



Pumpkin Time!



Did you know:

- Pumpkins are a kind of squash?
- Pumpkins are considered a fruit?
- Pumpkin flowers are edible?
- Pumpkins can grow all over the world except for Antarctica?
- Pumpkins are 90% water, as well as a good source of the Vitamin A and potassium?

You can learn more about this nutritious fall vegetable by visiting this website: www.pumpkin-patch.com.

You can also enjoy this delicious pumpkin treat. Share it with your friends and family this fall!

Pumpkin Smoothie



In a blender, puree 1/2 cup canned pumpkin, 3/4 cup milk or vanilla yogurt, 1/4 tsp. cinnamon, 1/8 tsp. nutmeg, 2 tsp. brown sugar and 4 ice cubes until smooth. Pour into small cups. (This is a very rich-tasting treat!). For an extra fun touch, garnish each drink with a dollop of whipped cream or cool whip, and a few orange sprinkles. This will make 2-4 servings. **Remember: Get an adult to supervise as you make this recipe!**

Creepy Halloween Recipe

Scare your friends with realistic-looking **fake blood**, which is great for bleeding scars and vampire mouths.

The basic recipe for fake blood is

- 1 cup of Water
- 5 Tablespoons corn starch
- 1 - 1/2 cups of corn syrup
- 2 Teaspoons of fresh cream
- 5 Teaspoons red food coloring
- 2 Drops green food coloring

Mix water and corn starch, then add the remaining ingredients. Stir until the lumps are all gone and the mixture looks like the real thing.

Be forewarned: food colorings stain clothing and furniture. This fake blood is for use on things that won't matter if they get stained.

Your attitude is your point of view, your outlook on life or your frame of mind. Usually when parents or teachers talk to you about your attitude, they are talking about a bad attitude.

But there are just as many positive attitudes as there are bad attitudes. And the great thing is that you have the ability to choose your attitude. **You can't choose everything in life, but you can choose your attitude!** Determine to choose these positive attitudes and live a better life:

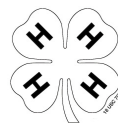
Optimism	Cheerful	Resilient
Enthusiasm	Alert	Sense of Humor
Good Sport	Humble	Grateful
Hopeful	Faithful	

When you choose positive attitudes, you give yourself enormous personal power, and that makes you a better YOU!

How do you mend a broken Jack-o-lantern?



With a pumpkin patch!



Catahoula Clover Chronicles

October 2008 Edition

Upcoming 4-H Events

October

20th: Jr. Leaders (6pm)

25th: 4-H Pet Show (10 am)

November

4th: Sr. 4-H Cotton Gin and Pizza Trip (10 am)

10-14th: 4-H meeting week

10th: Soda Camp Lamp Workshop (1:30 pm)

17th: Jr. Leader (6 pm)

24th: Cookie Carnival (2 pm)

Upcoming Photography Themes

January: Holidays (any)

February: Animals

March: Story or a Series
4-6 pictures



Made Available by:
Ms. Paige Thompson
Asst. Ext. Agent/4-H, Catahoula Parish
Courthouse Bldg, Room 302
P. O. Box 160
Harrisonburg, LA 71340
318-744-5442 (office)

State Fair BB Gun Contest

Open to all youth ages 9-18

Entry fee \$5

Targets, ammunition and safety glasses will be provided

Must pre-register by Oct. 22nd (along with registration fee). Contact Ms. Paige for more information or for an entry form.



**Ten dimes equals \$1.
One hundred dimes equals \$10.
One thousand dimes equals \$100.
It's easy to see that
Every Dime Counts!**

Please do your part and fill your bottle with dimes for 4-H! Turn in your collection bottles at the November meeting.

4-H Photography Contest

November Theme: Plants or Nature Scenes

Name: _____

Grade: 4-6 7-8 9-12

School/Club: _____

By signing below, I attest that my child has taken the photo entered into the 4-H photography contest himself/herself, and have given my consent for the picture to be judged.

Parent signature: _____

Attach this form to the back of your photo and turn in at the next club meeting.

If you have a disability which requires special assistance for your participation in 4-H meetings and activities, please call the Catahoula Extension Office at 744-5442. Membership and participation in activities and events is open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status, or disability. The LSU AgCenter provides equal opportunities in programs and employment.

Soda Can Lamp Workshop

When: Monday, Nov. 10th @ 1:30 pm
Where: 4-H Office in the Courthouse (Harrisonburg)
Who: Any 4-H member in 4th-8th grades
Cost: \$15 and a cleaned out soda can
Pre-registration and payment is required for this workshop. Your money must be received by the 4-H office no later than Wednesday, Oct. 29th.



Name: _____

Club: _____

Grade: _____

Yes, my child may attend the soda can lamp workshop on Nov. 10th. I understand that I am responsible for dropping off and picking up my child on time.

Parent signature: _____

Please include \$15 and mail to: Paige Thompson, 4-H Agent
Make checks payable to P. O. Box 160
Catahoula Youth Foundation Harrisonburg, LA 71340

Sr. 4-H Cotton Gin & Pizza Trip

When: Tuesday, Nov. 4th @ 10 am
Where: C-C Planters Gin & Sonny's Pizza in Jonesville
Who: Any 4-H member in 8th-12th grades (limited 20 participants)
Cost: Bring \$ to eat lunch at Sonny's Pizza

Join us to learn more about this important crop. We'll take a short and informative tour of the cotton gin. Afterwards, we'll go eat at Sonny's Pizza. To register or get more information, call the 4-H office (744-5442).
Please sign up no later than Friday, October 31st.



Official Pet Show Rules

1. Limit of 2 pets per 4-H member, as well as a \$2 entry fee per pet.
2. Pet must be up-to-date on all shots.
3. Pet must be on a leash or in a pet carrier.
4. Parent or guardian (over age 18) must remain with 4-H member at the pet show.
5. Please only bring pets that you can control. Do not bring pets that have ever harmed another person.

Calling all Pets!

1st Annual Catahoula Parish 4-H Pet Show!

October 25, 2008
The Columns in Jonesville

All pets must be pre-registered. Call the 4-H office (744-5442) to register by Wed., October 22nd. There is a \$2 entry fee per pet, that can be brought to the pet show. See the list of the other rules below.

1st, 2nd and 3rd place will be awarded in three divisions: dogs, cats and other pets. Awards will also be given for the best outfit or costume, most unusual pet, most unusual name, and best trick.

Every animal will receive a ribbon!

Get ready for the first-ever 4-H Cookie Carnival!

Start your holidays off right! Share samples of your favorite cookies and trade cookie recipes with other Catahoula Parish 4-H'ers. Make easy, no-bake holiday cookies with Ms. Paige. And of course, who can resist a workshop where you eat lots and lots of cookies! **Clear your calendar and plan to come to the 4-H Cookie Carnival on Monday, November 24th.** More details to come at your Nov. 4-H meeting.