Avoiding Consumer Fraud & Identity Theft

Inside This Issue:
- Student Assists EPA With Study
- Hoop House Construction
- Game Time Recipes
Your Opinion Counts!
Please take our anonymous survey and let us know what you think about this publication.

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Re-Imagine Focus?

For more than a decade, we’ve been sharing news about our teaching, outreach and research efforts through this Focus publication. This newly revamped magazine will continue to serve as a means to showcase our Cooperative Extension Program, and now we’ve added many new features to help better serve our readers.

This inaugural edition of this biannual publication will test your knowledge of agricultural fields through our engaging sections such as “AgVice” and “Did you Know?” In addition to providing articles about topics that impact your everyday life, we are updating you on our students and research efforts affecting our communities. We also want to make you aware of how our staff is helping Georgia’s citizens.

Our primary mission through our Cooperative Extension Program is to provide useful and practical information to a variety of clientele, including youths, consumers, small business owners and senior citizens. This publication is just another means we are using to provide knowledge to our constituents and to keep them informed about programs, events and experts available here on campus.

We will continue to offer a hardcopy of the Focus, but an online version and mobile edition with video, links and trivia is also be available.

Contents:

FEATURES

Eyes on the Prize ........................................4
FVSU graduates its first biotechnology student

Students, They Work Here? ......................6
Agricultural majors maintain 1,300 acres

Cleaning Up While Getting Dirty ..........8
Student scientist assists EPA with contamination study

A ‘Hoop’ful Future .................................. 10
Hoop house allows farmers to net more profits

Avoiding Consumer Fraud and Identity Theft ................... 12

Ms. Taken Identity ................................. 15

Excellence in the Valley .......................... 16
FVSU Ag Communications staff receive awards

Game Time ........................................... 17
Recipes and tips for a tasty, healthy party

IMPACT

Peach County ....................................... 20
Extension staff help Georgians

SECTIONS

Did U Know? ......................................... 2
AgVice ................................................. 3
Highlights ........................................... 22
Where is This? ..................................... 24
Looking Back ....................................... 25

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FVSU Ag

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@FVSUCollegeofAg

www.ag.fvsu.edu
The “Peach State” is not number one when it comes to producing the largest number of this fuzzy fruit. Although, California dominates in the United States for peach production, Georgia is ranked number one for producing the following:

- Broilers
- Peanuts
- Pecans

By the way, California (540,000 tons), South Carolina (120,000 tons), Georgia (40,000 tons) and New Jersey (35,000 tons) are the top peach-producing states.

DON’T CRY, ONIONS ARE GOOD FOR YOU

Onions contain a mild antibiotic that fights infections, soothes burns, tames bee stings and relieves the itch of athlete’s foot. These vegetables offer vitamin C and dietary fiber while providing phytonutrients, which have been found to act as antioxidants to lower blood pressure and prevent some types of cancer. In addition, they are low in fat and calories.

TEST YOUR ONION KNOWLEDGE AND VISIT WWW.AG.FVSU.EDU FOR ANSWERS TO THE QUESTIONS BELOW.

1. How do you get rid of bad onion breath?
2. What’s a good way to get rid of the onion smell on your hands and cooking equipment?
3. What can you do to minimize crying when cutting an onion?
4. What’s the difference between yellow, red and white onions?
5. How many pounds of fresh or processed onions does the average American consume yearly?

Sources: USDA National Agricultural Statistics Service; peach tonnage data were the latest that made projections for 2010.

Sources: USDA, Agricultural Marketing Resource Center, National Onion Association and Pennsylvania Nutrition Education Network.
Stay Safe and Warm This Season

As the temperature drops during the winter holiday season, many families will turn to alternative heat sources, such as portable electric space heaters, to help warm their homes. Each winter, heating is a leading cause of residential structure fires. Space heaters can be an effective way to heat small areas; however, if used improperly this equipment presents increased risk of fire, electrical shock, and electrocution. The Fort Valley State University Cooperative Extension Program recommends exercising caution and being mindful of the risks associated with using electric space heaters to supplement home heating this winter.

