

# Hampshire 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 Hampshire County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

## Highlights

Stephen Starcher, Extension agent, is pursuing research on Mating Disruption for Control of Peach Tree Borers in Small Block Orchards and Analysis of Beef Cattle Pasture and Supplemental Minerals in the Potomac Valley Region of West Virginia.

Kelly Hicks, Extension agent, served as co-author of the “Make Reading Come Alive” 4-H Literacy Service 4-H Project publication. The publication is now complete and can be selected from the 4-H enrollment card. Kelly and co-authors received the Educational Piece Award at the West Virginia Association of Extension 4-H Agents’ Spring Agent’s Conference, and the Northeast Region Educational Piece Award at the National 4-H Agents Conference in Portland, Oregon.

After the state’s 4-H horticulture contest was cancelled, Hampshire County implemented its own contest with assistance from community volunteers such as the Master Gardeners. Evaluation results from the contest revealed significant increases in understanding among participants. 100% of respondents had a moderate or greater understanding of identifying vegetables, fruit and selecting the best horticulture product. 50% of respondents had a moderate or great understanding of identifying flowers, while 66.7% of respondents had a moderate or greater understanding of identifying trees. There were also planned behavior changes among youth respondents. 100% of respondents were more interested in fruits and vegetables, and in growing their own fruits and vegetables. 80% of respondents were more interested in 4-H horticulture judging. Our senior team represented the West Virginia 4-H Program at the national contest in Orlando, Florida.

## 4-H and Youth Development

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

During Hampshire County 4-H Camp, 149 youth members participated in a five-day residential camping program that engaged them in teamwork and leadership activities. Over 60 volunteers assisted with

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classes, meals and programs. 4-H youth participated in campfire programs, recreation opportunities, 67 educational workshops, as well as tribal classes and team-building exercises. Campers further discussed controversial issues in family groups, practiced communication skills and practiced leadership skills in tribes. Life skill evaluations revealed that campers developed positive life skills. When analyzing our camping data, the majority of means on all items were well above 3.00 on the following Essential Elements: opportunity to build a relationship with a caring adult (3.4862); opportunity for independent learning and mastery (3.3191); emotionally safe and inclusive environment (3.1261); and physically safe environment (3.5039). This is indicative that campers mostly agreed with all of the Essential Elements, indicating that our 4-H camping program is including educational learning experiences and activities that lead to the development of positive life skills among campers and are inclusive of the Essential Elements.

- During 4-H Officer's Training School, peer-elected youth leaders were trained in the duties and organizational skills that accompany the offices of president, vice-president, secretary, treasurer, song leader, game leader and health Officer. As a result, 4-H'ers were trained to lead fellow 4-H'ers during monthly club meetings. 4-H members also increased in knowledge and life skill development related to communication, leadership and mentoring.
- Four Hampshire County 4-H members were selected to represent West Virginia at National 4-H Congress in Atlanta, Georgia through the completion of a 4-H Resume, the highest number in the state. These 4-H members were introduced to new and stimulating educational experiences, motivated to greater achievements and learned the values of the 4-H program. These 4-H members engaged in meaningful community service projects with peers from across the nation.
- Two Hampshire County 4-H members were selected to serve as a Chiefs at Alpha I State 4-H Camp. All state camp attendees participated in valuable leadership activities and developed life skills. Numerous county 4-H members attended state summer camping events and engaged in positive youth development opportunities.
- Hampshire County was well represented at this year's Multi-County Public Speaking and Demonstration Contests (Round-Up). Hampshire County youth members improved public speaking and memory skills, gained confidence, made visual aids and improved communications skills. There were 58 youth entries at the multi-county event; this is an increase from last year. Evaluation results revealed life skill development among participants.
- Six 4-H members engaged in 4-H equine judging. Participants developed skills in critical thinking, leadership, teamwork, evaluation, communications and decision making. Youth participants were also trained to recognize good conformation (structural correctness, balance and muscling), breed character and performance ideals in different breeds of horses.
- 11 4-H members engaged in livestock judging. 4-H participants learned and developed skills in

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critical thinking, leadership, teamwork, evaluation, communication, self-discipline and decision making. Team members also learned about the fundamentals of decision making and to recognize quality livestock.

