



## Noble County OSU Extension 2018 Highlights

Members of the OSU Extension Noble County Team led the following efforts:

### ► Health & Wellness

- The OSU Extension team has been an integral partner over the past two years in an Opioid Coalition known as Noble CARES (*Community ▪ Access ▪ Resources ▪ Education ▪ Services*).

The Noble CARES coalition also serves as the Advisory Committee for the Noble County Health Department's Community Health Improvement Plan (CHIP). Within the CHIP, Priority Area #1 is a focus on issues related to drug dependency and abuse. As a partner with the Noble County Health Department and other Noble CARES partners, OSU Extension has had a role in supporting CHIP plan objectives.

OSU Extension staff had direct support for Objective 1.1.3 – to Provide Prevention Curriculum in all schools. The initial year of programming implementation was completed and reviewed. Suggestions for improvement included working with OSU Extension to deliver GenRx and HOPE curriculum in



two school systems across K-5 grades. In the fall of 2018, they completed K-4 at Caldwell Elementary and scheduled 2019 courses for K-4 at Noble Local. *Generation Rx is a program created by The Ohio State University College of Pharmacy and the Cardinal Health Foundation. The OSU staff are also providing lessons from The Health and Opioid Abuse Prevention Education (HOPE) Curriculum with students at Caldwell Elementary. The HOPE curriculum is a series of lessons to develop students' functional knowledge, attitudes and necessary skills to prevent drug abuse.*



OSU also facilitated:

- A Red Ribbon Week Kick-Off Rally at Caldwell Elementary (600+ participants) and at Shenandoah Elementary (700+ participants)
- A County-wide Red Ribbon Week Rally at football pre-game (1000+ participants)
- The Prom Pledge program with two high school SADD Chapters.

- Working to address the fact that Noble County is medically under-served, the Community Development Educator shared OSU is researching and working to attract a federally qualified health care center (FQHC).

● OSU

educators and SNAP-Ed staff serve on the Noble County Wellness Coalition. At the 2018 Noble County Fair, the Coalition offered a healthy breakfast program with fruit smoothies, fresh watermelon and morning stretching options to 4-Hers and fair-goers.



- The FCS & 4-H Educator coordinated Field Day at Caldwell and Shenandoah elementary schools. OSU provided water bottles for students participating. The SNAP Ed Program Assistant promoted physical activity. Between both Field Days there were 700 youth that participated.
- OSU 4-H participated in the Noble County Children's Health Fair and the SNAP Ed Program Assistant Be a Super Hero/Try a New Food.
- The Agriculture and Natural Resources Educator coordinated a Farmer's Feature Walking Trail at the Noble County Fair Aug. 27- Sept. 1
- The 4-H Educator serves as a member of the Noble County Board of Health and on the Noble County Family & Children First Council.



- SNAP-Ed Program Assistant hosted a library summer reading challenge – Kick Your Summer Off Healthy!
- The Community Development Educator has worked to develop a partnership that will precipitate the launch of a Jan. 2019 six month Public Transportation Pilot program with SEAT (South East Area Transit) to operate in the county.
- The Noble County 4-H Educator taught Nutritious Foods from the Farm at Ag School Days in Noble & Guernsey counties (358 attending).
- The SNAP Ed Program is a grant-funded nutrition education program that teaches individuals and families who qualify for Supplemental Nutrition Assistance Program (SNAP) benefits ways to stretch their food dollars. Educational programs are taught directly to seniors, adults, teens and youth providing information on MyPlate, basic nutrition, food budgeting, food security and how to lead healthy active lifestyles.

In 2018, there were 1,658 participants reached through 109 direct nutrition education programs and an additional 1,965 participants were reached through indirect programs such as community events, newsletters and health fairs.

In 2018, there were 11 SNAP-Ed Partners in Noble County including: the Noble County Senior Citizens Center; the Noble County Health Department; the Noble Learning Center; Lutheran Social Services Mobile Food Pantry; the GMN Head Start & Early Head Start; the Noble County Board of Developmental Disabilities; Shenandoah Elementary School; Caldwell Elementary School; the Noble Metro. Housing Authority; the Caldwell Public Library; the Noble County 4-H program and the Noble County Department of Job and Family Services.



- The SNAP Ed Program Assistant provided a new State program, Celebrate Your Plate –a resource for food tips and healthy meals that feature fruits and vegetables. The focus is to support Ohioans, specifically families with children under 18 years old who are receiving or eligible for SNAP benefits. Learn more at <https://celebrateyourplate.org>
- The SNAP Ed Program Assistant was an exhibitor for the 2018 Noble County Baby Shower where she taught new mothers (and moms-to-be!) about shopping on a budget and provided fruit parfaits.
- The SNAP Ed Program Assistant Taught Better Snacking and Promoted Being Physically Active at Noble County Cloverbud Camp providing Reindeer Toast, Grinch Fruit Kabobs and Reindeer Hockey Pokey.



