



MEAN GREEN NEWSLETTER

LSU AgCenter
Franklin Parish

FEBRUARY 2009



Team Camp

Team Camp will be held March 26th-28th, 2009. This camp challenges youth to create a team that communicates well, works well together and creates a plan to complete a team adventure. Cost for camp will be \$65.00, and will be due by Friday, February, 27

7th & 8th graders

Applications for 2010 National Conference are due in the 4-H Office by February 27th, 2009.

Jr. Leaders and Fashion, Food and Fitness members will be selling World's Finest Chocolate candy bars for \$1 throughout the month of February.

The 4-H Office will be closed on February 24th. We will reopen on February 25th at 8:00 AM.

*** If you are interested in being a camp counselor, please contact our office at 435-7551.



February

4th-7th Northeast District Livestock show.

10th-11th Ag Adventures, Delhi.

12th Fashion, Food & Fitness, Ext Office, 3:30-4:30.

14th-15th Food & Fitness Camp

16th Area Cookery Contest-First Baptist Church, Winnboro.

17th Junior Leader Meeting, 3:30-4:30, Plantation Manor Nursing Home.

18th-21st State Livestock Show, Baton Rouge.

20th Beef Poster Contest entries due; Deadline to call and register for Ambassador Talk Contest.

26th Ambassador Talk Contest, Extension Office, 3:30-4:30 PM.

27th Deadline for Team Camp registration

March

5th Fashion, Food & Fitness meeting, 3:30-4:30 PM at Extension Office

6th Deadline to submit scholarship applications and co-op applications

10th Jr. Leader meeting, Plantation Manor

13-15th Jr. Leadership Conference

19th Pet show

26-28th Team Camp

CONGRATULATIONS

To our **Clubs of the Month** for January:

- 1st Gilbert Sr.
- 2nd Franklin Academy Jr.
- 3rd JACA
- 4th Homeschool
- 5th Baskin 5th

Photography Contest Winners:

Story or Series

- 1st Kameron Shirley
- 2nd Keyunia Robinson
- 3rd Christian Beach

People, Structures, Buildings

- 1st Lindsey Robbins
- 2nd Jessica Dunaway

Plants or Animals

- 1st Amanda Kincaid
- 2nd Dorian Parks
- 3rd Sarah Haring

Best Overall

Lindsey Robbins

Fashion, Food & Fitness Club

Members of the Fashion, Food & Fitness Club had the opportunity to freeze model during Ag Expo held at the Ike Hamilton Expo Center in West Monroe. The public who visited the Ag Expo on January 16th saw some of our Franklin 4-Hers show off their modeling skills. These 4Hers included Jessi Poland, Kylie Hill, Mallarie Lowe and Michaela St. Clair.

Leadership

Differences exist among everyone and must be recognized. We do not always like or understand other people's differences. Differences can be positive. When we accept people's differences, we benefit from their strengths and a greater understanding of the people we are trying to lead.

Seniors

The 4-H Office has mailed scholarship information to all enrolled 4-H Seniors. If you did not receive a scholarship packet, call the 4-H Office at 435-7551.

Ambassador Talk Contest

The Ambassador Talk Contest will be held Thursday, February 26th at the Franklin Parish Extension Office. The contest will begin at 3:30 PM. To participate in this contest, you must call in and register by February 20th.

* ATTENTION *

If you are planning on showing a grade horse at the District Horse Show in July, you must contact Ms. Laura at 435-7551. Your horse must be looked at by March 20, 2009.

**Attention 4th - 6th Graders!
4-H Camp!**

4-H Camp will be July 27th - 31st, 2009. Start making plans to attend! Camp will cost \$140.00. A \$50.00 non-refundable deposit will be due by April 24th, 2009. If you receive free or reduced lunches, ask about the Chancellor's Scholarship Program.

Beef Poster Contest

The 4-H Beef Posters are due Friday, February 20th. You may submit these to the 4-H Office or the 4-H leader at your school.

Youth Co-op Leadership Conference

Members grades 8—12 can attend a conference designed to learn about the cooperative form of business. The cost of the conference is \$25 per delegate. You must provide your own transportation to this event. Ten delegates will be selected for top awards. The top three delegates will receive an educational trip later in the summer. The next 7 delegates will each receive a cash award of \$50. If you are interested, call the 4-H Office for application and health forms due by March 6, 2009. They take 120 delegates, and places are filled on a first-come, first-served basis. This is a great opportunity. Take advantage of it!

FAT



Fat is a nutrient found in food that gives us calories (energy). Some foods, including most fruits and vegetables, have almost no fat. Other foods have plenty of fat. They include nuts, oils, butter, and meats like beef. The name — fat — may make it sound like something you shouldn't eat. But fat is an important part of a healthy diet. Fat helps our bodies grow and work like they should. There are different types of fats, some of them good and some not-so-good. Choose to limit foods with saturated fat. Eating a lot of saturated fat increases the chance of heart disease. Saturated fats are solid at room temperature. Butter, stick margarine, and fat in meat are examples. Eating lots of any fat, saturated or not, can add up to too many calories. This can cause you to gain weight. Choose mostly lean and low-fat foods to help your child and you keep your healthy weight.

We need fats to stay healthy, but some fats are better for you than others. For example, trans fats, are the worst kind of fat. They are found in cakes and cookies that you buy at the store or frosting that comes in a can. You should try to avoid these "trans fats" you can do so by making sure you read the Nutrition Facts Label.



Made Available by:

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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.