

FOCUS

2019

magazine

AFTERMATH

Rebuilding and Restoring after Hurricane Michael

INSIDE THIS ISSUE:

- Hidden Gem
- Double Duty
- Rolling Resource

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Dr. Ira Hicks, a Fort Valley State University retired professor of agriculture, cuts the ribbon on the cabin named in his honor at Camp John Hope. Joining him are family, friends and Camp John Hope personnel.



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did u know?

Not only is conserving earth's natural resource important, so is taking the necessary steps to keep it clean.

There are more than

**326,000,000,
000,000,000,
000** Gallons of water on Earth

FACTS ABOUT WATER:

- ☑ Water is a limited resource
- ☑ More than 326 million trillion gallons of water are on Earth
- ☑ Of this amount, two-thirds is locked up in ice caps and glaciers
- ☑ Less than 3 percent of all this water is freshwater
- ☑ Agriculture is using 70 percent of the water
- ☑ By 2050, 50 percent of the world's population will live in a water scarcity area

WHAT DO WE USE WATER FOR?

- ☑ Agricultural use
- ☑ Domestic use
- ☑ Pharmaceutical use
- ☑ Recreational use

WATER IS CONTAMINATED BY:

- ☑ Chemical industries
- ☑ Agricultural fertilizers
- ☑ Domestic use – pouring cooking oil down the sink, flushing medications, washing cars in driveways

EFFECTS OF CONTAMINATED WATER:

- ☑ Food contamination
- ☑ Less water for farming
- ☑ Contamination of crops

POSSIBLE EFFECTS OF CONTAMINATED WATER ON HEALTH:

- ☑ Gastrointestinal problems and upset stomach
- ☑ Partial paralysis
- ☑ Miscarriage or premature birth
- ☑ Learning difficulties
- ☑ High blood pressure
- ☑ Cancer

COMMON SYMPTOMS:

- ☑ Nausea
- ☑ Vomiting
- ☑ Stomach aches
- ☑ Diarrhea

Information provided by O. Lydia Ojarikre, water resource specialist for Fort Valley State University's Cooperative Extension Program.

Water Conservation & Safety

All known life needs water to survive. The United Nations Water (UN-Water) organization reports that in 10 years, two-thirds of the world's population will be living in a water stress condition, including the United States.

The average American family uses more than 300 gallons of water per day at home, according to the U.S. Environmental Protection Agency (EPA). Roughly, 70 percent of this use occurs indoors. Small changes can make a difference.



O. Lydia Ojarikre, water resource specialist for Fort Valley State University's Cooperative Extension Program

PRACTICES FOR CONSERVING WATER:

- ▶ Take more showers instead of baths
- ▶ Turn off the faucet when brushing teeth
- ▶ Monitor water bills
- ▶ Use car washes
- ▶ Water plants during early hours of the morning
- ▶ Fix any leaks from pipes
- ▶ Wash full loads of laundry
- ▶ Flush with less water
- ▶ Plant in raised beds
- ▶ Water by hand or drip system

WAYS TO KEEP YOU AND YOUR FAMILY SAFE:

- ▶ Avoid drinking rain water.
- ▶ Inspect faucet water and make sure it is tasteless, odorless and colorless.
- ▶ Report any odd colors, tastes or odors in pipes.
- ▶ Read your monthly utility report to get reports about the history of contamination and status of water.



(From left) Sam X, project coordinator of the Village Community Garden, along with Sylvester residents Faye Allen, Carolyn Evans and Dr. Marilyn Carter examine produce growing in the garden.

Hidden GEM

OASIS IN A SMALL TOWN CONNECTS COMMUNITY

By Russell Boone Jr.

A tract of land once used as a dirt bike race track, littered with trash and old car parts, now serves as a garden providing residents with fresh produce.

The Village Community Garden, a 5-acre farm and lake located in Sylvester, opened in 2016. The garden is the result of a collaborative effort between the city of Sylvester, the Worth County School System and Fort Valley State University's Cooperative Extension and 4-H program.

Sam X, project coordinator of the garden, said the city of Sylvester donated the land for the development of a community garden. Members of the community and 4-H students maintain the garden.

"The purpose of this garden is to bring people together, empower them and make sure they have healthy food," X said.

In order to meet the demand for fresh produce, the garden uses aeroponic towers that requires air and moisture instead of soil to grow crops harvested every 30 days. Produce grown traditionally in the ground use a method incorporating black plastic covering soil to extend growing time. The garden is also populated with fruit trees, a banana farm, a vineyard and a bee farm used to harvest honey.

More than 1,000 Sylvester households receive produce from the garden at no cost.

