

Jackson County Annual Report | 2016

Putting Knowledge to Work!

West Virginia University Extension works to provide “solutions in your community” through key program areas including agriculture, environment and natural resources, 4-H youth development, food and nutrition, health and wellness, financial planning and home gardening. These research-based programs and services are available to all residents of Jackson County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

Highlights

The WVU Jackson County Extension Office is fully staffed (and then some). We now have the most faculty and staff members that it is possible for us to have, due to statewide formulas and funding. New employees include Mariah Engle (Secretary), Crystal Cochran (Health Educator), Melissa Painter (Nutrition Outreach Instructor) and Linda Mahan (temporary, part-time F&H Program Assistant).

Nearly 950 4-H members, 4-H Cloverbuds and FFA members took part in the Jackson County Junior Fair in 2015. They exhibited over 500 livestock projects and 1,052 still projects, in addition to the 58 youth who entered Home Arts exhibits in the McDonald’s Building. The 2015 livestock sale generated over \$500,000 dollars, the vast majority of which went directly to the youth exhibitors.

Extension Agents John David Johnson and Tim Sayre taught *Venison 101* to 346 youth at Ripley High School. Students learned how to manage herd health, proper harvesting techniques, safe processing of the carcass, as well as cutting and canning meat.

The Jackson County All-Stars reformed in 2015 and as a result, 11 new All Stars have been inducted into the Alpha Chapter of the West Virginia All Stars. Our newest All Stars are:

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| - Theresa Bailey | - Lisa Donahew | - Terri McVey |
| - James Birthisel | - Chandra Engle | - Brian Voiers |
| - Tammy Cox | - Tina McClain | - Gala Voiers |
| - Darlene Davis | - Howard McVey | |

4-H and Youth Development

4-H is a community of young people across West Virginia who are learning leadership, citizenship and life skills as they work in partnership with caring adults.

In 2015, we celebrated 100 years of 4-H camping!

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- 780 youths were active members in one of 34 community 4-H clubs.
- We added three new 4-H clubs - Sycamore Creek Crawdads (Sycamore Creek), Keepin' it Country (Ravenswood) and Kids and Kritters (Ripley). Among those clubs, there are 90 members, only 12 of whom have ever been enrolled in 4-H before.
- About 150 kids participated in Jackson County Round-up. Theresa Bailey, 4-H program assistant, is often contacted throughout the state as a Round-up expert and is currently serving on the planning committee for State 4-H Days.
- 286 youths attended Jackson County 4-H Camp. This was our first year that camp was entirely paid for before it began.
- 62 youths attended Cloverbud Camp.
- Theresa Bailey screened volunteers according to the WVU Board of Governor's Children on Campus Policy. So far, we have screened and vetted approximately 100 volunteers. Theresa is currently working to complete the process for an additional 400 volunteers.
- Six Equine Judging, two Livestock Judging, two Forestry and two Beef Expo Teams from Jackson County competed at statewide competitions.

Agriculture and Natural Resources

- Jackson County beef producers consigned 247 heifers and 472 steers to the WVQA Statewide Board Sale through the Jackson County Calf Pool. The statewide sale total was \$4,718,312. The Jackson County calves brought \$804,579 of that total.
- Approximately 600 soil tests have been conducted, involving 22,000 acres.
- John David is involved in research studying horticultural practices using high tunnels. He has harvested 1,822 cucumbers from seven different varieties in two replications. The weight of the cucumbers totaled 1,240 pounds. This product would have provided \$620.25 in additional income. In the Brussels sprouts trials, there were 68 pounds of sprouts from 14 varieties in three replications. The sprouts would have provided approximately \$205 in additional income. The Brussels sprouts will be highlighted at the West Virginia Small Farms Conference as a Jackson County grown product.
- John David has also conducted hay research. The additional research project involved collecting samples of five varieties of hay over the past four years to evaluate them for crude protein, Total Digestible Nutrients and yields to see if there is a statistical difference between varieties.

Community, Economic and Workforce Development

While Jackson County does not have a CEWD agent, we are still able to contribute toward the improved economic situation of the county.

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- John David spearheaded a project to put a Vegetable Washing Station in Jackson County at the old Shoney's Warehouse at Fairplain. The purpose of the washing station is to help vegetable producers better market their products to larger buyers like Kroger, Walmart, etc. The facility also serves as a local aggregation point for produce and is the first of its kind in West Virginia.
- The purpose of the Community Educational Outreach Service is education. Their mission is to strengthen individuals and families through Continuing Education, Leadership Development, and Community Service. According to *Independentsector.org*, the 2015 value of a volunteer hour was \$23.07 per hour. Jackson County CEOS contributed over 10,000 service hours to the county, which equals over \$230,000 of unpaid work provided by this group.

Families and Health

The Family Nutrition Program is designed to help limited resource families, youth and adults improve their health through education on making healthy food choices, buying healthy foods on a budget, and preparing and storing food safely. Statewide, 90% of participants were also enrolled in the Supplemental Nutrition Assistance Program (SNAP). In Jackson County, 91% of participants were enrolled in SNAP.

- Participants moved closer toward the recommended daily intake for:
 - Grains—50%
 - Dairy—47%
 - Fruits—32%
 - Protein—50%
 - Vegetables—47%
 - Solid Fats—53%
- 71% of participants showed improvement in one or more food resource management practices.
 - Planning meals head—26%
 - Using a grocery list—38%
 - Comparing prices—38%
 - Not running out of food—30%
- 79% of participants showed improvement in one or more nutrition practice (meal planning, making healthy food choices, preparing food without added salt, reading nutrition labels, having children eat breakfast, etc.)
 - Preparing food without added salt—45%
 - Reading nutrition labels—47%
- 48% of participants showed improvement in one or more food safety practice (thawing and storing foods correctly, etc.)
 - Thawing correctly—39%

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Food Science Teams (in cooperation with FFA) – Gina Taylor, Extension agent, coached two Food Science Teams, spending approximately 24 hours in direct teaching over 12 weeks. Students learned about food science and technology related to the food industry and developed practical knowledge of principles used in a team decision-making process through games, team activities and sensory evaluation activities. The results were as follows:

- Four of the eight students (three middle school and one high school) placed in the top 10 for knowledge of food science.
- Teams placed 3rd (middle school) and 6th (high school) overall in the state.

Dining with Diabetes is a class designed for people with diabetes or their caregivers to learn about managing the disease and cooking good-tasting, nutritious meals that will help with self-management.

- 14 people attended Dining with Diabetes to improve their nutritional management of the disease.

Smart Money is a workshop designed to teach West Virginia state employees about budgeting and personal finance in order to prepare for financial success, while making the transition to a bi-weekly pay schedule.

- 71% of participants indicated they planned to use information or skills learned in the next six months.
- 54% planned to do something differently with their finances after hearing the information.

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service.

The WVU Board of Governors is the governing body of WVU. The Higher Education Policy Commission in West Virginia is responsible for developing, establishing, and overseeing the implementation of a public policy agenda for