



Gallia County

111 Jackson Pike, Suite 1572
Gallipolis 45631, 740-446-7007



EXTENSION

2008 County Highlights

Strengthening Families and Communities

- A contract with Gallia County DJFS for \$8,500 provided monthly budgeting classes for limited resource families.
- Making healthy food choices and being physically active was the focus of educational programs provided to over 300 youth in the overnight summer camps at Canters Cave and a one-day Cloverbud camp at Kyger Creek Club House.
- During 2008 the Family Nutrition Program (FNP) of Gallia County provided nutrition education programs for families who are either food stamp recipients or are food stamp eligible. Through classes at various local agencies, FNP made 689 direct contacts and provided 120 educational programs focusing on basic nutrition, food resource management, and food safety to Gallia County households. These educational sessions presented comprehensive programs that provided the knowledge and skills for limited resource households to become more food secure. By developing self-sufficiency skills in the areas of food resource management and meal planning and preparation, participants can decrease their reliance on food emergency resources. 3,335 indirect contacts were made through health fairs, displays, and newsletters.
- Over 400 households in Gallia County receive the bi-monthly FNP newsletter featuring articles focusing on nutrition, food safety, and smart food shopping.
- Consistent with the recommendations outlined in MyPyramid and the 2008 Dietary Guidelines, the Gallia County FNP promotes a diet rich in fruits and vegetables, whole grains, calcium, and lean protein foods. A nutrient-dense diet can contribute to the risk reduction of certain chronic diseases. Classes also stressed the importance of being physically active every day and balancing calorie intake with calories expended. Poor diet and physical inactivity resulting in an energy imbalance are the key factors contributing to the increase in overweight and obesity nationwide.
- 38 individuals attended FNP programming at Gallia County DJFS during a series of classes related to food resource management. Skills such as making shopping lists, reading labels for nutritional value, planning menus, and effective shopping strategies were highlighted. Evaluations indicated that participants demonstrated an increase in the skills of making healthy food choices, meal planning, improved food resource management, and choosing an active lifestyle. Program

participant evaluations indicated that 98% attained new information and 92% indicated that they planned to follow program recommendations.

- Food safety education continues to remain a critical issue for limited resource families of Gallia County. Focusing on this need, programs highlighted proper hand-washing, kitchen cleanliness, basic food handling, and the preparation and correct storage for foods.
- Adversely affected by the economy, an increasing number of families are forced to seek assistance. FNP programs aid by providing classes that help food stamp recipients modify behaviors to become more self-sufficient and better able to provide healthier, lower-cost meals for their families.

Preparing Youth for Success

- Gallia County 4-H is the largest youth organization in the county with 1,260 members in 87 clubs, supervised by 229 adult volunteers. The program offers a variety of educational experiences including the development of life skills, leadership development, healthy living skills, and effective communication.
- In 2008 Gallia County sent 663 campers to 11 different overnight summer camps at Canters Cave and 46 campers to day camp. In addition 42 teen counselors gained leadership skills as they participated in the 4-H summer camp counselor program.
- Counselor College—Over 120 teens from 11 different counties participated in the 1st Canter's Cave Counselor College. This program was funded by the 4-H Grant Foundation. The program was such a success that it became a poster display at the 2008 State Teen Conference as well as the 2008 National Galaxy Conference in Indiana.
- The Gallia County Junior Fair had 2,196 4-H projects successfully completed and exhibited. 521 of these projects were market projects and were sold during the livestock sales for a total of \$436,208.65, which is \$267,864.91 above market value. In 2008 non-market animals increased to 342 as did non-animal projects with 1,460 projects being exhibited. 4-H exhibitors earned over \$24,000 in fair premiums, and non-animal and small animal exhibitor took home over \$4,500 in prize money from the Holzer Clinic Awards.
- The 4-H scholarship program provided over \$13,000 in college scholarships to the outstanding 4-H youth of Gallia County. Over \$14,000 in summer camp scholar-

