



MIDDLE SCHOOL 4-H & CHAMPIONS CLUB

Be a leader in your school and community!

First Meeting **Feb 14th 7:30 AM**

Join us for breakfast and fun before school!

Students must complete Google form!!
<https://forms.gle/y2btR8Luj5boJUKZ7>



4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18

\$125 due 2/28

@ West KY 4-H Camp

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Lyon County 4-H



Lyon County 4-H

Mary Beth Riley

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



Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes		

In a large heavy pot, heat the oil over medium heat. Add the onion and garlic and sauté 2-3 minutes. Add the carrots, red potatoes and broccoli one at a time; sauté each about 2 minutes. Add the Italian seasoning, salt, pepper and flour and toss until vegetables are coated. Cook 1-2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot and simmer for 15 minutes. Remove lid and stir in the half-and-half. Bring back to a simmer and remove from heat. Ladle into bowls and top with cheese to serve.

Yield: 8, 1 cup servings
Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



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

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Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT

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



Happy New Year! I look forward to new beginnings and new programs with Lyon County 4-H! In this month's newsletter you will find information for various programs coming up. One big reminder, please make sure that if you are wanting to attend a program please call our office at 270-388-2341 to register because spots are limited. Also if you know a student in middle school please encourage them to be a part of the 4-H/Champions Middle School Club, the first meeting will be before school on February 14th! Camp sign ups will be here soon, beginning March 1st those students that are interested in attending 4-H summer camp can start signing up. Do you like talking in front of a crowd? Be on the look out for the date of the county competition for speeches and demonstrations. This is a great opportunity for young people to grow their public speaking skills and show off their talents and interests.

4-H SUMMER CAMP

Meet New Friends
Outdoor Activities



June 6-9, 2023
West KY 4-H Camp

Camp Sign-Ups
will open
MARCH 1st

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

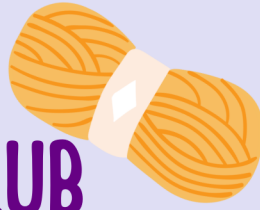
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

AFTER SCHOOL CRAFT AND CULTURE CLUB



When: Feb 14
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!

4-H COOKING

WHEN: FEB. 21

TIME: 3:30-5:00PM

WHO: 4TH-8TH GRADERS

WHERE: LEE S. JONES CONVENTION CENTER

CALL 270-388-2341 TO RESERVE A SPOT! SPOTS ARE LIMITED!



TRASH SCULPTURE CONTEST LYON COUNTY WINNERS!!

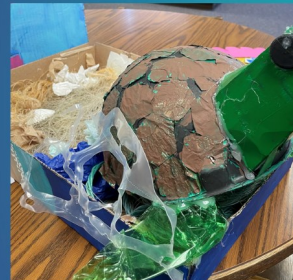
Lower Elementary K-2

1st Place: JT Travis
 2nd Place: Kimberly Brunson
 3rd Place: Nora Grant



Upper Elementary 3-5

1st Place: Madi Carroll
 2nd Place: Kinlee Kingston
 3rd Place: Daisy Bowers



Middle School 6-8

1st Place: Keagan Knott



High School 9-12

1st Place: Emmy Slaton
 2nd Place: Addie Walker and Bella Baccus
 3rd Place: Ian Gossard

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!



4-H Photography Contest "Winter"



Contest Divisions: Based on age on January 1, 2023

Cloverbuds: 5-8 years old
 Juniors: 9-13 years old
 Seniors: 14-18 years old

Email Entries to: mriley@uky.edu by March 1st!

Categories:

Forest: Photograph of a large area dominated by trees
Water: Photograph of still or moving water
Plate Life: Photograph of plant or plants
Natural Scene: Photography showing natural scene
Wildlife: Photograph showing unrestrained wildlife in natural habitat