



# MARCH 2023

**Cooperative Extension Service**

 Daviess County  
 4800A New Hartford Road  
 Owensboro KY 42303  
 270-685-8480  
 daviess.ca.uky.edu

## GOLD INTERVIEWS

Good luck to Juliann and Isaac Heisdorffer as they interview for the Gold Achievement Award on March 4 at the Hardin County Extension Office!

## DEMONSTRATIONS

Demonstrations are a way to communicate an idea by showing and telling. Visual aids like posters, props, and samples are used to enhance the presentation. A 4-H Demonstration should be from 5-15 minutes long for both junior and senior 4-H'ers. If the thought of delivering a speech makes you uncomfortable, 4-H Demonstrations can be a good place to start. The posters and props give you some visual support and something to do with your hands! For more information on demonstrations, including a description of the categories, visit our website at <https://daviess.ca.uky.edu/4h-communications>.

The Daviess County 4-H Demonstration Contest will be held on March 20 at 5:00 p.m. at the Extension Office. **Registration is due by March 13.** Demonstration Categories include Agriculture, Animal Science, Visual Arts, Performing Arts, Clothing & Textiles, Foods, Health, Team Demonstrations, Natural Resources, Shooting Sports, Science, Engineering, & Technology, Digital Media Presentation, and Family & Consumer Sciences.

## MOCK INTERVIEWS

This contest teaches senior 4-H'ers (ages 14-18) real-life skills to succeed with job interviews. There will be two age divisions: 14-15 and 16-18. Participants can choose to interview for one of four job descriptions: *vet technician*, *coffee bar attendant*, *photographer*, or *retail sales associate*. Prior to the interview, youth will need to develop a resume with their real-life education and experience. Mock interviews will be held on **March 13 at 4:30 p.m.** (this will be in lieu of the Teen Board meeting scheduled for March) at the Daviess County Extension Office. More information can be found at <https://daviess.ca.uky.edu/mock-job-interview>.

## AREA TEEN MEETING

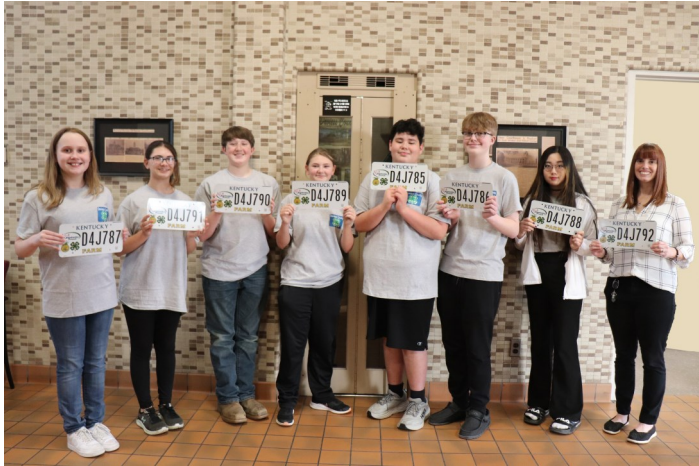
The West 5/West 6 Area Teen Meeting is **March 27 at 5:00 p.m.** at the **Grayson County Extension Office**. If you would like to attend, we can take a limited number of participants in the office van. We will leave from the Daviess County Extension Office at **4:00 p.m.** You or your parent may also drive you there. **You must let us know ahead of time if you need transportation.**

**May 16** will be the Spring Networking Event in Daviess County. Time and location TBD.



# KY AG TAG PROGRAM

It only takes **\$10** to make a difference in supporting Kentucky 4-H, Kentucky FFA, and Kentucky Proud. Be sure to ask about the **Kentucky Ag Tag Program** when you renew your license plate and how to make your \$10 donation in support of the youth in your community.



The Ag Tag Program is supported by the *Kentucky Commissioner of Agriculture, Ryan Quarles*. The money raised by the program is evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud, which promotes agricultural products raised, grown, or processed in Kentucky by Kentuckians. *We thank our farmers for their continued support!*

# FAIR BOOKS

The Daviess County Lions Club Fair is set for **July 19-22, 2023!** It's not too early to start working on 4-H projects, some of them may take a little time. Stop by the office to pick up a 4-H Fair Exhibit Book or call us to mail you one!

*Please note, this book only contains information for 4-H Divisions. County fair exhibit information will be released at a later date.*



# VISUAL LETTER CONTEST



Art is expression and many of us would like to express how thankful we are for our farmers. Create a visual letter for Kentucky Farmers with the Kentucky 4-H Thank a Farmer Project to celebrate UK Ag Week (**March 19-25**) and all of our farmers!

A visual letter is when you use art to express how you feel instead of words. Think of it as being someone's paint pal. Create a picture expressing your gratitude for our Kentucky Farmers. You can use any type of medium you would like including crayons, markers, or paint!

