



Submitted

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## Co-ops Vote: Student leaders rally with Secretary of State

Nonpartisan initiative to boost voter turnout in rural areas

Submitted by Joe Arnold

FRANKFORT, Ky. (March 20, 2026) — Now in its 11th year, Kentucky Electric Cooperatives kicked off the 2026 Co-ops Vote on Thursday with the support of Secretary of State Michael Adams and nearly 90 high school juniors representing co-ops from across the Commonwealth.

Co-ops Vote is a non-partisan initiative to boost voter registration and turnout in areas served by electric cooperatives. Though co-ops serve more than 70 percent of Kentucky's landmass, voter participation in rural areas has historically not kept up with other parts of the Commonwealth.

"Coops Vote works," Adams said. "We've seen an increase in rural turnout since you all started this program. And that makes a huge difference. Historically in Kentucky, urban turnout was high and rural turnout was low. And urban turnout has remained high, but we've seen a big pop in rural turnout I think, largely because of the success of this program."

Adams addressed students attending the Frankfort Youth Tour, a leadership program that encourages civic engagement and includes visits with members of the Kentucky Rural Electric Cooperatives Caucus and Lt. Gov. Jacqueline Coleman, who encouraged the delegates to remain engaged in their communities and explore opportunities to serve through leadership and public service.

"I was so impressed by the students from across the Commonwealth at the Kentucky Co-ops Youth Tour," said Lt. Gov. Coleman. "They represent the very best of Kentucky. When we give young people opportunities to get involved, stay informed, and take the lead in their communities, we're not just preparing them for

the future, we're empowering them to lead today."

Last year, 13 students who also participated in the weeklong Washington Youth Tour in the nation's capital were inspired to host voter registration drives in their hometowns, resulting in hundreds of newly eligible voters becoming registered.

"Co-ops Vote helps students understand that civic engagement starts now, not someday," said Secretary Adams. "By encouraging young Kentuckians to register, speak up, and get involved, we're empowering them to shape their communities and the future of our Commonwealth."

Coops Vote does not advocate or endorse a particular party or candidate. Instead, the initiative reminds elected leaders of the priorities of rural electric cooperatives, whose members elect boards to represent their interests.

"A cooperative is uniquely suited to understand and serve a community because it literally belongs to the people it serves and was built by people in that community," explained Mallory Wafizig, the association's manager of cooperative outreach. "We are so grateful to our elected leaders and to the rising young leaders on the youth tour who share a passion for service and a demonstrated commitment to the democratic process."

In addition to Co-ops Vote, Kentucky's electric cooperatives also increase public awareness and civic engagement in the pages of Kentucky Living, the co-ops' flagship publication. The February issue included the 2026 Kentucky Electric Cooperatives Legislative Guide, distributed to more than 540,000 co-op members across the Commonwealth. More resources and information are available on RuralPowerKY.com.

# Quinn Minute: Many places to find help

Rix Quinn

My friend Lisa says that there are more books on self-help than anything else.

Lisa should know. She eats right, dresses well, and talks sweeter than a candy salesman at a dental convention.

She's been to more seminars than most caterers. And she's always looking for another body part to get fixed, tucked, expanded, or reduced.

Lisa separates her improvement library into five book categories:

1. "I'm in bad shape, and I need to get better fast...like by tomorrow."
2. "I feel really bad about myself, but maybe it's not my fault, which would make me feel really good about myself."
3. "I need to find my 'special calling,' which has nothing to do with how my cell

phone rings."

4. "I honestly think I am a genius, and I would like confirmation."

5. "There is a success 'secret,' and if I find it, I can make a lot of money, which means I can buy more self-help books, which can make me even cooler."

My neighbor Stan belongs to a self-help support group. When he gets overconfident, he calls another member who convinces him he needs more workshops.

"What worries me," says Stan, "is that just about the time my mind starts to succeed, my body will start to fail."

In 30-plus years as an editor, I've found that a story's setting can be critical to better readership. So, here's a place to see a preview of "Setting Secrets: How to improve (nearly) every story." Here's the link: <https://www.amazon.com/dp/B0GPP1P8QF>

## Amy Baumann Sapsford honored with EKU's Professional Achievement Award

Submitted by Eastern Kentucky University

RICHMOND, Ky.

(March 20, 2026) — Amy Baumann Sapsford, '81, was honored with the Professional Achievement Award from Eastern Kentucky University (EKU). The Best of Eastern Alumni Awards, presented annually during Homecoming weekend, celebrate excellence among EKU alumni. The Professional Achievement Award recognizes individuals who have made significant and lasting service to their field, earning the respect and admiration of their peers and colleagues.

For Amy, EKU was never just a choice — it was family. Following in her sister's footsteps, she came to EKU from Fort Thomas, Kentucky, and soon blazed her own trail in dietetics. From her early involvement in Lambda Sigma and Mortar Board to the guidance of faculty mentors like Dr. Betty Powers and Dr. Effie

Creamer, Amy found both community and preparation for a career that would become pioneering in pediatric nutrition.

"Several faculty helped me excel in my chosen field and helped mentor me to achieve a spot in a very competitive dietetic internship," Amy said.

