



2017 REPORT TO THE PEOPLE: BAMBERG COUNTY

Breakfast- An Important Meal

Studies have shown that when children have breakfast, they are more alert, participate more fully in school activities, and they usually are on their best behavior. They have longer attention spans, score better on tests & improve their grades, are tardy or absent less often, and make fewer visits to the school nurse. They also are not as easily distracted and are less fidgety, irritable or tired. Breakfast is considered the most important meal of the day, yet hectic schedules make it hard to choose nutritious foods. Breakfast-skippers may not get the missed nutrients at other meals and snacks during the day. On the other hand, the eating patterns of people who eat ready-to-eat cereals for breakfast usually include more vitamins and minerals and less total fat, saturated fat, cholesterol, and calories. Youth participating in the Denmark Summer Recreation Program learned about the importance of eating breakfast. They also learned how to make a quick and easy breakfast parfait. Eighty percent of the participants felt the information was useful and that they were going to make the parfait at home.



▲ Youths learning how to make a breakfast parfait



▲ Carey Herndon is presented the coveted 4-H Presidential Tray by Dr. Jean Bertrand, Associate Dean for Academic Affairs, College of Ag, Forestry, & Life Sciences and a scholarship by SC Advocates for Agriculture Mr. Neil Crisp

4-H'er Receives Presidential Tray

Carey Herndon, Past State 4-H Council President, received the coveted 4-H Presidential Tray Award while presiding over 2017 State 4-H Congress held at Clemson University July 12-15. The South Carolina 4-H Presidential Tray is the highest honor a South Carolina 4-H member can receive. It is a result of many years of dedication and hard work, commitment to citizenship, leadership and volunteerism. Herndon served on State 4-H Council for three years as President, Vice-President, and Secretary. She represented South Carolina 4-H at five national events including National 4-H Conference, National 4-H Congress, two years to Southern Region Teen Leadership Conference, and the American Farm Bureau Foundation Conference in Phoenix. Over her thirteen-year 4-H career, she participated in livestock, shooting sports, healthy lifestyles, natural resources, leadership, citizenship and personal development projects. After she attended her first leadership retreat in sixth grade, she set her sights on becoming a part of the state leadership team and one day serve as State 4-H President. Along with a silver tray, Carey received a \$1500 educational scholarship from SC Advocates for Agriculture.

SC COOPERATIVE EXTENSION
AT A GLANCE



AGENTS
133



PROGRAMS
11,158



CONTACTS
242,239



**YOUTH & FAMILIES
REACHED**
104,156

AG ED
163

AGRONOMIC
133

76
FORESTRY

**FOOD
SAFETY &
NUTRITION**
2,967

**NUMBER OF
PROGRAMS**

**LIVESTOCK
& FORAGES**
316

HORTICULTURE
1,858

4-H
4,278

**WATER
RESOURCES**
1,174

181
AGRIBUSINESS



▲ Tour at Johnny Haralson's

Longleaf Pine Management Field Day

Clemson Extension and the Longleaf Alliance (in partnership with numerous other agencies, businesses and entities) held a joint meeting about longleaf pine management and bobwhite quail on June 8, 2017. The tour was hosted at Johnny Haralson's Hwy 70 Farm located in Blackville, SC. The field tour was sold out with +50 landowners, with participants coming from the surrounding area counties.

Topics for the day's event were; Pine Straw Round Baling, Salvage Thinning post-Natural Disaster, Controlled Burning and Native Warm Season Plots for Wildlife Food/Habitat. Participants were treated to a hay ride of the farm to see everything that was talked about and how it was being implemented.

Participants also saw other operations of the farm in effort to get a firsthand look at what goes into having a plantation dedicated to huntable populations of quail while still generating timber revenue from the property.



◀ The Bamberg County Family & Community Leaders (FCL) is an organization with a mission to improve the quality of life for individuals, families, and communities through fellowship, education, and service. Some of the educational programs include Healthy Food, Healthy Living as We Age, Homemade Household Cleaners, Mosquito Control, and Tips for Controlling Nuisance Wildlife. Joe Varn, Agriculture Agent for the Bamberg County Extension Service, presented a program on Nuisance Wildlife Control.

<http://www.clemson.edu/bamberg>