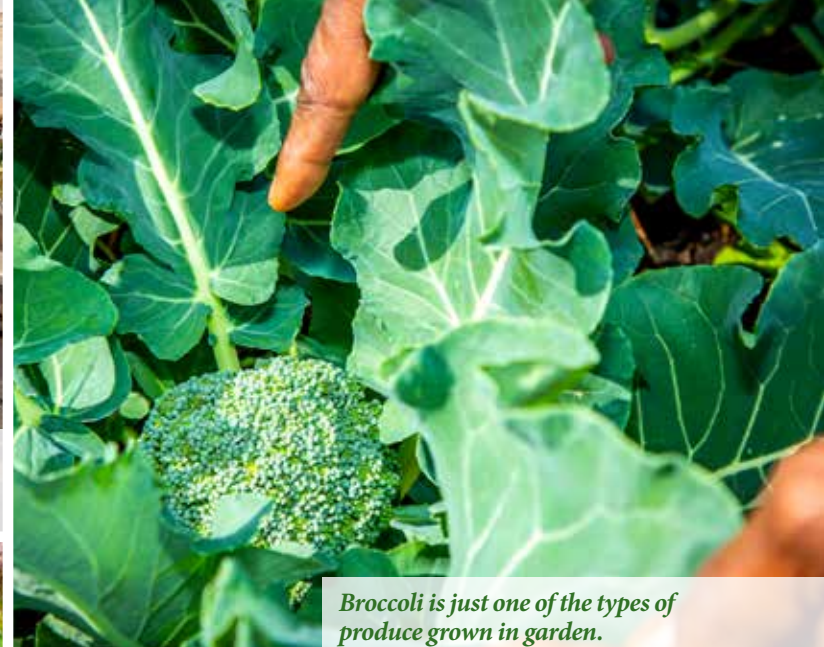
Faye Allen, 63, a lifelong resident of Sylvester, said the garden is a big plus for the community. "The community garden just doesn't help people in Sylvester, it helps everybody that comes that needs it. You're welcome to whatever is in the garden no matter who you



Sam X explains the use of aeroponic towers during a tour of the Village Community Garden in Sylvester.



One of the raised bed garden boxes used to grow kale and mustard greens at the Village Community Garden.



Broccoli is just one of the types of produce grown in garden.



Sign informs visitors and passers-by about the Village Community Garden and its partnerships.

are,” she said. “I fell in love with the garden the first time I saw it. I told them whatever I can do for the garden, let me know,” she said.

The garden also serves as a means for youth in Sylvester to learn about agriculture with an educational twist.

Eda Garcia, wife of Sam X, is co-founder of the Village Community Garden and a grant writer. She said she approached Woodie Hughes Jr., FVSU assistant Extension administrator state 4-H program leader, to seek the program’s involvement because it exposes young people to higher education and agriculture.

“We have a lot of young people of color here without many opportunities, and agriculture, located in one of the most extraordinary growing regions of the country provides those opportunities,” Garcia said. She said that by performing such tasks

as building fences, understanding aeroponic tower technology and installing irrigation systems, youths are learning applicable skills needed in agriculture.

Furthermore, X said the garden’s impact on the community is tremendous.

Carolyn Evans, 55, owns a laundry service in Sylvester and is a frequent visitor of the garden. “I’ve been back-and-forth, begging and taking stuff from them,” Evans said jokingly “It’s been a big help to me because I like to cook and it has all the things I need,” she said. Evans added that to avoid the hassle of shopping at the grocery store, she heads to the garden.

Additionally, the Sylvester resident said people in the community really appreciate the garden. “It’s great. We don’t have adequate

grocery stores like other towns and cities around us. It's a good thing to drive up to the garden and see people pick fresh vegetables with a smile on their face," Evans said.

The southwest Georgia native said getting most of her vegetables for free is economical, because on Wednesday nights she feeds up to 30 community residents from her home.

"I do it on Wednesday because people have Bible study and they don't have time to go home and cook," Evans said. She said if she were to go to a grocery store to purchase vegetables for her mid-week feast, she would spend \$25-\$40.

Along with providing fresh produce, the garden also serves as a place to promote healthy lifestyles. Dr. Marilyn Carter, an internal medicine physician with more than 25 years of experience, conducts seminars at the community garden. She shares the benefits of eating fresh foods to maintain a healthy lifestyle.

"Good nutrition is the cornerstone of good health. We already know through multiple studies that a diet high in fiber, which includes fruits and vegetables, can be used to treat a lot of medical conditions, particularly chronic illnesses such as diabetes, high blood pressure, cancer and arthritis," Carter said.