Scanned images of the art needs to be sent to [clover@kentucky4h.org](mailto:clover@kentucky4h.org) by **March 20** with the subject line **4-H Thank a Farmer**. Images will be uploaded on the Kentucky 4-H Facebook Page and followers can vote on their favorites in each of the following age categories: *Cloverbud (ages 5-8)*, *Junior (ages 9-13)*, and *Senior (ages 14-18)*. The visual letter with the most likes in each category will receive a gift card from the UK Bookstore! Let's show Kentucky Farmers how much they mean to us!

# KENTUCKY FARM BUREAU IFAL PROGRAM

Kentucky Farm Bureau has invested in our state's youth for 37 years through the **Institute for Future Agricultural Leaders (IFAL) Program**. IFAL is a unique five-day summer leadership conference that exposes students to college life and explores different fields of study for careers in agriculture. IFAL allows high school juniors to choose between separate conferences at two of Kentucky's premier universities. This year's IFAL conferences will take place *June 11-15, 2023, at Murray State University* in Murray and *June 25-29, 2023, at the University of Kentucky* in Lexington. The IFAL program helps students become familiar with Farm Bureau, promote agricultural-related career choices, provide leadership development opportunities, and promote each participating university. Additional information about the program and the application is online at [kyfb.com/IFAL](http://kyfb.com/IFAL). You can help young leaders in your community further their talents with the opportunity to become involved in IFAL. In most instances, the County Farm Bureau pays the **\$400** registration fee. If you have anyone in mind for this educational opportunity, they should complete and submit the 2023 IFAL Application by **Friday, April 14, 2023**. If you have any questions, please contact Jackson Tolle at (502) 495-5000, ext. 7374, or via e-mail at [Jackson.Tolle@kyfb.com](mailto:Jackson.Tolle@kyfb.com).

## SPRING BREAK PROJECT DAYS

Staying in town during Spring Break? Join us for Spring Break Project Days! The Art Project Day and STEM Day are for youth ages 9 and up (as of January 1, 2023). Cloverbud Afternoon is for youth ages 5-8. **Please register by calling 270-685-8480.**

- April 3<sup>rd</sup> and 4<sup>th</sup> — 9:00 a.m. to 12:00 p.m.  
Art Project Day: Batik and Acrylic Canvas, snack will be provided. The same thing will be made on both days (limited to 12 youth each day) COST: \$5
- April 5<sup>th</sup> — 9:00 a.m. to 12:00 p.m.  
STEM Day: work together to create tall free-standing towers, towers to withstand strong winds and rain, and structures to save your egg from breaking in an egg drop (limited to 12 youth), snack will be provided.
- April 3<sup>rd</sup> — 1:00 to 3:00 p.m.  
Cloverbud Afternoon: youth will create various crafts and enjoy a snack. Limited to 10 youth.  
*\*\*Parent/guardian or teen preferred to accompany youth.*

## EXOTIC, AQUATIC & BACKYARD CREATURES

Join us on April 5 at **1:30 p.m.** for *Exotic, Aquatic, & Backyard Creatures* at the Daviess County Extension Office. This program is presented by Brad Reynolds of Real Science Programs. This program compares different ecosystems and the animals that live there. Youth will learn more about the adaptations that help animals survive in their habitat. The program also examines human impact on the environment and extinction. Mr. Reynolds will bring 13 different animals with him, including several different lizards, turtles, frogs, and snakes. This program is free, but space is limited. Please call to reserve a spot. 4-H'ers, Cloverbuds, and younger siblings are welcome, parents do need to attend with their children.



## SAVE THE DATES

**May 4, 2023:** Spring Fling  
**June 13-16, 2023:** 4-H Teen Conference on UK's campus in Lexington (for high school students)

# CAMP

Daviess County 4-H will be attending West Kentucky 4-H Camp in Dawson Springs **July 4-7**. Camp spots are filled on a first-come, first-serve basis. The cost for campers ages 9-15 is \$200. The teen leader, ages 16-17, fee is \$100. Teen spots are limited and must be approved by a 4-H Agent. We can only take as many kids as we have adult volunteers for. Be sure to ask about incentives for adult leaders! For more information, call our office at 270-685-8480. ***The deadline to sign up for camp is May 26.***

Cloverbud Camp is set for **June 30–July 1**. More information coming soon!



# VALENTINE CARDS

Some of our older 4-H'ers attended a Cloverbuds Club meeting last month to make Valentine's Day cards. These cards were then delivered to a personal care facility and passed out to the 76 residents!



*Stacey R. Potts*

Stacey R. Potts  
Daviess County Extension Agent  
for 4-H Youth Development Education



*Sharayha Clingenpeel*

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Daviess County Extension Agent  
for 4-H Youth Development Education

# APPLE NACHOS



## Ingredients

- ¼ cup peanut butter
- ¼ cup non-fat Greek yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into ¼ inch slices
- 2 green apples, cored and cut into ¼ inch slices

## Directions

1. In a blender, combine peanut butter, yogurt, milk, and honey. Blend until smooth.
2. Place apple slices on a large plate or platter and drizzle with peanut butter sauce.
3. Add toppings of choice if desired and serve immediately.

