

EXTENDING KNOWLEDGE  
*changing lives*



WEST VIRGINIA STATE  
UNIVERSITY

Extension Service

EXTENDING KNOWLEDGE  
*changing lives*  
AT WEST VIRGINIA STATE UNIVERSITY

## ADMINISTRATION

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President  
West Virginia State University

**Dr. Orlando F. McMeans**  
Vice President for  
Research & Public Service

**Dr. Ami M. Smith**  
Associate Vice President for  
Public Service  
Director of Extension

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Designer

**WHAT IS EXTENSION?**

**AGRICULTURE & NATURAL RESOURCES**

**4-H YOUTH DEVELOPMENT**

**COMMUNITY & ECONOMIC DEVELOPMENT**

**FAMILY & CONSUMER SCIENCES**





West Virginia State University Extension Service provides expertise and assistance to improve the lives and well-being of families and communities across the state of West Virginia.

From personal family gardens to farm-to-table economic development, our dedicated extension agents educate people, in nearly every county of the state, regarding affordable and cutting-edge agriculture practices to expand their food resources.

While our roots are firmly planted in agriculture, extension agents develop behavioral analysis and modeling to enable communities to address major challenges like substance abuse. Through the University's Healthy Grandfamilies initiative, grandparents are learning and adapting to their new roles as primary caregivers for their grandchildren.

Other extension agents with expertise in education are improving the future generation by working in elementary schools to strengthen cognitive learning and support teachers. These are some of the examples of how West Virginia State University extension agents intimately weave the University's tri-partite mission of education, research and extension together for the betterment of our communities across the state.

Our extension agents, and the services they provide, deliver our mission each and every day to the best of their ability. I am thankful for them.

Please join me in recognizing the motivational and transformative investments made by West Virginia State University Extension Service as featured in this publication.

Warmest regards,

**Anthony L. Jenkins, Ph.D.**  
President  
West Virginia State University

*Extending knowledge. Changing lives.* These four simple words are more than a pithy slogan. They embody the very essence of what our extension educators are doing every day to help make life better for people all over West Virginia. For nearly two decades, West Virginia State University has nurtured an ever-increased portfolio of research-based extension programs that meet the needs of our citizens across all walks of life.

Our agriculture and natural resources programs are introducing new, alternative avenues to crop production, inclusive of youths, veterans and those with disabilities, making agriculture a viable career for many emerging farmers of all ages, incomes and experience levels.

Our non-traditional approach to 4-H moves beyond the vital areas of "cows and plows." We are providing young people with hands-on instruction in the creative arts, as well as the expanding areas of Science, Technology, Engineering, Agriculture and Mathematics (STEAM).

Bolstering the state's economy and fostering a strong sense of community continue to remain cornerstones of our program platform. We have extension educators in towns throughout central and southern West Virginia, providing community-level focus to business owners and civic-minded citizens right on Main Street.

Finally, West Virginians are known for having a strong sense of family, and our efforts are strengthening those ties that bind. We provide information and instruction on healthy eating and physical fitness, and are addressing the needs of even the most modern of family dynamics, including an innovative initiative that targets grandparents who are raising their grandchildren.

These and other programs are described in this brochure to provide you a guidebook for how West Virginia State University Extension Service can help make your life better. You will also find information on our funding stream and a map to locate the extension educator nearest you.

As the primary outreach arm of State, we look forward to continuing to fulfill the University's mission of teaching, research and extension for years to come.



**Orlando F. McMeans, Ph.D.**  
Vice President for Research & Public Service  
West Virginia State University

**Ami M. Smith, Ph.D.**  
Associate Vice President for Public Service  
Director of Extension  
West Virginia State University



# WHAT IS EXTENSION?

The word “extension” means a lot of things: an addition, an add-on, a part that is added to something to enlarge or prolong it. And, in the world of higher education, it has yet another meaning.

Extension is also a network of university-based experts who help us live better lives by providing information, resources and education to the people who need it.

