffered feed losses or increased feed costs because of a natural disaster. More information about LIP and LCP is available online at: [http://disaster.fsa.usda.gov](http://disaster.fsa.usda.gov). For more information on FSA programs, please contact the Osceola-Brevard Farm Service Agency at (407) 847-4201 or visit the agency’s Web site at [http://www.fsa.usda.gov](http://www.fsa.usda.gov).
Every year during the last week in July between 400 and 600 4-H’ers from across the state make their way to the University of Florida for Florida 4-H Congress.

Florida 4-H Congress is for youth ages 14 and up and has both competitive and non-competitive sessions. Youth compete in demonstrations, public speaking, judging events, Fashion Revue and Clothing Selection and ‘Share the Fun’ Talent Show. They also interview to obtain 4-H scholarships and to attend national 4-H events. Florida 4-H Congress has a non-competitive portion, as well, which is devoted to educational, recreational and community service workshops and activities.

Also at Congress, the State 4-H Council, the youth governing body for Florida 4-H, meets and provides input into Florida 4-H programming. The State Council is composed of the Executive Board, which represents youth from counties and districts across the state. Youth involved in Executive Board gain leadership experiences and provide leadership training for other 4-H’ers throughout Florida.

Youth from Osceola County attending the full week of Congress worked hard to get there. The Osceola County 4-H Foundation pays for youth to attend, therefore youth have parameters by which they may ‘win’ their way up to Gainesville. Youth win by (1) participating and winning at County and District Evens competitions, (2) completing the 4-H Portfolio process and getting an interview during Congress or (3) winning first place in Fashion Revue or Clothing Selection at the county contest, which takes place during the Osceola County Fair. Youth may attend part-time, Wednesday through Friday, paying their own way. Florida 4-H Congress 2008 attendants are Ashley Avant, Syleen Blanco, Steven Collins, Samantha Nation, Dalton Tupper and Heather Young.

This summertime dilemma for working parents quickly transitions to a back-to-school challenge as parents evaluate summertime growth and maturity and wonder if this is the year their child is ready for after school self-care.

Self-care can be a positive and rewarding experience that develops responsibility and independence for children who are ready. However, if a child is not mature enough, self-care can be an anxiety-producing and dangerous situation.

In deciding whether a child is ready for self-care, parents must consider several factors, starting with the child’s maturity level. University of Florida Professor, Dr. Millie Ferrer reports that there are no magic ages at which children develop the maturity and good sense needed to stay alone, but suggests parents consider each child’s physical, mental, social, and emotional maturity, using the following guidelines:

If your child is physically ready to stay alone, he will be able to perform everyday tasks such as making a snack, dialing a phone, and writing a message.

If your child is mentally ready to stay alone, she will understand what “stranger” and “emergency” mean; be able to recognize danger and know how to stay safe; demonstrate responsibility; consider how his or her actions affect others, and solve small problems on his or her own but also know how and when to call for help to a designated person.

A child socially ready to stay alone can solve conflicts with siblings with little adult help; talk easily to you about what happens at school and about his or her feelings; and feels confident enough to contact another adult if a problem arises.
Emotionally, a child may be ready for self care if he or she feels confident and secure when alone; seems willing to stay alone; knows how to keep him/herself entertained, and knows how to handle fear, loneliness, and boredom.

Even if your child seems mature enough for self-care, you will also need to think about safety factors out of his or her control such as the safety of your home and neighborhood, and the length of time you will be gone each day. Parent readiness is important too. Are you ready to give your child more independence and freedom?

When your decision is yes, you will next want to provide your child with some critical information and training, and then have your child demonstrate that he understands by repeating the information or showing you how to do things. Dr Ferrer suggests the following check list of information your child should know:

**Important names and telephone numbers:** Your work number and that of a nearby relative or neighbor. Make sure your child knows how and when to dial 911. A child going home from school alone should check in by phone to a designated adult.

**How to answer the telephone:** A child should never tell a caller that he or she is alone. “My mom/dad is busy right now. May I take a message?” is a truthful response.

**Home phone number and address:** It is critical to know when and to whom to give this information. Will the child know the difference between a stranger and an emergency?

**When someone comes to the door.** Will they know to keep the door locked, or to admit only people you have approved in advance to enter?