- Our county supported two Energy Express sites. Evaluation results indicated that children increased in word identification, reading comprehension, reading fluency and in broad reading. 74% of children either maintained or increased, and the average child gained 2.8 months in broad reading achievement. Children also received two free nutritious meals each day (58 % of their daily nutritional requirements), and one take-home book each week. Community volunteers engaged in over 1,000 hours of community service in Hampshire County, including hours spent on reading and writing activities with children.

## Agriculture and Natural Resources

- 438 calves were marketed through the Hampshire County Feeder Calf Marketing Association, realizing an increase of \$99.15 per head.
- The agriculture agent was involved with an innovative 2015 Potomac Valley Agricultural Plastics Recycling Program. Impacts from the program revealed 25,000 pounds of material collected for recycling, 31 farmer participants, 6,000 pounds collected at Romney Station and 19,000 pounds collected at the Petersburg Station.
- 10 local 4-H members engaged in Forestry Judging. 4-H members increased in knowledge about forest ecosystems and forestry skills used in forest management and the utilization of forest products. The senior team placed first at the state competition. This team represented West Virginia at the national contest at WVU Jackson's Mill in July, and represented West Virginia proudly with a 13<sup>th</sup> place team finish.
- Pesticide users and agricultural workers were provided an opportunity to increase their knowledge of pesticide use, safety, storage, disposal and integrated pest management strategies. In total, 4,571 West Virginia pesticide applicator recertification credits were available to license holders at events facilitated in whole or in part by Hampshire County's ANR agent. 59 people in attendance of the Hampshire County Right-of-Way Pesticide Workshop were eligible to receive 10 recertification credits towards their West Virginia Pesticide Applicator License. 65 total attendees at the Hampshire County Fruit Growers Twilight Meetings were eligible to receive three recertification credits per meeting towards their West Virginia Pesticide Applicator License. 40 total attendees at the IPM at Work in Fruit Production Workshop were eligible to receive eight recertification credits towards their West Virginia Pesticide Applicator License. 322 total attendees of the Hampshire County Livestock Producer Dinner Meetings were eligible to receive three recertification credits per meeting towards their West Virginia Pesticide Applicator License. 500 viewers of the WVU Extension

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Pesticide Recertification video were eligible to receive five recertification credits towards their private applicator license.

- 12 perspective Master Gardener attendees of the 2015 Hampshire County Master Gardener Course for certification increased their scores on the 100-question Master Gardener Exam from a pre-test average of 51% to a post-test average of 78%, an average increase of 27 percentage points.
- 11 home gardeners in attendance at the Hampshire County Master Gardeners Spring Garden Exposition: “The Five W’s of Pruning” class showed knowledge gain; participants increased their scores on five pre- and post-test questions by: 18.2, 36.4, 36.4, 81.8 and 45.5 percentage points respectively. 100% of home gardeners in attendance at the Mineral County Master Gardeners Spring Garden Exposition: “The Five W’s of Pruning” class, instructed by Hampshire County’s ANR agent, indicated that the instructor stimulated them to want to learn on client evaluations. 100% of prospective Master Gardeners in attendance at the Morgan County Master Gardener Class for Certification: “The Five W’s of Pruning,” instructed by Hampshire County’s ANR agent, indicated that the instructor was informative, relevant and provided good examples.
- Four senior and two junior 4-H’ers participated in multiple practice sessions and competed at the 2015 West Virginia Beef Expo Stockman’s Contest. The senior team placed 15<sup>th</sup> out of 113 teams. Individual senior team members placed 16<sup>th</sup>, 39<sup>th</sup>, 134<sup>th</sup> and 267<sup>th</sup> out of over 400 individual contestants. The junior team placed 21<sup>st</sup> out of 35 teams despite having only three members and placing above multiple four-person teams. Individual junior team members placed 3<sup>rd</sup>, 15<sup>th</sup>, 28<sup>th</sup> out of well over 100 individual contestants. All of the junior and senior contestants were competing in the competition for the first time.
- All younger campers at the 2015 Hampshire County 4-H Camp participated in the “Hampshire County Cherries” learning activity. In total, 90 campers were exposed to information about local fruit production and the importance of choosing locally produced agricultural products. Campers engaged in the educational workshop “Stream Exploration” increased in knowledge related to information about stream pollution and the collection and identification of aquatic macroinvertebrate indicator species.
- Exhibitors at the Hampshire County Fair electing to participate in the agriculture in a bag “Ice Cream” activity engaged in STEM hands-on learning related to a variety of agricultural production systems connected to ice cream ingredients and the scientific background of making ice cream.
- 40 students who participated in the Hampshire County 7<sup>th</sup> Grade Agricultural Careers Exploration Day indicated that they improved their understanding of fruit and vegetable

