Welcome to the New 4-H Year!

We are excited to see the new 4-H year begin and to think about all that a new 4-H year brings: a fresh start and new opportunities for learning, growth, and fun! We welcome back all returning volunteers, members, and families, and we welcome new members and volunteers! Remember, 4-H staff are ready and willing to help you, so feel free to contact your local 4-H educator, program assistant, or administrative assistant with any questions.

-York County 4-H

Donate to York County 4-H
On Saturday, October 15th, 2016 our club, the Pony Perfect 4-H Horse Club had a bake sale at the Tractor Supply in York. We raised enough money to help fund horse rescue operations, help families in need, and to purchase some much needed supplies for our expanding club.

On October 22nd, 2016 we hosted a fun meeting at the barn. We each completed a trail course created by one of our 4-H members to work on better maneuvering our horse and memorizing patterns.

Our 4-H club has also created a club t-shirt and organized an order that will be going out soon!

We have had several other meetings in which we have taught our own lessons and learned how to run a business meeting. Our first lessons have been about safety and emergency response in the arena, on trails, or in a field. In the future we hope to have many volunteer opportunities, field trips, fundraisers, and many other ideas to better our club, its members, and to have a bigger impact on our community.

-Pony Perfect Youth News Writer
Who is Amarillo Nivens?

Amarillo Nivens an active 4-H'er of York County and the daughter of Brent and Kim Nivens. With just another semester before graduating from Clover High School, we decided to connect with Amarillo and learn more about her experiences as a South Carolina 4-Her in York County.

How did you come to be a member of 4-H and how long have you been a member?
AN: I came about 4-H through a family friend who was a member. I also wanted to take another step forward in my equine knowledge since I have my own horses and was on a horse before I could walk. I have been in 4-H since I was 6 years old.

South Carolina 4-H has 6 Project Areas for youth to choose participate in. What is your main 4-H Project Area?
AN: I don’t really have one specific project that I do. I started with the horse project and then to the goat project. Once I got into high school, I joined the FFA, each year since I have done the pig projects. After competing in the FFA CDE Dairy Judging and going to Regionals, I was interested in participating in the Dairy Heifer project. I plan on continuing to do these 4 projects until I will age out of 4-H.

South Carolina 4-H has 6 Project Areas for youth to choose participate in. What is your main 4-H Project Area?
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Service learning is a key component of 4-H. How has 4-H encouraged you to do service in or with your club, school or community?
AN: I have grown within the 4-H clubs from being only a learning member to being a helper and mentor to other younger members in the clubs and friends.

With the experiences and learning skills you’ve developed through 4-H, how have they influenced your future goals and plans?
AN: I have always seen how important agriculture is to the world and I have always wanted to be apart of it. Participating in all these 4-H projects have taught me how to respect agriculture and all the people that work in it. There would be nothing without agriculture and being in the 4-H shows kids how important it really is and how things really are and how to respect it. I plan to attend Clemson and major in animal science and minor in agri-business to later work in the agricultural field.

It is not rare to hear people say, “I have never heard of 4-H.” or “I did not know that 4-H still existed.” because of this it is important that youth share their experiences with others. Do you share your 4-H experiences with non 4-H’ers?
AN: Yes, I do share my 4-H experiences with non 4-H’ers because it is important for other people to be aware of 4-H and all the things it has to offer to kid and adults. Some react to it very surprisingly because they have never grown up on a farm or have had anything to do with agriculture or getting involved with the community.

4-H is known for creating opportunities for youth to develop life skills. How has 4-H helped you develop your leadership skills?
AN: There are always going to be somebody in your club that is younger than you or doesn’t know as much about the project as you and you learn to help them. It always makes me feel good to see those kids improve and grow to enjoy and respect what 4-H has to offer. I have been the treasurer, vice president, and president in some of my 4-H clubs. I am also currently the president of the Clover FFA Chapter. My sophomore year I was the reporter and my junior year I was the treasurer. I was also the team leader for our dairy club senior team competing in the dairy judging at Clemson. I always enjoy teaching kids and helping them learn about how to judge a dairy cow and in the end see them accomplish it.

Amarillo at the 2016 SC State Fair Dairy Show in Columbia, SC.
Who is Amarillo Nivens? cont.