**How to use approved appliances:** Safety is key.

**Your schedule:** Children need to know where you are, when you will return, and how to tell time.

**How to enter and exit the house:** Assign a door to use emphasizing security for the door and the key.

**Where to go for help:** Find an adult nearby willing to help in case of emergency?

Rules, routines, and schedules also help self-care go more smoothly. Rules work best when you and your child establish them together and agree that they need to be followed. Consider visitors (which friends, if any), boundaries (to play inside, outside, at the park), and other family factors.

Siblings who stay at home together also need clear rules. Is each child responsible for himself or herself or is the older one in charge? How should they resolve conflicts or report problems?

An additional but increasingly critical consideration is telephone and internet use: decide how long your child can talk on the phone or stay on the Internet. Internet use should be limited to only the oldest and most responsible teen, and even then, guidelines for use should be firmly established. What safeguards do you have in place to address sexual predators and internet bullies?

If your answer is still yes to self care, you may want to try a trial period to see how your child adjusts. If it is not working, it will be easier to end if you start with a temporary arrangement.

Last but not least, you will need to verify that your well thought out plan is working and that your child understands the importance of following the rules. Many years ago, my first hint that a communication (and security) breech had occurred was when a relative forgot the security code to our home and a friendly neighborhood child came to her rescue by telling her our house code. Needless to say, we were quick to go over the rules again… and to change the code!
Eleven years ago when I first came to Florida I had never heard the term “water gardening.” All we knew was that we bought a house with an existing pond in the back yard. This pond was fairly large, about 13 by 30 feet, with a bridge over the middle of it. Feeling somewhat overwhelmed, since we had not a clue as to what to do with it, we considered filling it in with dirt and planting grass, but wouldn’t that look odd—a bridge over grass? Perhaps a better idea would be to accept the challenge and learn how to take care of it. Off to Master Gardener School.

I’m so glad now that I chose the latter course of action because I have had many years of joy watching the birds and other wild life visit the pond to take a drink, grab a fish snack, or just take a bath. I have learned about many aquatic plants, especially water lilies; I hear the bull frogs serenade each other in the evenings; the sound of the waterfall soothes my nerves when I’ve had a bad day.

In the past eleven years water gardening has become more and more popular. There is much more information out there now, and supplies for ponds are more available. I remember when I had to go all the way to Merritt Island for plants and other supplies. I was going to write an article about water lilies for this issue but then when I sat down to do that I realized I had the cart before the horse. An understanding of ponds is necessary to understand how to grow pond lilies and other aquatic plants. I will begin a series of articles starting with what water gardening is, and then discuss different types of ponds, and different plants for ponds. I also will include a chapter on pond wildlife.

Water gardening is just that, growing plants in water. The vessel containing the water can be as small as a large pot or as large as a concrete, plastic, or mud bottom excavation, with many options in between. Your pond can have different varieties of water lilies, marginal—i.e. shoreline--plants, and submersed plants. Water gardens can be constructed to have fountains, waterfalls, and even a stream. If you are a fish fancier, fish can be added to the pond which tends to bring large birds looking for dinner. Some people worry that a pond will be a breeding place for mosquitoes but the naturally occurring wild life such as dragon flies and damsel flies, along with frogs and mosquito fish, take care of the mosquito larvae. These particular critters seem to appear on their own. A water garden, like any other garden: it requires attention and maintenance on a regular basis; however, there is no need to turn on the sprinklers or worry that your plants will dry up when you go away on vacation. The birds will love you. I have had visits from great blue herons, greed herons, hawks, a barred owl, blue jays, cardinals, mocking birds, and, of course, grackles.

If you are already into water gardening, stay tuned for more on the subject. If you are someone who may give it a try, I suggest you stay tuned to learn just where and how to begin. Always start small and graduate to bigger rather than going all out all at once, and then trying to cut back. Spring is a good time to begin the exploratory journey so this time next year you will have some ideas for what you want to do in your yard. Next time we will look at the different types of ponds.
Registration for any class is required so adequate materials are available and if classes are rescheduled we will be able to notify you. Please call 321-697-3000.

