

# Calhoun County Policies



## **MEMORANDUM OF UNDERSTANDING**

**February 7, 2011**

**This Memorandum of Understanding is between the Calhoun County WVU Extension Office and Mid Ohio Valley Health Department, Change the Future WV, Calhoun County. We are willing to provide cooking demonstrations/classes, nutrition information delivery, and canning classes for residents of our county.**

**We will work closely with Janet Heiney, CPPW Wellness Coordinator, on programs which encourage and promote healthy eating and exercise.**

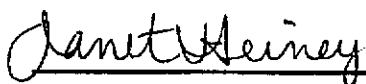
**We will assist CPPW establish a new Farmer's Market to be located in Grantsville, the county seat. We will also support the current Farmer's Market located at the Upper West Fork Park.**

**Our combined goal is to encourage and help our citizens lead healthier lives by promoting physical activity and increasing the consumption of fresh fruits and vegetables.**



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**Curtis Garretson, WVU Extension Agent, Calhoun County**



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**Janet Heiney, CPPW Coordinator, Change the Future WV**

### Letter of Support and Policy Change

August 2010, Calhoun County Commission gave approval for the development of a Farmer's Market to be located at the Wayne Underwood Field in Grantsville, said property owned by the County. The Market will be housed in the old High School Concession Stand and plans to open in the spring of 2011.

The Wayne Underwood Park Committee's policy will include upkeep and maintenance of the grounds surrounding the Market, as well as providing in-kind services with signage and preparation of the building.

Respectfully submitted,



Judy Powell

Wayne Underwood Park Committee, President

### Letter of Support and Policy Change

Saturday Fun Day is sponsored by the 21<sup>st</sup> Century Community Learning Center Grant and is held five times during the year: October, December, February, April, and May. Each Saturday educational information is provided for the parents along with recreational activities for the children. Average attendance for last year was 187.

Students are engaged in recreational activities while the parents are having their training. The parents and children are then reunited to make crafts together.

Effective October 2010, it is our pleasure to partner with CPPW and implement policy change that we will serve healthy, nutritious breakfasts, provide fresh fruits and vegetables, conduct healthy cooking classes, and promote recreational activities that include physical activity.

Respectfully submitted,

A handwritten signature in cursive script that reads "Jean Simers".

Jean Simers  
FRN Coordinator/Heads Up Coordinator

### Letter of Support and Policy Change

Pleasant Hill Elementary School is pleased to partner with CPPW to promote physical activity for our students. Our school uses Creative Curriculum in Pre-Kindergarten. Additionally, the K-4 Physical Education classes are scheduled for 30 minutes daily. The purpose of these requirements is to improve gross and fine motor skills, hand-eye coordination, and general physical fitness, as well as instill a life-long interest in physical activity.

The provision of PA equipment for our Pre-K classrooms will implement policy that will provide structured, daily physical activity time for those students.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Robert Bonar", with a stylized, flowing script.

Robert Bonar

Pleasant Hill Elementary, Principal

### Letter of Support and Policy Change

September 2010, Janet Heiney, CPPW Wellness Coordinator, met with Calhoun County Middle/High School Band Boosters to discuss the purpose of the grant. The Boosters agreed to sell one healthy option at high school football game concessions, with the possibility of including more healthy options in the future. Boosters provided in-kind services by advertising and placing signs on campus regarding the addition of healthy option. Policy change will reflect the addition of healthy choices.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Donna LaGrone". The signature is fluid and cursive, with the first name "Donna" being more prominent.

Donna LaGrone  
CMHS Band Boosters, President

## **MEMORANDUM OF UNDERSTANDING (MOU)**

**Between  
Change The Future WV  
And  
Grantsville Foodland**

**To combine resources in the fight against obesity and to provide access to healthier nutrition environments**

### **Parties**

The parties to this Memorandum of Understanding, hereinafter referred to as the "MOU," are Change The Future WV and Grantsville Foodland.

### **Background**

*Change the Future WV* is a Communities Putting Prevention to Work grant. This federally funded effort by the American Recovery and Reinvestment Act of 2009 (ARRA) through the Center for Disease Control and Prevention (CDC) is focused on changing policies, systems, and environments to create healthier communities. This \$4.5 million grant emphasizes improving access to healthy food options and safe environments for physical activity, along with numerous other goals related to improving health. The grant is being administered in six West Virginia counties in the Mid-Ohio Valley (Calhoun, Pleasants, Ritchie, Roane, Wirt, and Wood) and is funded from March 2010 through March 2012.

### **Purpose**

The purpose of this MOU is to establish the working relationship and mutual understanding of expectations between Change The Future WV and Grantsville Foodland.

### **Agreements**

Change The Future WV agrees to:

1. Provide staff for fresh fruit and vegetable (FFV) tastings.
2. Provide recipe and nutritional information cards to distribute to customers during the tastings.
3. Provide Change The Future logo for use in Healthy Checkout Aisles.
4. Provide Change The Future signage, bins, and window clings.
5. Provide written documentation of the sales data that would be beneficial for the outcomes of our grant.
6. List Grantsville Foodland as a Change The Future grant supporter and/or partner in newspaper advertisements (3) and on the nutritional page of each county website (6). They will also be listed as a supporter and/or partner on our main state website.

-These are ideas; others may be added.

Grantsville Foodland agrees to:

1. Provide the FFV and any supplies needed (tables, plates, napkins, utensils, etc.) for the tastings every month.
  2. Pilot a Healthy Checkout Aisle in Grantsville Foodland.
  3. Incorporate the Change The Future logo into the design of the Healthy Checkout Aisles.
  4. Display mutually-agreed upon Change The Future signage in stores. Always display the Change The Future WV signage with the bins and signs.
  5. Use the Change The Future bins for fresh fruits and vegetables ONLY.
  6. Provide sales data to Change The Future Evaluation Team.
  7. Remove existing toys from soda, cereal, and candy aisles and replace with toys that promote physical activity (balls, jump ropes, etc.)
- These are ideas; others may be added.

#### **Change The Future WV Contact**

Janet Heiney, Wellness Coordinator, Calhoun County Health Department, 304-354-6101

#### **Grantsville Foodland Contact**

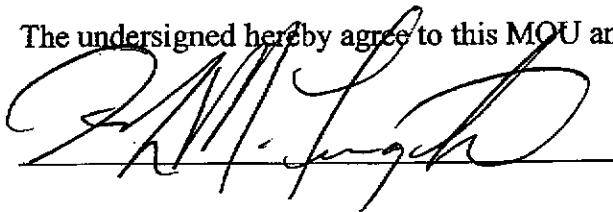
Sarah Tingler, Store Manager, 304-354-6626

#### **Time period**

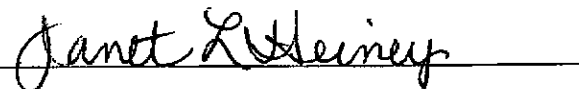
This MOU covers the time period of June 1, 2011 to March 30, 2012.

#### **Terms and Conditions**

The undersigned hereby agree to this MOU and thereby, authorize its execution.



5-31-11



5/31/11



Subject: One Mission Accomplished

Date: Monday, June 13, 2011 8:01 PM

From: Heiney, Janet L <Janet.L.Heiney@wv.gov>

To: Brainard, Carrie L Carrie.L.Brainard@wv.gov, Amy.W.Berner@wv.gov Amy.W.Berner@wv.gov, Wittberg, Richard A Richard.A.Wittberg@wv.gov, Harris, Carole charris@hsc.wvu.edu, Drew Bradlyn abradlyn@hsc.wvu.edu

I went to the Calhoun County Board of Education meeting tonight. ***The PE Resolution passed unanimously.***

I also presented a Concession Stand Healthy Choice Policy. Unfortunately I forgot to include it in the packet of info I sent them last week regarding the PE Resolution. They want to review the concession policy and will vote on it at the July 11 meeting. I could kick myself for forgetting to send it last week. However, I feel totally confident that it will pass next month.

*Janet L. Heiney  
Health & Wellness Coordinator  
Mid-Ohio Valley Health Department  
2B Hospital Drive  
Grantsville, WV 26147  
304-354-6101 - Office  
Janet.L.Heiney@wv.gov*

# Change the Future WV Convenience Store Agreement

I, John Rose owner of convenience store Chloe Hardware & Grocer  
agree to participate as a member of the WV Fresh Fruit and Vegetable  
Initiative.

As a member of the initiative I agree to:

- Allow the Change the Future WV staff to post Change the Future signage within  
the store and will allow the signage to remain for at least two years.  
• Produce or expand the sale of fresh fruits and/or vegetables and agree to carry  
these new items for at least two years, according to sales data.  
• Provide contact information for records including store name, name of owner, store  
address and phone number.  
• Collect sales data on fresh fruits and/or vegetables for a period of six months after  
signage is placed.  
• Allow a representative of the Change the Future WV staff to collect  
information about store size, inventory, equipment and signage.

The Change the Future WV Initiative agrees:

- Provide free display bins, and refrigeration for the fresh produce.
- Negotiate a break from produce suppliers to provide fresh fruits and vegetables to  
store.
- Place welcome advertisement in local paper for one month after agreement.
- Provide training and support on how to produce products and the marketing campaign  
described above, free of cost.

