

# 2017 REPORT TO THE PEOPLE: LANCASTER COUNTY

## 4-H Embryology Project

The 4-H Embryology Project in Lancaster County reaches every second grade classroom in the county. In the spring of 2017, the project reached nearly 1500 students. The project has proven to increase the youths understanding of life cycles in a fun and hands-on learning environment. Classrooms house an incubator with two dozen eggs and explore the changes each day as the embryo grows until hatching. The 4-H Agent in Lancaster County communicated with second grade classroom teachers and discussed ways to measure/demonstrate knowledge gained and provide insight into what the students learned through the Embryology Project. The group overwhelmingly supported a writing competition for youth to share what they learned through the project. In the first year of offering the Embryology Writing Challenge, youth learned to formulate their ideas into words and are providing well thought out examples of the lessons learned through the 4-H Embryology Project. Each student submitting letters demonstrated knowledge gained through the study of life cycles. In addition to meeting the standards for the study of life cycles, the project meets South Carolina state standards for writing.



▲ Some of the visual aids used to demonstrate beverage amounts.



▲ One school winner of the first Embryology Writing Challenge

## Rethink Your Drink

The Lancaster Senior Coalition partnered with Lancaster County Food Safety and Nutrition Agent to teach two classes, in Heath Springs and Lancaster, on a nutrition topic relating specifically to seniors. At each class, memory screening was offered to participants from the public or participate in the congregate meal site lunch. Dehydration and water consumption are vital to health and symptoms of dehydration include confusion and disorientation. A presentation and demonstration was done to illustrate the amount of fluid needed. Thirty-five seniors total learned the functions of water in the body, how much each person needs per day, and how to determine if they are hydrated. A variety of cups, glasses, containers, etc. were included to demonstrate amounts needed. Participants from each audience did a 24-hour water recall and measured out the amount they consumed the day before the class. It was helpful to see what they actually consumed. They learned that fluid comes from any beverage consumed and also foods, but that many of the beverages they drink, such as sweetened tea, cola and juice drinks, are high in sugar.

**SC COOPERATIVE EXTENSION**  
*AT A GLANCE*



**AGENTS**  
133



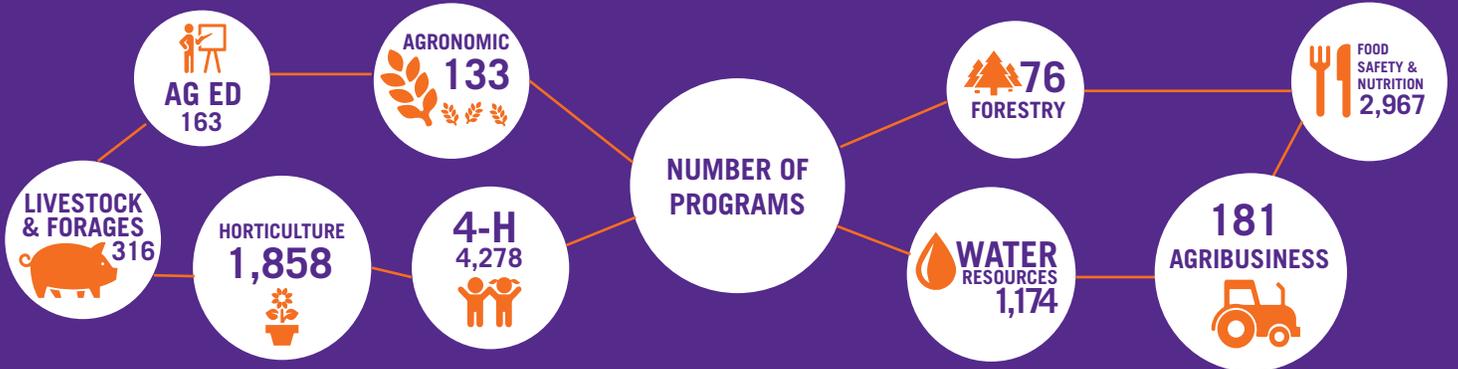
**PROGRAMS**  
11,158



**CONTACTS**  
242,239



**YOUTH & FAMILIES  
REACHED**  
104,156



**Local Food on the Move!**

Getting locally produced food on area tables became a little easier in 2017 thanks to the addition of a new refrigerated delivery van and cold storage equipment for the Catawba Fresh Market, an online farmers market serving Chester, Lancaster, Union and York Counties. The Catawba Fresh Market is like having a 24-hour farmers market in your computer. Once orders are placed online, local growers process them, and then they are delivered to a pick-up site within the region every week. The market is made possible through a partnership between Clemson Extension, the Catawba Farm and Food Coalition, Americorps VISTA, and area Eat Smart Move More County Chapters. The addition of the van and other support infrastructure was made possible through the Community Grant Program of the South Carolina Department of Agriculture.

Currently, the site has 27 active vendors selling items such as meat, eggs, produce, breads and other value-added products. Having use of a refrigerated van combined with new cold storage equipment will provide a venue for market growth and expansion leading to healthier agribusinesses, economies, and local residents.



◀ In September, Tri-County Cattlemen held its annual feeder calf sale. 2017 was the 40th year that area cattle producers worked together and with Clemson Extension to market semi-truck loads of feeder calves. The sale marketed 19 loads, or 1,280 head. Marketing feeder calves in truckload lots of uniform size commands about \$75 more per calf than traditional cattle auction markets. This difference gained participants in the 2017 sale an average of approximately \$6,000 additional income per farm.

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