Ready, S.E.T., Grow
Responding to the needs of rural Georgia residents

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Fort Valley State University administrators break ground on the future site of the FVSU Family Development and Quality Child Care Center Complex on Carver Drive Oct. 21, 2013.
Eat Breakfast

Market studies report that 31 million Americans skip breakfast every day. Eating a healthy breakfast is linked to providing adequate nutrition that can decrease the risk of developing chronic diseases.

Fast Facts:
- Breakfast can provide a third of a person’s nutrients for the day.
- Breakfast provides energy and jump starts metabolism.
- Those that eat breakfast tend to maintain a healthier weight.
- Eating breakfast provides fuel after a night of fasting and improves the brain’s ability to function.
- When children have breakfast, they tend to be more alert, participate more fully in school activities and usually score better on tests.

Quick and Healthy Options:
- Spread peanut butter on a flour tortilla. Add a whole banana and roll it up.
- Add cereal into a container of yogurt.
- Make a smoothie with low-fat milk, frozen berries and banana.
- Add lean ham or turkey and low-fat Swiss cheese to a toasted whole-grain English muffin.
- Grab a piece of fresh fruit, shelled nuts or roasted peanuts.

Turn to page 15 to see a delicious breakfast burrito recipe that may help to jumpstart a busy day.

Sources:
- The NPD Group, the American Academy of Nutrition and Dietetics, Clemson University Extension Service. Mealtime Countdown: Fast, Nutritious, Delicious! Brighten Up With Breakfast!
- Fort Valley State University Cooperative Extension Program Family and Consumer Sciences Housing Education Phantom/Standby Energy Use, Energystar.gov

For more tips about home energy efficiency, contact FVSU’s energy educator Billy Brown at 478-825-6368 or brownb@fvsu.edu.
During the spring and summer, individuals across the country perform the common chore of mowing grass. The task is usually performed with safety as an afterthought. However, mowing a lawn can be a risky affair. According to statistics provided by the U.S. Consumer Products Safety Commission, 253,000 people received treatment for lawn mower-related injuries in 2010.

Charlie Grace, Fort Valley State University’s Dougherty County extension agent, provides safety tips that can help reduce the possibility of an accident taking place. The following suggestions may aid in a safe and hazard-free lawn mowing experience.

**Be Aware of Surroundings:**
Check the lawn and clear it of any foreign objects (rocks, small toys, twigs) that can be thrown out of the discharge chute. Maintain concentration while mowing and always look ahead, at least two to three feet. Be patient and remember not to rush the job. Turn lawn mower off when crossing a driveway or sidewalk.

**Dress in Proper Attire:**
Wear long pants to protect the legs and lower body. Long-sleeve shirts protect the arms and also cut down the risk of sunburn. Clothes should fit somewhat snugly so they won’t get caught in the mower. Do not wear open toe shoes, necklaces or chains.

**Use Protective Gear:**
Wear goggles or wrap-around sunglasses to protect the eyes from flying debris. Use work gloves to guard hands against blisters and cuts. Ear plugs can also be used for protection from the loud mower noise. If dust or grass clippings cause discomfort, use a mask or bandana to cover the nose and mouth.

**Select Appropriate Time and Conditions for Mowing:**
Wait until dew has dried when mowing in the morning. Avoid mowing grass if it is raining. If it rains, wait one day after the rain to allow the grass to dry. Wet grass can clog the discharge chute.

**Maintain Proper Maintenance:**
Use the recommended fluids and proper fuel as stated in the owner’s manual. Change the oil when needed to avoid engine problems. Make sure the blade is kept sharp.

**Store the Mower Safely:**
Wait until the mower cools down, keep in a dry place in the garage or shed.

**Fuel the Mower Safely:**
Disconnect the spark plug before fueling the mower. If gas is spilled on the mower, clean it up right away. Do not overfill the gas tank or storage can. It should never be more than three quarters full to reduce the chance of an explosion. When the mower runs out of gas, allow it to sit for 10 minutes. Keep gasoline in a can that’s rust and dirt free. Always store gas in a garage or shed.

**Start the Mower Correctly:**
Disengage the clutch and drive when cranking a riding mower. When using an older push mower, keep one foot on the body (housing) of the mower while pulling the starter lever. Most new units though, have the starting mechanisms located on the handle, but still use caution.