- The SNAP Ed Program Assistant participated in and promoted programs at the Caldwell Elementary and Shenandoah Elementary Back to School Bashes and also with senior citizens at the Noble County Fair's Senior Luncheon.

### ► Workforce Development

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- The 4-H Educator taught "Let's Be a Food Scientist" STEM lesson at Young Engineers and Scientist Day at Washington State Community College (225+ participants).
- The Community Development Educator has worked with a new Noble County Career Pathways Group including multiple partners across the learning spectrum in Caldwell & Noble Local Schools.



- In conjunction with the Higher Education & Learning Partnership (HELP) and the Ohio Association of College Admission Counselors, OSU supported planning efforts for a regional College & Career Fair targeting 7-12<sup>th</sup> graders and their parents – Sept. 27 (including invitations to Caldwell, Noble Local & Switzerland of Ohio Local

School Districts serving Noble students). There were 28 exhibitors and 60 students and parents attending.

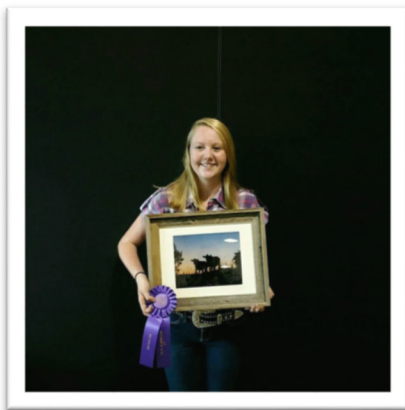
- The Community Development Educator serves as the Secretary and grant writer for the HELP P-16 Council and on the planning Council for a 9-county regional P-20, the Appalachian Ohio P-20.
- The FCS & 4-H Educator taught Caldwell 7<sup>th</sup> grade Real Money Real World financial literacy curriculum and held simulations for Caldwell and Shenandoah High Schools. In addition, the Educator partnered with Caldwell's 8<sup>th</sup> grade Career Exploration event. Participating in the program between both schools were 100 youth.



## ► Thriving Across the Lifespan

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- The FCS & 4-H Educators provides Successful Co-Parenting, a court-mandated class for divorcing couples with children under the age of 18. The class helps parents understand their child's perspective and needs during a divorce as well as best practices for providing stability, avoiding conflict and enhancing communications. Approximately 36 parents attended the class in Noble County in 2018.
- The FCS & 4-H Educator re-established a partnership with GMN Head Start programs to provide Smart Start, a financial literacy program for pre-schoolers serving 50 children. The program includes four lessons on money awareness, spending, saving, and sharing.
- In partnership with Noble County Job & Family Services, the FCS & 4-H Educator provides Money 101. The four-session series provides education on basic money values, management, budgeting, and creating a spending plan.
- In partnership with Noble County Job & Family Services and the Noble Court system, the FCS & 4-H Educator provides First Five Years Active Parenting class. This four-session series provides general parenting advice to those with children under the age of five.
- 4-H camps provide youth with opportunities for hands-on learning, problem solving, decision-making and self-care. Youth learn independence and responsibility in the absence of family members. A total of 106 Noble County 4-Her's and 31 counselors attended this year's three-night 4-H camp at Camp Piedmont, as well as 47 participants joined the regional Shooting Sports Camp. Thirty youth attended Cloverbud Day Camp in 2018.
- There were 34 youth representing 4-H, FFA and Royalty on the 2018 Noble County Junior Fairboard.



- Noble County 4-Her's were successful at the 2018 Ohio State Fair with 18 Clock Trophy and Outstanding-of-the-Day winners.
- The Noble County Junior Fair Livestock sale had a total of 548 animals sell for a total of \$527,907.94 with \$10,000 of the proceeds donated to charitable organizations selected by 4-H and FFA.



- The Noble County 4-H Educator taught sessions at the Ohio Fair Manager's Jr. Fair Conference and the Ohio 4-H Conference.
- The Noble County 4-H Educator facilitated the Junior Horse Bowl Team and State Contest activities.