Facts and Stats

14% of all home fires are related to space heaters.
(Source: National Fire Protection Association)

25,000+ residential fires every year are associated with the use of space heaters. (Source: U.S. Consumer Product Safety Commission)

Fires related to space heaters caused an estimated:
260 deaths
1,300 injuries, and
$500 million in property damage.
(Source: National Fire Protection Association)

Safety Tips

- Read the manufacturer’s instruction manual before using any space heater.
- Ensure that the heater bears the mark of a nationally recognized testing laboratory such as UL, CSA, or ETL.
- Make sure all heaters are at least three feet away from any combustible materials such as bedding, clothing, curtains, furniture, and rugs.
- Keep space heaters away from water. Check the manual to determine whether the heater is intended to be used in locations such as bathrooms.
- Avoid using space heaters in rooms where children are unsupervised. Children may stick their fingers or other objects through the protective guards, causing burns or shock.
- Avoid using space heaters with extension cords; plug them directly into an outlet on a relatively unburdened circuit.
- Make sure an outlet can adequately and safely handle the added demand of a heater.
- Keep space heaters away from flammable liquids such as gasoline or kerosene since they have hot parts that can cause sparking.
- Use the space heaters only to supply supplemental heat. Do not use them to warm bedding, cook food, dry clothing or thaw pipes.
- Turn off, unplug, and safely store portable space heaters when not in use.
- Be a responsible user. Never remove the grounding feature on a plug by removing the third prong.
- Use an adapter to connect the heater’s three-prong plug if you do not have a three-hole wall outlet.
- Check the cord before plugging in the heater. If frayed, worn or damaged, then stop use immediately.
- Keep space heaters out of high-traffic and exit areas.
- Plug space heaters into ground fault circuit interrupters (GFCIs) to prevent electric shock. GFCIs should be used in any area where water may come in contact with electrical products.

Housing specialist Keishon Thomas not only provides safety information such as these tips, but workshops and events for potential homeowners and those interested in maintaining an energy-efficient and safe home.

Contact:
Keishon Thomas
Office: 478.825.6577
Email: thomask@fvsu.edu

Heating equipment was involved in an estimated 53,000 home fires last year.
(Source: National Fire Protection Association)
Although Bianca Richardson was one of many to receive her diploma at graduation this year, there was something unique about her accomplishment. The Fort Valley State University graduate made history by becoming the first to receive a master’s degree from the recently established biotechnology program.

Richardson beamed with pride about her milestone. “I felt it was a great achievement,” said the 26-year-old. “Science has always been very interesting to me and I excelled in the subject matter throughout school.”

After graduating in 2007 from Alabama A&M University with a bachelor’s degree in biology, the native of Mobile, Ala., decided to pursue post-graduate work. Eventually she wants to pursue a doctorate in plant pathology or plant physiology before obtaining a job with a government agency such as the Food and Drug Administration or the U.S. Department of Agriculture.

“I did some research on biotechnology and I noticed that it is a new and very upcoming field with a lot of opportunities in research in a lot of areas,” she said. The biotechnology program at Fort Valley State is the only one of its kind offered by a public institution in Georgia, and it offers students such as Richardson assistantships to cover tuition and fees. Students are prepared for careers as researchers who analyze plants and animals to

Fort Valley State University biotechnology graduate Bianca Richardson works in a lab on campus.
improve agricultural production, or given experience to become scientists who use technology for biomedical, bioengineering and pharmaceutical research activity.

Throughout her graduate studies, Richardson focused on Scutellaria Ocmulgee, a medicinal plant found in Middle Georgia that has properties that could be used to battle cancer. This anti-tumor plant, she said, reduces the size of cancerous cells when used on laboratory mice.

Richardson’s hard work and dedication impressed many, including her advisor, Dr. Nirmal Joshee. “Bianca was a great student. She was very motivated from day one and knew exactly what she was here for,” said Joshee, an assistant professor of plant science at FVSU. “She selected her area of research early on and worked very diligently to finish all the experiments well ahead of time.”

Joshee said her proficiency in completing experiments qualified her to learn new techniques at the National Center for Genetic Resource Preservation, a Fort Collins, Colorado-based research facility funded by the USDA. “She impressed all the scientists there and proved to be a wonderful ambassador for our Fort Valley State University,” Joshee said. “As a person, she is a great team player, very helpful to her colleagues and full of life. I wish we could retain her.”

Richardson also attended the Association of Research Directors symposium in Atlanta, where she won third place for her graduate research presentation.

The duo keep in touch and they are working to get Richardson’s work published.

Richardson’s advice to anybody who asks her about the biotech program is to be prepared to work independently.