**Know Equipment and Its Appropriate Use:**
Read the owner’s manual before using the equipment. Know all of the mower’s safety features, capabilities and how to shut it down in an emergency. Furthermore, when operating a riding mower, do not allow other people to ride on the mower. Always sit (never stand) in the operators seat, don’t speed and never leave the mower with the engine running.

**Sources:** Charlie Grace, FVSU’s Dougherty County extension agent, The Centers for Disease Control and Prevention, American Academy of Pediatrics and the Georgia Agriculture Education Curriculum.
Some people take the ground which is walked on daily for granted. However to gardeners, agronomists and farmers nothing could be more precious.

This is why when people refer to soil as dirt; it can hit a soft nerve. “It goes back to our initial training,” chuckled Dr. Mark Latimore, Jr., Fort Valley State University’s interim assistant vice president for land-grant affairs. Latimore, who graduated with a degree in agronomy and earned his master’s and doctorate degrees in soil, microbiology and biochemistry, is no novice on the subject. “Soil is a medium of plant growth. You can’t grow anything in dirt. With soil, you can grow plants. We define soil as a dynamic, three dimensional piece of landscape which consists of disintegrated mineral matter and decomposing organic matter that’s capable of supporting plant life. If it’s capable of supporting plant life, then its soil,” Latimore said.

Latimore said many people don’t understand the importance of the medium called soil that sustains life. “So when people call it dirt, they are really disrespecting us,” Latimore said jokingly. “A lot of people that call it dirt really have no understanding of the chemistry, the microbiology and all that goes into the making of soil.”

Latimore, who grew up on a farm, says his father never used the term dirt loosely. It was during his undergraduate studies at then Fort Valley State College where he learned the true difference between soil and dirt. As a student taught by former plant and soil science instructor Malcolm C. Blount, it was ingrained into him to use the word soil. “Mr. Blount would jump all over you if you used the term dirt in relation to soil,” Latimore said. Blount defined dirt as the matter found under fingernails, toenails and in clothes that needed to be washed. He said that Blount was very passionate about his soil classes and loved to talk about the importance of soil in growing plants.

Dr. Jacques Surrency, an FVSU assistant professor of plant and environmental soil sciences, is one of Latimore’s former students. Echoing the words of his former instructor and mentor (Latimore), Surrency said that from the first day of class, he stresses to his students the difference between soil and dirt. “Dirt is basically unclean matter that comes in contact with a person’s clothes, skin or possessions,” Surrency said.

Now that Latimore and Surrency are co-workers, they attend quite a few meetings and seminars together. Sometimes, an individual may be on the microphone and slip up by using the word dirt. “Dr. Latimore looks at me, and I look at him and we say, ‘No, it’s not dirt, its soil,’” Surrency said.

Russell Boone, Jr.

The dirty truth
Did you know there are more than 23,000 series of soils in the U.S.? The state of Georgia sits on 372 series of soils, with the most popular series named after a town in south Georgia. Some of the facts below may intrigue those who don’t mind getting a little dirty.

• Georgia’s state soil is the Tifton series soil.
• Tifton series soil covers approximately 2 million acres in the state.
• Tifton series soil is found in 56 counties in Georgia. This is more than any other soil series in the state.
• Twenty-seven percent of Georgia’s farmland is located on Tifton series soil.
• Crops such as corn, cotton, peanuts and soybeans are staples grown in Tifton series soil.

The dirt on soil
• Georgia’s red soil is the result of acid crystalline rocks being worn down over the years in a warm, humid climate.
• Soil can be used to make crayons and acrylic paint.
• Soils are classified using a system called taxonomy. According to this system, the most prevalent order of soil in the world is Inceptisols, a Greek word that means beginning.
• Inceptisols cover 17 percent of the earth’s surface not under ice. The least prevalent order of soil is Andisols which describes dark volcanic ash in Japanese. Andisols covers one percent of the world’s surface.

Society United States Department of Agriculture and the National Resources Conservation Service (NRCS) helped develop this program with support from the Fort Valley State University assistant professor of plant and environmental soil sciences.
Russell Boone, Jr. awarded FVSU’s 4-H program with a $45,000 grant in May, 2013.

The initiative was funded by the National 4-H Council and Fort Valley State University’s Cooperative Extension Program to teach youths about making healthy choices concerning diet, exercise, drug abuse, and the dangers associated with underage drinking. The activity held at FVSU’s C.W. Pettigrew Center attracted 627 students from fifth through 12th grades.

