



Cooperative  
Extension Service

Daviess County  
4-H Youth Development

2024

December

## UPCOMING EVENTS

December 5: 4-H Horticulture Club at 5:30 p.m.

December 9: Area Teen Event at 4:30 p.m. (RSVP by December 5)

December 12: Rabbit Club at 6:00 p.m.

December 16: 4-H Cloverbud Club at 6:00 p.m.

December 25 - January 1: Extension Office closed for the holidays

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

## Piggy Bank Contest

Once again it is time for the Annual Piggy Bank Design Contest! This contest is open to all programming areas and is designed to promote savings information. Eligible participants include all Kentucky students in grades K-12. Contest entries are due to the Daviess County Extension Office December 18, 2024. For more details, please see the attached flier.

# W5 Area Teen Meeting

BRECKINRIDGE, DAVIESS, HANCOCK,  
MCLEAN, AND OHIO COUNTIES

COME HANG OUT WITH 4-H TEENS  
FROM SURROUNDING COUNTIES



WHO: 8TH GRADE AND UP



WHEN: DECEMBER 9 AT 4:30 PM

WHERE: DAVIESS COUNTY EXTENSION OFFICE

SNACKS

RSVP BY DECEMBER 5:

270-685-8480

GAMES

## Closed for the Holidays

Please note that the Daviess County Extension Office will be closed for the holidays December 25-January 1. We will reopen on January 2 at 8:00 a.m.



## Inclement Weather Policy

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 the Daviess County 4-H Facebook page. You may also call us at 270-685-8480 to check.

# Feeder Calf

The Daviess County 4-H/FFA Feeder Calf project presented year end awards Tuesday, November 12 during the Daviess County Cattlemen's Annual meeting. Results are as follows:

Overall Winner: Andrew Aud

Senior Heifer Division: Easton Fuqua

Senior Steer Division: Easton Fuqua

Junior Steer Division: Andrew Aud

All participants who completed the project by turning in a record book received a premium check.



**Back row:** Savanna Kuegel, Easton Fuqua, Carrie Kuegel

**Front row:** Andrew Aud, Owen Aud

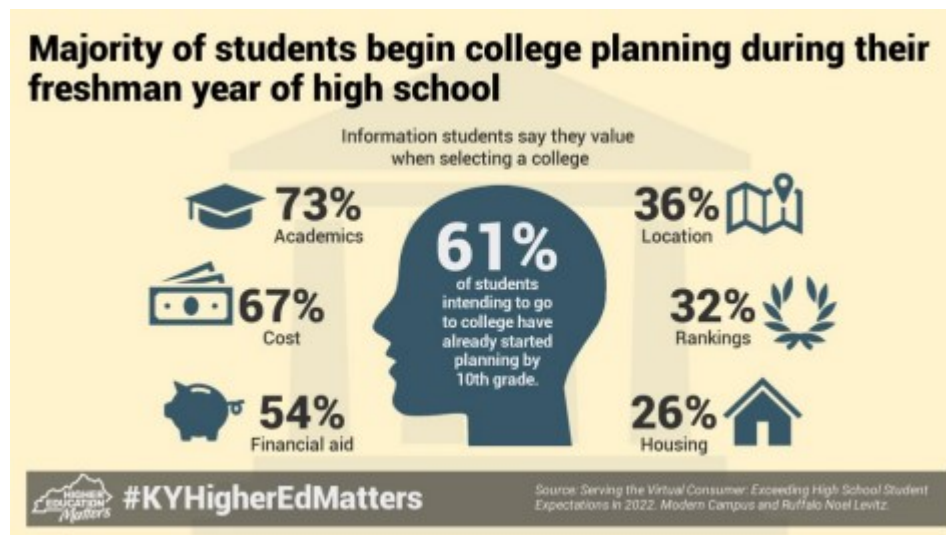
**Not pictured:** Catherine Ray, Tucker Ray, Tilly Rightmyer

## Written Communication Contest

The Kentucky 4-H Written Communications Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills.

**The Daviess County deadline for submission is December 10.** Categories include songwriting, poetry, press release and public service, and monologue. A new category this year is Infographic. An infographic example is below and more are available on our website.

The packet including the contest rules, categories, resources, example cover page, and statement of authenticity can be found on our website at [https://daviess.ca.uky.edu/sites/daviess.ca.uky.edu/files/COM\\_Written\\_Communication\\_Contest\\_Packet.pdf](https://daviess.ca.uky.edu/sites/daviess.ca.uky.edu/files/COM_Written_Communication_Contest_Packet.pdf).





# 2024 Kentucky 4-H Issues Conference



Khloe Coffman (Ohio County), Kelsey Splittorff, Jolene Raymer, Aiden Quisenberry

Three Daviess County teens attended 4-H Issues Conference at Dale Hollow Lake State Resort Park November 14-16.

The teens worked with an action group of their choice to define a problem within a fictional community and come up with their solution. They developed an action plan and budget. Action group presentations were made before the entire conference and a panel of judges, who critiqued the plans and then granted awards from a fictional budget.

The keynote speaker for the weekend was Cumberland County Judge Executive, Luke King, who is the 2nd youngest County Judge Executive in Kentucky. They also learned more about county government, public speaking, and the process for planning and implementing community projects.



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!

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

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

*Stacey R. Potts*

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



*Sharayha Clingenpeel*

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Daviess County Extension Agent  
for 4-H and Youth Development

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## 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

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Disabilities accommodated with prior notification.

# Hearty Harvest Bowl

## Ingredients:

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-sized pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 oz) chickpeas rinsed, drained, and patted dry
- 2 Tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

## Dressing Ingredients:

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 Tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer. Don't overcrowd the pan or the veggies will steam instead of roast.
6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine *\*Dressing ingredients\** in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

**Source:** Brooke Jenkins, Extension Specialist, UK Cooperative Extension Service

**Servings:** 6

**Serving Size:** 1 cup

**Nutrition facts per serving:** 460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium



KENTUCKY SAVES  
**2025**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on:  
and ends on:

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 7-11, 2025

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

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KENTUCKY SAVES  
**2025**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

**UK** Cooperative  
Extension Service



# 2025 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

**CONTEST DESCRIPTION:** Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

**ELIGIBILITY:** Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**HOW TO ENTER:** To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by:
3. Winning Entries at the area level must be selected by February 7, 2025.

## CONTEST TIMING:

Submit Entry by deadline. Must be submitted by:

to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.  
In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

## JUDGING CRITERIA/WINNER SELECTION

**AND VERIFICATION:** Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.



## 2025 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **County:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

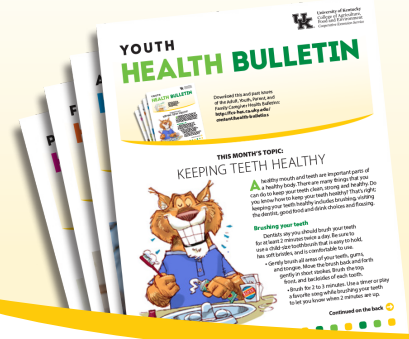
### To be filled out by the Extension Agent accepting the entry:

County: \_\_\_\_\_ Extension Area: \_\_\_\_\_

Agent Name: \_\_\_\_\_ Circle One: FCS 4-H Other

# YOUTH

# HEALTH BULLETIN



DECEMBER 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

# WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →



I DON'T CARE  
IF WE ARE  
**DUNG BEETLES.**  
GO **WASH**  
YOUR HANDS!!



## Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:

<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>

➔ Continued from the previous page

3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

### REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



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

YOUTH  
**HEALTH BULLETIN**

