



MEAN GREEN NEWSLETTER

LSU AgCenter
Franklin Parish

APRIL 2009



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.

4-H PET SHOW

There were 23 entries in this year's Pet Show Contest. The winners are as follows:

<u>Dog Category</u>	<u>Cat Category</u>	<u>Any Other Category</u>
1st Summer Parks	1st Amanda Kincaid	1st Summer Parks
2nd Mallory Leake	2nd Justin Marsh	2nd John Barber
3rd Kelsey McDaniel		3rd Kylie Hill



April

- 3-5th Co-op Leadership Conference**
- 9th Garments due for Spring Style show**
- 14th Junior Leaders meeting at Plantation Manor**
- 15th Spring Style Show, Plantation Manor, 2 PM**
- 16th Fashion, Food & Fitness Club Scavenger Hunt to Pecanland Mall**
- 16-17th Horse Camp**
- 21st State Ambassador Talk Contest**
- 23rd 4 Star applications due**
- 24th Deadline to pay deposit for Summer Camp**

May

- 7th 4-H Awards Night**
- 12th Junior Leader Meeting, 3:30 PM at the Extension Office**
- 14th Fashion, Food and Fitness meeting, 3:30 PM at the Extension Office.**



This month the Fashion Food and Fitness Club will go on a scavenger hunt at Pecanland Mall on Thursday, April 16th. The deadline to call in and register for the scavenger hunt is Monday, April 13th.

*** BEEF POSTER CONTEST ***

There were 31 entries in this year's Beef Poster Contest. The winners are as follows:

<u>Division I</u>	<u>Division II</u>
1st Clay Lewis	1st Hailey Caldwell
2nd John Barber	2nd Emery Oliver
3rd Garrett McMurray	3rd Sydney Roberts

Good luck to the first place winners! Their posters will be sent to Baton Rouge to compete in the State Beef Poster Contest.

Fashion, Food and Fitness

The Fashion, Food and Fitness Club held its monthly meeting on Thursday, March 5, 2009. Amanda Kincaid gave a demonstration on how to make No-Bake Cookies. The 4-Hers also learned how to sew on a button.

CONGRATULATIONS!

Clubs of the Month for February...

- 1st Baskin 5th
- 2nd Fort Necessity Upper
- 3rd Family Community Christian School
- 4th Homeschool
- 5th Gilbert Senior

4-Star applications are due by Thursday, April 23rd.

LEADERSHIP

We all have leadership skills and every contribution we make does make a difference in the lives of others!

**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.

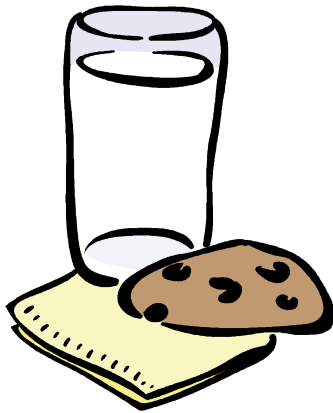
Milk Matters

Think that you don't need to worry about your bones? Think again. This is the time of your life where you are building the strong bones that you will need for the rest of your life. Did you know that your body builds nearly half its bone between ages 11 and 19? Be sure to get enough calcium now to help your body make strong bones. And besides, it takes strong bones now to help you run, jump, skate, play ball or whatever it is you like to do. There are lots of ways to keep your bones healthy but the two most important ones are getting calcium and getting exercise. The calcium in milk is essential to having healthy bones and teeth. Milk is one of the most nutritious drinks you can have. In addition to calcium, it has phosphorus, riboflavin, protein, niacin, vitamin B12, and potassium.

Milk and milk products such as ice cream, cheese and yogurt are best for you when you eat the low-fat or fat-free versions.

FUN FACTS

- > It takes more than 21 pounds of whole milk to make 1 pound of butter.
- > The average cow produces enough milk each day to fill six 1-gallon jugs, about 55 pounds of milk.
- > Cheddar cheese is the most popular natural cheese in the United States.
- > A cow has 4 stomachs and 32 teeth.
- > Cows have an great sense of smell and can smell something up to six miles away.



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.



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.