National Family Week is During November

We are heading into the busiest time of year—the Holiday Season! While everyone experiences some stress during these two months of the year, it can also be a very satisfying and festive time, as we get together with our families and friends. National Family Week, November 22—28, is always the week of Thanksgiving, a time when many families traditionally gather and celebrate with one another.

Strong families are at the center of a strong community. Everyone has a role to play in making families successful, including neighborhood organizations, businesses, non-profits, policymakers, and families themselves. Children live better lives when their families are strong, and families are strong when they live in communities that connect them to economic opportunities, social networks, and services.
UF/IFAS Helping Homeowners across Florida Deal with Coyotes

Coyotes were introduced in Florida in the 1920s for hunting and, today, they live in every county in the state and are becoming a nuisance in some areas.

Click Here to Read More and Watch a Video.

Food Dyes and Children’s Behaviors

Ken McCarthy | The Real Food Channel

The quantity of food dye consumed by children has increased dramatically since the 1950s.

The rapidly developing bodies of children are especially susceptible to the effects of artificial additives.

In the US, the FDA claims that food dyes are safe, but the experience of some parents and the results of some studies tell a different story.

Click Here to Watch Video (3:35)

Reducing Latino teen pregnancy

Hispanic girls have the highest teen birth rate in the country. In 2013, for every 1,000 Hispanic females between 15 and 19, roughly 42 would become a teen mom. This rate is more than double that of white females of the same age. Expanding the use of teen pregnancy prevention program models that have proven themselves (through evaluation) has the potential to reduce these rates, especially if we fine-tune them for Latinos in particular. Our latest post covers efforts to do just that.

Click Here to Read More

These connections include, but are not limited to:

- Economic self-sufficiency supports
- Dependable transportation
- Reliable child care
- Accessible health care
- Applicable education and training
- Affordable housing

National Family Week is an appropriate time to celebrate and promote the connections that support and strengthen families and communities. It’s also a great time to say thanks to the individuals and organizations that help families thrive. Examples of these individuals and organizations are not limited to:

- The employer that has created family-friendly work options, such as flexible hours and time off to attend children’s school functions
- The policymaker or community leader who impacts policies and resources to benefit families
- The placement center that connects parents to jobs
- The neighborhood organization that bonds families to community

The family unit may be different in its makeup, and some of the roles may have changed, but the family is still very much alive, serving as a source of strength, encouragement, refuge and love. Take time this holiday season to reaffirm your family unit and to appreciate each individual’s contribution.

Happy Thanksgiving!

Carolyn Hendry Wyatt
Family & Consumer Science/4-H Agent
Interim County Extension Director
chwyyatt@ufl.edu

The Antidote for Holiday Dread: Start Early

By Mary Hunt | September 7, 2015

As much as I love Christmas, I must confess there are some things about the holiday season I dread. I dread the pull of the culture that tries to manipulate me and my family. I dread that heart-pounding feeling that my feet are in the starting blocks and any second I’ll hear the signal to start running as fast as I can to make it to the finish line before midnight on December 24.

It’s easy to let the busy-ness of Christmas get the best of us. We feel obligated to meet the expectations...
of everyone—kids, friends, relatives, communities, even our employers. It’s enough to strip away the joy leaving guilt, disappointment and anger in its place.

The good news is that you can rise above the over commercialization of Christmas. You can bring back the joy.

**Start Early.** The sooner you start the better the outcome. The sooner you start the less you’ll spend. The sooner you start the less likely you’ll be to create a pile of new debt.

**Create Limits.** There’s something to be said for setting limits on how many gifts to give the kids and others. Fewer gifts mean less shopping, less wrapping and of course less spending. You may discover that less is more than enough.

**Give Retail Value.** Determine the amount you want to spend on each person on your list. Let’s say you designate $50 for your sister. To your utter amazement you find a gorgeous sweater at a high-end sample sale. It’s her size and favorite color, marked down to $30. It’s perfect. Don’t spend another $20 on your sister to satisfy a notion that you must meet the $50 allotted. Your mission is complete. You purchased a lovely gift and cut the cost by at least 75 percent (you know what cashmere goes for these days!) The actual cost is your secret—and a reasonable way to cut the cost.

**Create Family Gifts.** Rather than buying individual gifts for all the kids in one family, consider a single gift that everyone will enjoy like a board game or DVD. Start thinking and soon your creative juices will kick in.

