

# EXTENDING KNOWLEDGE *Changing Lives*

## IN HOPKINS COUNTY

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



### ***Hopkins County Extension Office Groundbreaking***

The Hopkins County Extension Service held the groundbreaking for its new facility on Friday, December 2<sup>nd</sup>, 2022 at Mahr Park Arboretum. Extension staff, board members, volunteers, and community leaders gathered to celebrate the development of the new project. The building will be situated at 55 Mahr Park Drive beside the Danny Peyton Outdoor Education Center and Farmers Market. The purpose of the extension service is to provide up to date, research-based education and outreach to the community of Hopkins County. This new building and its location at Mahr Park Arboretum will allow for more programming in the form of field days and demonstrations, gardening classes and activities, environmental and nature day camps, and wellness and lifestyle lessons. With the construction of the building and its ample meeting and classroom spaces, the new extension office will also allow for more educational conferences and community events.

## FAMILY & CONSUMER SCIENCES

### Babysitting Day Camp



The Hopkins County Family and Consumer Sciences Extension Agent, 4-H and Youth Development Assistant, and Nutrition Education Assistant partnered with the Hopkins County Youth Service Center to provide a Baby-Sitter class during a summer day camp series. The goal of the day camp was to teach middle school and high school students the responsibilities and skills needed to be successful babysitters. Additionally, to help youth develop the confidence needed to handle situations they may experience when babysitting. During the program educational games and activities were used as teaching techniques. As a result of these learning opportunities, the youth were able to: explain under what circumstances they would need to call a parent, demonstrate qualities of an effective sitter, and demonstrate the ability to hold, feed, change, bathe and feed infants and toddlers, and demonstrate correct use of safety and emergency supplies and equipment. Before the program and after the program an evaluation was given to all the participants to gauge what they knew before the program and what their knowledge was after the program. As a result of the program, there was an 18% increase in the number of youths who reported knowing the proper sleeping position for a baby. Also, after the program, 100% of participants were able to identify their responsibilities as a babysitter. Following the lessons taught by the Extension

Office, someone taught CPR Safety to all the youth participating in the day camp.

## HORTICULTURE

### Fall Plant Swap Enhances People's Knowledge of Plants

In the past several years, the Pennyroyal Master Gardener Association has held a spring and fall plant swap at the Hopkins County Farmers Market. The purpose of the fall plant swap was to give the community an opportunity to come swap plants with one another. Participants brought plants they were willing to give away and then could pick from plants donated by other participants to take home. A wide range of plants were brought to the swap and included the following: herbaceous perennials, seeds, bulbs, and houseplants. Master Gardener volunteers were present at the plant swap and assisted people with plant identification and any questions they had about the care and maintenance of the plants. A survey was completed by the participants, and 96% of the participants indicated that they were happy with the selection of plants. 93% of the participants indicated that they had learned more about the different kinds of plants as a result of attending the plant swap. 94% of the participants said that they are or maybe interested in attending future plant swaps.



## **Master Gardeners Make a Difference**

The Extension Master Gardener program is a volunteer organization dedicated to teaching and training people about horticulture related topics. This program is a part of the University of Kentucky Cooperative Extension Service and assists county extension agents in providing education and outreach in the community. Master Gardeners are required to undergo training and complete 40 hours of volunteer service in their first year before becoming certified. After the first year, Master Gardeners are required to complete 20 hours of service and 10 continuing education credit hours annually to continue their certification. The association reported that 30 volunteers completed a total of 1756 service hours and 636 continuing education hours. According to Independent Sector, the 2021-dollar value of volunteer time in Kentucky was \$24.83 per hour. Based on this rate, the volunteer service of the Pennyroyal Master Gardeners holds to \$43,601.48 in value.

## **AGRICULTURE & NATURAL RESOURCES**



On December 10, 2021, a violent tornado moved across Western Kentucky, producing severe to catastrophic damage in numerous towns, including Mayfield, Princeton, Dawson Springs, Barnsley and Bremen.<sup>[1]</sup> Crossing through eleven counties of the Jackson Purchase and Western Coal Field regions during its lifespan, the tornado was

exceptionally long-tracked, traveling a total of 165.7 miles. It was the deadliest and longest-tracked tornado in an outbreak that produced numerous strong tornadoes in several states, with 56 fatalities confirmed. The second significant tornado in an exceedingly long-tracked tornado family, this tornado began just inside northern Obion County, Tennessee, just a few miles after another long-tracked EF4 tornado dissipated in western Obion County.<sup>[2]</sup>

Response and recovery work in tornado-impacted areas presents safety and health hazards that should be properly identified, evaluated, and controlled in a systematic manner to reduce or eliminate occupational safety and health risks to response and recovery workers. Some of the specific hazards associated with working in the aftermath of tornadoes include:

- Hazardous driving conditions due to slippery and/or blocked roadways
- Slips and falls due to slippery walkways
- Falling and flying objects such as tree limbs and utility poles
- Sharp objects including nails and broken glass
- Electrical hazards from downed power lines or downed objects in contact with power lines
- Falls from heights
- Burns from fires caused by energized line contact or equipment failure
- Exhaustion from working extended shifts
- Heat and Dehydration.

Extension's role in Hopkins County initially was to help open roadways for disaster supplies to reach affected areas. Once roadways were open, Local Extension worked in conjunction with Kentucky Farm Bureau and Kentucky department of Agriculture to organize and distribute Ag and Farm related supplies to clientele in affected areas. This involved locating and securing a storage facility, routing deliveries to the storage location, and assisting affected clientele in the pick up and delivery of the items needed to help restore order to their

lives. Total estimated value of donated items-\$76,125.

## 4-H YOUTH & DEVELOPMENT

In June of 2022, Kentucky 4-H held the annual 4-H Teen Conference. At this event, Lucas Arnold was named Kentucky 4-H Vice President. He is only the fifth person ever in Hopkins County to hold this title. Lucas has faced some tough challenges in his 4-H and personal life like every teen who lived through Covid-19. With Covid-19 affecting the majority of his high school experience, Lucas wanted to make the most of his last year in the program and put all of his efforts into running for a state office. This was a very difficult process including two rounds of interviews, one of those being an overnight experience where Lucas was being observed on his action for 36 hours. Lucas says "4-H has been a part of me for as long as I can remember. I was born into this program. 4-H truly helped shape me into who I am today. Having a chance to be a state officer was something I have wanted since I was old enough to know there were state officers." Throughout his time as Kentucky 4-H Vice President, Lucas has met many youth, volunteers, community, and state leaders. His journey began working 10 days straight at the Kentucky State Fair. Since then, he has visited numerous counties to assist with programs, all four of the 4-H Camps, and has worked closely with Ryan Quarles, the Commissioner of Agriculture in Kentucky, to promote agriculture and the "Ag Tag" vehicle tax promotion. Along with his duties of visiting and promoting programs, Lucas will also help put on the 2023 Kentucky 4-H Conference where his term will come to an end. "I have enjoyed every moment of being the 4-H Vice President and I hope whoever fills my shoes in the coming months will have the same passion I have for this amazing program." Lucas is currently attending Madisonville Community College where he is studying business admission. Lucas is not sure what his career will be but he says one thing is for sure "because of 4-H, wherever I go and whatever I become, I will seek to make an impact on my

community and I will continue to volunteer with the 4-H program."



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