

LYON COUNTY TRASH SCULPTURE CONTEST



HOW TO PARTICIPATE

Put your creative talents on display, and create your own Trash Sculpture! Make sure to include your completed registration form, ATTACHED to your sculpture! & remember, sculptures that have a purpose are preferred!

Important Dates:

Lyon County Judging Day: December 12, 2022
ALL SCULPTURES HAVE TO BE IN THE ELEMENTARY LIBRARY BY 8:15 AM

PRIZE MONEY FOR TOP 3 WINNERS IN EACH CATEGORY!

Categories:

- Lower Elementary (K-2)
- Upper Elementary (3-5)
- Middle School (6-8)
- High School (9-12)



4-H T-SHIRT ORDER



SHORT SLEEVE SHIRT \$16

BASEBALL T-SHIRT \$20

Order Form and Payment can be mailed to:
Lyon County Extension Office
PO Box 36
Eddyville, KY 42038
Checks made payable to:
Lyon County 4-H Council

DUE DEC 2ND

Name: _____

Phone Number: _____

Circle One: Short Sleeve Long Sleeve Both

Size: YS YM YL YXL S M L XL 2XL 3XL

Follow Us on Social Media



Lyon County 4-H



Lyon County 4-H

Mary Beth Riley

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



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT

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

Cooperative Extension Service
Lyon County
231 Main Street
Eddyville, KY 42038
(270) 388-2341
Fax: (270) 388-4627



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



Hello December! Where has the year gone? There has been so much going on with Lyon County 4-H the past month. 4-H members participated in a can food drive for our community, club officers attended officer training, and all of our clubs have been meeting regularly. If you haven't had a chance to come to one of our after school club meetings we would love to have you! Look in the newsletter for all upcoming dates and times. Just call the office at 270-388-2341 to register for a program or club meeting!

CAN FOOD DRIVE RESULTS

ELEMENTARY SCHOOL

Kindergarten	160
1st Grade	343
2nd Grade	240
3rd Grade	722
4th Grade	292
5th Grade	602

TOTAL cans: 2,359

THANK YOU!

CAN FOOD DRIVE RESULTS

TOTAL

2,719



Green Bean Bundles

- | | |
|--|--|
| <p>1 pound fresh green beans</p> <p>¼ teaspoon black pepper</p> <p>12 slices turkey bacon</p> <p>2 tablespoons unsalted butter</p> | <p>2 cloves garlic, minced</p> <p>½ teaspoon ground cinnamon</p> <p>¼ teaspoon allspice</p> |
|--|--|

1. **Preheat** oven to 400° F.
2. **Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
3. **Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
4. **Lay** each bundle, seam side down in a large baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
5. **Brush** the mixture over the top of each green bean bundle with a pastry brush.
6. **Cover** with foil and bake for 35 minutes.
7. **Remove** foil and bake for 15 additional minutes, until bacon is crisp.

Yield: 12 bundles

Nutritional Analysis:
60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.

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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 CLUB OFFICER TRAINING



Thank you Teen Club officers for leading the training!

4-H Christmas Cooking Club

*Spots are limited!
Please call 270-388-2341 to reserve a spot!*

When: December 20th

Time: 1:00 pm-2:30 pm

Where: Lee S. Jones Convention Center

Come bake Christmas treats and learn about making homemade Christmas gifts!

If school is in session this day will be rescheduled.



AFTER SCHOOL 4-H Craft Club

When: Dec 13

Time: 3:15-4:15

Where: Ms. Amy's Art Room

Who: 3rd-5th Graders

FREE!!

Permission slips have to be sent for students to stay after school!



WINTER
WEATHER
POLICY

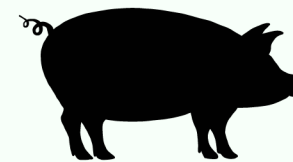
If Lyon County Schools are closed there will be no 4-H programs that day. If you have any questions give our office a call at 270-388-2341.

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!



2023 COUNTRY HAM PROJECT

DEADLINE: DECEMBER 12TH

What: Learn the process of curing country hams, cure 2 country hams, present speech at 2023 Kentucky State Fair

Who: 4-Hers ages 9-18

Cost: \$30

STOP BY THE LYON COUNTY EXTENSION OFFICE TO REGISTER