	-	_			-
SAT	3 & & & & & & & & & & & & & & & & & & &	10	17 4-H Country Ham Project	24	2
FRI	2	9 Home- school club 12 pm @ Crittenden	16	23 MS Club & HS Club	CAMPTION 2 REGISTRATION REGISTRAS!!
THU	1	8 1 1 Prose Club 6 pm @ Ext. Office	Cooking Club 3:30-5 pm	22 CAS 22 CAS 2	59
WED	31	7	14	21 2nd & 3rd Afterschool Cloverbuds	28 5th Grade Classroom Clubs
TUE	30	9	13	20 3rd-5th Afterschool Art Club	274th Grade Classroom Clubs
MOM	29	5 Community Health Fair 4-6 pm	12 Afterschool LEGO Club	19	56
SUN	28	4	11	18	55

Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT



Cooperative Extension Service Lyon County

231 Main Street Eddvville, KY 42038 270) 388-2341

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



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

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



LEXINGTON, KY 40546

Cooperative Extension Service

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

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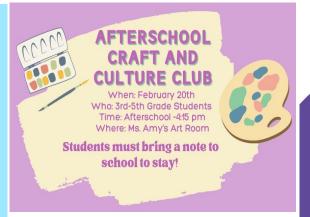
4th-8th Grade Students

Time 3:30-5:00 pm

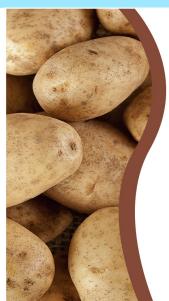
Where Lee S Jones Building

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

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







Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted ½ cup low-fat milk 2 tablespoons fresh
 - pepper 9-by-13-inch baking pan that has been

parsley, chopped

1 tablespoon dried

basil, crushed

3/4 teaspoon salt

1/4 teaspoon black

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

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



February 6

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

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

Get Free Items & **Health Information**

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

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-

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!



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.