



# The Green Wave



## Who Named Our 4-H Newsletter?

There were several submissions for the newsletter's name this year. Thanks to those of you who turned some in. However, only one

could be picked and congratulations go to **Samuel Bishop**, a 4th grade 4-H member at Briarfield Academy. We'll use "*The Green*

*Wave*" for the remainder of this school year. **Way to go Samuel!**

November 2007

Monthly Newsletter

---

### Upcoming Events:

- ☺ Arbor Day
- ☺ Ag Alley
- ☺ Fashion Camp
- ☺ District Livestock Show
- ☺ LSU Livestock Show
- ☺ Food & Fitness Camp
- ☺ 4-H Night With the Hornets
- ☺ SU Livestock & Poultry Show

## Who Won the Sweet Potato & Poultry Nutritional Cookery Contests?

The Sweet Potato and Poultry Cookery contests were held Saturday, October 20 at the Louisiana State Cotton Museum.

Winners in each category were as follows: **On'Junae**

**Hewitt**—First Place in Sweet Potato and Second Place in Poultry and **Samuel Bishop**—First Place in Poultry and Second Place in Sweet Potato.

Thank you to the judges, Ms. Harriet

Bridges and Ms. Cedonia Bland. And thanks to all parents and the Louisiana State Cotton Museum for their support of East Carroll Parish 4-H activities.

---

### Inside this issue:

Thanksgiving Word Search	2
Egg, Rice & Catfish Cookery	3
CHARACTER COUNTS!	3
FNP Lesson: Dive Into Science	3
Louisiana Word Search	4
4-H Night With the Hornets	4

## Fall Food Drive

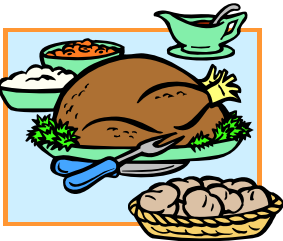
The Fall Food Drive is ongoing. You will have time to donate non-perishable food items until **November 16**. Please remember all

those who are less fortunate and give from your heart.

The club to donate the most canned goods will

receive a cake and ice cream party.

# Thanksgiving!



- |       |          |          |           |           |             |              |
|-------|----------|----------|-----------|-----------|-------------|--------------|
| BAKE  | COLONY   | EAT      | GRAVY     | NAP       | PLYMOUTH    | THANKSGIVING |
| BREAD | COOK     | FAMILY   | HAM       | NOVEMBER  | PUMPKIN PIE | THURSDAY     |
| CARVE | CORN     | FEAST    | HOLIDAY   | PARADE    | SLEEP       | TURKEY       |
| CIDER | DIET     | GIBLETS  | INDIANS   | PECAN PIE | SNOW        | WINTER       |
| COLD  | DRESSING | GRANDMAS | LEFTOVERS | PILGRIMS  | STUFFING    | YAMS         |

Copyright 1995 John R. Potter John's Word Search Puzzles  
<http://www.thepotters.com/puzzles.html>

# Egg, Rice and Catfish Nutritional Cookery Contests

The Egg, Rice and Catfish Cookery contests will be held **Wednesday, November 7** at the 4-H office; registration: 5:30 p.m.—judging: 6 p.m.

1. Egg—dish must use a minimum of **4 eggs**. This can be four whites, four yolks or four whole eggs. No raw eggs will be allowed in the final product. The recipe with four eggs must make only one standard size dish.



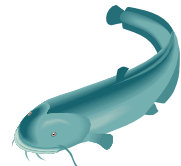
For example, a recipe with four eggs that makes two pies of standard size will not qualify. Any type egg dish may be entered.

2. Rice—dish must contain at least **1 cup of uncooked rice** or **2 cups of cooked rice** (white or brown). If using rice bran instead of rice, the recipe must contain at least 1/4 cup of rice bran. Wild rice is



acceptable as long as there are 2 cups of cooked white or brown rice also included in the dish. Any type rice dish may be entered.

3. Catfish—dish must use a minimum of **1 cup of catfish**. Please use farm-raised Louisiana catfish. Any type catfish dish may be entered.



## CHARACTER COUNTS!

Which pillar am I?

\_\_\_\_\_! Read the bullets, then fill in the blank.

- Do what you are supposed to do
- Persevere: keep on trying
- Always do your best
- Use self-control
- Be self-disciplined
- Think before you act—consider the consequences
- Be accountable for your choices

*"It is true I am only one, but I am one. And the fact that I cannot do everything will not prevent me from doing what I can do." - Edward Hale*

*"Necessity is not a fact, it is an interpretation."*

- Friedrich Nietzsche

*"A bad workman always blames his tools." - Proverb*

## Dive Into Science

As a part of the LSU AgCenter, the Louisiana Agricultural Experiment Station strives to enhance the quality of life for Louisiana citizens through basic and applied research. This research helps make the best use of natural resources while protecting the environment. Many new agricultural practices have been developed through the research done by the LSU AgCenter throughout our state.

There are 19 LSU AgCenter research stations throughout the state.

The scientific method is a process for experimentation that is used to answer questions and explore observations. The five basic steps of the scientific method are as follows:

1. Question
2. Hypothesis
3. Experiment
4. Results
5. Conclusion

Provided by

LSU AgCenter Community Nutrition Programs

This institution is an equal opportunity provider. This material was funded partially by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to apply, call 1-888-LAHELP or visit [www.dss.state.la.us](http://www.dss.state.la.us) to download an application for Food Stamps.



# Louisiana



- |              |             |        |
|--------------|-------------|--------|
| ADA          | LOCKPORT    | TERRY  |
| ALEXANDRIA   | LUNA        | WOMACK |
| ALTO         | MANY        |        |
| BALL         | MAXIE       |        |
| BASTROP      | MITTIE      |        |
| BATON ROUGE  | MONROE      |        |
| BOND         | MORSE       |        |
| BOSSIER CITY | NEW ORLEANS |        |
| CLAY         | OIL CITY    |        |
| COLFAX       | OLLO        |        |
| COUSHATTA    | OPELOUSAS   |        |
| DERIDDER     | ORETTA      |        |
| EVA          | PARKS       |        |
| EVERGREEN    | PELICAN     |        |
| GREENWOOD    | PINE        |        |
| HOUMA        | REEVES      |        |
| IDA          | ROY         |        |
| IOTA         | SADIE       |        |
| KENNER       | SHREVEPORT  |        |
| LAFAYETTE    | SIKES       |        |
| LAKE CHARLES | SLIDELL     |        |
| LARTO        | SUN         |        |

Copyright 1997 John R. Potter John's Word Search Puzzles  
<http://www.thepotter.com/puzzles.html>

## 4-H Night With the Hornets

4-H Night With the New Orleans Hornets will be **Friday, February 22, 2008**. The Hornets' opponents will be the Houston Rockets. Game time will be 7 p.m. in the New Orleans

Arena. The total price to attend the game will be **\$65** which includes the ticket and the bus fee.



Made available by: Krishanda H. Mayers, Associate Extension Agent, 4-H Youth Development, East Carroll Parish

If you have a disability that requires special accommodation for your participation in any 4-H event, please call Ms. Mayers at (318) 559-1459. It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age or disability.

Louisiana State University Agricultural Center—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

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

