



# MEAN GREEN NEWSLETTER

LSU AgCenter  
Franklin Parish

October 2008



We are glad you joined 4-H this year!

Get involved and participate in the many activities offered!

## Coming Soon...

Leaf ID Contest entries are due in the 4-H Office by **October 24, 2008**

Deadline to request tags for hog validation for the Delhi Livestock Show is **October 27th**.

Holiday Foods Festival Cookery Contest, November 29th. You must call in and register your name and dishes by **November 14th**. If you do not call in and register, you will not be allowed to enter this contest.

### 4-H Camp Grant Walker Needs Your Ideas!

Announcing the 7th annual "Catch Phrase for Camp" Contest

What's a good theme for 4-H Summer Camp? Send us your most creative ideas for a slogan - in 7 words or less. To enable campers to have more of a choice in the design of their T-shirts this year, illustrations must accompany the phrase and will be part of the contest. The contest is open to all 4-H Club members. The winning slogan will be one that is brief and "catchy", capturing the spirit of 4-H Camp Grant Walker. The slogan will be used on all publicity for camp and on the camp T-shirt. The winner will receive a monetary award from the LAE 4-HA (La. Association of 4-H Agents). Think fast - the deadline is **October 31st**.

Submissions must also include the following:

**Full name and age of person submitting the slogan**  
**Parish / 4-H Club**  
**Complete mailing address**  
**Telephone number**

Contest entries will be judged by the LAE4-HA Ways and Means Committee and the 4-H Camp Staff. After final selection, the winner will be notified and asked to sign a release for the slogan to be used in all publicity for the camp as well as on the T-shirt. Both the 4-H'er and parent/guardian must sign the release. Deadline for receipt of entries is **Friday, October 31st, 2008**. Individuals may submit multiple entries which may be sent together to the following:

**Grant Walker 4-H Educational Center**  
**Camp Catch Phrase**  
**3000 Hwy. 8**  
**Pollock, LA 71467**  
**\*FAX 318/765-3135**

**THANK YOU FOR YOUR PARTICIPATION!**

**All entries must be received in the Grant Walker Office by this date in order to be considered!!!**

**\*E-mail** [kmlandry@agcenter.lsu.edu](mailto:kmlandry@agcenter.lsu.edu)



### October

**6th-10th** National 4-H Week

**10th** Deadline to hand in registration forms for Great Pumpkin Workshop

**14th** Junior Leader meeting, Plantation Manor Nursing Home 3:30-4:30 PM

**16th** Fashion, Food & Fitness Club meeting, Extension Office, 3:30-4:30 PM

**21st** Great Pumpkin Workshop

3:30-5:00 PM (4th-7th grade)

**23rd-Nov 9** State Fair

**24th** Leaf ID Contest entries due

### November

**11th** Junior Leader meeting, Plantation Manor Nursing Home 3:30-4:30 PM

**13th** Fashion, Food and Fitness Club meeting 3:30-4:30, Extension Office

**14th** Deadline to call in and register for Holiday Foods Festival

**25th** Holiday Foods Festival, Citizens Progressive Bank Community Room

### December

No monthly club meetings

**9th** Junior Leader Christmas Social, 3:30-4:30, Extension Office.

**11th** Fashion, Food & Fitness Club Christmas Social, 3:30-4:30, Extension Office.

**12th** Photography Contest deadline.

### Eat Enough . . . Not Too Much

When you don't eat enough, you may miss out on nutrients that you need for energy and for good health. Your body needs nutrients to grow strong and healthy. If you eat too much, you may get more food energy (calories) than you need to grow and move. This might result in weight gain also. The best solution is to eat enough, but not too much.

Try these tips to help you eat enough but not too much:

- > Skip the urge to eat from a bag. Measure out one serving and put the rest away.
- > Buy packages that contain just one serving.
- > If you buy a big package, put small amounts into separate bags or containers. Eat just what is in one of the smaller bags.

Slow down when eating so your stomach has time to talk to your brain. If you eat too fast, you may eat too much and get stuffed. Allow your stomach 20 minutes to let your brain know it is full.