4-H prides itself on the many 4-H’ers that return to “pay it forward”. Do you see yourself involved in 4-H twenty-five years from now?

AN: Yes, I definitely see myself still involved in 4-H in twenty-five years from now because I want to give those kids the same experiences and opportunity that the adults helping my clubs gave to me. I see myself becoming a 4-H leader and/or an FFA advisor because I want kids involved and learning about animals and farm life.

What would you say to convince other youth to join 4-H?

AN: I would tell them all the experiences I have gotten and opportunities that were given to me through 4-H. How 4-H has impacted my life and my views I have, for example agriculture.

Is there a favorite quote, scripture or motivational tip that you say to yourself to keep you motivated and encouraged that you would like to share with others?

“4-H isn’t just about showing livestock. It’s about kids learning to become self-sufficient. To grow into tomorrow’s leaders. Letting this program fail would be letting yourself down.” – Erin Ehnle

AN: This is a quote that really sums up what I believe 4-H really is for the people and how it turns kids into self-sufficient leaders and what the

Check out Amarillo’s interview with SC Superintendent of Education
Dr. Molly Spearman
http://bit.do/4HerAmarillo

Amarillo at the York County Fall Livestock Show

4-H School Enrichment: Chick Embryology Project

The 4-H School Enrichment Embryology Project is an Eggciting Way to Learn!

This 4-H School Enrichment project is a fun, rewarding and educational project, that meets SC Life Science standards, and most importantly, it’s easy to do! Participating classrooms learn about the basic principles of animal reproduction and have the opportunity to gain an appreciation for the process of living things.

Request to be apart of this project today!
http://bit.do/4HChickEmbryology

Lili Ball
Emma Bennett
Wendy LeAnn Bennett
Dakota Bolin
Logan Bolin
Madelyn Bolin
Drew Clinton
CeCe Cooley
Alexa Faulk
Karleigh Faulk
Lucy Haney
Neely Knight
Gracie Lipe
Alison McGinnis
Abby Robinson
Dillon Stifford

Dr. Mickey Hall of Clemson University, pictured above judging eggs at the SC 4-H Midlands Poultry Auction. Youth became knowledgeable on the process and criteria of judging eggs. Congratulations to Grand Champion Dakota Bolin, followed by 2nd Place, The Academy Christian School, 3rd Place winner CeCe Cooley and 4th place Lucy Haney. Thanks for entering eggs from your laying flock to be judged.

2017 registration opens in February

2016 Midlands 4-H Poultry Project

The 2016 Midlands 4-H Poultry Project was a great success. Youth participated within this short-term educational project learning how to care, and raise pullets.

A special thank you and congrats goes out to Youth 4-H Members who have completed the 2016 SC 4-H Poultry Project.

Amarillo (2nd from right) at 2016 State Dairy Judging Contest. The 4-H Senior team placed first place at the state completion in Clemson, SC.
4-H National Youth Science Day

4-H National Youth Science Day (NYSD) is the world’s largest youth led science experiment. Each year through 4-H, youth are taking apart in the National Science Experiment focusing on important STEM topics and issues.

On Wednesday, October 5, 2016 youth from Oakdale Elementary School were apart of this youth experiment to explore Drone Discovery, which was developed by Cornell University Cooperative Extension. This hands-on engineering design challenge program explores the science behind drones and how they are being used to solve real world problems. Youth learned everything from flight dynamics and aircraft types, to safety and regulations, to remote sensing and flight control.

Drone Discovery national partners are HughesNet, Lockheed Martin and U.S. Cellular. DJI, the world’s largest maker of consumer drones, is the national sponsor.

Come Grow In The Garden

The fall semester Come Grow In The Garden 4-H Homeschool Program is only one session out before the participating youth graduate with a certificate in Junior Master Gardener (JMG) Wildlife Gardening.

Homeschool youth from York and surrounding counties gathered for this 4-H special interest four class series which offered teachings within horticulture, gardening, and leadership through creative activities and a service project within Glencairn Garden.

Homeschoolers stay close to the YorkSC4H Facebook page and keep your eyes and ears ready for the spring semester series The Great Outdoors 4-H Homeschool Program!

