

FOCUS

2020

magazine

LEADING change

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- FVSU 4-H Successes

FORT VALLEY STATE UNIVERSITY
COLLEGE OF AGRICULTURE, FAMILY SCIENCES AND TECHNOLOGY
COOPERATIVE EXTENSION PROGRAM

FOCUS

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Chris Sanders, FVSU's Life on the Farm program assistant, travels to an elementary school in central Georgia with the mobile live animal exhibit. Through this program, Sanders educated more than 6,000 youths in Georgia about agriculture and farm related careers.



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did u know?

Fort Valley State University's 4-H Program had a total of **8,655** participants in the 2018-2019 program year?

Participants by Program Type

4-H Special Interest/Short-Term Programs: **8,255**

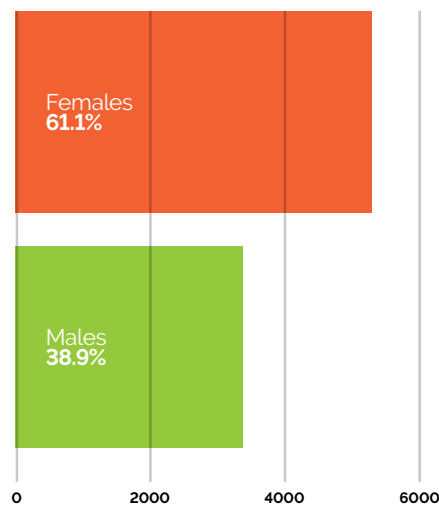
4-H Day Camping Programs: **48**

School Enrichment Programs: **292**

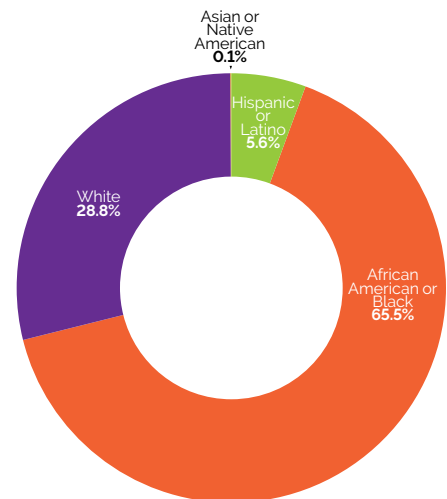
Individual Study/Mentoring/
Family Learning Programs: **60**

Participants by Gender & Ethnicity

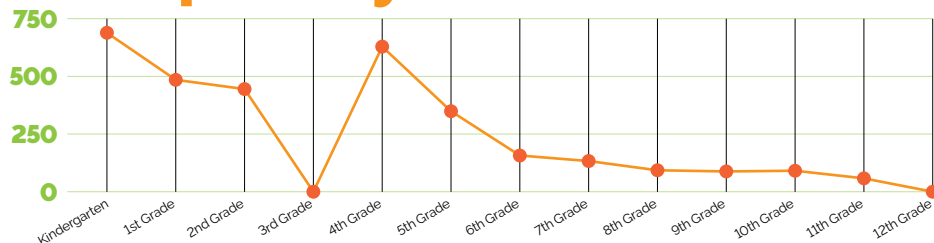
GENDER



RACE AND ETHNICITY



Participants by Grade



For more information about 4-H programming at FVSU, contact Woodie Hughes Jr., FVSU's assistant Extension administrator and state 4-H program leader, at 478-235-8691 or hughesw@fvsu.edu.

Information provided by Woodie Hughes Jr., assistant Extension administrator state 4-H program leader, Fort Valley State University.

Become a part of **4-H** at Fort Valley State University

WHAT IS 4-H?

4-H is the nation's largest youth development organization. 4-H is a community of six million young people across America learning leadership, citizenship, and life skills.

Fort Valley State University Cooperative Extension 4-H Youth Development Program components are Clover Sprout (K-4th), Cloverleaf (5th-6th), Junior (7th-8th), and Senior (9th-12th).

Fort Valley State University Cooperative Extension 4-H Program areas include:

- Civic Engagement/Leadership
- Science
- Employability
- Entrepreneurship
- Healthy Living/Novice Agriculture Education
- College and Career Readiness
- Mentoring

THE 4-H'S

Head, Heart, Hands, and Health represent the four H's in 4-H. Members participate in fun and engaging activities with a focus in these areas.



Managing, Thinking



Relating, Caring



Giving, Working



Being, Living

4-H MISSION

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

4-H VISION

A world in which youth and adults learn, grow and work together as catalysts for positive change.

For more information about 4-H at FVSU, contact Woodie Hughes Jr., assistant Extension administrator state 4-H program leader at 478-825-6219 or hughesw@fvsu.edu.





Big Catch

Aquaculture could sustain the future of agriculture

FVSUag

By Latasha Ford

An emerging farming technique that requires fish and water could shape the future of food production.

Aquaculture is the process of rearing, breeding and harvesting aquatic species. Instead of the traditional method of growing fish outdoors in open ponds, recirculation aquaculture systems are unique ways to farm fish in indoor tanks with a controlled environment.

Donald Bacoat, aquaculture carpenter and production assistant for Fort Valley State University's Cooperative Extension Program, emphasized the significance of fish farming.

"As our populations continue to grow, we cannot get enough aquatic life from the wild to sustain us," he said. "Consequently, in the United States, the amount of seafood consumption has been steadily rising. Ten years ago, we were getting more fish from the wild. As time progresses, we are producing more aquaculture food because that is pretty much our only viable option."

FVSU's aquaculture facility and on-campus greenhouse serve as educational spaces for farmers, students and interested citizens to tour and learn about the benefits of aquaculture and the process of starting a fish farm. The tanks hold tilapia, koi, crayfish, prawns, shrimp, sea urchins, bluegills, bass, minnows and catfish. This includes visitors' favorite pacu fish called Gill. She is 3-feet long and loves eating fruit and nuts.

Through yearly trainings, Bacoat advises farmers about plant and fish care, water quality and construction of aquaculture systems. He also gives demonstrations at schools all over Georgia and at various community events such as the Sunbelt Agricultural Exposition in Moultrie, Georgia.