**Servings:** 6 **Serving Size:** 1/6 of nachos

## Nutrition Facts per Serving

160 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 27g carbohydrate; 4g fiber; 20g sugar; 4g protein; 2% Daily Value of vitamin A; 8% Daily Value of vitamin C; 4% Daily Value of calcium; 2% Daily Value of iron. \*Nutrition facts do not include optional toppings

**Source:** <https://www.planeatmove.com>

## FOLLOW US ON SOCIAL MEDIA!



facebook.com/daviessco4H



instagram.com/daviessco4h

# HOMESCHOOL CLUB COMMUNITY SERVICE

Throughout the month of March, the *Daviess County 4-H Homeschool Club* will be collecting donations for the *Daviess County Animal Shelter*. The club will also volunteer at the animal shelter two days. Donations can be dropped off at the *Daviess County Extension Office* until *March 27*.

*Requested items include cat toys, dog toys, dog treats/bones, Purina Cat Chow (blue bag only), and Pedigree or Purina Dog Chow. Please no rawhide, leashes, or collars.*

## Daviess County 4-H Livestock Information Night

Thursday, March 16 at 6:30 pm

Daviess County Cooperative Extension Office

4800A New Hartford Rd—on the campus of OCTC

### Dairy Goat Project

Timeline year round

Estimated Cost \$700 and up

Animals are kept year round



### Market Lamb Project

Timeline April—August

Estimated Cost \$700-\$2000

This is a market animal project.

Lambs are sold upon completion of project unless ewes are kept for breeding purposes.



### Feeder Calf Project

Timeline April 8—August 10

Estimated Cost \$1500-\$2500

Preregistration due March 16

This is a market animal project. Calves are sold upon completion of project unless heifers are kept for breeding purposes.



### Smaller space and smaller budget options:

**Rabbits** can be exhibited at the county fair



**Poultry** can be exhibited at the county fair

We do not currently have a poultry club leader so this would be more of an independent project.



Youth participating in feeder calf, market lamb, dairy goat, rabbit and poultry projects are eligible to exhibit their animals in the county fair. They are also eligible to participate in the Kentucky State Fair provided additional requirements are met.

Youth exhibiting these species at the county fair are also eligible to participate in the 4-H Livestock Scholarship Auction held at the conclusion of the county fair. Animals are not sold. Funds generated at the auction go directly to the youth participants.


Most livestock do better when they are not alone. They need at least one other animal of the same species. This is something to consider when selecting your project.

\*All 4-H Livestock projects require 6 hours of education through 4-H and have other very specific requirements and deadlines in order to compete beyond the county level.

*For more information  
contact Stacey Potts at  
270-685-8480.*

# M A R C H



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Horticulture Club, 6:00pm	3	4
5	6	7	8 4-H Cloverbuds Club, 6:00pm	9 Rabbit Club, 6:00pm Dairy Goat Club, 6:45pm	10	11
12	13 4-H Mock Interviews, 4:30pm 4-H Council, 5:30pm	14	15	16 4-H Livestock Information Night, 6:30pm	17 	18
19	20 4-H Demonstration Contest, 5:00pm Young Riders Horse Club, 6:30pm	21 County Extension Council, 6:00pm	22	23 4-H Market Lamb, 6:00pm	24	25
26	27 4-H Homeschool Club, 5:00pm	28	29	30	31	

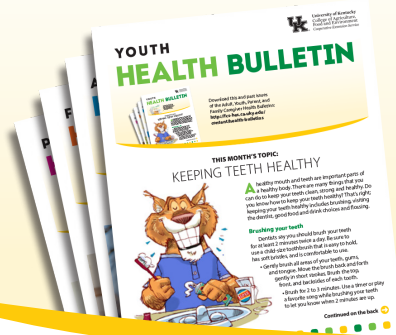
ALL youth ages 9-18 in Daviess County are welcome to join 4-H at anytime! If you see a club or event you are interested in, just show up unless it is stated to sign-up ahead of time. More information and the enrollment form can be found on our website at <https://daviess.ca.uky.edu/4-H> or you can call us anytime at 270-685-8480!

All meetings / events are held at the Daviess County Cooperative Extension Office unless otherwise stated.



# YOUTH

# HEALTH BULLETIN



MARCH 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# ALL ABOUT ALLERGIES

**H**ave you ever started sneezing when you were outside or in the woods? Do you know someone who starts to itch if they are around a certain animal, like cats or dogs? These reactions could be a sign of an allergy.

An allergy is your body's reaction to certain plants, animals, foods, insect bites, or other things. Your immune system — the way your body works to keep your insides healthy and germ free — protects you from diseases by fighting germs like bacteria and viruses. Sometimes, our body's immune system overreacts and tries to fight normal things like grass, pet hair, or certain foods. The sneezing, itching, and other reactions you get



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# Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor.

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with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

### Different people can be allergic to different things, but some things that a lot of people are allergic to are:

- **Dust mites:** tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- **Latex:** stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing



up, or diarrhea. Rarely, allergens can cause breathing problems like wheezing or asthma.

Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

#### REFERENCE:

<https://kidshealth.org/en/kids/allergies.html>



## ADULT HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