So, really, that does fit in with the traditional definition of the word. Think of Extension as an addition to you—your mind, your well-being, your skillset, your life—that increases your capacity to be a happy, healthy, successful person.

Just like you, Extension programs at West Virginia State University (WVSU) are multi-layered, creative, smart and always evolving. We are the knowledge and tradition of yesterday coupled with the innovation and technology of tomorrow. Think Hank Kimball meets Siri. (And if you don’t know the former, use the latter to look him up!)

We are where university research and outreach intersect to make your life better, and we do that through a variety of ways: youth development programs like 4-H, innovative agricultural education, community development and healthy lifestyles, among others.

Read on to learn how WVSU Extension Service is here for you.



# AGRICULTURE & NATURAL RESOURCES

We focus on alternative agriculture; sustainability; urban forestry; cold storage/post harvest technology; and community, youth and adaptive gardening. We offer hands-on workshops throughout central and southern West Virginia, reaching gardeners of all ages and experience levels.

## Agriculture Workshops

Workshops are offered based on needs and requests and may be delivered as a single workshop or developed into a multi-class series, with lectures, hands-on demonstrations and onsite observation to enhance every participant's education experience. Sample topics include composting, container gardening, cold-frame construction, irrigation, rain barrels and mushroom production.

## Backyard Habitat

The Backyard Habitat is a hands-on interactive display that introduces preschool and elementary kids to agriculture through independent learning opportunities. Designed as stations, youths are encouraged to interact in various scenarios, such as a farmers market, flower garden and a campsite where their imagination is left to lead them in constructive play.

## Cold Storage/Post-Harvest Technology

This initiative is aimed at providing farmers with post-harvest education. Participants learn appropriate techniques, from pre-cooling methods to storing and moving fresh market produce. Through meeting both the educational and infrastructural needs, farmers will

be able to reach additional markets with high-quality produce and adapt to the growing demand for fresh local food.

## Community & Adaptive Gardening

Community gardens are gardens developed within a community setting to provide participants with the skills and resources to produce their own fruits and vegetables, while encouraging the adoption of healthy eating habits. Adaptive gardens are designed to meet the needs of the population by taking into account accessibility barriers, as well as other factors that may limit interaction in a garden setting. We work with housing developments and community and professional organizations on design and implementation.

## Hops Production

The emerging popularity of craft beer has brought on a nationwide shortage of hops being produced for the industry. This project is focused on introducing hops as a West Virginia-grown product for use in locally produced beers. We are trialing several varieties of hops to determine which grow best in the state, while also working hand-in-hand with the breweries to grow varieties that are the most desirable.

## PLANTERS

Preschoolers Learning Agriculture, Nutrition, Technology, Engineering, Reading and Science (PLANTERS) is an initiative to bring garden-based education to early learners. Extension agents and WVSU students establish school gardens and lead activities in preschool settings, teaching sustainability,

environmental awareness and appreciation for outdoor spaces.

## The SCRATCH Project

The SCRATCH (Sustainable Community Revitalization in Appalachia Through Children's Hands) Project brings together inquiry-based science, real-world technology and outdoor education at the elementary level to prepare children to become problem-solvers, entrepreneurs and live a sustainable lifestyle. The project includes development and implementation of several backyard edible gardens, greenhouse production, hydroponic/aeroponic growing and a specialization in high-yield urban gardening for end-product production in support of local foods initiatives. As their garden crops are harvested, youths are learning about business and entrepreneurship by selling their products to local farmers markets and restaurants.

## Small Fruit Production

We have developed an educational mini-series covering blueberries, blackberries, fruit trees, grapes, raspberries and strawberries. The primary educational focus is for the backyard gardener to understand small-scale production basics.

## Sustainable Agriculture Research & Education (SARE)

Since 1988, SARE has helped advance farming systems that are profitable, environmentally sound and good for communities through a nationwide research and education grants program. Sustainable agriculture practices address pest management, cultural practices, soil fertility, adding value and farm profitability. At WVSU, SARE funding has been utilized to study sustainable agriculture and provide training opportunities for local producers.