Specializing in aquaculture since 2005, his advice to farmers interested in fish farming is to start small. "It is not difficult. It is a matter of throwing yourself in there," Bacoat said.

The FVSU aquaculture specialist described aquaponics and hydroponics as two different practices that are under the umbrella of aquaculture. "Aquaponics is farming fish and plants together in a water medium. However, in hydroponics, you are growing plants in a water medium. There is no soil, and the fertilizer is in liquid form," he explained.

Bacoat said farmers should take advantage of aquaculture because Georgia does not have a dominant aquaculture industry. "There are numerous aquaculture opportunities that farmers could invest in to make money," he advised.

Secondly, aquaculture allows farmers to produce healthy food. "It is advantageous for people to grow their own fish to ensure they are getting quality, uncontaminated fish," Bacoat said.



Fort Valley State University's on-campus greenhouse contains tanks that hold various fish, including koi.

Furthermore, he recommends new farmers joining the Georgia Aquaculture and Aquaponics Network (GAAN). This nonprofit organization meets monthly on FVSU's campus and is open to all farmers interested in aquaculture. Bacoat said most of the members are retired and come as far as Alabama and coastal Georgia to meet as a group.

"The purpose is to advance aquaponics. We talk about our mistakes and learn from each other," he said.

GAAN member Keita Dawson of Ula Farms runs a successful aquaponics farm in Gray, Georgia. Her dream of starting the farm three years ago also sparked the interest of her husband, Calvin (retired Army), and their 12-year-old son, Conrad. She named the farm after her late mother-in-law, Ula.

Prior to coming to Georgia, the married couple lived near Mililani, Hawaii, home to one of the largest aquaponics farms in the United States. After visiting the farm, they decided this was something they wanted to do.

Dawson's main reason for starting an aquaponics farm was to be self-sufficient and to provide her family with highly nutritious vegetables year-round. They grow various microgreens such as broccoli, parsley, garlic chives and cilantro. The farm is certified naturally grown. They do not use any soil to grow their food, nor do they use any chemicals or pesticides (trapping methods only). There are two tanks, each containing 90 bluegills, that filter water to the different varieties of lettuce in the hoop house.

Dawson said they began selling their produce two years ago. For the first six months, they only had about five customers. Today, they sell to more than 30 hotels and restaurants in Macon and northward, who compliment them on the fresh and delicious taste of their products. This family-oriented business also gives back to the Macon community. They donate lettuce to the Rescue Mission and other nonprofit organizations.

"We always thank God for what we have and put him first," Dawson said. "We treat people the way we want to be treated."

The aquaponics farmer said she has benefited in many ways from being a GAAN member and from Bacoat's expertise on freshwater fish.

"This type of farming is emerging technology. There is no set standard. I treasure being a part of a group that can guide me, and I can guide them on my experiences," she said. "We are friends even outside the aquaponics arena."

For more information about aquaculture, contact Bacoat at 478-825-6768 or bacoatd@fvsu.edu.



Keita Dawson and her family grow various microgreens such as parsley, garlic chives and cilantro.



Keita Dawson, owner of Ula Farms in Gray, Georgia, uses aquaponics to grow different varieties of lettuce in a hoop house.

Groundbreaking ACHIEVEMENT

FVSU 4-H'ER SELECTED FOR NATIONAL AWARD AND SCHOLARSHIP

The National 4-H Council announced that Janya Green, 16, of Sylvester, Georgia, is the winner of the 2020 4-H Youth in Action Pillar Award for Agriculture. Green will be recognized nationally for her commitment to the future of rural agriculture and her leadership of the Village Community Garden, a program designed to combat food insecurity and nutrition-related diseases.

The 4-H Youth in Action Awards, sponsored in part by Bayer, began in 2010 to recognize 4-H'ers who have used the knowledge they gained in 4-H to create a lasting impact in their communities.

Green grew up on her family's farm and experienced first-hand the challenges America's farmers and rural citizens face. She channeled that experience into a passion for service when she met Sam X, her Fort Valley State University Extension 4-H Program mentor, who not only exposed her to a budding community garden initiative but also introduced her to vast opportunities to grow as a leader through 4-H. She was 11 at the time, but Green took on the challenge to help launch the community garden and now serves as the garden manager.

The Fort Valley State University 4-H Village Community Garden fills 2.5 acres and provides more than a ton of high-quality produce, serving 3,000 households in the community annually. The project aims to impact, empower and influence underserved, at-risk, and minority youth and their families by not only addressing food insecurity but also providing health education to combat the obesity epidemic and other nutrition-related diseases.

Special report submitted by the National 4-H Council, Chevy Chase, Maryland



Green focuses on teaching her peers and younger children how to eat healthy and grow their own healthy foods. The garden is also a platform to educate local farmers about new technologies in irrigation and aeroponic towers.

She also seeks to motivate her peers to get involved in agriculture and take responsibility of their future. "I want the youth in my generation and the younger generation to learn how to be self-sufficient by growing their own fruits and vegetables through traditional agriculture and aeroponic towers."

As a young black female with a passion for agriculture, Green feels a responsibility to set a positive example for her peers and those who will one day follow in her footsteps. "Most girls in my generation don't want to farm. For younger girls to see what I'm doing and say my work is inspirational motivates me to keep going."

Green channeled her passion for service into her life purpose when she sensed the confusion that arose after Hurricane

Michael ravaged farms across her community and Southwest Georgia. After graduation, she aims to pursue a career in agricultural law, allowing her to invest in the future of agriculture while representing farmers like her grandfather particularly when tragedies strike.

The young farm manager will receive a \$5,000 scholarship for higher education and will serve as an advocate and spokesperson for 4-H Agriculture programming. She will be officially recognized as the 2020 4-H Youth in Action Pillar Winner for Agriculture, sponsored by Bayer, at the 11th Annual 4-H Legacy Awards in Washington, D.C. on March 25, 2020.

She is joined by three other 2020 Youth in Action Pillar Winners, Breanna Burkhead of Kentucky (Civic Engagement), Micah Palacios of Texas (Healthy Living) and Joseph Huff of Utah (STEM).