**JULY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>Friday, 4th</td>
<td></td>
<td><strong>OFFICE CLOSED (4TH OF JULY)</strong></td>
</tr>
<tr>
<td>Tuesday, 8th</td>
<td>3 p.m.</td>
<td>Obesity @ Corrections, 400 Simpson Road - Kissimmee, FL</td>
</tr>
<tr>
<td>Wednesday, 9th &amp; 23rd</td>
<td>2 - 5 p.m.</td>
<td>Become Captain of Your Financial Ship @ Council on Aging, 700 Generation Point - Kissimmee</td>
</tr>
<tr>
<td>Thursday, 10th</td>
<td>6:30 p.m.</td>
<td>Household Pest Control @ Extension Services, Osceola Heritage Park</td>
</tr>
<tr>
<td>Tuesday, 15th</td>
<td>10 a.m.</td>
<td>Spectrum @ Human Services, 108 Park Place Blvd. Building C Kissimmee</td>
</tr>
<tr>
<td>Thursday, 17th</td>
<td>10 a.m.</td>
<td>Food Safety @ Road &amp; Bridge, 3850 Old Canoe Creek Road St. Cloud FL</td>
</tr>
<tr>
<td>Saturday, 19th</td>
<td>9 a.m. noon</td>
<td>Irrigation Maintenance for Homeowners @ Extension Services. Register at 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
</tr>
<tr>
<td>Tuesday, 22nd</td>
<td>10 a.m.</td>
<td>Medical Identity Theft @ Sheriff's Office, 2601 E. Irlo Bronson Hiway, Kissimmee</td>
</tr>
<tr>
<td>Thursday, 24th</td>
<td>2 p.m.</td>
<td>Fats in Your Diet @ Emergency Communication, 330 N. Beaumont Kissimmee</td>
</tr>
<tr>
<td>Saturday, 26th</td>
<td>8 a.m.</td>
<td>Limited Pesticide Licenses Review &amp; Exam @ Lake County Extension</td>
</tr>
<tr>
<td>Saturday, 26th</td>
<td>9 - 11 a.m.</td>
<td>Homeowner Irrigation Workshop @ St. Cloud Senior Center, 2001 17th Street</td>
</tr>
<tr>
<td>Monday, 28th</td>
<td>2 p.m.</td>
<td>Africanized Honey Bees @ Extension Service, Osceola Heritage Park.</td>
</tr>
<tr>
<td>Wednesday, 30th</td>
<td>2 p.m.</td>
<td>Refinancing Your Home @ Human Services, 108 Park Place Blvd. Building C, Kissimmee</td>
</tr>
</tbody>
</table>