“All the lessons of life are in the garden. Birth, nurturing, growth, joy, sometimes heartbreak, and ultimately a sense of hope.”

-gardening columnist Lee May
York County 4-H Healthy Lifestyles for the Win

York County is excited to announce that four local 4-H'ers are traveling to New Orleans in August 2017, to compete in the 4-H Edition of the Great American Seafood Cook-off. Leya Greene, Madison Hibberts, and Macie McSwain, Olivia Pritchard better known as “The Chefettes” were the state winners for the SC 4-H Healthy Lifestyles Competition, which was held on Saturday, October 15th at the SC State Fair. These ladies placed first within the Senior 4-H division and are super excited to be able to compete at the Great America Seafood Cook-off.

The Senior 4-H Team from York County earned the right to represent South Carolina at the national competition by taking first place at the South Carolina 4-H Healthy Lifestyles Challenge conducted at the South Carolina State Fair. This cooking contest teaches students about nutrition and active living. Participants were required to prepare healthy dishes using supplied ingredients, equipment, and a recipe that they have never seen before. Teams were to demonstrate food safety, plan a menu using the dish, prepare a fitness plan to burn the calories consumed, and present to judges on the dish’s serving size and nutritional value. Judges included Clemson University Extension agents, nutritional experts, chefs and educators.

This will be the seventh year that 4-H’er’s compete at this national event. South Carolina has ranked within the top three of this 4-H Edition contest within the last three years and next year ‘The Chefettes’ hope to return with the #1 spot. The cook-off is sponsored by the Louisiana Seafood Promotion & Marketing Board and the Louisiana 4-H Foundation. Originally developed in 2011 to promote healthy cooking of seafood, along with safe food handling and workforce development for youth, the contest continues to attract 4-H youth competitors from the Southern Region. The team will sincerely appreciate your support as they conduct fundraising efforts to support their trip.

Donations for The Chefettes can be sent to
Clemson Extension Office 120 N. Congress St. York, SC 29745 or made online at http://bit.do/4HHealthyGiving
**Wondered what you could do in 4-H?**

**Leadership Opportunities for 4-H’ers in South Carolina**

**Awards and Scholarships**
- Submit 4-H Portfolio for County Portfolio Content
- Apply to attend SC 4-H Legislative Day
- Apply to the State Fair
- Apply to serve as a 4-H record book leader
- Apply for Presidential Tray Winner!
- Apply for a State Winner (8th-12th grade)
- Apply for a State Winner (7th grade)
- Apply for a State Winner (6th grade)

**Senior 4-H Members** (Youth Ages 14 and Over)
- Apply to attend SC 4-H Congressional Trip
- Apply to attend SC 4-H Legislative Day
- Apply for 4-H Teen Council President
- Apply for a County Teen Council position
- Apply for a Teen Council President or Teen Parishioner
- Apply for a 4-H Teen Council Parishioner
- Apply for a Teen Council Parishioner for Teen Parishioner

**Junior 4-H Members** (Youth Ages Under 14)
- Apply to serve as a 4-H Jr. Teen Ambassador
- Apply to attend SC 4-H Jr. Teen Leadership Day
- Apply to attend SC 4-H Jr. Teen Legislative Day

**More Opportunities**
- Serve as a Teen Leader
- Serve as a Teen Leader/Helper for a County 4-H event, project, or camp
- Run for Club Officer and/or Committee Chair
- Apply for a 4-H Teen Council President or Teen Parishioner
- Leadership Roles
- Lead Club activity or lesson
- Serve as a Teen Council President or Teen Parishioner

**SC 4-H Camps**
- SC 4-H Camps
- SC Sporting Clay Tournament Day
- SC Sporting Clay Tournament Fundraiser
- SC 4-H Congress
- SC 4-H Camps
- SC 4-H Congress
- SC 4-H Camps
- SC Sporting Clay Tournament Fundraiser

**4-H Record Books**

The 4-H Youth Development program has a long history of record keeping. Why is it important you keep a record of your 4-H activities? Because, by recording your activities you can remember all the fun you’ve had so far, and set future goals! Keeping records of 4-H projects could help you when you apply for college scholarships too!