"Janya is a shining example of how exciting it is to bring diverse experiences and perspectives into agriculture to make a positive impact on the lives of young people and their communities," said Lisa Safarian, President, Crop Science North America. "Bayer congratulates Janya and is proud to partner with 4-H to encourage young people everywhere to experience the importance of STEM education and agriculture."

To learn more about 4-H Youth in Action and to view the other pillar winners from around the country, please visit: www.4-h.org/youthinaction.

A SySTEMic Solution

Science, technology, engineering and mathematics prepares students for future jobs

By Russell Boone Jr.

More than 875 Worth County and Twiggs County Middle School students participated in the 12th Annual 4-H National Youth Science Day (NYSD). The event took place in Sylvester and Jeffersonville. Fort Valley State University's 4-H Program co-sponsored the event with Bayer, a pharmaceutical and life science company.

The 4-H NYSD, held annually, serves as a motivational tool for youth to actively participate in STEM related topics. Some sites and organizations hosting the experiment include schools, afterschool programs and clubs.

FVSU's 4-H personnel and local educators facilitated experiments promoting STEM (Science, Technology, Engineering and Mathematics). The goal is to prepare youth for the 21st Century job market.

Students from both schools participated in an experiment called "Game Changers." The goal of the Game Changers experiment is to teach children from ages 8-14 how to use computers to solve

problems, develop games and discuss their favorite subjects.

Woodie Hughes, FVSU Extension administrator state 4-H Program leader, said exposing students at a young age to STEM activities will prepare them for employment in STEM areas such as engineering, software development and chemistry.

"This experiment is designed to teach them STEM education, give them an opportunity to choose what their interests are and how those interests can translate into pursuing a career in a STEM field," Hughes said referencing Game Changers.

The 4-H program leader said the cooperation and collaboration of Worth and Twiggs County School administrators and Sam X, director of the Village Community Garden in Sylvester, made the event possible.

"This is a true example of Extension, outreach education and building community partnerships making an effort to change lives," Hughes said.

WCMS students also received a special visit from Georgia Commissioner of Agriculture Gary Black. Black spoke to the students about the importance of education, agriculture and encouraged them to seek careers in the field.

Tiffany Sevier, principal of Worth County Middle School, summed up the activity as a positive event for the school. She witnessed students discussing computer

codes, using teamwork and mathematics to solve problems and teachers running experiments smoothly at work stations.

"We're trying to prepare our middle school students for their future jobs. Because we're in rural southwest Georgia, our students need to know there are a lot of jobs in agriculture or agri-science. Partnering with Fort Valley State is opening those possibilities to our students and they are learning more about what they can do in the area of agriculture," Sevier said.

Philip Petway, FVSU Twiggs County 4-H Extension agent said it was interesting to see youth from Twiggs learn to think through an activity and learn how to use computer codes in various exercises. One included using code in a puzzle involving a tractor.

"I think this year's National 4-H Science Day had a huge influence on the 4-H youth that participate in Twiggs County," Petway said.

The materials for this event were funded by FVSU 4-H grant funds and Bayer.

For more information about FVSU's 4-H Program, contact Hughes at 478-825-6296 or Petway at 478-825-6759.



Thinking Ahead

FVSU's 4-H Program collaborates with community partners to mentor at-risk youth

Fort Valley State University's Cooperative Extension 4-H Program is using a grant to help high school students prepare for college and avoid juvenile incarceration.

The 4-H Youth Futures College Within Reach Office of Juvenile Justice and Delinquency Prevention (OJJDP) National Mentoring Project, (NMP) awarded FVSU's 4-H Program a competitive grant of \$55,000.

Woodie Hughes Jr., FVSU's assistant Extension administrator state 4-H program leader, said the funds cover expenses related to travel to several college and career events and purchasing supplies for the program.

In addition, Hughes said the grant funds a collaboration between FVSU's 4-H Program and Turnaround Columbus. Turnaround Columbus is a nonprofit community organization focused on curbing youth violence, urban blight and other community issues in Columbus.

According to Hughes, the project involves members of Turnaround Columbus and deputies from the Muscogee County Sheriff's Office. Collectively they mentor more than 45 at-risk or underserved minority youths from George Washington Carver High School in Columbus. He also said the FVSU-Turnaround joint effort helps establish FVSU's 4-H Program as a leader in educating youth and helping them avoid juvenile incarceration through educational opportunities.



Ronzell Buckner, president of Turnaround Columbus, says one of the projects is the development of a community garden on a proposed nature trail. He said the youths will handle the actual planting, growing and harvesting of the garden's fruits and vegetables.

"We are going to create an entrepreneurship program out of this by teaching them how to sell and open their own business with these fruits and vegetables," Buckner said. The Turnaround Columbus president added that products made from the harvested produce will be sold from a fruit stand or small store staffed by the students.

"Working with youth through positive 4-H youth development experiences may save lives and lead to growing the next generation of 21st century innovators," Hughes said. "These young people will help solve global issues relating to food safety, agriculture and water conservation," the state 4-H program leader said.

Hughes said that by exposing students to the benefits of completing a degree in higher education, it may also lead to increased enrollment at FVSU.

"The project will introduce all youth participants to post-secondary education opportunities at Fort Valley State University thanks to our partnership with Turnaround Columbus," Hughes said.