According to Carter, some residents have informed her that adding fresh fruits and vegetables to their diets helped them feel better and have more energy. She said the battle against a fast food market is tough, but repetitive education about healthy dieting is having a positive effect on residents. "I have enough scientific data to show that your eating does impact your health," Carter said.

For more information about the Village Community Garden, email X at thegourdmastersamx@gmail.com.



GETTING STARTED

Joshua Dawson, FVSU Extension agent for Lowndes County, shares tips for starting a community or school garden.

IMPORTANT TIPS TO ASK WHEN STARTING A COMMUNITY GARDEN:

- ✓ Who is the garden for?
- ✓ What is the long term goal of the garden?
- ✓ Who is going to maintain the garden?
- ✓ How much time and resources are needed?

TIPS FOR STABILITY IN SCHOOL/COMMUNITY GARDENS

SITE LOCATION:

- Make sure the site is accessible to water and full sunlight
- Identify a location that is highly visible (i.e. in front of a building)
- Provide accessibility to members of the community
- Determine if raised beds or in ground gardens are best. Know the pros and cons of both.
- Consider fencing to keep unwanted critters out.

KNOW WHAT TO GROW AND HOW TO GROW IT:

- Consider crops the students can plant and harvest during the school year for school gardens. Community gardens have more options since people are there year-round.
- Determine where your location is on the plant hardiness zone to know which crops can survive in your area.

- Contact a local county Extension office for information about crops grown in the area.

ESTABLISH PROTOCOLS AND PROCEDURES:

- Inform everyone involved of their responsibilities (planting, watering, pulling weeds, harvesting and checking for pests).
- Keep a record of what needs to be completed and the time frame it needs to be completed.
- Be willing to work a few hours a week in the garden.
- Ask those involved what they would like to grow or how they would like to contribute to the garden.

ASK FOR HELP:

- Reach out to people and organizations that are willing and able to assist with a garden. Learn from their mistakes and their successes.

Source: Joshua Dawson, FVSU Lowndes County Extension Agent

DOUBLE DUTY

Truck driver connects with Extension agent to improve farming operations

By Russell Boone Jr.

Willie “Tony” Scott, 48, is a third generation farmer who doubles as a truck driver.

“Sometimes I may be in the truck eight hours, then come home and be on the tractor for eight hours,” said the Tattnall County resident.

Despite always being on the move, Scott manages to find time to operate his 300 acre farm near Collins where he and his father Roland, 75, grow cotton, soybeans, corn and various produce.

Six years ago, Scott realized he had to improve his productivity by increasing his income to improve the management of his farm. This required applying modern technology to his record keeping methods.

Scott, through a U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) loan officer, learned he could receive help from Stefan Price, a Fort Valley State University county Extension agent who serves Bulloch, Burke, Emanuel, Screven and Tattnall counties.

“I saw where he could benefit by saving time running his operations considering he was managing a trucking business and operating a farm as well,” Price said. “We wanted to use the computer record system as a way of helping him with time and farm management. With a few evening sessions we had together, we were able to develop a tailor made record keeping system to help him with day-to-day operations,” said the FVSU Extension agent.



Willie “Tony” Scott spends plenty of time in his big rig when he’s not farming.

The process of adapting computer based record keeping did not take long for Scott. He said that within two months, with instruction from Price using Quicken software, he became very comfortable. He says by using this program, it allows him to monitor operational costs, calculate the number of acres needed to plant specific crops and helps him determine the amount of chemicals needed for controlling pests.

While modernizing his record keeping, Scott said he noticed a significant drop in costs due to having hard numbers to work with. In addition to his pockets getting some relief, Scott said it is easier to apply and qualify for loans from the FSA’s Direct Lending Program and the Natural Resources Conservation Service (NRCS) Environmental Quality Incentives Program (EQIP).

The Tattnall County farmer and truck driver now finds life a whole lot easier when it comes to filling out loan paperwork. “Now once you put it on the computer, you add it up and when someone ever asks for it boom! You have it. They (loan officers) want to have accurate record keeping and they want you to show the year to year history of the crops you sell versus verbally telling them. Now, they have a way of physically seeing everything including all receipts,” Scott said.



Stefan Price (left), FVSU area Extension agent, poses with Scott (far right) and his father Roland on their farm in Tattnall County.

Price said that Scott’s situation is a matter of gaining familiarity with a new system, a circumstance not unique among farmers in today’s modernized society. “I wouldn’t say adapting to modernization is a problem for farmers, it’s more about what they are comfortable with,” Price said. The FVSU Extension agent said that younger farmers, who have more experience using technology, tend to lean more towards using computers for their record keeping while older farmers tend to rely on manual methods.