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production, cattle production, market a locally grown products, agriculture in their community and of agriculture opportunities at Potomac State College and/or West Virginia University.

## Families and Health

- Family Nutrition Programs were delivered to approximately 1,424 youth participants (highest number in state). County data revealed that 75.5% of children and youth improved their abilities to choose foods according to Federal Dietary Recommendations or gained knowledge; 26% of children and youth used safe food handling practices more often or gained knowledge; and 36% of children and youth improved their physical activity practices or gained knowledge.
- Our county's Adult Behavior Checklist results revealed 74% of participants showed improvement in one or more food resource management practice (plan meals, compare prices, does not run out of food or uses grocery lists); 74% of participants showed improvement in one or more nutrition practice (plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast); and 57% of participants showed improvement in one or more food safety practice (thawing and storing foods correctly). Improved nutrition practices of adult EFNEP participants: 43% more often used the "Nutrition Facts" on food labels to make food choices; 45% plan meals more often; 42% use a grocery list more often; and 38% improved on thawing techniques.
- Hampshire County was also 1 of 10 West Virginia counties to engage 4-H campers in the national 4-H Health Rocks! curriculum. Participants reported consistent increases in knowledge about smoking, drinking and other drug use after the training. Evaluation results also revealed that the training helped them learn skills in dealing with peer pressure and stress, making good decisions and improving their self-esteem.
- Our campers also engaged in the Rethink Your Drink program. Evaluation results revealed that 68% of those in the RYD Program agreed or strongly agreed with the statement "I drink less sweetened beverages" and 84.4% of those in the RYD program agreed or strongly agreed with the statement "I drink more water."
- Adults participating in the "Smart Money" workshops showed knowledge gain and planned actions as a result of their participation. On a 4-point Likert scale, means were all above 3.0 indicating increases in understanding among learners. Highest means were in "I was able to understand and follow along during the presentation," (3.9); "I can identify three categories of expenditures that I can control," (3.8); and I can name three things to avoid doing to prepare for the change in pay checks" (3.8). Over 60% of participants from all of the sessions responded that they intended to do things differently after the presentations.
- Nine Hampshire County CEOS club members increased their knowledge of limited mobility

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and containerized gardening strategies and techniques as a result of participating in a hands-on workshop offered by WVUES.

- A literacy presentation titled “Shared Reading with Children” was accepted and presented at the National Family and Consumer Sciences Conference. Evaluation results revealed that there were gains in knowledge among learners. The strongest increases in knowledge were related to learning about shared reading strategies (90%), linking art with reading (70%) and linking writing with reading (70%). There were also planned use of shared reading strategies. All participants planned to use some of the shared reading strategies with children – picture, sighting, discovery, echo, unison, whisper, stop and go, and solo. Highlights of planned actions include reading more with children, using the video, connecting with art, using shared reading strategies with children and encouraging others to read more with children.
- 23 CEOS members engaged in a Love Your Heart Luncheon that strived to educate members on the importance of heart health information. Evaluation data revealed that respondents rated the information as excellent and good.

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