

## 2017 REPORT TO THE PEOPLE: MCCORMICK COUNTY

### Agents Team Up To Teach Healthy Living

McCormick County Extension Agents, Rhonda Matthews and Jaime Pohlman, teamed up to teach youth the importance of proper nutrition and fitness through a Healthy Lifestyles Mini Grant from the Walmart Foundation. The agents worked with a community center in Clarks Hill to hold a Youth Voice: Youth Choice day camp. The camp ran for three days and from 9:00am till noon each day. The lessons included teaching youth the value of drinking milk and water over sweetened drinks, importance of eating more fruits and vegetables and how to make healthier choices at fast food restaurants. Each lesson included a hands-on learning activity, fun games and a tasty recipe that the kids all loved. There were 26 youth who participated in the camp. The youth really enjoyed the hands-on learning aspects of the lessons and they enjoyed the associated games. The youth were evaluated through an oral survey and their answers were recorded. The evaluation showed that the youth all learned the importance of healthy eating and fitness.



▲ McCormick County Livestock Association Members enjoying a meal at one of their quarterly meetings.



▲ One of the Youth Voice: Youth Choice camp participants measuring out the amount of sugar found in a soda.

### Livestock and Forages in McCormick

Gary Coleman, our area livestock and forage agent has had a busy year working with livestock producers here in McCormick County, after embracing a plentiful grazing and haying year, due to the abundance of grass. Mr. Coleman has continued to work closely with the growing number of small ruminant producers, John de la Howe School, and our local livestock association in McCormick County. Gary started in 2016 putting more emphasis on encouraging producers to think outside of the box, when it came to the old traditional way of bringing in a farm income.

One focus that our area livestock agent and producers is working on is multi-species grazing. They have started by incorporating goats into their cattle program. As years to come, Mr. Coleman hopes this practice will diversify many operations here in the McCormick County area.

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



**AGENTS**  
133



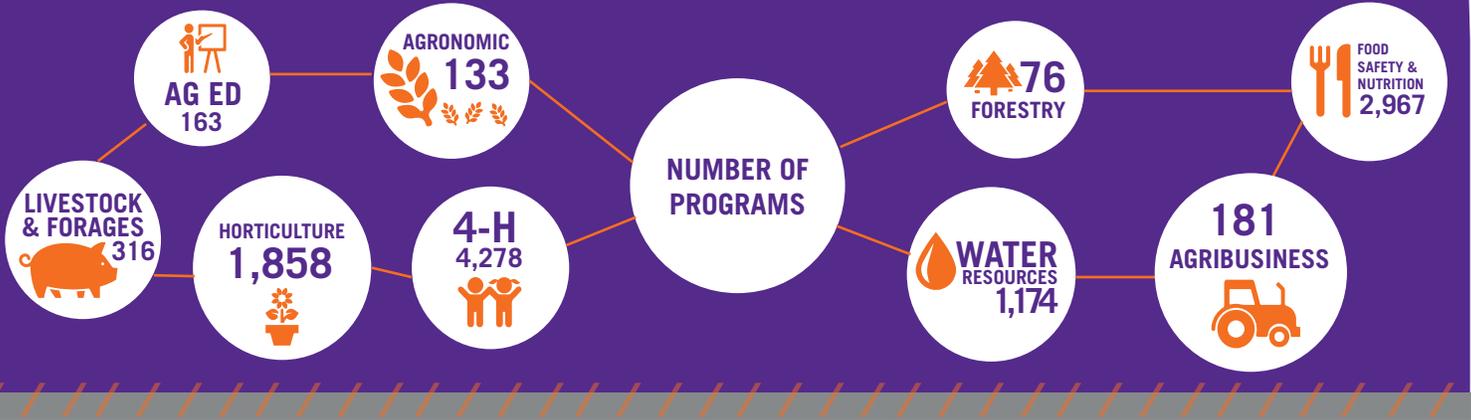
**PROGRAMS**  
11,158



**CONTACTS**  
242,239



**YOUTH & FAMILIES**  
**REACHED**  
104,156



▲ Having markets for the natural resources the forest landowners of McCormick County produce is key to the economic success the industry achieves in the State. Aerial view of Colombo Energy's pellet mill operation in Greenwood County.

**Forestry Association Has Busy Year**

The forest landowners of McCormick County had a full year of educational programs through the McCormick County Forestry Association's quarterly meetings. Frank White a local Consulting Forester and Association Director, provided a "Forestry 101" program. This program include an explanation of forestry terms used in forestry practices to give the landowner a better understanding of the activities taking place in their woodlands. Tim Adams the Resource Development Director with the SC Forestry Commission talked about the wood fuel pellet industry in the State. He discussed the effects this new industry is having on the State's wood supply and the impact this industry will have on the State's economy.

As follow up to Tim's program Ken Leach, Manager-Wood Procurement for Colombo Energy Inc. spoke about their pellet mill operations. He discussed his plant's daily operation and what affects their plant may have on timber management decisions in McCormick County. The joint meeting of the Forestry and Cattlemen's Associations, Sheriff Clarke Stearns gave a status report of the McCormick County Sheriff's Office. Then Gus Winn with the SCDNR discussed the "Trespasser Responsibility Act".



◀ Mixing Bowl Cooking Class is a partnership between Clemson Extension and United Churches of McCormick County. Classes began in 2015 and 10 classes have been conducted to date. Classes are filled with hands-on activities, educational discussion, and social interaction. Rhonda Matthews, is the instructor and activities director for the classes. "This class makes a difference in the lives of these adults," Matthews says. "They walk away from each session with new skills to improve their health."

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