Scott said he would recommend any farmer seriously seeking help in updating their record keeping process to contact Price. He said before referring them to the FVSU Extension agent, he would explain to them that record keeping is a time consuming process. “I wouldn’t want to see him go to somebody and waste his time when they are really not sure if this is really what they want to do,” Scott said.

Presently, farming and trucking work hand-in-hand for Scott, but he would rather settle down and quench his enthusiasm for farming.



Rolling RESOURCE

Semitrailer used to educate clients, conduct workshops and promote Extension

By Russell Boone Jr.

Fort Valley State University is providing Georgians Internet access and an opportunity to save millions of dollars by using a classroom on wheels.

The Mobile Information Technology Center (MITC), a high-tech computer laboratory housed in a 72-foot semitrailer, is packed with 20 individual computer training stations. The unit can be set up in numerous field locations to conduct workshops and trainings.

Terrence Wolfork, assistant administrator for communications, conferencing and technology, said the unit serves as a mobile site for programs throughout the year.

Two in particular, Financial Records Keeping for Farmers and Medicare Open Enrollment, take up the bulk of the mobile unit's booking dates.

"From mid-October thru mid-December, the mobile unit is exclusively dedicated to the Georgia Department of Human Services (DHS) for the Medicare Open Enrollment Program," Wolfork said. "This allows us to work with senior citizens so they can update information on prescription drug and social security plans," Wolfork said.

This program is designed to provide free assistance with drug and health plan information to Medicare recipients and their caregivers.



Wolfork said that through DHS, this forms a partnership with GeorgiaCares.

The FVSU assistant administrator said the mobile unit travels to locations where a number of senior citizens, especially in rural areas, reside.

Yolanda Surrency, FVSU technology specialist, instructs students during a class inside the MITC.

"A lot of times, senior citizens can't get to the buildings where the GeorgiaCares offices are located, but if we go to them they can actually register for their services," Wolfork said.

The latest available data (at press time) from 2017 show the mobile unit is successfully providing services to clients.

More than 278 individuals completed Extra Help and Low Income Subsidy (LIS) applications and submitted them to the Social Security Administration for a potential savings of \$1,640,725.19.

In addition, 483 clients submitted applications to the Department of Family and Children Services (DFCS). These individuals met the standards for Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB) and Qualified Individuals (QI-1) benefits and potentially saved \$653,203.94.

The Mobile Information Technology Center (MITC) is a rolling classroom available to hundreds of Georgians annually.



Also, 181 clients completed the Medicare Part C (Medicare Advantage Plans) and 683 Medicare Part D (Prescription Drug Plans).

GeorgiaCares staffers expressed gratitude for FVSU's mobile unit assisting them promote the program.

"During the 2018 Open Enrollment Period, our partnership with FVSU helped expand outreach to Georgians living in rural communities," said Christine Williams, GeorgiaCares Program team lead. "Georgia Cares has partnered with FVSU for years and it has always been a pleasure working with FVSU's mobile technology unit staff," Williams said.

Pamela Hurst, professional and volunteer coordinator for the State Medicare Improvements for Patients and Providers Act (MIPPA), said the MITC is the highlight of GeorgiaCares Medicare events throughout Georgia.

From January to mid-October, the MITC serves as a traveling classroom for a host of workshops and outreach programs, most

Charlie Grace, FVSU area Extension agent, conducts a records keeping class to farmers using computers on the MITC.



notably financial record-keeping programs to help farmers modernize record keeping methods. Wolfork, along with technology specialist Yolanda Surrency and Extension agents Stefan Price and Charlie Grace, used Microsoft Excel and Quickbook Accounting software to educate more than 500 farmers statewide.

Grace said without the computer, software and video equipment available on the mobile unit, he and Price wouldn't have been able to conduct their workshops.

"It was a great classroom model to teach farmers technology and help them simplify their records by inputting their information to a Microsoft Excel platform," Grace said. The FVSU Extension agent added that by teaching farmers on the mobile unit how to use spreadsheets, it will ease the process of filing taxes and applying for federal loans.

In addition, Wolfork said the mobile unit annually visits more than 400 middle and high school students across the state and makes stops at various libraries and job fairs. During site visits, instructors teach clients about everything from Internet safety to resume' writing.

"We're a self-contained unit that travels throughout the state, and we're just glad to be able to help," Wolfork said.

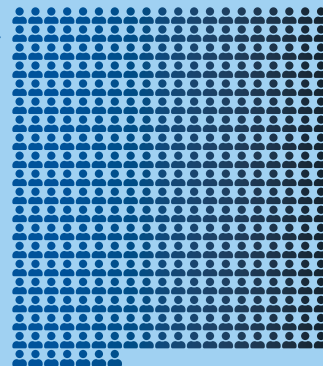
To learn more about the MITC or to schedule it for an event, contact Wolfork at (478) 825-6053 or email mitcenter@fvsu.edu.



