

EXTENSION STRIKES

Volume 9, Issue 1

QUARTERLY OUTREACH MAGAZINE

Winter 2021



REACHING. TEACHING. SERVING.



Your quarterly update and look into what's going on at FAMU Cooperative Extension Program. We remain dedicated to reaching out to serve farmers, rural and urban families, elderly, youth, entrepreneurs, small business owners, and underserved communities.

FAMU Cooperative Extension Program

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Extension Strikes

Winter 2021 Edition, Volume 9, issue 1

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March is National Nutrition

Month. #HealthyEating #HealthyLiving



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#Flashback

A flashback to the 2016 Sunbelt Agriculture Expo, located in Moultrie, Georgia.

Cover Photo:

Greenhouse of the Havana Community Development Corporation (HCDC) (est. 2009) is a 501(c)(3) Florida not-for-profit public charity and community development corporation (HCDC). HCDC is comprised of graduates of Northside High graduates and other residents and philanthropists who believes in the preservation of the once beloved abandoned the facility.



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A look back to 2018, as FAMU CEP created a cookbook of various goat recipes!

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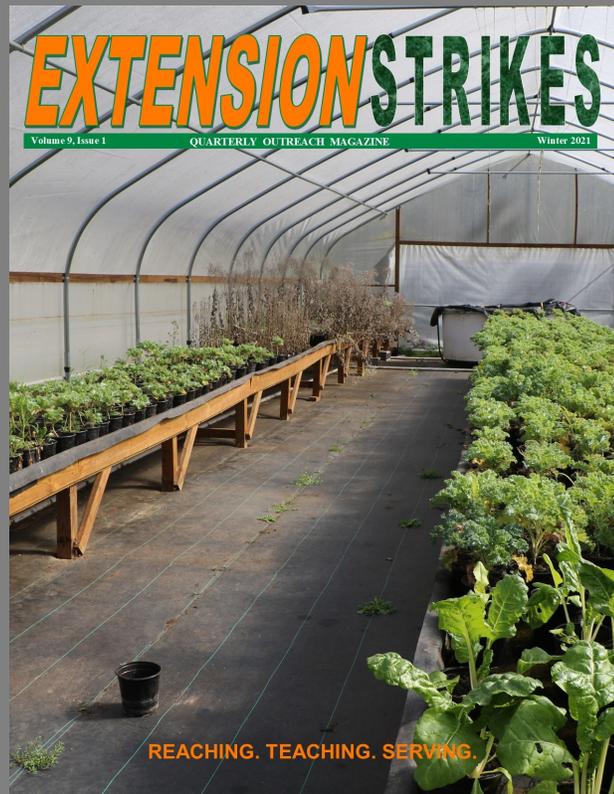
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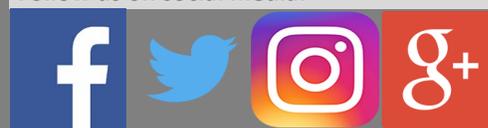
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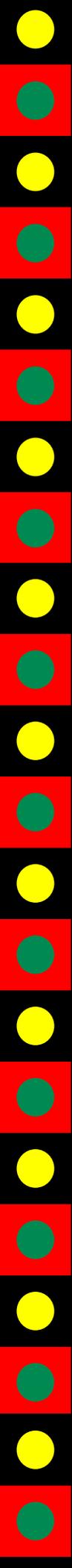
#FAMUWomeninAG celebrates American Heart Health Month



Follow us on social media:



@FAMUExt



Celebrate

BLACK
HISTORY

MONTH

A time for celebration, honor and observance.



Biden Administration Halts Residential Evictions in USDA Multifamily Housing Communities in Accordance with CDC Guidance

WASHINGTON, Feb. 1, 2021 — In one of his first acts in office, President Joe Biden requested federal agencies to extend the eviction and foreclosure moratorium for millions of Americans impacted by the COVID-19 pandemic. In response, the U.S. Centers for Disease Control and Prevention (CDC) extended the eviction and foreclosure moratorium to affected multifamily housing residents through March 31, 2021. This halt in residential evictions allows the U.S. Department of Agriculture (USDA) to extend relief to the tens-of-thousands of Americans who rely on USDA-supported multifamily housing communities.

