

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

4-H and Youth Development

- 150+ youth reached through 4-H activities.
- 103 youth attended 4-H camp.
- 123 youth attended community clubs.
- 43 fully vetted adult volunteers in youth programs.
- 103 youth in community service projects.
- Two Monroe 4-H’ers received Livestock Judging Scholarships valued at \$16,240 per year.
- Four Monroe 4-H’ers won \$2,400 in Scholarships by winning 1st place in the West Virginia Cattlemen’s Beef Quiz Bowl Competition.
- Nine Monroe 4-H’ers participated in Lego Robotics through to the State Tournament which resulted in the State Championship in 2015 for Monroe County LEGO Robotics.
- Nine Monroe 4-H’ers participated in West Virginia State 4-H Camping events.
- 12 Monroe 4-H’ers participated in state 4-H Shooting Sport competitions which resulted in four winning the State Championship in the Shotgun Discipline.
- Eight Monroe 4-H’ers participated in livestock judging activities.
- 20 Monroe 4-H’ers participated in service and public relations related activities in assisting the 4-H Leaders’ Association with meal services for the Winter Ag Dinner meetings, a fundraiser for the association.
- 17 Monroe 4-H’ers attended WVU extension Day at the Legislature and interacted with their legislative representatives.
- 62 Monroe 4-H’ers exhibited at the West Virginia State Fair youth project or livestock exhibit.

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- Participation in specific 4-H and youth activities in our county.
- 64 in Energy Express – a nutrition and summer literacy program for low-resource youth.
- 15 in Lego Robotics.
- 23 in 4-H Shooting Sports.

Impacts

- 56 4-H'ers in Monroe County gained citizenship/leadership skills.
- 103 4-H'ers in Monroe County gained healthy living skills.
- 18 camp staff members in Monroe County increased their skills in accommodating the needs of children with disabilities at 4-H camp sites.
- Eight 4-H'ers gained knowledge of the beef industry by preparing for and competing in the annual West Virginia Cattlemen's Annual Beef Quiz Bowl Competition.
- 24 4-H'ers gained knowledge of quality assurance by completing training in the West Virginia/Maryland Quality Assurance Training Program.
- Eight youth gained knowledge of livestock evaluation and selection by participating in livestock judging and stockman activities.
- 12 youth gained knowledge concerning meat preservation through the ham and bacon project.

Of the 64 children in the Energy Express program in our county, 47 showed positive changes in letter-word identification, reading fluency, passage comprehension, and broad reading.

103 campers in our counties interacted with a STEM Ambassador this summer, which was their first encounter with a scientist or engineer. These campers gained an awareness of career possibilities in a STEM field for themselves and their peers.

Increased success in STEM and other academic subjects leads to positive outcomes for youths as well as a reduction in risky behaviors. Because of their involvement in 4-H activities in Monroe County, youth are more likely to obtain well-paying jobs, create their own businesses, and contribute to the health and well-being of their communities.

- Bullying and other acts of exclusion limit all citizens from fully participating in society and often result in incidents of depression, suicide and violence. As the 4-H camp in our county makes changes to accommodate the needs of children with disabilities, all members of the community benefit from full participation of its citizens.

Low-resource children have been found to have lower vocabulary levels when they enter school and continue to be behind other children throughout their school years. Children who participated in Energy Express in our county, and who read and practice reading skills in the summer, will enter the new school year better prepared. The better prepared students are to learn, the more likely they

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will graduate from high school and pursue college training.

Agriculture and Natural Resources

- 909 citizens engaged in agriculture and natural resource programs.
- 110 farmers involved in livestock management and beef quality assurance programs.
- 70 farmers involved in farm management programs.
- 31 farmers/vendors involved in farmers markets.
- \$179,000 in revenue from the Monroe Farm Market.
- 42 farmers involved in pest and wildlife management programs.
- 34 citizens involved in wildlife identification programming.
- 46 youth involved in youth agriculture education activities.
- 249 soil tests performed.
- 540 calves were marketed through WVU Extension Programs.
- 11 volunteers were involved in agriculture and natural resource activities.
- Three grants for \$11,500.00 of grant money raised for agriculture and natural resource programs.

Participation in specific agriculture and natural resources programs in our county:

- Eight attended Small Farms Conference.
- nine Adults completed the WVU Extension Master Gardener course which consisted of 270 hours of educational curriculum.
- 22 citizens participated in a timber management workshop.

Impacts

Fourteen producers from Monroe County participated in the marketing pools and benefited from the analysis of cattle through the Livestock Administer database. These producers marketed an average of 39 calves each which was an increase of \$75.54 per head. The total program premiums totaled \$40,791.37.

Thirty one growers marketed agricultural products using an online system. Total revenue generated was \$153,621.49, all of which came back into Monroe County.

Thirty-four producers gained knowledge of beef cattle nutritional requirements.

Forty-two producers gained knowledge concerning the importance of record keeping in production agriculture.

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Twenty-nine producers learned about the proper methods used in producing high moisture hay.

Over 750 high school and middle school students purchased school lunches comprised of locally grown vegetables, enhancing their knowledge of where their food is produced, while also providing a fresher, more nutrient dense product.

As Monroe county producers compete in local food markets, more of the food dollar stays in the county or in West Virginia. In addition, buying local, fresh produce has benefits related to healthy eating and nutrition.