- ships and over \$2,600 in state camps and 4-H trips was also awarded to 4-H members. A grant from the Gallia County DJFS was secured that provided 88 TANF eligible children summer camp scholarships and 10 camp scholarships were provided from a private donor.
- Over 1,299 children participated in one or more school enrichment and afterschool programs, with 61 programs conducted in the county schools.
 - The Gallia County 4-H CARTEENs presented programs to 144 first-time traffic offenders.
 - Community service projects included Relay for Life, state and national disaster relief funds, food collections, library book collection, pet food collections, and contributions of time and energy to Keep Gallia Beautiful and the Ohio River Sweep.
 - 4-H club advisors attended club trainings and received information on club management, as well as youth development and leadership activities. Eight Key Leaders were trained at a two-day workshop and have been successful at becoming middle managers who give leadership to the various county 4-H programs.
 - Over 150 4-H club officers and advisors attended the 1st multi-county officer training held at Canter's Cave 4-H Camp. Extension staff and the 4-H College Alumni Team were utilized to present hands-on activities that focused on the club offices and their responsibilities.
 - The Gallia County Cattleman Association provided beef producers in Gallia County with educational, marketing, and research opportunities. A youth educational day called "Cowpokes for Kids" was provided. Participants experienced hands-on activities with local beef industry persons to increase their knowledge of the beef industry. Jeff McCutcheon, an Extension educator from Knox County, spoke at the spring meeting on fertilizer and grass varieties for pastures.
 - The Gallia County Pride in Tobacco group held monthly meetings providing educational programming and networking within the tobacco community. The group held a local educational seminar during which Dr. Will Snell of the University of Kentucky presented the "New Economics of the Tobacco Industry" along with an update from the Southern Ohio Agricultural and Community Development Foundation. Thirty-eight tobacco producers attended the Spring Tobacco Seminar and the group hosted the annual Tobacco Banquet with Pat Raines, Chairman of the Southern Ohio Agricultural and Community Development Foundation presenting on the foreign tobacco market. Forty-eight people were in attendance for the banquet.
 - Support was provided to local homeowners and residents in the areas of home gardening, horticulture, floriculture, forestry, and pest and disease management.

Enhancing Agriculture and the Environment

- The Ohio Beef Heifer Development Program Committee held a successful field day in July at the new heifer development center in Jackson County. Lazy 8 Farm developed 72 heifers for Ohio producers. Breeding, weight, and development data was collected and returned to the producers so that more informed decisions about cull rates and breeding dates could be made.
- The Gallia County Dairy Heifer Development Steering Committee was established to look at the viability of Gallia County to become a major area of dairy heifer development and contract growing for large northern dairies in the state. An Extension program assistant was hired to direct the program, and grants were written by the Gallia County Agricultural Center to fund the project, along with cost-share dollars to assist new growers. \$170,000 of grant dollars was secured and two new growers started receiving calves. Three other potential growers are in the process of starting.
- A New and Small Farm College was held at the University of Rio Grande in Gallia County. Thirteen participants gained knowledge in niche marketing, finances, best practices, commodity selection, resource agencies, environmental stewardship, and agricultural law.

Advancing Employment and Income Opportunities

- In 2008, the Gallia County Business Survey was developed and administered. The project was a collaboration of the Alliance, a community work group comprised of Gallia County OSU Extension, Gallia County DJFS, the Community Improvement Corporation, the Gallia County Commissioners, and the Gallia County Convention and Visitors Bureau. The survey was distributed county-wide and will be used to identify the needs of local businesses to improve the overall business climate. Of the 532 surveys distributed, 182 businesses responded.
- A comprehensive Gallia County community development web site was constructed, which offers an overview of Gallia County and links to a wide range of resources.
- Gallia County Extension educator chairs a local committee that has awarded more than \$2 million of grant funds to business and industry located in Gallia County. As a result, more than 362 jobs have been created or retained.
- Working with the Community Improvement Corporation, Gallia County OSU Extension provided a series of workshops to build an entrepreneur-friendly community. The eleven-session series was funded by a grant from the USDA and the Rural and Community Development Office. An average of 16 participants attended.

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Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1868