

### Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

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### What to Do About Mildew

Mildew is a mold. Mold growth requires a source of food, moisture and optimal temperatures.

**FOOD:** Molds thrive on organic materials such as paper, leather, natural fibers or surfaces coated with the slightest amount of organic matter such as food or soil.

**MOISTURE:** The optimal growth range for mildew is 70 to 93% relative humidity (RH). Listen to the local weather report and you will find we have very few days with a RH low enough to not support mold growth. RH would have to be below 62% to stop all chances for mold growth.

**TEMPERATURE:** The optimal growth temperature range for molds is 77° F to 88° F, though some growth may occur anywhere between 32° F to 95° F.

The conditions we have in Florida make us the perfect place for mold growth. Mold growth can be slow to start, but after it begins it is very rapid.

Armed with the information about what it takes to grow, preventing mold growth should be simple. But remember....Mildew spores are almost always present!!

**PREVENTING MILDEW:**

The two most effective methods of avoiding

mildew problems are keeping things **CLEAN** and **DRY**. In particular, bathroom surfaces and fixtures should be cleaned to remove soap scum and body oils. Also, running an exhaust fan during and after showering and bathing helps reduce moisture levels.

**Keep things clean** - Mold will grow on surfaces that do not support mildew growth when they are clean. The slightest amount of soil on the surface of glass, ceramic tile, and glossy paint will supply the necessary "food" for mildew growth.

**Control temperature** - Keep windows closed and the air conditioner on when the temperature is higher than 65° F.

**Control moisture in the air** - Moisture accumulates inside a home from normal household activities: breathing, bathing, cooking and cleaning.

Once mildew appears it should be removed as soon as possible and precautions should be taken to prevent its return by keeping humidity levels low.

**REMOVING MILDEW:**

After contamination, to prevent and remove mold: Clean it, dry it, and disinfect it. Unless these methods are used, mold may continue to plague homes.

### Welcome to Florida

Brought to you by your University of Florida Extension Service Family and Consumer Sciences Team



"Solutions for Your Life"



# Bottoms Up! Meeting Your Hydration Needs

Summer is here and it's hot outside. Adequate fluid intake is critical to health, especially during these hot summer months. Dizziness, headache and muscle cramps occur if you don't consume adequate fluids. While mild dehydration can affect physical and mental performance, severe dehydration can be life-threatening. Most of us get enough fluid from the beverages and foods we consume. However, children, older adults, people working outside and those who exercise vigorously should pay close attention to their hydration needs.

Here are some tips for staying hydrated:

- Have a beverage with every meal and snack. Choose beverages that you enjoy. Remember though that some beverages contain calories. If you are trying to lose weight or prevent weight gain, be mindful that all the calories you consume, particularly in beverages, count. Tea, diet beverages, non-calorie sports drinks, and flavored waters all are great non-calorie options.
- Eat more fruits and vegetables. Fruits and vegeta-

bles tend to have a high water content, which makes them a great option for helping you meet your hydration needs.

- Don't exclusively rely on thirst. Sometimes thirst is not a reliable measure of hydration because of medications or other health conditions. Keep a water bottle or beverage at your desk, in your car, in your bag or wherever you will be reminded to drink.
- Keep beverages at moderate temperature. Fluids served at moderate temperatures -- temperatures that are neither hot nor cold -- tend to be consumed in greater volumes.

If you are physically active, make sure to consume adequate fluid before, during and after exercise. For some guidelines check out the American College of Sports Medicine website at [www.acsm.org](http://www.acsm.org).

*Source: The Beverage Institute for Health and Wellness*

## Helping Your Child Succeed in School

Education and school achievement play a critical role in shaping children's lives. A good education is an investment in their future. If you are like most parents, you probably want to know how to help your child perform better in school. Research conducted at Stanford University has identified some key factors related to children's school achievement. These factors include: child's motivation, parenting styles, parent relationships with their child and parent involvement with their child's school. Your role as a parent is to stay involved with your child's learning. You can do this by getting to know his or her teachers and school. Build a relationship where you are part of your child's education.

Your parenting style can also set the stage for a successful school year. Children of either permissive or overly rigid parents often get lower grades and don't develop the good habits that lead to success. Set standards and reasonable

limits for your child. Be caring and supportive while encouraging your child to try her best. Listen carefully to your child's school-related issues and other concerns and demonstrate your love through your actions and words.

Since motivation is what drives people to achieve, children do best in school when they themselves want to succeed. One of the most challenging tasks for any parent is to convince a child that working hard in school is an investment in their own future. The challenge is to give your child a sense of responsibility for his own school work. Be available to help your child with homework or projects, but don't do the work for them. Give your child the right tools for success, then be a coach or cheerleader. Your positive attitude toward education and realistic expectations of success are an essential ingredient in your child's achievement.

## There's an Extension Office Near You!

**Charlotte County**—25550 Harbor View Rd, Unit 3, Port Charlotte, FL (941) 764-4340 <http://www.ifas.ufl.edu/charlotte/>

**Collier County**—14700 Immokalee Rd., Naples, FL (239) 353-4244 <http://collier.ifas.ufl.edu>

**Desoto County**—2150 NE Roan Ave, Arcadia, FL (863) 993-4846 <http://desoto.ifas.ufl.edu/>

**Hardee County**—507 Civic Center Dr., Wauchula, FL (863) 773-2164

**Hillsborough County**—5339 S. CR 579, Seffner, FL (813) 744-5519 [http://hillsboroughcounty.org/coop\\_ext/](http://hillsboroughcounty.org/coop_ext/)

**Lee County**—3406 Palm Beach Blvd, Ft. Myers, FL (239) 461-7500 <http://lee.ifas.ufl.edu/>

**Manatee County**—1303 17th St. West, Palmetto, FL (941) 722-4524 <http://manatee.ifas.ufl.edu/>

**Pasco County**—36702 SR 52, Dade City, FL (352) 521-4288 <http://pasco.ifas.ufl.edu/>

**Pinellas County**—12520 Ulmerton Road, Largo, FL (727) 582-2100 <http://www.pinellascounty.org/extension>

**Polk County**—1702 Hwy 17-98 S, Bartow, FL (863) 519-8677 <http://polk.ifas.ufl.edu/>

**Sarasota County**—6700 Clark Road Twin Lakes Park, Sarasota, FL (941) 861-5000 <http://sarasota.extension.ufl.edu>

*Extension programs are open to all persons without regard to race, color, age, disability, religion, or national origin.*