



The Green Wave

Louisiana 4-H: Celebrating 100 Years



Did you know 4-H started in Louisiana in 1908? The first 4-H club was a Corn Club in Avoyelles Parish.

Test your mind and unscramble the following words:

- | | |
|------------------------|----------------------|
| 1. ayihpybhratdp _____ | 6. ehtra _____ |
| 2. daeh _____ | 7. evsleyloa _____ |
| 3. rnbicetolea _____ | 8. ennialnctet _____ |
| 4. vlcoer _____ | 9. curbonlc _____ |
| 5. redeunodnh _____ | 10. 8910 _____ |
| | 11. hfuro _____ |
| | 12. houyt _____ |
| | 13. dnsha _____ |
| | 14. oesletvurn _____ |

January 2008

Monthly Newsletter

Upcoming Events:

- ☉ Ag Alley
- ☉ Fashion Camp
- ☉ NE District Livestock Show
- ☉ LSU State Livestock Show
- ☉ Food & Fitness Camp
- ☉ 4-H Night with the Hornets
- ☉ SU Livestock & Poultry Show

Which Club Won the Fall Food Drive Cake and Ice Cream Party?



Congratulations to Southside Clover Buds (3rd graders) for collecting the most food for our annual Fall Food Drive. They will

enjoy cake and ice cream at their January club meeting. Lake Providence Senior High came in 2nd place and Northside Elementary

came in 3rd. A special thank you goes to all leaders for their support and leadership with the 4-H program.

CHARACTER COUNTS!

Fairness:

- Play by the rules
- Take turns and share
- Be open-minded; listen to others
- Don't take advantage of others
- Don't blame others carelessly
- ◊ Fair ◊ Just
- ◊ Open ◊ Impartial
- ◊ Listens

"What inspires me are all the kids that are doing something to make the world a better place even though some adults might not think they can." — Ryan Hreljac

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Who Won the Egg, Rice & Catfish Nutritional Cooking Contests?

The Egg, Rice and Catfish cookery contests were held Wednesday, November 7, at the 4-H office.

There was a new category for each commodity based on originality called "Best of Show". Winners were as follows: **Samuel Bishop**—First Place in Catfish,



Arthur Brown, Samuel Bishop, Steven Smith, Bryant Hill, Lincoln Powell & On'Junae Hewitt
Egg Contest

Second Place and Best of Show in Rice and Second Place in Egg; **Arthur Brown**—First Place in Rice and Blue Ribbon in Egg; **Kelton Campbell**—First Place in Egg; **Sarah Dixon**—Third Place in Rice; **On'Junae Hewitt**—Blue Ribbon in Egg and Rice; **Bryant Hill**—Second Place and Best of Show in



Arthur Brown, Samuel Bishop, Bryant Hill, On'Junae Hewitt & Sarah Dixon
Rice Contest

Catfish, Third Place in Egg and Blue Ribbon in Rice; **Lincoln Powell, Jr.**—Blue Ribbon and Best of Show in Egg; **Krissy Sheppard**—Blue Ribbon in Rice; and **Steven Smith**—Blue Ribbon in Egg.



Samuel Bishop & Bryant Hill
Catfish Contest

Arbor Day

Friday, January 18 is Louisiana's observance of Arbor Day. Arbor Day is a nationally celebrated observance that encourages tree planting and tree care. Founded by J. Sterling Morton in Nebraska in 1872, National Arbor Day is celebrated each year on the last Friday in April. Ceremonial trees and shrubs are planted by individuals, schools, civic clubs and youth organizations.

Did you know that Louisiana's state tree is the **Bald Cypress**?

Test your mind and unscramble the following words:

1. npatls _____
2. srtee _____
3. syerapcslbd _____
4. edse _____
5. nsgtlihu _____
6. lsapet _____
7. olplen _____
8. oorst _____
9. tesm _____
10. vseela _____
11. untrk _____

12. bracsehn _____
13. furit _____
14. rtawe _____

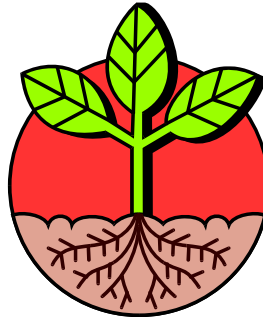


The Root of the Matter

The basic plant parts include the roots, stem, leaves and either flowers, fruits or seeds. We'll look at each part to learn more about it.

