Randolph County Annual Report 2019

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 137 in 2018 to 162, an 18% increase.
- Edible landscaping was planted at six elementary schools.
- WVU Randolph County Extension hired a full-time program assistant that will take over the Strengthening Families Program and reinstate in-school enrichment programs.

4-H/Youth Development

Camping

- In 2019, 162 campers attended Randolph County 4-H camps
  - 110 campers attended the weeklong Younger 4-H Camp (a 30% increase over 2018)
  - 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 $1,800 was secured from the program.
- $4,025 was secured in local funds to help with costs associated with 4-H camps.
- 30 fully vetted 4-H volunteers served as camp staff at the two residential camps.
- Seven teenagers served as full-time counselors at Younger Camp, practicing and gaining leadership skills.

Traditional 4-H Programming and Clubs

- Approximately 200 youths are enrolled in 12 Randolph County 4-H community clubs.
- 161 4-H projects were completed (including livestock).
- 12 members participated in one or more state 4-H camps.
• Approximately 58 4-H volunteers are actively engaged in their community club and county 4-H program.

**Leadership Development**

• Eight members and three adults participated in the Leadership Washington Focus conference in Chevy Chase, Maryland.
• One member participated in the Citizenship Washington Focus conference in Chevy Chase, Maryland.

**Special Interest Programs**

• Strengthening Families Program
  ○ 250 5th and 6th graders (same students) received lessons on giving and receiving compliments as well as learning stress as a recruitment tool for the Strengthening Families program.
  ○ Life Skills was taught to approximately 150 7th graders in 2019.

**Agriculture and Natural Resources**

**Farmer Support**

• 25 farmers attended the winter dinner meeting held in the county.
• 20 producers participated in a Wool Pool.
• Seven individuals received credits toward pesticide recertification.
• A multi-session gardening series was conducted with 38 total participants – nine from Randolph County.
• 4-H members were invited to attend the Regional Livestock Clinic held at the Barbour County Fairground.
• Randolph County Farm Bureau Forage Presentation – 28 participants
• Family Farm Day Field Day at 4-H Camp Pioneer – 51 participants

**Youth Agriculture Programs**

• 53 4-H/FFA members completed and exhibited livestock projects at the county fair.
• 69 livestock projects were completed in total (beef, swine, goat, lamb, horse and rabbit).
• 84 animals, 21 dozen eggs, and two jars of honey were sold during the 4-H/FFA Livestock Show and Sale
  ○ Total sales – $72,766.22
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 eight-week summer project.

- Solicited $500 through crowdfunding to purchase edible landscaping (blueberry bushes and apple trees) for six elementary schools. WVU Extension coordinated purchasing, planting and media coverage of edible landscaping project.

Chronic Disease Prevention

- One, four-week session of Dining with Diabetes was offered to 12 participants. Participants learned the importance of healthy eating and exercise, practical tips on carbohydrate counting and how to prepare heart-healthy recipes.

- WVU Extension partnered with WVU Medicine to screen all Kindergarten, 2nd grade, and 5th grade students in Randolph County for the CARDIAC project. CARDIAC provides high-risk youth with information and resources regarding lowering BMI and blood pressure.

Family Relationships

- One series of Kinship Care was started at Beverly Elementary School. This program supports and aids caregivers of children not biologically their own.

Family Nutrition Program

- Made 590 contacts through the direct education nutrition series of 5-9 classes in elementary schools and at the Mountain School. Comments from teachers include:

  ○ “My students keep water bottles with them all day, so I am able to observe that they drink water more often.”

  ○ “Students have asked their parents to buy them healthy snacks”.

  ○ Statement from student – “That was the first time I tried bok choy. It was pretty good!”

  ○ “Students will look at the nutrition label and remark at sugar and sodium content. They are more willing to try a new food, at least one bite. Students enjoy the opportunity to prepare a healthy snack.”

- Geometry-shaped garden beds were installed at Beverly Elementary School, and a garden project was nurtured. Students and parents picked and tasted tomatoes from the school’s garden on Back to School night.

- Rethink Your Drink Water Weeks were completed at six elementary schools, involving daily morning announcements, infused water stations and consistent messaging about reducing sugar-sweetened beverage consumption. A Rethink Your Drink station was also completed at the Randolph-Elkins Library.
• Eat Smart, Be Active was taught for nine weeks at Women’s Aid in Crisis with five program graduates.