Summers County Annual Report 2019

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 Mercer 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/Youth Development

Camping
- 13 attended Cloverbud Day and 140 campers attended Summers County 4-H Camp with most attendees giving camp an ‘A’ rating.
- Co-director of Young Adult Conference at Jackson’s Mill where 72 young adults participated in educational workshops and service learning
- Fully vetted camp staff as well as 18 and older campers

4-H Teaching Opportunities
- ‘The Germ Stops Here’ program was presented to all three elementary schools.
- ‘What Are You Really Eating?’ was presented to all middle school and high school students.
- Other presentations:
  - ‘Ice Cream in a Bag’ – freezing point demonstration
  - ‘Walking Water’ – capillary action
  - ‘Diversity and Bullying’
  - ‘Get a Life’ – youth learning new information or skills
- Camp Counselor Training with over 30 adults fully vetted following the mandates of WVUES

Traditional 4-H Programming and Clubs
- Youths participated in 4-H clubs, the Winter Wonderland event, project roundup and poster contest with 32 Blue Ribbon projects and 32 won Best of Show at the State Fair of West Virginia
Energy Express

- 43 youth participants
- 75% maintained or increased reading skills
- 6,720 total meals served

Other Responsibilities and Memberships

- Served on a variety of boards and committees including:
  - Chair of Youth Literacy Team for WVU Extension Service
  - REACHH Family Resource Center Board of Directors
  - Family Resource Network
  - Summers County Program Coordinator
  - West Virginia Association of Extension 4-H Agents
  - National Association of Extension 4-H Agents, Epsilon Sigma Phi

- Served as Hospitality Chair for the NAE4-HA conference held at the Greenbrier Resort in November, 2019, where hundreds of 4-H professionals from throughout the country attended

Agriculture and Natural Resources

Southern West Virginia Young Sire & Heifer Evaluation

- Evaluated 95 bulls and 82 heifers
- Provided research data back to producers
- Worked with local producers in sire selection
- Began bull introduction into county herds
- Program continues in 2020
- Hosting program on using Expected Progeny Differences (EPDs) for sire selection
- Completed research on parasite resistance to dewormers

Master Gardener Program

- Advisor for New River Master Gardeners
- Group provided 1000 + hours of volunteer service in the area
- Instructed additional program in horticultural arena
- Conducted a series of workshops for horticultural producers

Farmers Market

- Cultivated an active market in Raleigh and Summers County
- Served as advisor and trainer
- Continued striving to increase producers d
• Served as area trainer for the Senior/WIC Market Coupon Program
• Conduct multi-county trainings on signage and market operations

**Pesticide Training**
• Conducted three pesticide training workshops for private applicators
• 110 applicators received recertification hours

**Winter Dinner Meeting Educational Series**
• Hold 3-4 dinner meetings annually on various agricultural topics
• Provide meal and have speakers from all over nation come into present
• Also serve as speaker at other locations within the state.

**Cooperative Calf Pools**
• Currently pooling cattle together for marketing, 10th year
• Will capitalize on enhanced management and receive premium
• Market through 50,000 pound lots. Sold five lots this year
• Multi-County Project

**Raleigh County Program Coordinator**
• Handle daily county office operations
• Responsible for local budget and funding sources
• Supervise office staff
• Promote WVU Extension at the local & state level

**Ongoing Projects:**
• Farmers Market in Beckley and Summers County
• Summers County Farmland Preservation
• Southern Conservation District Grassland Committee
• Educational Series — “Management Decisions for the Future”
• Weed Wiper Demonstrations
• Beef Quality Assurance Certification
• Master Gardener Program
• Extended Grazing and Pasture Management
• Extended Grazing Research Project

**Families and Health**

**Various Workshops and Classes (Lesley Woodrum)**
• Adults were provided with information on leading a healthier life by taking the following classes:
• Active for Life
• Exercise
• Nutrition
• Rethink Your Drink
• True Colors
• Say Yes to Saying No
• Cooking on a Budget