“There is no one to make you do your assignments or your lab work, the success of your project is solely dependent on you,” she said. “You need to be self-motivated, and as long as you are self-motivated and you kind of know where you want to go and you’re okay with working hard, then it’s a great program to start because it can give you a lot of opportunities for the future.”

...it’s a great program to start because it can give you a lot of opportunities for the future.”

-Bianca Richardson, First graduate of the FVSU biotechnology program

“What is biotechnology? Biotechnology is an interdisciplinary, cutting-edge science that encompasses biology, plant and animal sciences and engineering.

It is used as a scientific tool for many purposes including enhancing crop yield and quality, developing pharmaceuticals, improving health and nutrition and providing new methods for removing environmental toxins.

What can graduates do with a degree in biotechnology? Students are prepared for many jobs, including the opportunity to become:

• Research Specialists
• Scientists
• Laboratory Managers
• Technicians

For more information about the program, call 478-825-6807 or email Dr. Anand K. Yadav, who oversees the program, at yadava@fvsu.edu.
Sweltering heat, swarms of insects, bales of hay and herds of livestock are some aspects of farming individuals, especially in the Deep South, encounter. These enduring elements may deter some students at Fort Valley State University from working on its farm, but not a handful of Wildcats including Levell Miles. “I love it,” said Miles, an agricultural economics major. He enjoys working on the 1,300-acre farm because he gets an in-depth look at how it operates. “It lets me understand the actual labor that’s involved in farming,” said the senior from Valdosta.

Each semester about seven students work on the farm that’s behind the school’s Agriculture Technology Conference Center on Camp John Hope Road, less than a mile from the main campus. Students handle a bulk of the labor needed to maintain the farmland used for research and for teaching students about agricultural practices.

The farm, also known as the research station, has a greenhouse complex, which consists of a head house, a plant storage house and about eight greenhouses where plants are grown. The facilities are used by students who are trained in the field of horticulture. Professors also teach students about growing plants, and then the plants they use for their hands-on lessons are sometimes planted on campus.

“In addition, different classes come down and we give demonstrations on different things such as calibrating sprayers, working on equipment and driving farm equipment,” said Jared Fluellen, who over-sees the farm and its facilities for the College.
of Agriculture, Family Sciences and Technology. The student workers do everything from putting up fences to fertilizing plants to feeding livestock. FVSU scientists conduct various experiments using livestock, crops and trees. Topics range from examining the use of crops for bioenergy to organic farming. Although the farm, is an important aspect to its College of Ag, many people, even those on campus, are unaware of it. When Miles is on the main campus, he dresses ready for work, which draws some attention.

“You must work on a farm,” Miles’ peers say, jokingly. He responds with “yes,” and they are astonished. “They call me everything, Mr. Ag, farm boy, wildman, I get them all,” Miles said.

Latricia Lewis, who also works on the farm, gets similar surprise reactions, but, she says with a grin, “When they come out here, they don’t want to leave.” The horticulture major explains to her fellow students that agriculture involves many careers and majors.

Lewis, a junior, tells students there are many job opportunities involved with agriculture, but when they show signs of doubt, she closes the conversation with one statement. “I remind them that everyone in the world has to eat,” she said.

And Miles agrees, “It’s up to humans to produce whatever it is for consumption.” With the world’s population approaching 7 billion people, farmers are likely to be counted on to meet the growing demand for food.
Cleaning Up While Getting Dirty
Student scientist assists EPA with contamination study
When Edward Isang worked diligently in Fort Valley State University’s greenhouses this past summer, sweat would glaze his forehead but the hot temperatures didn’t stop the second-year graduate student from assisting with an experiment that could help the environment.

“I jumped into it with no regrets,” said Isang, who is studying biotechnology. Instead of spending his summer playing soccer, he assisted the U.S. Environmental Protection Agency with a project that uses plants to remove toxic waste from soil.

For 12 weeks the young scientist helped the EPA with an experiment it developed to see if ferns can soak up arsenic in soil. In Fort Valley, companies that produced insecticides and pesticides for more than 70 years left behind contaminated soil that has since been dug up and removed by the federal agency. The 31-acre Superfund cleanup project has been ongoing for 13 years.

Charles King, remedial project manager for the EPA, said this experiment is being conducted to remove the remaining contamination from soil in Fort Valley that is in underdeveloped areas with little human traffic.

In addition, the study will also determine if ferns can be used for similar future projects involving dangerous chemicals that need to be removed from soil. Since 2004, King said his agency has spent more than $35 million on cleanup methods for the site.