“USDA recognizes that the COVID-19 pandemic has triggered an almost unprecedented housing affordability crisis in the United States. That’s why USDA is taking this important action today to extend rental relief to the tens-of-thousands of individuals in USDA-supported multifamily housing communities,” said USDA Deputy Under Secretary for Rural Development Justin Maxson. “Currently, more than 40,000 tenants are rent overburdened, paying more than 30 percent of their income in rent. While today’s actions are an important step for them, we need to do more. The Biden Administration looks forward to working with Congress to pass the American Rescue Plan to take more robust and aggressive actions to bring additional relief to American families and individuals impacted by the pandemic.”

In a recent Census Bureau survey, 9 million renters (or an estimated 15 percent of all renters) reported being behind on rent. The same survey showed that about 29 percent of Black families and 17 percent of Hispanic renters were behind on rent.

USDA’s Multi-Family Housing Programs provide affordable multi-family rental housing in rural areas by financing projects geared for low-income, elderly and disabled individuals and families as well as domestic farm laborers. USDA extends its reach by guaranteeing loans for affordable rental housing designed for low- to moderate-income residents in rural areas and towns. USDA also provides grants to sponsoring organizations to repair or rehabilitate housing for needy families and subsidizes rents for low-income tenants who cannot afford to pay their full rent.

The COVID-19 pandemic has presented a historic threat to our nation’s health. Despite extensive mitigation efforts, COVID-19 continues to spread in America at a concerning pace. The pandemic has also exacerbated underlying issues of housing insecurity for many Americans. Keeping people in their homes and out of congregate settings — like shelters — is a key step in helping to stop the spread of COVID-19. This Fact Sheet: President-elect Biden’s Day One Executive Actions Deliver Relief for Families Across America Amid Converging Crises | The White House provides additional information on actions being taken as part of the Federal government’s response to the COVID-19 pandemic.

Visit www.rd.usda.gov/coronavirus for additional information on USDA’s Rural Development COVID-19 relief efforts, application deadline extensions and more. USDA Rural Development will keep our customers, partners and stakeholders continuously updated as additional actions are taken to bring relief and development to rural America.

USDA Rural Development provides loans and grants to help expand economic opportunities and create jobs in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov.

USDA Press Release No. 0019.21

The access USDA press releases, log onto <https://www.usda.gov/media/press-releases>





In The News

JUSTICE FOR BLACK FARMERS BILL INTRODUCED IN SENATE

February 9, 2021- Six Democratic senators announced legislation on Monday to end discrimination at USDA and to expand Black-owned farmland by up to 32 million acres through land grants over 10 years. Sponsors include five members of the Senate Agriculture Committee, which would handle the bill.

“The Justice for Black Farmers Act will address and correct USDA discrimination and take bold steps to forgive debt and restore the land that has been lost in order to empower a new generation of Black farmers to succeed and thrive,” said New Jersey Sen. Cory Booker, who originally filed the bill last November. It died when Congress adjourned in December.

Under the legislation, an independent board would review appeals of civil rights complaints filed against the USDA, investigate complaints of discrimination within the department, and oversee the farmer-elected county committees that guide operations at local USDA offices. It also would increase funding for a USDA program to resolve the “heirs property” issue of land passed from one generation of a family to another without a clear title. A new Equitable Land Access Service would issue land grants of 160 acres apiece to up to 20,000 experienced Black farmers annually through 2030.

In 1920, there were nearly 926,000 Black farmers, compared with fewer than 50,000 today. The government agreed in the so-called Pigford settlements of 1999 and 2010 to compensate Black farmers who were harmed by discriminatory practices such as denial of USDA loans and slow handling of civil rights complaints.

Joining Booker as sponsors were Sens. Elizabeth Warren of Massachusetts, Kirsten Gillibrand of New York state, Tina Smith of Minnesota, Raphael Warnock of Georgia, and Patrick Leahy of Vermont. All but Warren are on the Agriculture Committee. Warren and Gillibrand were co-sponsors last year.

To read the entire article and get more information, go to <https://www.agriculture.com/news/business/justice-for-black-farmers-bill-introduced-in-senate>.

Article written by Chuck Abbott



ADD MORE VEGETABLES TO YOUR DAY

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

- **Discover fast ways to cook:** Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal.
- **Be ahead of the game:** Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited.
- **Choose vegetables rich in color:** Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Also, try acorn squash, cherry tomatoes, sweet potatoes, or collard greens
- **Check the freezer aisle:** Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish.
- **Stock up on veggies:** Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”
- **Make your garden salad glow with color:** Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers, onions, shredded radishes, carrots, etc.
- **Sip on some vegetable soup:** Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup.
- **While you're out:** If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.
- **Savor the flavor of seasonal vegetables:** Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.
- **Vary your veggies:** Choose a new vegetable that you've never tried before.

