

FAIR BOOKS

4-H Fair Exhibit Books are now available! Although the Daviess County Lions Club Fair dates are TBD, it's not too early to start working on 4-H projects! 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 for open divisions and livestock along with fair dates will be released at a later time.)

LIVESTOCK INFO AND TASTING

For those 4-H'ers interested in the dairy goat, feeder calf, hog, market lamb, poultry, or rabbit projects please join us Thursday, February 29 at 6:00 pm for 4-H Livestock Information Night and Tasting Panel. Club and project leaders will be there to discuss the different species and project requirements. Everyone will have the opportunity to "sample" different meats as part of the Tasting Panel. This year we will focus primarily on ground meats.

DEMONSTRATION CONTEST

Our 4-H Demonstration Contest will be held at the Daviess County Extension Office Monday, April 8 starting at 4:00 pm. A demonstration is a method used to communicate an idea by showing and telling. Demonstrations should be 5-15 minutes long for both junior and senior 4-H members. Visual aids are used to enhance the presentation. More information is available on our website. Registration is due March 1.

DATES TO REMEMBER

February 8: Poultry Club, 6:00 p.m.
Market Lamb Club, 6:30 p.m.
February 15: Rabbit Club, 6:00 p.m.
Dairy Goat Club, 6:45 p.m.
February 19: Young Riders Horse Club,
6:30 p.m.
February 26: Homeschool Club, 5:00 p.m.
February 27: Cooking Club*
February 28: Cloverbud Cooking Club*
March 7: Cloverbud Club, 5:00 p.m.
Horticulture Club, 6:00 p.m.

All meetings are held at the Daviess County Cooperative Extension Service Office unless otherwise noted.

**Please RSVP to ensure enough supplies*

4-H CAMP

Registration will be available February 5th. Stop by the Extension Office to pick up a packet or call us to mail one to you. Deadline to sign up is May 17.

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!

PIGGY BANK CONTEST

Thank you to these 4-H'ers for their creative submissions for the Piggy Bank Contest! Liam's piggy bank was selected to be entered into Area Competition.



Lydia Aud
"Let's Hop Into Saving"



Titus Moorman
"Know Your Worth"



Liam Dominguez
"Safe 2 Save"

MOCK INTERVIEW CONTEST

This contest teaches senior 4-H'ers real-life skills to succeed in job interviews. There are two age divisions (age as of January 1, 2024): 14-15 and 16-18. Participants choose to interview for one of four job positions: 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 to bring with them to the interview. Mock interviews will be held on Monday, March 11 at 4:30 p.m. at the Daviess County Extension Office. Each participant will be given a 15-minute interview with local community members. Deadline to sign up is Monday, March 4th. Please call the Extension Office or email sharayha.clingenpeel@uky.edu to sign up. Once the deadline passes, a link will be sent to those signed up with available time slots. A winner will be selected from each age category to represent Daviess County 4-H at the W5/W6 Area 4-H Mock Interview Contest in Grayson County on May 7th. More information can be found at <https://daviess.ca.uky.edu/mock-job-interview>.

SHOOTING SPORTS

Daviess County 4-H has two shooting sports clubs – Crushers (trap shooting) and Marksmen (BB/rifle target shooting). Youth must be age 9 as of January 1, 2024 to participate.

A promotional poster for a shooting sports information session. It features the Kentucky Shooting Sports logo at the top. The text reads: "SHOOTING SPORTS INFORMATION SESSION", "March 5 | 6:00pm", "Daviess County Cooperative Extension Office", and "4800A New Hartford Road | 270-685-8480". The background shows a collage of photos: a person in a red shirt aiming a rifle, a person in a red shirt kneeling and aiming a rifle, and a person in a red shirt aiming a rifle from a standing position.

ANNIE'S PROJECT

Beginning February 21, the Daviess and Henderson County Cooperative Extension Offices will be hosting Annie's Project, a six-week course designed just for farm women with a passion for business involvement. If you would like to participate or have any questions, please call the office at 270-685-8480.

DAVIESS COUNTY 4-H CAMP 2024

JUNE 11-14

WEST KY 4-H CAMP IN DAWSON SPRINGS, KY

Youth spots are filled on a first come, first serve basis.

Cost
Ages 9-15: \$200
Teen Leader Fee*: \$150

*ages 16-17 (spots have leadership responsibilities, with very limited number of spots available)

Ask about incentives for Adult Leaders!

For more information: daviess.ca.uky.edu/4hcamp
or call the Extension Office at 270-685-8480



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Extension Service**

Agriculture and Natural Resources
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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HEARTY LENTIL AND SAUSAGE SOUP

Ingredients:

- 1/3 lb. ground Italian sausage
- 1 small onion, diced
- 1 stalk of celery, diced
- 2 large carrots, sliced
- 1 tsp. garlic, minced
- 8 ounces dried lentils, sorted and rinsed
- 1 (14.5 ounce) can diced, no salt-added tomatoes
- 1 (14.5 ounce) can low-sodium chicken broth
- 4 cups water
- 1 large bay leaf
- 2 tsp Italian seasoning
- 1/4 tsp. salt
- 1/4 tsp. black pepper



Notes:

- You can use any color lentils (one color or a variety) in this dish.

Source: Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Servings: 4

Serving Size: 2 1/2 cups

Stovetop directions:

1. Place sausage in a large stock pot. Cook over medium heat until evenly browned. Drain excess fat in a colander.
2. Return sausage to pot and add onion, celery, carrots, and minced garlic. Sauté vegetables and remaining ingredients.
3. Stir in lentils and remaining ingredients.
4. Bring to a boil. Reduce heat, cover, and simmer for 45 minutes or until lentils are tender. Remove bay leaf before serving.

Slow cooker directions:

1. Place sausage in a skillet on the stovetop. Cook over medium heat until evenly browned. Drain excess fat in a colander.
2. In a 6-quart slow cooker, stir together all ingredients.
3. Cover and cook on low for 8 hours. Remove bay leaf before serving.

Nutrition facts per serving: 350 calories; 9g total fat; 3g saturated fat; 0g trans fat; 20mg cholesterol; 470 mg sodium; 47g carbohydrate; 12g fiber; 8g sugar; 19g protein; 140% Daily Value (DV) of vitamin A; 35%

Stacey R. Potts

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Daviess County Extension Agent
for 4-H and Youth Development



Sharayha Clingenpeel

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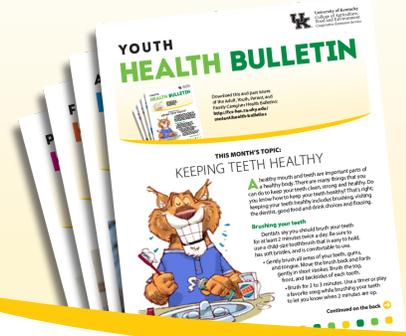
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with prior notification.

YOUTH

HEALTH BULLETIN



FEBRUARY 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

LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page →



Kids should mostly drink water throughout the day and milk with meals.

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People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

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



ADULT
HEALTH BULLETIN

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