



Cooperative Extension Service
Davies County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

FEBRUARY 2022



Daviess County will be camping **June 14-17!** The cost is \$260 or \$250 if registration is paid in full by **May 1**. Return your form and deposit to guarantee your spot at 4-H Camp. If you have any questions, please don't hesitate to contact the office.

As always, we are looking for adults and teens to serve as volunteers at camp. If you are interested please contact us! All volunteers must go through a screening process which includes a background check and an interview. Parents, please be aware we can only accept the number of campers we have the adults to supervise. Please consider serving as a camp volunteer to ensure we can take as many youth as want to attend. If you can't attend, maybe you know someone who can!

VOLUNTEERS NEEDED

Daviess County 4-H has had some wonderful 4-H Club leaders over the years! We are currently looking for volunteers to serve as the *Cloverbud 4-H Club Leader* and the *Jr. Homemakers 4-H Club Leader*. Leading these clubs requires planning and leading club meetings from *September to May*. There are numerous resources available to assist with planning club meetings. Contact Sharayha or Stacey if you would be interested in leading either of these clubs!

4-H COOKING SERIES

Coming Soon: 4-H Cooking Series on **March 29, April 14, May 5, and May 26** at the Daviess County Extension Office for ages 9 and up. Space will be limited. Be on the lookout in next month's newsletter for information on how to sign up. RSVP will be **required**.

Daviess Co. 4-H Cooking Series



March 29
April 14
May 5
May 26

SOCIAL MEDIA

We have reactivated the Daviess County 4-H Facebook page and created a Daviess County 4-H Instagram! These pages will be dedicated to posting 4-H related news, opportunities, projects, club information, and more! Be sure to like and follow us! And don't forget to share our posts!

facebook.com/daviessco4H

instagram.com/daviessco4h

MEET CHERYL!



Cheryl Burks-McCarthy has joined the Daviess County Extension Office as a Program Assistant. She moved to Daviess County three years ago from Lyon County. She enjoys spending time with her husband, Bill, and family and friends. Cheryl is excited to be part of the Extension team!



SCHOLARSHIP INFORMATION

The Daviess County 4-H Council sponsors a scholarship of up to \$1000 for 4-H'ers who will be entering college or technical school next fall or who are already in college but have not received a 4-H scholarship in the past. The application for the Daviess County 4-H Council Scholarship requires a completed 4-H Achievement Application. Read below for more information. The 4-H Scholarship Application is due **March 1**. Do not wait until the last minute—this will take some time!!



The 4-H Achievement Program is intended to recognize 4-H participants with 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. Both applications and more information can be found on our website at www.daviess.ca.uky.edu/4-H.

4-H JACKET & VEST AWARD

Each year the Daviess County 4-H Council awards one embroidered fleece vest to a junior 4-H member (age 9-13 as of 1/1/22) and one embroidered jacket to a senior 4-H member (age 14-19 as of 1/1/22). To apply, a 4-H member must turn in an Achievement Application by **March 1**. If you have already turned in an achievement application this year, simply call the Extension Office to let us know you would like to be considered for the vest or jacket. You may only win one time as a junior and one time as a senior.

FEEDER CALF PROJECT

Congratulations to our Feeder Calf project winners! Two youth officially completed the project by turning in their record books.

Senior Steer	Evan Fuqua
Senior Heifer	Evan Fuqua
Intermediate Steer	Easton Fuqua
Overall Winner	Easton Fuqua



If you are interested in the 2022 Feeder Calf Project, registration is due **February 28**. If you will be new to the project or have questions, please contact Stacey Potts at stacey.potts@uky.edu or 270-685-8480.

4-H SHOOTING SPORTS CAMP

4-H Shooting Sports Camp is **April 6-9** at Lake Cumberland 4-H Camp. The cost is \$210 per youth and chaperone. Camp is open to all youth 9-13 years of age as of their 4-H age. 1 adult chaperone is required for every 5 youth that attends. The deadline to apply is **March 14**. Contact the Extension Office for an application.

4-H Shooting Sports Camp Teen Coaches:

Each year a small group of certified teen coaches is selected to attend camp and assist the adult coaches with range and classroom work, as well as help supervise campers. To be considered, a teen must complete the Teen Coach Application and submit 2 references. The Daviess County deadline to apply is **February 7**. Contact the Extension Office for an application.

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.