APPROXIMATELY

387
SENIORS

completed Extra Help and Low Income Subsidy (LIS) applications and submitted them to the Social Security Administration for a potential savings of:



\$1,640,725.19

534
CLIENTS

submitted applications for the Department of Family and Children Services (DFCS) These individuals met the standards for Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB) and Qualified Individuals (QI-1) benefits and potentially saved:

\$653,203.94

377 **CLIENTS**

COMPLETED THE MEDICARE PART C (MEDICARE ADVANTAGE PLANS)



759 **CLIENTS**

COMPLETED THE MEDICARE PART D (PRESCRIPTION DRUG PLANS).



The data presented is a reflection of 2018.





AFTERMATH



REBUILDING AND RESTORING AFTER HURRICANE MICHAEL

By Russell Boone Jr.

When Hurricane Michael tore into Georgia in 2018, it left a path of destruction in its wake, causing a \$2 billion loss of crops, timber, livestock and poultry. The storm had an apocalyptic effect on Georgia's \$73.3 billion agriculture industry.

Clients served by Fort Valley State University's Cooperative Extension Program in southwest Georgia and parts of middle Georgia turned to county agents for help during this natural disaster.

Charlie Grace, county Extension agent serving Dougherty, Lee and Worth counties, relishes his role as a source of information for farmers and homeowners seeking relief.

"With my knowledge of U.S. Department of Agriculture (USDA) programs, I can share on a one-on-one basis and go more in depth into what qualifications farmers need to meet and help them restore their operations," Grace said.

In Dougherty County, Alfred Greenlee suffered damage to numerous structures on his farm including his home, high tunnel hoop house, barns and newly installed fencing. Greenlee knew that the hurricane would be at least a Category 4 (130-156 mph winds) but decided not to evacuate.

"Michael was scary. It had a real impact on this area, and to sit through it was a real challenge," Greenlee said.

The southwest Georgia farmer said he is very appreciative of the service he received from Grace and FVSU Cooperative Extension. "Mr. Grace checked on me and came out to help me do an assessment of the farm and the damage. I think it's real great to have a support base like Fort Valley State University and an Extension agent like Charlie Grace," Greenlee said.

Grace assessed Greenlee's losses to total \$30,000-\$50,000. He said the farmer would qualify for several relief programs through the USDA's Farm Service Agency (FSA), Natural Resources Conservation Service (NRCS) and other federal programs.

Worth County brothers John L. Green and Johnny M. Green, owners of Green Family Farms, also experienced Michael's fury. When John Green heard Hurricane Michael was heading his way, he wasted no time evacuating. "I got out of that mobile home and stayed with my daughter," said Green, who took refuge at her house in Sylvester.

Upon returning to their 65 acre farm the next day, the Green brothers discovered damage to their sugar cane, broccoli and collard green fields. The Green's hoop houses and two pecan trees also suffered damage. Grace assessed the Green's losses to total more than \$40,000, qualifying them for USDA-FSA assistance.

Grace informed the Green brothers they would be eligible for federal relief. They hope to have their farm operation running at full speed mid-2019.



Charlie Grace, FVSU area Extension agent (right) looks over high tunnel hoop house damage suffered by client Alfred Greenlee (left) on his farm in Albany.



Ricky Waters, (left) FVSU Extension program assistant for Macon County, inspects cotton crop damage with Willie Joe Daniels on his 25-acre farm near Oglethorpe.

In Macon County, Oglethorpe farmer Willie Joe Daniels thought Hurricane Michael would lose its strength before coming to his area, but that was not the case. The morning after the storm, he checked his 25-acre cotton field only to find devastating results.

“I was very hurt. It seemed that this year we got rain on time, and it looked like we were going to have a pretty fair crop this year,” Daniels said.

Instead of a bumper harvest, the Macon County resident found most of his cotton on the ground, and he estimated that he lost more than 80 percent of his crop. Daniels did not despair and turned to FVSU’s Macon County program assistant, Ricky Waters, to seek advice about how to cope with crop loss.

“We did an assessment of Mr. Daniels’ cotton and after it was finished, we completed the proper forms to submit for assistance to the USDA and FSA,” Waters said. The FVSU program assistant said Daniels will qualify for the Emergency Conservation Program (ECP), which will cover 75 percent of his cropland.

Waters said Daniels also qualifies for the Tree Assistance Program (TAP). This USDA-FSA program provides assistance to growers who experienced losses from natural disasters.

Despite the devastating damages, Daniels plans to rebound with the knowledge and help provided by Waters and FVSU’s Cooperative Extension Program.

