

Annual Report to the People

October 2010
Beaufort County



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Mission Statement

"The mission of the Cooperative Extension Service is to provide sound, scientifically based information to South Carolinians and help them use that information to improve the quality of their lives."

Professional Horticulture Education

The Beaufort Clemson Extension office offers Turf and Ornamental courses to professional landscapers. A good example is Turf School with presentations by Clemson faculty which focused on pesticide applicators and homeowners.

These courses are particular useful to our local landscape industry so as to increase customer satisfaction and limit the unnecessary use of fertilizers and chemicals. Local landscape professional are kept apprised of the latest research based information through emails and trainings. Our local faculty, LauraLee Rose and York Glove, provide ongoing continuing education to inform our local industry and homeowners about the correct and efficient use of chemicals, appropriate plants for the Lowcountry, and disease identification.



4-H CHARLOTTE'S WEB COMES ALIVE

- 14, 4-H Community, In School and Afterschool Clubs
- Over 2,000 youth participated in 4-H Enrichment
- 30 4-H Volunteer Leaders giving over 6,000 volunteer hours
- Participation in area Festivals, County and State Fairs, Shows and Contests
- 200 + Youth from Beaufort County attended 4-H Day & Overnight camps
- Horse Camps, Migrant Farm Safety Day, Eco Camp, AES/Teen CERT





“CHARLOTTE’S WEB COMES ALIVE” was the theme for a day of fun and learning at the Marine Corps Parris Island Recruit Depot movie theater. The movie Charlotte’s Web was shown to 510 children and as they emerged from the theater the REAL LIVE characters Wilbur the pig, the old sheep, Geoffrey the goat, goose, chickens, Templeton and his brother the mice and even Charlotte the spider were there to greet them. Signs were displayed on each pen for the children to recognize the characters in the movie, such as Wilbur the pig and Charlotte the spider. This was an opportunity to teach military families about 4-

H, animals and the farm in Beaufort County as well as the state of South Carolina. The families were given educational information about the animal’s origin, food, habits and uses. The visitors received hands-on experiences of touching and feeding the animals. They also learned that agriculture was the second largest industry in South Carolina, which amazed many. To promote reading 100 books of Charlotte’s Web were handed out. Other activities as a Jumpy booth, Waterslide and craft tables of (Wilbur the pig and Charlotte the spider) were a big hit as well. The 510 military children that had this opportunity may never have another chance to be close to animals. Living in military housing and on base is very limiting to military families. Many of the parents grew up in small towns or in the country but their children do not get the experience they did as a child.” It was truly a 3-D experience” one mother stated, it is the real thing. Getting a copy of the book was a special gift one young boy stated that he can read it over and over again and he would remember the fun he had today. Hands-on experience is what makes 4-H



members and Volunteer Leaders do what they do. Seeing a child touch an animal or feed one for the first time, being afraid and then watching a face light and a big smile that the goat ate out of their hand is indescribable. The impact was marked on each child’s face.

Seven Healthy Tips

- **RETHINK YOUR DRINK**---Do you pay attention to what or how much you drink each day? Before picking up that can of soda, think about choosing something healthy like water, milk or 100% fruit juice!
- **RIGHT SIZE YOUR PORTIONS**---When it comes to portion sizes, bigger is not always better! Portion sizes have increased greatly over time, which can lead to eating more calories than we really need. Super sized meals may seem like a good value, but we pay for it with poor health.
- **TAME THE TUBE**---How much TV does your family watch? Most children today spend more time watching TV than ever before. By turning off the TV, you can lower your family’s risk for being overweight and spend more “quality time” together.
- **MOVE MORE EVERY DAY**---Even small amounts of regular physical activity can improve your health. Make simple changes like taking the stairs instead of the elevator and parking further from a store entrance. You can also walk or bike your kids to school---every step can really add up.
- **EAT MORE HEALTHY MEALS AT HOME**---Eating smart at home will not only reduce the amount of fat and calories you eat---it can even save you time and money! Have your family help with planning, shopping, and preparing meals to make it a true team effort.
- **EAT MORE FRUITS AND VEGETABLES**---Fruits and vegetables offer important nutrients and can help prevent some diseases. They are also low in calories and help you keep a healthy weight. Whether fresh, frozen, canned, dried or 100% juice, fruits and vegetables are quick, delicious and convenient. They will keep you healthy all year round.
- **BREASTFEED YOUR BABY**---More and more women are choosing to breastfeed their babies. Breastfeeding helps your baby get the important nutrients he or she needs. Breastfeed babies are also more resistant to illness and have less risk of being overweight. Mothers who breastfeed also have less risk of ovarian cancer. Breastfeeding is the best start to being smart.

