



# The Green Wave

## Louisiana 4-H: Happy 100th Birthday!



In honor of celebrating 4-H's 100th birthday, **Southside Cloverbuds** will receive a "100 Year Celebration" cake and ice cream party for collecting more non-perishable food items than any other 4-H club. The food items were donated to needy and elderly

citizens in the parish during the Christmas holidays.

This community service project demonstrates 4-H's continued efforts in inspiring youth for 100 years.

February 2008

Monthly Newsletter

### Upcoming Events:

- ☉ LSU State Livestock Show
- ☉ 4-H Night with the Hornets
- ☉ SU Livestock & Poultry Show
- ☉ Jr. Leadership Conference
- ☉ Dairy Billboard Contest
- ☉ TEAM Camp

## Area Commodity Cookery Contest Winners

The 2008 Area Commodity Cookery Contest was held January 30 in Delhi. Winners were as follows:

**Krissy Sheppard**—Blue Ribbon in Beef; **Samuel Bishop**—3rd Place in Catfish and Blue Ribbon in Pecan; **Sarah Dixon**—

Blue Ribbon in Chicken; **Bryant Hill**—Blue Ribbon in Corn; **Kelton Campbell**—Blue Ribbon in Egg; **Arthur Brown**—Blue Ribbon in Rice; **On'Junae Hewitt**—Blue Ribbon in Sweet Potato. Congratulations to all participants.

A special thank you

goes to Angela Mitchell, Kathy Sheppard, Glenn and Laisca Dixon, Ms. Bishop, Rosie Brown and Jean Bell for their commitment and support in providing exceptional leadership in this important activity.

### Inside this issue:

Are You Ready for Some Basketball?	2
State 4-H Jr. Leadership Conf.	2
Happy Valentine's Day	2
Dairy Billboard Contest	3
Answers to Word Unscrambles	3
Celebrate 100 Years of TEAMwork!	4
FNP Lesson: There's Starch in my Potato!	4

## CHARACTER COUNTS!

Test your mind and unscramble the following words referring to **Respect**:

- |                      |                       |
|----------------------|-----------------------|
| 1. etseprc _____     | 5. iotelp _____       |
| 2. oelgnd rleu _____ | 6. rhoon _____        |
| 3. lcnteorea _____   | 7. tcarchare _____    |
| 4. pacctaneec _____  | 8. levenionocn _____  |
|                      | 9. ntsile _____       |
|                      | 10. effcedensri _____ |

## Are You Ready for Some Basketball?

4-H Night with the New Orleans Hornets will be **Friday, February 22**. The Hornets' 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 12**. Departure time will be **10 a.m.** sharp. There will be a bus at each school. Please be ready to leave at 9:45.

We will be visiting the Aquarium of the Americas at approximately

3 p.m. After touring the Aquarium, the buses will depart for the Arena at 5:45.



## State 4-H Jr. Leadership Conference

The State 4-H Jr. Leadership Conference will be held **February 29-March 2** at 4-H Camp Grant Walker. The cost of the conference is **\$55** per delegate. East Carroll Parish can send four delegates.

The 4-H Jr. Leadership Conference provides the opportunity for diverse groups of youth who are currently engaged in significant leadership and/or service learning activities

to come together while further learning and developing their leadership and teamwork skills. The educational objective of the Jr. Leadership Conference is to increase the leadership skills and knowledge of youth across Louisiana. The conference features a variety of workshops focused on leadership development, communication, teamwork, service learning, youth-adult partnerships and

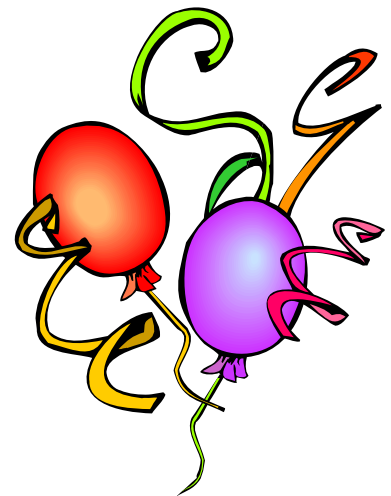
time management. A key element of the Louisiana 4-H Jr. Leadership Conference is youth driven focus. Youth decide what's offered, preside over the sessions and teach all the educational workshops. At the Louisiana 4-H Jr. Leadership Conference, youth participants aren't only learning about leadership they are practicing leadership.

## Happy Valentine's Day

Test your mind about Valentine's Day and unscramble the following words:

1. maerrid \_\_\_\_\_
2. acynd \_\_\_\_\_
3. ctoahocle \_\_\_\_\_
4. icupd \_\_\_\_\_
5. uferbary \_\_\_\_\_
6. fwreosl \_\_\_\_\_
7. ethar \_\_\_\_\_
8. lveo \_\_\_\_\_
9. nipk \_\_\_\_\_
10. edr \_\_\_\_\_

11. resso \_\_\_\_\_
12. swtee \_\_\_\_\_
13. twaesrehet \_\_\_\_\_
14. tnenlavei \_\_\_\_\_



# Dairy Billboard Contest

The purpose of the Louisiana 4-H Draw a Dairy Billboard Contest is for 4-H club members to: 1) Learn more about milk and milk products and their importance to healthy bodies; 2) Demonstrate communication skills by drawing a billboard encouraging or promoting the consumption of milk and/or milk products; and 3) Share their knowledge with others.

