



MEAN GREEN NEWSLETTER

LSU AgCenter
Franklin Parish

MARCH 2009



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

4-H UNIVERSITY

4-H members 13 years of age and older **** start making plans to attend 4-H University, June 23-26, 2009. Deadline to sign up is May 15, 2009.



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

16th Deadline to sign up for Pet Show

19th Pet show

20th Grade horse inspection deadline

26-28th Team Camp

April

3-5 Co-op Leadership Conference

9 Garments due for Spring Style Show

14 Junior Leaders meeting at Plantation Manor.

Spring Style Show, Plantation Manor, 2 PM

16 Fashion, Food & Fitness Club Scavenger Hunt to Pecanland Mall

16-17 Horse Camp

21 State Ambassador Talk Contest

23 4 Star applications due

24 Deadline to pay deposit for Summer Camp



HORSE PROJECT PARTICIPANTS

The dates for the Louisiana 4-H and FFA Horse Show are as follows: District is July 1st and 2nd, and State is July 6th - 10th. Both will be held at the Ike Hamilton Expo Center in West Monroe. If you plan to participate, you must be in possession of your animal by April 1, 2009. Registered horses must be registered in the name of the 4-H member or an immediate family member. You must fill out an ownership form for grade horses. Enter classes based on your age as of December 31, 2008.

Project Books Deadline

March 27th is the deadline to turn in your completed project books for the records contest. They will not be accepted after this date.

Congratulations!

Clubs of the Month for February...

- 1st Franklin Academy Junior
- 2nd Homeschool
- 3rd Family Community Christian School
- 4th Fort Necessity Upper
- 5th Fort Necessity Junior

Northeast Area 4-H Cookery Contest

Ray Lockard, Kolby Jones, Sabrina Acton, Kaitlyn Thomas, Rebekah Crawford, and Ryan Sullivan competed in the Northeast Area 4-H Cookery Contest held at the First Baptist Church in Winnsboro. Each contestant brought their first place dish from the Franklin 4-H Holiday Foods Festival. They competed with 4-Hers from 9 other parishes in the Northeast area. Congratulations to Kaitlyn Thomas for winning first place and to Rae Lockard for winning third place at this event!

Dairy Billboard Contest

Fourteen billboards were submitted in this year's 4-H Dairy Billboard Contest. Congratulations to the 2009 first, second and third place winners:

Division 1	Division 2	Division 3
1st Kylie Hill	1st Joseph Calhoun	1st Hillary Herron
2nd Kason Rollins		2nd Jason Calhoun
3rd Kaitlyn Thomas		3rd Jared Stephenson

All first place posters will be sent to Baton Rouge to compete in the state Draw a Dairy Billboard Contest.



* 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.

PET SHOW

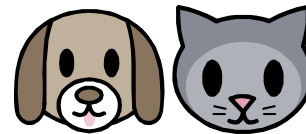
Bring your pet to the 4-H Livestock Barn Thursday, March 19, 2009 at 3:30 PM to participate in the fun! 4-H members with the highest cumulative scores in each division will receive a monetary award. The divisions and categories are listed below. 4-Hers placing 1st, 2nd or 3rd in all categories will be awarded ribbons and points as follows: 1st place - 5 points, 2nd place - 3 points, and 3rd place - 1 point.

Each 4-Her may enter one animal in each division (1 cat, 1 dog and 1 any other).

To participate in the pet show, you must call in and register with the 4-H Office at 435-7551 by March 16, 2009.

Parents and spectators - bring a folding chair. The contest will be held at the livestock barn behind Franklin Academy (canceled if raining). All animals must be on a leash or in some sort of container. Divisions are:

- | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Dog</p> <ol style="list-style-type: none"> 1. Prettiest 2. Best Groomed 3. Longest Tail 4. Biggest Ears 5. Best Trick 6. Best Dressed | <p>Cat</p> <ol style="list-style-type: none"> 1. Prettiest 2. Most Colorful 3. Longest Hair 4. Best Groomed 5. Best Trick 6. Best Dressed | <p>Any Other</p> <ol style="list-style-type: none"> 1. Prettiest 2. Ugliest 3. Largest 4. Smallest 5. Most Unusual 6. Best Dressed |
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Leadership: Resolving Conflict

Conflict is a fact of life. Conflict and disagreements are not the same thing. Different ways to deal with conflict are necessary to get the best result. When addressed, conflict helps a group or individual become stronger. Conflict, if left unaddressed, can keep a group or individual from functioning positively.