Tours at FAMU Research and Extension Center



PROTECTED AGRICULTURE



STRAWBERRY



CARINATA

Alternative Crop Demonstration Tour Series

Book A Free Tour

Call the FAMU Cooperative Extension at (850) 599-3546 to request a group tour.

- A maximum of 10 people required to book a group tour
- Tours last for two (2) hours
- Tours start at 10 a.m. and 2 p.m.
- Tours are on Thursday, weekly through the end of April 2021
- On each tour, you will learn about sustainable organic strawberry production, protective structures, pros and cons of protected cultivation, alley and non-alley cropping, plus so much more.

CDC guidelines regarding face coverings and social distancing will be enforced.



Contact: FAMU Research and Extension Center
 Alejandro Bolques, Ph.D. 4259 Bainbridge Highway www.famu.edu/cep
Alejandro.bolques@famu.edu Quincy, Florida 32352

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Alternative Crop Demonstration Tour Series

STRAWBERRY

Book A Free Tour

Call the FAMU Cooperative Extension at (850) 599-3546 to request a group tour.

Florida strawberry growing season is Fall through late Spring. Ideal growing temperatures are between 50°F–80°F having less than 14 hours of daylight for flowering, fruit set, and ripening

Other alternative crop demonstrations such as opportunities in hydroponics, carinata, organic strawberries, lettuce, olive, and aquaponics are included on all tours.

Set your own schedule and join us to learn about:

- Sustainable organic strawberry production
- High tunnel vs. open field production
- Selective cultivate performance in our area

- A maximum of 10 people required to book a group tour
- Tours last for two (2) hours
- Tours start at 10 a.m. and 2 p.m.
- Tours are on Thursday, weekly through the end of April 2021

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Alternative Crop Demonstration Tour Series

PROTECTED AG

Book A Free Tour

Protected Agriculture (Ag) refers to the use of plant cultivation structures such as green and shade houses, low cost and commercial high tunnels, to enhance the productivity of food crops.

Other alternative crop demonstrations such as opportunities in hydroponics, carinata, organic strawberries, lettuce, olive, and aquaponics are included on all tours.

Set your own schedule and join us to learn about:

- Protective structures
- Season extension and early market presence
- The pros and cons of protected cultivation

Call the FAMU Cooperative Extension at (850) 599-3546 to request a group tour.

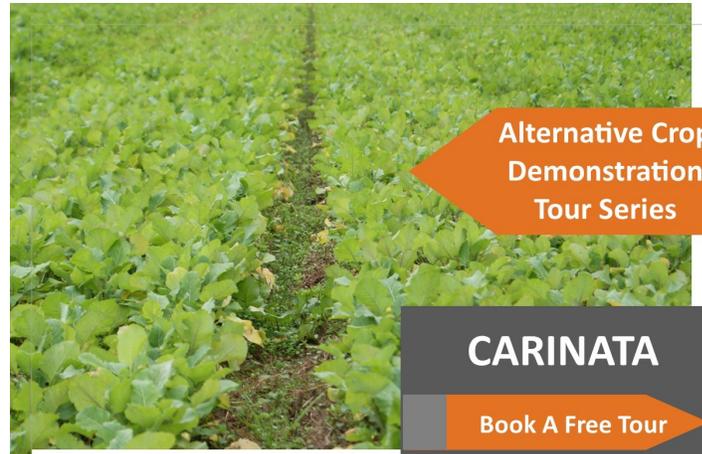
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Alternative Crop Demonstration Tour Series

CARINATA

Book A Free Tour

Carinata is an oilseed crop with potential for profitable cultivation. Its high oil content and fatty acid profile makes it suitable for the biofuel industry as a bio-jet fuel.

Other alternative crop demonstrations such as opportunities in hydroponics, carinata, organic strawberries, lettuce, olive, and aquaponics are included on all tours.

Set your own schedule and join us to learn about:

- Carinata production
- Alley and non-alley cropping
- Efforts to catalogue native pollinates

Call the FAMU Cooperative Extension at (850) 599-3546 to request a group tour.

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#Flashback

2016 Sunbelt Ag Expo
Moultrie, Georgia



Top Row: CEP's Café featuring butternut squash and collard greens (Vonda Richardson, Sandra Thompson), *Creepy Critters* 4-H display (Norman Scarbrough), display of participating vendors.