The Change the Future WV and the convenience store owner each have the right to cancel this  
agreement. If the agreement is ended, Change the Future WV may repossess all materials  
provided.

Carrie Brainard, Program Manager

Date

John Rose  
Convenience Store Owner (signature)

6/22/11  
Date

## Change the Future WV Convenience Store Agreement

I, Saundra Ballengee owner of convenience store The Pit Stop  
agree to participate as a member of the Change the Future WV Fresh Fruit and Vegetable Initiative.

As a member of the initiative I agree to:

- Allow the Change the Future WV staff to post Change the Future signage within 30 days and will allow the signage to remain for at least two years. I will produce or expand the sale of fresh fruits and/or vegetables and agree to carry these new items for at least two years - according to loss amounts. I will provide contact information for records including store name, name of owner, store address and phone number.
- Collect sales data on fresh fruits and/or vegetables for a period of six months after signage is placed.
- Allow a representative of the store business to provide Change the Future WV staff information about store size, inventory, equipment and signage.

The Change the Future WV Initiative agrees:

- Provide training, bins, and other signage on site to the participating store.
- Negotiate a break from product supplier to provide fresh fruits and/or vegetables to store.
- Place welcome advertisement in local paper for one month after agreement is signed.
- Provide training and support to help produce products and the marketing campaign described above, free of cost.

The Change the Future WV and the convenience store owner each have the right to terminate the agreement. If the agreement is ended, Change the Future WV may repossess all materials provided.

Carrie Brainard, Program Manager

Date

Saundra Ballengee me  
Convenience Store Owner (signature)

Date

6-22-11

6/2/11 Chronicle

## **Farmer's Market Opens Friday In Grantsville**

Grantsville Farmer's Market will be open at Wayne Underwood Field's concession stand area on Friday from 2 to 6 p.m.

Applications are being accepted from farmers, home gardeners, bakers, jam and jelly makers, egg producers, etc. The market will be open on Fridays through October.

Vendors interested in participating will have a one-time fee of \$20 for the season. Those who want to set up and sale items for one day will pay a \$5 fee per market.

Applications are available at Calhoun County Library, county clerk's office, WVU Extension office, Mid-Ohio Health Dept. FRN office, Holbert's Store, and Calhoun County Farmer's Market.

Return applications to Janet Heiney at Mid-Ohio Health Dept., 186 Hospital Drive, Bldg. 2, Ste. 3, Grantsville, WV 26147, or bring to the market prior to selling.

A market manager is responsible for assigning tables and collecting applications and fees and managing a consignment feature of the market, which provides the service for a 20% commission for anyone who would like to drop off their produce to be sold by the manager.

Organizations that have supported the development of the market are Change the Future West Virginia, Calhoun County Health and Wellness Coalition, and WVU Extension Service. For information, call 354-6332 or 354-6332.

# Council Has Busy Meeting

## *Bulks On Correcting Mid-Ohio Valley Regional Council Error*

by Lisa Sheldon

Grantsville town council met in the courthouse little courtroom on Monday at 7 p.m.

Tim Meeks of Mid-Ohio Valley Regional Council notified the council that five properties in the floodplain that were purchased by FEMA, in coordination with Calhoun County, should actually have been in coordination with the Town of Grantsville.

He proposed that the council agree to the transfer of the properties from the county to the town, at no cost to the town, as the grant that paid for the properties would cover all transfer costs. Demolition and asbestos abatement is also scheduled for the properties.

During discussions of the proposal, Meeks informed the council that there were stipulations attached to the deeds as to the allowed use of the properties.

"There can be no building on the properties, no cement and some other restrictions," Meeks said.

Mayor Gary Knight said, "The town relinquished revenue in the form of property taxes when FEMA purchased these properties and now the town would be responsible for the upkeep and be restricted as to what could be done with the property as well."

Recorder Helen Johnson said that the loss of revenue to the town from the sale of the properties was \$4,000 annually.

Meeks said that the properties could be leased to adjacent land owners and used for gardens or extensions of their property.

Council member Loretta Stevens said that she saw no benefit for the town to agree to acquire the properties.

Knight asked if a decision had to be made immediately and Meeks said no, and suggested that state mitigation officer Tim Keaton attend the next council meeting to offer additional information on the land usage and other options.

Meeks, acting on behalf of Bob Leach of MOVRC, proposed a drawdown on the sewer project of \$81,731.91. The council approved the invoices.

Water project plans were tabled, pending further information. Bids may be scheduled to be advertised in July or August, according to the mayor.

During the citizens open forum, Sandy Kirby asked what could be done about the continuing pigeon problem. She inquired about enforcement of last year's town ordinance that forbids feeding of pigeons in town limits.

Knight asked the council and others attending for suggestions for ridding the town of pigeons. No resolution was suggested.

He said, "If people are going to feed strays, whether it be pigeons, cats, dogs or whatever, they have to take responsibility

for the fact that these animals being here are going to have consequences to people other than themselves--to their neighbors."

Douglas Gallagher asked about a problem he was having with a neighbor "running a kennel." He said that the numerous dogs and the barking made it impossible for him and his neighbors to enjoy any outside activities at their own homes. He believed the dogs were being sold and wondered about a business license requirement, but the family had said they were giving the dogs away.

Knight referred the matter to police chief Jeff Starcher, who said he was aware of the problem and actively working on it.

Stevens said that she would like to see restrictions on certain breeds of dogs in town limits, "like rottweilers, pit bulls and big dogs that are dangerous to children."

Gallagher said that when he paid his county dog tax for his own dog, he had inquired about having the county animal control office investigate the problem.

(Continued on Page Four)

lay, June 9, 2011

# Council Has Busy Meeting--

(Continued from Page One)

lem and was told that the county officer does not work inside the town.

He asked the council why he was paying a county dog tax, if he received no county animal control services.

The mayor said that this was an ongoing discussion that Gallagher should take up with the county.

Gallagher said that if it was an ongoing discussion, then he should be able to get an answer.

Knight said he would be glad to discuss it with him after the meeting, but Gallagher pressed him for an answer, and stated that this was an open meeting and he believed others would also like to know why they paid county taxes and did not receive county services because they lived inside town limits.

The mayor said he would not discuss it in the meeting.

Council member Bev Morford said that, even though she was leaving office at the end of this term, she would contact the county commission and find out why there was a limit of county services in the town and report back to one of the new council members, so that a report of her finding could be made at the next meeting.

The police chief said that he would work with her, as he has been asked the question before.

Council member Dorothy McCauley requested to see the town charter. The mayor said he would have someone look for it.

Knight reported that, with the resurfacing of the basketball courts at the municipal park, between \$17,000 and \$18,000 in improvements have been made over the last year or so.

The mayor thanked Janet Heiney for her efforts to secure grant monies, as he introduced her to present a new project.

Heiney, who works with

Change the Future West Virginia, outlined a proposal to create a walking path with a rock base and steps that begins across from the municipal parking lot and goes up the hill to the health department and to Minnie Hamilton.

She also discussed turning "the pit," located behind the former town office, into a gathering place, with picnic tables, benches, shrubs and trees, and having art students at the high school paint a mural around the walls. The chain link fence would be replaced with benches and other attractive and functional items.

Heiney presented a "Complete Streets Resolution" to the council, which, if approved, would help secure funding to assure that citizens have safe places to walk. The council agreed to review the resolution and discuss it at the July meeting.

Town recorder Helen Johnson requested approval for poll workers Sara Beecher and Thresa Liles to replace Robert Bradley and Shauna Church. Both were approved.

The following pay increases were approved: Pam Davis, \$8.25 to \$9 per hour (Dorothy McCauley abstained); David Johnson, \$1,384.61 to \$1,434.61 per pay period; Alan Bell, \$1,000 to \$1,025 per pay period; and Eric Webb, \$8.50 to \$10.25 per hour (Helen Jordan voted against).

The first motion for a pay increase for Ray Hickman failed to get a second. After reconsidering, he received an increase from \$7.25 to \$8 per hour (Jordan voted against).

The mayor said that all raises except a portion of Davis' increase comes from water department revenue.

Municipal election for mayor, recorder and five council seats

contacts, 4 criminal investigations, 1 traffic crash investigation, 1 city ordinance violation (breach of peace), 33 traffic warnings, 4 traffic citations, 10 warrants served with arrests.

The police chief informed council about an incident during the Wood Festival. He issued the following revised report Tuesday:

"On 06/04/11 there was a report of a physical altercation in front of Calhoun Court Committee on Aging. Three officers responded to this incident. These officers were from the Grantsville Police Dept. and W.Va. State Police. The Grantsville Police Dept.'s Taser was reported to have been utilized in this altercation. At this time, the Grantsville Police Dept. has a active internal investigation regarding this incident. Our city attorney has advised us to share no further information at this time due to this incident involving personnel and due to the fact that it is under internal investigation.

The meeting adjourned at 8:55 p.m.

# Calhoun Board Of Education Meets

by TaLonne Mefford

The Calhoun County board of education met on Monday, 7 p.m., at its Mt. Zion office.