## Socially Disadvantaged Farmers Program

Through the Patriot Guardens partnership with the West Virginia National Guard and the West Virginia Department of Agriculture, demonstration and educational facilities are being created to provide hands-on workshops and trainings to introduce new and innovative trends toward increasing agricultural production.

## Urban Forestry

Our urban forestry programs are made possible through a Renewable Resources Extension Act (RREA) grant to support hands-on workshops across the state. Arbor Day celebrations provide outreach to youths with tree seedlings, educational materials and hands-on learning about the natural resources surrounding us all. Workshops are also offered on alternative forestry and natural resource enterprises.



# 4-H YOUTH DEVELOPMENT

The 4-H emblem is recognized all over the country as a symbol of pride. We have adopted a non-traditional approach to our programming efforts, focusing on expressive arts initiatives and STEAM (Science, Technology, Engineering, Agriculture and Mathematics) education.

## 4-H Family GROWTH

The 4-H Family GROWTH literacy program represents Gardening, Reading, Opportunity, Wellness, Teamwork and Health. It provides youths in grades K–5 the opportunity to be involved in gardening during and after school, reading books that relate to health and gardening, exploring the world with outdoor activities, and enhancing wellness through physical activity, nutrition and teamwork.

## 4-H Performing & Creative Arts Summer Camp

This day camp is for young artists ages 9 to 16. Participants can choose their own creative and performing arts projects and activities pertaining to digital photography, culinary arts, video and music production.

## Beats, Rhymes & Life

This expressive arts program is not what you would expect to see in a traditional 4-H-sponsored after-school program. Youths learn about spinning records on turntables while matching the beats, producing music using the latest software, and putting it all together in the sound booth using their own vocals.

## Health, Sciences & Technology Academy (HSTA)

The HSTA Summer Forensics Institute is a residential summer camp that teaches participants about forensic science with a mock-crime scenario. Youths learn techniques including DNA analysis, thin-layer chromatography, handwriting analysis, fingerprint analysis and drug analysis as they attempt to figure out “who did it?” HSTA is a program of West Virginia University targeting students in grades 9–12.

## National Summer Transportation Institute (NSTI)

NSTI is a day program that introduces students to the transportation industry offering incoming 7–9<sup>th</sup> graders the opportunity to explore the career choices available in transportation and to engage in a wide range of activities that are both educational and enjoyable. Field trips, projects and guest speakers provide firsthand experience with everything from air travel to highway construction.

## Youth Mentoring Program

The 4-H Mentoring Program targets youths ages 10–14 and their families. We use culturally appropriate, early-intervention strategies during interactions, such as one-to-one and group mentoring, involvement in 4-H clubs and family activities. The program is designed to increase youths’ interpersonal competence, improve their academic performance and strengthen family relationships.







# COMMUNITY & ECONOMIC DEVELOPMENT

Making West Virginia's communities viable, energetic and economically sustainable is the mission of our Community and Economic Development efforts. Primary focus areas are community development and revitalization, regional and local economic development, and small business development. Our current initiatives include downtown revitalization, historic preservation, green projects, community gardens, small business development and support, economic sustainability, non-profit development, economic analysis, disaster preparedness and tourism.

We have staff members and programs at various locations throughout central and southern West Virginia, including Fayette, Kanawha, Logan, Nicholas, Raleigh and Summers counties. Many of our staff members are supported through a partnership with the New River Gorge Regional Development Authority.

## **Community Development & Revitalization**

We work with communities to revitalize their downtown areas by improving vitality, facilitating needs assessments, strategic planning, workshops and meetings, funding research, property redevelopment uses, community clean-ups and more.