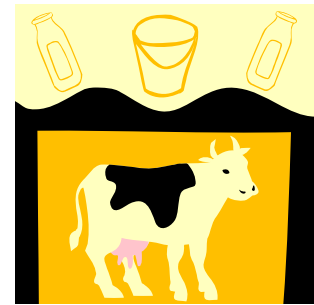
Co-sponsors of the contest are the Louisiana Dairy Industry Promotion Board, Louisiana Dairy Products Association and the Louisiana Cooperative Extension Service.

Any bonafide 4-H club member may enter. Division I—4th, 5th and 6th grades; Division II—7th and 8th grades; Division III—9th, 10th, 11th and 12th grades

Rules and Regulations: 4-H club members are to draw a billboard that encourages or promotes the consumption of milk and milk products and their importance for health.

1. Billboard design must be made on 22" x 28" poster board **ONLY**.

2. **DO NOT ATTACH** anything to the poster that is more than 1/2" thick.
3. **Do not use the commercial brand names of products on the poster. Do not use jingles, slogans, signs or pictures that are trademark or copyright protected on the poster.**
4. **Be sure to print your name, address, grade in school and parish on the back of the poster in the upper right-hand corner.** The social security number is no longer required on the back of the poster but, **the social security number must be on Parish Winner's Reporting form sent to state office with the posters.**
5. Turn in posters to your 4-H leader by **March 5**.
6. A 4-H club member is allowed to win first place in each division **ONLY ONCE**.



7. First place parish winning posters are due in the Dairy Science Office by May 8, 2008. These posters become the property of the Extension Service and will be displayed at statewide events.

Hints: Get ideas from magazines, nutrition bulletins and dairy publications.

Awards: Parish—Rosette ribbon to first place winners. Participation ribbons—(purple, blue or red) for each 4-H'er who draws a dairy billboard (poster). State—A \$100 check for first place State winners in Divisions I, II and III. Second place State winners in each division will receive a \$50 check. Third place State winners in each division will receive a \$25 check. Certificates will be mailed to honorable mention winners.

Answers to CHARACTER Counts!: 1) respect; 2) golden rule; 3) tolerance; 4) acceptance; 5) polite; 6) honor; 7) character; 8) nonviolence; 9) listen; 10) differences

Answers to Valentine's Day: 1) admirer; 2) candy; 3) chocolate; 4) cupid; 5) February; 6) flowers; 7) heart; 8) love; 9) pink; 10) red; 11) roses; 12) sweet; 13) sweetheart; 14) valentine

# Celebrate 100 Years of TEAMwork!

Here's your chance to experience an exciting camping adventure developed just for **7th and 8th grade 4-H members**. 4-H TEAM Challenge Camp will be held **April 10-13** at 4-H Camp Grant Walker. Teens from 13 Northeast Louisiana parishes will be participating.

This camping experience will lead you through awesome team-building activities and

exhilarating games. In the process, you will improve your communication and leadership skills, practice teamwork and make memories to last a lifetime!

At TEAM Camp, you are guaranteed to have fun, make friends and find your hidden strengths.

To sign up, contact the 4-H Office at 559-1459. Camp fees are **\$45** and the deadline to sign

up is **April 1**.

Fees include two nights at Camp Grant Walker, all meals/snacks upon arrival at camp and transportation to and from camp. T-shirt prices: Small—X-Lg \$5.75; XX-Lg \$6.75; XXX-Lg \$7.75.

Ms. Mayers will have a list of items you will need to take with you. Details about departure and return will be given later.

Provided by

LSU AgCenter Community Nutrition Programs

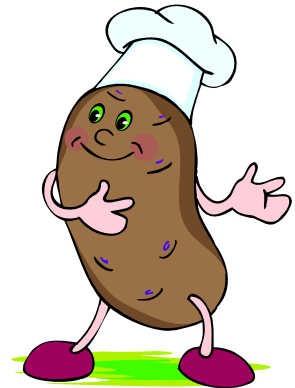
This institution is an equal opportunity provider. This material was funded partially by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to apply, call 1-888-LAHELP or visit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



## There's Starch in My Potato!

Starch is a common form of complex carbohydrates which is something each of us needs to eat as a part of a healthy meal plan. Carbohydrates include dietary fiber (the part of food you eat that helps your digestive

system function). Complex carbohydrates are part of an overall healthy diet. Eating more complex carbohydrates (like whole grain cereals) can lead to reducing your chances of having a chronic (life-long) disease.



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.