Other ideas include a Family Calendar that you customize for your family that includes the names, dates and all pertinent information of every person’s birthday, anniversaries and other significant dates. Search “printable calendar” online to find templates.

A Family Cookbook, another great idea, would be a compilation of your own recipes and family favorites that have, perhaps, been passed down from previous generations.

Share your Family Memories in stories, pictures or movies. Select and transfer family photos and videos that capture the essence of your family’s life over the past year. Add captions and short stories and you will have created the equivalent of an electronic scrapbook that can be easily duplicated.

As we head into the holiday season, don’t concentrate so much on how much money you need to spend but rather on all that you have to give—your time and talents. Gifts that celebrate love and hope are what bring us together as friends, families and communities. We all have something to give. [Click Here to Read More]

**Deciphering Scientific Names**

So when was the last time you bragged to your friends about catching a big Megalops atlanticus or a nice Centropomus undecimalis?

Umm, yeah ... probably never! Most of us don’t speak scientific geek and aren’t impressed when others do. But for geeky scientists there’s good reason to use those scientific or Latin names.

Worldwide, there are around 28,000 named fish species. Some species have multiple common names, often differing by geographic region. For example, the black crappie. No, wait, it’s a speckled perch — unless, of course, it’s a sac au lait. These are all the same fish — Pomoxis nigromaculatus.

**Get Creative.** Not a talented artist or crafter? Don’t worry. You can still create your own gifts If you have the basics like a computer, printer, paper supplies, writable CDs and DVDs, you can creative unique gifts then duplication as needed—giving the same gift to many on your list.
Even more complicating, some common names are used to describe more than one fish species. Think kingfish. Depending where you are, this name might be applied to the fish we usually call king mackerel, whiting, cobia, wahoo, giant trevally, jack crevalle, opah and Pacific yellowtail. Latin names might be tongue twisters, but they eliminate the confusion. This is exactly why scientists rely on scientific names. No matter where they are in the world, when they say Mycteroperca microlepis, it means the same thing (most of us would call it a gag grouper) Latin names come in two (or three) parts.

The first part is the genus name. This name usually refers to several different closely related fish. For example, Lutjanus is the genus name shared by most snappers: Mangrove, red, cubera, mutton, lane, etc. The second part is the species name. Lutjanus griseus is the mangrove snapper. Sometimes there may be a third part, which would be a subspecies name. This part usually identifies a geographic variant that is distinct but not distinct enough to be a different species.

Scientific names are generally either Latin or Greek in origin. Most are long and hard to say, so my advice for those who ask how to pronounce them is to say them really fast and act like you know what you’re talking about.

Don’t take a breath; just keep on talking.

Enough about the importance of scientific names. What I really want to talk about is the meaning of those names. Some species are named after the person who discovered them or conducted a lot of research on them. A prime example is Karenia brevis, or Florida red tide. It was named after Karen Steidinger, a research biologist who devoted much of her career studying this little-loved organism. But most species get their names based on physical characteristics that relate to their form or function.

Let’s go back to the fish from my opening line: Megalops atlanticus is the Latin name for tarpon. Megalops has Greek origins and means big-eyed, and atlanticus refers to it being from the Atlantic Ocean. If we based common names on Latin names, perhaps we’d call tarpon “Atlantic bigeye” instead. My other example, Centropomous undecimalis, is the common snook. The meaning of this name is a bit trickier. Centro comes from the Greek word kentron, meaning a point or spine. Poma refers to a cover, in this case the gill plate or operculum. Und means a wave, and cimal stems from the Greek word simil, which means like or to emulate. Wavelike spinygill?

How about a few more? The redfish’s name, Sciaenops ocellatus, means perch-like with an eye-spot. Makes sense. And then there’s southern flounder, Paralichthyes lethostigma, which means beside or parallel fish with forgotten spots. I think that one is pretty cool. Another one I personally like is Spanish mackerel, Scomberomorus maculatus. Scomber is Latin for mackerel, moros means silly or stupid, and maculatus means spotted. King mackerel, Scomberomorus cavalla, share the same genus name as the Spanish mackerel, but its species name originates from the Latin word caballa which means horse.

