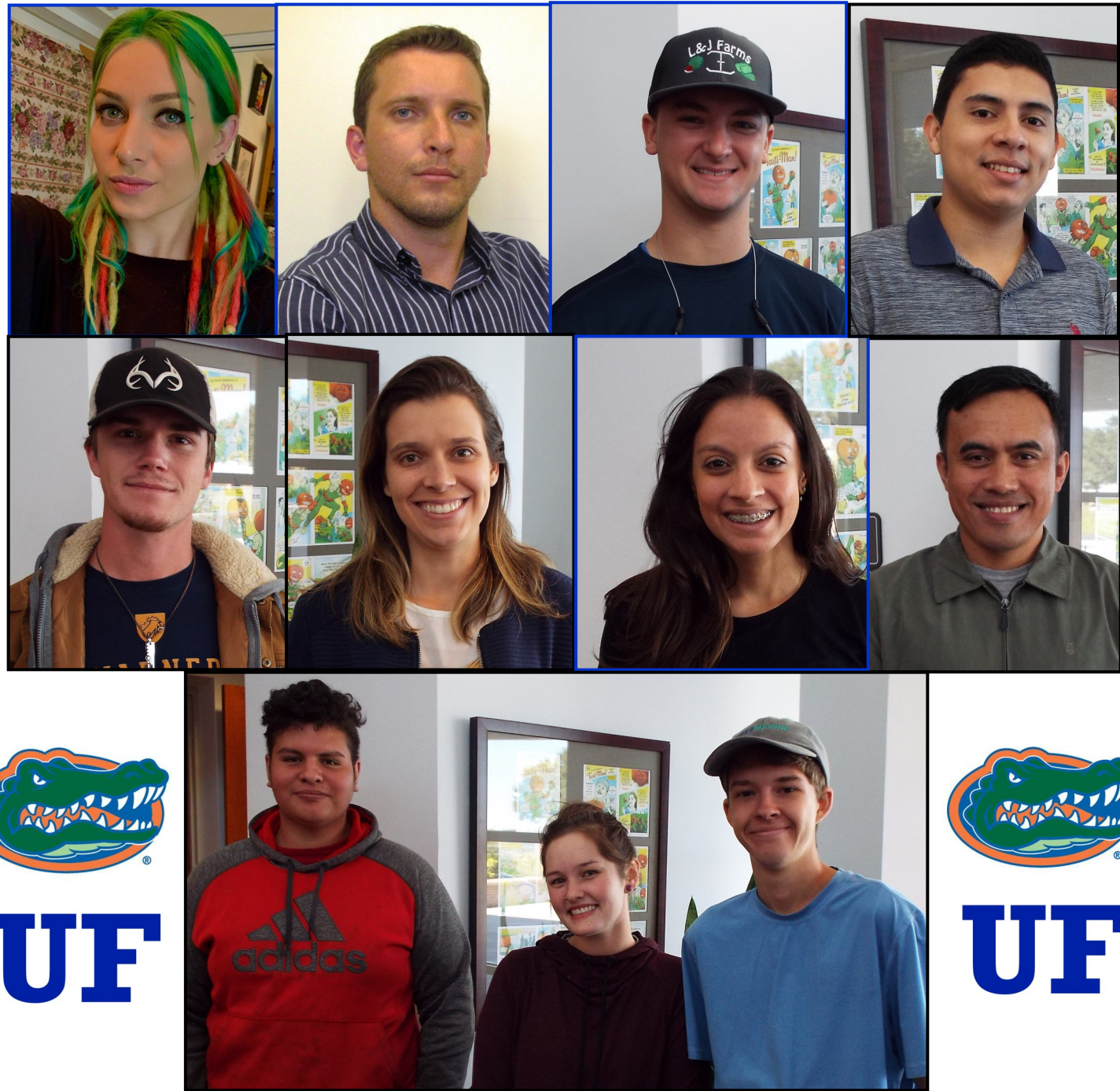
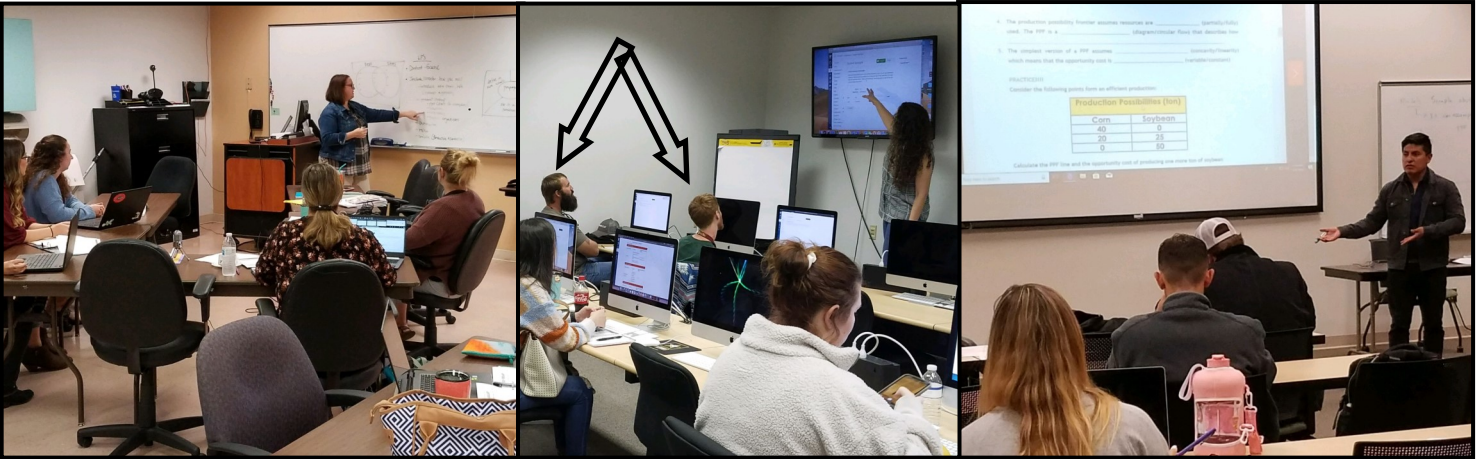


