

Mineral 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 Mineral 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 Kimble, a former Energy Express AmeriCorps member, now an Application Developer with IBM, is a new 4-H volunteer who has established a 4-H Robotics club.

655 youths and families participated in the Mineral County STEM with 43 different instructors who did hands-on science activities at Potomac State College of West Virginia University.

Twelve 4-H camp junior counselors taught hands-on science activities with 72 campers during Mineral County younger 4-H camp. Topics included scribble bots, slingshot rockes, UV beads, WeDo robots and marshmallow catapults.

4-H and Youth Development

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

- 12 4-H youth serving as junior counselors documented 860 volunteer hours.
- 132 youth attended county 4-H camp.
- 34 attended a state 4-H camp.
- 312 were active members of a community 4-H club.

Agriculture and Natural Resources

- Stacey Huffman, along with colleagues Stephen Starcher and Dave Workman, implemented a program that collected over 25,000 pounds of agricultural plastic for recycling.
- An increase of over \$11,000 was reported spent on local farms, artisans, and business owners during the holiday season as a direct result of an Extension CEOS presentation.
- Additional funds were secured for the construction of a high tunnel at New Creek Elementary School.

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Families and Health

- Nutrition education encourages youth to try a variety of healthy foods. 920 youth were reached in 2015.
- 71 % showed improvement in food resource management meal planning, comparing prices, not running out of food, and using grocery lists.
- 71 % showed improvements in making healthy food choices, reading nutrition labels and having children eat breakfast.
- 79 % showed improvement in food safety practices like thawing and storing food correctly.
- 32 people attended Dining with Diabetes to improve their nutritional management of the disease.

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