




MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28	1
2	3	4	5	6	7 Homeschool club 12 pm @ Lyon	8
9	10	11 Horse Clinic @ MSU	12	13 4-H TLA 	14 Adv. Cooking 10-12 Beg Cooking 2-4 pm	15
16	17	18 Horse Club 3:30 pm @ Ext. Office 	19 Afterschool Cloverbuds	20 4-H Sewing Club	21	22 4-H Country Ham Project
23	24	25 4th Grade Classroom Clubs	26 5th Grade Classroom Clubs	27	28 Stuck in the Middle 	29
30	31	1 4-H LEGO Club	2	3	4	5

Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT



Martin-Gatton
College of Agriculture,
Food and Environment

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



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



Where has the year gone? 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 registration details were sent home during the January classroom club meetings. Registration for camp has already started and spots are filling up! If you have any questions please feel free to call our office at 270-388-2341. 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!** Here are some pictures from some 4-H fun this past month:



Country Ham Project



Health Fair-4-H Booth



Strawberry DNA in classroom clubs

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

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4-H SEWING PROJECT

Limited Space!
Please call
270-388-2341
to register!



WHAT: A PROJECT FOR 4-HERS TO LEARN ABOUT THE SEWING MACHINE AND COMPLETE A 4-H SEWING PROJECT

<p>Unit I Sewing Project: 4th and 5th Graders</p> <p>Date and Time: TBD</p> <p>Unit 1 Sewing is for beginners wanting to learn more about sewing!</p>	<p>Unit II Sewing: Ms. Marilyn will schedule the meeting</p> <p>Unit 2 Sewing is for 4-Hers that have completed a Unit 1 sewing project and are ready for the next step!</p>	<p>Unit III Sewing: Ms. Marilyn will schedule the meeting</p> <p>Unit 3 Sewing is for 4-Hers that have completed the Unit 1 and 2 sewing projects and are ready for the next step!</p>
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4-H CAMP SCHOLARSHIP INFORMATION

4-H Camp scholarships are available for students to attend camp! The scholarships will be based upon need. Scholarship applications are available at the Lyon County Extension Office and are **due back May 9th! Applications received after May 9th will not be considered!** Campers that receive a scholarship will still have to pay a \$50 deposit to hold a spot for 4-H camp.

Thank you to the individuals, businesses, and organizations that donate to the scholarship fund



Next Horse Club Meeting
March 18th
at 3:30 pm

Save the Date!

BEGINNER-FRIENDLY HORSE JUDGING CLINIC



March 11, 2025
\$8/person

Murray State University
Equine Center

Registration starts at 9am
Lunch is provided

Cooperative Extension Service
Agriculture and Natural Resources
Plant and Soil Science
4-H Youth Development
Community and Economic Development

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18 USC 707

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!

APRIL 14TH

LYON COUNTY 4-H COMMUNICATION CONTEST

SPEECHES & DEMOS

@LYON CO EXTENSION OFFICE

SPEECHES: 3-5 MINUTE SPEECH ON ANY TOPIC, COMPETE BY AGE
DEMO: PRESENT DEMONSTRATION REVOLVING AROUND VARIOUS CATEGORIES AND COMPETE BY AGE GROUPING

Contest will be from **5:00-7:00 pm**, if you are wanting to participate call **270-388-2341** to register for a time slot.

ZUBEANIE BOATS

- 4 medium to large zucchini, cut in half lengthwise
- 1 medium red bell pepper, diced
- 1/2 cup diced green onions
- 2 Tbsp olive oil
- 1 cup cooked brown rice
- 1 (15 oz) can low sodium black beans, rinsed and drained
- 1/2 cup corn
- 2 Tbsp taco seasoning
- salt and pepper
- 1 cup shredded cheese

Source: planetmove.com

1. Preheat oven to 400 degrees F. Spray rimmed baking sheet with nonstick cooking spray.
2. Gently scrub zucchini and bell pepper with a clean vegetable brush under cool, running water. Rinse green onions. Prepare vegetables as listed above.
3. Scoop the flesh out of the zucchini halves.
4. Place zucchini halves upside down (skin-side up) on oiled baking sheet and bake for 10 to 12 minutes. Remove from oven and turn the boats over.
5. While zucchini is baking, heat the olive oil in a medium-sized skillet over medium-high heat. Add the red pepper, green onions, and zucchini flesh. Stir until tender about 3 to 5 minutes.
6. Add rice, black beans, corn, salsa, taco seasoning, and a pinch of salt and pepper to the skillet and cook another minute until heated through. Remove from heat and stir in the cheese. Reserve 1/4 cup of cheese to top zucchini boats.
7. Evenly distribute the filling mixture between the zucchini boats. Sprinkle remaining cheese on top. Return the filled boats to the oven and bake for 10 to 12 more minutes, until cheese is melted.



LEGO CLUB



This club is open to youth in 3rd-5th grade

Next Club Meeting:
3.25.25
Time:
3:15-4:15
Place:
Elementary Art Room

Sign up by calling
270-388-2341



A note must be sent with the student to school stating they can stay after school

Mary Beth Riley

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

AMPLIFY KENTUCKY 4-H