“This experiment will help the EPA determine if phytoremediation is a cost-efficient and effective method for removing the remaining arsenic from the soil,” King said. If using ferns proves to be effective, the government would save money by not having to use trucks and other machinery to remove contamination, he said. The results from the experiment are expected this fall.

In the meantime, Isang is gaining experience by working on this project that affected a community less than one-mile from his campus. With a new outlook on his studies, Isang began conducting research about the use of organisms and plants to remove toxins from the environment. The 24-year-old said he developed an interest in environmental biotechnology after writing a paper about the merits and demerits of this field of science that encompasses plant and animal sciences, biology and engineering.

He’s particularly interested in this research because of environmental concerns in his home country. “In Nigeria we have problems with oil spills so I thought this could be helpful,” Isang said. “I had to do my own self-discovery. That’s when my interest started to build and I realized environmental biotechnology is a cool area of research and I got hooked.”

He worked in the greenhouses, checking the soil PH, and the humidity and light intensity of the two different types of ferns growing in the soil contaminated with arsenic.

Isang said this project has given him insight and exposure to different careers. He’s interested in conducting bioremediation or phytoremediation at the EPA.

“This is one of the goals we hoped would come out of this partnership with Fort Valley,” said King, referring to Isang’s experience. “We wanted students to see how what they are learning in the classroom can be applied in the workplace by exposing them to real-life scenarios. So far I’d say it’s been successful.”

See page 4 for another biotechnology related article.
A ‘Hoop’ful Future

Hoop house allows farmers to net more profits

Local Farmer Eugene Radford Jr. works with Fort Valley State University faculty and county extension worker Leon Porter. This native of Haynesville is building a hoop house to prolong his growing seasons.
September when attendees received information from Dr. James Brown, a professor of horticulture at FVSU, who purchased the hoop house. “You’re taking advantage of Mother Nature,” he said, after describing how heat can be generated inside the house to prolong the summer heat and cooler temperatures can be created to prolong the winter season.

A local farmer who’s attended a couple of Brown’s workshops on organic gardening is in the process of building his own hoop house so he can increase his profits. As the colder weather kicks in this fall many farmers will be packing up for the season, but Eugene Radford Jr. will still be out tending to his summer crops.

By using the hoop house, Radford of Haynesville can provide crops when other farmers may have ended their growing seasons due to weather. Radford, who began farming seriously about three years ago, said he’s always looking for ways to improve his practices.

“You’re taking advantage of Mother Nature,” he said, after describing how heat can be generated inside the house to prolong the summer heat and cooler temperatures can be created to prolong the winter season.”

Radford has never used a hoop house, but said he’ll be experimenting to see what vegetables and fruits grow best in his facility that’s 72 by 30 feet. He’s planning on trying several different crops including yellow squash, peas, okra, collards and tomatoes.

Although he did admit to being a carpenter by trade, Radford said the hoop house is easy to put together and he received a $5,772 grant from U.S. Department of Agriculture to cover 75 percent of the total cost for his top-of-the-line facility. While Radford is preparing his 15 acres of farmland for retirement, he’s also enjoying working outside and providing food for his community and for Women, Infants and Children (WIC) Program participants who visit farmers markets, where he sells a lot of his produce.

“Good eating is good people, healthy people, stronger people. We are the stronger generation,” he said. “And that’s why I try to tell people when you start messing with drugs, alcohol you’re tearing down your good people, [but with] food you’re building good people.”
While enjoying the comforts of home, imagine the telephone rings and when you pick up, a recording announces your winnings for a low-priced exotic vacation package. Maybe while heading to the grocery store you notice a fluorescent sign on the side of the road boasting how “We Can Fix Your Credit.” On a daily basis consumers are bombarded with offers that seem almost too good to be true. At first glance these offers may appear safe and legitimate, but once involved in a deal many consumers end up in financial havoc. Amy Yates, a 40-year old woman from Lizella, Ga., can relate to getting involved in a scam that seemed promising but caused her some financial hardship. Yates received a letter in her mailbox stating she had been selected as a consumer reporter in her area for a major corporation of her choice. The letter stated that participating would help acquire information for improving customer service.

“I was supposed to go in and see how the employees treat you, as if I was a real mystery shopper, then fill out a questionnaire answering about 20 to 30 different items. From this they would recognize the store and give them a grade,” Yates said.