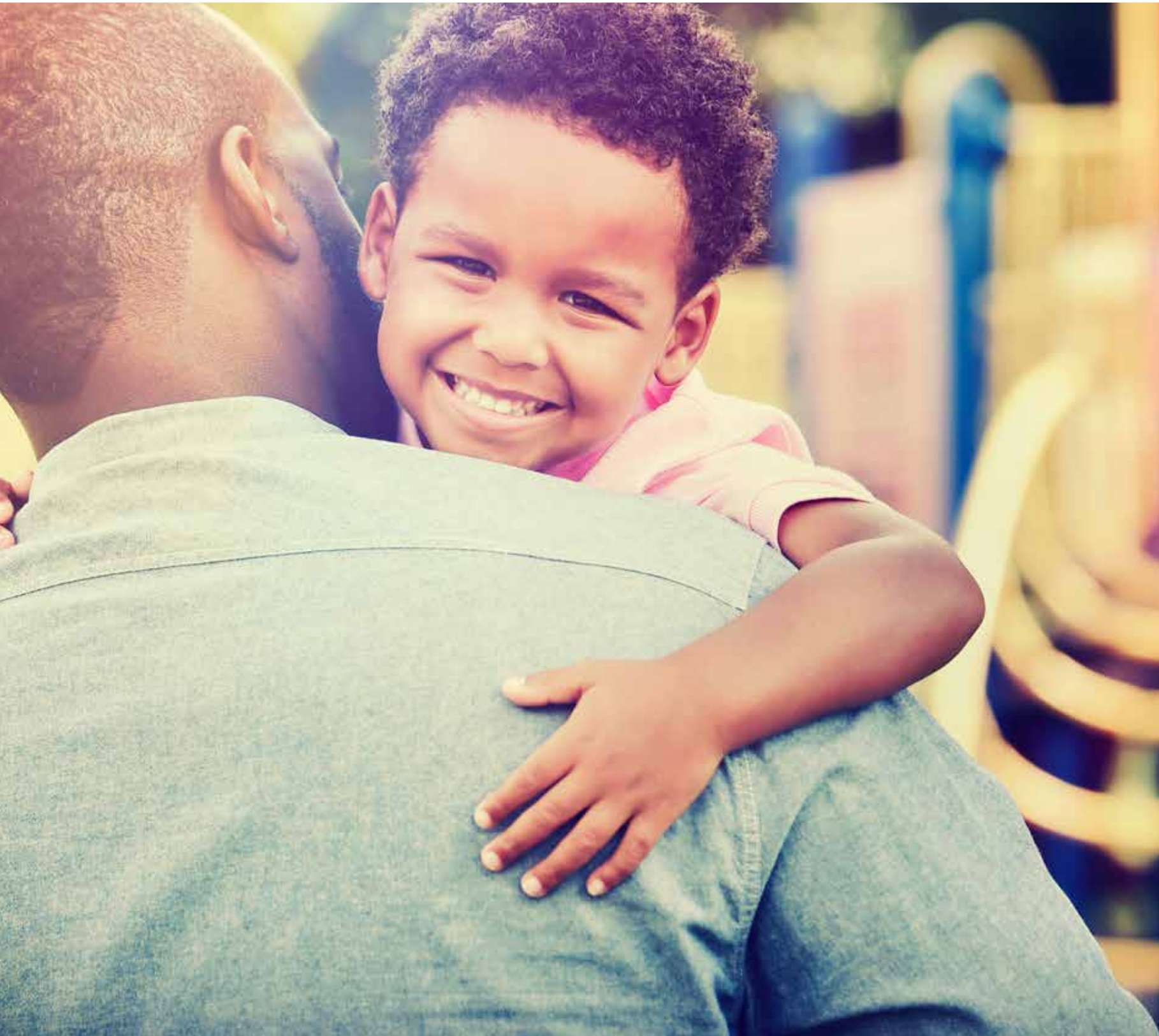
## **Micro-Enterprise & Small Business Development**

Through our innovative Economic Development Center (EDC), located in downtown Charleston, we are continuously supporting small business development, retention and expansion efforts. The EDC is the region's premiere co-working space for the creative economy and home to a variety of small business owners, creative professionals and non-profit organizations. Through a variety of affordable membership plans, the EDC offers collaborative work areas, private and shared offices, meeting and training rooms, and digital arts production space with a fully equipped video capture studio and green screen, voice recording studio and editing suite. Learn more at [wvsuedc.org](http://wvsuedc.org).