New Year—New Faces

Wow—we are gearing up for a new year at GCREC with a whole lot of new employees. We would like to officially welcome the following starting top row left to right—Peres’ lab welcomes Hunter Jones and Ueder Lopes; Brooks Parrish is next in that row and is a new grad student with Deng’s lab. Next to Brooks is Luis Ochoa a new Intern with the Desaeager Lab. The next row includes the smiling faces of Colton Elder tag-teaming between Hutton’s and Whitaker’s labs, Rassia Moura Intern with Peres’ lab, Julia Rodrigues Intern with Boyd’s weed science lab, and also in that row we have Leo Gaspar PhD student with Hutton’s program. And finally at the bottom is the new Deng Lab/Field Crew—Geovanny Garcia, Natalie Behen, and Dustin Jacobs. Thank you all for becoming at part of the GCREC family and best of luck during your tenure here.



School is in Full Swing for the Spring 2020 Semester in Plant City



Dr. Barry is teaching an intense 2-week block class for her seniors before they go out on a 14-week teaching internship. Mrs. Lawson is preparing her students for a career in the communications field through her Advanced Agricultural Communication Writing course, and Dr. Peña-Lévano is teaching students about International Ag trade Policy through the Food and Resource Economics program. Dr. Amr and Katie Britt have also started teaching classes and labs this week to prepare the next generation of professional surveyors and/or career professionals in geospatial analysis. For more information on how you can be a student through UF in Plant City, contact our academic advisor Mr. Jason Steward (813) 757-2280 [jsteward@ufl.edu](mailto:jsteward@ufl.edu). (Two GCREC staff members in middle pic—Matt Brown and Tyler Leonard, continuing their education!)

