



Noble County

150 Courthouse
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2007 Impact Statements

Family and Consumer Sciences

- Youth Nutrition & Wellness:** During the second half of the 2006-2007 school year, 168 seventh and eighth grade students in a nine-week school health class participated in a five-session wellness program in which they learned about: MyPyramid; how to read food labels; the importance of eating breakfast and consuming calcium; how to eat more fruits, vegetables, and whole grains; and how to select healthy snacks. Students reported that they were now eating smaller portions, cutting down on soda pop consumption, being more active, and eating less sugar and more calcium. They reported learning the most about portion sizes, calcium rich foods, contents of soda pop, good and bad fats, and eating “colors” in fruits and vegetables. For the 2007-2008 school year, two new classes have been added for the eighth grade students and have focused on determining individual BMIs, calculating resting energy calorie needs and activity calorie needs, learning the importance of hydration, and eating well before and after athletic competitions.
- Dining with Diabetes:** A collaborative effort with the West Virginia University Extension Service, a local hospital and the local senior citizens center, this series of three in-depth classes focused on meal planning, food preparation, and tips for managing the diet for diabetics and their family members. Forty-two participants gained a better understanding of how the intake of fats and sugars can impact their blood sugar levels, how a special assessment process can help them evaluate their food consumption, and how preparing favorite foods can easily be accomplished with minor alterations. A three-month follow-up reunion was held to reinforce basic principles. Participants received answers to pertinent questions, learned how to assemble an emergency kit of supplies and foods, and how to conduct regular foot exams.
- Helping Children Cope with Divorce:** Designed to aid parents in helping their children adjust to the changes that result from a divorce, this monthly program has been conducted since May 1993, and has reached a total of 770 people as of Dec. 2007 (54 people during 2007). The program is mandated by the Court of Common Pleas. Evaluations revealed that following the program, 92% agreed/strongly agreed that children can make a healthy adjustment after the divorce, and 88% agreed/

strongly agreed that the program would be beneficial in helping them assist children with the adjustment to divorce. Participants were married an average of ten years and their average age was 34 years old. Participants learned how to tell children about divorce, how to recognize and deal with children’s reactions to divorce, and how to keep children out of the crossfire between parents’ conflicts. This multi-disciplinary effort is a collaboration between the Extension Family and Consumer Sciences program, the court, and a licensed social worker.

- Family Nutrition Program:** A program designed to help families who qualify for Food Stamps stretch their food dollars to feed their families. Educational programs providing information on nutrition, food safety, food budgeting, and safe food storage were offered. 472 people participated with 76% (362) stating they gained knowledge or made changes to improve their daily diet.

Agriculture and Natural Resources

- Shepherd’s Education:** Over 45 shepherds in Eastern Ohio were made aware of the ethnic lamb market’s unique preferences. Dates of marketing were explored for 2007. Three producers have adjusted breeding schedules and genetics to supply lambs for the Jewish, Islamic, and Greek markets.
- Forestry:** Privately owned forests have continued to be a potentially large agricultural asset. Most woodland areas are in need of timber stand improvement. Two issues of the agricultural newsletter contained articles emphasizing vine control and selective cutting for timber stand improvement. Also a meeting with the service forester emphasized improving timber quality.

Community Development

- Industrial Site Development:** Four counties (Guernsey, Morgan, Muskingum, and Noble) are cooperating to explore development of more than 9,000 acres of land in northwestern Noble County, eastern Muskingum, and southern Guernsey counties. The site would be one of the larger industrial/business sites in the eastern United States. Currently underway is a \$20,000 study of the area to determine costs to provide needed infrastructure to the area. The four counties are also exploring various ways to govern such a multi-jurisdictional project.

- **Workforce Study:** Monroe, Morgan, Noble, and Washington counties cooperated in a regional study of the workforce to determine the effect of the retirement of the “baby boomers” in the region’s industries. Despite the historical slow growth of the area’s economy, the study showed that a substantial number of good paying jobs would be available due both to retirements and expansions in the next five years. The information will be shared with secondary and technical education providers in the region to assure properly trained individuals are available to fill the open jobs.
- **Small Business Loans:** Noble County’s Rural Business Entrepreneurship Grant (RBEG) program awarded its second small business loan to a local restaurant. The \$25,000 loan will provide working capital, inventory, and funds for remodeling an existing restaurant in the county and will create 4-7 new jobs.

4-H Youth Development

- **4-H in Noble County:** In 2007, six hundred twenty-two youth were involved in the 4-H program. 524 members participated in at least one of the 26 4-H community clubs and 98 participated in 4-H School Enrichment and Special Interest programs.
- **4-H Camp:** One hundred eight youth participated in 4-H Camp this summer. Campers were involved in a variety of activities that helped develop their basic life skills. Teamwork, decision making, time management, and cooperation were several of the skills developed through the group living dynamics at 4-H Camp.
- **4-H Junior Leaders:** The 4-H Junior Leaders Club completed another successful year. The county-wide club consisted of 24 older teens and focused on leadership development, community service, career exploration and social interaction activities. The Junior Leaders participated in the Noble County Relay for Life and raised over \$500 for the American Cancer Society.
- **Don’t Bounce Around:** The Noble County 4-H Junior Leaders and the Noble County **stand** Team in cooperation with the OSU Extension Office and the Noble County Health Department participated in the Shenandoah Elementary Mini Relay for Life. The teens distributed educational material and interacted with the 800 elementary students participating in the event. The theme for our booth at the event was “Don’t Bounce Around—Be a Tobacco Free Kid.” At the booth the teens distributed tobacco use prevention literature. Youth visiting the booth also signed a pledge card to take a stand to not use tobacco products and to raise their voice about secondhand smoke. A total of \$1,200 was received from the American Lung Association of Ohio and the Healthy Ohioans Intuitive as part of the Project Healthy Communities: Youth Initiated & Directed Service Projects Grant.
- **Junior Fair Building Fund:** A Junior Fair Building Fund was established by the Noble County Jr. Fair Livestock and Sale Committee. The fund was started to collect monies to help with various building and renovation projects for the Noble County Junior Fair. The first project was the construction of a new Junior Fair Office at the fairgrounds. Over \$18,000 was raised for the construction of the new office. The Junior Fair Building Fund will remain in existence and will be used to help with various building and renovation projects for the Noble County Junior Fair.

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