Second Row: Herbs display (Trevor Hylton and Linda Sapp), Ag-Youth recruitment (Cynthia Holloway), "our neighbors" display of Fort Valley State University.

Third Row: Crowd gathering at the FAMU CEP display (Ronda Miller), *Creepy Critters* up close and personal on display.

Forth Row: Attendees tasting the "Fruits of Viticulture" (Renysha Harris), Scotch bonnet peppers, 4-H youth Q & A (Sabrina Hayes and Kimberly Davis).

FAMU to launch community COVID-19 vaccine distribution operation on Tallahassee campus

Byron Dobson /Tallahassee Democrat

February 12, 2021-Florida A&M University received the news it has been hoping for late Thursday with the state designating the campus a community vaccination site.

FAMU President Larry Robinson confirmed the news Thursday evening during the university's Black History Month town hall featuring the presidents of Spelman College, Howard University and South Carolina State University.

Robinson, who did not go into specifics of the details finalized earlier Thursday, said the university will partner with the Florida Department of Emergency Management and Florida Department of Health on the community site, as it has been doing with the COVID-19 test site at Bragg Memorial Stadium.

Robinson indicated the plan is to begin offering vaccines for the designated members of the community "in the next couple of weeks."

Robinson said he is concerned about the number of Black people who still question the validity of getting vaccinated. State Rep. Ramon Alexander, a FAMU graduate and former student body president who represents Leon and part of Gadsden counties, was first to post the development on Facebook around 6 p.m.

"Just got off the phone with FAMU President Dr. Larry Robinson. FAMU has been designated a weekly regional COVID-19 vaccination hub," Alexander wrote.

"This means FAMU will receive vaccines to distribute in perpetuity every week! The volume of vaccines will also increase as the regional hub operational structure picks up!"

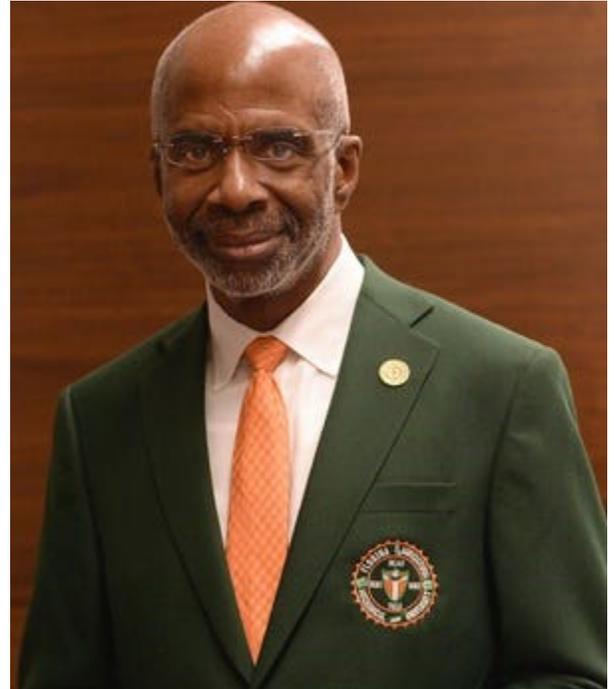
Since April 25, more than 250,000 COVID-19 tests have been administered at Bragg Stadium.

Alexander has been a leading advocate pushing to have FAMU designated as a community vaccine site.

"The distribution of COVID-19 vaccines is the most critical public health undertaking to save lives," Alexander said in mid-January. "We cannot afford to delay further the missteps of distributing the vaccines.

"I urge the Governor and state health and emergency officials to allow Florida A&M University to become a concentrated site that can provide various citizens across the Big Bend region (with) vaccinations to assist with the state rollout."

Tanya Tatum, director of Student Health Services at FAMU, said last month the university has been in discussions with the state partners about adding vaccine service to FAMU's existing COVID-19 testing site.



FAMU President Larry Robinson, Ph.D.
Photo courtesy of Florida A&M University

Contact senior writer Byron Dobson at bdobson@tallahassee.com or on Twitter @byrondobson. Article can be found at <https://www.tallahassee.com/story/news/local/famu-news/2021/02/12/famu-covid-vaccine-operation-distribution-appointment/6731317002/>

Frequently Asked Questions about the COVID-19 Vaccine



Why should I get vaccinated for COVID-19?

COVID-19 can cause serious illness or even death. There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19 disease. Even if you still get infected after you get vaccinated, the vaccine may prevent serious illness.

Can the vaccine give me COVID-19?