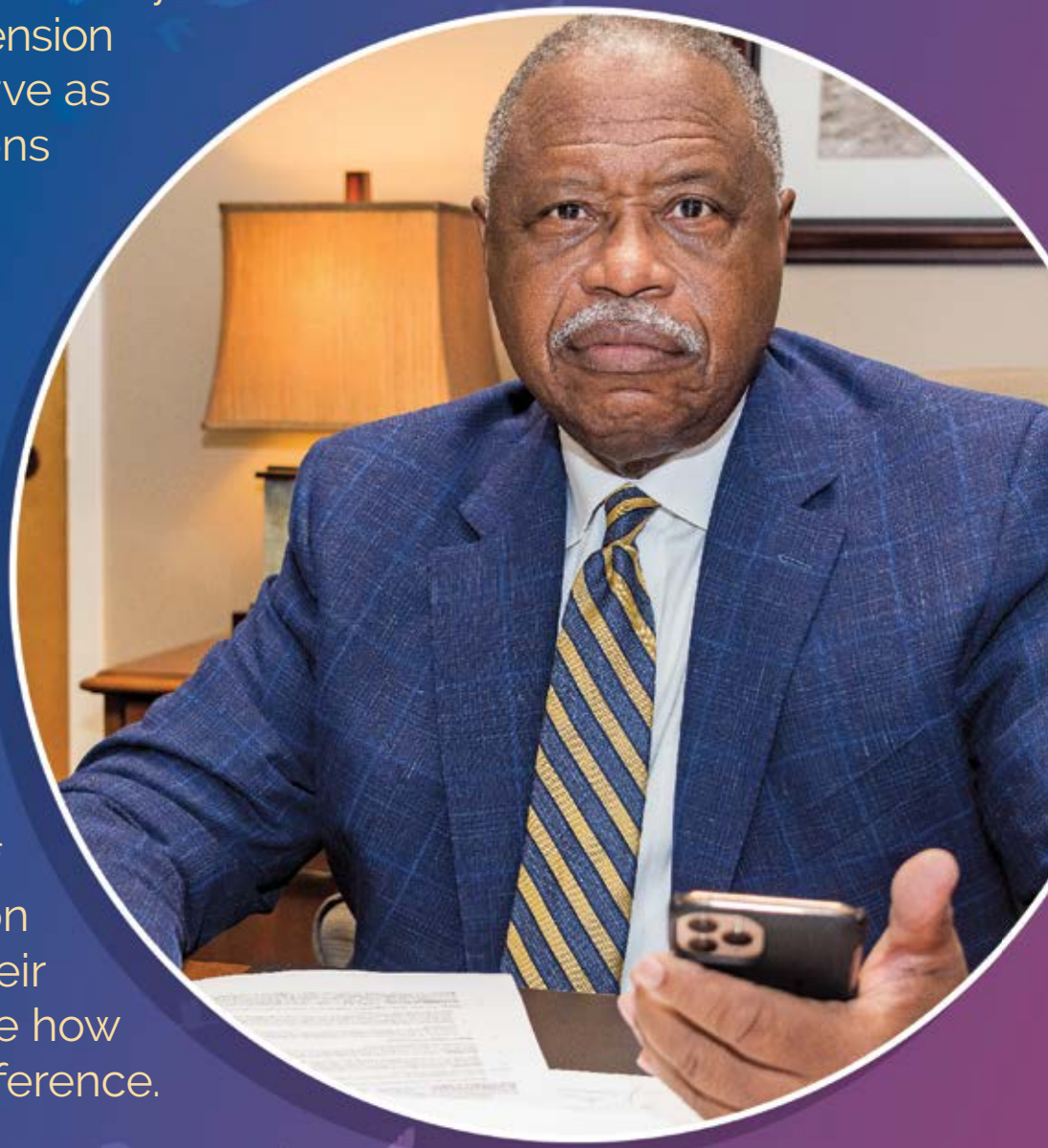
Furthermore, Hughes said the project will use 4-H parent education and legal guardian meetings, workforce entry training and group mentoring sessions, to enhance life skills that prepare youths for the future. Family engagement days, another facet of the project, will emphasize the importance of parents and legal guardian's involvement in youth development.



For more information about FVSU's Cooperative Extension 4-H Program, contact Woodie Hughes Jr. at 478-825-6219 or hughesw@fvsu.edu.

Leading

Fort Valley State University Cooperative Extension professionals serve as leaders in organizations throughout the land-grant university system. These roles are instrumental in providing professional development, developing policy and lobbying for funding at local, regional and national levels. Learn about the responsibilities of Cooperative Extension personnel beyond their campus roles and see how they are making a difference.



change

Dr. Mark Latimore Jr. is leading a national organization focused on Cooperative Extension priorities for 76-member land-grant universities in the U.S.

Latimore, who serves as Fort Valley State University's associate dean for Extension, began serving as chair of the Extension Committee on Organization and Policy (ECOP) in September 2019. As part of the Association of Public and Land-Grant Universities (APLU), ECOP is the representative leadership and governing body of Cooperative Extension.

The Cooperative Extension Section represents the directors and administrators of member land grant universities (76) in their collective dealings with other units of the APLU Commission on Food, Environment and Renewable Resources (CFERR) through the Board on Agriculture Assembly (BAA). ECOP's role is to identify and implement member-driven opportunities designed to enhance resources, relationships and recognition for Cooperative Extension nationally.

Under Latimore's leadership and ECOP's operating guidelines, ECOP addresses core themes. The core themes are building partnerships, acquiring resources, increasing strategic marketing and communications, enhancing leadership and professional development and strengthening organizational functioning.

As chair of ECOP, Latimore through a 15-member board represents the five Cooperative Extension regions.

"Through my responsibilities as chair, we want to continue to work towards increasing the National Institute of Food and Agriculture (NIFA) capacity funding for Smith-Lever and 1890 Extension by building and implementing year-round advocacy strategies," Latimore said. "We need to address the implementation of Farm Bill programs to include the 1890 Land-Grant institutions change in carryover provision language of Section 1444 to be consistent with the Smith-Lever carryover provision," he added.

Latimore also said he intends to continually improve ECOP's working relationships and communication with NIFA leadership while NIFA is relocating from Washington, D.C. to Kansas City, Missouri. Furthermore, he mentioned the recent hiring of a new

executive director and presenting the National Excellence in Extension and Diversity Awards.

The FVSU associate dean for Extension said the executive committee of the Association of Extension Administrators (AEA) recommended he serve in ECOP as the 1890 region executive committee representative in 2017. During this time, he rose to chair-elect in 2018 and now to chair.

Latimore said his ECOP appointment had a positive impact on our FVSU Cooperative Extension Program. "As chair of ECOP and a representative of Fort Valley State University, the appointment highlighted our College of Agriculture, Family Sciences and Technology and enhanced opportunities for Cooperative Extension.

Additionally, Latimore said he and the ECOP executive committee are developing ECOP's 2021 budget for submission to BAA and providing input to the Communication and Marketing Committee (CMC) for the hiring of a communication strategist.