## **Regional & Local Economic Development**

We help communities develop strategic plans for regional economic projects, work with businesses to determine linkages and development strategies for stabilizing existing market share and developing growth strategies.





# FAMILY & CONSUMER SCIENCES

We offer practical information for individuals, families and communities on eating well, managing money, raising children, health literacy and staying active. The primary goal of Family & Consumer Sciences is to improve the well-being of traditionally underserved families and communities by providing research-based knowledge and principles applicable to their everyday lives.

## **Expanded Food & Nutrition Education Program (EFNEP)**

EFNEP is a federally funded educational program designed to assist limited-resource children and families in improving nutritional well-being and health through a series of practical lessons on basic nutrition and healthy lifestyles, resource management, and food safety. Adults are taught in small groups. A youth curriculum focuses on providing food and nutrition education to contribute to the personal development of middle school age youths. This age group is taught in after-school enrichment programs, summer camps and during the school day, in order to strengthen existing educational standards.

## **Health Literacy**

Our patient-physician communication program “Can You Repeat That, Please?” teaches participants how to effectively manage their health care visits and includes a comprehensive health history journal to take along. This successful program led to an expanded curriculum targeting a birth–18 audience called “My Growing Gains and Pains.” The program has been successfully administered to a variety of audiences, including a multi-state project targeting military families.

## **Healthy Grandfamilies**

West Virginia ranks fourth nationally in the percentage of grandparents raising their grandchildren. The Healthy Grandfamilies project offers support to this family dynamic through a series of educational discussions combined with social work case management services. Discussion topics include healthy lifestyles, navigating the public school system, parenting in the modern age, communication, and technology and social media. Participants also receive follow-up services with a Licensed Social Worker.

## **Healthy Lifestyles Cooking School**

Diabetes, heart disease and hypertension are chronic health conditions affecting thousands of West Virginians. The WVSU Healthy Lifestyles Cooking School teaches meal planning and food preparation skills that reduce calories, control carbohydrates, modify fats and increase fiber.



# WHERE TO FIND US

Help is never far away with WVSU Extension Service. We are always available to address your issues, no matter where you're located. But if you're looking for someone closer to home, we just might be in your neighborhood! Below is a listing of all of our county offices, including our main office located on the Institute campus.

## Main Office

100 Curtis House  
P.O. Box 1000  
Institute, WV 25112-1000  
(304) 204-4305  
extension@wvstateu.edu

## Cabell County

**Community & Agricultural Resource Development**  
800 Virginia Avenue  
Huntington, WV 25701  
(410) 371-5063

## Fayette County

**Community & Agricultural Resource Development**  
*Oak Hill City Hall*  
100 Kelly Avenue  
Oak Hill, WV 25901  
(304) 610-5655

## Kanawha County

**4-H Youth Development**  
*Roosevelt Neighborhood Center*  
502 Ruffner Avenue, Room 308  
Charleston, WV 25311  
(304) 766-4285  
(part-time)

## Community & Agricultural Resource Development

*WVSU Economic Development Center*  
1506 Kanawha Boulevard West  
Charleston, WV 25302  
(304) 720-1401  
wvsuedc.org



## Logan County

**Community & Agricultural Resource Development**  
179 Rita Mall Road  
Lyburn, WV 25632  
(304) 752-3255

## Nicholas County

**Community & Agricultural Resource Development**  
*Day Report Center*  
603 Broad Street  
Summersville, WV 26651  
(304) 872-2881