## ► Engaged Ohioans, Vibrant Communities

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- The Noble County 4-H Educator taught sessions on volunteering; secured eight new 4-H volunteers in 2018.
- The Community Development Educator secured a Scope of Work with the Ohio University Voinovich College of Leadership, the regional Economic Development Administration program, to coordinate the Noble County strategic planning process, at no-cost to the county. This was estimated at a nearly \$27,000 value.
- The Community Development Educator coordinated with the JobsOhio partner, the Appalachian Partnership for Economic Growth (APEG) for due diligence studies on potential commercial investment property at no-cost to the county.
- The Community Development Educator continues the Noble County Business Development Program, a revolving loan fund program made possible through USDA funding. There were three active loans in 2018, Duck Creek Towing, Local Roots and Kathy's Kitchen.
- The Community Development Educator and added multiple economic development sites to the APEG Zoom Prospector database for site selection consideration.
- The Community Development Educator drafted a regional plan to apply for Scenic Byway Status for SR78 in cooperation with Monroe, Morgan and Athens Counties (for SR 78 from the Ohio River in Clarington to Nelsonville in Athens.)
- The Community Development Educator provided input to the Village of Caldwell's Historic Preservation District project including pursuing estimates for grants.



- The Community Development Educator coordinated a Small Water Systems training for elected officials. The program was developed by OSU in partnership with The Ohio Small Communities Environmental Infrastructure Group and

led by Dr. Karen Mancl, a professor with the Food, Agricultural and Biological Engineering College.

- The Community Development Educator also pursued development of GIS Mapping of Noble County's water systems in partnership with Buckeye Hills Regional Council.
- The Community Development Educator researched and contacted Wolf Run park leadership about the possibility for funding a waterline extension from Belle Valley also providing GIS mapping to the project.
- The Community Development educator is also an active member of The Ohio Economic Development Association, The Eastern Ohio Development Alliance (serving 16 counties) the Buckeye Hills Regional Council General Policy Council (serving 8 counties) and its Regional Transportation Planning Organization (RTPO) Advisory Committee, the SE Ohio Manufacturing Council, the Noble County Career Pathways Council and serves as an Ex Officio member of the Noble County Chamber of Commerce Board of Directors and the Noble County Planning Commission as well as volunteers with United Way.



- The Community Development and Agriculture and Natural Resources Educators provided a community program on Business Succession Planning with 21 attending.

- The OSU Extension staff is also active in promotion of programs via written articles

(with placement in *The Caldwell Journal-Leader* newspaper and regional *Crossroads Magazine*), radio (AVC Communications stations) and television appearances (Live at Noon and WHIZ-TV), as well as a robust social media presence (Twitter, Facebook & Instagram).



**The Agriculture and Natural Resources Educator coordinated the following Gardening Programs in 2018:**

**Master Gardener Program:** Noble County Master Gardeners conduct programs and volunteer their time within the community to help others learn and improve their gardening skills. Volunteer Events included a Fairy Garden Workshop; placement of flower pots around the Caldwell Square; hosting a booth at the Noble Co. Fair and three Holiday Wreath Workshops.



**A Series of five Kindred Gardens Events were hosted on the following topics:** Roses and Raspberries; Adventures with Vegetables; Preserve Your Hard Work (Food and Seed Preservation); Bulbs Galore; and Winter Wreaths.

As a combined effort of SNAP Education and Agriculture and Natural Resources, Noble County held seven Growing Together programs to encourage youth at the Noble Learning Center and clients of the Noble County Board of Developmental Disabilities to connect gardening with health eating and exercise.

The Agriculture and Natural Resources Educator coordinated Guest Seminars including: a hanging basket workshop for the Brookfield Homemakers; a Noble County Farmers' Market demonstration on growing and using fresh herbs.

### ► **Environmental Quality**

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The Agriculture and Natural Resources Educator coordinated a variety of Agronomy programs in 2018 including:

- **Fertilizer & Pesticide Applicator Recertification Trainings**  
*(required by The Ohio Department of Agriculture for restricted use pesticides and certain fertilizers.)*
- The Agriculture and Natural Resources Educator worked on several agronomy focuses programs and field days including: Discover Warm-Season Grasses; Southern Ohio Hay Day; Ohio Farm Science Review and the Heritage Cooperative Field Day.



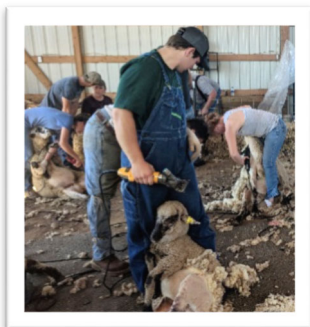
The Agriculture and Natural Resources Educator conducted the following partnered research and outreach projects:

- Ryzup Smartgrass project for pasture management and Mowing for Weed Control project for pasture improvement at the Eastern Ag Research Station.
- *Sericea lespedeza* project for sheep and goat parasite control at Jackson Ag Research Station.
- S.T.O.P. Spotted Knapweed Program with Guernsey, Morgan, Muskingum, and Noble County Extension, SWDC, and NRCS.