**Junior Leader Club**

The Junior Leader Club is open to all 4-H'ers in grades 7-12. Our next meeting will be Tuesday, October 14th at the Plantation Manor Nursing Home. The cost to join the Junior Leader Club is \$10. Youth who join will be involved in service learning activities, fund-raisers, and social events.

**Fashion, Food and Fitness Club**

This after-school club provides hands-on experiences relative to fashion, food and fitness. Members will participate in monthly meetings, field trips, and workshops. All 4-H'ers are eligible to join. The cost to be a member of the FFF Club is \$10. The next meeting will be held Thursday, October 16th at the Franklin Parish Extension Office from 3:30 to 4:30 PM.

**Time to Order your Broiler Chicks!!!**

It is time to think bout broiler chick orders for the 2009 spring broiler show. The 2009 LSU Junior Broiler Show will be a **Straight Run** Show. Exhibitors will be allowed to show one pen of pullets and/or one pen of cockerels. An entry must consist of three (3) broilers (either three pullets or three cockerels).

All broiler chicks for this show must be ordered through the 4-H office. You must complete the order form and return it to the 4-H office by October 31st. The cost will be 35¢ per chick. Please make checks payable to the "Louisiana Poultry Federation". Be sure to include payment with your order form.

The tentative delivery date is Thursday, January 8, 2008.

If you have any questions, please do not hesitate to call the 4-H Office at 435-7551.

**Broiler Chick Order Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

School: \_\_\_\_\_

Number of chicks needed: \_\_\_\_\_

Amount enclosed (35¢ per chick): \_\_\_\_\_

If you are new to this Project, we can provide assistance to you, Just contact our office at 435-7551.

**Boo Cups**

3 ¼ cups cold milk

2 pkg. (4-serving size each) JELL-O Chocolate Flavor Instant Pudding & Pie Filling

1 tub (8 oz.) Cool Whip Whipped Topping, thawed, divided

20 OREO Chocolate Sandwich Cookies, crushed, divided

30 miniature semi-sweet chocolate chips

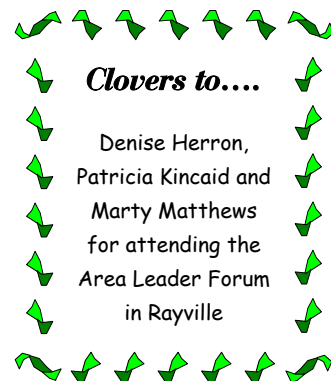
**POUR** milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Gently stir in half each of

the whipped topping and cookie crumbs.

**SPOON** 1 tablespoon of the remaining cookie crumbs into each of 15 (6 oz.) paper or plastic cups. Cover evenly with layers of the

pudding mixture and remaining cookie crumbs.

**DROP** remaining whipped topping by spoonfuls onto desserts to resemble ghosts. Add chocolate chips for the eyes. Serve immediately. Or, refrigerate until ready to serve. Cover and store leftover desserts in refrigerator.



**Clovers to....**

Denise Herron,  
Patricia Kincaid and  
Marty Matthews  
for attending the  
Area Leader Forum  
in Rayville

**Assessing Leadership**

*What is a Leader?*

Managers - help coordinate the team's work.

Problem Solvers - are logical thinkers, suggest solutions and initiate actions.

Nurturers - are compassionate, encouraging and appreciative.

Dreamers - are enthusiastic, creative, and can visualize possibilities.

Mediators - provide a calm environment, resolve differences and give everyone a chance to be heard.

Made Available by:

Laura Bradley

Assistant Extension Agent

4-H Youth Development

Franklin Parish  
6562 Main Street  
Winnsboro, LA 71295  
Phone: (318)435-7551

**Interested Volunteers**

Any Adult interested in volunteering for any 4-H contest / activity should contact the 4-H office at 435-7551



LSU AgCenter  
William B. Richardson, Chancellor

Louisiana Agricultural Experiment Station  
David J. Boethel, Vice Chancellor and Director

Louisiana Cooperative Extension Service  
Paul D. Coreil, Vice Chancellor and Director

The LSU AgCenter provides equal opportunities to all in programs and employment.

If you have a disability which requires special assistance or your participation in the meetings or activities, please call the Franklin Parish Extension Office at (318) 435-7551.