**For more information, visit
EatSmartMoveMoreSC.org**

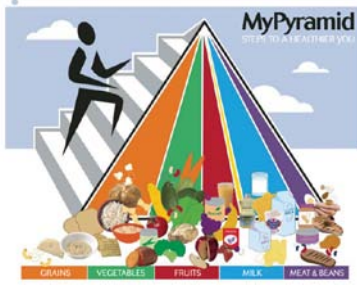
Using Our Natural Resources Wisely

One of the services that were provided in 2009-2010 by Clemson Extension in Beaufort County is Stormwater and water quality education. This was accomplished by giving local programs in rainwater harvesting, rain barrels and rain gardens. Using funds from the County we purchased and donated 20 rain barrels to schools and public buildings countywide. We have a demonstration barrel at the Extension office which was used for irrigation, and we have planted water loving plants in the center of the parking lot as a rain garden. Master Gardeners, as a part of their volunteer community and educational service also advise residents on lawn care using minimal pesticides, and fertilizers. We also encourage the use of native and drought tolerant plants in home landscaping.



Water quality and conservation of natural resources are a large component of the Clemson Extension's consumer education. I serve on Boards of the Lowcountry Estuarium, Keep Beaufort County Beautiful, and local chapter of the South Carolina Native Plant Society. I attend meetings of the Together for Beaufort Water Quality Committee and the Stormwater Utility Advisory Board.





EFNEP Presents Deal Me In

Lesson Curriculum provided through the Dairy Council of California, teaches K-2 graders what the USDA's MyPyramid is all about. Two Elementary schools in the area are presently involved (194 students and 8 teachers) are focusing on a personalized approach to healthy eating, physical activity and fun. Daily physical activity, balance of how much to choose from each food group, moderation in the amounts and types of foods and variety from all food groups are the essential foundation to a healthy diet and lifestyle. Some titles of the lessons are: Fishing for a Food Group, I Spy a Healthy

Breakfast, Breakfast Roll, The Snack Machine and Playing Hard or Hardly Playing. These lessons are presented in game form to excite them as they are learning and having fun. When they have completed this program, students will be able to: choose individual foods that contribute to their health as demonstrated by selecting appropriate breakfast and/or snack options, choose individual physical activities that contribute to their health and recognize healthy food choices available.

Clemson Leadership Program Enhances Economic Potential of Beaufort County

Clemson Extension sponsors the Beaufort County Senior Leadership program. It is managed by Community Development Extension Agent, Bob Guinn, and is delivered at various locations throughout the county based on the topic being covered. This year there are 32 students and an advisory/action team board of approximately 25 individuals helping to deliver the program. The program consists of 13 sessions, approximately 120 speakers, and an additional 60 individuals which are featured artists, discussion panels, and performing groups. Each year, members participate in conducting research and producing a "White Paper" on various topic including economic development. These papers are presented to the larger class on graduation day and then distributed to policy and political decision makers to help promote sound policy development. Upon graduation, students are encouraged to become civically engaged in their local community and take a leadership role. Historically, many students volunteer to be on boards, task forces, or work with local civic groups or local schools and to participate in local leadership positions. Research has shown that approximately 80% of the leadership graduates are still civically engaged in a leadership role three years after graduation.

Pesticide Education

Impact:

- 1 individual certified as private pesticide applicator.
- 56 licensed pesticide applicators from the Lowcountry of South Carolina completed 3 hours of re-certification credits.
- 10 individuals attended training for the Commercial Pesticide Core and Category 3 examinations.
- Farmers and commercial pesticide operators continued participating in the Beaufort County Pesticide Disposal Program.

Engaging Beaufort Farmers



• 6 farmer's markets (The City of Beaufort, Bluffton Market on Calhoun Street, Hilton Head at the Shelter Cove Mall, Habersham Community, Buckwalter Market in Bluffton, and The Town of Port Royal) provided an array of fruits and vegetables to consumers. The Bluffton and Port Royal Farmer's Markets experienced over 1,000 daily foot traffic during the peak of the season. Participating farmers experienced economic gain from the markets.

• Initiated the Vegetable/Fruit Processing Task Force consisting of farm, agency, school, military, and community representatives. The task force mission is to improve the health and economic status of our businesses and residents of our community by providing support to local farmers to grow fresh fruits and vegetables for local consumption.

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Fisheries Specialist conducts research to test video monitoring technology in the snapper grouper fishery

In collaboration with the NC Sea Grant program, Amber Von Harten with the SC Sea Grant Extension Program initiated a NOAA funded collaborative research project with six commercial snapper grouper vessels in NC, SC and GA this past spring. The project is testing the use of electronic monitoring systems (video cameras) to measure fishing activity and the species composition of fish that are kept and discarded. Many fisheries in the region are facing increased regulations and fishery closures that will eventually require additional monitoring of the harvest. Electronic (video) monitoring is one mechanism that could be used in the future that may be more cost-effective than utilizing human observers on-board vessels during fishing trips. Camera systems were installed on the six vessels and fishing activity for every trip between April and December 2010 was recorded. A

portion of the video from each trip is being analyzed for fishing activity, species composition, kept vs. discarded and cross referenced with the vessels catch logbook. Archipelago Marine Research, the developers of the systems, is reviewing the data and will provide results to project investigators by the spring of 2011. Results will also be presented to snapper grouper fishermen and South Atlantic Fishery Management Council members in the summer of 2011. For additional information, contact Amber Von Harten, Fisheries Specialist, at 843.255.6060 ext 112 or ambervh@clemson.edu.

Camera mounted on vessel stern to record fishing activity on electric bandit reel.