## Putnam County

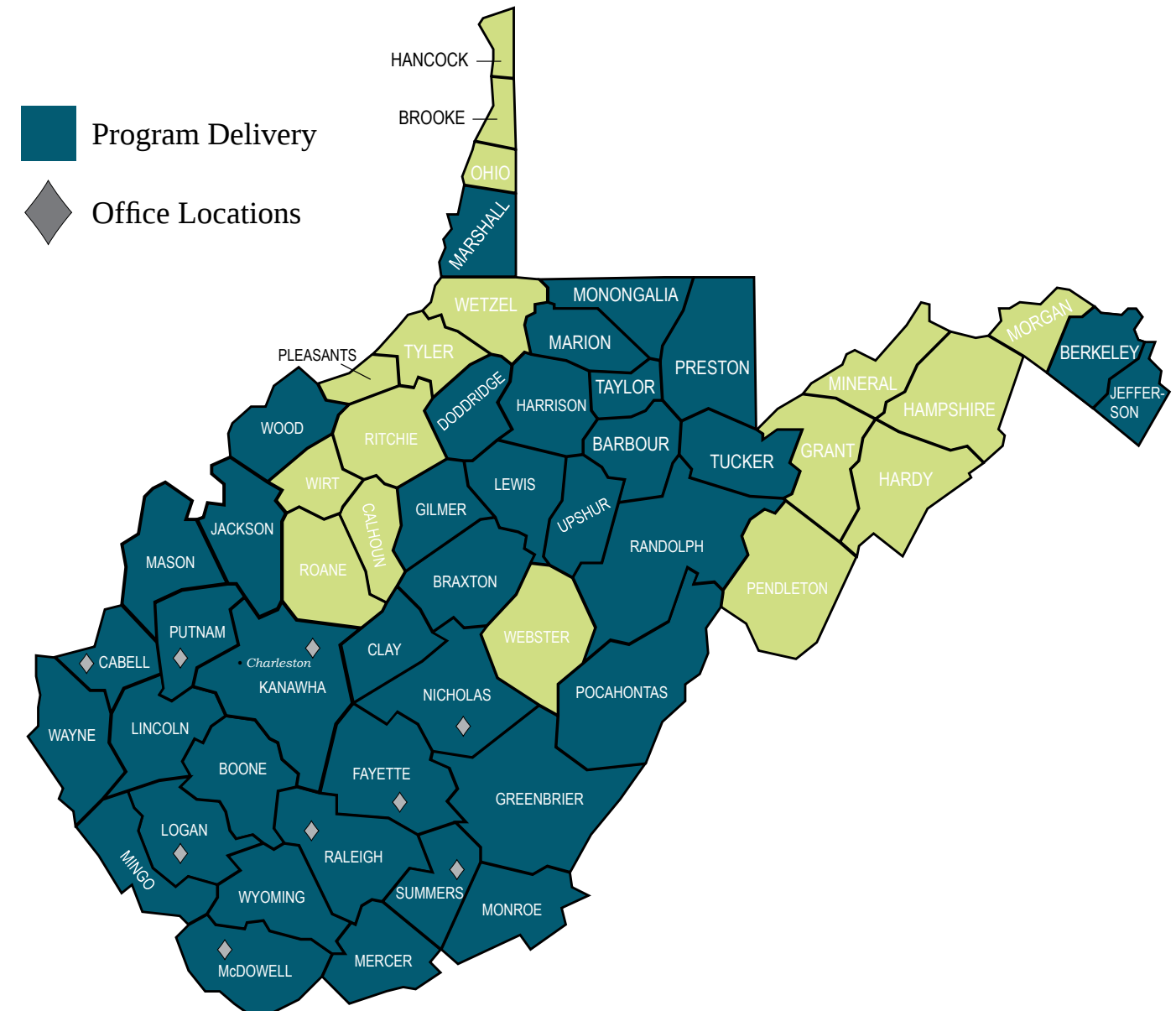
**Family & Consumer Sciences**  
**Expanded Food & Nutrition Education Program**  
3566 Teays Valley Road, Suite 103  
Hurricane, WV 25526  
(304) 552-0075