In the envelope was a check for $4,490. To confirm her participation, Yates was to call the number listed in the letter. Within 48 hours of the phone call, Yates was to cash the check. Then she was to spend $200 at any clothing store and $20 at a fast food restaurant, wire $3,910 to a person listed in the letter, pay a $160 service charge for wiring the funds and keep the remaining $200 as evaluation training pay.

“I went and cashed the check into my checking account at my bank, and the teller told me that it cleared,” Yates said. Three weeks later, Yates received notice from her bank that the check was counterfeit.

“I felt like I was trying to do the right thing, but then it came back and hurt me bad,” she said. “It looked like a regular check, and I felt the bank should have known it was counterfeit,” Yates said in frustration. At this point, she contacted the Better Business Bureau for assistance.

Kelvin Collins, president of the Better Business Bureau of Central Georgia, said fake check scams are a year round epidemic.

“To run a high-level scam now all you need is a computer, printer and disposable cell phone,” Collins said.

Some bank tellers can detect fake checks because they are usually large amounts. Victims may also be asked to pay money up-front to help defray the cost of taxes, legal fees, or bribes.

**Credit & Loan Scams**
- Victims with poor or non-existent credit are offered credit cards/loans—for an advance fee.
- “Credit repair services” may offer to help those with poor credit improve their credit ratings—for an advance fee.

**Overpayment Scams**
- Cash The victim is advertising an item for sale.
- A “buyer” sends the seller a counterfeit check or money order for more than the cost of the item.
- The victim is asked to return the difference between the payment and the cost of the item.
- When the payment turns out to be counterfeit, the victim is held responsible by his or her financial institution.

**Charity Scams**
- Con artists solicit donations in the name of non-existent or fraudulent charities.
- Most charity scams occur during the holidays or in the aftermath of disasters, when philanthropy is most common.

*Source: fbi.gov*
checks, but if the teller cashes the check and the money is wired it’s gone immediately, Collins said.

Once the counterfeit check was detected, Yates said the bank wanted her to pay it all back right away.

“I had to go to court and resolve everything. They said I was the guilty one and I had to pay the money back,” Yates said.

Collins said Yates’ situation is unfortunate and it’s not much she or anyone can do to help her situation.

“Scammers are usually operating outside the U.S. It’s not like you’re going to find them because they go to the local grocery store, buy a disposable cell phone use it for a few weeks and throw it away,” Collins said. “Scammers target a lot of people in an area relying on people who are greedy and people that are needy.”

According to Collins, Yates scenario has played out many times and ends up causing victims to resort to bankruptcy and other financial crisis. Most of the time, the scammers aren’t caught like in Yates’ situation, but Collins thinks the scammers are operating out of Canada because it has more scam artists than any other place in the world.

Yates doesn’t want anyone to experience her situation.

“I encourage people to read everything and if they don’t understand something to contact someone with knowledge before what happened to me happens to them,” said the Middle Georgia woman.

For more information concerning consumer education and protection, attend Fort Valley State University’s Consumer Awareness Day in the spring.

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Protect Yourself—How You Can Avoid Becoming a Victim

**The Hallmarks of Consumer Fraud**

- Offers appear “too good to be true.”
- Payments for goods or services are required in advance.
- Personal information is requested over the telephone.
- Offers are unsolicited.
- Representatives use high pressure sales techniques, claiming that immediate action is required.

**What You Can Do**

- Don’t believe everything you are told. If something sounds too good to be true, it probably is.
- Avoid being taken by high pressure sales. Take the time to research offers before deciding whether or not to participate.
- Don’t do business with anyone who solicits your money in advance of awarding a prize.
- Inspect all representatives’ credentials carefully.

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**Top Consumer Fraud Complaints by Type**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Type</th>
<th>Complaints</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Identity Theft</td>
<td>250,854</td>
<td>19%</td>
</tr>
<tr>
<td>2</td>
<td>Debt Collection</td>
<td>144,159</td>
<td>11%</td>
</tr>
<tr>
<td>3</td>
<td>Internet Services</td>
<td>65,565</td>
<td>5%</td>
</tr>
<tr>
<td>4</td>
<td>Prizes, Sweepstakes and Lotteries</td>
<td>64,085</td>
<td>5%</td>
</tr>
<tr>
<td>5</td>
<td>Shop-at-Home and Catalog Sales</td>
<td>60,205</td>
<td>4%</td>
</tr>
<tr>
<td>6</td>
<td>Imposter Scams</td>
<td>60,158</td>
<td>4%</td>
</tr>
<tr>
<td>7</td>
<td>Internet Auctions</td>
<td>56,107</td>
<td>4%</td>
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<tr>
<td>8</td>
<td>Foreign Money/Counterfeit Check Scams</td>
<td>43,866</td>
<td>3%</td>
</tr>
<tr>
<td>9</td>
<td>Telephone and Mobile Services</td>
<td>37,388</td>
<td>3%</td>
</tr>
<tr>
<td>10</td>
<td>Credit Cards</td>
<td>33,258</td>
<td>2%</td>
</tr>
</tbody>
</table>