After completing her internship at Miami Valley Hospital, Amy discovered her calling in neonatal intensive care, a specialty still in its infancy within dietetics. She spent seven years at Dayton Children's before moving to Cincinnati Children's, where she served for more than three decades until her retirement in 2021. A recognized leader in her field, she continues to shape pediatric nutrition through her work with the Academy of Nutrition and Dietetics and as a trustee for the Gerber Foundation, reviewing pediatric nutrition research for funding.

Yet, Amy measures suc-

cess not only in professional milestones but also in family and faith. She and her husband, Simon, raised three children while honoring the memory of their first son, Dean, who died in infancy. His short life continues to inspire their service, most recently through supporting the building of a preschool in South Africa with Build the Future, ensuring children there have access to nutrition and education.

While Amy's impact is global, she is quick to share all she has learned and earned closer to home through her service on the College of Education and Applied Human Sciences Advisory Board and the establishment of the Amy Baumann Sapsford Dietetics Endowed Scholarship. With a family legacy that includes six Baumann siblings graduating from EKU and now multiple grandchildren, Amy's story is one of perseverance, service and lasting impact.

## Looking back to March 23, 2019

Written by a staff report

The following information was entered into the March 23, 2019, edition of The Ledger Independent:

### Officials gather for training

The Child Fatality Review Board of Bracken County sponsored a training session at the Bracken County Health Department on Monday, March 20 at 6:30 p.m.

The program was a combined effort of Bracken County Coroner John G. Parker and Bracken County Health Department CFR Coordinator Donna Teegarden.

In 1996, the Kentucky General Assembly passed House Bill 94 for the purpose of reducing future child deaths. The Department for Public Health in cooperation with local coroners is charged with the admin-

istration, development, and implementation of the state's child fatality review system. Local teams are composed of representatives of agencies that investigate child deaths including the coroner, family service workers, medical professionals, law enforcement and prosecutors. The purpose of the team is to assist the coroner in identifying the cause and reasons for the death and to facilitate strategies for prevention of future child fatalities.

Potential team members attending the class included District Judge Kim Razor, Commonwealth's Attorney Kelly Clarke, Bracken County Attorney Beth Moore, in addition to representatives from the Bracken County Coroner's Office, Bracken County Health Department, Kentucky State Police, Bracken County Sheriff's

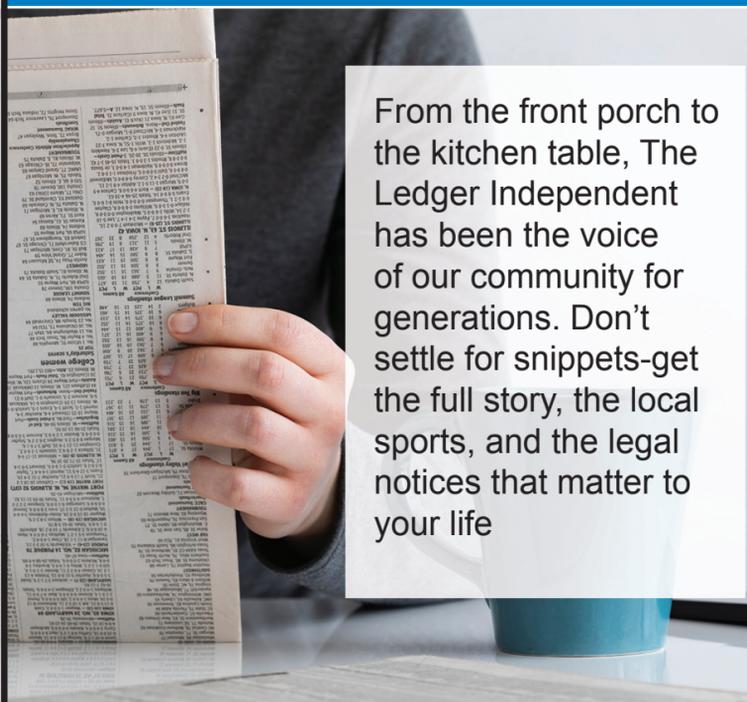
Office, Augusta Police Department, Augusta Fire Department, Bracken EMS and 911, CASA, and the Red Cross.

Bracken County Coroner John G. Parker, welcomed those in attendance. Parker reported the purposes of the child fatality team meeting are to allow each member to share specific and unique information with the local team; to generate overall investigative direction and emphasis through team coordination and sharing of specialized information; to create a body of information that will assist in the coroner's effort to accurately identify the cause and reasons for death; and to facilitate the appropriate response by each member agency to the fatality, including but not limited to, intervention on behalf of other children who may be adversely affected by the situation, implementation of health services necessary for protection of other citizens, further investigation by law enforcement, or legal action by Commonwealth's or county attorneys.

Angie Brown, RN, nurse consultant with the Kentucky Department for Public Health, spoke about the statures of the Child Fatality Review Board, which pulls together agencies to review child deaths on children ranging in age from 0-17 years of age. In her presentation, she discussed the importance of the local team analyzing information regarding local child deaths to identify trends, patterns, and risk factors, which will lead to effective recommendations and actions to prevent deaths and to keep children health, safe, and protected. She informed those in attendance that recognition of the cause of child fatalities is a key to prevention of future child deaths.

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