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Suwannee Valley Times

Flea Across Florida
September
13 & 14
See, 'Flea' Page 1B.

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Volume 3, No. 19

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Border rows of sunflowers are used to attract stink bugs thereby keeping the majority of them from getting to the crops. They cannot pass up a tasty sunflower. When the population of stink bugs gets high enough on the sunflowers they will spray that row with a targeted insecticide instead of having to spray the crops. That method is known as trap cropping.

-Photo: Tami Stevenson

By Tami Stevenson

In the eastern part of Suwannee County lies a 330 acre farm that has been turned into a living laboratory for scientists, professors, teachers, farmers and anyone wanting to learn more about certain

aspects of gardening. The University of Florida purchased the land in the 1950's. Until about three years ago the farm was managed more traditionally; today it is a living laboratory to study integrated pest management. According to University of Florida County Extension Agent

Robert Hochmuth, who has been an extension agent for 35 years and been in the north Florida area since 1988, said they received a three year Integrated Pest Management (IPM) grant from USDA, NIFA to transform the farm into a teaching field laboratory.

Instead of simply spraying

everything with insecticides Hochmuth said the integrated approach means taking a number of different strategies and integrating them together for an overall approach, managing pests by using crop placement, encouraging favorable

See, 'Living,' Page 6A.

ObamaCare - Will employers drop your coverage or you?

By Tami Stevenson

A survey released last month from the consulting firm Towers Watson, said 98 percent of employers say they will keep active medical plans up at least until 2015 but 47 percent are saying by 2018, when the law's tax on high-cost plans goes into effect, they used words like 'significant or transformative' for the anticipated changes. Many employers are already making changes and eliminating more full time jobs, replacing them with part time employees.

A study from the Stanford School of Medicine conducted recently indicates 37 million Americans that receive health insurance from their employers may find it favorable to go with a government-subsidized health care plan through the Health Insurance Exchange

(HIX) that is supposed to open October 1, 2013, however the true deadline is January 1, 2014.

According to the website designed to explain the exchange, obamacarefacts.com, the states had until November 16th, 2012 to submit a declaration letter of how they will handle their state health insurance exchange. Florida chose to default to the Federal Exchange, which means the Federal Government will build and run the insurance exchange for Florida. All exchanges must be fully operational by January 1st, 2014. Only States who build their own exchange will receive full Government funding.

The website also states that ObamaCare health insurance exchanges allow all Americans above the poverty line to be able to buy health insurance

See, 'ObamaCare,' Page 1B.

State Attorney weighs in on jury duty

By Jeff Siegmeister

Next to military service, I believe being a juror is one of the most noble ways we can serve our country. One of the highest of civic duties, more important than casting a vote.

To demonstrate that point, after guarantees of our thoughts, speech, associations and religion (First Amendment), and rights to protect ourselves from government tyranny (Second Amendment and Third Amendment), our Constitution devotes half of the Bill of Rights. The Fourth through Eighth Amendments deal with government investigations,

due process, trial rights and legal punishment. Jury duty is more important than ever, as trials dwindle, yet a conviction may have life-long results.

First, a little background about how juries are selected. The Clerk of Court will generate a list of people and send them a summons to come to the courthouse at a specified date and time.

It used to be only registered voters, but is now a list from anyone with a Florida ID or driver's license. When the day comes, there is usually a large crowd of people summoned. There is a lot of waiting involved though the judges, court staff and we

See, 'Jury Duty,' Page 3A.

NFAR has two new DVM's - Health center re-opened

Submitted

North Florida Animal Rescue is proud to announce that our health center is now open! Our two new doctors, Dr. Cesar Mena DVM and Dr. Beth Moses DVM are here for all of your pet's

medical needs.

Cr. Cesar E. Mena has been a Veterinarian since 1982 and has had two Veterinary practices in South Florida. He decided to relocate several years ago to North Florida so he and his family could relish

See, 'NFAR,' Page 5B.

Succeeding In Marriage

You Can Change
If You Want To!



By: Randy Jordan
New Life Bible Bookstore

Many well educated people, after being confronted with areas of their life that need to be changed, become unwilling to allow change to occur. Nothing is more difficult than to work with people who are too prideful and self-centered to change. There is simply no way to improve where you

currently are in life without changing. If you and I were the people that we needed to be to have excellence and magnificence in our marriage and in all areas of our lives, then we would have it.

Without change, nothing changes. Constant struggles, fighting and arguing in marriage are all signs that change must

See Marriage, Page 2B.

