

Nicholas County Annual Report 2020

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; family and community development programs; and USDA funded nutrition and physical activity programming. 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

- Modified programs to meet pandemic restrictions, including 4-H camp, Master Gardener training, canning and freezing workshop, worksite wellness training, kinship care support and nutrition education for youths.
- Drafted a comprehensive economic development plan for the City of Summersville.
- Delivered educational programming to approximately 3,500 participants and 18 worksites, plus received \$4,000 in programming grants.
- Nicholas County ANR Agent Brian Sparks taught WVU President Gordon Gee how to grow tomatoes.
 Check out <u>Growing Tomatoes with WVU President Gordon Gee</u> on WVU Extension Service's YouTube channel.

4-H/Youth Development

4-H Virtual Camp

• 38 youths registered for virtual 4-H camp; 30 youths attended.

12 Days of STEM

• 12 youths registered and were given take-home kits containing 12 STEM activities that were holiday themed.

Grants

- Nicholas County 4-H Shooting Sports program received a 2020 NRA grant. The program received two Daisy air rifles, three pellet sleeves and a hand pump.
- A 2020 Nicholas County Community Fund grant was received in the amount of \$2,500 to support 4-H project workshops.

Agriculture and Natural Resources

Master Gardener Virtual Volunteer Training

• More than 1,310 volunteer hours have been logged by 25 Master Gardeners with a monetary value of \$33,346.72 given back to the community.

West Virginia Farmers Market Nutrition Program Training

- Virtual trainings were held for local farmers market producers so that they could accept coupons from the West Virginia Senior Farmers Market Program and the Woman, Infants and Children Farmers Market Nutrition Program in exchange for locally grown fresh fruits and vegetables.
 - Nicholas County had a 69% redemption rate for a value of \$13,800.

Youth Potato Project

- 20 Nicholas County youths were educated on how to grow potatoes.
- 500 pounds of West Virginia-certified "Salem" potatoes and 250 pounds of fertilizer were purchased and distributed to the youths for the project.

Family and Community Development

Community and Economic Development

- Provided subject matter expertise and education support for Moving Ahead Together Summersville to draft a comprehensive plan for city leadership (Planning and Zoning Commission, City Council and others).
- Helped develop a public engagement plan for the city and developed an implementation plan for Summersville Lake tourism-oriented economic development.
- Partnered with regional stakeholders to develop a shared tourism-focused economic and community
 development recreation vision across counties and towns to improve social, ecological and economic
 health and vitality of the New River Gorge region.

Financial Literacy

• Led the beginning development stages of a statewide financial literacy education program for people of all ages.

Family Support, Wellness and Substance Use Prevention

• Together with Active Southern West Virginia and West Virginia Department of Health and Human Resources, recruited and trained 18 local work sites, including City of Summersville, Nicholas County Community Action, City of Oak Hill and the Town of Fayetteville, to participate in the Center for Disease Control Work@Health program. Participants created individualized, data- and resource-supported work site wellness programs to improve productivity, reduce costs and influence community health.

Family Nutrition Program

Grow This West Virginia! Garden Challenge

• Nicholas County WVU Extension Service office helped package and distribute tomato, snap peas, butternut squash and radish seeds to 425 households and 1,218 individuals.

Classes/Online Programming

- 25 participants attended the healthy snacks virtual class.
- 50 youths attended the line dance virtual classes.

Educational Videos

Created educational videos: recipe video – peanut butter pinwheels (288 YouTube views); curriculum video – physical activity lesson (12 classroom views); welcome video – Show Me Nutrition curriculum (26 classroom views). These videos were posted on WVU Extension Service online channels.

Curriculum Development

 Developed a series of eight nutrition-related activity kits with card descriptions to be distributed at programs/camps. Activity kit topics include fruits, vegetables, proteins, grains, dairy, physical activity, germs/food safety and water. More than 5,000 youth nutrition activity card kits were distributed statewide.