

Johanna Hicks, Family & Community Health

- I. "Be Well, Live Well Healthy Aging series": held in April with 11 completing the course
- II. "Walk Through Texas History" 510-mile route: held in May with 4 teams, 32 participants, plus 1 test team logging 2,554 miles with each team surpassing the 510-mile goal. Hopkins County was the first county to pilot the new route.
- III. Partnered with Rains, Titus, and Kaufman Counties to conduct a Certified Judges' Training for Fairs, Festivals, and Events. Hicks led session on judging baked goods and served as coordinator.
- IV. Student Summer Day Camps in Cumby and Sulphur Springs: every Tuesday and Thursday during the month of June, Hicks and members of the Community Health/Wellness Alliance conduct sessions for over 100 students. Topics included nutrition (MyPlate, dairy, importance of breakfast), physical activity, dangers of smoking and second-hand smoke, water & sun safety, stranger danger, cyber bullying, and others. Hands-on cooking session scheduled for June 28 for Sulphur Springs students.
- V. 4-H accomplishments: two Hopkins County 4-H members qualified for State 4-H Roundup at College Station. Rylie Carroll placed first in the state 4-H Fashion Show and 9th in public speaking. She was also elected to the State 4-H Council and is currently participating in Ultra Leadership Lab in Denton. 4-H Project Tour Day, attended by 19 4-H members and leaders, featured stops at the Sulphur Springs Water Treatment Plant, Sulphur Springs Animal Shelter (community service), and the Sulphur Springs Municipal Airport. Several 4-H record books were submitted on-line with judging to take place in July. 4-H Gazette newsletter (6 times per year) went to all 4-H families.
- VI. Master Wellness Volunteers: three new recruits since February bringing the total number of trained volunteers to 14. Obtained 316.5 hours in April and May reaching 1,179 individuals. June hours and numbers reached not available at this time, but they have assisted with summer day camp sessions, and will be assisting with summer sewing workshops, planning for fall events, and "Cooking Well with Diabetes" during the months of July and August.
- VII. Awards notification: Texas Association of Family & Consumer Sciences – Healthy Texas Award – Better Living for Texans, to be awarded in July, Decatur, TX.
National Association of Family & Consumer Sciences – 1st place Southern Region and 1st place national for Master Family & Consumer Sciences Volunteer 4-H Grab-and-Go Foods & Nutrition Project, to be awarded in September, Raleigh NC (Hicks will be a presenter at the National conference.)