How to Avoid Internet Scams

It seems like our IT Specialist, Joel Parlin, is sending daily reminders and warnings about internet scams. As hackers get more and more savvy in their ploy to steal your money or identity, you need to keep vigilant when you receive a suspicious email. Ask before you click any link if you feel for any reason that the email may lead to a virus or worse, theft. Be aware of the internet scams, do not instantly fill any form and pay to any new website, a quick email or call to Joel or even a Google search may save your hard earned money and time.

- Avoid buying products from untrusted websites.
- Always check the URL in the browser address bar to make sure the site you are browsing isn't a phishing website.
- Don't take part in surveys offering you free money or gifts.
- Double verify the credibility of the website where you are paying.
- Don't pay to anyone over the phone who claims to be from a Government office.
- Don't click on Ads which reads "Your computer is infected with a virus" or "You need to update your account".
- Never reply to the SPAM emails and never take any action on their website.
- Do proper research before investing in any cryptocurrency.
- Don't fall for easy money making websites or apps, you won't get anything.
- Overall, your safety is in your hands stay aware of Internet Scams and stay safe.



Losing 10 pounds. Quitting smoking. Learn a new hobby—How to Stick to Your New Year’s Resolution

It's common for people to start off the New Year with a goal. It's "a New Year, a New You," after all. But it can be difficult to stick to resolutions. **Research indicates only about 8% of people who make resolutions live up to them.** So how do you pick a New Year's resolution? Do they work? How do you stick to it? Do they work?

"They're very individual, and to say do they work or do they not work is a hard question to answer, and it really depends on the motivation of that individual to follow through on their goal," UnityPoint Health therapist Terry Stambaugh said. "It really depends on that individual and where they're at in terms of goal setting, in making that New Year's resolution."

Stambaugh says one of the more common resolutions he encounters are health resolutions: anything from losing more weight, eating healthier or getting more exercise. People see the new year as a blank slate. "New Year's resolutions are helpful to people, and the bottom line is we always want to focus on a way to make ourselves happier and healthier," Genesis Psychology Associates psychologist Dr. Steve Kopp said.




How do you pick a New Year's resolution? Being realistic about your goals is key to making sure you live up to your resolution. Kopp tells his patients to make a resolution that positions them well for the spring, when nicer weather can lead to more exercise and increased socialization.

Positivity is also important, Kopp said. "Instead of saying you're not going to do something, try to make a goal that says what you are going to do in a healthy way," he said. "So instead of saying 'I'm not going to eat snacks anymore,' say 'I'm going to eat healthy snacks when I eat snacks.'"

How do you stick with a New Year's resolution? It takes about 66 days of behavioral change for the behavior to become automatic, Stambaugh said. Having adequate social support is important to achieving goals. "Telling family members and friends of your goal and what you're wanting to achieve. It may help them with accountability but if you're an individual struggling with that goal, they may be able to offer assistance."

Even if you slip, forgiveness is important. "We have to practice forgiveness because failure is part of the process at times, we would want to identify what were those barriers that made it difficult to continue and what could be done differently to prevent failure and increase follow through," Stambaugh said. Failure is part of the process of learning, Kopp said. "If you take that into account and learn from it, you're more likely to maintain those changes for longer periods of time."