No, the vaccine does not cause COVID-19. None of the approved COVID-19 vaccines contain the virus that causes COVID-19. It does take a few weeks after vaccination for your body to build up antibodies to protect you from the virus. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after getting the vaccine and still get sick.

Will the shot hurt or make me sick?

Some people might get sore muscles, feel tired, or have mild fever after getting the vaccine. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a few days. If you have any concerns, call your doctor or nurse.

Why do I need two COVID-19 shots?

Some COVID-19 vaccines need two shots. The first shot gets your body ready. If you are told you need two shots, make sure that you get your second shot at the time you are told, to make sure you have full protection.

Should I get vaccinated if I already had COVID-19?

Yes, you should still be vaccinated because you can become infected more than once. Although you may have some short-term natural protection (known as immunity) after recovering from COVID-19, we don't know how long this protection will last. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have terrible symptoms that continue.

When will I be able to get the vaccine?

Although CDC makes recommendations for who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please contact your local health department for more information on COVID-19 vaccination in your area.

Do I have to pay for the vaccine?

No. The federal government is providing the vaccine free of charge to all people living in the United States.

Do I still need to wear a mask and socially distance after getting the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like wearing a mask over your nose and mouth, washing your hands often, and staying at least 6 feet away from people who don't live with you. Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19.



Key Messages

You can help stop the pandemic by getting a COVID-19 vaccine.

To stop this pandemic, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed (also called "immunity").

In the coming months, doctors' offices, retail pharmacies, hospitals, and clinics will offer COVID-19 vaccine. Your doctor's office or local pharmacy may have contacted you with information about their vaccine plans. If not, you can contact your state or local health department to find out when and where vaccines will be available in your community.

COVID-19 vaccines are safe and effective

The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. Learn how the federal government is working to ensure the safety of COVID-19 vaccines. CDC has developed a new tool, v-safe, to help us quickly find any safety issues with COVID-19 vaccines. V-safe is a smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. Download the v-safe app after you are vaccinated! Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. **These vaccines cannot give you the disease.**

COVID-19 vaccine will be free for you.

The federal government is providing the vaccine free of charge to people living in the United States. However, your vaccination provider may bill your insurance company, Medicaid, or Medicare for an administration fee.

After COVID-19 vaccination, you may have some side effects.

These are normal signs that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities. Most of these side effects should go away in a few days.

You will still need to wear a mask and socially distance after getting each shot of the vaccine for now.

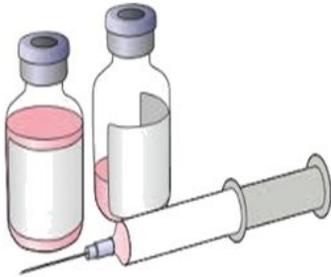
As experts learn more about how COVID-19 vaccination may help reduce spread of the disease, CDC will continue to use the latest science to update the recommendations for protecting communities.



Information courtesy of the CDC and can be found at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/community-organization.html>



VACCINES (SHOTS) ARE ONE OF THE TOOLS WE HAVE TO FIGHT THE COVID-19 PANDEMIC.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body’s natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don’t live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe

Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. **Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.

When you get the vaccine, you and your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.



Information courtesy of the CDC and can be found at <https://www.cdc.gov/coronavirus/vaccines>



FLORIDA A&M UNIVERSITY
**COOPERATIVE
EXTENSION**
COLLEGE OF AGRICULTURE AND FOOD SCIENCES

2021 FAMU AgDiscovery

Summer Program

For rising 9th-12th Graders

June 13-26, 2021

Application Deadline: March 25, 2021

To apply, click [here](#)

For more information on the program, visit: www.aphis.usda.gov/agdiscovery.

Contact:

Carmen Lyttle-N'guessan, Ph.D.: 850-412-5363

Glen Wright, DVM: 850-599-8433

Cooperative Extension Program: 850-599-3546



2021 Master Goat and Sheep Certification Program Series

The Small Ruminant Program at Florida A&M University will host four virtual Master Goat and Sheep Certification Programs in 2021.

2021 Class Dates

[Click for Winter Session](#)
Starts January 29, 2021

[Click for Spring Session](#)
Starts April 30, 2021

[Click for Summer Session](#)
Starts July 30, 2021

[Click for Fall Session](#)
Starts November 19, 2021



Who Should Participate?

