



# JANUARY



## TEEN BOARD



4-H Teen Board will not meet until further notice. Any updates on meetings will be provided in future newsletters.

## SHOOTING SPORTS

4-H Shooting Sports coaches will be hosting an informational session on the disciplines offered in Daviess County on March 5th at 6:00 p.m. at the Daviess County Extension Office.

## JACKET AND VEST AWARD

To apply for this award, youth will need to fill out the 4-H Achievement Application which is available on our 4-H website. (See page 2 for more information.) The application is due to the Extension Office by March 1. If you already turned in your achievement application, simply call to let us know you would like to put your name in to be considered for the jacket or vest award.

The senior winner (ages 14-19 as of 1/1/24) will be awarded an embroidered jacket. The junior winner (ages 9-13 as of 1/1/24) will be awarded an embroidered fleece vest. You may win only once as a junior and once as a senior.

## WRITTEN COMMUNICATIONS CONTEST

If you like to write, consider participating in the 4-H Written Communications Contest. Categories include: poetry, "What 4-H Means to Me" essay, song writing, original monologue, press release, and Public Service Announcement. County winners will advance to state. The deadline to enter the county contest is February 15. Further details can be found on our website.



## DATES TO REMEMBER

- January 8: Daviess County 4-H Council Meeting, 5:30 p.m.
- January 11: Poultry Club, 6:00 p.m.  
Market Lamb Club, 6:30 p.m.
- January 15: Cooperative Extension Office Closed in observance of Martin Luther King, Jr. Day
- January 18: Rabbit Club, 6:00 p.m.  
Dairy Goat Club, 6:45 p.m.
- January 22: Homeschool Club, 5:00 p.m.
- January 23: Cooking Club\*, 5:00 p.m.
- January 24: Cloverbud Cooking Club\*, 4:00 p.m.
- February 1: Cloverbud Club, 5:00 p.m.  
Horticulture Club, 6:00 p.m.

*\*Must RSVP to attend  
All meeting are held at the Daviess County Cooperative Extension Office unless noted otherwise.*

## SCHOLARSHIP



The Daviess County 4-H Council sponsors up to \$1500 in scholarships for 4-H'ers who will be entering college or technical school this fall or who are already in college but have not received a 4-H scholarship in the past. The amount awarded varies upon the number of qualified applicants, but the most one applicant can receive is \$1000. The application for the Daviess County 4-H Council Scholarship will require the 4-H Achievement Application. Read below for more information. The 4-H Scholarship Application, found online at <https://daviess.ca.uky.edu/4h-scholarship>, is due March 1, 2024. Do not wait until the last minute; this will take some time!!

The 4-H Achievement Program is intended to recognize 4-H participants who have outstanding accomplishments and to provide an incentive for youth to increase their knowledge, skills, and abilities. It is a comprehensive program spanning the entire career of the 4-H'er, awards points for outside efforts and interests, and encourages growth and development by awarding high points at multi-county, state, and national levels. As youth work their way through the achievement levels they become eligible for scholarships to teen summit, teen conference, and eventually college scholarships. The 4-H program year runs from September 1 to August 31 of the next year. Youth who are age 9 as of January 1 of that program year may start documenting their 4-H achievements, participation, and projects to go toward their 4-H Achievement Application. The application and more information are on the Daviess County 4-H website at <https://daviess.ca.uky.edu/4h-achievement>.

## FAIR

2024 4-H fair exhibit books will be ready for pick-up at the Daviess County Cooperative Extension Office the last week of January. Please call the office or check our website for further information.

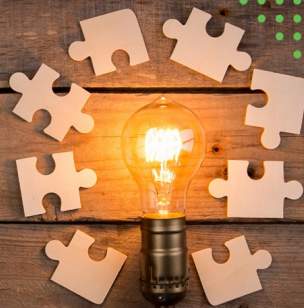
More information on Daviess County 4-H Clubs, including all meeting dates, can be found on our website at <https://daviess.ca.uky.edu/4h-clubs>. Also be sure to check out our social media pages!

 [facebook.com/daviessco4H](https://facebook.com/daviessco4H)

 [instagram.com/daviessco4h](https://instagram.com/daviessco4h)

 Cooperative Extension Service

An equal opportunity university.