**Why have 4-H record books?**

- 4-H Record Books give members an opportunity to reflect on their yearly work. They document their skill development and their learning experiences in a written report. 4-H members measure their achievements and growth in their total years in 4-H.
- 4-H Record Books encourage members to set goals, pursue strategies to meet those goals, and to shift gears in the face of challenges and obstacles. This is a competency skill to identify, create, classify, archive, and preserve records.
- 4-H Record book completion awards 4-H members for participation in 4-H activities, which provides an incentive for participation, learning, and achievement.

We’d like to have York County 4-H youth represented in our national trips, and this 4-H Portfolio packet is another step in the development of essential life skills. Our youth will benefit from preparing their resumes, while being able to express themselves with their 4-H Story as well as within in the interview process.

**Judging criteria**

- Leadership
- Citizenship/Community Service
- Project Work
- 4-H Story
- Supported Materials (awards, certificates of achievement, photographs, news clippings, etc.)

**Record Book Training**

1. Gather information by writing down all your 4-H experience.
2. Schedule for a one-on-one with your 4-H Youth Development agent.
3. Bring your journals, pictures, and records for an interactive session.

For more information call 803-684-9919 or email Faith Isreal at fisreal@clemson.edu
4-H Teen Council helps guide and lead the 4-H program in the county. That's a pretty big deal!

4-H Teen Council members engage in their community by being aware of local government affairs.

4-H Teen Council members plan and implement fun and challenging events that bring out the best leader you can be! This happens all while you are doing something good for your community!

Applications are required for participation. Complete by the deadline and you’re in!

Complete applications are due by November 29th

Contact:
Faith Isreal, 4-H Agent
803-684-9919 or fisreal@clemson.edu

YORK COUNTY
4-H TEEN COUNCIL

4-H Motto:
To Make the Best, Better

4-H Teen Council members on average earn over 20 hours of community service/volunteer hours by participating in 4-H.

When participating in 4-H Teen Council you are learning by doing, making your best, even better.

It takes a great team to make an awesome 4-H Youth program grow and thrive. Members work together to accomplish their goals in a fun and safe environment!

Leadership Development

Begin September 26th and ends August 2017, a one year commitment.

Grades 8th-12th can apply. Monthly meetings tentatively scheduled for Mondays at the York Extension Office.

To register visit http://bit.do/4HPageant

2017 MISS SC 4-H PAGEANT

The Miss SC 4-H Pageant event is held annually in Laurens County. This highlighted event will be held at Clinton High School. This is not a beauty pageant! Contestants are score on stage presence, appropriate attire and public speaking skills. Pageant contestant must be females ages 5 to 19 years old based on their age on the day of the contest. Males ages 5 to 19 years old may participate by registering to serve as a pageant escort. The event is divided into two parts:

Miss 4-H Pageant Part A:
- This part consists of the following age divisions:
  - Little Miss Cloverbud 5-7 years old
  - Little Miss Cloverleaf 8-10 years old
  - Miss Junior 4-H'er 11-12 years old
- Mandatory Practice will be held at Noon.
- Miss 4-H Pageant Part A will begin at 1:00 pm
- All contestants must be clear of the backstage area 20 minutes after the conclusion of the Miss 4-H Pageant Part A contest.

Miss 4-H Pageant Part B:
- This part consists of the following age divisions:
  - Miss 4-H Teen 13-15 years old
  - Miss 4-H Queen 16-19 years old
- Mandatory Practice will be held at 5:00 pm
- Miss 4-H Pageant Part B will begin at 6:00 pm

All contestants may not enter backstage area until 30 minutes after the conclusion of the Miss 4-H Pageant Part A contest.

To register visit http://bit.do/4HPageant
Thinking about a career involving animals?

Most of us love animals and as a young person you may spend at least some of your time considering a career in animal science. Some of us choose career paths that take us away from animals but maintain our connection through animal companions; others want a career that will keep animals as a focal point of their lives. The following are just some of the careers available where you can work with or around animals:

- Farming and Ranching
- Animal Breeding, Handling, and Training
- Wildlife Management and Zoos
- Animal Welfare Organizations
- Veterinary Medicine and Animal Health Science
- Biomedical Research
- Others - Extension, Agricultural Business and Sales

Veterinary medicine is the career that is most often considered by young people who want to work with animals. To become a veterinarian, you need to be an outstanding student, particularly during your college career. You need to begin preparing for veterinary school while you are in high school, taking as many science and math courses as you can and doing well in these subjects. In college, a high grade point average is needed to help stand out. It helps to gain experience in the field by volunteering or working in a veterinary practice.

