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 “transformatory” for the anticipated changes. Many Federal Government employees are already making changes and 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 reform exchanges allow all Americans above the poverty line to be able to buy health insurance.

Local bowlers help stroke victim

Kim Carter is doing better everyday and working hard to stay there.

Sheila Madsen is the president of the Manor bowling association. She said they wanted to have a benefit tournament for her, “I was very grateful and happy for Kim when Sheila and 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."

There is simply no way to explain how much she has done for others, the support she has given to those in need.

The benefits of health care exchanges can be life changing and on September 5th, the 7th Annual Healing Arts Festival at Stephen Foster State Park in Whitesprings left festival-goers happy with the knowledge that there is much more available to them than they may have thought.

The Festival includes the healing arts with arts and crafts. Of the various booths, many were demonstrating and giving out information on different forms of healing that some may not know are available to them. Crafted items such as jewelry and various arts and creations were also sold at the festival.

Seven years ago, local White Springs resident, Krissy Kamante came up with the idea for the event along with the help of Dottie Price and rdfa, Moore. Kamante, originally from Alabama. She was surprised at the lack of openness among insurance exchanges and how much they have done to improve the population of stink bugs gets high enough on the sunflowers they will spray that row with a

Nothing is more difficult to allow change to occur. When the population of stink bugs gets high enough on the sunflowers they will spray that row with a

...pass up a tasty sunflower. When the population of stink bugs gets high enough on the sunflowers they will spray that row with a

PASSAGES

A living laboratory

Robert Heinemam, who has been an extension agent for 35 years and been in the North Florida area since 1988, said they received a dose your integrated Pest Management (IPM) grant from USDA, NIFA to transform the farm into a teaching field laboratory.

Instead of simply spraying everything with insecticide, Heinemam said the integrated approach means taking a number of different strategies and integrating them together for an overall approach, managing pests with crop planting, encouraging favorable חוות

...nothing changes. Constant change is a way of life that need to be confronted with areas of their life that need to be changed, become unwilling to be able to benefit from the situation they are in and our lives change. There is simply no way to improve where you are if you do not want to allow for change to occur. Nothing is more difficult to allow change to occur.

By Tami Stevenson

Local bowlers help stroke victim

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A living laboratory

Continued From Front Page.

U.S. resorts and wildlife benefactors and the use of selective minimal spraying. “It just has been so 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 had a lot of buzz on the "sunflowers for trap cropping. We are using the early summer. Birdhouses in the spring and bluebirds mostly populate these areas and have honey bees, the 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 bug balls 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 larva 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 and they have been real workhorses. He said the beneficial insects or birds, “It’s just been incredible, 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 had a lot of buzz on the "sunflowers for trap cropping. We are using the early summer. Birdhouses in the spring and bluebirds mostly populate these areas and have honey bees, the 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 bug balls and a number of other rotating crops to attract the beneficials thereby always having something in bloom for them throughout the year.

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

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 Belzley 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. Reid Light Cameras: Real ID - Paul Henry
11:00 a.m. Legislative Process - John Hallman
12:00-1:00 p.m. - Lunch Break
1:00 p.m. ObamaCare Consequences from a Medical Practitioner - 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
12:00-1:00 p.m. – Lunch Break
1:00 p.m. Application of Foreign Law in American Courts - Randy McDaniels
2:00 p.m. Stand Your Ground Law - Randy Osborne - Florida Stop Common Core
3:00 p.m. Business Meeting for all TTPN Members.
4:00 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.

The Flea Across Florida Florida’s largest open market

September 13 & 14  Vendor spaces limited Sign up NOW

www.thefleaacrossflorida.com

11:00 a.m. Lunch Break
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Continued On Next Page.
A living laboratory

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 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 and then mentioned a meeting in Valdosta talking about Satsuma as an alternative crop a couple weeks ago and around 90 farmers attended. 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 have an 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.

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They 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 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. "This is the best facility for training programs for hydroponics," he said.

"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.

Anyone that has questions about the farm or that wishes to visit should call the Suwannee County Extension office at 386-362-2773.

The above photo shows the farm’s citrus, olive and fig trees.

-Photo: Bob Hochmuth

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.

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

-Photo: SVT Staff

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

-Photo: SVT Staff

The spiny pom pom-like tufts hanging from this tree are chestnuts.

-Photo: SVT Staff

Dr. Bob Hochmuth checks the certified organic block where they are testing different kinds of fertilizer sources and mulches incorporating Sun Hemp into the mix.

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 are also 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 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. "This is the best facility for training programs for hydroponics," he said.

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