

EXTENDING KNOWLEDGE

Changing Lives

IN BELL COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



Participants in our Weigh 2 Go Wednesday Class

Family and Consumer Sciences

Rebecca Miller, FCS Agent

Weigh 2 Go Wednesday

According to *The State of Obesity: Better Policy for a Healthier America*, Kentucky has the seventh highest obesity rate in the nation. With obesity continuing to rise each year the Bell County Extension Council expressed the need for some weight management classes in our county. FCS Agent and SNAP-ED Assistant held Weigh 2 Go Wednesdays, a 10 week weight program that met once a week to see who would become the "Biggest Loser."

The program had 15 participants that completed the program and received information on portion control, how to eat healthy when dining out and eating healthier snacks. Each week individuals stepped onto the scale to see just how much weight they had lost in a week. Seven met their goal of losing 3% of their body weight. A total of 77 lbs. was lost by all.

Program Efforts

- **850** Number of youth who indicated they know how to use information they are given to make decisions
- **3087** Number of hours KEHA members volunteered in community service (non-Extension) activities/events
- **20** Number of producers reporting changed or improved pasture management practices
- **920** Number of youth who reported that they followed safe practices
- **275** Number of people reporting improved lifestyles through a focus on proper nutrition, disease and injury reduction and comprehensive health maintenance
- **70** Number of producers who incorporated best practices recommended by Extension
- **150** Number of youth who indicate they can take responsibility for their actions
- **300** Number of individuals who reported eating less of foods/food components which are commonly eaten in excess (sodium, saturated fats, trans fat, cholesterol, SoFAS, refined grains)
- **100** Number of participants engaged in home and consumer horticulture programming

Overall 90% are choosing to eat to eat from smaller plates and bowls. 90% are preparing meals using portion control plates from the program. For activity 90% chose to walk at least 30 minutes a minimum of five days a week and become purposefully active during the day. For support 80% are practicing a time to begin or renew spiritual growth in their life.

4-H Junior Homemaker Club



4-H Junior Homemaker Club Members with supplies that they collected to send to hurricane victims in the USVI

Youth today are seeking positive ways to make a difference in their community. But many lack the skills, knowledge and confidence needed to be a change maker in their towns. Statistics show that children who do not participate in youth civic engagement are more likely to engage in risky behavior, not be successful in school and less likely to participate in civic engagement later on in life.

In an effort to get kids more involved and educate them on leadership skills and community involvement, the FCS Agent and 4-H Agent joined forces to develop a 4-H Junior Homemaker Club for kids in Bell County. Ten children became members of the club and met monthly to discuss needs and issues of the county and how they could address and change these concerns to improve not only our community but around the world too.

One hundred percent (100%) discovered that there are opportunities for them to engage in civic services later in life as adults through groups like KEHA and as an adult 4-H leader. One hundred percent (100%) identified different community projects to be done throughout the year that would help communities. One club

member stated "It feels good to help others and know that you have in some little way brought a smile to their face."

4-H Youth Development **Brandy Calvert, 4-H Agent**

4-H Invited into Private School, Over 100 New Underserved Youth Reached

The 2017-2018 brought a new face to Gateway Christian Academy as Mrs. Brandy was invited to start a 4-H Club and a Cloverbud Club afterschool. Over 50 youth enrolled in the Gateway 4-H Club and over 50 joined as Gateway 4-H Cloverbuds. The 4-H program became the first and only extracurricular offering at the school. This can be attributed to years of building the program and the program's excellent reputation for positive youth development within the county.

Through an approach that brought multiple, sequential learning experiences to the Gateway youth, the regular Gateway 4-H Club met weekly. They did monthly units in their club, allowing them to experience lessons in the areas of Food & Nutrition, Natural Resources, Financial Literacy, Leadership, Health & Wellness, and Animal Science. Though the size of the group presented a challenge, in the long-term, it was advantageous. With 3rd through 8th graders, eventually the older 4-H'ers found the leadership skills they needed to pair up with younger 4-H'ers to help club meetings run smoothly.

The Gateway 4-H Cloverbud club experienced many highlights, including a visit from Extension Associate Professor Terry Conners, who presented his Wood Magic forestry program. Cloverbuds and 4-H'ers came together for a visit from the Reptile Zoo of Kentucky where never before seen critters were brought into the school gym.

The club incubated chicken eggs and some of the youth were able to take chicks home and start chicken farming! The club hatched butterflies and learned all about metamorphosis. The 4-H Cloverbuds released the butterflies on a beautiful spring day, symbolizing the growth that the youth had experienced in just a short but really involved school year.

Hard Work Leads to 'Amazing Accomplishments' and Recognition for Bell County 4-H'er



4-H'er Morgan Lawson was honored by Bell County Judge Executive Albey Brock and the Bell County Fiscal Court. Pictured are 4-H Extension Agent Brandy Calvert, Morgan Lawson, and Judge Executive Albey Brock.

