Jackson County Annual Report 2019

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 Jackson 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

- Nearly 1,000 4-H members, 4-H Cloverbuds and FFA members took part in the 2019 Jackson County Junior Fair, exhibiting nearly 600 livestock projects and more than 600 still projects, in addition to the 60 youths who entered home arts exhibits in the McDonald’s Building.
- The 2019 livestock sale generated more than $620,000, with 95% of the sales going directly to youth exhibitors.
- Four 10-week heart-healthy cooking classes were taught to 42 adults and 7 youths. Participants learned healthier ways to shop and cook for their families to improve heart health.

4-H/Youth Development

Camping

- Nearly 270 campers, including 255 full-time/overnight campers and 15 day-campers, attended 2019 Jackson County all-age 4-H camp. Nearly 100 vetted and trained 4-H volunteers staffed the camp.
- 4-H volunteers contributed 9,345 hours of volunteer time during the five-day camp for a total value of $237,643 (based on the national estimated value of volunteer time in 2019 being $25.43 per hour).
- The annual first-year Camper picnic helped ease 40 new campers and their parents into the overnight camping experience by providing a tour of the camp and discussing camp procedures and operations.

Traditional 4-H Programming and Clubs

- There were 35 active 4-H community clubs in Jackson County, providing easy access for youth participation in all local communities. Clubs were supervised by 340 WVU-vetted volunteers, who provided approximately 28,000 service hours for an in-kind value of $686,610 for the 4-H program at the club level alone.
- Jackson County had 780 4-H and Cloverbud members enrolled, who participated in community service projects and educational programming with their clubs.
- 25 4-H clubs participated in National 4-H Week by promoting 4-H throughout the county.

Jackson County 4-H Round-Up
- 175 4-H members and Cloverbuds took part in the Jackson County 4-H Round-Up, where they participated in leadership and skill-building activities led by 4-H teen leaders.
- One 4-H member participated at the state level in the West Virginia Virtual 4-H Days, by submitting his blue-ribbon demonstration via video.

**Jackson County Junior Fair**
- Cloverbuds displayed 169 creations they completed during the year.
- 325 still 4-H projects were entered, with 38 receiving “Best of Fair” honors.
- 68 youths completed 4-H Project “Grand Champion” interviews during the fair.
- In November, 656 youths signed livestock contracts for the 2020 JCJF, including 656 market animal and 50 equine contracts.
- The JCJF exhibit hall committee, guided by Jackson County 4-H Program Assistant, debuted the new exhibit hall during the 2019 Jackson County Junior Fair for the 4-H and FFA youths to exhibit their projects. The program assistant obtained $10,000 of additional grant funding for additional construction needs.

**4-H Poster, Photo and Writing Exhibitions**
- 4-H youths submitted 120 4-H posters, 182 photos and six creative writing samples for county-level competitions.
- The 10 best county overall posters, six creative writing submissions and 54 blue-ribbon photos advanced to state-level competitions.

**State Fair of West Virginia**
- Jackson County 4-H members exhibited 89 blue-ribbon projects at the State Fair.
- Six members’ creative writings, 10 best-of-county posters and 54 county blue-ribbon photographs were on display at the State Fair.
- 20 4-H members participated in State Fair livestock shows.

**Jackson County 4-H Teen Leaders**
- 35 4-H teen leaders completed more than 1,000 hours of community service by participating in activities such as collecting donations and making cards for local charities, which support local youths and deployed soldiers.
- 4-H Teen Leaders participating at state-level events and camps doubled in 2019.

**Agriculture and Natural Resources**

**Jackson County Junior Fair**
- The fair boasted 491 livestock projects, including 212 hogs, 101 lambs, 62 goats, 70 heifers, 34 steers and 12 pens of rabbits. Of the 491 projects shown, 333 animals were sold at the Jackson County livestock sale for a total of more than $622,450 before premiums were added (a slight increase from previous years).
- As part of the fair, 454 youths participated in 4-H/FFA livestock showmanship classes (69 beef, 45 goats, 201 swine, 104 lambs and 35 rabbits).

**Mobile Cattle Facilities**
- More than $19,000 was raised to purchase a 35-foot Arrowquip chute, alley and tub; a Priefert chute; 20 12-foot panels; and a 50-foot addition to the steer barn for storage. Any livestock producer may borrow these mobile facilities, which will strengthen the cattle production in the region by improving management practices.
- The ANR Extension agent wrote several grants to implement stage two of the program, which will involve purchasing a no-till drill, pasture sprayers and a chain harrow to help improve the community’s pasture management and cattle sustainability.
Venison 101
- Around 285 youths participated in the Venison 101 course, where they were educated on topics including herd management, disease control, field dressing, skinning, deboning, meat preparation, canning and preserving, and nutrition and cooking. The youths’ processing record is 23 minutes (includes cutting up a deer carcass, vacuum sealing it and putting it in the cooler).

Southern Bull Test
- 33 bulls and 43 heifers were sold for a total of $147,700. This money is retained by local producers in the state.

Family and Community Development

I Can! Speaker Series
- Taught monthly lessons to approximately 115 sixth grade students at Ripley Middle School. Topics included I Can Be Clean (substance abuse prevention), I Can Overcome (homelessness) and I Can Be Happy (depression awareness).

Stewards of Children (Preventing Child Sexual Abuse)
- Taught the Stewards of Children program to National Youth Advocates Program and Head Start parents. Twenty participants learned about the role of community adults in preventing child sexual abuse.

Simple Cooking with Heart
- Taught 10 sessions of heart-healthy cooking classes to 49 youths and adults through the Simple Cooking with Heart curriculum provided by the American Heart Association.

Safe Canning Methods
- Taught two train-the-trainer sessions to 71 WVU Extension faculty and staff members, where they learned about how to share safe canning information with community members.

Kinship Care Curriculum
- Jackson County Family and Community Development agent led effort to create a research-based curriculum for kinship care families (currently in the pilot phase). It includes 10 sessions on family communication, navigating the school and legal systems, healthy eating/active lifestyles, social media and technology, family response to addiction, response to child maltreatment, parenting in the 21st century, family relationships and self-care/stress management.

Family Nutrition Program
- FNP health educator taught the Show Me Nutrition class once a week to 329 third through fifth grade students in four schools. Students learned about healthy eating and exercise.
- FNP nutrition outreach instructor reached 76 participants with the Eating Smarter, Being Active curriculum at various locations throughout Jackson County. 36 participants graduated from the program, learning about healthier eating and food preparation, as well as the importance of exercise.
- Participants of Rethink Your Drink learned about the amount of sugar contained in drinks and sampled low-sugar alternatives. The following number of youths were reached: Show Me Nutrition classes - 329 youths; 4-H meetings - 73 youths and adults; 4-H camp - 325 youths; school fair - 100 students and parents; Jackson County Junior Fair - 200 youth and adults; community baby shower - 60 adults.
- Food of the Month programming reached 20 adults at BoMar Club Drop-in Center, 20 adults at the Jackson County Development Center and 10 adults at the Head Start Parent Group.
- One-time lessons (Go Lean with Protein and Venison 101) reached at total of 500 youths.
Cooking Matters at the Store reached 32 adults from the general public and 10 adults at the Head Start Parent Group.