Janet Heiney of Mid-Ohio Valley Health Dept. presented a resolution for a Change the Future West Virginia grant that would support the requirement of daily physical education for students and promote their health and well-being. It was approved unanimously.

Heiney reported that Change the Future W. Va. has purchased mountain bikes for Calhoun Middle/High School to allow a new venue for students to increase physical activity. Biking will be integrated into school curriculum.

She also requested that the board pass a policy for healthy food options to be offered at school functions and concession stands.

Superintendent Roger Propst asked that the issue be tabled until further discussion can be held about a potential policy.

Board member Joy Starcher gave a RESA V report for the May 25 meeting. She said that Gloria Burdette, eLearning program assistant with W. Va. Dept. of Education, presented information on the onTargetWV program, a credit recovery course for high school students.

The program provides teacher support, a help-line with tutors, correlation with West Virginia content standards and objectives, student progress reports, and parent accounts to monitor student progress. By the end of April, 41 students had completed the program successfully.

Board member Steve Whited gave a report on the May 17 Calhoun-Gilmer Career Center meeting, where Bryan Sterns,

director, presented information on the GED Option Pathway.

Also, Workkeys and Global 21st performance assessment tests have been given and a reward day was held for students for their efforts on the assessments. Only three students did not qualify for the reward day.

Sterns said that criminal justice instructor Mike Jackson will travel to the National Skills Contest, June 18-25, in Kansas City, with criminal justice students for competition.

Propst reported that the archaeological survey will soon be completed and construction can move forward on the new Arnoldsburg Elementary School.

The following personnel items were approved:

--Employment, Zachary Hupp, assistant varsity boys basketball coach; Tammey Webb, summer reading teacher; Timothy Davis, summer mathematics/science teacher; Brandi Richards, summer language arts/social studies teacher; Leah Offutt, summer fine arts/recreation teacher; Jacob McCumbers, Carrol Dye, Ada Overbaugh, art/technology camp instructors;

JoAnn Heiney, Ada Overbaugh, summer cooks and band/athletic camp cooks; Marisha Collins, substitute cook; Kenneth McCumbers, Mitchell Morgan, Timothy Whipkey, Matthew Taylor, summer bus operators/custodians; Timothy Whipkey, Matthew Taylor, band/athletic camp bus operators/custodians;

Tricia Brown, Christopher Lacy, substitute bus operators/custodians; Jacob McCumbers, Sonja Hartshorn, Tammey Webb, Kristie Ritchie, Angela King, summer elementary school teachers; TaLonne Mefford, Wendy Cottrill, Thomas

Roberts, Jr., Joseph Overbaugh summer student tutors; Krist Ritchie, Heads Up coordinator.

--Resignations, Jason Cunningham, strength/conditioning coordinator and assistant varsity football coach; Jeffrey Buc computer applications technology and data coach interventionist.

--Job postings,

Coaching, strength/conditioning coach;

Professional, CMS teacher alternative learning center alternative learning center par professional; CM/HS teacher long term substitute English language arts, English/language arts teacher, math (half-time) keyboarding/English language arts; academic coach, elementary (PHS and AES); academic coach, CM/HS; principal, CM/HS;

Heads Up summer program substitute elementary teacher student tutor, special education (extended school year);

Service, substitute coo summer substitute bus operator 2011-12; substitute cook 2011-12.

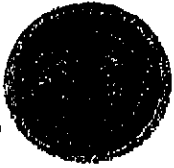
The following financial matters were approved: invoices, \$423,462.84; M financial statement; Basile Associates, student insurance 2011-12; Sports Specialty - All insurance, athletic insurance 2011-12; blanket approval through 6/30/11 for invoice supplements, and transfers.

Board concerns include Steve Whited wanted to make the public aware of vandalism of the bathrooms at CM/HS. I was frustrated and upset with the vandalism.

The meeting adjourned 7:36 p.m. The next regular scheduled board meeting will be held Monday, July 11, at 7 p.m.

# Pleasants County Policies





**COUNTY COMMISSION  
PLEASANTS COUNTY**

301 Court Lane  
St. Marys, West Virginia 26170

LARRY O. BARNHART  
(304) 684-2868

JIM COTTRILL  
(304) 684-2660

JAY POWELL  
(304) 488-7905

SUE E. MORGAN  
County Clerk  
(304) 684-3542

TINA OLDFIELD  
County Administrator  
(304) 684-1127

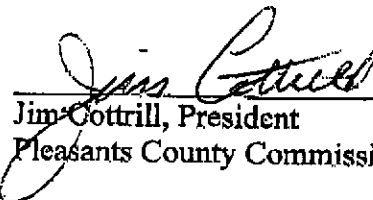
***PROCLAMATION***

***WHEREAS***, the Pleasants County Commission recognizes the importance of creating best practices for Healthy Communities by adopting the following:

- Initiatives to improve sidewalks.
- Implement Comprehensive Land Use Plans to include recreational facilities space such as playgrounds, playfields or open space to improve outdoor activity.
- Increase lighting to encourage outdoor activities free from potential crime.
- Support Local Farmers Markets.
- Encourage the marketing of healthy food and drinks near parks, community gardens and youth facilities.

***NOW, THEREFORE***, I, Jim Cottrill by virtue of the authority vested in me as President of the Pleasants County Commission, do hereby proclaim the importance of these action strategies to create Healthy Communities.

***ADOPTED THIS 19<sup>TH</sup> DAY OF JANUARY, 2011.***

  
Jim Cottrill, President  
Pleasants County Commission



West Virginia University

Extension Service

February 7, 2011

Beth Tuttle  
Mid Ohio Valley Health Department  
605 Cherry Street  
St. Marys, WV 26170

Dear Ms. Tuttle:

Paula Strawder, WVU Extension Agent, Families and Health, in Wood County has committed to conduct at a minimum four workshops dealing with Healthy Choices and Healthy Lifestyles in Pleasants County for the year 2011. Paula has also committed to a Dining with Diabetes course in the fall of 2011. If public participation warrants, additional workshops could be added.

Please let me know if I can be of further assistance. The Pleasants County WVU Extension Service looks forward to working with you in this worthwhile endeavor.

A handwritten signature in cursive script that reads "Claude Marra".

Claude Marra  
Pleasants County Extension Agent

**Cooperative  
Extension Service**

The West Virginia  
University Cooperative  
Extension Service,  
U. S. Department  
of Agriculture,  
West Virginia County  
Boards of Education and  
County Commissions  
Cooperating

**Pleasants County Extension Office**

Phone: 304-684-2448  
Fax: 304-684-2328  
[www.wvu.edu/~exten/](http://www.wvu.edu/~exten/)

605 Cherry Street  
Box 269  
St. Marys WV 26170-0269



West Virginia University

Extension Service

February 7, 2011

Beth Tuttle  
Mid Ohio Valley Health Department  
605 Cherry Street  
St. Marys, WV 26170

Dear Ms. Tuttle:

Paula Strawder, WVU Extension Agent, Families and Health, in Wood County has committed to conduct at a minimum four workshops at the Pleasants County Farmer's Market dealing with Healthy Choices and Healthy Lifestyles. Paula has also committed to a Dining with Diabetes course in the fall of 2011. If public participation warrants, additional workshops could be added.

Please let me know if I can be of further assistance. The Pleasants County WVU Extension Service looks forward to working with you in this worthwhile endeavor.

*Claude Marra*

Claude Marra  
Pleasants County Extension Agent

**Cooperative  
Extension Service**

The West Virginia  
University Cooperative  
Extension Service,  
U. S. Department  
of Agriculture,  
West Virginia County  
Boards of Education and  
County Commissions  
Cooperating

**Pleasants County Extension Office**

Phone: 304-684-2448  
Fax: 304-684-2328  
[www.wvu.edu/~exten/](http://www.wvu.edu/~exten/)

605 Cherry Street  
Box 269  
St. Marys WV 26170-0269

## Concession Stand Healthy Choice Policy

The Pleasants Co. Parks + Recreation recognizes the importance of offering healthy snack choices to the youth of our community. Concession sales should provide and promote healthy food and drink choices. To that goal our concession stand will offer at least 50 percent of beverage choices will be no or low calorie options and snack items will follow the Office of Child Nutrition guidelines.

The choices will be determined by the staff provided by Change the Future WV. This policy will remain in place for the next five years.

To assist in implementing this policy, Change the Future WV will provide a cooler, signage and/or racks for use to promote healthy choices.

By signing below, I agree to enforce this policy with all staff.

Printed Name: Alan Farnsworth Date: 6-30-11

Signature: [Signature]

Change the Future WV Representative: [Signature]

## Concession Stand Healthy Choice Policy

The Boys & Girls Club of Pleasants County recognizes the importance of offering healthy snack choices to the youth of our community. Concession sales should provide and promote healthy food and drink choices. To that goal our concession stand will offer at least 50 percent of beverage choices will be no or low calorie options and snack items will follow the Office of Child Nutrition guidelines.

The choices will be determined by the list provided by Change the Future WV. This policy will remain in place for the next five years.

To assist in implementing this policy, Change the Future WV will provide a cooler, signage and/or racks to use to promote healthy choices.