The beef cattle industry faces challenges that include, but are not limited to, increasing competition from other meats, product variability, and rising costs associated with production. WVU Extension efforts in Monroe County promote marketing pools and analyze cattle through the Livestock Administrator database increases production and sale of cattle this county and in the state, thus improving the county's economy from agriculture.

If vegetable growers are able to prevent diseases in their produce, they can increase yield of cucurbits, tomatoes and potatoes in the county. Increased revenues improve the incomes of growers and the West Virginia economy grows through higher taxes. Additional health benefits are also accrued as citizens eat more fruits and vegetables that are grown locally.

Presentations on pond management help the public understand how to manage their water resources. Properly managed ponds can provide a source of water for local irrigation, fresh fish for the local populations, and recreational centers for community and tourist activities. All of these add to the local economy and health and vitality of the community.

If West Virginians create new industries by growing certain energy crops such as switchgrass on marginally productive lands and reclaim surface mine sites to grow energy crops, it will reduce the reliance on coal production, thus lowering CO2 emissions, and contribute to the overall economy of the state with the creation of new jobs.

West Virginia has already begun to reap financial gains from the production of natural gas in the state's Marcellus shale. In order to continue to provide this natural resource to citizens and benefit from its revenues, it is imperative that we develop and monitor drilling techniques that protect the environment and West Virginia citizens. It is also important to create an informed public.

As farmers fine tune their management of feed production, crop and livestock nutritional management, and livestock marketing and cow efficiency, they will reduce expenses related to producing fed-cattle and be able to reap larger financial gains from the sale of cattle. This increased revenue will result in farmers increasing their incomes and contributing to the general economy.

Community, Economic and Workforce Development

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- One local governmental group involved in leadership and planning programs.
- 15 community organizations/businesses involved in leadership and planning programs
- One partnership of five organization to asses map tourist attractions in southeast region of West Virginia.
- One collaboration with other CEWD agents to develop curriculum for lessons that can be taught by agents.
- Two grants and \$5085 in grant money raised for community projects or improvements.
- 2052 potential visitors to area received county promotional material distributed by office.
- 40 volunteers involved in community projects.
- Three bus tours with a combined 98 adults toured 3 attractions in the county.

Participation in specific Community, Economic and Workforce Development programs.

- 25 in Tourism.
- 16 in Historical preservation.
- One attending the Community Leadership Conference.
- One new partnership formed to improve county-level function/efficiency.
- Two cultural/heritage tourism sites reinvigorated.
- Six organizations/businesses using social media as result of training.
- One fulfillment of mission objective to achieve national/international media coverage of regional tourism effort, driving 50% more people to website for attraction information.

WVU-ES provides valuable service workers who work in construction and maritime industries for the government and private industries. The value of this service is the reduction of on-the-job injuries for workers and efficient and safe work environments which enhance production.

Comprehensive plans for counties, cities, and towns enable municipalities to create safe and healthy environments for their citizens to live and prosper. These plans also enhance the ability of communities to create revenues, such as tourist revenues, help them attract new residents to their communities and improve property values. All of this creates new income for local communities as well as the state. As leaders in our county identify and build on our community's assets, we build solid foundations in public organizational and financial management.

As farmer's market vendors receive business training, networking opportunities, and technical assistance, the county will benefit from increased revenues and citizens will have access to fresh foods which will improve health.

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While West Virginia is known for its natural beauty and outdoor recreation, an overnight visitor study ranked visiting a landmark/historic site as the second highest activity/experience. The development of historical/cultural tourism sites in our county increases tourism activity and increases revenues for our county.

Families and Health

- 10 participants in food safety programs such as food preservation.
- 47 participants in healthy lifestyle programs such as obesity prevention programs.

Participation in specific programs in family and health:

- 10 in Home Canning.
- 47 in CEOS.

10 participants in food safety programs increased their knowledge of using current and research-based processes in food preservation.

According to a report by the West Virginia Governor's office in 2013, if West Virginia is to successfully reverse high health care costs and poor outcomes, it is going to require specific changes in the healthcare system that address high-cost health conditions and improves the overall health and healthcare of West Virginia families. Our county's Family Nutrition Program plays an important part in improving overall health by training youth to make healthy food and activity choices early in their lives which will lead to better health outcomes over time for them and their families.

Research has shown that children who are raised in families who eat one meal together several times a week are physically and mentally healthier, perform better in school and are less likely to engage in risky youthful behaviors. The Strong Families Eat Together program in our county helps to maintain family vitality and improve positive outcomes for families and for communities.

Fruits and vegetables properly preserved by citizens in our county will increase the consumption of healthy foods which will lead to an improvement in general health and decrease the need for medical interventions.

Parenting education programs, such as "Parenting Piece by Piece" help to restore family bonds. By offering parenting education programs in our county, Extension plays a part in producing positive home life situations for the state's youth which leads, eventually, to a more productive workforce and a healthier, safer environment.

Family stability is cited by many studies as a protective factor for guarding against risky behaviors and depressive disorders in youth. WVU Extension's efforts to offer programs in our county that enhance coping skills in divorcing parent's helps to stabilize family relationships during difficult times and to protect youth from engaging in negative behaviors and attitudes. These protections help

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to ensure healthy youth development and productive adult participation in communities.

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