In addition to the camps, the grant also funded the “Twiggs County Healthy Night Out” program in November 2013. Approximately 1,000 Twiggs County residents participated in the program which included healthy living education concerning lifestyle choices and proper nutrition.

Another program funded through the grant is the 4-H, Future Farmers of America Health Day, a program conducted in October 2013. This event provided FVSU’s 4-H program an avenue to teach youth the benefits of making healthy choices concerning diet, exercise, drug abuse and the dangers associated with underage drinking. The activity held at FVSU’s C.W. Pettigrew Center attracted 627 students from fifth through 12th grades.

Woodie Hughes, Jr., FVSU’s interim 4-H program leader, wrote the grant, but said it would not have been possible without the family and consumer sciences component provided by Terralon Chaney, FVSU’s Twiggs County extension agent. “The purpose of this grant is to educate and mobilize underserved youth to take positive action dealing with nutritional deficiencies, healthy food choices and physical activity,” Hughes said.

The grant funded several activities and programs designed to promote education, positive well being and healthy lifestyles for youths in grades 4-12 residing in Peach, Terrill, Telfair and Twiggs Counties.

Hughes said these counties are selected because of the high percentage of obesity and health disparities. Hughes also said these communities possess the support needed to disseminate information and instructions about programs that help youth.

One program funded through the grant is the 4-H Health Rocks Summer Day Camp, a three week activity held June 2013 on FVSU’s campus. The program exposed over 250 students in grades 6-10 to science, technology, engineering and mathematics (STEM) disciplines.

The grant is going to help people by educating them about eating healthy and growing fresh produce. Reicarido Glover, agricultural instructor for Twiggs County High School and Twiggs County Middle school, will oversee the maintenance of the gardens. “Without that grant, we could never do what our intentions are to do,” Glover said describing plans to educate children from pre-k to high school about the benefits of growing fresh produce. “We are glad we were able to receive it, and we look forward to making it a success.”

Sixteen-year-old Kurtis Bennett, who attends Twiggs County High School, is one of the students who will be maintaining the gardens. Kurtis, who lives on a farm, said he is thrilled about the opportunity to maintain gardens for his community. “I think it’s a great thing. Most people are getting away from growing gardens,” Kurtis said. He said the resources provided by the grant are going to help people by educating them about eating healthy and growing fresh produce.

Healthy living activities promoted through education, fitness and farming

To promote healthy living, camp participants played kickball, volleyball and tug-of-war. The grant also paid for eight FVSU students to serve as counselors, providing each camp participant a total of 16 hours of healthy living education concerning lifestyle choices and proper nutrition.

Kurtis Bennett, a Twiggs County High School junior, drives a tractor pulling the tiller purchased with the Wal-Mart grant funds.

Ritoya Carr, mother of three, attends the “Twiggs County Healthy Night Out” in Jeffersonville with her children.

Francis Steele leads Twiggs County residents in Zumba during the Twiggs County Healthy Night Out in Jeffersonville.

Fort Valley State University • Cooperative Extension Program
Deindustrialization, unemployment, chronic disease and increasing high school dropout rates are all challenges associated with poverty. These challenges can be felt in bustling cities with populations well over a million and rural communities with residents totaling fewer than 5,000.

Rural communities, particularly in the Southern U.S., experience poverty at a higher proportion than urban areas. According to the U.S. Department of Agriculture, nearly 85 percent of America’s persistently poor counties are in rural areas.

This rings true in Georgia where 60 of Georgia’s 159 counties have been labeled Strikeforce counties, or counties with persistent poverty, by the U.S. Department of Agriculture (USDA).

In an effort to address the challenges of persistent poverty and improve conditions for rural citizens, Fort Valley State University’s Cooperative Extension Program applied for competitive grant funds from the (USDA) Rural Community Development Initiative. The initiative awarded more than $100,000 for the Stronger Economies Together (SET) Program. SET is a USDA Rural Development-sponsored program that encourages rural communities to collaborate and develop plans that strengthen and improve local enterprises.

