



APRIL

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

Teen Leadership

Daviss County 4-H has five members participating in the *Green River Area 4-H Teen Leadership Academy*. They will graduate from the program at the final meeting in April. Their final project will be hosting a *Team Challenge Camp for 6th and 7th graders at 4-H Camp* in September. *Applications for the 2023-2024 Teen Leadership Academy will be available in August.* This program is for 8th grade and up with limited spots.



Stay in the Know!

Follow us on social media to stay updated on Daviss County 4-H information including clubs, events, achievements, and more!



facebook.com/daviessco4H



instagram.com/daviessco4h

4-H MOCK INTERVIEW CONTEST

14-15 Year Old

Lillian Connor

Easton Fuqua-Champion

Jay Harris

Kelsey Splittorff

16-18 Year Old

Aiden Quisenberry-Champion

Congratulations to Easton and Aiden!



County Fair

The Daviss County Lions Club Fair will be held **July 19-22**. 4-H Fair Entry Books are available at the Extension Office. Stop by to pick one up or call us to have one mailed to you. 4-H Entries will be accepted on **Tuesday, July 18** from **4:00-7:00 p.m.** Late entries will not be accepted. *Please note, this book only contains information for 4-H Divisions.*

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.

4-H Livestock Clubs' Tasting Night

The 4-H Livestock Clubs will come together **Thursday, April 20 at 6:30 p.m.** to try something new! Participants will be sampling different kinds of meat including rabbit, pork, mutton, chicken, and beef. Other meats will likely be included. These will be "blind" taste tests, so if anyone has any type of meat allergies, they will need to let us know.

4-H Marksmen

Daviess County 4-H Marksmen (rifle) have started practicing. If you would like more information, join their **Remind Group**. The code is **@2023davi**. The class name is Daviess Co. 4-H Marksmen. This will be their main way of communication this season. If you did not attend the safety meeting held on February 13, please send a message in the Remind group and the coaches will work with you to set up a training.



Spring Fling

Celebrate with us as we recognize our hardworking 4-H volunteers, 4-H Scholarship winner(s), and graduating seniors! The Spring Fling will be held at our office on **Thursday, May 4**. Food will be served starting at **6:00 p.m.** and recognition will begin at **6:30 p.m.** Everyone is welcome, but we do ask that you **RSVP by noon on Friday, April 28**.

4-H Livestock Information Night

The 4-H Livestock Clubs Information Night last month was a hit! Daviess County 4-H Rabbit Club and Dairy Goat Club Leader Lindsey Dewig and Club Member Mackenzie Rodgers are pictured below holding baby goats while they speak to the crowd.



W5/W6 Area 4-H Teens May Networking Event

MAY 16
10:00-12:00 CT
11:00-1:00 ET

ICE SKATING AT EDGE ICE CENTER
IN OWENSBORO

COST: \$10

(bring money for lunch at the concession stand)

**FAIR PROJECT:
SEE IT, DO IT, TEACH IT**

Swing by the Daviess County Extension Office afterwards to learn how to make these fair projects.



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4-H Poultry Club

The 4-H Poultry Club is starting back! The first meeting will be **Thursday, May 18, at 5:30 p.m.** at the Daviess County Extension Office.

Stay Tuned!

- ⇒ Information on the **Summer Project Days** will come out in the May Newsletter.
- ⇒ **Teen Conference** is set for **June 13-16**. More information coming soon.

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4-H CAMP 2023

JULY 4-7
West KY 4-H Camp in Dawson Springs, KY

Spots are filled on a first come, first serve basis.


Cost
Ages 9-15: \$200
Teen Leader Fee*: \$100
*This is for ages 16-17 and is a leadership opportunity. Spots are limited.




Ask about incentives for Adult Leaders!