Source: ftc.gov

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Protecting credit is now easier with the free Equifax Mobile App. This app allows users to view credit and fraud averages by GPS location or zip code. It also provides alerts to credit file changes in real time. Scan the code to download the app. For more information visit www.equifax.com/mobile.

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**Total consumer fraud losses in 2010:**

**$1.7 Billion+**

Average loss / person: **$2,721**

Source: fbi.gov
A 75-year-old woman gazed out a window recently at the Fort Valley Senior Center recalling the frustrations she experienced more than a year ago.

“It just got on my last nerve,” said Lucille Nottingham, who is one of 8 million Americans, annually, who becomes a victim of identity theft. One summer morning while visiting the senior center, a law enforcement officer came to the facility to inform the Fort Valley native that someone had stolen her identity.

“Somehow a young man got my social security number and received a check from the government in my name. The check was sent to a post office box in Macon,” Nottingham said. The mother of five told the officer that she didn’t know anything about the theft and remained calm.

“I tried not to let the incident get me too upset because I have some health issues,” she said. The investigators identified a young man in his 20s as the persecutor who received the check for more than $800.

“For now on I keep all my documents locked up and I keep my key in my pocket all day,” she said. Nottingham also wrote a letter to the government explaining her stolen identity. The Federal Bureau of Investigation handled the prosecution and pressed charges.

According to the FBI, senior citizens are one of the most targeted groups for fraud and scams. This is because seniors are likely to own their own home and have excellent credit which makes them attractive to con artists.

In addition, seniors are less likely to report fraud because they don’t know who to report it to or know they have been scammed. Nottingham is glad the incident was resolved but knows that seniors are constantly targeted.

“My telephone rings all the time with people calling me trying to get me to buy something. They target us because they think they can get over on us,” Nottingham said.

For more tips on identity theft and other consumer issues, attend FVSU’s Consumer Awareness Day in the spring, also visit www.consumer.gov/idtheft.

Reporting Resources

FEDERAL TRADE COMMISSION (FTC)
www.ftc.gov
(877) FTC-HELP (382-4357)
Victims are strongly encouraged to report frauds to the FTC, which maintains a comprehensive scam database called Consumer Sentinel.

CANADIAN ANTI-FRAUD CENTRE
www.antifraudcentre.ca
Tel: (888) 495-8501
For frauds related to Canada, victims should contact PhoneBusters, a Canadian government clearinghouse for fraud information.

INTERNET CRIME COMPLAINT CENTER (IC3)
www.ic3.gov
For internet-based scams, individuals are encouraged to report incidents directly to IC3.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)
www.aarp.org
For information related to fraud schemes targeting senior citizens, individuals should take advantage of the resources available on the AARP website.

INTERNAL REVENUE SERVICE (IRS)
www.irs.gov
(877) 829-5500
To avoid charity frauds, individuals should research organizations on the IRS website.

BETTER BUSINESS BUREAU, WISE GIVING ALLIANCE
www.give.org
(703) 276-0100
The Wise Giving Alliance provides information on charities that have been the subject of donor inquiries and also offers tips about charitable giving.
“I’m not surprised,” said Marquinta Gonzalez, who oversees the communications department. “These awards are the result of the hard work and dedication of our employees.”

Each year the Association for Communication Excellence and National Extension Technology Conference recognize those in communication and technology fields who support the extension and outreach missions of colleges and universities across the nation.

McPhail received a gold award in the “Environmental Portrait or Personality Photo” category, while Boone and Bradley won bronze awards in the “Writing With a Specialized Publications” category.

“You’ve got some of the best writers in this year’s contest,” stated Kathleen Ward, one of the judges, in her feedback.