4-H SPRING STYLE SHOW

The 4-H Spring Style Show will be held Wednesday, April 15 at the Plantation Manor Nursing Home. 4-Hers may enter the Fashion Review, Sew With Cotton, and T-shirt Decorating Contests. Garments are due to the 4-H office by 4:30 PM on Thursday, April 9th.



CONGRATULATIONS DISTRICT LIVESTOCK SHOW WINNERS!!!

Kristen Berry - Grand Champion Broilers, Reserve Grand Champion Broilers, Showmanship class Poultry winner, 15 & up, Overall Showmanship Reserve Grand Champion Poultry **Katie Taylor** - Champion Non-Brahman Influence Commercial Heifer. **Kylie Hill** - Best Opposite Rabbit. **Madeline Martin** - Champion Standard Cockerel and Champion Standard Hen. **Jake Monnin** - Showmanship Class Rabbit Winner 12 - 14 and Overall Showmanship Grand Champion - Rabbit. **Sarah Ford** - Overall Showmanship Reserve Grand Champion - Rabbit.

STATE SHOW

Congratulations to Kristen Berry! She placed 8th with her pullets and 6th in Showmanship Senior Division. Congratulations to Katie Taylor! She placed 1st in her class with her Commercial Heifer and 5th in Showmanship out of 22.

Horse Camp

Horse Camp at the Ike Hamilton Expo Center in West Monroe will be held April 16 - 17, 2009. Registration is limited to the first 75 4-H members. Deadline to sign up is April 1, 2009. If you did not get a letter in the mail and are interested, please contact the 4-H office at 435-7551.

Made Available by:

Laura Bradley
Assistant Extension Agent
4-H Youth Development

Franklin Parish
6562 Main Street
Winnsboro, LA 71295
Phone: (318)435-7551
Fax: (318)435-8216

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.

Why Snacks?

Snacks should be like mini meals that provide nutrients and food energy to help you grow, play and learn. Smart snacks can help you eat and drink enough during the day. Here are some tips to help you snack smart:

- o Keep food group snacks handy – For example, raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.
- o Let snacks fill in the gaps – If you miss juice for breakfast, try fruit or 100% juice for a snack.
- o Time snacks carefully – Try to snack two to three hours before meals so you will still be hungry for lunch or supper.
- o Have snacks to satisfy hunger – Skip the urge to snack just because you are bored. Have a snack only if you are really hungry.

Watch out for snacks with added sugars. Go for milk, 100% juice or water as snack drinks. Soft drinks and fruit drinks can crowd out foods you need to grow and stay healthy. Make food group foods your usual snacks and only have candy occasionally. Healthy snacks can be quick and easy. Try fruit, raw vegetables, graham crackers, string cheese, cheese and crackers, a bagel with peanut butter, or frozen yogurt.

These easy-to-make snacks are as fun to eat as they are to make:

- o Milk shake-ups: Pour milk, juice and ice in a covered container. Shake and enjoy!
- o Fruit juice pops: Freeze fruit juice in small paper cups or ice cube trays.
- o Crunchy banana: Peel bananas. Roll them in peanut butter or yogurt and crushed cereal. Freeze and then enjoy once frozen.
- o Peanut butter logs: Fill celery with peanut butter. Add raisins to make bugs on a log.
- o Cinnamon toast: Toast whole wheat bread. Spread a little margarine or butter on top and sprinkle with cinnamon sugar.

Snack Smoothie

- 1 cup orange juice**
 - 1 cup whole frozen unsweetened strawberries**
 - 1 cup plain or vanilla yogurt**
 - 2 teaspoons honey or granulated sugar**
 - 1 sliced banana**
- Combine all ingredients and blend in a blender until smooth.**

Easy Peanut Butter Cookies

- 1 cup peanut butter**
- 1 cup sugar**
- 1 egg**
- 1 teaspoon vanilla**

Mix peanut butter and sugar. Add egg and vanilla. Mix well. Roll into balls and place on

Banana Malt Shake

- 1 banana**
 - 1 large scoop of ice cream**
 - ½ cup milk**
 - 2 tablespoons powdered malt**
- Slice banana into a blender. Add ice cream, milk and malt powder. Blend until smooth and creamy.**