Ok, are you ready to figure out for yourself how scientific names relate to the fish they describe? Here you go: Match the fish name on the right to its word bank meaning on the left (from Project Oceanography).
Fish Name | Meaning
--- | ---
(a) Flag cichlid – *Aequidens curviceps* | (1) Half, mark, red, banded
(b) Pearl cichlid – *Geophagus bразилиensis* | (2) Black, band, glittering, belonging to a river
(c) Crimson-spotted rainbowfish – *Melanotaenia splendidia fluviatilis* | (3) Equal, teeth, curved, head
(d) Glowlight tetra – *Hemigrammus erythrozonus* | (4) Earth, to eat, from Brazil

**Answers** – a (3), b (4), c (2), d (1)

**Sources**
- Florida Museum of Natural History. 2015. [http://www.flmnh.ufl.edu/fish/Education/bioprofile.htm](http://www.flmnh.ufl.edu/fish/Education/bioprofile.htm)

---

**Adolescent Painkiller Abuse: A Big Problem for Small Towns, Rural Areas**

Adolescents who live in rural areas and small towns and cities are more likely to abuse prescription painkillers than adolescents who live in large urban areas, according to sociologists in a study reported in *Medical News Today*. [Click Here to Read More](#)

**CDC Releases Two New Youth Tobacco Reports**

An estimated 70 percent of U.S. middle and high school students who have used a tobacco product in the past 30 days have used at least one flavored tobacco product during this period, according to two studies published by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) in this week’s *Morbidity and Mortality Weekly Report* (MMWR). [Click Here to Read More](#)

**UF Researchers Try to Reduce Barotrauma Deaths for Deep-Sea Fish and Sustain Industry**

*Brad Buck | UF/IFAS Communications | September 24, 2015*

Most recreational anglers who target deep-water reef fish in Florida recognize barotrauma symptoms, and University of Florida researchers think they can teach the other 30 percent to help save the fish.

By doing so, anglers would play a key role in sustaining the state's valuable fisheries.

When anglers reel in their catch from deep waters, fish can suffer problems caused by gas pressure changes or barotrauma. Often the gas-filled swim bladder of the fish has ruptured, releasing the gas into the fish’s body cavity. Symptoms of barotrauma include the stomach protruding from the fish’s mouth, bulging eyes, a bloated belly and distended intestines. Fish

---

**6 steps to prevent a fall**

Sept. 23 was Falls Prevention Awareness Day. [Watch our new animated video—then share it with the older adults you serve!](#)

**Should older Americans live in places segregated from the young?**

Demographers frequently remind us that the United States is a rapidly aging country. From 2010 to 2040, we expect that the age-65-and-over population will more than double in size, from about 40 to 82 million. More than one in five residents will be in their later years. Reflecting our higher life expectancy, over 55% of this older group will be at least in their mid-70s. [Click Here to Read More](#)
with these symptoms find it hard to swim back down to their natural habitat, and many die as a result.

Mitigating this condition may be a key to maintaining Floridas fisheries, said Chuck Adams, a marine economist with Florida Sea Grant. The importance of reducing this source of mortality for fish is further underscored by a recent UF/IFAS report that showed fishing and seafood products have a $565 million-a-year impact on Floridas economy. That report can be found here: http://edis.ifas.ufl.edu/fe969.

To bridge the gap between what Florida saltwater anglers know about barotrauma and how to lessen its impact, UF researchers surveyed the fishermen themselves.

In 2014, they emailed a survey to Florida anglers with saltwater fishing licenses. Of the 739 who responded, 70 percent said they noticed some of the classic barotrauma symptoms, said Adams, who holds a dual appointment with the UF/IFAS food and resource economics department and the Florida Sea Grant program. Adams worked with Sea Grant colleagues on the survey, the findings of which they hope will help fisheries managers better understand barotrauma and encourage anglers to use methods to release fish so they may survive the effects of barotrauma.

Most respondents said they have tried to return fish to the water. Nearly all respondents used a venting tool essentially a hollow-needle syringe with the plunger removed. Properly inserting the needle releases gases trapped in the body cavity of deep-water reef fish, allowing them to swim back to their normal depth. Most anglers suggested they need more information or training on how to do so effectively, Adams said.

Researchers also found they need to train fishermen how to use descending tools to return fish to depth. Descending tools are weighted devices that attach to the mouth of the fish, pulling them back to depth.

So, while many anglers know about barotrauma and how to spot it, they may not know how to treat it, Adams said.

These and other key findings suggest an educational opportunity exists with the reef-fish angling sector to provide a greater understanding of what barotrauma is and why it occurs, and how to possibly reduce the mortality associated with releasing reef fish, Adams said. Widespread awareness of barotrauma mitigation methods will help fisheries managers achieve their goals of achieving sustainable use and the maximum economic value of reef fish.

