GCREC EMPLOYEE NEWS

Student Focus for April—Student Winners and Presenters



Two grad students from Dr. Peres' lab make presentations at recent Phytopathological Society Meetings. Michelle Oliveira on the left at the Florida APS Meeting, and Bruna Forcelini at the American APS Meeting. Both are PhD students at GCREC.



Adrian Zuniga, Masters student with Dr. Peres' lab. successfully completes his exit seminar, which is another hurdle in finishing his degree.



Marcus Marin. Research Scholar with Dr. Peres' lab, makes a presentation on his current research during weekly lab seminar series.



Shaun Sharpe, now a Postdoc with Dr. Boyd's program, won the outstanding graduate student award at the Florida Weed Science Society Annual Meeting.

Why do they do it? One of the highlights of becoming a scientist is doing cutting edge research, which can be so rewarding. However, getting to that PhD status can be stressful and daunting. Here are a few pros and cons students may face during the academic career that many people might not realize.

Pros: You feel that you are part of something bigger –contributing to the research and helping others is a big accomplishment, personally and professionally. Publish or Perish: seeing your name in print gives a sense of achievement and recognition in the community. The Travel-students travel to places they may never get to see otherwise. Going to conferences may be a hassle, but for many it is a great experience.

Cons: The working hours can be a major con when they need to spend 14 hour days and weekends in the lab just to get the data needed. Competition between peers can lead to negativity. One major drawback for many is money. The costs associated with extended degrees is very high.

Plant City Campus Corner



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More than a dozen Gator Collegiate FFA Alumni members and students from Gainesville and Plant City helped to support this year's Florida FFA Foundation Beast Feast Event on Saturday, March 24th, 2018 in Haines City, at the Florida FFA Leadership Training Center. Students helped with the set-up of the event, with the silent auction, and with the AEC booth by serving pheasant and strawberry shortcake. The event is the largest Florida FFA Foundation fundraiser of the year and helps to support FFA members across the State of Florida.



When you can't attend a UF Campus Event—pick the next best thing right here in Tampa!

The University of South Florida Botanical Gardens hosts their 29th annual Spring Plant Festival April 14 from 10 a.m. to 3 p.m. and April 15 from 10 a.m. to 2 p.m. Admission is \$5. Free Children's Craft Area. Free Parking. Live music

on Saturday. Festival plant displays. Container gardens will highlight the Festival and will be given to Drawing Winners on Sunday at 1:00 (need not be present to win). On Saturday, there will be talks starting at 11:00 with Organic Vegetable Gardening and at noon Growing Great Herbs, then there will be Container Garden Creations at 1:00. See our schedule of workshops on their website. Sunday, Beekeeping Basics Talk and tour at noon. For more information please call (813) 974-2329 or http://gardens.usf.edu. The Botanical Gardens at USF is a non-profit, member- sponsored, educational facility. The Garden is open to the public seven days a week (except major holidays). The Garden is located on the southwest corner of the Tampa campus, at Pine and Alumni drives, off of Bruce B. Downs Boulevard, just one block north of Fowler Avenue.

What to Know Before You Freeze Anything

Make-ahead meal prep saves you time and money, but sometimes freezing food can be puzzling. Freezing food successfully is a cinch when you follow these tricks. You'll never have to worry about freezer burn or clumpy foods again. (Psst: Freezer-burned food may not look good, but it is safe to eat.) Use a thermometer to monitor your freezer. For optimum quality, it should be 0°F.



Cool food quickly and evenly before freezing. If you're not sure that

something will freeze well, try a small amount first. After it's thawed and reheated, decide if the quality is up to your standards. Season sparingly before freezing and add more later if necessary. Spices change flavor during freezer storage. Keep the freezer two-thirds full for energy efficiency. Leave some space around each package so air can circulate. Manage the quantities so whatever is placed in the freezer is frozen solid within 24 hours. Adding a lot of food at once will increase freezing time. Store nuts, flour and juice in the door because it's frequently opened. Save the colder parts of the freezer for other foods. Freeze fruits and vegetables at the peak of flavor. Here's how to freeze most fruits and veggies.

Make Sure You're Thawing Food Safely

Want to take something out of the freezer? We have tricks for defrosting, too. There are three safe methods of thawing frozen food. Here's the scoop. Refrigerator: Defrosting in the refrigerator is the safest and most fuss-free method, but it's also the slowest, so plan ahead. Smaller items like a pound of ground beef defrost overnight. Most items take a day or two. For small beef and pork roasts, allow 3 to 5 hours per pound of meat; for larger cuts, allow 5 to 7 hours. Prepping for Thanksgiving? A whole turkey will take 24 hours for every 4 to 5 pounds of weight. Cold water: This type of defrosting requires less time than the refrigerator but more attention. Place food in a watertight plastic storage bag; place bag in cold water. Change water every 30 minutes until food is thawed. Microwave: Defrosting in the microwave is suitable for last-minute thawing of small items. Unwrap the food and place it in a microwave-safe dish. Cook the food immediately after defrosting. You've now got all the tips you need for freezer success!



BIRTHDAYS 4....Rodrigo Onofre 7....Caroline Land 13...Judith Lopez 20...Adam Webster 23...Nate Brown 25...Jim Mertely 25...Syuan-You Lin



One flower that signifies the month of April is the daisy. The daisy symbolizes innocence, loyal love, and purity; but it also means "I'll never tell!" The oldest daisy on record is the *Bellis perennis*, known as Daeges eage (or Day's eye) in the Middle Ages because its petals close at night to cover the yellow center. Today there are more than 90 varieties of flowers that are called daisies and they come in red, yellow, purple, orange, blue, and pink colored petals, and vary widely in size.

Honors and Awards Banquet Time to celebrate and honor those employees who go above and beyond their position description. We will also be awarding Years of Service pins to several staff members.

Friday, April 20th 12 noon in the auditorium

Lunch catered by Dream Makers Catering Beef and Chicken Enchiladas, rice and beans, salad. Cake and ice cream for dessert.

Applications for the spring-edition of the GCREC Graduate Student Travel Award are now being accepted. This award has been established to off-set costs of graduate students supervised by a GCREC faculty member to attend professional conferences or meetings or undertake professional development activities for which significant travel is required.

To apply for the award, complete the attached application form. The form can also be found on the GCREC shared drive (T:\Unit) in the "GCREC Grad Student Travel Award" folder along with a document outlining criteria for judging applications. Completed applications should be sent to Christine Cooley (ccooley@ufl.edu) by Monday, April 16th.

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Employee Events in April

Event: HR 101 – Maintaining a Safe and Respectful **Campus and other topics**

Location: GCREC Main Auditorium Date: Friday, April 6th, 2018

Time: 9 a.m. – Lunch provided after training

The University of Florida is committed to creating an environment where all faculty, staff, and students feel safe and respected. As such, all UF employees are required to complete the "Maintaining a Safe and Respectful Campus" training every two years. All GCREC personnel are required to attend.

ATTENTION GRADUATE STUDENTS