One area that college admissions offices are looking at today is the applicant’s involvement in extracurricular activities. As a 4-H member, you have the advantage in this area! You should remember to highlight your 4-H career on your application and if you still have a year or two before college, you should become involved in a variety of activities, i.e. clinics, judging, public speaking, livestock judging, 4-H Teen Council, and definitely apply to either National 4-H Conference or Congress. A well-rounded student is what colleges are looking for in their incoming freshman class.

If you are interested in learning more about the Clemson University Animal & Veterinary Sciences Department within the College of Agriculture, Forestry and Life Sciences, you can check out their website at www.clemson.edu/cafls/departments/animal_vet_science or, if you are interested in visiting the campus, please contact a CAFLS Recruiter at cafls_recruit-l@clemson.edu or 888-472-5433.

A curriculum designed to reduce tobacco, alcohol, and drug use among youth ages 10-14

“Substance use is a serious issue facing youth today. Approximately 25 percent of youth below the age of 18 report having engaged in smoking, drinking, and other illicit drug use, posing serious threats to the well-being of youth and those around them.”

For more information:
Valencia Gray-Williams
HEALTH ROCKS! Program Director
vgraywi@clemson.edu
803.360.7896
Healthy Rocks!® is a healthy living program designed to:

- Reduce youth smoking and tobacco use.
- Help youth build life skills that lead to healthy lifestyle choices with special emphasis on youth smoking and tobacco use prevention.
- Help youth understand influences and health consequences of tobacco, alcohol, and drug use to make healthy choices.
- Engage youth and adults in partnerships to develop and implement community strategies that promote healthy lifestyle choices.
- Build positive, enduring relationships, with youth involved as full partners, through widely varying ‘communities of interest’ to address risk behaviors of youth.

Curriculum Topics
The Health Rocks!® curriculum focuses on three general areas.

All about me
- Learn how drugs affect behavior and the health consequences of drug use.
- Learn and practice decision-making skills.
- Understand stress and learn how to relieve it.

What influences me?
- Learn skills to resist risky behaviors.
- Learn how family, peers, media, and technology influence choices.

Taking it beyond me
- Share message with community.
- Commit to and celebrate being drug-free.

For more information:
Valencia Gray-Williams
HEALTH ROCKS! Program Director
vgraywi@clemson.edu
803.360.7896
York County 4-H Awards Dinner

York County 4-H hosted their annual awards dinner on Tuesday, November 1st at Eastview Baptist Church to celebrate their 2015-2016 club members. 4-H club members and leaders were recognized for their active involvement in helping Make the Best Better within York County 4-H. A warm thank you goes out to all the club leaders and members that attended.

“I Pledge My Hands to Greater Service”

The county wide 4-H Community Service Project held each fall is one way for York County 4-H to demonstrate the impact of 4-H community service efforts. It is important that every 4-H club participate in this effort. All of us involved with 4-H pledge our hands to greater service.

Each 4-H club is needed to collect food and essential items again this year. Donated items can be delivered to the York Extension Office by Thursday, December 1st.

Thank you in advance for your participation!
2017 Essay Topic: “How can MP3 (Managed Pollinator Protection Plan) more effectively protect honey bees from pesticide exposure?”

Beekeeping has had its five minutes of fame for the past seven years. Now more than ever, the general public along with beekeepers are asking “What will happen if the bees are gone?” With the continued threat of pesticides, this is a very real question. Your paper should research and help answer this question.

Survey your community to see what is being done. Include your state in your survey to see if there are any programs they are using for pollination or any other program that could aid the honey bee.

The scope of the research is an essential judging criterion, accounting for 40% of your score. The number of sources consulted, the authority of the sources, and the variety of the sources are all evaluated.

Personal interviews with beekeepers and others familiar with the subject are valued sources of information and should be documented. Sources, which are not cited in the endnotes, should be listed in a “Resources” or “Bibliography” list.