Through the SET program, community development officials, non-profit managers and elected officials representing 24 South Georgia counties developed two regional teams called Southwest Georgia Strong and the East Central Georgia Initiative (ECGI). The participating counties include: Baker, Calhoun, Colquitt, Crisp, Decatur, Dooey, Dougherty, Early, Emanuel, Grady, Johnson, Lee, Macon, Miller, Mitchell, Montgomery, Seminole, Sumter, Terrell, Thomas, Tift, Toombs, Treutlen and Worth Counties. After completing a series of trainings, both

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Andrea Hinojosa
director of the Southeast Georgia Communities Project
Joy Moten-Thomas, FVSU’s assistant administrator for community development and outreach, said both regional teams chose projects that will address a particular issue that has plagued their StrikeForce communities over time.

The Southwest Georgia Strong team consisting of officials and non-profit managers from 19 counties voted to focus their activity on rural business development. “Because we are so rural, many of the programs for the metro counties don’t fit our community and miss our needs,” said Barbara Reddick, senior planner for the Southwest Georgia Regional Commission. Reddick said some of those needs include how to make use of farm land, or how to market agricultural products.

For this reason, the southwest region will host the Rural Commerce Outreach Initiative May 6-7 at the University of Georgia Tifton Campus Conference Center. This two day conference aims to serve as an outreach opportunity that strengthens the knowledge and capacity of entrepreneurs in rural southwest Georgia. Some of the scheduled breakout session topics for the conference include non-profit business startup, tax strategies for small businesses and helping small businesses with grant writing and fund raising.

Reddick said the goal is to help support and empower southwest Georgians in their own businesses as well as strengthen their capacity which will simultaneously build the local economy.

Miles away in the central eastern portion of the state, residents are working to address a different challenge. Officials and non-profit managers representing Emanuel, Johnson, Montgomery, Toombs and Treutlen Counties received SET training and developed a regional plan with a focus on chronic disease prevention.

“The training was a good opportunity to learn how to strategize, organize ourselves and create a business plan,” said Andrea Hinojosa, director of the Southeast Georgia Communities Project in Lyons. Hinojosa, vice president of the five county group called ECGI, is focusing on healthy living to combat chronic disease. Through the planting and harvesting of five community gardens, ECGI plans to establish a mobile farmer’s market in the summer of 2014. The group intends to provide nutrition information and fresh produce to residents. Some of the vegetables they plan to grow include: zucchini, tomatoes, broccoli and corn. Hinojosa said this project is important because there is a growing Latino population in the five county region.

She said this group has limited access to healthcare and high percentages of chronic disease, particularly diabetes. The non-profit director said she hopes her efforts help to prevent people from suffering from health problems that can be prevented by making changes to their diet.

“What we are doing is not hard work, its heart work,” Hinojosa said. Moten-Thomas, who has interacted consistently with both teams since inception, said the goal of the ECGI team is to minimize the number of food deserts that exist within their region. Officials in southwest Georgia seek to strengthen the capacity of their small businesses operating to insure their ability to thrive and grow within the region. “The beauty of this process is their plans were developed by them with limited guidance from Fort Valley State University and USDA Rural Development,” Moten Thomas said.
Nutrition Facts

Serving size: 1 burrito
Servings per recipe: 4
Amount per serving
Calories: 419   Calories from fat: 187

Value* % Daily
Total Fat 21g 32%
Saturated Fat 7g 33%
Cholesterol 442mg 147%
Sodium 956mg 40%
Total Carbohydrate 29g 10%
Dietary Fiber 2g 8%
Sugar 4g
Protein 27g

Vitamin A 15%  
Calcium 27%

* The Georgia Budget & Policy Institute, U.S. Department of Agriculture
60 OF GEORGIA’S 159 COUNTIES have been labeled Strikeforce counties, or counties with persistent poverty by the U.S. Department of Agriculture (USDA).

There are currently 353 persistently poor counties in the United States.
15.2% of all non-metro counties in the U.S. are persistently poor.

What is persistent poverty?
The U.S. Department of Agriculture Economic Research Service has defined counties as being persistently poor if 20 percent or more of their populations were living in poverty over the last 30 years (measured by the 1980, 1990, and 2000 decennial censuses and the 2007-11 American Community Survey.)

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Georgians are more... adults and children or about one in five Georgians lived in poverty in 2012.

Georgia currently has the nation’s 6TH WORST POVERTY RATE.

5TH largest number of uninsured residents of any state.
1. Choose the correct seat. Parents can determine if a child is the correct weight and height for the selected seat by reading the instruction manuals on car seats. Make sure the car seat has not passed its expiration date.

