

# 2009 4-H University Educational Program Descriptions

## **Bio-Engineering**

Participants would physically take part in a walking impact test on the food force plate. This device provides direct feedback on walking impacts when using no supports, leg braces, crutches, etc. 4-H members would also take part in the rice milling operation of separating bran and grain and how they are used.

## **Careers In Veterinary Medicine**

There is a shortage of veterinarians in this country and most students don't realize all the jobs a DVM degree prepares one for. It's not just private practice! Learn about the veterinary science field from Dr. Christine Navarre, veterinarian with the LSU AgCenter working in the LSU Veterinary Science School.

## **Children's Hospital Visit**

Visit to Our Lady of the Lake Children's Hospital where you will have the opportunity to bring a smile to a child during a difficult time. Get a first hand look at how a Child Life Specialist deals with the everyday happenings within the children's ward. You will be presenting a gift to every child; thus, making their day a little brighter.

## **Choose Your Own Destiny**

The *I CARE* Program provides prevention education to students in the areas of alcohol, tobacco, other drugs, violence, crisis response and management.

## **Connecting Across Generations**

Have a wonderful time visiting with local senior citizens at the Sterling Place Nursing Home. Enjoy singing, serving ice cream and playing games with all the residents. Be part of this uplifting experience and make a difference in the life of a senior citizen. The smiles you bring to their faces will be a memory that will last a lifetime.

## **Dairy Tour**

Explore the world of the LSU Dairy Farm. Tour the milking parlor, pastures, and the cow herd on the LSU Dairy Farm. Participants will learn the latest in nutrition, milking procedures, and milk production.

## **Geaux'ing to College**

Do you know what you need to *geaux* to college? This workshop will go over all the basics of college life- dorm life, school spirit, Greek organizations, and class scheduling just to name a few. This workshop will give you the knowledge that you need for starting college because it comes from LSU recruiting services personnel who deal with these questions and circumstances on a daily basis. Don't miss this fun, interactive, and informative workshop.

## **Have a Heart: Give the Gift of Life – Presented by James Hymel**

Where can a profound tragedy bring new life? Where do you have the power to make something positive from an otherwise terrible situation? Hear first hand personal stories about the experience of a second chance at life, of giving a loved one's organs to save the life of a

stranger and more. Learn what you can do to help save lives. Help us teach others the importance of organ and tissue donation. Have a heart; give the gift of life. Someone is waiting.

### **Internet Safety**

The Louisiana Attorney Generals Office in Baton Rouge will provide an overview of Internet Safety for youth. The program covers social networking sites, identity theft, cyber bullying, and learning some of the Do's and Don'ts with the internet. Examples will be provided of what youth are doing that is putting them at risk and also offer tips and suggestions to keep them safe online. How to protect you from these new and developing issues in the internet world today will be helpful.

### **Kleinpeter Farms**

Kleinpeter Farms Dairy has been involved in agriculture here in Louisiana since 1774. They were the first to have a steam powered cotton gin and now they are the only ice cream producing facility in Louisiana. They have been producing; packaging, and distributing their milk products since 1913, and now have added ice cream to their line of products. Their ice cream is rBGH-free, along with their milk products, and they incorporate other locally grown, locally produced ingredients into their ice cream flavors. These ingredients consist of Aunt Sally's Pralines made in New Orleans, Bergeron's Pecans made in New Roads, Ponchatoula Strawberries grown in Ponchatoula; Sweet Potato Pie with sweet potato's grown in New Iberia, Elmer's Gold Brick Egg flavor with chocolate made in Ponchatoula, and many others. Kleinpeter also uses Louisiana Cane Sugar in all of it flavors except the No Sugar Added flavors. Kleinpeter is setting the standard for a national movement to partner with neighboring companies as opposed to shipping ingredients across our country. Come and see their state of the art facility, and taste their high quality products for yourself.

### **Louisiana Culinary Institute**

The tour will show students the largest proprietary culinary school in the state. The 30,000 sq ft state-of-the-art facility includes 4 demo labs, classrooms, dining rooms, walk-in coolers, two commercial kitchens, media center, and an amphitheater with a full residential kitchen used for demonstrations. Inside the ampitheatre we will review the science of biscuits. This includes double acting baking powder (chemical leaveners), gluten formation, and maillard reaction. They are also edible so we will make enough to sample for the 50 students in each program.

### **Louisiana House**

Tour of LaHouse, home and landscape resource center operated by LSU AgCenter, will be conducted. The tour will showcase sustainable housing and landscaping that is resource-efficient, durable, healthy, convenient, and practical. This home will serve as the model for homeowners and builders throughout Louisiana and southeastern United States.

### **LSU Athletic Tour**

Tour the LSU athletic facilities for football, basketball, and track including the weight training room. Receive the latest information on the construction project on Tiger stadium, Assembly Center, and Mike the Tiger's Habitat.

## **Show Me the Money**

Learn how to establish and use credit wisely. It's very easy to establish credit, but utilizing and maintaining that privilege is another issue. Blaine Grimes, with LSU Campus Federal Credit Union will walk you through the credit procedure and also how to establish a savings account, more importantly, how to maintain and increase your savings account.

## **The PURRRFECT Community Service Combination: Pets and You -**

Do you love animals? Would you like to find how you can serve the needs of animals in your community? During this workshop, participants will learn about ideas and opportunities to serve the needs of animals in their local community. Participants will make an item that will be donated to a local animal shelter.

## **What Not to Wear**

It's important as a teen to be properly dressed for the occasion especially for functions on a college campus. Learn from the latest fashion experts on what is appropriate dress for the occasion as a young person.