Eligibility:
Contest is open to active 4-H Club members only.

Awards:
- First Prize: $750.00
- Second Prize: $500.00
- Third Prize: $250.00

The National winners’ essays will appear in an issue of the American Beekeeping Federation’s Newsletter.

Essays are due at the York County 4-H Extension Office no later than January 27th, 2017 before processing to the State 4-H Office.

For detail of rules overview visit preservationofhoneybees.org/essays#rules-overview-2
### APRIL

- **April 1**: State 4-H/FFA Livestock Judging Contest – Clemson, SC
- **April 7**: Small Garden Project Registration Deadline
- **April 8**: State Meat Goat Project Applications Deadline (tentative)
- **April 23-May 9**: TRACTOR SUPPLY SPRING PAPER CLOVER CAMPAIGN (tentative)
- **April 22**: Dairy Heifer Project Kick-Off - Saluda, SC

### MAY

- **May 1**: PORTFOLIOS DUE IN THE STATE OFFICE
  - Glen Krohn Volunteer Award Nominations Due in State Office
  - Postmark Deadline for the SC 4-H Horse Record Book Entries
- **May 5**: Deadline for submission for the State 4-H Presentation Contest for virtual presentation entries (Horse Contest will not be included)
- **May 15**: Market Steer Project Registration Deadline
  - Postmark Deadline for State 4-H Horse Show
  - Deadline for Creative Contest Entry Forms, Fees and Essay/Poems

### JUNE

- **June 1**: Community Service and Horse Promotion Activities due to State 4-H Horse
  - Program Office for Outstanding Club Award
  - Barrow Project: Registration Deadline
- **June 12-16**: Wild at Webb Camp – Webb Wildlife Camp
- **June 12**: Deadline for 4-H Horsemanship Camp registration
- **June 10**: State Meat Goat Project Kick-Off - Newberry, SC (tentative)
- **June 15**: Applications for 4-H Teen Council due in the State 4-H Office
  - Club Award Applications due to the State Office
  - Pinckney Leadership Conference – Clemson University
- **June 21**: Interviews for Presidential Tray and National Conference – Columbia, SC
- **June 22**: Record Book Contest-Showmanship and Horsemanship’s Phase-Garrison Arena
- **June 23**: Creative Contest official judging – Clemson, State Show
- **June 20-24**: STATE 4-H HORSE SHOW AND EDUCATIONAL ROUNDPUP - Garrison Arena, Clemson, SC
- **June 30**: Ambassador Reports due in the State 4-H Office

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### JULY

- **July**: Southeast Dairy Youth Retreat
- **July 7**: Volunteer Leaders Symposium Early Bird Registration Deadline
- **July 5-9**: SC 4-H Horsemanship Camp (Horses Required) - Garrison Arena, Clemson, SC
- **July 13-16**: STATE 4-H CONGRESS – CLEMSON UNIVERSITY
  - Deadline for Ambassador Applications
- **July 28**: Volunteer Leaders Symposium Late Registration Deadline
- **August 2-6**: Southern Regional 4-H Horse Championships - Perry, GA

### AUGUST

- **August 4**: Wildlife Food Plot Project Registration Deadline
- **August 4-6**: Junior Beef Round-Up – Clemson, SC
4-H VIDEO PRESENTATION CONTEST

WHO
Junior members: ages 9-13
Senior Members: ages 14-18, as of January 1, 2017
(Cloverbuds will not be judged at the state level.)

PURPOSE
The purpose of the 4-H Presentations Contest is to allow participants the opportunity to practice their presentation skills and receive valuable feedback on those skills.

WHEN
Register by date determined by County/Region
Regional Contests to be completed by April 28
Announce winners shortly after regional competitions
Winners submitted to State Office for judging – May 5, 2016
Judging Completed – May 31
Juniors will be notified and prizes and ribbons will be awarded at a County/Regional event.
Seniors will be notified and prizes and ribbons will be awarded at State Congress.