Local bowlers help stroke victim

By Tami Stevenson

The Suwannee Valley Women's 500 Club is holding a Benefit Viper Mash Tournament, September 28 at Thunder Alley in Live Oak, to benefit local stroke victim, Kim Carter. Carter's sudden stroke happened on July 25. It left her paralyzed on the left side in the beginning. Although she still does not have the use of her left arm, her determination and physical therapy now have her walking with assistance. She is the mother of a young teenage son, Josh, 13. Between Josh's Grandmother Geri LaRose and his Aunt Debbie and Uncle John Rice, he has a good support system and so does his mother. LaRose

is the owner of Thunder Alley where Carter works, along with her sister Debbie Rice. It is a family run business and they have worked hard to get there and continue to work hard to stay there.

"I was very grateful and happy for Kim when Shelia said they wanted to have a benefit tournament for her," Geri LaRose said. Shelia Madsen is the president of the Suwannee 500 Club.

Kim Carter is doing better everyday and working hard in therapy at Surrey Place. She said her walking gets a little better everyday and says she thinks she will get the use of her arm back in time.

"There are other people

See, 'Bowlers Help,' Page 5A.

The art of healing - making the old, new

By Gabrielle Stevenson

With health concerns today, the benefits of discovering options for medical care and procedures can be life changing and on September 7, the 7th Annual Healing Arts Festival at Stephen Foster State Park in White Springs left festival-goers happy with the knowledge that there is much more available to them than they may have thought. The festival intertwines the healing arts with art and crafts. Of the various booths, many were demonstrating and giving out information on different methods of healing that some may not know are available to them. Crafted items such as jewelry and various arts and creations



Khrys Kantarze, right, a hypnotherapist approached Stephen Foster 7 years ago with the idea for the festival and it has been gaining popularity ever since. -Photo: Gabrielle Stevenson

were also sold at the festival.

Seven years ago, local White Springs resident, Khrys Kantarze came up with the idea for the event along with the help of Dottie Price and Maddie Moore. Kantarze is originally from Alabama. She was surprised at the

lack of openness among the healing arts community being a hypnotherapist and a motivational/leadership coach herself. So, she presented the idea to Stephen Foster's park manager and now, seven festivals later, the event continues to gain popularity

See, 'Healing,' Page 3B.

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UF Suwannee Valley Agricultural Extension Center

A living laboratory

Continued From Front Page.

insects and wildlife (beneficials) and the use of selective minimal spraying. "It just has been incredible how fast the population of good guys has responded here when we gave them a chance. It's just been incredible, whether it's pollinators or beneficial insects or birds," said Hochmuth. He said they brought in bluebirds and they have been real workhorses. He said the program is not just about the spray/not spray thing. They have incorporated the native plant habitat to give the beneficials a place where they can harbor and thrive. They have increased those areas and have honey bees, bat houses and bird boxes for chickadees, bluebirds and others. He said the birds mostly populate these birdhouses in the spring and early summer. "We are using the sunflowers for trap cropping and buckwheat to bring in

pollinators and beneficials so that they all have a place to live and work on the farm," he said. They also use spotted bee balm and a number of other rotating crops to attract the beneficials thereby always having something in bloom for them throughout the year. A team of approximately 25 University of Florida county and state faculty and agency representatives offer their varied areas of expertise to make the living lab a success. University of Florida Professor of Entomology Oscar Liburd was there setting traps in order to study the population numbers of the Grape Root Borer insect that attacks farmers grapes. "The larvae actually cause the damage," Liburd said. "They feed on the root system and cause the leaves to turn yellow." Liburd said they seem to prefer cultivated grapes rather than wild grapes but was also looking into whether the wild grapes simply had a better resistance/recovery from the larvae. Stink bugs are a real pest, Hochmuth and his team are using a border of sunflowers around the area



University of Florida County Extension Agent Robert Hochmuth looking at the insects on the sunflowers. -Photo: SVT Staff



These pepper plants are part of a two acre certified organic block where they try different kinds of fertilizer sources and mulches incorporating Sunn Hemp into the mulch. -Photo: SVT Staff

Scripture
Psalm 42:1
As the deer pants for streams of water, so my soul pants for you, O God

they want to protect from the obnoxious creatures. "Stinkbugs cannot resist sunflowers. When the population of stink bugs builds up high enough on the sunflowers we will come in here and spray just this row, for instance, using an insecticide that does minimal damage to beneficials, and that keeps us from having to spray where they would have gone to, which is the crops." He said they have done such a good job on the stink bug population using this method that they only find a very few of them now. When someone mentions

Continued On Next Page.

Ted Yoho and Senator Greg Evers - Keynote Speakers at September 13 & 14 TTPN Annual Meeting

Submitted

The North Central Florida Tea Party is hosting the Tea Party Network's Annual meeting on Friday, September 13th and Saturday, September 14th at the Taylor Building in Lake City, located at 128 SW Birley Ave. (West of town just off Hwy. 90).

