

Marshall County Annual Report 2020

Putting Knowledge to Work!

The West Virginia University Extension Service works to provide solutions in your community through key programs and resources, including agriculture and natural resources; 4-H and youth development; food and nutrition; health and wellness; financial planning; and home gardening. These research-based programs and services are available to all Marshall residents thanks to the tremendous support of our community members, local organizations, volunteers and local partners, including the Board of Education and County Commission.

Highlights

- Health educator, Molly Poffenbarger, wrote and obtained a \$15,000 award from Chevron to hold pop-up Farmer's Markets in Marshall County schools. (Unfortunately, due to the pandemic the markets were put on hold until 2021.)
- Four Marshall County 4-H members represented the state of West Virginia teams at the National Virtual Livestock Quiz Bowl, Equine Quiz Bowl, and Livestock Judging Team hosted by the University of Utah.
- Community Education Outreach Service (CEOS) members made approximately 200 masks to meet a need at local nursing homes and West Virginia University Health System.

4-H/Youth Development

Camping

- 66 youths and volunteer leaders from Marshall and Wetzel counties in January 2020 for an Overnight Camp Planning event emerging with a firm plan for the planned merged 2020 residential camps including the new name, Mason-Dixon 4-H Camp.
- 35 members participated in Mason Dixon Camp URLinked, ages 8-21 years old.
 - Nine live sessions were held during the week-long event, with thirty-six "on-your-own" activities provided in detail for youth.
 - 270 individual activities including crafts, STEM, outdoor recreation were completed and documented by participants in the five day Camp URL.
 - A letter grade of A/B was given by 100% of respondents indicating an overall positive experience.

Virtual 4-H Programming

- 238 members submitted project exhibits for the virtual project exhibition. Members had a 57.2% project completion rate compared to the state average of 39.2%.

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- NoPan Challenge via Padlet opened in October (collaboration of Northern Panhandle counties) to provide a means for engagement and educational delivery to Northern Panhandle youths ages 5-21. Throughout 2020, 27 Marshall County youths completed 117 activities.
- Four-H at Four Sessions held monthly are a means of synchronized club meetings via zoom.
- Nine sessions of the virtual Plant and Animal Virtual Cloverbud Series were taught on the topics of Down on the Farm, We Love Pets, and A Visit to the Zoo: 47 youths.
 - Produced and uploaded to YouTube two “story time” videos which were utilized during virtual Cloverbud Clubs. One video was featured in the WV Energy Express Episode 27 on WVPB-TV.
- This is 4-H project workshop series for 65 youths.
- Virtual Project Workshop series (four sessions) for Pet Pals and Bite into Beef conducted for 39 youths.

Traditional 4-H Programming and Clubs

- County membership remained strong with 382 4-H members; 45 Cloverbud members and more than 100 vetted volunteers fulfilling leadership roles in the program.
- 20 traditional clubs, six specialty clubs and 14 Cloverbud Clubs met the needs of the county’s youths.
- 115 members submitted posters for the county poster contest (19 qualified for state level competition).
- Eight members participated in the Virtual Visual Presentation Contest (six qualified for state level competition).
- 25 members participated in the county photo contest (nine qualified for state level competition).
- Three writing contest entries and all qualified for state level judging.

Youth Educational Program

- Four sessions of Hazards of Vaping were conducted—much less than planned, but with school closures, additional planned programming was not able to be conducted. Two sessions were held at Gateway Achievement Center (27) and one for the Go-Getters 4-H Club (15).
 - A train the trainer presentation was held on the Hazard of Vaping at the WVAE4-HA Spring Conference for 41 youth development professionals.
- “Using Online Communication Safely” for the TSA Winter Leadership Conference to eight youths.
- “Unlocking Job Opportunities: Soft Skills are the Key” for 18 interns from the Parkersburg Area Community Foundation program.
- Presented “En-vision-ing the Future” to 11 Marshall County Teen Leaders—members prepared vision boards to learn about goal-setting.
- STEM kits including ghost spheres and ultraviolet beads were distributed to schools including Cameron Elementary (300); Center McMechen Elementary (150) for use by individual teachers in send home packs. Additionally, STEM kits were distributed to families at the Mountaineer Food Bank distributions (550 kits), as well as at two FRN Halloween Events (60 kits).

Community Service

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- 40 service activities (letters to first responders, happy grams, etc.) were completed during Mason Dixon Camp URL by 35 participants.
- 8 Teen Leaders participated in the virtual 5K for Alex's Lemonade Stand.
- Marshall County 4-H Leaders Association donated \$1000 to the Marshall County FRN Christmas Baskets for Teens program, donated \$1000 to the Marshall County FRN Summer Food Drive, provided pumpkins for the FRN Family Halloween Event and the Mommy and Me event (total of 60 pumpkins).
- Teen Leaders donated over \$500 worth of baby items to the Gabriel Project.

Notable Achievements

- Agent achieved promotion to Assistant Professor and was granted tenure by West Virginia University.
- Published peer-reviewed Grab and Go Session titled, "When I Grow Up: Healthy Living Careers" through the NAE4-HYDP Workforce and Career Exploration Task Force.
- Three peer-reviewed national presentations and two peer-reviewed state level presentations.
- The COVID Creativity and Innovation Team Award was awarded to our team who developed and implemented the 2020 Camp URLinked series.

Agriculture and Natural Resources

- 20 different vegetables were grown in WVU Extension Service's high tunnel and garden. Produce was utilized to assist with food insecurities during the pandemic. Food was utilized by Moundsville Middle School, Marshall County Family Resource Network and Simpson United Methodist Church Community Kitchen.
- Four community garden beds were utilized by local families to grow fresh produce—all four were returning gardeners from 2019.
- Program Assistant completed the ATV Instructor Preparation Course provided by the ATV Safety Institute.