Beginning or advanced goat or sheep producers, agricultural professionals, students, or others that are interested in attending the training program

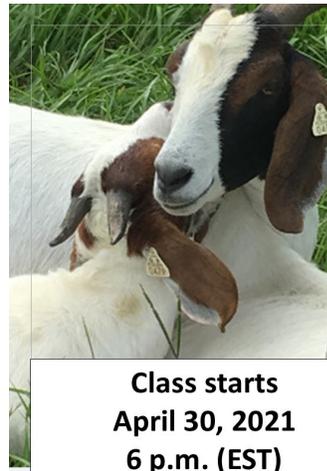
Courses: herd health, breeding, and reproduction management, selecting and evaluating livestock and so much more

Requirements: Must have access to a computer, the internet and a [Gmail](#) account to participate.

For more information, contact:
Angela McKenzie-Jakes at
angela.mckenziejakes@famuedu.



Stay Connected @FAMUExt



Class starts
April 30, 2021
6 p.m. (EST)

Virtual Master Goat and Sheep Certification Program

Who Should Participate?

Beginning or advanced goat or sheep producers, agricultural professionals, students, or others that are interested in attending the training program.

Courses: herd health, breeding, and reproduction management, selecting and evaluating livestock and so much more.

Requirements: Must have access to a computer, the internet and a Gmail account to participate.

This is a free class.

Registration Dates

April 1—April 29, 2021



Zoom information

Register in advance for this meeting:

<https://famuedu.zoom.us/j/9123456789>

After registering, you will receive a confirmation email containing information about joining the meeting.



Contact Person:
Angela McKenzie-Jakes
Angela.mckenziejakes@famuedu

4259 Bainbridge Highway
Quincy, Florida 32352

<http://www.famuedu/index.cfm?cooperativeextension>

Phone: 850-599-3546

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www.famuedu/cep

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July 30, 2021
6 p.m. (EST)

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Beginning or advanced goat or sheep producers, agricultural professionals, students, or others that are interested in attending the training program.

Courses: herd health, breeding, and reproduction management, selecting and evaluating livestock and so much more.

Requirements: Must have access to a computer, the internet and a Gmail account to participate.

This is a free class.

Registration Dates

July 1 – July 29, 2021



Zoom information

Register in advance for this meeting:

<https://famuedu.zoom.us/j/9123456789>

After registering, you will receive a confirmation email containing information about joining the meeting.



Contact Person:
Angela McKenzie-Jakes
Angela.mckenziejakes@famuedu

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<http://www.famuedu/index.cfm?cooperativeextension>

The Florida A&M University Cooperative Extension Program is an Equal Employment/Educational Opportunity access organization that provides research-based educational information and other services only to eligible individuals and institutions regardless of race, color, national origin, religion, gender, age, disability, sexual orientation, marital or veteran status.



Class starts
November 19, 2021
6 p.m. (EST)

Virtual Master Goat and Sheep Certification Program

Who Should Participate?

Beginning or advanced goat or sheep producers, agricultural professionals, students, or others that are interested in attending the training program.

Courses: herd health, breeding, and reproduction management, selecting and evaluating livestock and so much more.

Requirements: Must have access to a computer, the internet and a Gmail account to participate.

This is a free class.

Registration Dates

October 20—November 18, 2021



Zoom information

Register in advance for this meeting:

<https://famuedu.zoom.us/j/9123456789>

After registering, you will receive a confirmation email containing information about joining the meeting.



Contact Person:
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February is American Heart Health Month



#WomenWearRed

#FAMUWomenOfAG

Join us, as we celebrate American Heart Month, by taking some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

5 INTERESTING FACTS ABOUT HEART HEALTH

- 1) **Heart attacks can be silent:** One in five heart attacks occurs without the person even knowing they had one.
- 2) **Heart attacks affect women differently:** Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.
- 3) **Young women are at higher risk than men:** Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.
- 4) **Another reason to hate Mondays:** Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.
- 5) **Diet soda raises heart attack risk:** If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

HOW TO OBSERVE AMERICAN HEART MONTH

- Take up heart-healthy habit
- Educate yourself
- Get your cholesterol tested

For more information, please log onto <https://nationaltoday.com/american-heart-month/>

Goat Meat Eats!

Did you know that in 2018, FAMU CEP created a cookbook, featuring strictly recipes using goat meat, also known as *Chevon*?

Below are a few treats we created in the demo kitchen at the FAMU Teleconference Center.





Red leaf lettuce grown via aquaponics. (*Wakulla County, FL*)

Contact Us

For more information about our services and programs.

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PLACE
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