Jeffery Feaster, a sophomore at Fairfield Central High School was one of 8 delegates selected to represent South Carolina 4-H at the 2017 Presidential Inauguration in Washington DC. After witnessing the swearing in of the 45th President of the United States, Jeffery and other delegates will experience Inauguration Day events to include an Inauguration Ball and Dinner. Additionally, delegates will attend workshops and other activities focusing on learning the meaning and the importance of the democratic process.

Youth selected for the National 4-H Citizen Washington Focus Delegation underwent a vigorous screening process that included an extensive personal interview as well as applications, resumes, and letters of intent and recommendation. Jeffery will leave for Washington on Tuesday, January 17, 2017 and return on Saturday, January 21, 2017.
Grocery Shopping for Health and Wealth was the theme of two workshops coordinated by Carolina Community Actions of Fairfield County in April and June of 2016. Clemson Extension Food Safety and Nutrition agent Katherine Shavo led the sessions with the help of fellow agents Deon Leggett and Angela Forbes. Around 45 people participated in the events, which included a workshop on budget-stretching grocery shopping strategies, plus a demonstration of healthy cooking techniques using five easy, tasty, economical recipes.

One of the goals behind the program was to teach affordable ways to eat more vegetables and fruits on a daily basis. According to statistics from the SC Department of Environmental Health and Control (DHEC) for Fairfield County, Foundation County Health Rankings 2016.) 47% of adults reported eating less than one serving of fruit per day and 28% reported eating less than one serving of vegetable per day. Fruits and vegetables play a very important role in maintaining a healthy weight and in managing many chronic diseases such as diabetes, heart disease, and high blood pressure. Seasonal shopping and wise selection among fresh, frozen, canned, and dried foods when out of season plays a big role in stretching a budget in an area where food access can be limited. The workshops occurred during a time when a major grocery had closed leaving only one grocery in a county where 21% experience food insecurity (R.W. Johnson Foundation County Health Rankings 2016.)

The class included information from the United States Department of Agriculture (USDA) publication “What’s On Your Plate? Smart Food Choices for Healthy Eating.” To support participants in adopting the strategies, each received a copy of the publication, a reusable shopping bag, grocery list pad, and a kitchen utensil such as a peeler, liquid measuring cup or a sieve. Additionally, Carolina Community Actions provided all participants with a gift card for a local grocery store so they could apply information learned in the class. As a follow up, Mrs. Shavo, who is a Registered Dietitian, met class participants during their gift card grocery-shopping trip to answer any shopping and nutrition questions and gather follow-up information. The participants Mrs. Shavo met at the store adopted many of the ideas from the class some had even planned their menu and shopping list to include recipes demonstrated in class.

The Clemson Extension Home & Garden Information Center (HGIC) delivers information to the residents of South Carolina via a toll-free telephone number (1-888-656-9988) through an interactive voice response (IVR) system and a website. hgc.clemson.edu

The website provides information on landscaping, gardening, plant health, household pests, food safety & preservation, and nutrition, physical activity & health 24 hours a day, 7 days a week. Additionally, HGIC staff are available to answer questions via their toll-free number, 1-888-656-9988 (South Carolina residents only), between 8:00 am and 4:30 pm, Monday through Friday.
4-H Programming Prepares Youth for a Future in Science, Technology, Engineering and Math

A total of 52 Students attending the Fairfield County Recreation Commission Summer Camp participated in 4-H STEM Day. Campers had the opportunity to rotate to a variety of stations ran by 4-H youth volunteers, to participate in hands-on activities that focused on science, technology, engineering and math. Youth learned how to make paper rockets and even practiced Newton’s Theory of Relativity by using model cars. In addition, they learned about the life cycle of the butterfly at one station and learned ways to protect our natural resources at the next. Using snap circuits, campers were able to have hands on experiences creating electronics such as a light switch and a flying saucer. Activities for the day also included active games that showcased the importance of movement when living a healthy lifestyle.

Activities such as these are very important to today’s youth. The 4-H Study of Positive Youth Development shows that compared to their peers, youth that participate in 4-H are twice as likely to pursue careers in Science, and are more likely to make healthier choices, be physically active, and to avoid risky behavior. 4-H programming uses a “learn by doing” approach to empower youth to become healthy, productive and contributing members of society. 4-H making the best better in Fairfield County.
Tri-County Feeder Calf Sale

Area Feeder Calf Sale was conducted during September. A total of 1,219 calves from 15 area farms were sold in truck load lots by video auction on September 1st and delivered throughout September.