### ► Sustainable Food Systems

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- The 4-H Educator co-presented “Youth for the Quality Care of Animals” at NAE4-HA Conference.
- The 4-H Educator conducted Quality Assurance Training for over 250 youth and adults.
- To assist individuals with obtaining an Ohio Department of Health certification card, the FCS & 4-H Educator taught ServSafe & Tap Online, ServSafe Level 2 Manager Trainings and ServSafe Level 1 Employee Training. In Noble County, seven restaurants needed to pass the ServSafe course.
- The FCS & 4-H and The Agriculture and Natural Resources Educators partnered with The Noble Soil and Water Conservation District to host a wild game workshop. We demonstrated proper ways to skin (duck, squirrel, dove, rabbit), how to prepare the game, and creating healthy habitats. There were 26 participants.
- The Agriculture and Natural Resources Educator partnered with regional colleagues and organizations to provide the following Livestock Programs in 2018:



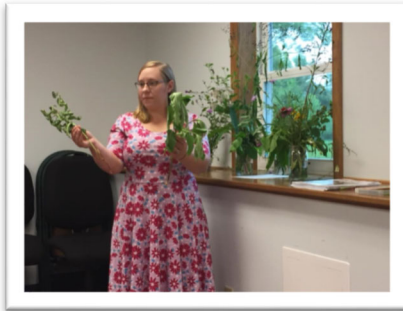
#### **Southeast Ohio Sheep & Goat School**

- Sheep & Goats 101- Anatomy, Nutrition, Reproduction, Environment, and Behavior.
- Keeping Your Calendar- Calendar Management, Identifying and Fitting Your Market, Lambing & Kidding.
- Safe Systems- Predator Prevention, Parasites, Pathogens, Wool & Coat Care.



- FAMACHA & Forages- FAMACHA training and Ohio Forage and Grassland Council Sheep Farm Tour.
  - Reproduction- Synchronization, Artificial Insemination, Breeding Soundness Exams, and Pregnancy Checks.
  - Finishing- Body Condition Scores, Feeding for Market, Carcass Evaluation and Meat Grading, and Promoting Your Product to Consumers.
- The Agriculture and Natural Resources Educator hosted a Beginning Beekeepers Class; Discover Warm-Season Grasses; the Southeastern Ohio Hay Day; a trip to the Ohio Farm Science Review and Guest Appearances at the Heritage Cooperative Field Day.
- **As the Ohio Joint Council of Extension Professionals representative to the Ohio Sheep Improvement Association, the Agriculture and Natural Resources Educator helped coordinate state programs including:** two, multi-day Statewide Sheep Shearing Schools; The Ohio Forage and Grassland Council Tour; Ohio Sheep Day; the Ohio Young Shepherd's Assembly, and the Buckeye Shepherd's Symposium.
- The Agriculture and Natural Resources Educator partnered with the Guernsey-Noble Beekeepers to host a Beginning Beekeepers Class.
- **Noble County co-hosted/presented a variety of Beef education programs including:** Artificial Insemination School, four Beef Quality Assurance Trainings; the Ohio Beef Study Group Tour; the 2018 SE Ohio Beef School; two Statewide Beef School Webinars and "A New Push for Beef QA" for the Noble County Cattlemen's Association.
- The Agriculture and Natural Resources Educator coordinated Guest Seminars including "Animals on the Farm" with preschoolers at Headstart, "Doe & Kid Nutrition" at M&M Feed and Supply's Goat Clinic., and "Controlling Parasites" at the Eastern Ohio Women in Ag Conference.





- The Agriculture and Natural Resources Educator coordinated a monthly Farm Talk Breakfast Program in 2018 on the following topics: Livestock Emissions Reporting Update; The Benefits and Challenges of LLCs; Tips for Changing Calving/Lambing/Kidding Seasons; Farmers' Market Preparations; Crop Projections & Current Ag Issues; Home Composting 101; Ways to Extend the Grazing Season; Weeds vs. Wildflowers; Invasive Plants in Forests; Preventing Autumn Home Invaders and Feeding Ohio Song Birds.



The Ohio State University Extension Noble County Office team: front row from left: Lori Harris, SNAP Ed Program Assistant; Nancy Snook, Area Leader/4-H Educator; Christine Gelley, M.S., Agriculture and Natural Resources Extension Educator; and back row, from left: Carla Wickham, Office Associate; Gwynn Stewart, M.S., Community Development Educator; Samantha Schott, 4-H/FCS Educator and Tracy Blackstone,