By signing below, I agree to enforce this policy for all staff.

Printed Name Kristi Venderlic Date 7-30-2011

Signature Kristi Venderlic

Change the Future WV Representative: Yvonne Little

## PLEASANTS COUNTY SCHOOLS WELLNESS PLAN

### Purpose

The primary purpose of this plan is to link nutrition services and curriculum initiatives in order to achieve an optimal school environment for child development and learning. The focus of the plan is in reinforcing healthy behavior among food providers, educators, and students.

### The Nutrition Advisory Council

The Nutrition Advisory Council (NAC) shall involve a broad spectrum of the school and community as follows:

<u>Representing</u>	<u>Persons</u>
Board of Education:	<del>Angie Colvin</del> (Vice-President, PCBOE)
Educational Administrators:	<del>Jim Maley</del> Dir. of Child Nutrition (Central Office) <del>Bruce Martin</del> Principal (SMHS) <del>Mike Wells</del> Principal (PCMS) <del>Tom Hardbarger</del> Principal (SMES) <del>Max Powell</del> Principal (BES)
Health Providers:	<del>Patricia Mays, RN</del> (School Nurse) <del>Leri Renner, RN</del> (School Nurse)
Food Service Personnel:	<del>Cathy Little</del> Cafeteria Manager (SMHS) <del>Theresa Hogsett</del> Cafeteria Manager (PCMS) <del>Wanda Wehmeyer</del> Cafeteria Manager (SMES)
Teachers:	<del>Missy Strickler</del> (SMHS) <del>Randy Nutter</del> (PCMS) <del>Rebecca Arnett</del> (SMES) <del>Darling Morrison</del> (BES)
Students:	<del>Gregory Arnett</del> (SMHS) <del>Cole Maston</del> (PCMS) <del>Mike Kelley</del> (PCMS) <del>Skylar Lamp</del> (SMES) <del>Anthony Johnson</del> (BES)
Parents:	<del>Michelle Miller</del> (SMHS) <del>Tammi Nichols</del> (PCMS)

~~Holly Jemison~~ (SMES)  
~~Becky Lamp~~ (SMES)  
~~Lynn Johnson~~ (BES)

### Rationale and Philosophy

The Pleasants County Board of Education believes that student health and physical well being is an essential part of their overall development. Poor nutritional choices and lack of physical activity can lead to obesity and other diseases later in life. The Pleasants County Board of Education is aware that proper choices by our children today will allow them to become productive adults leading healthy, physically active lives.

It is the intent of the Pleasants County Board of Education to increase the health and physical fitness of its students by establishing goals in the following areas:

- a) Nutrition Education
- b) Physical Activity
- c) Nutrition Standards for all Foods/Beverages
- d) Other School-Based Activities Designed to Promote Student Wellness
- e) Measurement and Evaluation

Every child should have a fresh fruit and vegetable snack everyday at school.

### Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, Pleasants County Schools should provide nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into subjects such as math, reading and other curriculum areas; and provide opportunities for students to practice the skills they learn. Pleasants County Schools should also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

In order for this goal to be obtained, the key components that need to be involved in the process are:

- All Pleasants County Schools will become Team Nutrition Schools. They will conduct nutrition education activities to improve

students eating habits, health, and reduce childhood obesity that involve parents, students and the community.

- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, communities and media.
- Students in grades Pre K - 12 will receive nutrition education that is interactive and contains the information needed for them to adopt healthy eating behaviors.
- Students in grades 6 - 12 shall be taught health education that includes the importance of healthy eating and physical activity.
- Nutrition education will be integrated into health education and other core curricula.
- Staff who provide nutrition education shall have appropriate and meaningful training.

### The Effort

- Health teachers will engage nutrition curriculum planning and will incorporate such into their overall program. Such planning will be implemented in conjunction with curriculum offerings emphasizing cardiovascular or lifestyle-type physical activities.
- All concerned will be alert to potential new activities at each school which may provide for expanded opportunities to strengthen the link between nutrition services and curriculum initiatives.
- A nutrition counseling program will be offered periodically in the schools providing proper wellness guidance and counseling to students. Proper nutritional habits coupled with exercise habits, weight loss where appropriate, smoking cessation, and other such health related activities will be emphasized.
- The Nutrition Advisory Council will meet monthly if possible; but, at a minimum, semi-annually to evaluate progress and to offer suggested changes to program direction.
- Promotional posters, VCR tapes, brochures, and similar items will be made available to the professional staff to promote healthy foods.
- USDA foods will be made available to the greatest extent practicable and allowable by law in home arts and health education classes to help integrate food services, menu preparation, and meal preparation into the classroom.
- To the extent possible and within budgetary restraints, a fresh fruit and/or vegetable snack will be made available at school.



- Appropriate materials will be distributed to parent groups on healthy food choices as such materials are made available.
- The Wellness Centers will provide guest nutrition speakers and resource persons for all levels of curriculum where such may be appropriate.
- All food service personnel and appropriate professional staff will be offered staff development on nutrition.
- Colorful aprons, caps, posters, and similar items will be purchased from child nutrition funds allowing cooks to promote healthy food choices to students and staff.
- A special menu will be made available to pregnant or lactating students and staff as well as nutritional counseling.
- Nutritional education will be directly incorporated into the health and home arts curriculum as follows:

#### *Kindergarten*

- Identify appropriate health practices related to disease prevention (e.g., washing hands, food handling)
- Identify the basic daily meals (breakfast, lunch, and dinner)
- Taste and identify a variety of nutritious foods

#### *First Grade*

- Identify the five food groups in the Food Guide Pyramid and name the specific foods in each group
- Identify foods that need special handling (e.g., foods need to be refrigerated, covered, and resealed)
- Match cultural foods to the Food Guide Pyramid and experience various cultural games and activities (e.g., hop scotch, Mexican hat dance)
- Explain why the body needs food and physical activity (e.g., growth, energy, and health)
- Identify foods that comprise combination foods (e.g., taco = meat, cheese, lettuce, tortilla)
- Taste and describe sensory perceptions (e.g., taste, smell, sight, touch, sound) of a variety of foods

#### *Second Grade*

- Select foods for snacks or breakfast from each of the Food Guide Pyramid groups
- Describe the effects of healthy eating habits and physical activity on personal health (e.g., strong bones, ability to concentrate,

energy to play)

#### *Third Grade*

- Experiment with and identify the results of improper food storage
- Match personal food choices to groups within the Food Guide Pyramid; identify missing servings from each group
- Identify how foods within each Food Guide Pyramid group contribute to health (e.g., milk - builds strong bones, meat - builds muscles and helps children grow)
- Describe the effects of healthy eating habits and physical activity on growth, health and fitness

#### *Fourth Grade*

- Research cultural differences in health practices by experiencing cultural foods and recreational activities
- Define "nutrient" and "calorie" and list the six major nutrient classifications; identify food sources and functions of each nutrient class

#### *Fifth Grade*

- Locate nutrient information on food labels and discuss use of labels to select healthy food
- Explain the concept of energy balance as it relates to food intake and physical activity
- Describe the impact of food and activity choices on personal health, growth and development
- Use food labels to compare the nutrient contribution of foods (e.g., types of snacks, cereals, beverages)
- Recognize serving sizes and numbers of servings as they relate to Food Guide Pyramid recommendations
- Discuss factors that influence food choices
- Develop guidelines for proper food handling and storage to prevent food-borne illnesses

#### *Sixth Grade*

- Describe the health benefits of good nutrition and regular physical activity
- Analyze positive and negative factors that influence food choices; describe the influences of culture and environment on food choices and eating habits
- Identify special nutritional needs and current health issues of adolescents and the importance of adequate food intake and nutrition during adolescence
- Demonstrate use of the Food Guide Pyramid and label reading to identify healthy food choices; evaluate restaurant choices
- Evaluate a one-day food and physical activity record based on the Food Guide Pyramid and physical activity guidelines; develop a

personal nutrition and physical activity plan

- Distinguish between fact and opinion in food advertising
- Identify the dangers of fad diets; differentiate between media images and the range of normal body types in the population at large; discuss the impact of media on body image

#### *Seventh Grade*

- Describe the relationship of dietary choices and physical activity habits to prevention of the disease and development of positive self concept; explain the relationship of family history and disease
- Analyze personal diet by listing nutritional information regarding calories, fats, sodium and sugar content of food choices
- Investigate current health information regarding weight management; evaluate fad diets using the information discovered
- Identify strategies to prevent behaviors that could result in eating disorders; locate services available for eating disorders
- Define "recommended daily allowances (RDA's)"; research information on RDA's and Dietary Guidelines for Americans to use in developing model nutritional plans

#### *Eighth Grade*

- Explain the relationship between food intake, physical activity and energy balance in weight management; calculate the number of calories needed to maintain weight (based on physical activity)
- Define the types of inadequate nutrition (e.g., hunger, under nutrition, over nutrition) and explain their effects on health, physical appearance and performance
- Compare nutrient needs at various life stages; identify special nutritional concerns associated with pregnancy, athletics, dieting and vegetarianism
- Use food labels and nutrient value tables to determine the calorie and nutrient content of food choices; complete a personal dietary assessment
- Demonstrate meal planning using recommended servings from the Food Guide Pyramid and dietary guidelines (e.g., Dietary Guidelines for Americans, Recommended Dietary Allowances)

#### *Grades Nine, Ten, Eleven, and Twelve*

- Investigate the relationship between age, weight, and body fat percentage and discuss advantages of health promoting behaviors in weight loss and maintenance
- Analyze media influence on body image and dietary practices (e.g., risk of eating disorders)
- Develop and analyze methods of changing undesirable patterns of behavior (e.g. sedentary lifestyle, eating disorders)
- Evaluate the concepts of balance, variety and moderation using the

- Food Guide Pyramid and national dietary guidelines; develop a personal plan that exemplifies these concepts
- Evaluate personal health and the importance of physical activity and healthy eating habits in maintaining desired personal health qualities
  - Evaluate nutrition advice, diet plans and advertising as each relates to national guidelines for a healthy diet; predict associated short and long-term effects
  - Relate dietary practices to the prevention and control of chronic disease and other health problems
  - Compare the advantages and disadvantages of vitamin and mineral supplements to eating a balanced diet

### Physical Activity

The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students short- and long-term benefits of a physically active and healthful lifestyle.

