

Barbour 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; food and nutrition; health and wellness; financial planning; and home gardening. These research-based programs and services are available to all Barbour 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

- \$2,604.15 funds were generated to provide 4-H programming.
- 61 individuals received direct farmer assistance with soil fertility recommendations on 1,326.32 acres.
- 2,914 youths were reached through public health programming.
- 1,795 total packs of seeds were mailed to 545 Grow This! WV participants in Barbour, Tucker and Berkeley counties.

4-H/Youth Development

Camping

- 116 youths participated in Tri-County Camp URLinked, 30 of them being Barbour County youths. \$643.95 was donated to provide all participants with a kit including materials, supplies and ingredients to complete 10 activities, and four snacks and a camping t-shirt.
- 40 youths participated in Horse Camp in a Box. \$1,200 was donated to provide all participants with a kit including Junior Horseman educational book, online access to games and activities, recipes for healthy snacks and a camping t-shirt.

4-H School-based Programs

- 40 youths from Kasson Elementary School participated in STEM Mars Camp.
- 15 youths participated in the Adopt A Chick program, where they incubated 48 eggs and participants received the hatched chicks. Equipment donated to use during the duration of program included an incubator, stock tank, heat lamps (2), chick feed (1 bag), feeders (4) and waterers (4).

Traditional 4-H Programming and Clubs

- 142 youths and 35 Cloverbuds were enrolled in the Barbour County 4-H program.
- 40 community volunteers were vetted to assist with 4-H programming efforts.
- 261 youths participated in county events including the livestock skill-a-thon (22), poster contest (38), photo contest (99), National 4-H Week challenge (34), pumpkin carving/story contest (6), countywide 4-H meeting (25), community service project (14) and Mountaineer Challenge (23).

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• 28 youths participated in statewide events including demonstration contest (3), state 4-H exhibition (6), Dance Weekend (1), Cloverbud Virtual SPIN Club (4), Best of CampURL (3) and project workshops (11).

Special Interest Programs (Virtual Programming)

- 805 youths participated in 46 statewide virtual project workshops on the topics of STEM, livestock, record guides, citizenship, health and nutrition, sewing, photography, forestry, entomology and finance.
- Created virtually programming for and taught the Swine Project and The Incredible Pig to 63 youths.
- 47 youths participated in five statewide virtual Cloverbud clubs, which covered the topics of Earth science, family and consumer science, healthy snacks, plants and animals, and wildlife.
- Plants and Animals project was taught to four Cloverbuds.

Agriculture and Natural Resources

Lunch 'n' Learn: Garden Series

• 41 individuals registered for the 11 sessions that ran from May 14 through July 23. Sessions were recorded and sent to participants who were unable to participate live. Topics included preserving for your pantry, companion planting, composting, fall gardening, season extension, bees/pollinators and weed control. Co-taught sessions included soils and soil testing; alternate ways to garden; growing for your pantry; brambles, berries and grapes; and rain barrels.

Farmer Assistance

- 51 individuals attended the Farmer Winter Dinner Meeting.
- 9 individuals received credits for their pesticide recertification.
- 8 producers received forage sampling and winter hay feeding recommendations.
- 1,290 pounds of unused/unwanted pesticides were collected from the community.
- Soil fertility recommendations were provided on 1,326.32 acres of Barbour County farmland.
- Forage quality presentations were held for the Barbour County Farm Bureau and Upshur County Hay and Silage Show, reaching 22 individuals.

Project Workshops

- Taught 60 youths in statewide virtual Cloverbud club activities including a Down on the Farm lesson, virtual farm tours and book readings ("Old McDonald" and "The Big Red Barn").
- Taught four virtual project workshops on dairy cattle, entomology and vet science. 32 youths participated statewide.

Youth Agriculture

- 48 livestock project books and 12 exhibits were completed.
- 48 youth members raised and sold 67 livestock animals online.
- 16 youths participated in the "Plant Science: How Deep Are My Roots" project.
- 19 youths from Philip Barbour High School, HSTA participated in a biosecurity workshop.

WVU Extension Website Content

• Co-authored five gardening fact sheets and created three videos that were repurposed as web content for the main WVU Extension Service website.

Families and Health

Direct Education: Show Me Nutrition

- Show Me Nutrition programming provided six weeks of education, physical activity and snack lessons for elementary students using experiential learning model activities.
- One lesson per week (held over six weeks) reached 293 elementary students at Belington, Philippi and Junior.
- 15 classrooms completed six lessons, and 14 more classes completed one lesson prior to COVID-19.
- After the pandemic's arrival, virtual lessons were developed to deliver to school classrooms. *Public Health Programs*

• Grow This! WV: Microgreen Kit Distribution

o 172 microgreen kits were assembled with instructions, seeds, planting container and soil, and distributed to students with meal boxes.

• Grow This! WV: Seed Distribution

- o 229 Grow This! WV participants from Barbour County received 763 packs of seeds.
- Office staff also helped mail seeds to Tucker and Berkeley County participants (373 packets to 108 Tucker County participants; 294 packs to 90 Berkeley County participants).
- Kids Pop-up Markets (supported by the "Appetite for a Healthier Future" Walmart Grant)
 - 1,291 students from all Barbour County elementary schools, Feed My Sheep and the food distributions at Philip Barbour High School participated. Each market bag contained \$4.00 of fresh locally grown produce from our Heart and Hand Community Market.
- **FARMacy** (supported by the "Appetite for a Healthier Future" Walmart Grant)
 - WVU Extension Service, Belington and Myers Clinics, and the Heart and Hand Community Market teamed together to provide the program to 25 Barbour County families.
 - o 25 participants received 15 weeks of fresh locally grown produce and six weeks of Eating Smart Being Active nutrition classes and recipes for the fresh produce.
 - o Pre/post surveys, A1C and lipid profile testing used to measure impact and results of the program, yet to be determined.

• Rethink Your Drink

718 students and 126 adults from Junior, Belington and Philippi Elementary schools;
Kasson Elementary Middle School; Belington Elementary's Agriculture program; and
our winter fair tasted infused water and saw visuals of the sugar content in sugar-added drinks.

• Rethink Your Drink Water Week

- 94 students and 14 staff at Junior Elementary School participated in Water Week. We provided a variety of fruits and cucumbers to make infused water for tasting. We also provided posters and sugar models to illustrate sugar contents in common sugar-added drinks.
- o Each student received a water bottle, stickers, pencils, musical card to create and recipes. Each staff member received a water bottle and infused water recipes.

• CARDIAC

o 346 kindergarten, 2nd and 5th grade students from all Barbour County elementary schools (Belington, Junior, Kasson and Philippi) and middle schools (Belington, Philippi

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- and Kasson) participated in the CARDIAC program. The school nurse helped weigh and visually check for early indicators of Type 2 diabetes.
- o 5th grade students also had blood pressures recorded to monitor for early indicators of heart disease or for a heart defect.

• Walking Programs

- More than 200 Tucker Valley Elementary Middle students participated in a walking program. Pedometers and walking logs were provided to the students to encourage extra steps.
- o 88.2% of the students logged a positive change in weekly steps during the program.
- o Junior Elementary also was provided supplies for a walking program; however, the program was put on hold when the school closed due to COVID-19.

• Virtual Nutrition Lesson Development

- Web-based platforms, such as Google Classroom, Microsoft Teams and Schoology, were used to develop videos of physical activity and recipes to support lessons that would be delivered virtually in school classrooms across the state.
- o Recipe and nutrition lesson videos and PowerPoints were produced to be used in classrooms and virtual 4-H camps.