RULES
All supplies must be furnished by participant including the means to video the presentation.
Only one class can be entered per participant.
All presentations must be prepared by the 4-H’er and a new presentation must be prepared each year.
PowerPoint presentations are allowed.
Notes/mapping/outlines are allowed but must not distract from the presentation.
Participant must video their presentation.
Must pan audience of 6 people prior to starting their Presentation and at the conclusion.
Junior Presentations are between 3-8 minutes.
Senior Presentations are between 8-12 minutes.
Participants may enter as individuals or a two person team.
All entrants will submit an entry form and an audience sign in sheet.
Video must be uploaded to YouTube (see page 2 for instructions).

CLASSES
Agriculture and Natural Resources
Healthy Lifestyles
Livestock
Leadership, Citizenship and Personal Development
4-H Science
Public Speaking

The Season is here when children begin to write out their Christmas lists. One of the best gifts you can provide your child is an opportunity to explore the world through 4-H camping. The mission of 4-H camping is to use the natural and social environments to provide learning experiences that are appropriate for children and youth. The 4-H camping adventure also provides young people an opportunity to develop skills they will use throughout their lifetime. All of this great learning takes place in a safe and fun-filled setting with qualified and nurturing camp staff. No other organization does the camping experience better than 4-H.

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4-H 2017 Club Summer Camp

Session 1: 4-H Camp Long
Aiken, SC
June 11-15, 2017
Reserve with a non-refundable deposit= $75.00
Remaining balance be due May 1, 2017.

Session 2: 4-H Camp Bob Cooper
Summerton, SC
July 9-13, 2017
Reserve with a non-refundable deposit= $75.00
Remaining balance be due May 1, 2017.

4-H Focus Winter 2016
Start an After-School 4-H Club within your neighborhood, after-school center, church, or business!

All you need is at least one adult volunteer and five young people 5 to 19 to start.

Contact your 4-H Youth Development Agent to learn more.

Faith Isreal
fisreal@clemson.edu

Donate to 4-H York County 4-H is accepting
• Egg Cartons
• Unopened expired food packages & beverages

Items may be dropped off at York Extension Office
120 N. Congress St.
York, SC 29732

Thank from York County 4-H.

The Clemson University Life Sciences Outreach Center provides hands-on life sciences laboratories to South Carolina middle and high school students and the public in our two, 32-student “wet” labs and our 24-student computer /bioinformatics lab.

Summer camps available too!

Where: The labs are in Jordan Hall on the campus of Clemson University, Clemson, SC

When: Labs scheduled year round!
   Tuesday – Friday
   9:30am - 2:30pm
   Times flexible if negotiated in advance.

Fees:
One laboratory field trip (up to 16 students) - $200
One laboratory field trip (17 - 32 students) - $300
Two concurrent laboratory field trips (33-48 students) - $500
Two concurrent laboratory field trips (49-64 students) - $600

For more information or to reserve a class see www.clemson.edu/culsoc and facebook.com/culifesci.

Victoria Corbin, Ph.D.
Director of Education Outreach and CU Life Sciences Outreach Center
Clemson University, College of Science
vcorbin@clemson.edu  864/656-1634

Ginger Foulk
Clemson University, Biological Sciences
foulk@clemson.edu  864/656-4224

Mutants and Microscopes (2 to 3 hrs) Students will:
• Learn how mutations occur and how they may affect the growth and health of all organisms, including humans.
• Learn how mutations are used to find genes and to determine what they do.
• Learn about DNA structure.
• Use a microscope to observe and compare normal and mutant varieties of plants, worms, and flies.
• Use Mendelian genetics to predict how different breeds of dogs inherit their characteristic traits.

Demystifying Deoxyribonucleic Acid (AKA DNA) (1 to 1 ½ hrs) Students will:
• Isolate DNA from strawberries, peas, or themselves.
• Take home DNA in a necklace!
• Learn about the role of DNA and other macromolecules in making cells, tissues and organisms and in determining traits.
• Learn how DNA data is used in medicine, heredity, forensics, and other fields—including advertising!

Labs for Grades 5-12

For more information or to reserve a class see www.clemson.edu/culsoc and facebook.com/culifesci.
Labs for Middle and High School Students

DNA Fingerprinting/Crime Scene (HS) (3½ to 4 hrs + lunch break) Students will:
- Take and analyze traditional fingerprint data from themselves and crime scene.
- Isolate their own DNA.
- Run the DNA evidence from crime scene and suspects on a gel and compare the results to ensure that the right guy/gal is caught.
- Learn about the human genome, genetic signatures, and how they are used in forensics and other applications.