Bell County 4-H'er Morgan Lawson never expected such recognition when she signed up to do the 4-H Country Ham project, but the experience has proved to be invaluable to her development. After winning a red ribbon for her country ham and speech in 2016, Lawson figured out what it took to be successful at the Kentucky State Fair. She wrote and re-wrote her speech and rehearsed until she was confident that she would do better than the year before.

Lawson took first place in her age division with her 4-H Country Ham Speech at the 2017 Kentucky State Fair. In her own words, Morgan shared what the experience meant to her: "My favorite part of my 4-H State Fair experience was spending time with my friends, and getting to know them better. I learned that I am more creative than I ever imagined, I also learned that getting your hands a little dirty can lead you to amazing accomplishments."

That special plaque that she took home as one competitor among more than 700 youth was just the beginning of her recognition. Lawson's friends were ecstatic for her, learning about her award after the principal announced it over the intercom the next Monday morning. Later in the month, she gained even more experience in public speaking when she was interviewed by her 4-H Agent at Farm Field Day about her experience in the 4-H Country Ham program.

"Providing youth with the ability to enhance and develop communication skills is of

great importance in Kentucky. The development of communication skills is one of the preeminent skills necessary to grow as an individual, a community member and a leader" (Jones, K.R. 2006). It is clear that Morgan's accomplishments in communications have provided a solid foundation for positive youth development.

She went on to be elected president of her 4-H club in September and began the 4-H Natural Resources Science Academy in October. She effectively leads the other youth around her and even recruits many of her friends to join her in 4-H. On Tuesday, October 10, she was recognized by the Bell County Judge-Executive during a Fiscal Court meeting for her state-level accomplishments in the 4-H Country Ham project.

Agriculture and Natural Resources **Stacy White, ANR Agent**

Rabies Alert

According to the Center for Disease Control and Prevention, "rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the CDC each year occur in wild animals like raccoons, skunks, bats, and foxes". For several years the USDA has maintained an Oral Rabies Vaccination (ORV) barrier along the Appalachian Mountains to prevent the westward movement of a raccoon strain of rabies which occurs on the east side of the mountain range.

However, last summer two cases of raccoon strain rabies were confirmed in Virginia just seven miles from the Kentucky border. The ANR agent worked closely with USDA personnel to make people aware of the issue. Alerts were issued locally and animal carcasses were collected for testing. A biologist with the USDA attended a Bell County Fiscal Court meeting with the ANR agent to raise awareness of the seriousness of the matter.

From that meeting a local newspaper reporter contacted the Extension office to get more details and do an interview for a news article. Two USDA biologists presented an educational program at the 2017 Bell County Farm Field Day covering rabies surveillance and aerial oral rabies vaccination distribution. At present no other cases of the raccoon strain rabies have been confirmed in the surveillance area.

Sugarcane Aphids Come to Bell County

Sugarcane aphid is a new pest of sorghum in the U.S.; it was first reported in Texas in 2013 and reached Fulton County, Kentucky in 2015. This aphid builds up rapidly on sorghum and can kill plants through removal of plant sap with its piercing-sucking mouthparts. Their numbers can double every one and a half days.

In late Summer, 2017, sweet sorghum growers in Bell County realized there was a problem. Their cane fields were turning purple and dying. After field visits the ANR agent confirmed the presence of large numbers of sugarcane aphids. The crop was a total loss. Syrup production was greatly reduced and the final product was inedible. All investment in the crop was lost.

In response to this situation growers participated in a sorghum production workshop at UK's RCARS center. Preparations have been made to protect the next crop. A private pesticide applicator training will be held for growers. Scouting techniques will be followed closely. The ANR Agent worked with the Bell County Farm Bureau to secure funding for the purchase of a backpack mist sprayer for producers to use during the upcoming season.

Supplemental Nutrition Assistance Program

Christy Blevins, SNAP-ED Assistant

Clean Hands Save Lives

The Center for Disease Control and Prevention estimates that since 2010, flu related hospitalizations among children younger than 5 years of age range from 7,000 to 26,000 in the United States with some resulting in death. UK Cooperative Extension Service SNAP-Ed Assistant partnered with Bell County Family Resource Directors to educate primary students on the importance of washing their hands with hot soapy water.

Reading a book called Germs, Germs, Germs from the LEAP curriculum, the students learned that germs are easily passed from one person to another, that you can only see germs under a microscope and they were taught the correct hand washing technique and how long they should wash their hands.

After the students participated in a hands on activity using glow germ powder that glows under a black light to show how well they had washed their hands, 100% of the students showed improvement in their hand washing technique. A teacher stated "since this program I have seen a big difference in my students wanting to wash their hands more often."



Participants checking out their hands under the black light in the "germ box"



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