DAVIESS COUNTY LIONS CLUB FAIR

It's still a little early, but we can dream about summer and warmer weather. Mark your calendars for the **50th Anniversary** of the Daviess County Lions Club Fair! The 2022 Daviess County Fair will be held **July 20-22**. More details to come soon. In the meantime, you can look over the new 4-H publication, *Exhibiting and Judging Vegetables*. It tells you nearly everything you need to know about exhibiting vegetables in the fair and how they are judged. Find it on our website at www.daviess.ca.uky.edu/fair.

Kentucky Red Velvet Muffins



1 1/4 cups whole-wheat flour	Juice of one orange (about 4 tablespoons)
1/3 cup cocoa powder	2 large eggs, at room temperature
1 1/2 teaspoons baking powder	1/2 cup unsweetened applesauce
1/2 teaspoon salt	1 teaspoon vanilla extract
1/2 cup sugar	1 cup finely chopped cooked beets
4 tablespoons unsalted butter, softened	1/2 cup semisweet chocolate chips
Zest of one orange	

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins, **Serving Size:** 1 muffin

To steam beets: Scrub unpeeled beets and place in steaming basket. Cover and steam for about 35-40 minutes for large beets, 20-25 minutes for smaller beets, or until tender.

Stacey R. Potts

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



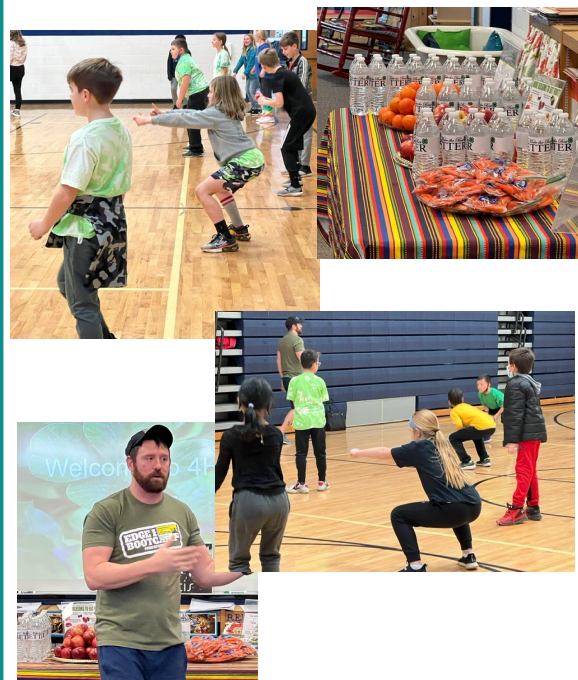
4-H STEM CLUB

The Daviess County 4-H STEM Club had a great time making slime at their January meeting!



HIGHLAND 4-H CLUB

The Highland 4-H Club had a special guest, Chris Zachary, at their January meeting. Chris, who works at Edge Body Boot Camp, gave a lesson on health, nutrition, and exercise.



Sharayha Clingenpeel

Sharayha Clingenpeel
Daviess County Extension Agent
for 4-H Youth Development Education

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2022		1	2	3	4	5
6	7	8	9	10 4-H Sheep & Goat Club, 6:00pm	11 4-H STEM Club, 5:30pm	12
13	14 4-H Teen Board, 4:30pm	15	16	17	18	19
20	21 4-H Young Riders Horse Club, 6:30pm	22	23	24	25	26
27	28 4-H Homeschool Club, 5:30pm	Feeder Calf Registrations Due ←				

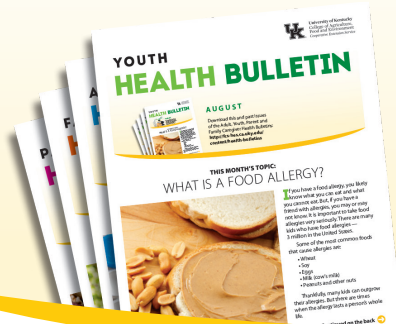
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 2022		1 Applications Due*	2	3	4	5
6	7	8	9	10 4-H Sheep & Goat Club, 6:00pm	11 4-H STEM Club, 5:30pm	12 Recycle Bags Class
13	14 4-H Teen Board, 4:30pm 4-H Council, 5:30pm	15	16	17	18	19
20	21 4-H Young Riders Horse Club, 6:30pm	22	23	24	25	26
27	28 4-H Homeschool Club, 5:30pm	29 4-H Cooking Series	30	31	*Scholarship Application & Achievement Application due to the Extension Office on March 1	

If Daviess County Public Schools are cancelled due to inclement weather, then all 4-H events/meetings are cancelled. Club leaders will decide if meetings will be rescheduled. We will post any cancellations on our Facebook and Instagram. You may also call us at 270-685-8480 to check.