Adams presented the teams findings at the Florida Sea Grant Coastal Science Symposium in Gainesville on Sept. 15. Another member of the team, Joy Hazell, recently presented the findings at the 2015 meetings of the American Fisheries Society in Portland, Oregon. Other members of the investigative team were Florida Sea Grant Extension agents Bryan Fluech, Elizabeth Staugler, Lisa Krimsky and John Stevely (retired).

University of Florida researchers think they can teach deep-sea anglers how to better handle fish with barotrauma, a condition in which gas fills the fish. Fish with barotrauma that are not released properly to their habitat sometimes die. Chuck Adams, a UF/IFAS Extension specialist, who has a dual appointment with Florida Sea Grant and the food and resource economics department, led a recent survey of saltwater anglers to find out what they know about barotrauma and how to deal with it.

Source
1. Delaying going to a toilet
Holding your urine in the bladder is considered to be a very bad idea. According to healthcare experts, a full bladder can cause unnecessary damage to your kidneys. When you hold urine in the bladder, it multiplies bacteria quickly. Once urine refluxes back to the kidneys and ureter, toxic substances lead to different kinds of kidney infections, urinary infections, uremia and nephritis. When you need to relieve yourself, you should not hold yourself back.

Almost every person has done this once. A person may hold back his urge to go to the bathroom because of various factors. It may be inaccessibility to a bathroom or being busy with work. However, there is a limit to how long you should hold back the urine in your bladder.

Besides health problems, when there is excess of urine in the bladder, you may experience a wide range of complications related to the urinary tract. One major problem is hypertrophies. In this condition, there is an increase in the amount of pressure placed on your kidneys. In addition to this, you may come across other health problems. Thus, you should never ignore a call of nature.

2. Eating too much salt
According to healthcare experts, you should not eat excess salt. Anything more than 5.8 grams on a daily basis is considered excess. Salt is the primary source of sodium. Most people wonder why salt or sodium is harmful. The main reason is that sodium makes your kidneys work harder. When there is excess sodium in the bloodstream, your body needs to excrete it. This causes stress on the kidneys and leads to a wide range of health problems. Thus, it is recommended to eliminate or reduce salt from the meals.

3. Eating too much meat
A lot of protein in the diet is also considered to be harmful for the kidneys. Protein digestion can produce ammonia, which is a dangerous toxin. It can be destructive to the kidneys. When you consume more meat, your chances of damaging the kidneys increase significantly.
It is worth mentioning that animal protein is also harmful to the kidneys. In fact, other foods high in fat content are also considered to be dangerous. When you consume a lot of animal fat, your kidneys are unable to function properly. Excess animal fat prevents your kidneys from filtering the blood. You should try to limit your intake of animal protein or substitute it with vegetable proteins.

4. Carbonated Beverages
All kinds of carbonated beverages are considered to be harmful for your overall health. These days, a lot of people consume carbonated drinks. This has been leading to a wide range of kidney related health problems. According to healthcare experts, it is recommended to avoid carbonated beverages or limit their intake in your diet. In the long run, these beverages lead to kidney stones or chronic problems.

In fact, carbonated beverages, such as soft drinks, also contain other harmful substances that deteriorate your overall health. These substances cause problems in the liver, pancreas and even overall immunity of the body.

5. Not drinking enough water
It is important to understand that your kidneys should always be hydrated properly. In order to perform well, you need to make sure your kidneys remain in good condition. When you don’t drink enough water, toxins may be accumulated in the blood. Since there won’t be enough fluid to drain toxins through kidneys, it may cause problems in the urinary tract.

According to medical professionals, you should drink more than 8 glasses of water per day. It’s quite easy to check if your water intake is appropriate. You should check the color of the urine while relieving yourself. It’s better if the color is lighter.

A lot of people already understand the importance of appropriate water intake. However, they still overlook it and don’t drink enough water. In the long run, lack of water in your body can cause a wide range of kidney related health problems. The primary function of kidneys is to drain unwanted metabolic waste from the body. This balances the number of RBCs in the body. If you don’t drink enough water, your kidneys stop functioning properly.

For some people, drinking lots of water per day seems to be difficult. In case you can’t drink more than 8 glasses of water per day, you should drink other kinds of fluids, such as juices. You can even add lemon to the water. This improves the taste and offers even more benefits.