## Raleigh County

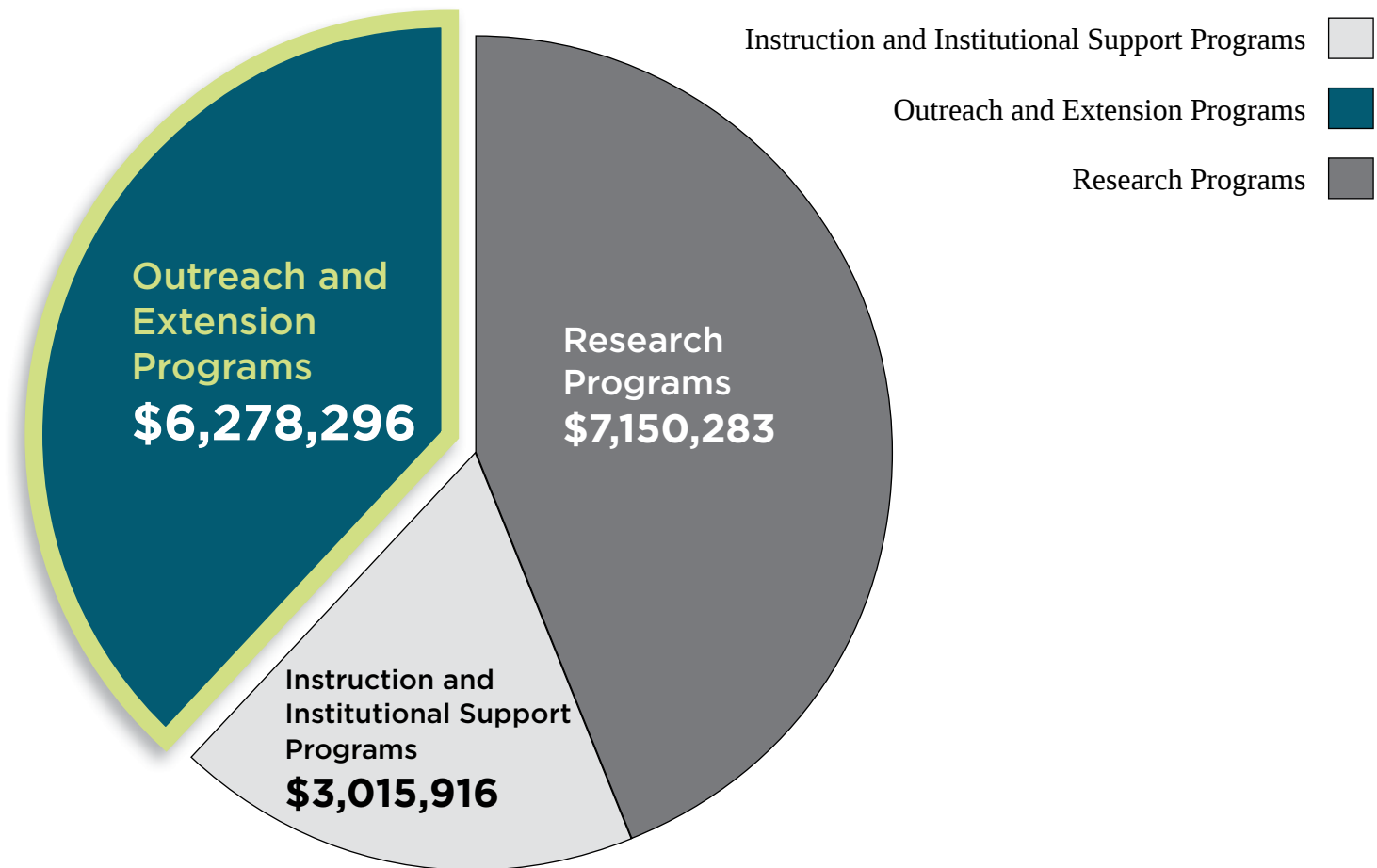
**Community & Agricultural Resource Development**  
*The Attar Center*  
200 Main Street  
Beckley, WV 25801-3370  
(304) 923-5820

## Summers County

**Community & Agricultural Resource Development**  
97 Park Avenue  
Hinton, WV 25951  
(304) 466-7113



# EXTENSION FUNDING



Annual external funding has increased from \$10,000 in 1999 to nearly **\$16.5 MILLION** in 2016

# CONNECT WITH US



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[wvstateu.edu/extension](http://wvstateu.edu/extension)