Marshall County Annual Report 2018

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 County 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

- Marshall County 4-H Leaders created three endowment funds through the WVU Foundation in the amount of $300,000, which will provide for programming and college scholarships. For their efforts, they were named the Outstanding Local Partner by WVU Extension Service.
- Pop-up farmers markets served 3,421 students and community members in Marshall County in 2018. A grant for $12,000 has already been secured to continue this program in 2019.
- Adult Health Educator Molly Poffenbarger was awarded “Overall Excellence” for a health educator and “Outstanding Achievement in Public Health” for the state of West Virginia in 2018.

4-H and Youth Development

Camping

- Residential Camping
  - 182 campers and 43 volunteers attended two weeks of residential camps held at Oglebay Park.
  - The camp registration fee was decreased by 50% to only $50 due to scholarships provided by the Marshall County Leaders’ Association.
  - Courses offered included a mix of old and new: basket weaving, fishing, babysitting, string art, fairy gardens, clay pot crafts, checkerboards, line dancing, game a day, primitive signs, canvas art and much more.
  - Special educational programming included an art project on button-making led by WVU Professor Dylan Collins, Marshall County Sheriff’s Department Deputy Nate Klempa and Spartan speaking on drug dangers, Michelle Shia and YWCA presenting on teen dating violence, an obstacle course and singer Stevie Lynn opening each week’s camp with a concert for campers.
Marshall County WVU Extension Service received a $1,450 4-H Health and Physical Activity grant from the WVU Foundation, which provided aluminum water bottles and pedometers for all campers and staff.

Additional financial support included a $1,000 grant from Wild Turkey Federation for camp scholarships; $3,620 in Gladys Knapp Fund scholarships; $5,430 in Marshall County Leaders Association scholarships; and $2,500 secured in private community donations for camping scholarships. 43 campers were awarded scholarships for 2019 camps.

Day Camps

4-H Cloverbud Day Camp
- 4-H Cloverbud Day Camp was a one-day camp held at Oglebay Park with 17 Cloverbud members in attendance.
- Members participated in crafts, meals, games, singing and Council Circle.

First- and Second-Year Day Camp
- This was a first-time program held at the barn with 16 members in attendance at the day camp.
- Members participated in STEM activities, crafts, singing and learned about 4-H history.
- The day camp was funded by a WVU Foundation mini-grant and the 4-H Leaders’ Association.

4-H School and Community Educational Programs

- The 4-H agent’s teaching directly served 1,841 youths and adults, and it involved 58 individual teaching sessions on 25 different topics.

- Marshall County WVU Extension Service collaborated with Marshall County schools, Glen Dale Child Development Center, Grand Adventures Leadership Camp, Middle School Leadership Camp, Marshall County Fair and the Blue and Gold Center on programming.

- Five of the 11 stations at Hands-on Ag Days (sponsored by the Natural Resources Conservation Service and the Northern Panhandle Conservation District) were conducted by Marshall County WVU Extension Service staff or 4-H volunteers. The stations included Fun with Fruits and Veggies, Bodacious Beef, Dairy Cattle, Goats are Great, Aquaculture and 4-H programming. 380 fifth grade students from Marshall County's private and public elementary schools, as well as 131 adults participated in the two-day event in September 2018.

- 15 sessions of direct educational programs, including Rockets to the Rescue, Bottle Rockets, Motion Commotion, Squishy Circuits, We All Scream for Ice Cream, Blobs in a Bottle and Trash Sliders, provided 441 students with exposure to a variety of STEM programs. An additional 482 students received STEM education in the camp and fair setting.

- Additional areas of programming emphasis included cyberbullying, social media and internet safety, and workforce skill development.

- The WVU Extension Service 4-H agent in Marshall County accepted four national speaking engagements including “iRESPECT: Building Youth Interpersonal Capacity
Against Bullying” at Public Issues Leadership Development Conference in Crystal City, Virginia, as well as three sessions at the NAE4-HA Annual Conference in Columbus, Ohio—“Happy Counselors and Happy Campers: Making the Connection,” “A New Way to Inspire Learning: Curriculums for Workforce Development” and “Growing 4-H’ers for the 21st Century Workforce.”

**Traditional 4-H Programming and Clubs**
- Marshall County has 20 traditional 4-H clubs, 13 Cloverbud clubs and six specialty clubs.
- There are 400 4-H members, 42 Cloverbud members and 105 vetted volunteers involved in the programs.
- Marshall County 4-H members supported the Marshall County Family Resource Network’s Christmas Baskets for Teens project raising $1,000 and collecting nearly 500 items for the project.