Marketing calves in uniform, load lots received an additional 10.35 cents per pound when compared to traditional marketing methods. This generated an additional $99 per head for each calf sold, or $120,681 additional income, for area cattle producers.

Three Fairfield County farms participated in the sale, marketing 416 calves. This resulted in $41,418 of additional income, or $13,827 per farm, when compared to traditional marketing methods.

Forestry and Natural Resources

Quite possibly the most common question a Forestry and Natural Resources extension agent hears is something along the lines of “I’ve got some forest land, what should I be doing with it?” This question typically comes from one of two types of people. The first are those who have just purchased land want to manage it to fit their objectives. The second type are those that have inherited land from family and have had little involvement in the land in the past and want to do the right thing. In either case it all boils down to what are the basics that every forest landowner should know in order to make decisions in order to best manage their property.

“Forestry for the Farm” was a workshop held April 28, 2016 just outside of Columbia, SC at the Clemson University Sandhills Research and Education Center and was aimed at addressing this common question. Fairfield county forestry and natural resources agent Ryan Bean was a host and speaker for this event which drew 49 attendees. Topics included “Forestry in SC”, “Forest Products and Income Opportunities”, “Forest Management”, “Regional and Site Considerations”, “Programs and Agency Services”, “Selling Timber”, and “Tax Considerations”. The workshop also included a field tour where attendees were shown typical forest management practices.

Through workshops of this type the hope is to make proper forest management more accessible to landowners. Ryan will be working closely with the SC Forestry Association in the coming year to implement a series of workshops in the Fairfield and Chester county area. If you would like more information, please contact Ryan by email at rbean@clemson.edu or by phone at (803) 840-6124.
Two out of three South Carolina adults and one out of three children are overweight or obese. Obesity and poor diet have become a major contributor to chronic diseases like heart disease, cancer, and diabetes. Chronic diseases kill the most people in our state, make the most people sick, and cost our state the most to treat. 80% of chronic diseases are preventable. If current trends continue, this generation of South Carolina children will have shorter life expectancy than their parents. The economic cost of obesity in South Carolina is estimated to be $8.5 billion per year and growing.

The Expanded Food and Nutrition Education Program (EFNEP) has been on the forefront to address this growing epidemic. Delivering nutrition education to children, youth, and adults with limited resources is the main focus. Participants learn to eat smart, move more, and achieve healthy weight. EFNEP reaches these high risk individuals through tried and true lessons and activities in peer to peer fashion by nutrition educators recruited from their communities and neighborhoods.

Studies in several states have found that for every dollar invested in nutrition education equals a future savings in health care costs. Sixteen Nutrition Educators and 4-H educators actively participated in the 2-Day interactive and hands-on Choose Health: Food Fun and Fitness (CHFFF) Youth Curriculum Super Hero Educator Training on August 22-23, 2016. Marlyne R. Walker and Gloria Springs conducted a Statewide CHFFF training to EFNEP Staff. The training was offered to 4-H agents. CHFFF is a comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 8 – 12 years olds (3rd – 6th graders). Experiential learning is used to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease. Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter.

100% of the participants plans to offered CHFFF (16 counties). Fairfield 4-H educators plans to implement healthy lifestyle program in Fairfield County. Practice-based evidence suggests that CHFFF promotes positive behavior change in youth.
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The Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.

Jackie Jordan – Horticulture Agent in Fairfield County

Horticulture Agent Jackie Jordan is passionate about gardening and loves sharing her experiences and knowledge with the citizens of Fairfield County. She has partnered with the Fairfield Memorial Hospital to offer a series of free workshops on vegetable gardening. The programs are one hour lunch and learns given from 12 – 1 p.m. at in the Conference Room of the hospital. Most recently topics such as “Planning for a Fall Garden”, and “Terrific Tomatoes” have been offered. Jackie has also partnered with Food Safety and Nutrition Agent Katherine Shave to offer “Cook It, Grow It” a series on growing and preparing fresh produce. The first in the series was all about cooking and growing fresh herbs.

If you are interested in learning more about gardening or would like to request programming Horticulture Agent Jackie Jordan would be more than happy to assist you.

Please contact Jackie Jordan through the Fairfield County Extension Office or by her email at jkopack@clemson.edu