In order for this goal to be obtained, the key components that need to be involved in the process.

- Students will be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and include physical activity in family events.
- Physical education requirements will be included for grades K - 5 at least 30 minutes, 3 days a week, for grades 6 - 8 at least one semester of physical education per year and one full course credit of physical education for high school graduation.
- All physical education classes will be taught by trained and certified staff with the student ratio consistent with the ratio designated for other subject areas.
- Students will undergo a nationally accepted fitness testing program during the 4<sup>th</sup> through 8<sup>th</sup> grades and high school.

Nutrition Standards for all Foods/Beverages

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools will also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. Within this goal, schools will strive to increase children's consumption of fruits and vegetables by providing a fresh fruit or vegetable snack when possible everyday at school for free.

In order for this goal to be obtained, the key components that need to be involved in the process are:

- The Pleasants County Board of Education believes that only "healthy beverages" should be made available to students during the "school day." For the purposes of this policy a "healthy beverage" is defined as water, one hundred percent fruit and vegetable juice and reduced fat or low fat milk. The "school day" is defined as the period of time between the arrival of the first student at the school building and the end of the last instructional period. These "healthy beverages" may be sold, according to Child Nutrition program guidelines, in vending machines on school premises, in school stores or through fundraisers by students, teachers, groups or by other means except during the breakfast and lunch periods unless directly associated with the National School Breakfast or National School Lunch Programs. Soft drinks and other non-healthy beverages are not permitted to be sold to students during the school day in Pleasants County Schools.
- Entrée items and side dish serving size shall be no larger than the portions of those foods served as part of the federal school meal program.
- Schools will strive to increase the availability and accessibility of fresh fruits and vegetables in the schools food environment.
- Schools should refrain from using foods of minimal nutritional value as rewards for student achievement.
- Schools are encouraged to educate parents, guardians and staff on the value of serving nutritional items at parties, celebrations and meetings at school.
- All employees involved in nutrition and food service should be properly trained.
- School fundraisers that involve food/beverage items must include healthy alternatives and are supportive of healthy eating habits.

Other School-Based Activities Designed to Promote Student Wellness

The goal is to create a total school environment that is

conducive to healthy eating and being physically active.

In order for this goal to be obtained, the key components that need to be involved in the process are:

- Pleasants County Schools will provide clean, safe and enjoyable meal environments with enough space to ensure all students have access to school meals with minimum wait time.
- Drinking fountains will be made available in all schools so students can get water at meal time and throughout the day.
- Schools are to encourage all students to participate in the school meal program and protect the identity of students who eat free and reduced price meals.
- Schools will provide adequate time for meal consumption as near to the middle of the school day as possible.
- Whenever possible, Pleasants County Schools shall menu fresh produce.
- Pleasants County Schools will make efforts to keep their physical activity facilities open for use outside school hours.
- Schools are to encourage staff, parents and community members to serve as role models in practicing healthy eating habits and physical activity in school and outside of the school day.
- Schools shall establish school health committees that help coordinate physical activities, nutrition information, student health topics and staff wellness.

#### Measurement and Evaluation

An annual evaluation/assessment component shall be conducted to determine the effectiveness of this policy. It will be reviewed by the Nutrition Advisory Committee and county officials. It will be revised as necessary.

Adopted: February 22, 2007

Revised:

## ***Resolution***

### ***To Support the Requirement of Daily Physical Education for Mid-Ohio Valley, WV Students to promote their health and wellbeing***

*Whereas*, the 2010 Surgeon General's *Vision for a Healthy and Fit Nation* strongly recommends that school systems should require daily physical education (PE) for students in pre-kindergarten through grade 12<sup>1</sup>; and

*Whereas*, the National Association for Sport and Physical Education (NASPE), the Centers for Disease Control and Prevention (CDC), and national health-related organizations – the American Heart Association (AHA), the American Stroke Association (ASA), the American Cancer Society (ACS), the Institute of Medicine (IOM), and the American Diabetes Association (ADA) – strongly recommend 150 minutes of daily PE each week for children in elementary school and 225 minutes per week for middle school and high school<sup>2</sup>; and

*Whereas*, the 2008 *Physical Activity Guidelines for Americans* published by the U.S. Department of Health and Human Services recommend 1 hour (60 minutes) or more moderate/vigorous physical activity (MVPA) for children and adolescents daily<sup>3</sup>; and

*Whereas*, the Year 2 Evaluation of the West Virginia Healthy Lifestyles Act found that a majority of parents support daily physical education for their children and only 32% reported their child achieved the recommended amounts of physical activity in the previous week<sup>4</sup>; and

*Whereas*, according to recent *National Health and Nutrition Examination Survey* analyses, an estimated 16.9% of children and adolescents aged 2–19 years were obese, 14.8% of children and adolescents 2 to 19 years of age were overweight<sup>5a</sup>, and 33.8% of adults were obese<sup>5b</sup>; and

*Whereas*, a report issued by Trust for America's Health in 2010, *F as in Fat: How Obesity Threatens America's Future* found that West Virginia has the fourth highest rate of adult obesity in the nation at 31.3%, and the tenth highest rate of obese youth (ages 10-17) at 18.9%, and the second highest rate of physical inactivity at 30.8%<sup>6</sup>; and

*Whereas*, West Virginia ranked 43<sup>rd</sup> among all states in overall health according to the 2010 America's Health Rankings, as compared with 42<sup>nd</sup> last year, and 45<sup>th</sup> in prevalence of obesity<sup>7</sup>; and

*Whereas*, according to the Coronary Artery Risk Detection in Appalachian Communities (CARDIAC) surveillance and screening project, 28.5% of West Virginia 5<sup>th</sup> grades were obese and 19% were overweight during the 2009-2010 school year<sup>8</sup>; and

*Whereas*, a 2010 Mission: Readiness, Military Leaders for Kids *Too Fat to Fight* report, warns that child obesity has become so serious in this country that the number of recruits who fail their physical due to overweight has increased nearly 70% since 1995, a threat not only to the overall health of America but also the future strength of the military<sup>9</sup>; and

*Whereas*, the 2008 medical costs of obesity in the United States were estimated at \$147 billion<sup>10</sup>; and

*Whereas*, the 2003 medical costs of obesity in West Virginia were estimated at \$588 million<sup>11</sup>; and

*Whereas*, according to the Center for Disease Control and Prevention's Youth Risk Behavior Surveillance System (YRBSS) 2009 results, 63% of US high school students and 58.2% of WV high school students reported physical activity (that increased heart rate and made them breathe hard some of the time) at least 60 minutes/day on less than 5 days during the 7 days before the survey<sup>12</sup>; and

*Whereas*, accumulating studies indicate

- o time in physical education does not negatively impact academic achievement<sup>13</sup>; and
- o student physical fitness is positively correlated to academic achievement<sup>14a</sup>, including a study conducted in one West Virginia school district<sup>14b</sup>; and
- o moderate or vigorous physical activity is associated with higher grades<sup>15a</sup> and improved cognitive responses<sup>15b-c</sup>; and
- o 7<sup>th</sup> grade students in one West Virginia school district who were in the healthy fitness zone in 5<sup>th</sup> and 7<sup>th</sup> grades for aerobic fitness had higher standardized test scores than students in the needs improvement zone in both grades, or if they moved into or out of the healthy fitness zone<sup>16</sup>; and

*Whereas*, the US *National Physical Activity Plan* includes strategies calling for access to high-quality, comprehensive physical activity programs, anchored by physical education in pre-kindergarten – 12<sup>th</sup> grades<sup>17</sup>; and

*Whereas*, the First Lady's *Let's Move* initiative recommends increasing the physical activity of our nations' youth in order to address childhood obesity within a generation, and the White House Task Force on Obesity recommends that physical education be the cornerstone of school physical activity programs<sup>18</sup>;

*Resolved*, that Pleasants County Schools calls upon the State of West Virginia Board of Education to adopt a physical education requirement ensuring that all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings will promote quality physical activity for the entire school year and with no exemptions allowed except for medical contraindications; and

*Resolved*, that the young people of West Virginia are our most valuable resources, and that their health, education and well-being are the most important responsibility of families, teachers, and community members; and

*Resolved*, that Pleasants County Schools believes that physical activity and exercise are essential for good health and must be encouraged during the developmental years of students; and

*Resolved*, that without healthy bodies, young people cannot take full advantage of their educational opportunities; and

*Resolved*, that Pleasants County Schools supports daily physical education programs at the nationally recommended level of 150 minutes/week for elementary students and 225 minutes/week for middle and high school students as an integral part of children's education; and



Resolved, that Pleasant County Schools supports quality evidence-based physical education with a standards-based and sequential curriculum taught by a certified PE specialist, 50% of time in physical education spent in moderate to vigorous activity; and

Resolved that Pleasant County Schools ensures adequate facilities and equipment for quality PE, and supports PE continuing professional development.