A plant's roots grow under the ground. The roots help hold the plant in the soil. They also take in water and nutrients which the plant turns into food. Plants have different kinds of root systems. Some plants have **fibrous roots**. Fibrous roots have many branches and spread out like the branches of a tree. Plants that have fibrous root systems include grasses, corn plants, wheat and many other crops that farmers grow. Other plants have a **tap root**. This is a single, main root that grows straight down. The tap root has smaller branches growing off of it. Examples of plants that have a tap root are carrots, radishes and turnips.

The stem grows upward from the roots. It holds the plant up and carries water from the roots to the other parts of the plant. Secondary stems, called **petioles**, grow from the main stem. These petioles have leaves growing on them. Sometimes we



eat the stems of plants, like celery and asparagus.

The leaves of a plant make the food the plant needs to survive. The water and nutrients that were taken in by the roots move upward through the stem to the leaves. The leaves take sunlight and carbon dioxide from the air

and convert the nutrients to plant food. This process is called **photosynthesis**. We eat the leaves of some plants such as lettuce and spinach.

When a plant receives the proper amount of water, nutrients, air and sunlight it produces flowers. The flowers usually grow on the stems. When the flower dies and falls off it leaves behind a fruit. The fruit contains seeds. Fruits that we eat include apples, oranges, watermelons and tomatoes. Sometimes we let the seeds dry out and use them for food. Things like corn, peas and beans are examples of seeds that we eat. The seed is the part that grows a new plant. If we plant a bean seed we will get a plant just like the one that made the seed.

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 to download an application for Food Stamps.



Answers to Louisiana 4-H: 1) happy birthday; 2) head; 3) celebration; 4) clover; 5) one hundred; 6) heart; 7) Avoyelles; 8) centennial; 9) corn club; 10) 1908; 11) four h; 12) youth; 13) hands; 14) volunteers

Answers to Arbor Day: 1) plants; 2) trees; 3) bald cypress; 4) seed; 5) sunlight; 6) petals; 7) pollen; 8) roots; 9) stem; 10) leaves; 11) trunk; 12) branches; 13) fruit; 14) water

Area 4-H Commodity Cookery Contest

The 2008 Area 4-H Commodity Cookery Contest will be held the morning of **Wednesday, January 30 at the Delhi Civic Center**. Registration will be from 9:30-10:00. Judging and educational activities will start at 10:00 and the Awards Presentation will be at 11:30. Contestants from 10 Northeast Louisiana parishes will be

competing in this contest. These contestants are the First Place winners of their parish's nutritional cooking contests.

All First Place dishes will compete for Best of Show.

Dish Categories:

1. Rice
2. Pecan
3. Sweet Potato

4. Egg
5. Chicken
6. Catfish
7. Beef
8. Corn



4-H Night with the New Orleans Hornets

4-H Night with the New Orleans will be **Friday, February 22**.

The Hornet's opponents will be the Houston Rockets. Game time will be 7 p.m. in the New Orleans Hornets Arena. The total price to attend the game will be **\$65 which includes the ticket and bus fee. The deadline to pay is February 8**. Departure time will be given at a later date.

4-H member opportunities

include:

1. 1 ball girl and 1 ball boy—must be an 8th-12th grade 4-H member
2. Captain's program—1 4-H member
3. High Five Team—10 members
4. Honeybee Photo—25 members
5. Player Photo—25 members
6. Tunnel Group—25 members
7. Basketball Buddies—10 members
8. Half Time Presentation—1 member per parish
9. National Anthem—individual
10. Pre-Game Courtside Program—10 members
11. Invocation—1 pastor or minister to deliver 25 second invocation

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.

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