Clay 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 Clay 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.

4-H and Youth Development

Camping
- 142 children attended this year’s week-long 4-H camp.
- 23 volunteers gave a week’s worth of time for event.

Outdoor Education
- Two backpacking trips took place, one to Dolly Sods Wilderness and another to North Fork Mountain, giving youths an outdoor STEM education experience.

4-H School-Based Programs
- Garden-based learning continues to be popular at HE White Elementary where a high tunnel allows students to garden year round.
- The STEM Ambassador Program provides students with STEM activities delivered by a college-age student. More than 125 students participated in this program.
- Energy Express provided reading enrichment and nutritious meals to 100 students this past summer. Six college students were hired to serve as mentors for these youths.

Special Interest Programs
- Clay 4-H trained the first ever muzzle loading rifle team for the state competition. Clay’s 4-H Team placed first.
- The Clay grassland evaluation team placed first in the state and competed in the Mid-America Grassland Contest in Springfield, Missouri. There they placed first in the nation.
- The Clay 4-H land judging team placed fourth in the national contest in Oklahoma City, Oklahoma.
• The Clay FFA food science team, coached by the WVU Clay County Extension Service office, won the state competition and placed at the bronze level at the National FFA Convention in Indianapolis.

Agriculture and Natural Resources

• WVU Clay County Extension continues to answer pest control inquiries, and answers more than 125 of these calls per year.
• WVU Clay County Extension provides free soil testing to farmers.
• WVU Clay County Extension works closely with the Farm Bureau to offer our youth the agriculture youth fair. Nearly $30,000 was raised through the sale of project animals.
• Beekeeper education courses keep beekeepers in the region informed on production techniques.
• WVU Clay County Extension offers technical assistance to two school gardens in the county.
• HE White Elementary hosted a farmers market and craft fair on May 30 for youths to sell produce raised in their school garden.
• Recertification credits are received at the annual pesticide program.

Family and Health

• A $10,000 grant from the Appalachian Diabetes Translation Project started a diabetes coalition in Clay County. Through this grant, we have completed three major projects including Fit and Active Schools, Workplace Wellness and Senior Physical Activity Promotion.
• Fit and Active Schools program trained 17 kindergarten and first grade teachers to be more physically active in the classroom, which will reach about 420 children in the county.
• Workplace Wellness program at Community Care of Clay had 25 participants, 10 of whom completed the 10-week program and participated in at least 150 minutes of physical activity per week. Participants reported weight loss, decrease in blood pressure levels and overall better health.
• Ten people participated in the Gentle Yoga train the trainer program at Clay Senior and Community Center, and can now present the program at different venues throughout the county.
• First Healthy Grandfamilies Program took place. Ten grandparents gained skills and resources to better parent their grandchildren.
• We trained community leaders in child abuse prevention with the Darkness to Light Program.
• We had five pop-up markets throughout the county. Clay Elementary, Lizemore Elementary, Energy Express and the Summer Fun Day (sponsored by Parents as Teachers) had access to fresh fruits and vegetables through a mock market paid for by grants. Approximately 1,200 kids experienced shopping at a farmers market for fresh foods.
Nutrition education, information and healthy recipes were given to pop-up market participants.

The Rethink Your Drink program was offered at Clay County 4-H camp and taught youths to stay hydrated in a healthy way.

980 kids participated in the Rethink Your Drink program at elementary schools, and received water bottles and a children’s book on drink choices called “Potter the Otter, a Tale about Water.”

Show Me Nutrition Classes reached 590 kids at the elementary schools in Clay County. 93% of kids reported increase in diet quality, 56% reported increased food safety practices and another 56% reported increase in physical activity. 55% indicated an increase in reading food nutrition labels.

The WVU Clay County Extension office now houses a blood pressure check station available to the public.

A kale fair at HE White Elementary utilized kale grown in the school garden. The fair was harvest celebration where students tasted kale chips and smoothies.

Big Otter has a school garden that was used this past year to produce pumpkins for students upon their return from summer break. The WVU Clay County Extension Office provides technical assistance for their efforts and wrote a grant for an irrigation system that aids in vegetable production.

A sizeable CDC grant has been awarded to Clay County to implement obesity prevention strategies delivered through early childhood education centers and community coalitions to increase residents’ opportunities and access to physical activity and healthy eating.

Community Development/Tourism/Economic Development

A recycling grant for $75,000 from West Virginia Department of Environmental Protection started Clay Recycling at Two Run.

WVU Clay County Extension works closely with Clay BDA and has helped build the Buffalo Rail Cruiser Pedal Car and Jitney rail ride.

WVU Clay County Extension continues to be a lead agency for the Elk River Water Trail and development of river accesses.

WVU Clay County Extension works with the Buffalo Creek Watershed promoting the stocking of trout in Buffalo Creek and revitalization of acid mine waters.

The WVU Clay County Extension office provides the craft corner annually at the town Christmas party.