Moreover, under Latimore's leadership, plans are underway to improve the footprint of 4-H Positive Youth Development. "We want to grow 4-H and reach out to youth who are normally not in the traditional pipeline of the organization," Latimore said. This is being done through collaborative efforts between Extension directors and administrators, NIFA 4-H Positive Youth Development, National 4-H Council and ECOP 4-H Leadership Committee.

Overall, expanding funding opportunities for land-grant institutions by connecting with other agencies is also a top priority for Latimore.

"We are working to develop partnerships with private organizations similar to the one we have with the Robert Wood Johnson Foundation. We want to target health and other non-USDA organizations such as the Centers for Disease Control and Prevention (CDC) which can play a key role in assisting ECOP in addressing problems related to opioid addiction, poor nutritional habits and diabetes," Latimore said.

For more information about ECOP, visit bit.ly/2WF4Q72.



ChaNaè Bradley

serves as director of member services for the Association of Communication Excellence (ACE) in Agriculture, Natural Resources and Life and Human Sciences. This international

organization consists of communicators, educators and information technologists who focus on communicating research-based information. In this role, she is responsible for activities that sustain and retain the membership, member communications, organizing orientation, mentoring and other services for new members. Bradley was elected to the position in 2018 and inducted into the board at the annual meeting in June 2019. She will serve a three-year term. Her goal is to increase representation among the 1890 Land-Grant Universities and the 1994 Tribal Colleges. She also aims to create unique opportunities for professional development of new members.

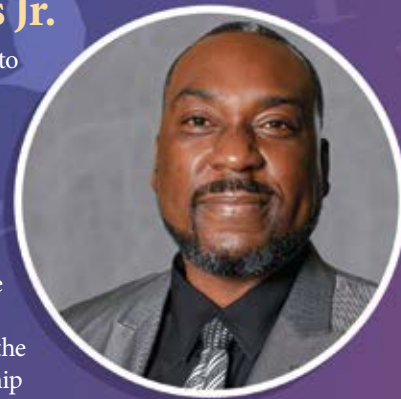
Latasha Ford

represents FVSU as vice chair of the 2020 Association of Extension Administrators (AEA) Conference Marketing and Communications Executive Committee. She is also, co-chair of the 2020 National Association of Extension Program and Staff Development Professionals (NAEPSDP) Conference Planning Committee and member of the Association for Communication Excellence (ACE) Marketing Subcommittee. In these roles, Ford's goal is to support FVSU professionals and land-grant university partners across the system by enhancing their work experience and skills. This includes offering trainings and having a seat at the table to assist in planning system-wide conferences for networking opportunities and professional development.



Woodie Hughes Jr.

is the first African-American to be appointed to the National 4-H Extension Committee on Organization and Policy (ECOP-4-H Leadership Committee). Moreover, he is also the 1890 region state 4-H program leader representative for all 19, 1890 Land Grant Universities. The purpose of the National ECOP 4-H Leadership Committee is to engage in regular and substantive dialogue about issues of national importance related to the LGU Cooperative Extension System's implementation of the 4-H program. Furthermore, he serves on the National 4-H Professional Development Committee (2017-2020) as the 1890 region state 4-H program leader representative. This committee focuses on identifying and disseminating high quality, research-based, educational resources and learning opportunities. The goal is to build the competency, capacity and connections to 4-H staff, volunteers, stakeholders and emerging adults/professionals throughout all five regions of the Cooperative Extension system. In addition, Hughes serves on the National 4-H Pathways Committee as the 1890 team leader (2018-present) and he serves on the 2021 National 4-H Leadership Planning Committee as one of two 1890 region state 4-H program leader representatives. The purpose of the National 4-H Pathways Committee is to increase focus and capacity building in leadership development, organizational culture change and creates supportive environments for innovative thinkers. Lastly, Hughes serves as co-chair of the National African-American Access Equity and Belonging Committee. The purpose of the National African-American Access Equity and Belonging Committee is to increase the effectiveness of youth development specialists and educators in supporting development for black youth. The organization also aims to maximize partnerships and practices, strengthen programming efforts and strengthen collaborative synergies among educators and external partners.





Joy Moten-Thomas

is serving as an 1890 Extension representative and chair elect for the Southern Rural Development Center's (SRDC) Technical and Operational Advisory Committee (TOAC). The TOAC advises the board and the SRDC director in the development of priority goals and strategies for the center. The committee seeks suggestions and support from the directors and administrators of the various state Extension and research units in the region, land grant faculty and rural development stakeholders. She also serves as an 1890 CRD representative for the Southern Region Program Leadership Network (SRPLN). Additionally, she has completed her 16th year serving as chair of Fort Valley's Community and Housing Task Force.

William Scott

serves as the 1890 regional representative for the National Extension Technology Community (NETC). The purpose of NETC is to bring together technologists and educators from land grant institutions in America to share strategies and provide solutions for challenges. Scott has been a member of NETC since 2010 and was elected to serve on the board in June of 2019. His goal is to establish more relationships with the 1994 institutions and find solutions for common issues in Extension.



Terrence Wolfork

is currently serving as president of the National Association of Extension Program and Staff Development Professionals (NAEPSDP). NAEPSDP is composed of middle managers, staff development specialist, evaluation specialists, information technology specialists, instructional designers, administrators, human resources managers and program leaders who advance the Extension system through professional development. Wolfork is the first 1890 Extension professional to serve in this capacity of the organization. NAEPSDP is one of the seven national member organizations of the Joint Council of Extension Professionals (JCEP) which provide leadership for the Extension Leadership Conference and the Public Issues Leadership Development (PILD) Conference. Wolfork will chair the PILD conference for 2021 as president of NAEPSDP and will also chair the JCEP Board special projects committee.



In The Field

SPOTLIGHT

Marion County residents receive free car seats



Qualified residents of Marion County received free car seats after attending a class in Tazewell spring 2019. Brenda Maddox, Fort Valley State University's Marion County Extension agent taught the informative class.

Maddox, a certified child passenger safety technician (CPST), said the classes are needed because motor vehicle crashes are the leading cause of injuries and deaths for children under age 14.