Families and Community Development

Diabetes Education

- Dining with Diabetes follow-up class — Partnering with Moundsville Pharmacy
 - Six of seven participants lowered their AIC's
- Diabetes 101 (virtual)
 - 12 SPOKES participants
- State Team- Developed logic model and plan to teach online in 2021

Cooking Programs

- In partnership with House of Carpenter, eight Crittenton Residents made yeast bread.
- Seventeen YWCA Residents participated in Strong Families Eat Together and cooking program.

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- Five sessions of Family and Consumer Sciences and Healthy Snacks cooking programs were taught to 66 Cloverbuds. Patricians learned various cooking skills while preparing recipes. (virtual)
- Two Healthy Electric Pressure-Cooking classes were taught to 32 SPOKES participants and Extension Service employees attended. (virtual)
- A charcuterie class was taught to 26 Extension Service employees. (virtual)
- A Cooking with Vegetables (zucchini) class was taught to 18 SPOKES participants. (virtual)

Family Wellbeing

- A Darkness to Light Stewards of Children, a child sexual abuse prevention program, was taught to 17 West Liberty University Students.
- Stress Less with Mindfulness
 - A class was taught to 60 childcare workers for STARS credit (virtual).
 - A poster was presented at the West Virginia Rural Health Conference
 - An article “The Stress Less with Mindfulness Program: Motivations, Benefits, and Barriers to Participation in a Community-Based Mindfulness Program” was published in November 2020 in the Journal of Family and Consumer Sciences.
- A program “Screen Time and Brain Development” was developed and presented to 52 Mothers of Preschoolers (MOPS).
- Partnering with Marshall County Partners in Prevention a Grandfamily Program provided virtual education for grandparents raising grandchildren. Recordings are available on MCPIP Facebook page and Youtube. I provided education for:
 - Stress Less with Mindfulness
 - Nutrition
- Updated an article “Staying Positive in Negative Times” and provided audio clips to WVU Today media center. Featured on WVUES Facebook page in December.

Apprenticeship for Child Development Specialist

The four-semester program exists to build an educated, competent, sustained workforce that provides quality care and education for children in West Virginia. Students can receive college credit for attending.

- Taught semesters two and three, virtually, by Zoom. Each semester consists of 15 weeks. Four students completed each semester.
- Coordinator for Northern Panhandle Advisory Committee
- Member of State Executive Council — make decisions on policies and guidelines for the overall state program
- Wrote two lessons for the online ACDS program to be used by many state ACDS students.

Food Safety

- As part of the state Food Preservation committee, a series of seven classes were taught covering various aspects of canning. I provided training on canning tomatoes to 25 participants.

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- Provided training on canning jelly and jams at the virtual West Virginia Extension Family and Consumer Sciences Association meeting.
- Wrote an article “Food Safety during Power Outages” for WVU Extension.

Impact Challenge: Fashion with a Purpose

The course combines fashion, entrepreneurship, and community engagement and enables students to have a positive impact on their communities.

- Two students from Marshall County participated in the challenge. We attended an immersive weekend at WVU in Morgantown.
- Students learned team building, problem solving and to pitch an idea that would benefit the community in the area of fashion.
- One student received WVU college credit for participation in the weekend.

Healthy Science and Technology Association (HSTA)

- Provided assistance to the John Marshall HSTA club January-March 2020, until everything went virtual. Assisted students with their individual/team research projects.
- Fall 2020, worked with state team to provide online lessons for students. Collaborated with a small team to virtually teach and tape the lesson “My Hometown is Cool.” It was used by all 800 HSTA students in WV.

Community Education Outreach Service Organization (CEOS)

- Held a “Heart Lunch” for members and community members in February. Raised approximately \$1,200 for the American Heart Association
- Provided 25 adult bibs to residents in a hospice center.
- Partnered with the FRN to provide bags for foster care families

Family Nutrition Program

Direct Education

Eating Smart, Being Active classes (held in person- January, February, March and virtually for remainder of year)

- SPOKES Marshall, Brooke, Hancock, Wetzel
- Lee Day Report Marshall, Ohio
- WIND (Women Inspiring New Directions- YWCA) Ohio and Marshall

Teen Cuisine

- Moundsville Middle School Teen Cuisine — 60 6th grade health and P.E. students
- Triadelphia Middle School Health and Wellness fair — 85 students

Show Me Nutrition

- McNinch Elementary-100 second grade students

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CARDIAC screenings

- Marshall County Kindergarten, 2nd, and 5th grade students —747 youths

FNP Pandemic Projects

- Wrote and developed virtual implementation plan for Eating Smart, Being Active curriculum delivery
- Assembled 200 microgreen grow kits distributed to Center McMechen Elementary, Moundsville Middle School and Parents as Teacher's (FRN) families
- Grow This! Garden Challenge seed distribution — Marshall, Wetzel, Brooke and Hancock counties
- Assisted with four Mountaineer Food Bank food distributions in Marshall and Ohio Counties
- Created, assembled and implemented three recipe kit projects for Moundsville Middle School students (funded by the FRN)
- Filmed 6 recipe demonstration videos for WVES Learn, Grow, Eat, Go segment of PBS produced Energy Express program.
- Filmed six recipe and food safety videos for the Family Nutrition Program FARMacy program and YouTube page

Active Pathways

- Installed active pathways at Moundsville Middle School, Sherrard Middle School, Center McMechen Elementary and Glen Dale Elementary School
 - Paint generously purchased by the Marshall County Extension Office