6. Sedentary Lifestyle
Last but not the least, a sedentary lifestyle can lead to a wide range of health problems. You need to make sure you don’t sit for extended periods in a day. Besides affecting your general health, a sedentary lifestyle has a major impact on the functioning of your kidneys. It can deteriorate your health and lead to several serious health problems.

Lack of physical activity also causes a wide range of kidney problems. With some subtle changes to your lifestyle, you can avoid many different health problems, especially urinary tract infections.

For instance, you should take a walk every morning or take the stairs instead of taking the elevator. You should be creative and add some new things to your daily routine. In simple terms, you need to make sure there’s no excess pressure on the kidneys.

Once again, you should drink lots of water and make sure your body is properly hydrated. Last but not the least, you should consult a medical professional before bringing any changes to your diet. It makes sure you introduce changes to your body in a healthy and subtle manner. Click Here to Read More
Low-carb vs. low-fat diets: Which are better for you?

People always wonder: “Should I eat a low-carb or low-fat diet?” Well, the truth is out. A low-fat diet is helpful for losing weight and lowering cholesterol levels. However, the popularity of the Paleo and Atkins diets suggests a lower-carb diet may be easier to stick with long-term. So which diet is right for you? Turns out it depends on your genes.

Click Here to Watch a video that explains what we should eat, from an evolutionary point-of-view.

Low-Carb Diets

Low-carb diets may help minimize glucose intolerance and risk for type 2 diabetes for people with a certain TCF7L2 gene variant who cannot produce sufficient insulin in response to blood glucose levels. Approximately 30% of African Americans, 30% of Caucasians and 25% Hispanics carry this variant. However, low-carb diets often end up high-protein or high-fat. Dietary imbalance, in turn, can lead to different types of health problems:

- A high-protein diet may help people with certain FTO gene variants lose weight more easily. However, excessive protein can be harmful to the kidneys. In addition, scientific research has shown that too much protein is associated with shorter lifespan in animal studies.
- A high-fat diet can worsen cholesterol levels and increase risks for developing cardiovascular and Alzheimer’s diseases for people with the APOE gene E4 genotype. Approximately 27% of Africans and 16% of Europeans carry E4.

Low-Fat Diets

Low-fat diets can lead to overconsumption of carbohydrates and inadequate intake of essential fatty acids. This in turn can lead to unhealthy blood sugar levels and high triglycerides:

- People with certain GCKR gene variants have an impaired ability to control glucose uptake by their liver. A high-carb diet can lead to greater glucose uptake and stimulate fat biosynthesis in the liver, increasing risks for high triglycerides, insulin resistance and fatty liver disease (NAFLD). These people should avoid excessive carbohydrates in their diet, especially from simple carbs like sugary drinks, white bread, pasta and rice.
- People with certain FADS1 gene variants have a reduced ability to convert plant-based oils to bioactive essential fatty acids EPA and AA. Insufficient EPA and AA limits the body’s ability to use fat for energy, and meanwhile stimulates the biosynthesis of fat from excessive carbohydrates. This leads to fat accumulation and elevated triglycerides which, over time, can lead to insulin resistance, metabolic syndrome and type 2 diabetes. People with FADS1 risk variants need to get EPA and AA from animal sources, like deep-sea fish or a fish oil supplement, to ensure adequacy and reduce these risks.

Click Here to Check your genes

What is a perfect diet?

No matter which dietary pattern you prefer, a perfect diet is one that provides just enough energy and an adequate amount of essential nutrients to support your daily life and promote longevity. Consuming too many calories or too much of certain nutrients can lead to overweight and obesity, dyslipidemia, type 2 diabetes and accelerated aging; but consuming too little can cause malnutrition, constant hunger, low energy levels and poor condition of your skin and hair.

8 Things You Can Do to Beat Tough Times

Mary Hunt | September 24, 2015

Recent California wildfires serve as a grim reminder of how quickly ones personal economy can change. If the rain of an economic downturn were to fall on you tomorrow, would you know how to find shelter from the storm?
Troubles come and troubles go. Economic recovery is sure, eventually. In the meantime, if you play your cards right, you will not only survive a period of economic decline, you will thrive. Knowing how to survive will help you stave off potential disaster.

**Develop your Greatest Asset.** Your attitude—the way you respond to life and all of its circumstances—is more important than anything. It is more important than the past, than struggle or success, than education or experience. It is more important than how much money you have, how much you owe, what you would like to do or where you would like to go. When you face tough times your attitude will be either your greatest asset or worst liability. The key to changing your attitude is reprogramming your mind. Whatever you choose to focus on is what you will move toward.