Visit our website to view the recognized articles and photo.

www.ag.fvsu.edu
Game Time
Recipes and Tips for a tasty, Healthy Party
Pumpkin Pepperoni Pizza

6 servings | Active Time: 15 minutes | Total Time: 35 minutes

**INGREDIENTS**
- 1 pound prepared whole-wheat pizza dough, (see Shopping Tip), thawed if frozen
- 1 cup canned unseasoned pumpkin puree
- 1/2 cup no-salt-added tomato sauce
- 1/2 teaspoon garlic powder
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 ounces sliced turkey pepperoni (1/2 cup)

**PREPARATION**

1. Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.

2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

3. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.

4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

**Nutrition Facts**

Per serving: 280 Calories; 6 g Fat; 3 g Sat; 2 g Mono; 30 mg Cholesterol; 35 g Carbohydrates; 16 g Protein; 3 g Fiber; 602 mg Sodium; 153 mg Potassium

**Tips and Notes**

Make Ahead Tip: Use leftover tomato sauce and pumpkin to make a second batch of pizza sauce. Refrigerate for up to five days or freeze for three months.

Shopping tip: Look for balls of whole-wheat pizza dough at your supermarket, fresh or frozen, that doesn’t contain any hydrogenated oils.

*Source: Eating Well website*
Unbelievable Baked Buffalo Wings

2 servings* | Prep Time* 15 minutes*

**Ingredients**
- 1 pound of chicken wings
- 1 tablespoon cayenne pepper
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon salt
- ½ cup Louisiana Hot Sauce
- 1 tablespoon margarine

**Preparation**
1. Fill a large pot halfway with water and then add the first four ingredients.
2. Bring water mixture and wings to a boil and then boil for 15 minutes.
3. Transfer wings to an oven safe container coated with cooking spray. Bake wings on “Broil” (high) for 15 minutes on each side. (For crispier wings, cook longer on each side, maybe 20 minutes per side.)
4. While waiting for wings combine the hot sauce and margarine in a microwave safe container and cook in microwave for two minutes or until melted. (You can cook the sauce longer for thicker sauce.)
5. When wings are done, shake them up with the sauce and enjoy!

**Nutrition Facts**
Per Serving: 570 Calories; 42.6g Fat; 11.4 g Sat; 174 mg Cholesterol; 2.8 g Carbohydrates; 42.3 g Protein; 1.0g Fiber; 5212.2 mg Sodium
Gail Adams is a jack of all trades when it comes to providing services to Peach County residents. Adams teaches residents nutrition programs, fitness classes, food-safety tips and financial resource management workshops. Adams is also a member of the Georgia Nutrition Council and an active member of the Mayor’s Housing Task Force in Peach County.

Get the Facts

527 Peach County residents received technical assistance during 2010.

10 publications, such as newsletters and facts, were written in the area of Family and Consumer Sciences.
Gail Adams of Peach County is only one of 12 extension agents. There are also three program assistants. The extension staff around Georgia cover 30 counties.

Fort Valley State's team of extension agents and program assistants are committed to helping clients in many areas, including the following: biofuel production, healthy eating, professional development, financial planning, computer literacy, homebuyer education, crop and livestock production and youth counseling and development.
Teenagers from a rural Middle Georgia county who had never travelled to Washington, DC, took a trip from July 10-16, to the nation’s capital this summer. Fort Valley State University, which has a 4-H youth program, received a $10,150 grant from the National 4-H Council to cover expenses for the 2011 Citizenship Washington Focus experience.

Farmers in rural areas will soon be able to access information that may give them a leg-up on competition.

The U.S. Department of Agriculture awarded Fort Valley State University a three-year $1.2 million grant in August. The institution is using the initial $400,000 installment to begin working on the project, which supports an initiative called “Changing Socially Disadvantaged Farmers Educational and Technological Approach to USDA Programs.”

The funding will cover costs to create a specialized website just for rural farmers who will be visited by FVSU’s Mobile Information Technology Center beginning next year. It will also cover traveling expenses and personnel costs.

The 48-foot tractor-trailer has the latest information technology equipment that’ll be used to educate the farmers. FVSU computer specialists will travel to more than 30 counties throughout Georgia, Florida and Alabama. They will begin in areas where the university has Cooperative Extension Program agents, who work in the Georgia communities. Then they’ll expand to other locations with large concentrations of socially disadvantaged farmers.

