Lincoln 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 Lincoln 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

- The Dining with Diabetes program continues to be highly requested program.
- Google’s CS First computer coding course was delivered to fifth grade students in all Lincoln County schools.
- Lincoln County 4-H camp was again hosted in new location. $23,000 was secured to ensure camp costs remained affordable for all Lincoln County youths.
- Nutrition-based education was provided in all Lincoln County schools. Students in third through fifth grades were introduced to healthy snacks while engaging in physical activity.

4-H and Youth Development

Camping

- 115 youths and 23 leaders spent the week at Veterans Memorial Park in Summersville, West Virginia. Participants toured Summersville Lake, New River George and WVU Tech.

4-H School-based Programs

- 210 students participated in Google’s CS First computer coding course.
- 315 students participated in nutrition-based education promoting healthy snacks and physical activity.
- 174 students participated in Lincoln County’s first Farm Safety Day.
- 133 Lincoln County students practiced sportsmanship while learning marksmanship skills and receiving instructions on the safe and responsible use of firearms.

Traditional 4-H Programming and Clubs

- The Country Club is a new community club in Hamlin and has 32 participants.
• The Go-Getters Club in West Hamlin continues to be active with the development of a community park and recreation area.

Agriculture and Natural Resources

Local Foods

• 125 participants attended Lincoln County’s Farm Field Day at Wood’s Farm in May 2018.
• Vendor training for market producers to accept WIC/Senior vouchers was held at the Lincoln County farmers market.
• Lincoln County WVU Extension Service hosted six mobile markets to provide local foods to area schools and community groups.
• Food demonstrations and samples were provided at local markets to encourage participation.

Family and Community Development

• 32 individuals participated in Dining with Diabetes. The greatest impact was the number of individuals that reported they were monitoring the health risks of diabetes and using food labels to plan meals.
• 45 Guyan Valley Middle School students participated in Reality Store.
• 25 Community Educational Outreach Service members participated in the Guard Up: Self Defense for Senior sessions at the CEOS annual conference.
• 37 individuals demonstrated skills to prepare healthy meals.
• 27 participants demonstrated skills to successfully and safely preserve green beans and salsa.
• Lincoln County WVU Extension Service completed a community profile and stakeholder power analysis for the Town of Hamlin.
• Lincoln County WVU Extension Service participated in Trails to the Future plan with the Lincoln County Economic Development Association to promote opportunities of local tourism.