Matthew Enright, Writer for QCOOnline





4th Annual Plant Science Symposium

Big Data in Plant Science

JAN 30th - 31st

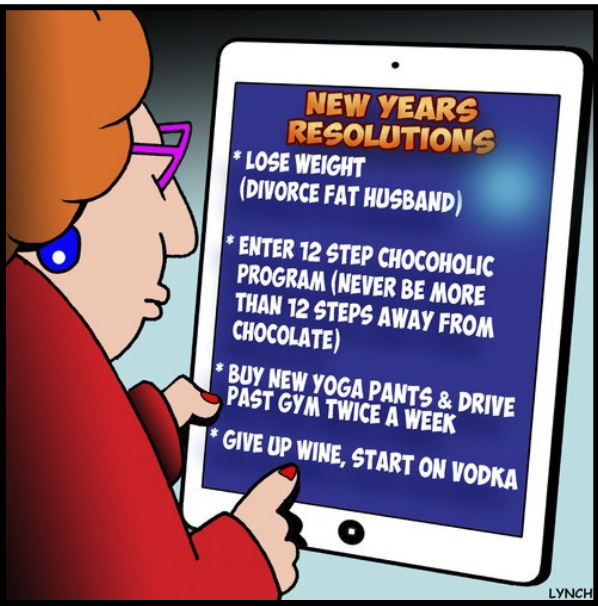
J. Wayne Reitz Union  
686 Museum Rd,  
Gainesville FL, 32611  
ufplants.org



General registration and registration to the Poster Competition of the 4th Annual Plant Science Symposium has been EXTENDED until January 15th!

Research of all kinds is welcome - take this opportunity to share your projects with researchers from UF and other public and private institutions.

There will also be prizes for the top 4 posters with a grand prize of \$250! For more information on our symposium, please visit [www.ufplants.org](http://www.ufplants.org)





# GCREC Employee News

January 2020

January Birthdays

2 Marissa Cassaway  
2 Robert Martin  
2 Mayara Bolnesi  
6 Christine Cooley  
6 Fahiem Elborai  
9 Marianne Smith  
9 Dustin Jacobs  
12 Angie Castro  
15 Ali Gonzalez Perez (PC)  
16 Marcus Marin  
18 Babu Panthi  
19 Sheng Li  
21 Ze Peng  
22 Andrew Koeser  
23 Steve Kalb  
27Amanda Rivera



2020 Holidays

Because we all love an extra day off!

Monday, January 20  
Martin Luther King, Jr.'s Birthday

Monday, May 25  
Memorial Day

Friday, July 3  
Independence Day

Monday, September 7  
Labor Day


UF Homecoming – TBA

Veterans Day – Wednesday, November 11

Thursday, November 26 & Friday, November 27  
Thanksgiving

Friday, December 25  
Christmas

GATOR TRACS



Mike Tomlin-Yost ([mike.yost@ehs.ufl.edu](mailto:mike.yost@ehs.ufl.edu)) with Environmental Health and Safety will be at our center on **Friday, 2/21** at 1 p.m. to provide training on the Gator TRACS program.

As part of the University of Florida's initiative to improve safety culture, Gator TRACS (Tool for Risk Assessment and Compliance & Safety) software will be used to manage information from a singular point of access. The program includes, but is not limited to:

documenting risk assessments  
creating and maintaining chemical hygiene plans  
monitoring training completions  
performing and managing lab inspections

The target audience would be faculty and lab, maintenance, and farm staff. Gator TRACS is used for both lab and shop inspections in addition to chemical inventory, which will affect pretty much everyone. Register today to attend this very important training session.

REGISTER HERE - <https://www.eventbrite.com/e/gator-tracs-training-session-tickets-88712177511>



It's Finally Happened—We're working on organic research!

GCREC has officially begun research on organic berry production. The team includes Nathan Boyd, Mary Lusk, Johan Desaegeer and Sriyanka Lahiri, all working together to get the project off the ground. But what exactly is "certified organic"? Organic certification is a certification process for producers of organic food and other organic agricultural products. In general, any business directly involved in food production can be certified, including seed suppliers, farmers, food processors, retailers and restaurants. Requirements vary from country to country and generally involve a set of production standards for growing, storage, processing, packaging and shipping that include avoidance of synthetic fertilizer, pesticides, antibiotics, food additives; irradiation, and the use of sewage sludge; avoidance of genetically modified seed; use of farmland that has been free from prohibited chemical inputs for a number of years. Certified organic foods are not necessarily pesticide-free, as certain pesticides are allowed.