**Special Interest Programs**

- **Agricultural Clubs**
  - Marshall County WVU Extension provided agricultural education programming to enhance life skills development in youths. Programming included a skillathon held at the Marshall County Fair that attracted 36 livestock club members. 100% of the youths were compliant with the state quality assurance program. Three 4-H’ers participated in the Beef Expo Judging Competition, four 4-H’ers participated in the State Livestock Judging Competition and eight youths participated in the state Beef Quiz Bowl.
  - Two specialty livestock clubs with 204 market projects sold at the Marshall County Fair for a total sale of $303,464.65 (an increase of 17%). Community donations generated from livestock sales totaled $35,700 for scholarship programs and club programming (an increase of 34%). Seven members participated in the West Virginia state fair and skillathon competitions.
  - Seven dairy exhibitors showed their cattle at both the county fair and West Virginia State Dairy Show, as well as participated in the quiz bowl and judging activities at the state event.
  - 15 members participated in the equine competition at the Marshall County Fair.
  - Marshall County 4-H and FFA Goat and Rabbit Club awarded $7,500 in college scholarships, and the Marshall County 4-H and FFA Livestock Club awarded $31,500 in college scholarships. 12 members received awards.
  - Two members earned high honors in state agricultural events: Macey Bertram earned Junior Premier Beef Exhibitor at the West Virginia state fair and Dulcie Hanson earned West Virginia State Dairy Princess.

- **Shooting Sports**
  - The shooting sports program develops youths who are responsible and productive citizens that learn marksmanship and the safe and responsible use of firearms. 50 4-H’ers participated in the shooting sports program's various disciplines: shotgun, muzzleloader, air rifle, air pistol and archery.
○ The Marshall County WVU Extension Service partnership continued with the Marshall County Hunting and Fishing Club, which allows members over age 12 to shoot trap and shotgun/muzzleloaders at the range for club activities.
○ Eight members participated in the state 4-H shooting sports shotgun event, earning second place junior, third place senior team and fifth place senior shooter.
○ Eight members participated in the regional air rifle shoot with two juniors and two seniors qualifying for the state air rifle event.
○ Braden Carroll, Justus Kirkland and Brandon Scamehorn qualified for the National 4-H Shooting Sports event to be held in June 2019. This is the first time Marshall County has been represented at this event.

**Agriculture and Natural Resources**

**Individual Client Consultation**
- The Marshall County WVU Extension Service office provided direct education to clients on an individual basis. More than 220 local residents were served in this capacity in 2018. Topics included soil sample interpretation, insect identification, weed identification, lawn care recommendations and livestock-related questions.

**Agricultural Dinner Meetings**
- The Northern Panhandle agricultural dinner meetings were coordinated by the Marshall County WVU Extension Service office. A total of 63 participants attended the meetings that covered the topics of log cabin fencing, grazing management and beef cattle health.

**Pesticide Training**
- The Marshall County WVU Extension Service office served as a training site for local private applicators to gain the required credit hours to maintain their pesticide license. Seven community members attended the training.

**Producer Workshops and Field Days**
- 26 participants attended the high tunnel workshop presented by WVU Extension Specialist Lewis Jett.
- 14 participants attended the stockpile grazing workshop.
- 14 participants attended the cool-bot training held in cooperation with West Virginia State University.

**Youth and Community Educational Programming**
- 200 individuals participated in the Women in Agriculture educational exhibit.
- 200 individuals participated in the Covestro educational exhibit.
- The Washington Lands Garden Club did a presentation on garden preparation and cover crops.
- 600 Marshall County middle schoolers experienced the Northern Panhandle Conservation District Soil Trailer.
- Seed bombs and monarch butterflies programming was presented to 96 youths at the Grand Adventure Leadership Camp, Glen Dale Child Development Center and Marshall County Fair.
Family and Community Development

Teaching

- **Apprenticeship for Child Development Specialist**
  - Six students participated in the 15-week, statewide Apprenticeship for Child Development Specialist program. The four-semester program exists to build an educated, competent, sustained workforce that provides quality care and education for children in West Virginia. Students receive a Department of Labor certificate when they finish four semesters and can receive college credit for attending.

- **Diabetes Education**
  - The Marshall County WVU Extension Service partnered with Moundsville Pharmacy to offer one session of the 5-week Dining with Diabetes class, which was presented to 16 adults. Several participants that attended lowered their A1C levels, lost weight, and learned new cooking techniques and other factors that empowered them to take control of their diabetes.
  - One session of general diabetes education was held for the Glen Dale Senior Center participants.