YOUTH HEALTH BULLETIN



FEBRUARY 2022

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

THIS MONTH'S TOPIC: DENTAL HEALTH

Smile Big! Do you brush your teeth at least twice a day? Yes? Good, because you should! Having strong, healthy teeth can help you chew the right foods to help you grow, help you speak clearly, and help you look your best. Taking care of your teeth is very important for your overall health and helps prevent cavities or gum disease.

Why should you brush your teeth? To clean them! Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy.

How to brush your teeth:

1. Wet the toothbrush and apply a small amount of fluoride toothpaste to it.
2. Brush all teeth surfaces and your tongue for two minutes.
3. Spit the toothpaste into the sink. Rinse out your mouth.
4. Rinse out the toothbrush and let it air dry.

Continued on the back →



Use a toothbrush with soft bristles. The toothbrush package will have the word "soft" on it.

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Should everyone brush their teeth? Yes, everyone. From babies with one tooth, to teenagers with braces, and even your grandparents need to brush their teeth.

Be sure to keep these tips in mind to maintain healthy teeth.

- Brush at least twice a day — after breakfast and before bedtime. If possible, also brush after lunch and after eating sweet snacks.
- When you brush, you do not need a lot of toothpaste: just the size of a pea. You can even choose from different colors and flavors of toothpaste.
- Use a toothbrush with soft bristles. The toothbrush package will have the word "soft" on it. Pick a toothbrush that is your favorite color or has a favorite character on the handle.
- Take your time brushing. Spend at least 2 or 3 minutes each time you brush. Use a timer or play a song you like to help you keep track of the time.
- Brush ALL of your teeth, even along the sides and the back.
- Get a new toothbrush at least every three months.



It is important to visit the dentist twice a year to check for cavities and gum disease. You can also ask your dentist to show you the correct way to brush your teeth so you do not get a cavity. If you play sports, like basketball or field hockey, make sure to wear a mouthguard. You can get a custom-fitted mouthguard from your dentist or just buy one from the store.

RESOURCES:

- <https://kidshealth.org/en/kids/go-dentist.html>
- <https://kidshealth.org/en/kids/teeth-care.html>



Can you unscramble these words?

OBTUHSRTH: _____

THTOOPATES: _____

IACTSVIE: _____

ANSWERS: 1) TOOTHBRUSH; 2) TOOTHPASTE; 3) CAVITIES

YOUTH HEALTH BULLETIN

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Edited by: Alyssa Simms
Designed by: Rusty Manseau
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Daviess County 4-H

CAMP Pre-Registration

June 14–17, 2022



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H Youth Development



**Daviess County
4-H Camp is for
youth ages 9-15**

For more information on
4-H Camp visit:
westkentucky4hcamp.com

For more information on
Daviess County 4-H visit:

daviess.ca.uky.edu
or
facebook.com/davinessco4H

Name: _____

Date of Birth: ____/____/____ Male: ____ Female: ____

T-shirt Size: ____ (Indicate **ADULT** or **YOUTH** size)

Address: _____

City: _____ State: KY Zip: _____

Phone: (____) _____ E-mail: _____

School Name: _____ Grade: _____

Parent/Guardian(s): _____

4-H Camper Fee: Ages 9-14 \$260*

Teen Fee: Age 15 \$160

*If paid by May 1, 2022 \$250

Teen Leader Fee: Ages 16-17 \$130

Ask about Incentives for Adult Volunteers!

Yes, I would like to go to 4-H Summer Camp!

My \$100 deposit payable to Daviess County 4-H Council which holds my spot is attached to this form.

I understand that all camp papers will be mailed to me after the early registration deadline. I understand the entire camp fee is \$260 but I will receive a \$10 discount if paid in full by **May 1, 2022**. Otherwise, full payment is due by June 2.

A mandatory camper orientation will be June 2, 2022.

Parent/Guardian
Signature: _____

Date: _____

Payment plan and limited partial scholarships available.

I am requesting a scholarship application: ____ Yes ____ No

Please return form and deposit to:

**Daviess County Cooperative Extension Office
Attn: 4-H Camp
4800A New Hartford Road
Owensboro, Kentucky 42303**

For more information contact:
Stacey Potts or Sharayha Clingenpeel
Daviess County Extension Agents for
4-H Youth Development Education

stacey.potts@uky.edu
sharayha.clingenpeel@uky.edu

270-685-8480

Office use only: Date deposit received ____/____/____ \$ ____ Cash \$ ____ Check \$ ____ Online

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.