Randolph 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 Randolph 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

- 4-H camp participants increased from 124 in 2017 to 137 in 2018, a 10% increase.
- 4-H/FFA Livestock Show and Sale increased from $70,061 in 2017 to $80,767 in 2018, a 15% increase.
- WVU Randolph County Extension is delivering a program (Strengthening Families), which meets West Virginia requirements for drug prevention programming in middle schools.

4-H/Youth Development

Camping

- In 2018, 137 campers attended Randolph County 4-H camps
  - 85 campers attended the weeklong Younger 4-H Camp
  - 52 campers attended the weeklong Older 4-H Camp
- Implemented the Summer Food Service Program at both weeklong camps, which helped lower the cost of camp for individuals who are eligible for free or reduced priced meals. More than $1,700 was secured from the program.
- $3,831 was secured in local funds to help with costs associated with 4-H camps.
- 34 fully vetted 4-H volunteers served as camp staff at the two residential camps.

Traditional 4-H Programming and Clubs

- 191 youths are enrolled in 12 Randolph County 4-H community clubs.
- 153 4-H projects were completed (including livestock).
- 15 members participated in one more state 4-H camps.
- 1 member participated in virtual State 4-H Days (she won a Gold ribbon).
Approximately 50 4-H volunteers are actively engaged in their community club and county 4-H program.

Special Interest Programs

- PROSPER Strengthening Families Program
  - 250 5th and 6th graders (same students) received lessons on giving and receiving compliments as well as stress as a recruitment tool for the Strengthening Families program.
  - 48 youths and 20 adults participated in a pool party that was used as a recruitment tool for the Strengthening Families Program (5 of the 6 graduating families attended this pool party).
  - 6 families (six 6th graders and 7 parents) graduated from the 7-week Strengthening Families program.
  - Life Skills, a program offered by the PROSPER grant, was taught to 148 7th graders in 2018.

Agriculture and Natural Resources

Farmer Support

- 1 winter dinner meeting was held in the county on Herd Health with 34 farmers attending.
- 6 farmers/farm businesses were trained and became certified to accept WIC and Senior Vouchers as part of the Farmers Market Nutrition Program.
- 15 producers participated in a Wool Pool and were compensated a total of $1,600.
- 11 individuals received credits toward pesticide recertification; 5 individuals became recertified.
- 500 individual consultations were made by phone or in person to answer questions or concerns related to agriculture.

Youth Agriculture Programs

- 49 4-H/FFA members completed and exhibited livestock projects at the county fair.
- 58 livestock projects were completed in total (beef, swine, goat, lamb, horse and rabbit).
- 91 animals, 28 dozen eggs, and 2 jars of honey were sold during the 4-H/FFA Livestock Show and Sale
  - Total sales were $80,767.25

Family and Community Development

Community Development
• Solicited $1,000 to purchase produce from local farmers for children to choose as part of the Beverly Book Mobile project. The WVU Extension Service coordinated the produce pickup, distribution and reconciliation each week during the 8-week summer project.

**Food Safety**

• One, two-evening course on Canning Basics was taught in Valley Head. This class included basics of water-bath canning and pressure canning and was presented to 17 adults as a part of their Grow Appalachia requirements.

**Family Nutrition Program**

• Made 880 contacts through the direct education nutrition series of 5-9 classes in elementary schools and at the Mountain School.

• Health Educator, Tracey Valach, coordinated a “Blessing Box” project in Valley Head, West Virginia. She wrote and obtained a $2,500 Try This! grant to make food pantries which were placed on sidewalks or near community buildings in the small town so people in need could have access to foods at any time.
  
  ○ Tracey organized a build day for the food pantries and purchased food to stock the pantries, then sent information out to local churches and individuals on how to restock the boxes.

• 55 elementary students participated in an 8-week walking program with 83% of students increasing their average daily steps.

• 2 pop-up farmers markets were done at Youth Health Service, giving approximately 60 children access to fresh fruits and vegetables and putting $480 in the hands of local farmers.

• Garden projects were nurtured at three elementary schools and at one senior housing complex.

• Rethink Your Drink Water Weeks were completed at two elementary schools, involving daily morning announcements, infused water stations, and consistent messaging about reducing sugar sweetened beverage consumption. Both elementary schools have installed water bottle refilling stations in their schools; one school fundraised to get these stations.