“Next year, I’m going to get with Mr. Waters and try to expand to 50 to 60 acres of cotton,” Daniels said.

For more information about farm disaster relief programs, contact FVSU’s Cooperative Extension office at (478) 825-6296.

Sources: Charlie Grace, Fort Valley State University Cooperative Extension, Ricky Waters, Fort Valley State University Cooperative Extension, Georgia Department of Agriculture, U.S. Department of Agriculture.



WHO DO YOU CALL?

In the event of a natural disaster, a farmer should immediately contact their local USDA Farm Service Agency (FSA) office or visit www.fsa.usda.gov.



**United States Department of Agriculture
Farm Service Agency**

Source: Stefan Price, Fort Valley State University Cooperative Extension.

In The Field

SPOTLIGHT

TWIGGS COUNTY JOB SEEKERS ENHANCE THEIR EMPLOYMENT OPPORTUNITIES

Job seekers in Twiggs County looking to enhance their employment opportunities attended a free resume writing workshop conducted by Fort Valley State University's Cooperative Extension Program employees on Sept. 5.

From 9 a.m.-12 p.m., Twiggs County residents visited FVSU's Mobile Information Technology Center (MITC), a computer classroom housed in a 72-foot semi-trailer, parked at the Twiggs County Development Authority Plaza, as part of the Twiggs Works job program.

Twiggs Works is a six week (Aug. 21-Sept. 25) session designed to help county residents with job preparedness. The third week (Sept. 4-7) focused on how to properly write a resume' and what information prospective employers are looking for in the document.

Terralon Chaney, FVSU Extension agent for Twiggs County, said even though modern technology has developed data storage accessories such as USB flash drives, it is vital that people have a hard copy resume for employers.

"I just hope we can assist the young men and women in Twiggs County in getting jobs. Most of them are not prepared for what they need," Chaney said explaining why she organized the workshop. "They want a job, but they are not doing what it takes to get the job. We want them to at least have that credential in their hand to say, 'I have actually worked on this resume', I'm prepared and I've gone through this six week work session because I want to work.' There are too many young men and women still walking around in this community that don't have a job," Chaney said.

Chaka Jordan, a native of Jeffersonville, said she attended the workshop to make sure she properly prepares her resume and enhance her chances for employment. "I received a lot of helpful hints to make my resume better," Jordan said. She said she is interested in pursuing a career in patient care and an improved resume will help her achieve that goal.

For more information about the Twiggs Works program or other Extension programs in Twiggs County, contact Chaney at (478) 954-7540 or e-mail chaneyt01@fvsu.edu.



FARMERS GRADUATE FROM RECORD KEEPING PROGRAM



More than 30 Georgia farmers successfully completed the Simplified Records Keeping Program for Small Farmers sponsored by Fort Valley State University's Cooperative Extension Program on Nov. 9.

Approximately 65 people gathered at the Dougherty County Extension Office to watch the farmers receive certificates and medallions during the graduation ceremony.

LAURENS COUNTY RESIDENTS LEARN VALUABLE LAND OWNERSHIP INFORMATION

More than 42 residents from Laurens and surrounding counties attended the Managing Your Land for Profit workshop at the First African Baptist Church's Family Life Center in Dublin. Fort Valley State University's Cooperative Extension Program in partnership with the University of Georgia's Warnell School of Forestry and Natural Resources and the U.S. Forest Service sponsored the workshop.

Participants listened to presentations and updates from representatives of the U.S. Department of Agriculture (USDA), University of Georgia's Warnell School of Forestry and Natural Resources, Georgia Heirs Property Law Center Inc., and FVSU's Cooperative Extension Program.

The Simplified Records Keeping Program is a five-course class taught by Extension agents Charlie Grace and Stefan Price to help farmers improve their filing methods. Course curriculum included an Introduction to Resource and Record Keeping (Part 1 and Part 2), Production Record Keeping and Financial Record Keeping.

"The class met its goals and then some. We prepared each farmer by giving them the tools they need in the area of record keeping so their farming operations can run smoothly," Grace said.

The FVSU Extension agent said that farmers need accurate information when seeking financial help from the U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) and Natural Resources and Conservation Service (NRCS).

Topics of discussion and updates covered subjects pertaining to timber management, forest health, estate planning and resources available through the U.S. Department Agriculture (USDA).

One of the issues addressed during the workshop is the importance of estate planning, particularly heir property, a topic covered by several presenters. Andrews said several of his clients have challenges with heir property.

