

## REPORT TO THE PEOPLE

### Bell County 2023



Bell County Extension new building under construction

The Bell County Cooperative Extension District Board and Extension Council have exciting news regarding the progress of our new office building. After much hard work and planning, our new office is nearly 85% complete.

Beautiful blue gray siding and natural stone adorn the outside, while the inside welcomes you with striking wooden accents and lovely shades of blues, grays, and whites on the walls. The windows offer stunning views from our large meeting room and entry way. It is truly breathtaking.

It is an exciting time for us and Bell Countians as we pass the building site and see all the work that has been completed. We are looking forward to the day that we can open the doors and welcome the community in.

### DID YOU KNOW...

Bell County 4-H partnered with volunteers and schools to develop 11 new clubs, serving youth ages 5-18 throughout the county.



Website: [bell.ca.uky.edu](http://bell.ca.uky.edu)



Facebook: @BellCountyCES

**For More Information, Please Contact us at:**  
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## Family and Consumer Sciences



Students learning how to properly set a table.

### FCS Manners 101

Please and thank you go a long way in today's society. Kids spend more time looking at their phones instead of the people with them at the dinner table. The Bell County Extension Council, FCS Advisory Council, and a local school district felt it was important to teach kids the importance of manners and how to act in different social settings, focusing on good table manners.

FCS conducted a program called Manners for the Real World to 117 middle school students at Pineville. Using UK Curriculum on etiquette, students practiced setting the table, passing the food in the right direction, knowing where to place napkins and utensils, no cell phones, and elbows off the table. 100% of students can set a table properly and intend to use good table manners going forward. 85% of students recognize when they are not using proper mealtime manners at the table.

445

Number of participants reporting intention to be more physically active

1500

Number of hours Kentucky Extension Homemakers Association members volunteered in community activities and events

## 4-H Youth Development

### 2023 4-H Camp

4-H Camp provides opportunities for youth to get out of their comfort zones, try activities they have never attempted, increase skills they already have, and make lifelong friends.

Bell County recently participated in a four day session at JM Feltner Memorial 4-H Camp in London, KY. Youth participated in fishing, swimming, archery, riflery, climbing walls, zip lines, low ropes, nature classes and several craft classes. For the second consecutive year, Bell County broke its own record by having 88 people attend 4-H Camp in 2023. 80% of campers that participated in the fishing class learned to rig a hook with live bait properly.

Several businesses and individuals donated enough money so that every camper only needed to pay \$50 (instead of the full amount of \$275) to attend camp. These donors understand the positive impact that 4-H Camp can have on young people.



Bell County youth camp attendees along with adult and youth counselors.

756

Number of service hours contributed

863

Number of youth who participated in education related to family and consumer sciences





Fire Ant on a rock.

125

Number of people who used Extension information to make decisions on site selection, varieties, and/or maintenance

843

Number of people who implemented one or more practices related to wildlife habitat, management, and/or damage

## Nutrition Education

### Using Wild Game Meat to Help with Food Insecurity

Food insecurity is a reality for many in Eastern Kentucky. Research showed that the food-insecure population in Bell County was 4,830, or 19.6% in 2021. To address this, the University of Kentucky Nutrition Education Program Assistant in Bell County partnered with Cooperative Extension Agents to introduce a new program called Cook Wild Kentucky, which was developed by UK and many partners. Using the state's popular wild game recipes, families learned how to prepare wild game, regulations, safe harvest, and proper food handling. This program increased the knowledge and skills of participants that hunt or receive wild game from food banks, helping them to use this valuable protein source and reduce food waste. There were 14 attendees that participated in this program. 90% of the participants saved on their food budget because of this program.

One participant stated, "I am so thankful for this program. I have learned so much. I'm excited to cook our harvest now that I have recipes to use.



Cook Wild food demonstration.

30

Number of people who reported increased knowledge, skills, or intentions related to using the nutrition facts label

200

Number of recipe cards distributed

### Fire Ants in Kentucky

Fire Ants have been spreading into Kentucky since 2000 and are a significant health and agricultural concern. Ants will defend their nest, often resulting in dozens of painful stings on people and animals.

After receiving a report of fire ants from the Office of the State Entomologist, the Bell County AG Agent developed a social media campaign to warn the community of the danger and to locate possible mounds in the community. The campaign was shared over 100 times and reached multiple families. After receiving several calls, the ANR Agent visited each location to identify suspected fire ant mounds. Two mounds were identified in Middlesboro and successfully treated.

Fire ant mounds look like fluffy soil with no obvious entrance/exit hole. When the nest is disturbed, fire ants will "boil out" of the mound. This behavior is very distinctive, unlike the more common ants in Kentucky.

If you have found a suspect ant or ant mound on your property or public land, please report it to the county extension office.





**Rebecca Miller FCS Agent**



**Brian Good 4-H Agent**



**Bell County Courthouse  
current home to  
Bell County Cooperative Extension**



**Michelle Brock ANR Agent**



**Christy Blevins NEP Sr. Asst.**



**Tanzi Rader Prog. Asst.**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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