Bacterial Transformation and GMOs (2 to 3 hrs) Students will:
- Transform bacteria with a jellyfish gene and observe the bacteria glow in the dark - but only under certain conditions.
- Learn how genes are turned on and off.
- Learn about plasmids and how bacteria transfer genetic material.
- Debate policies concerning the use of genetically modified organisms (GMOs) in medical and agricultural applications.

Labs for High School Students

DNA Fingerprinting/Crime Scene (HS) (3 to 4 hrs + lunch break) Students will:
- Isolate their own DNA.
- Set up a restriction digest of DNA from a “crime scene.”
- Run DNA samples from crime scene and suspects on a gel and compare the results to ensure that the right guy/gal is caught. Upon advance request, AP students may use PCR analysis in place of restriction digests to analyze their DNA.
- Learn about the human genome, genetic signatures, and how they are used in forensics and other application.

Mapping Plasmids Using Restriction Enzymes (3½ hrs + lunch break) Students will:
- Learn the origins and uses of restriction endonucleases (enzymes).
- Set up restriction digests.
- Run digested DNA fragments on agarose gels.
- Analyze the data and use it to make and/or verify a plasmid map.

Your DNA and Traits (5 to 6 hrs + lunch break) extra fee (1.5 the normal rate) apply. Students will:
- Isolate their own DNA and analyze it for a polymorphism linked to the ability to taste bitterness using Polymerase Chain Reaction (PCR), restriction enzyme digestion, and gel electrophoresis.
- Take the taste test to determine if they are “tasters.”
- Learn how DNA polymorphisms cause healthy variations and/or predisposition to diseases.
- Discuss the human genome project.

Supercomputers for DNA Research (3½ hrs, 24 students max). This lab is available on a limited basis - contact CULSOC for available dates. Students will:
- Learn about Clemson’s Palmetto Cluster – one of the fastest academic supercomputers in the world.
- Use the Palmetto Cluster to assemble a human chromosome.
- Use modern computational pipelines to find genes hidden in the assembled DNA sequence – and determine which gene carries a disease-causing mutation.
- Optional add-on (1.5 hrs): Tour the Palmetto Cluster supercomputing facilities in Pendleton, SC.

Labs can be amended to fit your scheduling needs if arranged in advance.

CULSOC can bring labs to your school or venue!
If you can't bring your students to Clemson, our labs can come to you! Please contact Dr. Victoria Corbin, Director, to discuss your needs and details, vcorbin@clemson.edu 864/656-1634.
Turkey Pumpkin Chili
(a great day after recipe)

Ingredients
1 teaspoon oil
1 pound turkey (ground or leftover turkey)
3/8 cup chopped onion
1/2 cup chopped green pepper
2 cloves garlic, minced or 1/2 teaspoon garlic powder
1 can kidney beans, drained and rinsed (15 ounce or 1 3/4 cups)
1 can great northern beans, drained and rinsed (15 ounce or 1 3/4 cups)
1 can solid-pack pumpkin (15 ounce or 1 3/4 cups)
1 can crushed tomatoes (15 ounce or 1 3/4 cups)
1 can chicken broth, low sodium (15 ounce or 1 3/4 cups)
1/2 cup water
2 Tablespoons brown sugar
1 package taco seasoning mix (1.25 ounces)

Directions
1. Pour oil into a 4 quart (or larger) saucepan.
2. Add ground turkey (see notes), onion, green pepper and garlic.
3. Cook and stir, breaking meat apart until meat is brown and vegetables are tender.
4. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
5. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
6. Refrigerate leftovers within 2 hours.

Notes
• Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
• If using leftover turkey first, sauté the vegetables then add the turkey.
Join 4-H Today!

2016-2017 SC 4-H Membership forms are also available online.

www.clemson.edu/york/4h/join/

For more information contact Faith Isreal at fisreal@clemson.edu

Happy Holidays from York County 4-H

Clemson University Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and it is an equal opportunity employer. If you need special accommodations due to a disability in order to participate, please contact the Clemson Extension Office.