2. Determine whether your child should have a rear-facing (RF) seat or a forward-facing (FF) seat. Maddox suggests that children not be moved from a rear-facing seat before age two. RF is the safest position for a child to ride and many seats allow children to remain RF weighing up to 40 pounds. It is suggested that children remain in this position for as long as possible.

3. Perform the inch test. To perform this test, slide the car seat at the base. If it moves more than an inch side to side, it is improperly installed and considered unsafe.

4. Perform the pinch test. Before performing this test, fasten buckle at the child’s crouch, secure harness straps over the child’s shoulders. Be sure each adjustable harness is at the correct shoulder level (RF/at or below shoulder; FF/at or above shoulder). Next, place the harness chest clip at the child’s armpit; pinch the strap at the child’s shoulder. To pass the pinch test, there should be no excess webbing.

5. Be sure children under the age of 13 ride in the back seat.

*The information above may be helpful in ensuring car seat safety. To ensure safety, be sure to read vehicle and car seat instructions and contact a certified child passenger safety technician (CPST).

The hustle and bustle of daily commutes or the excitement of a family vacation may serve as a distraction, leaving car seat safety as an afterthought. According to the National Highway Traffic and Safety Administration (NHTSA), three out of four car seats are not used properly. In an effort to address this concern, Brenda Maddox, Fort Valley State University’s Marion County extension agent, who is also a certified Georgia Traffic Injury Prevention Institute Child Passenger Safety Technician, shares five essential tips. These tips could help child care providers properly secure car seats and may also help drivers prevent serious injuries and deaths for children riding in vehicles.

Mistakes and poor judgment regarding car seats can prove fatal. Consider some of the tips below before purchasing or using a car seat.

- Never buy a used car seat.
- Do not use a car seat missing the manufacturer’s label which shows the manufacturer date, model number and expiration date.
- Do not use a car seat that was ever involved in a crash.
- Do not store car seats in a garage, attic or basement. Doing so can cause the seats to become damaged from extreme temperatures.
- Set a good example by making sure the whole family buckles up.

For more information about car seat safety, contact Brenda Maddox at 229-649-2625 or maddoxb@fvsu.edu.

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Meet Your Agent

Sumter and Terrell Counties

Atonya Jordan
County Extension Agent
Coverage Area: Sumter and Terrell Counties

Residents of Sumter and Terrell Counties can count on the expertise of Atonya Jordan when it comes to matters in agriculture and agricultural education. A native of Newton, Jordan offers her clients services and information necessary to establish and sustain a successful farming operation. She also collaborates with local schools to enhance agriculture classes and develops membership programs for members of Future Farmers of America (FFA) chapters.

Services are provided in the following areas:
- Technical Assistance
- Recordkeeping
- Farm Business Plan Development
- Cooperative Development
- Improvement of Farm Management Practices
- Livestock
- Insect and Pest Control Recommendations
- Lawn and Garden

For more information about programs offered in Sumter and Terrell Counties, contact Jordan.
Phone: 229-995-2165
Email: jordana02@fvsu.edu
955 Forrester Drive
Dawson, Georgia 39842

Bulloch County, Stefan Price
151 Langston Chapel Road, Suite 600
Statesboro, Georgia 30458
912-871-0505
prices@fvsu.edu

Crawford County, Millencé Price
100 Wright Avenue
Robertson, Georgia 30878
478-830-3121
pricecm@fvsu.edu

Dougherty County, Charlie Grace
125 Pree Avenue, Suite 200
Albany, Georgia 31708
229-436-7670
gracec@fvsu.edu

Hancock County, Ginger Chastine
11874 Broad Street, Suite 205
Sparta, Georgia 31087
478-236-8656
chastineg@fvsu.edu

Houston County, Leon Porter
801 Main Street, Suite 332
Perry, Georgia 31077
912-97-3285 ext. 245
porters@fvsu.edu

Irwin County, Stinson A. Troutman
107 West Fourth Street
Ocilla, Georgia 31774
229-468-7409
troutmans@fvsu.edu

Laurens County, Titus Andrews
PO. Box 214
Okeels, Georgia 31940
229-274-7201
andrewst@fvsu.edu

Lowndes County, Joshua Dawson
221 L. H. Avenue
Valdosta, GA 31601-0690
Phone: 229-337-5385
229-337-5385
jordannz@fvsu.edu

