Nicholas County Annual Report 2018

Putting Knowledge to Work!

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 Nicholas 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

More than 200 third-, fourth- and fifth-grade students learned the basics of folk dancing and West Virginia’s culture and heritage. Each of the six sessions included learning folk dances, exploring healthy living options and discussing cultural history.

292 Nicholas county youths participated in the Progressive Farm Safety Day that provides eight safety sessions, including lawn mower safety, propane safety, food safety, sun safety, ATV safety, fire safety, first aid safety and livestock safety.

373 Nicholas County youth learned about the importance of staying hydrated by choosing healthy hydration choices during the Nicholas County Water Festival, in cooperation with the Department of Environmental Protection.

All third graders in Nicholas County received a comprehensive helmet safety course, and to complement the curriculum, all were fitted with a new helmet to take home and use.

4-H and Youth Development

Camping

- 135 and 40 adult volunteers attended the Nicholas County 4-H camp. Youths acquired new leadership skills, mastered innovative proficiencies and participated in team building activities.
- 70 younger youths had the opportunity to engage in a variety of activities during the 4-H Cloverbud camp. Seven adult volunteers and 11 teen leaders lead the groups through traditional and contemporary activities including outdoor survival, STEM topics, rocketry, ceramics, forestry and folk dancing.

4-H School-Based Programs:

- More than 200 third-, fourth- and fifth-grade students learned the basics of folk dancing and West Virginia’s culture and heritage. Each of the six sessions included learning folk dances, exploring healthy living options and discussing cultural history.
• Approximately 20 Pre-K, Kindergarten and first grade parents and 20 child care providers learned to employ eight reading strategies to enhance the reading experience for youths that increase reading levels and comprehension.

Special Interest Programs

• The 4-H shooting sports program got off to a great start with a grant from the National Rifle Association that allowed us to promote firearm safety through our 4-H Shooting Sports program. The grant provided three shotguns, ammo, targets, a safe and clay targets. Three youths participated in a statewide shotgun competition and came in seventh.

• The First League Lego Robotics program was made possible from a grant from the Nicholas County Community Foundation. Five youths practiced for several months and then completed in regional competition.

Agriculture and Natural Resources

• 292 Nicholas county youths participated in the Progressive Farm Safety Day that provides eight safety sessions, including lawn mower safety, propane safety, food safety, sun safety, ATV safety, fire safety, first aid safety and livestock safety.

• In 2018 eight producers marketed 163 calves through the 2018 BQA calf pools. The group of eight producers had an average of $37.14 premium on steer cattle and a $82.02 premium on heifer cattle, giving a grand total of $9352.10 added value to the group. The total sale was valued at $147,941.39.

Family and Community Development

• Workshops on better living topics were delivered, including family finance, healthy eating, scream-free relationships, stress less with mindfulness and the 5 Love Languages, to students enrolled in Nicholas County SPOKES and GED classes.

• 22 staff of the Friends-R-Fun school and daycare center received instruction on scream-free relationships, including information on scream-free parenting.

• Faculty and staff of New River Community and Technical College learned more about healthy living through a class called Holiday Happiness, Surviving Healthy and Guiltlessness.

• 373 Nicholas County youth learned about the importance of staying hydrated by choosing healthy hydration choices during the Nicholas County Water Festival, in cooperation with the Department of Environmental Protection.

Safety and Health

• An educational helmet safety class was conducted where all third graders in Nicholas County received instruction on the importance of wearing a helmet every time you ride a bike, scooter or skateboard, how to tell if your helmet is in good working condition and choosing the correct size helmet. Students were fitted and given a new helmet. A grant was obtained in the amount of $9100 to fund the project. A survey was administered prior to see how many were wearing helmets, and in three to four months a follow-up survey will be administered to see if they are wearing the helmets after the educational session.