**Assess your Resources.** Figure out exactly what you earn, what you own and what you owe. What insurance do you have? How long would it take your unemployment benefits to kick in? Do you have enough cash to bridge the gap?

**Live Below your Means.** It’s a simple strategy: Spend less than you earn. Stop living paycheck to paycheck. Start swimming against the tide of the consumer credit culture that says you can have it all while making it possible for you to spend consistently more than you earn. A good rule of thumb: Adjust your lifestyle so that it fits within 80 percent of your income. Start NOW to cut a little from every area of your spending. Take it a step at a time. You will be amazed how quickly your financial picture will change for the better.

**Get Out of Debt.** Is your money being sucked into a compounding interest sinkhole? If you’re not paying off your credit cards every month, that’s just what can happen. The minimum payment on credit-card debt is calculated as a percentage of your current balance. The minimum payment drops as your balance is paid, but thanks to the magic of compounding interest you’ll end up paying for a long, long time if you allow the credit-card company to determine the way you pay off the balance.

**Build a Nest Egg.** No matter where you live or work, the future is uncertain. You do not know when you and your income are going to temporarily part company. Start right now to accumulate cash. Don’t stop until you have squirreled away an amount that will pay your bills for a full three months (six is better). Then leave it alone. Don’t borrow from it or play around with it in any way. This is a sacred sum because it could mean the difference between survival and disaster in lean times.

**Put a Lid on Stress.** Stress is not only hazardous to your health, it can make otherwise tolerable events of life unbearable. Stress skews your judgment and makes you more prone to make hasty, stupid financial decisions. Releasing the stress in your life will help to clear your mind so you can manage your finances calmly and intelligently. For every one thing that goes wrong, there are a hundred blessings. Count them.

**Layoff-Proof Yourself.** If your employer downsizes, some will lose their jobs. And many will not. Make sure you’re one of the latter. Keep your expense account significantly below your authorized amount. Don’t complain but instead develop authentic gratitude for your job. Don’t whine, demand or play workplace politics. Or Candy Crush. Keep a low profile. Do more than is required without demanding recognition.

**Avoid Scams.** They are the natural outgrowth of a stunted economy. When going through tough times, brace yourself for the onslaught. You’ll be able to paper a small room in your home with all of the pre-approved offers for credit cards, loans and “opportunities” to get rich quick. Run from anything that promises instant wealth with little work. Shun new credit because it will lead to new debt. Now more than ever, debt is the problem, not the solution. Click Here to Read More
Calendar of Events

Wellness Wednesdays
Join us the first Wednesday of each month for a wellness presentation.

Attend in person or stream live from your computer. Can’t make it? All Wellness Wednesday presentations are recorded and posted to the Media Library at GatorCare.org/wellness/library.

To receive updates about upcoming presentations, join the Wellness Email List.

To sign up, email listserv@lists.ufl.edu with the following message: “subscribe WELLNESS-L yourfirstname yourlastname” example: subscribe WELLNESS-L john smith

Lighting and Human Health
A Workshop on Managing Public Lighting – Does it Affect Public Health?
Friday, November 6, 2015 | 8:45 AM – Noon
Osceola Extension Conference Center
Osceola Heritage Park
1921 Kissimmee Valley Lane – Kissimmee, FL

Click Here for Program Information and wFree Registration

A panel of experts in the fields of cancer research, lighting engineering and land use controls will present the current science and management techniques on this topic of growing significance.

Special guest speaker: Richard Stevens, PhD, Professor of Community Medicine and Health Care, University of Connecticut, and noted researcher on the link between artificial lighting and breast cancer.

This workshop will be of particular value to community planners, landscape architects, architects, lighting engineers and those in public health fields.
3 CPH recertification credits approved. 2.75 CEPH contact hours approved. 3 FBPE CE credits approved.

Purchase Your Tickets Today!
Sponsored by the University of Florida and others

If you are interested in purchasing a Meal Ticket, please do so by:
• Calling our office at 863-773-0034
• Stopping by our office between 9am – 2pm (Mon - Fri)
• Emailing info@hardeehelpcenter.com to schedule a delivery

Thank You to our 2015 Drive Out Hunger Campaign Sponsor

Food for the event is provided by Giovanni’s Main Street Kitchen.