

2024-2025

# REPORT TO THE PEOPLE

## Hopkins County

```
33     tasks = Todo.query.order_by(Todo.date_created).all()
34     return render_template('index.html', tasks=tasks)
35
36
37 @app.route('/getdata', methods=['POST', 'GET'])
38 def getData():
39     if request.method == 'POST':
40
41
42 @app.route('/delete/<int:id>')
43 def delete(id):
44     task_to_delete = Todo.query.get_or_404(id)
45
46     try:
47         db.session.delete(task_to_delete)
48         db.session.commit()
49         return redirect('/')
50     except:
51         flash('There was a problem deleting that task')
```

### CONTACT INFORMATION

WE ARE OPEN  
MONDAY - FRIDAY  
8:00 AM - 4:30 PM

75 CORNWALL DRIVE  
MADISONVILLE, KY 42431

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<https://hopkins.ca.uky.edu/>

## EMPOWERING YOUTH THROUGH TECHNOLOGY

### Hopkins County 4-H Council Partners with Apple to Enhance Youth Coding and Esports Programs

A few years ago the Hopkins County 4-H Council invested money and resources into a Esports 4-H Club. The Council and I saw this as a way to teach youth coding, communication, and teamwork skills. The club has had steady growth and valuable skills are being taught. In late Fall of 2023, I was approached by our state 4-H STEM specialist, Torey Earls, to partner with Apple. Through this partnership, my community received an investment of over \$30,000 worth of ipads, apple pencils, cases, and a charging cart.

This will allow for not only growth with the Esports program but also allow us to offer more STEM projects and clubs.

**THE PLAN AS OF NOW IS TO OFFER CODING 4-H LESSONS IN THE SCHOOLS AND HAVE A NEW CODING CLUB THAT MEETS AT OUR EXTENSION OFFICE.**

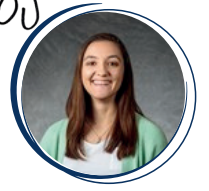
**Of course, we will still have our Esports club as well.**

Being able to teach youth coding skills will help them develop into better leaders in the world. Technology seems to be booming at the moment and having the partnership with Apple will allow them to be successful as they develop more skills.



Success story submitted by former Hopkins County 4-H agent; Connor Cooper  
Hopkins County current 4-H agent:

*G Sarantakos*  
**Genaea Sarantakos**  
County Extension Agent for 4-H Youth Development



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### 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



AS PICTURED ABOVE (L TO R) ASHLEY BOARD, JONI K. PHELPS, AMANDA DAME, AND TIFFANY B. BOLINGER

# LIFE SIMPLIFIED PODCAST

## Empowering Kentuckians with Practical Family and Consumer Sciences Education

University of Kentucky Cooperative Extension Family & Consumer Sciences (FCS) programs are designed to reach audiences across the lifespan. Many individuals in the 20-50 age desire to learn about the topics FCS provides but do not attend traditional programming for a variety of reasons: they are too busy, too embarrassed, too intimidated, etc. To bridge

the gap for these individuals, we must pivot and offer research-based information in ways that reach all audiences across Kentucky. On average, 62% of the US population have listened to podcasts. Out of these listeners, 50% of individuals aged 12-34 and 43% of individuals aged 35-54 have listened to a podcast within the last month.

## THE TOP FIVE DOWNLOADED EPISODES:

- ① Meet the Hosts - 70
- ② Reset Finances - 60
- ③ Self-Care Reset - 58
- ④ Reset Physical Health - 45
- ⑤ Organize Space - 43

## AVAILABLE FOR STREAMING ON

PodBean, Spotify, Amazon Music, iHeartRadio

Family & Consumer Sciences Extension Agents in Caldwell, Christian, Hopkins, and Livingston Counties recognized the growing interest in Podcasts as a media outlet for educating and reaching new audiences. As a result, the group of FCS Extension Agents produced the Life Simplified Podcast.



Life Simplified is designed to offer practical tips to assist listeners with applying research-based information to their everyday lives. Life can be difficult, and the goal of this podcast is to make the difficult seasons of life a little easier. Agents do this by relating their real-life experiences to each podcast topic. The podcast is structured to focus on the

following weekly topics: Mental Health, Physical Health, Resource Management, and Relationships/Parenting. **SINCE THE LAUNCH OF THE PODCAST IN JANUARY 2023 THERE HAVE BEEN TWENTY-SEVEN EPISODES RECORDED, EDITED, AND SHARED ON THE LIFE SIMPLIFIED WEBSITE. LIFE SIMPLIFIED PODCAST HAS BEEN DOWNLOADED 804 TIMES.**

<https://lifesimplifiedpodcast.podbean.com/>

*Amanda Dame*  
**Amanda Dame**

County Extension Agent for Family and Consumer Sciences  
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# SEMINARS AND SWAPS

## A Successful Outcome that Enhances Learning and Strengthens Community Engagement

On February 3rd, a program was held at the Hopkins County Extension Office referred to as Seminars and Swaps. Three back-to-back seminars were held during the morning hours that covered Orchids, Bromeliads, and Aroid Plants.

