

Braxton 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 Braxton 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

- 300 Veggie Patch Kits were delivered with food distributions at Burnsville, Gassaway and Sutton Public libraries. Kits contained seed packets for 10 different garden plants and a handout that included information on planting, variety, food preservation and healthy recipes.
- 422 youths in 26 Pre-K and 3rd-5th grades classrooms received direct education in the Show Me Nutrition program.

4-H/Youth Development

Traditional 4-H Clubs and Activities

- 105 4-H members were enrolled in seven 4-H clubs (2019-20 club year). There are six active 4-H clubs for the 2020-21 year.
- 23 campers registered for virtual 4-H camp Braxton/Clay URLinked. All campers received a "Camp in a Bag" with camp supplies for classes and crafts and 4-H swag.
- Trained two volunteer leaders who formed a new 4-H club at Servia.
- Coordinated 4-H community service projects resulting in six tons of food packed for distribution by Mountaineer Food Bank.
- Coordinated 4-H project exhibition at the old Fisher Auto Parts in Sutton exhibits were featured in the Braxton Citizens' News.
- Conducted 4-H achievement programs for each of the six clubs in October.

4-H School-Based and After-School Programs

- Ag in the Classroom lessons delivered to students in the Davis Elementary School Mentorship program in February and at the Burnsville Public Library after-school program.
- Developed a lesson on "Beef By-Product Bingo" for statewide adoption as a school enrichment educational activity.

Livestock and Fair Programming:

- Coordinated with the Braxton County Fair to conduct the Livestock Show and Sale for youth exhibitors.
 - o 39 4-H and FFA members and other youths earned more than \$2,400 in premiums from their livestock projects at the Braxton County Fair.
 - o 4-H and FFA members with market animal projects sold \$87,850 at the annual Livestock Sale
 - An additional \$4,000 in scholarships were distributed to 4-H and FFA livestock exhibitors. Since 2009, nearly \$47,000 has been distributed to local youths for postsecondary education.
- Coordinated the WV 4-H Virtual Livestock Quiz Bowl Qualifier and coached four WV youths who participated in the National 4-H Virtual Livestock Quiz Bowl.
- Developed virtual Livestock Skill-a-thon content and designed unique competitions for six counties and one state Livestock Skill-a-thon.

Cloverbuds

- Revised curriculum to deliver virtual Family and Consumer Sciences Cloverbud classes.
- Taught the Kitchen Safety module for the spring and summer sessions.

Family Nutrition Program

- Reached 460 youths, 663 adults in Braxton County via the *Grow This!* program.
- 170 youths received direct education at farmers markets.
- Conducted a Virtual Walking program with 41 individuals and Virtual Rethink Your Drink program for 23 individuals.
- 300 Braxton County families received nutrition education literature at local food distributions
 through a partnership with Mountaineer Food Bank. Approximately 100 families received
 nutritional tips and recipes to accompany USDA food boxes through a collaboration with
 Central West Virginia Outreach Center.
- Provided guidance to Davis Elementary as they developed a Healthy Pantry and provided recipes and nutritional literature for students and their families.

Families and Health

Braxton Healthy Families Healthy Children Coalition

• \$4,500 in funding was reallocated from pre-COVID projects to drive-through events, including a community baby shower for WIC and Parents as Teachers (PAT) families and a back-to-school supply drive for WIC, PAT and kinship care families.

Community Educational Outreach Service

- Started a statewide book club to help with isolation during the pandemic, assist in use of technology and increase the number of books they read from their Purposeful Reading list.
- Co-authored Mental Health Issues Facing Today's Youth lesson that was presented at the CEOS conference. Also presented on Communication Between Generations at the state conference.

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- Authored content for the CEOS Health Motivator Calendar.
- Served on the CEOS Family Committee and helped to identify projects for 2021 including supporting kinship care programs and packing bags for children in the foster care system.
- Assisted with Braxton County Food Preservation efforts.
- Assisted/provided information to 14 individuals who called about food preservation.

Kinship Care

- Partnered with the BOE to provide three educational sessions to five families (pre-COVID).
 As a result of the information learned in the legal aid session, one family was able to pay off significant medical bills.
- As the Healthy Grandfamilies coalition lead in the county, we were able to distribute \$1,300 in Benedum funds to families for school and holiday supplies

WVU Extension Today on West Virginia Public Broadcasting

- Member of the planning committee that worked with West Virginia Public Broadcasting to create a monthly show focused on Extension programming.
- Taught gentle yoga in the pilot episode.
- Taught pumpkin bowling/physical activity in the October episode.
- Provided content for a "Navigating the Holidays Amid a Pandemic" expert pitch, which appeared on *Metro News* (online article and radio interview), WVU Today and eNews article (online), *KDKA* (live television interview), and was shared on multiple Facebook pages throughout the state
- Provided the "Home Cleaning Do's and Don'ts-Household Disinfecting Tips" expert pitch to news media which was picked up via the *Dominion Post* (online and printed article), WBOY News (online article), WVU Today and eNews (online article), and shared on multiple Facebook pages throughout the state

Agriculture and Natural Resources

- Coordinated publication of a newsletter for the four counties in the Elk Conservation District that was distributed to 1,367 families
- Partnered with Braxton County Farm Bureau to provide educational programs on a variety of topics including Seed Starting and Know Your Forester
- 16 beef producers earned an additional net income of \$62.97/head over stockyard prices because of participation in the Central/Taylor Calf Pool (\$15,994.38 total).
- Two producers constructed new handling facilities with Bud boxes based on Extension recommendations and individualized designs for their locations.
- Investigated predictability of the germination of Japanese stiltgrass (Microstegium vimineum) and joint-head arthraxon (Arthraxon hispidus) based on growing degree days and soil temperature. The research will result in being better able to predict timing of application of preemergence herbicides to control these invasive weeds.
- Recorded four videos for WVU Extension's "Beginning Gardening" series
- Recruited and screened 11 Master Gardener trainees for on-line Master Gardener training program.
- 11 Master Gardeners provided 578 volunteer hours on 16 projects at a value of \$23,038.40

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 Provided educational and diagnostic resources to local growers and homeowners by identifying and providing suggestions for control of insect and disease pests control measures for nearly 200 individuals.