Friday - September 13, 2013

8:30 a.m. Check in
9:30 a.m. Opening of Meeting
10:00 a.m. Red Light Cameras/ Real ID - Paul Henry
11:00 a.m. Legislative Process - John Hallman
12:00-1:00p.m. — Lunch Break
1:00 p.m. ObamaCare Consequences from a Medical Prospective - John Connor
2:00 p.m. Lobbyist Presentation—John Hallman and Paul Henry Liberty First Network
3:00 p.m. Property Rights - Dan Peterson - Coalition for Property Rights.



4:00 p.m. Property Rights—Representative W. Keith Perry
5:30 p.m. Dinner Break (On your own)
7:00 p.m. Trevor Loudon

Saturday - September 14, 2013

9:00 a.m. Ethics Reform and Cronyism - Ben Wilcox Integrity Florida
10:00 a.m. Illegal Immigration and other Federal issues. KEYNOTE SPEAKER - Congressman Ted Yoho
11:00 a.m. Common Core - Randy Osborne - Florida Stop Common Core
12:00-1:00p.m. — Lunch Break
1:00 p.m. Application of Foreign Law in American Courts - Randy McDaniels
2:00 p.m. Stand Your Ground Law - KEYNOTE SPEAKER - Senator Greg Evers
Criminal Justice Chair, State of Florida
3:00 p.m. Business Meeting for all TTPN Members.
4:30 p.m. Close of Meeting

Please RSVP to info@northcentralflorida912project.org so that we know how many will be there. This will help us prepare for chairs, coffee, water, etc.

A living laboratory



The above photo shows the farm's citrus, olive and fig trees.
-Photo: Bob Hochmuth

Continued From Page 6A.

a banker plan most people think of checking accounts, mortgages and saving money, but on the farm a banker plan is something much different. For instance, they have crape myrtle planted to attract the crape myrtle aphid. The aphids in turn attract beneficial insects that attack the crape myrtle aphids and then other aphids



These olive trees are only 2 years old and already bearing fruit.

on the farm that are harmful to crops. "That process is known as a banker plan," said Hochmuth.

There are approximately eight acres of land dedicated to fruit crops. "Our purpose here is to evaluate different new crops that might do well in this area." They raise mayhaw, oriental non astringent persimmons, pomegranate, various varieties of blueberries and cold hardy Satsuma. They also have olive and fig trees. The olive trees are only two years old and already bearing fruit. The fig trees are less than two years old and bearing fruit as well.

"The orange and grapefruit really don't grow well here, they're too susceptible to freezes, but the Satsuma, which is a type of tangerine, is cold hardy and there is a revival of that industry up here. There is a lot of interest in cold hardy citrus for north Florida and south Georgia," Hochmuth said there was a meeting in Valdosta talking about Satsuma as an alternative crop a couple weeks ago and around 90 farmers attended.

They have a two acre certified organic block where they try different kinds of fertilizer sources and mulches incorporating Sunn Hemp into the mulch.

They are testing grain sorghum, forage sorghum and now a third category called energy sorghum. They have a plant breeder that is testing the sorghum for use in biomass energy,

like ethanol.

They also are growing sesame. Hochmuth said there is commercial acreage of sesame that is being grown in Suwannee County this year as well.

There are many specialty



These young fig trees are bearing fruit already, they are less than 2 years old.

crops growing on the farm and it's very diverse. One of the most unique aspects and what they are probably known best for is their work with hydroponics. Unfortunately it is in between seasons at this time. He said



The spiny pom-pom-like tufts hanging from this tree are chestnuts.
-Photo: SVT Staff



University of Florida Professor of Entomology Oscar Liburd inspecting a trap he made for the Grape Root Borer insect. There is another hanging from the wild grape vines in the background.

early spring is a good time to see that in full swing. They have six structures for their hydroponic program. They will have tomatoes, peppers, cucumbers, cut flowers, herbs, vertical towers and floating systems, lettuce, edible flowers and more. "This is the best facility for training programs for hydroponics," he said.

The facility provides a hands on opportunity for farmers, gardeners and the general public to be able to come and learn by actually seeing the growth in progress rather than learning about it in a lecture setting. "In addition to the IPM program, the center is here to serve the needs of this community within the resources that we have here."

Currently they are preparing for their fall festival. In late October and early November they invite the pre-k through fourth grade to the farm.

They are mowing trails for two mazes; one through the Sunn Hemp and the other through the sorghum for the festival. They also have a pumpkin patch where children can pick their own miniature pumpkin. The festival provides many learning opportunities for kids of all ages.

Anyone that has questions about the farm or that wishes to visit should call the Suwannee County Extension office at 386-362-2771.

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