The classes were free and open to the public to learn about the different plants and their care and maintenance.



After the classes, a houseplant swap was also held for the public to bring indoor plants and cuttings to share with one another. Master Gardener volunteers were available that day to assist with identification and care tips for the plants at the swap.



Subscribe to the Hopkins County Extension Horticulture YouTube page to receive all the latest videos!



<https://www.youtube.com/channel/UC1bpH8is-c3py-PlwLiXhQ>



- A survey was handed out to the people in attendance at class registration. Of the people who completed the survey,
- 100% EXPRESSED THAT THEY INCREASED THEIR KNOWLEDGE OF GARDENING SUBJECTS AFTER TAKING THE CLASS.
  - 100% EXPRESSED THAT THEY ARE OR MAY BE INTERESTED IN TAKING WHAT THEY'VE LEARNED FROM THE CLASS AND APPLYING IT TO THEIR LIFE IN THE FUTURE.
  - 100% OF THEM SAID THAT THEY WOULD PLAN ON ATTENDING THE FUTURE GARDENING CLASSES AT THE EXTENSION OFFICE.

OVER 50 PEOPLE ATTENDED



*Erika Wood*

**ERIKA WOOD**

County Extension Agent for Horticulture  
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- Hopkins County Farmers Market
- Master Gardeners, Pennyroyal





*Melissa Webb*  
**MELISSA WEBB**  
 Senior Program  
 Assistant, Nutrition  
 Education Program  
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 Education Program**

**THE KIDS STARTED TO SHOW GREATER ENTHUSIASM TOWARD TRYING NEW FOODS AND ENGAGING IN PHYSICAL ACTIVITIES. THEY BEGAN TO TAKE PRIDE IN THEIR COOKING SKILLS AND SHARED THEIR NEW KNOWLEDGE WITH THEIR FAMILIES, HELPING TO CREATE A RIPPLE EFFECT OF HEALTHIER EATING AT HOME.**

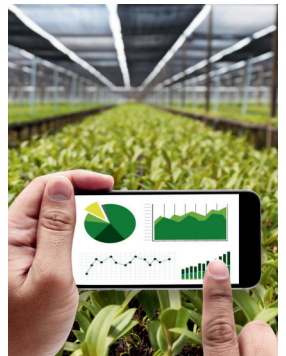
# HEALTHY HEROS COOKING CLUB

## Inspiring Kids to Cook, Move, and Make Healthier Choices

The Healthy Heroes Cooking Club was launched at West Broadway Elementary School with a mission to engage young people in both cooking and fitness, teaching them how to make healthier food choices while also getting active.

The club began by addressing the growing concerns of poor eating habits and lack of physical activity among the youth. Many of the kids were consuming processed foods and leading sedentary lives, often glued to screens. The club decided to take a hands-on approach by providing an interactive experience that taught cooking skills along with the importance of balanced nutrition and staying active.

Each week, a new theme was introduced around food and nutrition. The club would focus on preparing healthy snacks. They learned about food groups, portion sizes, and how to prepare simple dishes with fresh, whole ingredients. The children were introduced to fruits, vegetables, whole grains, and lean proteins.



# FARM MANAGEMENT, ECONOMICS, AND POLICY

**Program Expands Access to Education for Grain and Tobacco Producers**

Crop production is a major part of the agriculture economies in Western Kentucky, with Corn, Soybeans, Wheat, and Tobacco being the major crops produced in most counties. To meet the needs of producers, the ANR Agent has worked to identify the educational needs of Grain and Tobacco producers and develop programs to meet those needs.

In addition to the plot work that has been done in the past, agents have worked to provide additional opportunities and delivery methods to help producers gain access to the information vital to their success. In addition to this previous work is both a Corn and Soybean variety trial.

Meeting the demands of Producer's schedules in today's world is challenging to say the least. While some people are busy, some still aren't comfortable gathering together in large groups. To meet these varied needs, program delivery

has been updated to allow everyone the opportunity to take part.

Traditional and non-traditional opportunities for producers include:



- Area Grain Production meeting
- Kentucky Ag Matters podcast featuring Grain related topics
- Ag Newsletter
- Private Pesticide Education program
- Various Zoom calls and meetings for producers
- On-site visits made by agents

**While still new in this approach, many producers have expressed interest in this form of joint programming which promotes educational opportunities while allowing for an inclusive environment where everyone can benefit.** *Success story submitted by former Hopkins County ANR agent; Jay Stone*

Hopkins County current ANR agent:

**Jeremy McGill**  
 County Extension Agent for  
 Agriculture and Natural Resources  
 jeremy.mcgill@uky.edu



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