Macon County, Ricky J. Waters
PO. Box 406
Oglethorpe, Georgia 30658
478-476-7088
watersr@fvsu.edu

Marion County, Brenda Maddox
PO. Box 319
101 Baker Street
Bluemont, Virginia 22718
703-697-2882
maddoxb@fvsu.edu

Peach County, Gail R. Adams
PO. Box 50
700 Spruce Street, Wing A
Fort Valley, Georgia 31030
478-825-6486
adamsr@fvsu.edu

Peach County, Sabrena Johnson
PO. Box 167
700 Spruce Street, Wing A
Fort Valley, Georgia 31030
478-825-6486
johnsons@fvsu.edu

Terrell County, Atonya Jordan
955 Forrester Drive
Dawson, GA 39842
478-995-2165
jordana02@fvsu.edu

Twiggs County, Terrallon W. Chaney
PO. Box 136
31 Magnolia Street North
Jeffersonville, Georgia 30224
478-585-1759
chaneyw@fvsu.edu

Twiggs County, Phillip Petway
PO. Box 458
1005 State University Drive
Fort Valley, Georgia 31030-4583
478-825-7000
petway@fvsu.edu

Twiggs County, Phillip Petway
PO. Box 458
1005 State University Drive
Fort Valley, Georgia 31030-4583
478-825-7000
petway@fvsu.edu

What is Extension?
The Cooperative Extension System is a nationwide educational network. Each U.S. state and territory has a state office at a land-grant university, such as Fort Valley State University, which has a network of regional offices.

Within these offices staff and experts are available to provide useful, practical and research-based information to agricultural producers, small business owners, youths and others in rural areas and communities of all sizes.

Who Does the Extension Program Serve?
Extension has something for every Georgian, including limited-resource farmers. One-on-one assistance, agricultural events and workshops are available to address an array of issues facing clients. Services and expertise vary with each coverage area.

Extension is here to help Georgians with their challenges.

Clientele Include:
- Animal Producers
- Families
- Future and Current Homeowners
- Gardeners
- Limited-Resource Farmers
- Parents
- Seniors
- Youths

Knowledge for Inspiring Lives!
ACRREDITATION RENEWED FOR FVSU’S VETERINARY SCIENCE PROGRAMS

In the fall of 2013, Fort Valley State University received notification of full continued accreditation renewal from the American Veterinary Medical Association (AVMA). The renewal accredits the Bachelor of Science degree in veterinary technology and the Bachelor of Science degree in veterinary sciences. Both programs are housed in FVSU’s Department of Veterinary Science and Public Health.

“There are a lot of veterinary programs around the country, but many are not accredited. We’re the only four-year Bachelor of Science veterinary science program in the University System of Georgia and the only four-year veterinary technology program in the state of Georgia,” said Dr. George McCommon, interim head of FVSU’s Department of Veterinary Science and Public Health.

McCommon said accreditation shows that a program is producing results and that graduates of that program are able to grow in the marketplace. “Employers look for students that have graduated from an accredited program and passed the national exams. If students want to go to veterinary school, it looks better if they graduated from an accredited program opposed to an unaccredited program,” McCommon said.

Accreditation for FVSU’s program will last another year, and must undergo a renewal process annually to maintain AVMA accreditation status. For more information about FVSU’s veterinary sciences programs, call 478-825-6424 or visit ag.fvsu.edu.

FVSU STUDENTS EARN AWARD FOR RESEARCH EFFORTS

Three Fort Valley State University plant science majors concentrating in biotechnology received the National Role Model Award at the 14th annual National Role Models Conference. Ashley Norris, Derrick Smith and Milton Williams received honors in Washington, D.C. Sept. 27-29.

The National Role Models Conference recognizes institutions and individuals who help promote diversity and support minorities in color in science and technology fields.

“These students are high achievers with high GPAs that have actually been involved in research, which is why they were nominated for the award,” Dhir said. “The professor credits the students’ success in research with the hands-on teaching methods used in the plant science biotechnology classes at FVSU.

Ashley Norris, a senior from Warner Robins, was honored for her work with the plant moringa olieria. The plant has properties that can be used to control high blood pressure and cholesterol. “I have had a great experience here in the biotechnology area. It has opened my eyes to research,” Norris said. The 21-year-old has participated in internships at FVSU and Delaware State University. She added it is an honor to be able to display her talents at other institutions.