**AUGUST**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, 5th</td>
<td>6:30 p.m.</td>
<td>Vegetable Gardening @ Extension Services, Osceola Heritage Park.</td>
</tr>
<tr>
<td>Tuesday, 19th</td>
<td>10 a.m.</td>
<td>Parenting Series: Preventing Misbehavior @ Board Chamber, 2 Courthouse Square, Kissimmee</td>
</tr>
<tr>
<td>Tuesday, 26th</td>
<td>10 a.m.</td>
<td>Parenting Series: Being Involved with Your School Age Children @ Board Chambers, Kissimmee</td>
</tr>
<tr>
<td>Each Tues, 19th until Nov. 18th</td>
<td>8 a.m. 4 p.m.</td>
<td>Master Gardener Training @ Extension Services. Fee $150 for books and materials. <strong>Registration deadline July 11, 2008.</strong> Register with Eva.</td>
</tr>
<tr>
<td>Wednesday, 20th</td>
<td>2 p.m.</td>
<td>Coughs &amp; Colds @ Sheriff's Office, 2601 E. Irlo Bronson Hiway, Kissimmee</td>
</tr>
<tr>
<td>Thursday, 21st</td>
<td>8:30 a.m.</td>
<td>Private/Ornamental &amp; Turf Pesticide Licenses Review &amp; Exam @ Orange County Extension</td>
</tr>
<tr>
<td>Tuesday, 26th</td>
<td>10 a.m.</td>
<td>Parenting Series: Being Involved with Your School Age Children @ Board Chambers, Kissimmee</td>
</tr>
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</table>
## SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
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<tbody>
<tr>
<td>Thursday, 2nd</td>
<td>3 p.m.</td>
<td>Spectrum @ Corrections - 400 Simpson Road, Kissimmee, FL</td>
</tr>
<tr>
<td>Wednesday, 3rd</td>
<td>1 p.m.</td>
<td>Home &amp; Community Education Council Meeting</td>
</tr>
<tr>
<td>Wednesday, 3rd</td>
<td>10 a.m.</td>
<td>Parenting Series: The Importance of Friendship @ @ Board Chambers</td>
</tr>
<tr>
<td>Thursday, 4th</td>
<td>3 p.m.</td>
<td>Food Safety @ Sheriff’s Office, 2601 E. Irlo Bronson Hiway, Kissimmee</td>
</tr>
<tr>
<td>Thursday, 4th</td>
<td>9 a.m.</td>
<td>Home &amp; Community Education Leader Training, Osceola Co. History</td>
</tr>
<tr>
<td>Wednesday, 3rd &amp; 24th</td>
<td>2 - 5 p.m.</td>
<td>Become Captain of Your Financial Ship @ Council on Aging, 700 Generation Point, Kissimmee</td>
</tr>
<tr>
<td>Thursday, 4th</td>
<td>2 p.m.</td>
<td>Using Power Pay to Get Out of Debt @ Sheriff’s Office, 2601 E. Irlo Bronson Hiway, Kissimmee</td>
</tr>
<tr>
<td>Tuesday, 9th</td>
<td>2 p.m.</td>
<td>Prescription vs Over the Counter Medications @ Road &amp; Bridge, 3850 Old Canoe Creek Road, St. Cloud</td>
</tr>
<tr>
<td>Wednesday, 10th</td>
<td>10 a.m.</td>
<td>Parenting Series: Raising Children with Character @ Board Chambers, Kissimmee</td>
</tr>
<tr>
<td>Wednesday, 17th</td>
<td>10 a.m.</td>
<td>Parenting Series: Discipline @ Board Chambers, Kissimmee</td>
</tr>
<tr>
<td>Tuesday, 23rd</td>
<td>10 a.m.</td>
<td>Spices and Herbs @ Animal Control, 3910 Old Canoe Creek Road, St. Cloud</td>
</tr>
<tr>
<td>Tuesday, 23rd</td>
<td>9:30 a.m. noon</td>
<td>Fall Landscaping @ Poinciana Library, 101 N. Doverplum Ave. Register at 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
</tr>
<tr>
<td>Thursday, 25th</td>
<td>10 a.m.</td>
<td>Is Your Home Healthy? @ St. Cloud Library, 810 13th Street, St. Cloud</td>
</tr>
<tr>
<td>Thursday, 25th</td>
<td>6 p.m.</td>
<td>Irrigation Maintenance for Homeowners @ Extension Services. Register at 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
</tr>
<tr>
<td>Saturday, 27th</td>
<td>9 - noon</td>
<td>Fall Landscaping @ Extension Services. Register at 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
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### AUGUST CONTINUED

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Thursday, 21st</td>
<td>6 p.m.</td>
<td>Irrigation Maintenance for Homeowners @ Extension Services. Register at 407-518-2578 or <a href="http://www.tohowater.com">www.tohowater.com</a></td>
</tr>
<tr>
<td>Friday, 22nd</td>
<td>2 p.m.</td>
<td>Vegetable Gardening @ Extension Services</td>
</tr>
<tr>
<td>Tuesday, 26th</td>
<td>6:30 p.m.</td>
<td>Africanized Honey Bees @ Extension Services, Osceola Heritage Park.</td>
</tr>
<tr>
<td>Wednesday, 27th</td>
<td>2 p.m.</td>
<td>Analgesics @ Emergency Communications, 330 N. Beaumont, Kissimmee</td>
</tr>
<tr>
<td>Monday, 1st.</td>
<td>OFFICE CLOSED (LABOR DAY)</td>
<td></td>
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</tbody>
</table>
The best defense is prevention. Here are some prevention tips:

- **Drink more fluids** (nonalcoholic), regardless of your activity level. Don’t wait until you’re thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.

- Don’t drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

- Wear lightweight, light-colored, loose-fitting clothing.

- NEVER leave anyone or a pet in a closed, parked vehicle.

- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

  - Infants and young children
  - People aged 65 or older
  - People who have a mental illness
  - Those who are physically ill, especially with heart disease or high blood pressure

- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

**If you must be out in the heat:**

- Limit your outdoor activity to morning and evening hours.

- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat if you are exercising for more than 2 hours. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first “tip” (above), too.

- Try to rest often in shady areas.

- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).
Mosquito Protection begins with You
By Jennifer Welshans-Pelham

Mosquitoes are familiar and annoying pests of humans and animals and with the wet weather ahead of us, they are going to become more of a problem. To prevent mosquito bites, use a mosquito repellent during dusk and dawn, the prime time of mosquito activity. However, mosquito protection does not stop with repellents; preventing the mosquitoes from reproducing and multiplying in your own backyard is also important. To eliminate mosquitoes around your home, reduce their breeding sites, which is standing or stagnant water. Proper mosquito maintenance activities include:

- Cleaning debris from rain gutters.
- Eliminating standing water on and around structures such as flat roofs, air conditioner units, and leaky pipes and faucets.
- Changing the water in birdbaths and wading pools weekly.
- Changing the water in outside pet bowls daily.
- Empty plant container saucers after watering.

You may also notice mosquitoes that will venture inside your home. To exclude mosquitoes from the indoors, follow these simple steps:

- Repair broken screens on windows, doors and porches.
- Keep doors closed if not screened.
- Caulk cracks and crevices where insects can enter.
- Use a fly swatter for the occasional mosquito that is inside.

Remember that mosquito protection begins from you. Protect you and your family from bites by using a mosquito repellent and eliminating mosquito breeding sites from around our home. For more information on mosquito control or other insect or plant questions, please contact the University of Florida/IFAS Osceola County Extension Service at (321) 697-3000.

Simple Tips to Prepare for Any Disaster
By: Laura Royer

Disaster is a part of life. When disaster occurs the following 9 tips can help you keep your balance and protect your future.

**Tip 1: Don't Panic! Stay in control.**
Remember you have survived other disasters and you will also survive this one. Stay as calm as possible, assess the situation and take appropriate action.

**Tip 2: Practice prudent consumer behavior**
Use good judgment in making decisions. Many people lose money by turning their investments into cash in a panic and buying high-priced "so called" survival and protection items. Panic buying can be costly. Before buying items in response to a specific risk or emergency ask yourself, "Just when, where and how will I use this purchase? How will it help me? And how will I store it?"

**Tip 3: Avoid con artist and be a good citizen.**
During hurricanes or tornados the price of items from ice to generators may more than triple. Watch out for these opportunists and choose not to be a victim. Be sure to report anyone who behaves in a suspicious manner to the appropriate authority, such as: local police, the attorney general's office or Department of Agriculture and Consumer Services.

**Tip 4: Know where to find your Important Papers**
A well-ordered home filing system is important in responding to disasters. An updated household inventory is important in a speedy adjustment to property loss. Knowing where your insurance policies are will save time and stress in dealing with any type of covered loss resulting from a disaster. It is also important to locate contracts, bank and investment information. Knowing where family members are and how to locate them is important.

(Continued on page 10)
Knowing who serves as family advisors and how to contact them also is important. If you need more information on what important papers to keep, where to keep them and how long to keep them, contact our office.

**Tip 5: Review and update insurance policies annually.**
It is a good practice to review your insurance policies on a regular basis. If your family situation has changed, review your coverage for life, health, and disability insurance. Do you need more or less insurance? Do you need to change beneficiaries? Check property insurance to ensure that your property is adequately covered. If you have an old car you may want to reduce coverage.

**Tip 6: Review and update your will and other property transfer documents.**
Data show that only one out of four people have a personal will. Remember if you don't make your wishes known about the disposition of your property, through properly executed transfer documents, the state will determine what will happen to your property. Many people will not have a problem with the first line to inherit but the problem comes with the second and third line to inherit.

**Tip 7: Review your living will.**
If you do not have one you may want to consider writing one. A living will is a written statement indicating that the signer does or does not wish extraordinary medical measures to be taken if he or she has no reasonable expectation of recovery. Living wills must conform precisely to laws in the state of the signer’s residence. Hospitals routinely ask patients if they have a living will or if they want to write one.

**Tip 8: Keep gasoline in your car.**
This is standard procedure for families in remote areas of the state. A good rule is to keep at least 1/4 of a tank of gasoline at all times.