The Car Seat Safety class provides parents and caregivers car and booster seats after they successfully complete a two-hour training on proper installation and use. Seats are provided through a grant offered by the Governor's Office of Highway Safety.

Maddox said she has to apply for the grant annually. Each year, the grant funds up to 72 car seats at a probable cost of \$9,600. During 2018, Maddox said that despite a late start, more than 50 people received car seats through the safety program.

The FVSU Extension agent said the most common mistake people make is placing the harness clip in the wrong position or failing to properly secure the car seat with seat belts. "A lot of people have them (car seats) now, but they are still misusing them. I'm passionate about making sure people get the right information so they can prevent injuries and save lives," Maddox said.

Alejandrina Herrera, a native of Buena Vista was ecstatic to receive her free car seat after completing the class.

"I'm thankful that I got a car seat for my child," Herrera said. Herrera attended the class because she said she needed a new car seat for her 3-year-old son, Thomas. If purchased at a retail store, the seat would have cost her \$100.00.

Herrera said by attending the class, she learned that a child must always be in the correct car seat, and that can vary with the size and age of the child. She also said she will tell friends and neighbors about the car seat safety program and recommend they attend the next class.

"Just in case they don't have a car seat, or think they don't know if the kid is in the right car seat, it will be a good idea to come and learn a little bit about it," Herrera said.

Maddox said classes are offered monthly at various locations throughout Marion County. Participants must meet financial qualifications in order to receive a free car seat.

To register for future classes, call Maddox at 229-649-2625 or text "Car Seat" to 478-235-8695.

Hancock County residents learn land management tips at workshop



More than 70 landowners and small farmers from Hancock and surrounding

counties attended the Managing Your Land for Profit Workshop during fall 2019. The workshop took place at the Warren Chapel African Methodist Episcopal Church in Sparta.

Fort Valley State University's Cooperative Extension Program, the University of Georgia's (UGA's) Warnell School of Forestry, the U.S. Department of Agriculture's (USDA) Southern Sustainable Agriculture and Research Education (SARE) program and the U.S. Forest Service all partnered to sponsor the event.

Workshop attendees listened to presentations from representatives of FVSU's Cooperative Extension program, the USDA's Natural Resources Conservation Service (NRCS), the Georgia Forestry Commission, the U.S. Forestry Service and McClendon Law and Counseling LLC.

Topics of discussion ranged from meeting qualification standards of USDA cost share programs, to timber management and will and estate planning.

Marc Thomas, director of field operations for FVSU's Cooperative Extension program, moderated the workshop. He said it is important that people attend land management workshops because forests play a key role in Georgia's environment and contributed more than \$21.3 billion to the state's economy in 2017.

"The majority of forestland in this state is owned by private, non-industrial landowners," Thomas said. "There are many programs and services funded by the USDA to assist these private landowners in sustaining their timber production. These workshops also provide information on accessing these programs' services," said the Extension field operations director.

Additionally, Thomas said the workshops provide information about estate

planning, and with the proper estate plan in place, landowners can control how their estate is distributed and minimize the chance of family strife and legal battles.

"I think the seminar has been very beneficial in bringing awareness to individuals in this county to do more with their property and the resources that are available," said C.W. Watkins, a lifelong citizen of Sparta and a retired educator with more than 34 years of service in the Hancock County School System. "With this program provided by Fort Valley State, it is making us more aware of what we need to do, where we need to look and who we can contact when we need help to manage our resources."

Thomas said more workshops are scheduled for the future based on available funding. The workshops are part of a program supported through a grant by the Southern (SARE) Program.

For more information about upcoming workshops, contact Thomas at 478-825-6296 or thomasm@fvsu.edu.

Farmers learn to use smart devices while working in the field



Farmers seeking to incorporate smartphones, laptops and tablets while in the field traveled to Albany winter 2019, to attend the Computer-Mobile Device Integration Technology Learning

Workshop at the Dougherty County Extension office.

FVSU's Mobile Information Technology Center (MITC) served as an onsite laboratory for more than 18 farmers. The MITC is a high tech computer classroom housed in a 72-foot semi-trailer, with more than twenty computer stations. Terrence Wolfork, assistant administrator for communications, conferencing and technology who oversees the facility, assisted Grace with the workshop.

During the workshop, farmers learned several tips about adapting their mobile devices to assist them in the field. This included learning how to set up folders on smartphones for photos and documents, transferring data from one device to another and compiling data for future use.

Charlie Grace, FVSU area Extension agent, coordinated the workshop. "It is vital that farmers learn to utilize mobile technology as an aid," Grace said. "Almost everybody has a device with a camera or ability to connect to the internet, and that can be useful in several situations," he said.

The FVSU Extension agent said that visual aid helps farmers seeking assistance from the U.S. Department of Agriculture (USDA), especially in the event of a natural disaster.

"When Hurricane Michael hit Georgia, it left a trail of devastation in the farming community. However, some farmers had trouble showing proof of production records to get the full benefits of USDA disaster programs and crop insurance from private companies like State Farm and the Georgia Farm Bureau. We don't want our clients to suffer that experience," Grace said.

To learn more about future workshops, contact Grace at 478-235-7091 or gracec@fvsu.edu.

Possibilities **with** HEMP

In 2019, the Georgia legislature passed the Georgia Hemp Farming Act (House Bill 213).

Once signed into law by Gov. Brian Kemp, the bill legalized the processing, production, regulation and research of hemp grown for industrial purposes in the state.

In order to grow hemp, farmers must obtain a license from the Georgia Department of Agriculture (GDA).

Hemp or industrial hemp, is a member of the cannabis family of plants, which includes marijuana. Prior to 1937, hemp was grown on a regular basis nationwide, but the Marijuana Tax Act of 1937 greatly reduced hemp production. In 1970, under the Controlled Substance Act, hemp was declared illegal, shutting down any and all production.

The market is now open for licensed farmers to grow hemp for the production of certain products. According to Dr. James E. Brown, Fort Valley State University professor of horticulture and interim program leader for Agriculture and Natural Resources, it is vital that growers know the legal means of growing and cultivating the crop effectively.

FVSU is scheduled to conduct research to educate farmers about legally producing and growing hemp.