- **General Nutrition Education Programming**
  - Healthy breakfast was provided at back-to-school fairs with more than 1,000 contacts.
  - Partnering with House of Carpenter and Adolescent Health, Marshall County WVU Extension Service offered Cooking with Teens for 10 students.
  - 125 individuals participated in Healthy Eating Using the Electric Pressure Cooker classes held at senior housing centers, CEOS meetings and during the Marshall County Fair.
  - 32 youths participated in the Glen Dale Child Care Camp Healthy Eating program.
  - 200 youths participated in the Grand Vue Park Summer Camp Healthy Eating and Stress Less with Mindfulness programs.
  - 125 individuals participated in the Rethink Your Drink program at Cameron High School.
  - Mindful eating was discussed with 55 participants at the TOPS Northern Panhandle regional meeting, 15 participants at a Dining with Diabetes follow-up class, 11 participants at a women’s sorority and 100 students during Eat a Rainbow sessions for Glendale Elementary School.

- **Food Safety**
  - **Food Preservation**
    - 9 participants learned the importance of canning using USDA safety guidelines during a hands-on workshop.
    - The Marshall County WVU Extension Service office tested several canners for pressure and sealing.
Marshall County WVU Extension Service had a display on food safety at the Marshall County Fair and at various other locations through the county.

- **Stress Less with Mindfulness**
  - 22 sessions were presented on ways to handle stress using mindfulness techniques. 450 participants reported feeling less stressed when practicing the techniques of breathing and paying attention to the present moment.

- **Darkness to Light** (a prevention program for child sexual abuse)
  - Partnering with Marshall County Partners in Prevention, the Darkness to Light program was presented at various locations including DHHR, community workers, Universal Pre-K teachers, WLU students, Bethany and WLU student teachers, churches, teacher mentoring programs, homeschool parents’ association and child care workers. 13 sessions were presented to 353 participants.

**Family Nutrition Program**

(Note: The adult health educator serves Marshall, Ohio, Brooke, Hancock and Wetzel counties, while the youth health educator serves Marshall and Ohio counties. This report reflects the Marshall County efforts.)

- **Direct Education**
  - 50 adults participated in Eating Smart, Being Active classes taught at SPOKES, Lee Day Report and Women Inspiring New Directions (YWCA).
  - 59 youths participated in Teen Cuisine at Moundsville Middle School.
  - My Plate and Rethink Your Drink lessons were taught at Glen Dale Child Development Center to 24 participants.
  - Show Me Nutrition was presented to 550 students in four Marshall County schools.
  - Rethink Your Drink was presented at the Blue and Gold Center to 12 participants.

- **Public Education**
  - Pop-up Farmers Markets
    - Utilizing a $10,000 grant from CFOV Chevron, 2,469 students in Marshall County participated in pop-up farmers markets at their schools.
    - A total of 952 community members were served by additional pop-up markets. Their funding sources are as follows: Marshall County Fair Senior Citizens Day (Williams Energy), Marshall County Fair Kids’ Day (4-H Leaders Association), Grand Adventures Leadership Camp (Grand Vue Foundation) and Hands-on Ag Day (NPCD).
  - Community Garden and High Tunnel
    - 2018 marked the fourth year for the community garden, and the first year for the newly completed high tunnel.
    - Five community families utilized 10 beds of the community garden; four beds were used by Marshall County WVU Extension Service.
A total of 181 pounds of produce was obtained from Marshall County WVU Extension Service beds and high tunnels during the growing season. The produce was used for a pop-up farmers market and direct education programming. Donations were made to Simpson Community Kitchen, Lee Day Report students and Women Inspiring New Directions program participants from the YWCA.

- Food of the Month
  - Four schools took part in the newly designed Family Nutrition Program Food of the Month program.

- Other
  - A community garden was established at the Blue and Gold Center.
  - In partnership with Keys 4 Healthy Kids, Marshall County WVU Extension Service did a site visit at Glen Dale Child Development Center.

**Community Service**

- **Community Education Outreach Service**
  - Marshall County has 115 CEOS members across 10 clubs.
  - Marshall County CEOS reported 15,500 volunteer hours, worth approximately $34,317.
  - CEOS volunteer efforts included:
    - The county past presidents provided two $750 scholarships for Marshall County high school seniors.
    - CEOS members purchased and donated more than 350 new children’s books to kindergarten students in Marshall County.
    - Marshall County CEOS members held the ninth annual “Pink” event for breast cancer awareness. $3,000 was raised for the American Cancer Society from admission fees and an auction held during the luncheon. Several members also participated in Relay for Life, raising an additional $1,500 for the American Cancer Society.
    - CEOS members held a basket weave-in, which raised $1,500 for childhood cancer.
    - CEOS members donated coats and blankets to the homeless coalition and made 40 blankets that were donated to local hospice.
    - Marshall County CEOS members raised more than $950 at the holiday event auction to provide Christmas gifts for Marshall County children from the Caring Tree.
    - CEOS members held a quarter auction that raised approximately $1,200 for the local CASA organization.

**Publications**
- Marshall County WVU Extension Service published a regular column, titled On the Homefront, approximately every six weeks in the home and garden section of the “News Register/Intelligencer.”