“It was awesome,” said Derrick Smith, a senior from Macon describing how he felt about being honored at the conference. Smith’s work centered on gathering genetic information from plants to allow crops such as corn and sugar cane to grow on salty soil. Smith’s future plans include earning a doctorate in plant science and pursuing a career in agricultural research.

Milton Williams, a native of Conyers, earned his award for his studies involving the cells in goldfish eyes. These cells help determine light and dark contrasts. Williams’ hopes his research can be adapted to help curb human blindness. He conducted his research at the Universidad de Sao Paulo in Sao Paulo, Brazil through the Minority Health International Research Training Program. By taking part in the plant science biotechnology program, the students have opportunities to present research throughout the U.S., participate in seminars throughout the U.S., participate in seminars and become selected for internships from numerous colleges and universities.

For more information about the biotechnology program, contact Dhir at 478-825-6887 or send an e-mail to dhirdi@fvsu.edu.

NEW FACILITIES CELEBRATED DURING GROUNDBREAKING, RIBBON CUTTING

The College of Agriculture, Family Sciences and Technology welcomed the addition of two facilities through a groundbreaking ceremony. The groundbreaking took place for the Stallworth Biotechnology Building and the Child Care Center Complex. The 10,000 square foot facility will house an auditorium, residential setting for family and consumer science students and a child care center. It is scheduled for completion December 2014.

In addition, a ribbon cutting took place for the Stallworth Biotechnology Building Addition. The 6,000 square foot facility will offer additional labs, classrooms and office space. During the ceremony a short tour was provided. The building will be in use later this fall.

FVSU President Dr. Ivelaw Griffith cut the ribbon for the new Stallworth Biotechnology Building Addition Oct. 21. Griffith was among faculty from FVSU’s College of Agriculture, Family Sciences and Technology, FVSU administration and student leaders.

Fort Valley State University’s continuous commitment to education, research, and service earned three faculty members and one staff member more than $1,000,000 in federal grant funds.

Woodie Hughes Jr., FVSU’s interim 4-H program leader, Dr. Nirmal Joshee, a FVSU associate professor of plant biotechnology, Dr. Jung Lee, a FVSU research associate professor of food chemistry, and Dr. Gilda Styles, a FVSU assistant professor of agriculture economics, each received an 1890 Capacity Building Grant in 2013. Funds for these grants is provided by the U.S. Department of Agriculture’s National Institute of Food and Agriculture (NIFA). Capacity Building Grants are used to aid educational curriculums, research and to support Cooperative Extension Programs (CEP) for 1890 land grant institutions. FVSU, an 1890 land grant institution, provides outreach through its CEP. The CEP is a free service offered in more than 20 counties across the state providing education and programs in the areas of agriculture, food and nutrition, youth and family development, and housing and community development.

Funds from each grant can pay for service learning projects, research activities, equipment, travel, computers and other resources.

CONCERNED ABOUT HYPERTENSION?

News & Notes From the College of Ag @ FVSU

HIGH BLOOD PRESSURE AND CHOLESTEROL

FVSU students earn award for research efforts

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Dr. Sarwan Dhir (right), professor of plant biotechnology and director of Fort Valley State University’s Center for Biotechnology, shares data with (L to R) Milton Williams, Derrick Smith and Ashley Norris, all honored as National Role Models at the 14th National Role Models Conference in Washington, D.C.

Fort Valley State University's continuous commitment to education, research, extension, and community service earned three faculty members and one staff member more than $1,000,000 in federal grant funds.

Woodie Hughes Jr., FVSU’s interim 4-H program leader, Dr. Nirmal Joshee, a FVSU associate professor of plant biotechnology, Dr. Jung Lee, a FVSU research associate professor of food chemistry, and Dr. Gilda Styles, a FVSU assistant professor of agriculture economics, each received an 1890 Capacity Building Grant in 2013. Funds for these grants is provided by the U.S. Department of Agriculture’s National Institute of Food and Agriculture (NIFA). Capacity Building Grants are used to aid educational curriculums, research and to support Cooperative Extension Programs (CEP) for 1890 land grant institutions. FVSU, an 1890 land grant institution, provides outreach through its CEP. The CEP is a free service offered in more than 20 counties across the state providing education and programs in the areas of agriculture, food and nutrition, youth and family development, and housing and community development.

Funds from each grant can pay for service learning projects, research activities, equipment, travel, computers and other resources.