**Tip 9: Implement a standing plan.**
Develop and use a "standing plan" for your actions. A standing plan is one that you and your family have developed in the event of disasters. The plan should include:

- What you would do immediately to get to safety
- What you would take with you if you have time to evacuate (what papers, clothes, food, etc.)
- Remember you always need identification on your person even when you walk or jog.
- What follow-up actions you would implement
- Where you and your family would meet if separated, (school, church, police department, relative's home, etc.)

For more information about these tips and other disaster preparation information, contact our office.

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**Spicy Hamburgers**

**Ingredients:**
- 3 pounds ground hamburger or turkey
- 2 tablespoons seeded, chopped jalapeno peppers
- 1 tablespoon chili powder
- 3/4 cup shredded sharp cheddar or Monterey jack cheese
- 2 tomatoes
- 12 hamburger buns

**Directions:**
1. Combine ground meat, peppers and chili powder and shape into 1/2 inch patties (it should make 12).
2. Slice tomatoes into thin slices (about 12).
3. BBQ until no longer pink (about 15 minutes). During the last minute, sprinkle each pattiie with cheese.
4. 4.OPTIONAL: Lightly toast hamburger buns.
5. Put tomato and pattie on bun. Garnish with mustard, ketchup and/or relish as desired.
Grilled salmon on sourdough bread
4 salmon fillets, each 4 ounces
2 1/2 tablespoons Italian seasoning
1/2 cup reduced-fat mayonnaise
1 tablespoon chopped fresh basil
8 slices sourdough bread
1 tomato, thinly sliced
4 butter (Boston) lettuce leaves

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Sprinkle the salmon fillets with Italian seasoning. Place the fillets on the grill rack or broiler pan and grill or broil until the fish is opaque throughout when tested with the tip of a knife, about 15 to 20 minutes.

In a small bowl, mix together the mayonnaise and basil. Spread on each slice of the sourdough bread. Place salmon on a slice of bread and top with tomato and lettuce and another slice of bread. Serve immediately.

Dilled pasta salad with spring vegetables
For the dressing
1/4 cup olive oil
2 tablespoons lemon juice
2 tablespoons rice or white wine vinegar
2 teaspoons dill weed
Cracked black pepper, to taste
3 cups uncooked shell pasta, medium-sized
8 asparagus spears, cut into 1/2-inch pieces
1 cup halved cherry tomatoes
1 cup sliced green peppers
1/2 cup chopped green (spring) onions

To make the dressing, in a small bowl add the olive oil, lemon juice, vinegar, dill weed and black pepper. Whisk to mix evenly. Set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly and rinse under cold water.

In a small saucepan, cover the asparagus with water. Bring to a boil and cook only until tender-crisp, about 3 to 5 minutes. Drain and rinse under cold water.

In a large bowl, add the pasta, asparagus, tomatoes, green peppers, onions and dressing. Toss to mix evenly. Cover and refrigerate. Serve chilled.

Southwestern wraps
1 cup diced tomatoes
1 1/2 tablespoons chopped fresh cilantro
4 fat-free flour tortillas, 10 inches in diameter
1 cup low-fat black bean dip
1 cup chopped lettuce
1/2 cup finely shredded cheddar cheese
1/4 cup reduced-fat sour cream
1/2 cup salsa

In a small bowl, stir together the tomatoes and cilantro. Set aside.

Place 2 tortillas between a paper napkin or paper towel and warm in the microwave for 20 seconds on high. Repeat with the remaining tortillas.

Scoop the black bean dip into a microwave-safe bowl. Warm on high in the microwave for 1 minute. Stir to make sure the dip is heated through.

To serve, spread 1/4 cup of the black bean dip on 1 tortilla. Top with 1/4 cup lettuce, 1/4 cup of the tomato-cilantro mixture and 2 tablespoons cheese. Fold the sides and the bottom of the tortilla up over the filling, then roll to close. Garnish with 1 tablespoon sour cream and 2 tablespoons salsa. Repeat with the remaining tortillas and serve immediately.
The Great Gardener program has been scheduled for each Thursday beginning October 2, 2008 thru November 6, 2008 from 6 pm to 9pm. Cost to attend this program is $125, which includes a variety of books and materials. Classes will be held at Osceola Heritage Park, Extension Services Building. To registration call Eva at 321-697-3000.

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