“We will be looking at ways to economically grow hemp that will be beneficial to the farmers,” said Brown. The horticulturalist explained it could involve either the use of seeds, cuttings or transplants to effectively grow the plant.

Pictured are rows of Hemp growing at the University of Georgia Industrial Hemp field in Watkinsville, Georgia.

Brown said that before FVSU sends its Extension agents out in the field to inform their clients about growing hemp, research must be done to gather all pertinent information regarding the plant. This includes everything from learning the proper growing season, fertilization methods and proper soil to obtain optimum growing results.

One FVSU Extension agent said he has several clients in need of proper information regarding hemp.

“I have approximately 10 small farmers that are very excited about the opportunity to grow hemp,” said Charlie Grace, FVSU area Extension agent from Albany. “They have attended several trainings in and out of states already growing the crop like Kentucky and Arkansas to gain information on properly growing hemp. They also want to make the products produced from hemp, especially the CBD (cannabidiol) oils,” Grace said.

Other products produced from hemp include paper products, medicinal oils and clothing items.

Hemp’s illegality was reversed in the 2014 Farm Bill. This allowed the plant to be grown under pilot programs. The 2018 Farm Bill fully legalized the growing of industrialized hemp on the federal level and products derived from it.

For more information about FVSU’s Extension work with hemp, call Dr. James Brown at 478-825-6296 or brownj01@fvsu.edu.

FAQ’S: INDUSTRIAL HEMP PRODUCTION IN GEORGIA AGRICULTURE

(From the Georgia Department of Agriculture)

WHAT’S IS INDUSTRIAL HEMP?

↳ Hemp is defined as the Cannabis sativa L. plant and any part of the plant, including the 55 seeds and all derivatives, extracts, cannabinoids, isomers, acids, salts, and salts of 56 isomers, whether growing or not, with the federally defined THC concentration no more than 0.3 percent.

IS IT LEGAL TO CULTIVATE HEMP IN GEORGIA?

↳ The production and sale of hemp and hemp products is legal under the Georgia Hemp Farming Act. However, ONLY growers licensed by the Georgia Department of Agriculture (GDA) are permitted to grow and process hemp in the state of Georgia.

HOW DO I APPLY FOR A LICENSE?

↳ The GDA is currently working to develop regulations for hemp production in the state of Georgia. Licenses will NOT be issued until rules and regulations are in place.

WHEN WILL LICENSING REGULATIONS BE IN PLACE?

↳ The GDA’s process of drafting rules and regulations has begun. Drafted rules will be open for a public comment period and then final revision before the GDA can begin issuing grower licenses and processing permits. A public announcement will be made once that process is complete.

CAN I ADD CBD OIL TO FOOD?

↳ Though the sale of hemp and hemp products are legal, GDA policy currently prohibits the use of cannabidiol oil (CBD) in food, pet food and dietary supplements. Until the Federal Food and Drug Administration (FDA) changes its restrictions on the inclusion of CBD oil in foods and dietary supplements remains unlawful in Georgia.

HOW CAN I LEARN MORE?

↳ See HB 213, Georgia Hemp Farming Act here: www.legis.ga.gov/Legislation/20192020/187562.pdf

www.ams.usda.gov/rules-regulations/hemp

Sources: Dr. James E. Brown, Fort Valley State University, Georgia Farm Bureau, Georgia Department of Agriculture
<http://agr.georgia.gov/industrial-hemp-production.aspx>

SPINACH LASAGNA

Sabrena Johnson, Peach County program assistant for Fort Valley State University's Cooperative Extension program, uses her expertise in the kitchen to prepare a delicacy worthy of converting any meat lover's taste. Check it out.

YOU WILL NEED

- 1 10 oz package of frozen chopped spinach that is thawed and drained
- 1 ¾ cups nonfat ricotta cheese
- 2 egg whites
- ¼ cup Parmesan cheese
- 1 teaspoon onion powder (cut in half)
- 1 teaspoon garlic powder (cut in half)
- 1 teaspoon salt-free Mrs. Dash+ Original Seasoning (cut in half)
- 1 8-oz can no salt tomato sauce
- 1 6-oz can so salt tomato paste
- 6 lasagna noodles cooked as directed with no fat or salt
- Non-stick cooking spray
- ½ cup shredded, low fat mozzarella cheese

STEPS

1. Let oven preheat to 350 degrees F
2. Grab two large bowls
3. In first large bowl, combine the spinach, ricotta cheese, egg whites, Parmesan cheese, ½ tsp onion powder, ½ tsp garlic powder and ½ tsp salt free seasoning. Stir well and set aside.
4. In second large bowl, combine tomato sauce, tomato paste, ½ teaspoon onion powder, ½ teaspoon garlic powder, ½ teaspoon salt free seasoning. Stir contents and set aside.
5. Cut cooked lasagna noodles in half to make 12 pieces
6. Spray nonstick cooking spray in a medium sized baking dish
7. In the medium sized dish, layer in the following order: tomato sauce, lasagna noodles, spinach mixture and finish with remaining sauce. Top with mozzarella cheese.
8. Cover dish, then bake 30-35 minutes. Remove from oven, let cool for five minutes before serving.



NUTRITION INFORMATION*:

Makes four servings.

Serving Size1
Calories370
Total Fat3g
Sodium373 mg
Total Carbohydrates53g
Dietary Fiber7g

*Estimated values of nutrition may vary based on amount of ingredients used
+Other brands listed are the trademarks of their respective owners and are not trademarks of Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc.
Source(s): Sabrena Johnson, FVSU Cooperative Extension Program; Elynor Moss, HBCUConnect.com

Meet Your Agent

CRAWFORD COUNTY

Millicent Price

County Extension Agent

Coverage Area: Crawford County

Citizens of Crawford County looking for assistance in food and nutrition, financial planning and senior care can count on the expertise of Millicent Price. She is known for her work in the community with schoolchildren, teachers, homemakers and the elderly. An 11-year veteran of FVSU's Extension program in the field of Family and Consumer Sciences (FACS), Price holds memberships in the Georgia Association of Family and Consumer Sciences (GEAFCS) and the American Association of Family and Consumer Sciences (AAFCS).