Dublin native Rosetta May, 82, owns 412 acres of land in Laurens County. After she retired from the Dublin City School District, she decided to start raising Black Angus beef cattle and her brood calf cow operation now totals 40. She said she has some forestry on her land that is not up to par and she wanted to get some tips at the workshop to make it more profitable for her. May said learning about the proper planting of trees and knowing what fertilizers and pesticides

"For USDA FSA loan programs, they need production records and for USDA NRCS cost share programs, they have to show production records in order for them to extend their contracts and be awarded monies for the upcoming growing season. This class also helped them modify their production records so that at the end of the year, they'll be able to pull up documentation as it relates to income and expenses that will help them prepare their tax returns," Grace said.

For more information about upcoming record keeping classes and programs, contact Charlie Grace at (478) 235-7091 or email gracec@fvsu.edu. Contact Stefan Price at (478) 235-8689 or email prices@fvsu.edu.

to use is information she can implement immediately.

"These workshops give you a variety of information that you might not be able to use today, but you can use it tomorrow or the next day. It is very helpful and knowledge is a powerful thing," the former schoolteacher said with a smile.

For more information about FVSU's Cooperative Extension programs in Laurens County, contact Andrews at (478) 235-8453 or email andrewst@fvsu.edu.



RELEVANT, RESEARCH-BASED **SOLUTIONS** *at your service*

The Cooperative Extension program at Fort Valley State University is a part of a national system designed to provide solutions to the practical, everyday problems we all face. Whether you are a small-scale farmer, a single-parent or a homeowner; our experts can provide the knowledge to help you live an inspired life.

**Contact us today at
(478) 825-6296
or visit us online at
ag.fvsu.edu**



Honey Mustard Pork Chops

Try a unique twist to a southern favorite that may have your family asking for more. Sabrena Johnson, Peach County program assistant for Fort Valley State University's Cooperative Extension program, prepares honey mustard pork chops in less than 40 minutes. This dish can be made with no added salt.

You Will Need

- 4 top loin pork chops
- ¼ cup orange juice
- 1 tablespoon soy sauce
- 2 tablespoons honey mustard

Nutrition Facts

Serving size 1 pork chop	
Amount Per Serving	
Calories	258
% Daily Value*	
Total Fat 6g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 88mg	29%
Sodium 280mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 1g Added Sugars	
Protein 38g	76%
Calcium 18mg	1%
Iron 1mg	6%
Vitamin D 1mcg	5%
Potassium 393mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Steps

1. Put pork chops in a large non-stick skillet.
2. Cook over medium-high heat to brown each side of the pork chops.
3. Use a spatula (preferably) to turn the chops.
4. Add remaining ingredients and stir.
5. Cover the pan and lower heat.
6. Simmer 6 to 8 minutes until the chops are done.



Notes:

- The pork chops will be done when the internal temperature reaches 145 degrees.
- Honey mustard can be substituted with 1 tablespoon of honey and 1 tablespoon of mustard mixed together.
- Serve with a side salad.

Sources: United States Department of Agriculture (USDA), What's Cooking? USDA Mixing Bowl (usda.gov/recipes) , Pennsylvania Nutrition Educational Program, Pennsylvania Nutrition Education Network Website Recipes.

Meet Your Agent

**BULLOCH, BURKE,
EMANUEL, JEFFERSON,
JENKINS, SCREVEN AND
TATTNALL COUNTIES**

Stefan Price

Area Extension Agent

Coverage area: Bulloch, Burke, Emanuel, Jefferson, Jenkins, Screven and Tattnall counties.

Bulloch County and surrounding county landowners can call on Stefan Price for his services. Price's expertise in the fields of crop production, pest management, farm management and farm technical assistance are highly regarded.

Price provides services in the following areas:

- Information for farmers related to agriculture and natural resources.
- Farm production and management.
- Computerized farm and home record keeping.

For more information about programs offered in Bulloch and surrounding counties contact Price.
151 Langston Chapel Road
Suite 600
Statesboro, GA 30458
Phone: (912) 871-0505
Email: prices@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.

Stephan Price, based in Bulloch County, is one of 13 county extension agents who work personally with residents in 30 counties throughout middle, east and south Georgia.

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

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HighLights

News & Notes From the
College of Ag @ FVSU

FVSU PROFESSOR AWARDED MAJOR GRANT BY USDA

Dr. Cedric Ogden, professor of agriculture engineering technology at Fort Valley State University, secured a U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) McIntire Stennis Grant for \$565,565. The funding began in July 2018 and ends July 2023. Funds can be used to cover costs associated with research, graduate assistants, travel to conferences and publications.

"The purpose of the grant is to study the feasibility of processing and harvesting Loblolly pine trees infected with diseases caused by pine beetles," Ogden said. "Remote sensing in aerial vehicles equipped with infrared and thermal sensors, will be used to scan and identify infected areas by looking in on vegetation reduction and heat spikes caused by the disease."