Resolved that Pleasant County Schools expects students to arrive to all classes, including PE, prepared to participate and learn.

Resolved, that Pleasant County Schools supports high-quality, comprehensive physical activity programs, anchored by physical education; and

Resolved, that Pleasant County Schools promote physical activity around schools with activities and policies that allow for community use of school recreational facilities (e.g. Joint Use Agreements), as well as activities and policies that encourage students to walk or bicycle to and from School (e.g. Safe Routes to School, Walking School Bus).

Resolved, that Pleasant County Schools will report progress toward daily physical education, percent PE time spent in MVPA, student participation expectations/consequences, physical activity programming, and FITNESSGRAM scores as part of the school's annual accountability measures reporting to the County Board of Education and parents.

Dated, 7-21, 2011.

Signed Dan T. Munk Board President

Signed Michael Wells Superintendent

# Ritchie County Policies

# Tobacco - Non Cap

## MEMORANDUM of UNDERSTANDING



The Ritchie County Fair Board recognizes the importance of promoting healthy active lifestyles as well as the importance of providing educational information to our communities when in a targeted/ controlled area. We have worked diligently on revising our activities to promote physical activity among families while making sure there are reasons families would want to participant in and attend our event. As a board we have agreed to make the following changes for the betterment of the citizens of Ritchie County. These changes/ policies will allow us to continuously educate fair patrons of all ages while providing, promoting & encouraging physical activity together and will remain in place for the next 3 years.

In a mutual understanding between the Fair Board and Change the Future WV, we the board agree to promote healthy lifestyles and offer physical activities to families attending the fair. We will encourage/ request that our food vendors offer healthy food choices as alternatives to the typical fair food. We agree to provide signage promoting and enforcing a **TOBACCO FREE EVENT** (a first for the state of WV as to our knowledge there is no other county fair that is smoke/ tobacco free). It is our hope and vision that this policy will be one that continues to set the standard higher for other fairs/ festivals and will continue to move our county in a forward direction in helping our fair-goers lead a more healthy tobacco free lifestyle.

This Memorandum of Understanding is between the Ritchie County Fair & Expo Board and the Mid-Ohio Valley Health Department, Change the Future WV of Ritchie County.

BRIAN MORTON

President, Ritchie County Fair & Expo

Brian E. Morton

(print)

Brian E. Morton

(signature)

MICHELLE TOMAN

Change the Future WV, Ritchie County Coordinator

Michelle L. Toman

(print)

Michelle L. Toman

(signature)

# Roane County Policies

# Wirt County Policies

REGULAR SESSION OF THE WIRT COUNTY COMMISSION

OCTOBER 19, 2010 – 9:00 AM

COURTHOUSE, ELIZABETH, WV

Present at the Regular Session of the Wirt County Commission were Charles Murray, President of the Wirt County Commission, Robert Lowe, Jr., and Bob Gunnoe, Commissioners.

Minutes of the Regular Session held on the 5<sup>th</sup> day of October, 2010, were reviewed. Bob Gunnoe moved to approve the minutes, second by Robert Lowe, Jr., motion passed.

Exonerations from H. David Bingman, II & Steven Michael Bingham, Jane Bingman Leone, Ramona Bingman, Eric Linder, John Bingman and Morris Bingman were reviewed by the Commission. Robert Lowe, Jr., moved to approve these exonerations, second by Bob Gunnoe, motion passed. These are attached to minutes.

Sheriff Keith Wilson discussed purchasing a copy machine for the annex, Circuit Clerk and Prosecuting Attorney offices. Keith informed the Commission that the total price for 3 machines is \$9,600. The Commission agreed to have Keith order the machines.

Sheriff Keith Wilson presented an agreement between the Wirt County Sheriff Department and the Mid-Ohio Valley Regional Highway Safety Program regarding the Sustained DUI Enforcement Program. This is attached.

Fred Rader, Mid-Ohio Valley Regional Council and Garret Construction discussed the bid on the heating and cooling grant. Discussion was held.

Sue Patalano, Project Administrator for Project Lifesaver was present to discuss this program. Project Lifesaver is a program that assists families and caregivers of individual

with Alzheimer's, Autism, Down syndrome, Traumatic Brain Injuries and other cognitive disabilities. Discuss was held.

Amanda Ross from the Mid-Ohio Valley Health Department, discussed the Farmers Market for Wirt County. Discussion was held concerning putting a temporary shelter and tables beside the Senior Citizens building, that sits on county property, for next year. Robert Lowe, Jr., moved to approve this request, second by Bob Gunnoe, motion passed.

The Commission agreed to let 4-H decorate the Court House lawn for Christmas.

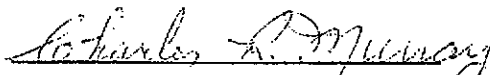
Gara Drinko from Family Crisis Intervention Center presented a Proclamation for Domestic Violence Awareness Month. This is attached to minutes.

The Commission opened bids for Court Security Grant. Bob Gunnoe moved to accept bid from Advanced Alarm Technologies in the amount of \$22,500.00, second by Robert Lowe, Jr., motion passed. This project is 100% funded by the Department of Justice.

Executive Session 2:52 PM ended 3:40 PM

Next Commission meeting November 3, 2010.

Meeting adjourned.

  
President Wirt County Commission

# **WIRT COUNTY SCHOOLS**

PO Box 189  
Elizabeth, WV 26143  
Phone (304) 275-4279  
FAX (304) 275-4581

**Daniel C. Metz**  
Superintendent

January 3, 2011

Mrs Carrie Brainard  
Mid Ohio Valley Health Department  
PO Box 670  
Elizabeth WV 26143

Dear Mrs. Brainard:

On behalf of the Board of Education and myself, we are very pleased with Wirt County Schools' walking trail. We are happy to support your efforts to improve the trail with the addition of fitness stations.

I am writing to verify that Wirt County Schools will be responsible for the installation supplies (cement) and labor to install fitness stations around the WCS walking trail. We will also be responsible for the upkeep and maintenance of the fitness stands.

The walking trail is always open to the community, and is frequently used by local walkers. As a portion of our curriculum, we focus on healthier lifestyles for all students, encouraging exercise and healthy eating habits among students and staff.

I appreciate your continued efforts to improve the fitness and well being of our students and staff.

Sincerely,

A handwritten signature in black ink, appearing to read 'D Metz', written over a circular stamp or mark.

Daniel C. Metz  
Superintendent

DCM/wm



# *Wirt County Development Authority*

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P.O. Box 775, Elizabeth, WV 26143-0775

January 20, 2011

To Whom It May Concern:

On January 18, 2011 the Wirt County Development Authority met for their regularly scheduled meeting. A motion was made by Basil Cline and seconded by Garland Martin for the Wirt County Development Authority to proceed with the project of widening and resurfacing the walking trail at the park to provide better accessibility for individuals with disabilities. When widened the trail will also be divided into a walking lane and biking lane. This will then provide exercise in the form of walking or biking for all age groups.

Wirt County Development Authority has applied for federal funds from the West Virginia Department of Transportation Recreational Trails Program. When this funding is approved it is the intent of the Wirt County Development Authority to work with the MOVHD Wellness Coordinator of Wirt County – Amanda Ross. This is also known as the Change the Future program.

We are looking forward to providing the residents of Wirt County a park with activities for all age groups that will also provide exercise and promote a healthy lifestyle.

Sincerely,



Wirt County Development Authority  
Russell L. Cline, President



# Monthly meeting Creston Community Building Jan 4, 2011

Those present -

- |                  |                    |
|------------------|--------------------|
| 1. Chancy Shaw   | 6. Gary Anderson   |
| 2. Jackie Nutter | 7. Anna Reno       |
| 3. Fred Bish     | 8. Austin Westfall |
| 4. Betty Bish    | 9. Ronnie Nutter   |
| 5. Pat Anderson  |                    |

Everyone recited the Pledge of Allegiance.

The meeting was opened by Betty Bish at 7:00 PM.

Jackie motioned to accept the Treasurers Report, seconded by Fred. M.C.

Minutes of Past meeting were read. Motion to accept by Gary, seconded by Jackie. M.C.

Old Business -

There was a good turnout for the Christmas party. Thanks to everyone who helped.