Family Nutrition Program (Victoria Cox)

• Show Me Nutrition
  o 731 participants completed a six to eight week nutrition education program with 3rd-5th grade students in all Summers County and Monroe County schools.
• Smarter Lunchrooms
  o Three schools in Monroe County (Mountain View, Peterstown Middle, and Peterstown Elementary) and three schools in Summers County (Hinton Area Elementary, Jumping Branch Elementary, and Talcott Elementary) completed the pre and post Smarter Lunchrooms scorecard assessments.
• Food of the Month
  o Schools that participated in Smarter Lunchrooms also participated in school wide food tastings with the WV Food of the Month Program. Monroe County Schools had two tastings. Summers County Schools had four.
• Walking Programs
  o Talcott Elementary and Summers Middle School started their second year of the Walk This Way Summers County Walking Club. Jumping Branch Elementary started theirs in 2019-2020. Using funds provided by a Try This mini grant, the club plans to install a walking path at Talcott Elementary and Jumping Branch Elementary.
• Rethink Your Drink
  o All students at Summers County High School and Summers Middle School had the opportunity to try fruit infused water.
  o Each school in Summers and Monroe now has an infused water station with fruit infused water offered at least once a week.

Community Based Programs

• Pop-Up Farmers Market
  o Each participant of REACHH Summer Fun, Energy Express and STEM Camp received $6 to purchase produce at a pop-up farmers market held at Hinton Area Elementary.
• Food of the Month
  o WV Food of the Month tastings were provided to participants of the Pop-Up Farmers Market and Summers County 4-H Winter Wonderland/Achievement Day.
Rethink Your Drink
  - Summers County 4-H Camp participated in a weeklong Rethink Your Drink Program.
  - One-time Rethink Your Drink Events were provided at the Library’s Job Fair, the Pop-Up Farmers Market, Monroe County Coalition for Children and Families Agency Fair, and Summers County 4-H Winter Wonderland/Achievement Day.

Upcoming:
  - Hinton Area Elementary and Talcott Elementary are currently participating in nutrition education classes. Jumping Branch Elementary and Peterstown Middle School will begin in March.
  - All Summers County Elementary Schools and some Monroe County schools will continue with WV Food of the Month tastings.
  - Monroe County Schools will be participating in CARDIAC screening throughout the month of February.

Community Development/Tourism/Economic Development

Research Efforts

- John Henry Historical Park (JHHP) — Media Update Project
- City of Hinton — Comprehensive Planning Project
- Hinton Elks Lodge — Assessment of Potential Grant Funding
- New River Gorge Regional Development Authority (NRGRDA) — Stakeholder Roundtable
- Summers County ARH Hospital — Summers Co. Community Health Needs Assessment Survey

Service Efforts

- New River Gateway (Summers County Convention & Visitors Bureau (CVB))
- WVU Extension
- Summers County Commission
- John Henry Historical Park (JHHP)
- The Summers County Planning Commission (SCPC)
- City of Hinton
- County Extension Office
- Montgomery Implementation Team
- Hinton Rotary Club

Teaching Efforts

- Bramwell Coal Heritage Festival — The Legend of John Henry
- Community Education Outreach Service (CEOS) Fall Conference — “Emergency Preparedness for Seniors”
• John Henry Historical Park (JHHP) — Video Show “How Did John Henry Beat the Steam Drill”.
• Lee Hall Train Station Foundation — “The Legend of John Henry”.
• Mercer County Senior Citizens — Tour of Summers County Attractions.
• National Association of Community Development Extension Professionals (NACDEP) “Board Transformation” session and Emergency Preparedness Poster
• National Coal Heritage Area Authority (NCHAA) — “Interpreting an American Folk Hero”
• Pop Up Market Program — “How to Make Butter”
• WV State Treasurer’s Office — “Get A Life” Program