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




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




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

Apple Spinach Salad



Ingredients

- 1 (10-ounce) bag baby spinach
- 1 large apple, diced
- ½ small red onion, thinly sliced
- 2 medium carrots, shredded
- ½ cup chopped pecans
- ½ cup dried cranberries
- * ⅓ cup olive oil
- * ¼ cup apple cider vinegar
- * 1 tablespoon Dijon mustard
- * ½ teaspoon honey
- * ½ teaspoon garlic powder
- * Salt and pepper to taste

Directions

1. Wash hand with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub apple, red onion, and carrots with a clean vegetable brush under cool running water before preparing them.
3. Add all salad ingredients to a large bowl.
4. *** Add all dressing ingredients to a small jar with a lid. Shake well to combine. Pour the dressing over the salad and toss well to combine.
5. Serve immediately, and store leftovers in the refrigerator within 2 hours.

Servings: 6 **Serving Size:** 2 ½ cups

Nutrition Facts per Serving

250 calories; 19g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 110mg sodium; 20g carbohydrate; 4g fiber; 13g sugar; 2g protein; 4% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of calcium.

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

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Exotic, Aquatic, & Backyard Creatures 1:30pm	6	7	8 Feeder Calf Program, Kentuckiana Livestock Market, 2:00pm
9	10 4-H Teen Board, 4:30pm Horticulture Club, 6:00pm	11	12 4-H Cloverbuds Club, 6:00pm	13 4-H Rabbit Club, 6:00pm 4-H Dairy Goat Club, 6:45pm	14	15
16	17 Young Riders Horse Club, 6:30pm	18	19	20 Livestock Clubs Tasting Night, 6:30pm	21	22
23	24 4-H Homeschool Club, 5:30pm	25	26	27 4-H Tomato Bucket Garden, 5:00pm	28	29
30 4-H Horsemanship Clinic, Christian County	<p>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!</p> <p>All meetings / events are held at the Daviess County Cooperative Extension Office unless otherwise stated.</p>					



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Daviess County Cooperative Extension Service

4-H Tomato Vegetable Bucket Gardening

Limited to 15 participants

To register, please contact the Daviess County Cooperative Extension Service at
270-685-8480



April 27th at 5:00 p.m.

Open to ages 9-18 as of January 1, 2023

 4800A New Hartford Rd, Owensboro, KY 42303

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 LEXINGTON, KY 40546



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YOUTH HEALTH BULLETIN

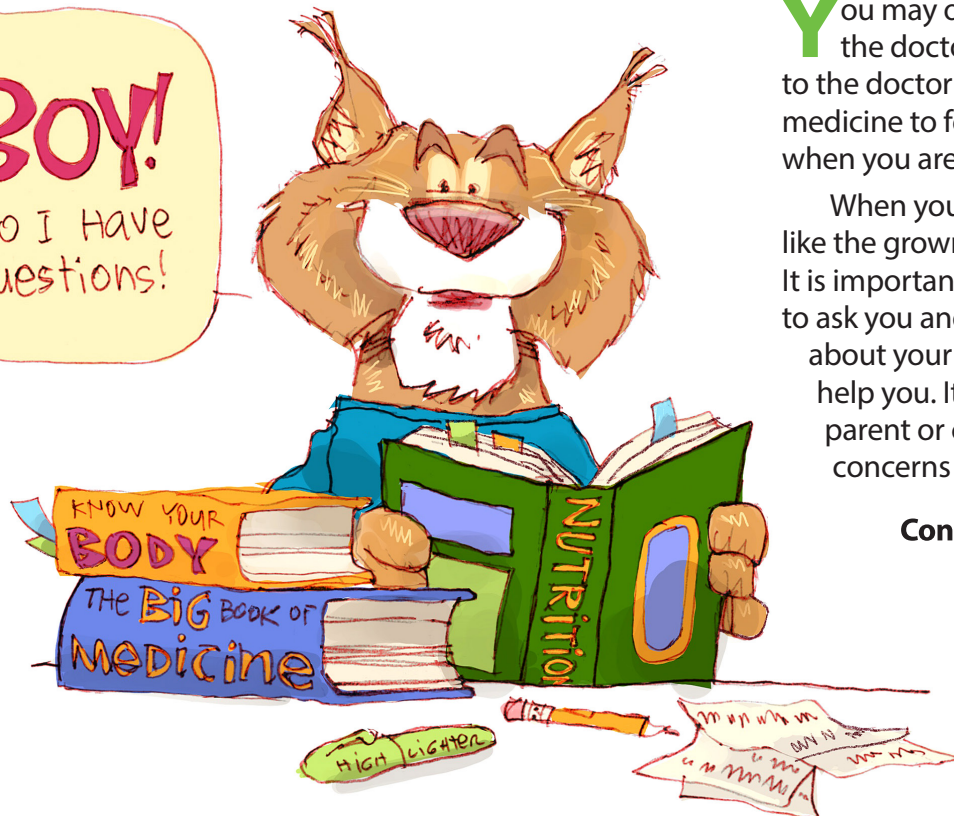


APRIL 2023

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:

ASK YOUR DOCTOR QUESTIONS



You may or may not enjoy going to visit the doctor. But it is important to go to the doctor when you are sick and need medicine to feel better. It's even important when you are well, to keep you healthy.

When you go to the doctor, it may feel like the grown-ups do all of the talking. It is important for nurses and doctors to ask you and your parent questions about your health, so that they can help you. It is also important for your parent or caregiver to explain their concerns about your health.

Continued on the next page ➔



Your yearly physical or well-being exam is a good chance to ask questions that you have about your body and your health.

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You are an important part of the team, too. As you get older, it is important for you to understand what your doctor is saying. You should also know how to keep you feeling good and growing. That starts by answering the questions that your doctors or nurses have about you. You also need to ask them questions.

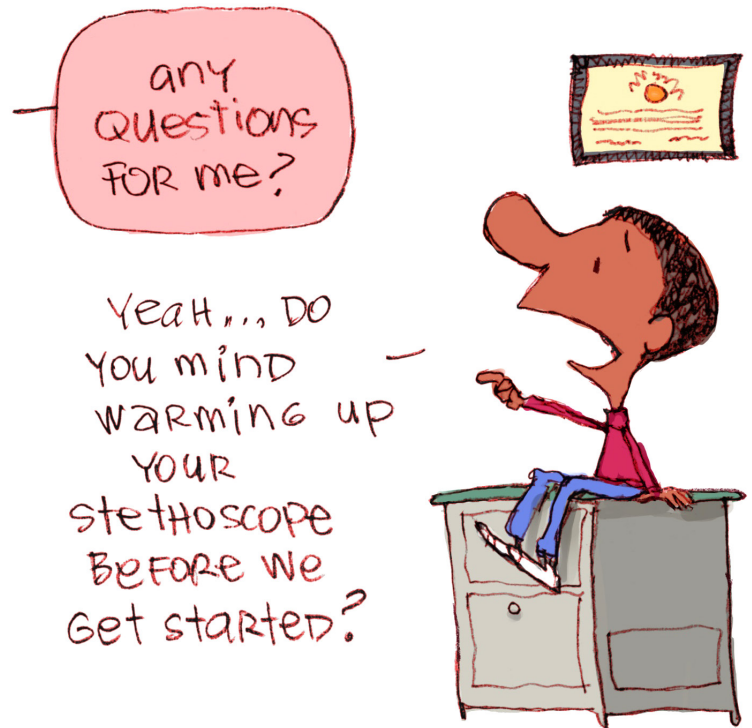
Before going to a health-care appointment, ask your parent or caregiver why you are going. You can brainstorm with your parent about questions that you want to ask the doctor while you are there.

Things you can ask your doctor about during your appointment:

- Ask them to explain words you don't understand.
- Ask them to explain any exam or procedure they are going to do before they do it.
- Ask them why an exam, procedure, or treatment is needed, or what it will help.

Your yearly physical or well-being exam is a good chance to ask more general questions that you have about your body and your health.

Me going to the doctor
is like YOU going to
the vet, only there's less
barking & NO
dog treats



You could ask about things like:

- Eating healthy foods,
- Getting exercise, or
- How to take care of your body as you are getting older.

Remember, your doctor is a person you should feel comfortable with and be able to talk to. You may want to practice the questions you have with your parents ahead of your appointment if you feel nervous. Your parents can also help support you by telling your doctor that you have a couple of questions for them that you want to ask, to open the conversation.

REFERENCES:

<https://www.cdc.gov/ncbddd/actearly/pdf/How-Talk-Doctor-P.pdf>

ADULT HEALTH BULLETIN

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

