



# Family and Consumer Sciences

# Annual Report 2015



**MISSISSIPPI STATE**  
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The Mississippi State University Extension Service Family and Consumer Sciences (FCS) program strives to help Mississippi residents keep up with technology and changing lifestyles. We seek new ways to strengthen families, promote healthy lifestyles, assist with financial decisions, and develop community leaders by taking our programs to community centers, schools, churches, and other venues.

MSU Extension provides programs in nutrition, health, financial management, child development, and leadership development in all of Mississippi's 82 counties. FCS is a vital link connecting the resources of the university to citizens across the state. FCS faculty members work with Extension agents to address important issues facing Mississippians. Extension agents with Family and Consumer Sciences responsibilities provided information to approximately 714,278 individuals during the 2014–15 year.

We hope you enjoy reading about the work being done through the FCS program at Mississippi State University.

Dr. Paula I. Threadgill  
Associate Director  
Mississippi State University Extension Service



## Youth Sewing Workshop

At a 4-day Youth Sewing Workshop, girls learned how to operate a sewing machine and made a denim tote bag and pajama pants, shorts, or capris. Covington County MHV members helped FCS agent Carolyn Conger with the workshop. On the last day, the Mississippi Tobacco Coalition for Smith and Covington Counties sponsored a pizza lunch for the girls. Representatives also shared information on being tobacco-free.





## MHV Quilts for Heroes

MHV members make and donate quilts to wounded veterans who attend the spring and fall Hunts for Heroes in Hot Coffee, Mississippi. Landowners Troy and Beverly Davis offer the deer and turkey hunts at their hunting camp in Covington County. In 2015, MHV members made and distributed 16 quilts and three towel sets to hunters. MHV members currently are piecing together quilts for future hunts.



## Welcome to the Real World

Seniors at Mt. Olive High School participated in Welcome to the Real World, a program that introduces teens to realistic scenarios and the budgeting challenges life can bring. Covington County Extension personnel presented the program, with assistance from MHV members and area family resource management agent Susan Cosgrove. This was the first time this program has been presented in Covington County. Teachers and students were very receptive.



*Life doesn't come with a manual, so where do we turn for solid advice on relationships, health, finances and food? Family and Consumer Sciences engages the science and research behind what keeps us and our families healthy in mind and body.*

## Canning Jams and Jellies

Residents of the Glendora Housing Authority and other Glendora citizens recently participated in a 6-month canning series with Beth Bell, an Extension agent in Tallahatchie County. Participants loved learning how to can jams and jellies and put up pickles and squash relish.





## Sewing Class Empowers Women

Harrison County Extension agent Kim Gowdy taught sewing skills to participants in Mujeres Unidas (Women United), a program aimed at empowering Latina women toward self-sufficiency. Mujeres Unidas is a grant outreach program through St. Paul UMC in Biloxi that encourages women to be leaders and take charge of their lives while forming community with other women.

Gowdy recently completed the Introduction to Sewing class for FCS agents taught by Extension instructor Dr. Wanda Cheek. She learned basic sewing skills and how to teach those skills to people in her community.

“One of the initiatives for MSU Extension is bridging the gap among our diverse clientele within our communities. What better way to do so than to teach hands-on skills that will be beneficial to them and their families?” Gowdy explained.

*Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.*



# Rural Medical Scholars Program

Twenty-four rising high school seniors participated in the 16th summer of the Rural Medical Scholars program developed and directed by MSU Extension. Students in the academically challenging program are enrolled in two pre-medicine courses, shadow local physicians, and participate in activities related to the life of a physician. The program is designed to help students answer that all-important question, “Is medicine for me, and is this truly what I want to do?”

Seventy percent of graduates over the years have gone on to pursue a health-related career, 35 percent have gone on to medical school, and 27 percent are practicing physicians today—a real contribution to a state with the lowest number of physicians per person in the country.







## Cancer Control

MSU Extension is a lead partner with the Mississippi Partnership for Comprehensive Cancer Control. This partnership allows Extension to provide more and better education on cancer prevention throughout Mississippi. Dr. David Buys, state health specialist, used a skin analyzer to help a client in Monroe County conduct a skin self-exam to evaluate sun spots that may need treatment.

*FCS is a vital part of the Mississippi State University Extension Service.*

## MBCI Education

Extension personnel presented workshops to two groups of employees at Pearl River Head Start on the Mississippi Band of Choctaw Indians Reservation near Philadelphia. Dr. David Buys, state health specialist, taught participants a session on understanding and managing stress. Dr. Bonnie Carew, rural health program leader, and Ann Sansing, community health coordinator, led the Real Colors personality instrument workshop to address the importance of human relationships at work.



## Healthy Homes

Dr. David Buys, state health specialist, and Bolivar County Extension agent Laura Jane Giaccaglia presented a workshop to the Bolivar County MHV club on the role of indoor air quality on healthy homes.





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