Ogden, who also serves as an Extension engineer for the university, said harvesting infected pine trees and converting them to pellets could be an alternative fuel source. These can be used for facility furnaces generating heat and

utility power plants generating electricity. The pellets may also help landowners and the timber industry reduce losses caused by trees that would normally be discarded.

The FVSU professor said that in addition to providing an avenue to generate revenue for landowners and the timber industry, the research could lead to solutions preventing the disease from spreading through Georgia pine trees.

Ogden said majority of his research is designed to provide the community and landowners with efficient options for their resources. "There are several communities with landowners that have plenty of land, but are unsure of the most



efficient way to utilize that property," Ogden said.

As an 1890 Land-Grant University, FVSU has a mission to provide research based education and outreach services to its constituents through the Cooperative Extension program.

For more information about the grant, contact Ogden at (478) 825-6590 or ogdenc@fvsu.edu.

FVSU's SARE OUTREACH COORDINATOR SELECTED FOR BALLE FELLOWSHIP



Brennan Washington, outreach coordinator for FVSU's Southern SARE (Sustainable Agriculture Research and Education) program, is one of 25 people in the U.S. and Canada selected as a 2018 Business Alliance

for Local Living Economies (BALLE) fellow. His term, which began April 2018 will last two years.

BALLE is an organization that focuses on building relationships between investors,

economic and community leaders to develop vibrant local economies, while enhancing or rebuilding the surrounding environment. The Southern SARE outreach coordinator said a lobbyist advocating for sustainable agriculture issues nominated him for the fellowship.

His main duty as a BALLE fellow is to participate in meetings with other fellows to discuss issues related to building stronger local economies. His goal is to inform people of his work and learn about the efforts of his counterparts and apply those methods to his assignments in the Southeast.

"I'm deeply humbled by my selection as a BALLE fellow," Washington said. "I'm especially excited about the opportunity to do some extensive work on how sustainable agriculture

can help in reinvigorating local economies." For example, Washington is taking part in an effort to get a local commercial processing plant built in Fort Valley for small scale meat producers. "It will be about a \$5 million project that will bring a tax base and jobs," Washington said.

Dr. Mark Latimore Jr., FVSU's Extension administrator, said Washington's appointment as a BALLE fellow is a great opportunity for him, but also emphasizes FVSU's Extension outreach efforts in providing service to clients.

For more information about the BALLE Fellowship and work affiliated with the program, contact Washington at (478) 825-6283, e-mail washingtonb@fvsu.edu and visit the BALLE website at <https://bit.ly/2pv4Wke>.

FORT VALLEY STATE UNIVERSITY STATE 4-H PROGRAM LEADER EARNS AWARD FOR EXCELLENCE IN EXTENSION

The Association of Public and Land Grant Universities (APLU) 1890 Region honored Woodie Hughes Jr. with the 1890 Award for Excellence in Extension during the 2018 annual Southern Region Program Leadership Network Meeting in Orlando, Florida. APLU is composed of 237 land-grant institutions, public research universities, state university systems and other affiliated organizations in the U.S., Mexico and Canada. Its purpose is to promote the work and achievements of these institutions.

To be eligible for the honor, the awardee must be a Cooperative Extension Program professional exhibiting excellence with a minimum of five consecutive years of Extension programming responsibilities.

“It is a humbling and inspiring feeling for me to be recognized through a national organization such as APLU for promoting 4-H positive youth development through FVSU’s 4-H Program,” Hughes said. During Hughes’ 15 year career at FVSU, he said that being honored with this award ranks high among his many achievements with FVSU’s 4-H program. He said he feels blessed to receive this honor.

“I was acknowledged for my proven commitment to helping people help themselves,” Hughes said.

Dr. Mark Latimore, FVSU Extension administrator, nominated Hughes for the honor. “With the contributions he has made to the university, to our Cooperative Extension Program and most importantly to youth in

terms of their development, we couldn’t help but to nominate him for this award,” Latimore said.

Along with this award, Hughes is also a leader in 4-H programming, holding leadership positions at national levels.

Hughes is the first African-American to be named to the Extension Committee on Organization and Policy (ECOP 4-H) committee. He also serves as chair of the National Institute of Food and Nutrition

(NIFA)-U.S. Department of Agriculture (USDA) Vulnerable Populations Incarcerated Youth program and the National 4-H Pathways Committee 1890 Team Leader. Moreover, he is chair of the eXtension Diversity, Equity and Inclusion Listen and Learn Committee.

For more information about FVSU’s 4-H program, contact Hughes at (478) 825-6296 or email hughesw@fvsu.edu





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