Anna suggested checking with the Dollar General store as they sometimes donate items. It would help with our activities that we have during the year.

Helping with the Jan. Auction are Betty, Jackie & Ellen.

We went over the Calendar for 2011. The

first poker run is scheduled for April 16th.  
We had a meeting on the playground  
equipment. It was approved to be  
received in March. Fred made a  
motion that we would agree to set-up,  
maintain & repair the playground equipment.  
Jackie seconded the motion. Motion  
Carried.

Dues are due in Jan & Feb. Turn money  
in to Patty or Connie.

Playground area will be smoke-free.  
There will be an official vote on this  
at the Feb. meeting.

Everyone was reminded to get food  
handlers permit.

Fred made a motion to adjourn, it  
was seconded by Jackie. Motion Carried.

Dear Ms Ross

Mrs. Ferrell and Myself are Coordinators of the Creston Area Neighborhood Watch. Our neighborhood watch when doing our patrols will check the playground equipment at the Creston Community Building and report it to the police enforcement and to members of the Creston Community Building, we try our best for such things to not happen, but we are a small group, so if something should happen to the said playground equipment we will not be responsible for it, but we will try our best to make sure that nothing happens to it.

Sincerely,  
Tammy McFarland  
Donna Ferrell



# Mid-Ohio Valley Health Department

February 4, 2011

The Wirt County Primary Center agrees to open the doors of the school in the evenings from 3:30 to 6 p.m. for anyone that wishes to walk the hallway for exercise. If the school is not open due to snow the walking program will not be available. This will be open for use until weather permits walking on the outside track. There is a sign in and list of rules in front of the office.

The Primary Center has opened the school gymnasium for a senior exercise program on Tuesday evening. Anyone over the age of 50 are encouraged to participate.

This is a joint agreement between the Change the Future WV program and the Wirt County Primary Center.

  
Principal of Wirt County Primary Center

2-4-11  
Date

  
Community Coordinator

2-4-11  
Date



West Virginia University

Extension Service

February 4, 2011

To Whom It May Concern:

This Memorandum of Understanding is between Wirt County Extension Office and Mid Ohio Valley Health Department Change the Future program. I will work closely with Amanda Ross, coordinator of the Change the Future program on programs for Wirt County which encourage and promote healthy eating and exercise. Amanda and I are working on the Wirt County Farmers Market which helps provide fresh fruits and vegetables to Wirt County residents. We are exploring ways to make more people aware of the market and also providing a permanent structure for the market.

I will work with the Change the Future Program any way I can to help the citizens of Wirt County lead healthier and more productive lives.

Patty Morrison, WVU Wirt County Extension Agent

Amanda Ross, MOVHD Change the Future Program Wirt County

*Cooperative  
Extension Service*

The West Virginia  
University Cooperative  
Extension Service,  
U. S. Department  
of Agriculture,  
West Virginia County  
Boards of Education and  
County Commissions  
Cooperating

**Wirt County Extension Office**

Phone: 304 275-3101  
www.wvu.edu/~exten/

823 Schoolview Street  
PO Box 700  
Elizabeth WV 26143-0700

**An Ordinance of the Town of Elizabeth Providing for Complete Streets**

**Sec. 1. PURPOSE.** The purpose of this article is to enable the streets of Elizabeth to provide safe, convenient, and comfortable routes for walking, bicycling, and public transportation that encourage increased use of these modes of transportation, enable convenient travel as part of daily activities, improve the public welfare by addressing a wide array of health and environmental problems, and meet the needs of all users of the streets, including children, older adults, and people with disabilities.

**Sec. 2 DEFINITIONS.** The following words and phrases, whenever used in this article shall have the meanings defined in this section unless the context clearly requires otherwise:

- (a) "Complete Streets Infrastructure" means design features that contribute to a safe, convenient, or comfortable travel experience for Users, including but not limited to features such as: sidewalks; shared use paths; bicycle lanes, automobile lanes; paved shoulders; street trees and landscaping; planting strips; curbs; accessible curb ramps; bulb outs; crosswalks; pedestrian and traffic signals; signage; street furniture; and bicycle parking facilities.
- (b) "Street" means any right of way, public or private, including arterials, connectors, alleys, ways, lanes, and roadways by any other designation, as well as bridges, tunnels, and any other portion of the transportation network.
- (c) "Street Project" means the construction, reconstruction, retrofit, maintenance, alteration, or repair of any Street, and includes the planning, design, approval, and implementation processes, except that "Street project" does not include minor routine upkeep such as cleaning, sweeping, mowing, spot repair, or interim measures on detour routes.
- (d) "Users" mean individuals that use Streets, including pedestrians, bicyclists, motor vehicle drivers, and people of all ages and abilities, including children, youth, families, older adults, and individuals with disabilities.

**Sec. 3. REQUIREMENT OF INFRASTRUCTURE ENSURING SAFE TRAVEL.**

- (a) The Town of Elizabeth shall make Complete Streets practices a routine part of everyday operations, shall approach every transportation project and program as an opportunity to improve public and private Streets and the transportation network for all Users, and shall work in coordination with other departments, agencies, and jurisdictions to achieve Complete Streets.
- (b) Every Street Project on public or private Streets shall incorporate Complete Streets Infrastructure sufficient to enable reasonably safe travel along and across the right of way for each category of Users; provided, however, that such infrastructure may be excluded, upon written approval by the Town of Elizabeth where documentation and data indicate that:

- (1) Use by non-motorized Users is prohibited by law;
- (2) The cost would be excessively disproportionate to the need or probable future
- (3) There is an absence of current or future need; or

- (4) Inclusion of such infrastructure would be unreasonable or inappropriate in light of the scope of the project.
- (c) As feasible, The Town of Elizabeth shall incorporate Complete Streets Infrastructure into existing public and private Streets to improve the safety and convenience of Users, construct and enhance the transportation network for each category of Users, and create employment.
- (d) If the safety and convenience of Users can be improved within the scope of pavement resurfacing, restriping, or signalization operations on public or private Streets, such projects shall implement Complete Streets Infrastructure to increase safety for Users.

#### **Sec. 4 DATE COLLECTION, STANDARDS, AND PUBLIC INPUT.**

- (a) The Town of Elizabeth shall collect data measuring how well the Streets of Elizabeth are serving each category of Users.
- (b) All initial planning and design studies, health impact assessments, environmental reviews, and other project reviews for projects requiring funding or approval by Elizabeth shall: (a) evaluate the effect of the proposed project on safe travel by all Users, and (2) identify measures to mitigate any adverse impacts on such travel that are identified.
- (c) The town of Elizabeth shall establish procedures to allow full public participation in policy decisions and transparency in individual determinations concerning the design and use of Streets.

#### **Sec. 5 FURTHER STEPS.**

- (a) A committee is hereby created, to be composed of interested community participants and appointed by the Town of Elizabeth, to forward Elizabeth's implementation of complete Streets practices by: (i) addressing short-term and long-term steps and planning necessary to create a comprehensive and integrated transportation network serving the needs of all Users; (ii) assessing potential obstacles to implementing Complete Streets practices in Elizabeth; (iii) if useful, recommending adoption of an ordinance containing additional steps; and (iv) proposing revisions to policies and applicable law to integrate, accommodate, and balance the needs of all Users in all Street Projects. The committee shall report on the matters within its purview to the Elizabeth Town Council within one year following the date of passage of this Ordinance.

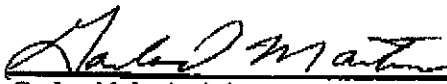
#### **Sec. 6 STATUTORY CONSTRUCTION & SEVERABILITY.**

- (a) This Ordinance shall be construed so as not to conflict with applicable federal or state laws, rules, or regulations. Nothing in this Ordinance authorizes any County agency to impose any duties or obligations in conflict with limitations on municipal authority established by federal or state law at the time such agency action is taken.
- (b) In the event that a court or agency of competent jurisdiction holds that a federal or state law, rule, or regulation invalidates any clause, sentence, paragraph, or section of



this Ordinance or the application thereof to any person or circumstances, it is the intent of the Ordinance that the court or agency sever such clause, sentence, paragraph, or section so that the remainder of this Ordinance remains in effect.

- (c) In undertaking the enforcement of this Ordinance, Elizabeth is assuming only an undertaking to promote the general welfare. It is not assuming, nor is it imposing on its officers and employees, an obligation through which it might incur liability in momentary damages to any person who claims that a breach proximately caused injury



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Garland Martin, Mayor

# Wood County Policies

## Concession Stand Healthy Choice Policy

The Wellersown Healthy Lifestyle Pool recognizes the importance of offering healthy snack choices to the youth of our community. Concession sales should provide and promote healthy food and drink choices. To that goal our concession stand will offer at least three healthy options at any and all events held that involve youth.

The choices will be determined by the list provided by Change the Future WV. This policy will remain in place for the next five years.

To assist in implementing this policy, Change the Future WV will provide a cooler, signage and/or racks for use to promote healthy choices.

By signing below, I agree to enforce this policy with all staff.

