

FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5 Community Health Fair 4-6 pm	6	7	8 Horse Club 6 pm @ Ext. Office	9 Home-school club 12 pm @ Crittenden	10 4-H Country Ham Project
11	12 Afterschool LEGO Club	13	14 Cooking Club 3:30-5 pm	15 Cooking Club 3:30-5 pm	16	17 4-H Country Ham Project
18	19 Afterschool Art Club	20 3rd-5th Afterschool Art Club	21 2nd & 3rd Afterschool Cloverbuds	22 MS Club & HS Club	23 MS Club & HS Club	24
25	26	27 4th Grade Classroom Clubs	28 5th Grade Classroom Clubs	29	1 CAMP REGISTRATION	2

Lyon County 4-H Newsletter

UK Martin-Gatton College of Agriculture, Food and Environment

Cooperative Extension Service
Lyon County
231 Main Street
Eddyville, KY 42038
(270) 388-2341

4-H YOUTH DEVELOPMENT



Office Hours: 8:00 AM—4:30 PM, Monday—Friday



4-H Summer CAMP
JUNE 4-7, 2024
WEST KENTUCKY 4-H CAMP

FOR MORE INFORMATION CALL THE LYON COUNTY EXTENSION OFFICE AT: 270-388-2341

OPEN TO YOUTH AGES 9-14
OR GOING INTO THE 4TH GRADE

REGISTRATION OPENS MARCH 1!!

Where did the month of January go? This year is already starting off busy and the month is gone. 4-H clubs and programs are in full swing! Even though it is cold, 4-H summer camp will be here in no time. 4-H camp details will be released at the February classroom club meetings. Registration and camp paperwork will be available starting **March 1st at the Extension Office!!** There are a lot of opportunities to be apart of 4-H this month! Reminder, if school is cancelled due to weather, 4-H is also cancelled!

Mary Beth Riley


Mary Beth Riley
County Extension Agent
4-H Youth Development
270-388-2341

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Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546





4-H COOKING CLUB

February 15th

Who 4th-8th Grade Students

Time 3:30-5:00 pm

Where Lee S Jones Building

Learn basic cooking skills, make yummy recipes, and play fun games.

Call 270-388-2341 to register. Spots Limited!!



AFTERSCHOOL CRAFT AND CULTURE CLUB

When: February 20th
Who: 3rd-5th Grade Students
Time: Afterschool -4:15 pm
Where: Ms. Amy's Art Room

Students must bring a note to school to stay!



LEGO CLUB

This club is open to youth in grades 3rd-8th

Sign up by calling **270-388-2341**

Club Meeting: **2.12.24**
Time: **Afterschool-4:15**
Place: **Elementary Library**



Community HEALTH FAIR

Tuesday, February 6

at Lyon County Elementary School Gym
4:00 - 6:00 PM

Get Free Items & Health Information

FREE sports physical
Prizes and giveaways
Snacks
Health Fair bag
Health information

Come to our Community Health Fair to learn about local health and wellness information. Public is invited.

For more information:
+270-388-9715 ext 407

WINTER WEATHER POLICY

If Lyon County Schools are closed there will be no 4-H programs that day. If you have any questions give our office a call at 270-388-2341.

How do I Sign Up for Clubs and Upcoming Projects?

For all classes with a registration fee, you must come by the Extension Office and register along with payment during office hours, Monday-Friday, 8-4:30 PM. You must be registered one week in advance of any class so our instructors have time to prepare. For classes or project clubs with no fee, you may register by phone at 270-388-2341 during our office hours.

4-H projects open to youth ages 9-18, unless otherwise noted.

Remember, if you sign up for a class and don't show up you are keeping someone else from participating!



Fiesta Potatoes

- | | | |
|---|--------------------------------------|-----------------------------------|
| 8 small to medium russet potatoes, peeled and diced | 1 medium onion, chopped | parsley, chopped |
| 1 green bell pepper, chopped | 1 cup Mexican blend cheese, shredded | 1 tablespoon dried basil, crushed |
| 1 red bell pepper, chopped | ½ cup margarine, melted | ¾ teaspoon salt |
| | ½ cup low-fat milk | ¼ teaspoon black pepper |
| | 2 tablespoons fresh | |

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
<http://plateitup.ca.uky.edu>



Lyon County 4-H Horse Club

February 8th
6:00 PM
Lyon County Extension Office

Ages 9-18
Cloverbuds-adult has to attend

AT THE FEBRUARY MEETING A VET WILL BE VISITING TO EXPLAIN MORE ABOUT CARE FOR HORSES! IF YOU HAVE NOT ATTENDED A HORSE CLUB MEETING JOIN US!

Call 270-388-2341 to register or if you have any questions.