Price provides services in the following areas:

- Nutrition Education
- Health Awareness
- Family Financial Management
- Parent Education Programs
- Senior Life Programs
- Expanded Food and Nutrition Education Program (EFNEP)

For more information about programs offered in Crawford County, contact Price.

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478-836-3121

pricem@fvsu.edu



Knowledge for Inspiring Lives!

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.

Millicent Price, based in Crawford County, is one of 17 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

TAYLOR COUNTY RESIDENTS ATTEND HEALTHY EATING AND BUDGETING CLASSES



Fourteen residents of Taylor County can start preparing healthier meals for their families after completing classes sponsored by Fort Valley

State University's Expanded Food and Nutrition Education Program (EFNEP).

EFNEP is funded by the U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA). Its purpose is to educate families about the benefits of maintaining healthy lifestyles by practicing food safety and preparing healthier meals economically. The program is operated through land grant universities such as Fort Valley State.

Lisa Holt, FVSU's EFNEP program assistant for Taylor County, conducted the classes. Holt said the program consists of eight weekly sessions lasting 60 to 90 minutes. "I enjoyed teaching

the class to this group. Most of the students are single mothers with children attending Fort Valley State's Head Start Program in Taylor County," Holt said.

For successfully completing the free class, each participant received a certificate and an FVSU EFNEP bag filled with items including kitchen utensils and an EFNEP cookbook

For more information about future EFNEP classes in Taylor County, contact Holt at 478-952-3316 or holtn@fvsu.edu.

FORT VALLEY STATE EXTENSION LOOKS TO BENEFIT FROM VISIT TO AFRICA

Dr. Cedric Ogden, assistant professor for FVSU Agricultural Engineering Technology Department and engineer specialist for the Cooperative Extension Program, made two trips to Africa in 2019. This included a visit to Nigeria to demonstrate the use of renewable energy, solar technology and drone applications in land development. On a second visit, Ogden accompanied FVSU College of Agriculture faculty and staff to the countries of Ghana, Rwanda and Kenya to expand FVSU's global footprint and develop collaborations.

Ogden's first trip included a visit to Eku, Delta State, Nigeria at the request of Richard Obarorakpor, chaplain of Shepherd's Care. Shepherd's Care is a village that houses orphans, widows, the K-12 Bender School and an abundance of agricultural land. Obarorakpor became aware of Ogden's work with solar and drones through a mutual acquaintance.

During his three week stay in Nigeria, Ogden conducted a demonstration workshop with Shepherd's Care residents and Bender School students about renewable energy and drone technology for land improvement practices.

He also directed a land development project covering 70 acres once occupied by jungle. Using aerial drone photography, Ogden helped the villager's management practice of banana trees, pineapples, cassava and peanut placement on the land.

In addition to helping villagers in Shepherd's Care, Ogden accepted a speaking invitation to address more than 500 students at Delta State University in Abraka, Nigeria. There, he discussed FVSU's Cooperative Extension outreach work with renewable energy technology and its impact on rural development.

After returning from Nigeria, Ogden accepted an invitation from Dr. Brou Kouakou, professor of animal science and Dr. Mohammed Ibrahim, professor of agricultural economics, to accompany them on a visit to Ghana, Rwanda and Kenya. The purpose of the trip, funded by a U.S. Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) capacity building grant, was to meet with administrators and faculty at various universities and institutes in the African countries.



Throughout their visits, they discussed collaborations involving student internships, study abroad opportunities and community outreach. They also made presentations about the programs offered in FVSU's College of Agriculture, Family Sciences and Technology.

For more information about solar and drone technology, contact Ogden at 478-825-6590/6296 or ogdenc@fvsu.edu.

FARMERS LEARN NEW TECHNIQUES AND RECEIVE HONORS IN ALBANY

Farmers, ranchers and veterans recently traveled to Albany, Georgia and participated in listening sessions and graduation ceremonies sponsored by Fort Valley State University's Cooperative Extension Program.

More than 90 people attended the Small Farmers' Training Conference and Public Listening Session at the Dougherty County Extension Office. Attendees also witnessed 33 farmers earning their medallions and certificates of completion during the Simplified Record Keeping Graduation ceremony.

Representatives from FVSU's Cooperative Extension Program, local farmers and the Southern Farmers Collaborative Group made presentations.

Topics covered included Developing Personal Risk Management Plans, Congressional Farm Bill Updates, Good Agricultural Practices (GAP) and Good Handling Practices (GHP) Marketing Strategies.

Charlie Grace, FVSU area Extension agent, explained the importance of conducting listening sessions to his clients. "These workshops allow small farmers strengthen their accounting skills to determine crop projections, income and expenses, profits or losses," Grace said.

"It is vital that farmers develop an efficient form of record keeping. Accurate records are needed when applying for loan and cost share programs through the U.S. Department of Agriculture's (USDA) Farm Service Agency (FSA) and Natural Resources Conservation Service (NRCS)," Grace said. He also said accurate documentation can provide farmers data when making insurance claims and preparing taxes.

"By knowing what to do in order to achieve GAP, GHP and Food Safety Certification required by the USDA, a farmer can be more productive in getting their products to market," Grace said.

The FVSU Extension agent said he also wanted to inform farmers about the Food and Drug Administration's (FDA) Food Safety Modernization Act (FSMA) Product Safety Rule. This rule sets science-based minimum standards for growing, harvesting, packing and holding of fruits and vegetables grown for people to eat.

Ola M. Brown, a retired educator and a resident of Albany, completed Series 1 of the Simplified Records Keeping Class. Brown said she learned how to use the computer to keep up with financial record keeping, resources and production in filling out spreadsheets. She said she will recommend to her friends that if they

want to get into farming, they need to take the course.

The Albany resident also said the class will help individuals keep track of their home expenses and help them with information needed for tax returns. She's very pleased with her experience in taking the class provided by FVSU Extension.

"I think it's wonderful. I enjoyed meeting the (FVSU) people. They don't care what your age is, and they are willing to help you learn," Brown said.

For more information about future record keeping classes, contact Charlie Grace at 478-235-7090 or gracec@fvsu.edu. Clients may also contact Stefan Price at 478-235-8689 or prices@fvsu.edu





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