## Kentucky 4-H Summit

Middle School Leadership Conference

March 21–23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

Contact the Extension Office for paperwork.  
Registration due 01/22/2023

# DAVIESS COUNTY 4-H CAMP 2024 JUNE 11-14

**COST**  
**AGES 9-15: \$200**  
**\*AGES 16-17: \$150**  
**\*\*ADULTS: FREE**

**WEST KY 4-H CAMP  
DAWSON SPRINGS, KY**

\*ages 16-17 spots are considered  
teen leaders with very limited  
number of spots available  
\*\*ask us about incentive for adult  
leaders (completed client  
protection background check  
required)

**PAPERWORK AVAILABLE  
FEBRUARY 2024**

## Healthy Living for YOUTH!

Six Session Series for Ages 9 and up

Event held at St. Pius X Parish Hall,  
3148 Hwy 144, Owensboro, KY 42303

on the following Tuesdays:

February 6

February 13

February 20

March 5

March 12

and March 19

March 26 will be a make-up day

Sessions include:

- 4-H Yoga, which can help increase physical fitness and flexibility, as well as help reduce/control anxiety
- Hands-on cooking while learning about nutrition and kitchen and food safety



Sign up by February 1. Contact the Daviess County Cooperative Extension Office at 270-685-8480 with child's name and age, parent's name, phone number, and email address.

Some paperwork, including a 4-H enrollment form and yoga release form, will be required.



# SPINACH PASTA BAKE

## Ingredients:

- 2 cups whole wheat penne pasta
- 1 pound lean ground beef
- 1 large onion, chopped
- 1 large carrot, shredded
- 1 teaspoon black pepper
- 1 1/2 teaspoons dry basil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 can (14 ounces) Italian diced tomatoes, drained
- 10 ounces fresh spinach, chopped
- 1 cup low-fat shredded Mozzarella cheese



Servings: 9

Serving Size: 1 cup

Nutrition Facts: 200 calories, 4.5g fat, 2g saturated fat, 35mg cholesterol, 270mg sodium, 25g carbohydrate, 4g fiber, 4g sugars, 18g protein

## Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cook pasta according to package directions.
3. Drain and cover to keep warm.
4. In a large skillet over medium heat, cook the beef and onions until beef is no longer pink.
5. Drain.
6. Return beef to skillet.
7. Add carrots and spices and cook an additional two minutes
8. Stir in tomatoes.
9. Reduce heat to low.
10. Cover and simmer 10 minutes.
11. Add pasta and spinach and mix well.
12. Cover and cook an additional 3 minutes or until spinach is wilted.
13. Pour into greased 3-quart baking dish.
14. Sprinkle with Mozzarella cheese.
15. Bake, uncovered, for 10 minutes.

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.



Stacey R. Potts

Daviess County Extension Agent  
for 4-H and Youth Development



Sharayha Clingenpeel

Daviess County Extension Agent  
for 4-H and Youth Development

4800A New Hartford Rd | Owensboro, KY 42303-1800 | P: 270-685-8480 | [daviess.ca.uky.edu](http://daviess.ca.uky.edu)

## 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

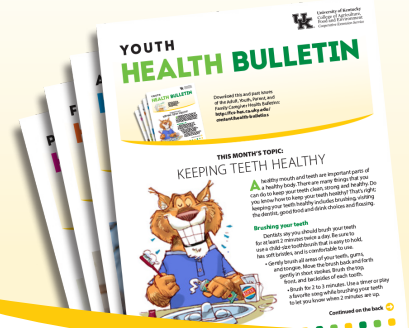
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

# YOUTH

# HEALTH BULLETIN



JANUARY 2024

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: HELP IN TIMES OF DISASTER



You may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

Try not to spend too much time looking up news stories or posts on social media. Seeing and hearing about scary events can make you feel worse, and it does not help those who are having a hard time.

It is good to find a way to help if a disaster happens

Continued on the next page →

When I was a boy & I would see scary things in the news, my mother would say to me, "LOOK FOR THE HELPERS. YOU WILL ALWAYS FIND PEOPLE WHO ARE HELPING."  
- FRED ROGERS ("MR. ROGERS")





# It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

## ➔ Continued from the previous page

close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas. They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

You may want to check with local groups, like churches, community centers, or the YMCA. They can tell you if there are places that need your help, such as a refugee center, shelter, or group of volunteers planning to go to the affected areas.

There are other ways to help as well. You can support people who have been affected



by disaster by sending cards or encouraging notes to workers, praying, or sending well-wishes. Even small acts of kindness have an effect. It reminds others that they are not alone, and there are people who care about them.

Make a plan that shows who you want to help and how. Talk to your parents or caregivers about your plan. They can help you make contacts and set up any activities you want to do.

Thinking of others and acting on it is a good way to turn your concern, worry, or fear into action. This can help meet others' needs and have a positive impact on you as well. It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

#### REFERENCE:

<https://kidshealth.org/en/teens/natural-disaster.html>



## ADULT HEALTH BULLETIN

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:**

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