“We are trying to eliminate the digital divide by concentrating on those farmers who do not have the technology skills to access USDA information,” said Terrence Wolfork, the FVSU information technology specialist coordinating the grant’s efforts. “If we can teach them how to go online, they can have just as much access as the more established farmers.”

-Ayanna McPhail

Twiggs County 4-H participants and Woodie Hughes Jr. (far right), Fort Valley State University’s interim 4-H program leader, stop for photos (and shown below) at popular landmarks in the Nation’s Capital July 14 as part of their Citizenship Washington Focus experience.

The nationwide 4-H youth organization holds the Citizenship Washington Focus event annually at its National 4-H Center in Chevy Chase, Maryland.
Chase, Md. Thousands of adolescents attend to learn the importance of civic and social responsibilities.

“Without this grant, these students wouldn’t have been able to attend this conference,” said Woodie Hughes Jr., FVSU’s interim 4-H program leader who coordinated the trip. “This opportunity was not only a cultural experience, but one that is helping to transform these young people into leaders, volunteers in their communities and college graduates.”

For more information about 4-H activities and programs at FVSU, contact Woodie Hughes Jr. at (478) 825-6219 or hughesw@fvsu.edu.

-From Staff Reports

**FVSU SAFE CENTER GETS DONATION FOR SUPPLIES**

Fort Valley State University’s State Animal Facility for Emergencies (SAFE) Center will receive some much needed supplies thanks to a donation from the American Kennel Club (AKC).

The Macon Kennel Club, an affiliate of the AKC, presented a check for $4,937 to FVSU at its June 6 meeting.

“It was exactly what I asked for,” said Dr. Oreta Samples, head veterinary technologist and adjunct professor in FVSU’s Department of Veterinary Science.

The funds will be used to purchase non-disposable items such as bowls, leashes and pooper scoopers. Dr. Seyyedehdi Mobini, professor and interim head of the Department of Veterinary Science, said he was extremely proud of the initiative Samples displayed by contacting the AKC.

Gordon Turner, president of the Macon Kennel Club, said his organization was glad to contribute to the facility and help it move forward.

The SAFE Center provides shelter to large and small animals during natural and manmade disasters. The facility also houses and cares for neglected and abandoned animals apprehended by the state.

-Russell Boone Jr.

**FVSU EMPLOYEE SELECTED FOR LEADERSHIP PROGRAM**

A leadership program selected Kena Torbert, family life specialist at Fort Valley State University, to participate in its activities designed for employees at land-grant institutions across the United States.

“So far this experience has been amazing. This program is all about making the participants better leaders and better people,” Torbert said. “And not only as it pertains to one’s career, but on a personal level as well.”

As a LEAD21 participant Torbert meets three times, once in Indianapolis, Kansas City and Washington, D.C., to attend workshops facilitated by experts and to receive support from her peers in the program. Since its inception in 2005, the LEAD21 organization, sponsored and supported through various associations, has graduated nearly 400 participants.

This past summer, Torbert attended her first session where she met her peers, received assessment test results and participated in workshops with topics such as strategic development, skill building and group dynamics. Torbert is one of the 76 participants whose job titles range from professors to researchers to deans. The program concludes in February.

-Ayanna McPhail
Where is This?

Can you identify what this is and do you know where on Fort Valley State's campus it is located?

If you know the answers or want to take a guess, send us your response via the Fvsu Ag facebook email (fvsu.collegeofag@facebook.com). The first five correct respondents will be mailed FVSU College of Agriculture, Family Sciences and Technology paraphernalia. Unfortunately, College of Ag employees are ineligible to participate.

Winners will be announced on the College of Ag’s website and its “FVSU Ag” facebook page.

Find us on Facebook:
FVSU Ag
Few people leave a mark that affects the quality of life for citizens across a state. But, John A. Demons has impacted thousands. He stepped onto Fort Valley State University’s campus 39 years ago and implemented its Cooperative Extension Program.

Since 1972, extension has provided free educational outreach programs in the areas of agriculture, family life, community and economic development and youth improvement.

Demons, 85, came to Fort Valley State after his stint at the University of Georgia. When funds became available to lead extension efforts for 1890 land-grant institutions throughout the United States, he accepted an offer at FVSU as assistant director and coordinator for its Cooperative Extension Program. Since then the program has flourished and continues to offer many events, services and one-on-one outreach that provides knowledge for inspiring lives. To read more about Demons, the first leader of FVSU’s Cooperative Extension Program, see the online version of Focus at www.ag.fvsu.edu.