Printed Name Barbara Lewis Date: 5-27-11

Signature Barbara Lewis, City Council

Change the Future WV Representative: Barbara Lewis  
Wood Co. Wellness  
Coordinator

## Concession Stand Healthy Choice Policy

The Daniel Concession recognizes the importance of offering healthy snack choices to the youth of our community. Concession sales should provide and promote healthy food and drink choices. To that goal our concession stand will offer at least three healthy options at any and all events held that involve youth.

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To assist in implementing this policy, Change the Future WV will provide a cooler, signage and/or racks for use to promote healthy choices.

By signing below, I agree to enforce this policy with all staff.

Printed Name Tanya Gherke Date: 6-1-11

Signature Tanya Gherke

Change the Future WV Representative: \_\_\_\_\_

## Change The Future WV Physical Activity Policy

The Wood County recognizes the importance of physical activity for the youth of our community and making the healthy choice the easy choice. To support our 4-H groups support the healthy lifestyle goals as part of the CPE grant. The Wood County Permanent 4-H Camp Trustees Inc has been working to promote the four fundamental principles of the role of Wood County, WV through organized 4-H youth programs. The programs also serve many other youth organizations in Wood and surrounding counties as well as the public.

This policy will remain in place for the next five years.

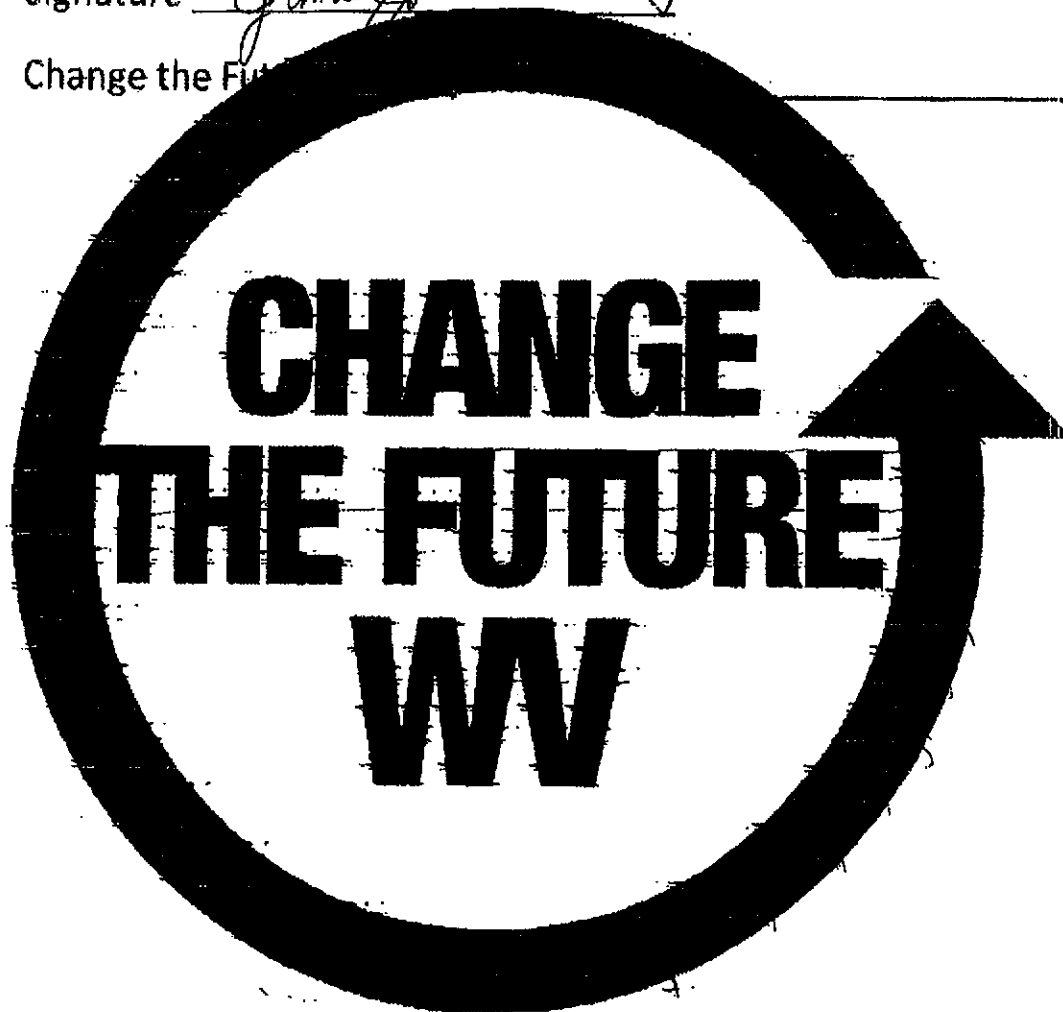
To assist in implementing this policy, Change the Future WV will provide 2 90" Lifetime Elite Clear Tempered Glass in-ground basketball systems, 2 safety pads to cover power basketballs, 4 replacement tires, 2 basketball pump, 3 bags of 80 lb concrete mix, 130 gallon deck box for storage of equipment. Total cost will be \$1,502.48.

By signing below, I agree to enforce this policy with all staff.

Printed Name JAMES Joseph Barrett Date: June 17, 2011

Signature James Joseph Barrett

Change the Future



## Change the Future WV Convenience Store Agreement

I, Michael Murray owner of convenience store Crossroads General  
agree to participate as a member of the Change the Future WV Fresh Fruit and Vegetable  
Initiative.

As a member of the initiative I agree to:

- Allow the Change the Future WV staff to post Change the Future signage within  
the store and will allow the signage to remain for at least two years  
• Produce or expand the sale of fresh fruits and/or vegetables and agree to carry  
these new items for at least two years  
• Provide contact information for records including store name, name of owner, store  
address and phone number  
• Collect sales data on the fresh fruits and/or vegetables for a period of six months after  
signage is placed  
• Allow a questionnaire through the store from the Change the Future WV staff to collect  
information about store size, inventory, equipment and signage

The Change the Future WV Initiative agrees to:

- Provide free display bins, and/or refrigeration unit to the participating store  
• Negotiate cost break from produce supplier to provide fresh fruit and/or vegetables to  
store  
• Place welcome advertisement in local paper for one month after agreement signed  
• Provide training and support to help introduce products and the marketing campaign  
described above, free of cost

The Change the Future WV and the convenience store owner each have the right to terminate this  
agreement. If the agreement is ended, Change the Future WV may repossess all materials  
provided.

Carrie Brainard  
Carrie Brainard, Program Director

6-9-11  
Date

[Signature]  
Convenience Store Owner (signature)

6-9-11  
Date

422-9678  
PAX

## **SAMPLE MEMORANDUM OF UNDERSTANDING (MOU)**

**Between  
Change The Future WV  
And  
Kirks Market**

**To combine resources in the fight against obesity and to provide access to healthier nutrition environments**

### **Parties**

The parties to this Memorandum of Understanding, hereinafter referred to as the "MOU," are Change The Future WV and Kirk's Market.

### **Background**

*Change the Future WV* is a Communities Putting Prevention to Work grant. This federally funded effort by the American Recovery and Reinvestment Act of 2009 (ARRA) through the Center for Disease Control and Prevention (CDC) is focused on changing policies, systems, and environments to create healthier communities. This \$4.5 million grant emphasizes improving access to healthy food options and safe environments for physical activity, along with numerous other goals related to improving health. The grant is being administered in six West Virginia counties in the Mid-Ohio Valley (Calhoun, Pleasants, Ritchie, Roane, Wirt, and Wood) and is funded from March 2010 through March 2012.

### **Purpose**

The purpose of this MOU is to establish the working relationship and mutual understanding of expectations between Change The Future WV and Kirk's Market.

### **Agreements**

Change The Future WV agrees to:

1. Provide recipe and nutritional information cards to distribute to customers.
  2. Provide Change The Future logo for use in Healthy Checkout Aisles.
  3. Provide Change The Future signage, bins, and window clings.
  4. Provide written documentation of the sales data that would be beneficial for the outcomes of our grant.
  5. List Kirk's Market as a Change The Future grant supporter and/or partner in newspaper advertisements (3) and on the nutritional page of each county website (6). They will also be listed as a supporter and/or partner on our main state website.
- These are ideas; others may be added.

Kirk's Market agrees to:



1. Pilot a Healthy Checkout Aisle in Kirk's Market if space is available for the aisle.
  2. Incorporate the Change The Future logo into the design of the Healthy Checkout Aisles.
  3. Display mutually-agreed upon Change The Future signage in stores. Always display the Change The Future WV signage with the bins and signs.
  4. Use the Change The Future bins for fresh fruits and vegetables ONLY.
  5. Provide sales data if staffing and time is adequate to Change The Future Evaluation Team.
  6. Remove existing toys from soda, cereal, and candy aisles and replace with toys that promote physical activity (balls, jump ropes, etc.)
- These are ideas; others may be added.

**Change The Future WV Contact:**

Brenda Lowers, Wood County Wellness Coordinator  
304-485-7374 X122

**Store Contact:**

Jamie Hefner - Store Manager

**Time period**

This MOU covers the time period of March 1, 2010 to March 30, 2012.

**Terms and Conditions**

The undersigned hereby agree to this MOU and thereby, authorize its execution.

Kirk's Market

7/25/11