



CRAZY for CRANBERRIES!

You may have only ever eaten cranberries on Thanksgiving Day, as a side to your turkey. But cranberries are a nutritious treat that can be enjoyed in a variety of ways throughout the year. For example, you can eat dried cranberries in place of raisins, or enjoy cranberry juice for a tasty drink at breakfast.

Cranberries are often called the "Wonderberry" because they provide us with antioxidants which strengthen the body's immunity and proanthocyanidins (PAC) which keeps bacteria from "sticking" inside the body. In fact, cranberries have more naturally-occurring antioxidants and PAC's than most other common fruit!

Did you know that Americans have been eating cranberries since before the Pilgrims first came to live here? Chances are that cranberries were even served at the very first Thanksgiving! Maybe that's why we still serve them at Thanksgiving today. Cranberries are not just delicious and healthy ...they're historic, too!

This November, you can go beyond the traditional cranberry sauce. Try out this fun and delicious recipe over your Thanksgiving break:

LAVA LAMP DRINKS

INGREDIENTS:

- 6 ounces ginger ale or lemon-lime soda, chilled
- 1 teaspoon dried cranberries
- Decorative straw

DIRECTIONS:

Pour ginger ale into an 8 oz. clear tumbler or tall narrow glass. Add sweetened dried cranberries. After a moment, cranberries will begin to slowly float up and down in glass, like a lava lamp. Garnish with a decorative straw. Makes 1 serving.

Tip: To make a colorful lava lamps, use cranberry or raspberry-flavored ginger ale, orange soda or apple-flavored sparkling cider. Any carbonated, lightly-colored beverage will work.



So yummy even the Pilgrims and Native Americans would have loved this drink!

Pet Show Results

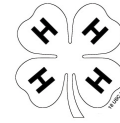
Dog Division

- 1st place: Stormi Ewing (HBJH)
- 2nd place: Jordan Edwards (HHS)
- 3rd place: Austin Reeves (HES)
- Blue Ribbons:
- Stormi Ewing (HBJH)
- Kaiera Fisher (JES)
- Tyler Gunn (HES)
- Kalip Neal (HBJH)
- Taylor Williamson (CHS)

Cat Division

- 1st place: Sidney Spinks (JJH)
- ## Other Pet Division
- 1st place: Austin Gunn (HES)

- Best Trick:** Emilee Smith (HBJH)
- Best Costume:** Emily Huff (HES)
- Most Unusual Name:** Sidney Spinks (JJH)
- Most Unusual Pet:** Austin Gunn (HES)



Catahoula Clover Chronicles

November 2008 Edition

Upcoming 4-H Events

November

17th: Jr. Leader (6 pm)

24th: Cookie Carnival (2 pm)

27th: Happy Thanksgiving!

December

25th: Merry Christmas!

January

1st: Happy New Year!

12th-15th: 4-H Meeting Week

26th: Jr. Leader (6pm)

The 4-H office is closed Dec. 24th through Jan. 4th.

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)

Photo Contest Results!

4th-6th Division:

- 1st place: Sidney Spinks-JJH
- 2nd place: Hanna Nolan-SIES
- 3rd place: Breanna LeRay-SIES
- Honorable Mention:
- Ambrill Tolliver-SIES
- Dakota Wright-SIES
- Savannah Montpelier-HES
- Mary-Kate Ferguson-CHS
- Malorie Lee-SIES
- Charlea Edwards-HES

7th-8th Division:

- 1st place: Coby Lea-HBJH
- 2nd place: Oran Tubre-HBJH
- 3rd place: Brianne Walton-HBJH

9th-12th Division:

- 1st place: Sarah Carlton-BHS



Every Dime Counts!

So far you have collected \$235.00 in dimes! Way to go, 4-H'ers!

If you haven't turned in your dimes yet, it's not too late. Remember, EVERY DIME COUNTS!

4-H Photography Contest

January Theme: Holiday Pictures (any holiday)

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.

4-H Cookie Carnival!

What kind of cookies do you like best? Maybe it is chocolate chip or sugar cookies ...

Do you have a favorite cookie recipe? Perhaps it is one for oatmeal or gingerbread boys ...

One thing is certain and that is that nearly everyone loves a good cookie! And what better time to enjoy cookies than at the holidays?

Please join us for a 4-H Holiday Cookie Carnival. Bring approximately 2 dozen of your favorite homemade cookies and a copy of the recipe. At the carnival, we'll swap cookies and recipes, as well as learn to make some easy, no-bake Christmas cookies.



When: Monday, November 24th
Time: 1 pm - 3 pm
Where: 4-H Office (Courthouse in Harrisonburg)



Please call the 4-H office by Friday, November 21st to let us know if you plan to come. (744-5442)

Character Counts!

Respect comes from how we feel, but how we act is just as important. Sometimes we must hold back our feelings in order to treat others respectfully. Read each of the following situations and decide if the person is being respectful or disrespectful.

Respectful **Disrespectful** David is screaming loudly for his team at the ball game. Two elderly people seated in front of him hold their ears every time he yells.

Respectful **Disrespectful** Abby and Janet don't get along very well. At recess, Abby calls Janet a name in front of all the other kids. Janet is angry and wants to call Abby a name back, but she holds back because she knows that name calling doesn't solve anything.

Respectful **Disrespectful** Kayla is a new girl at school. Every day she wears clothes that are old and faded. Billy teases her because it makes all of his friends laugh.

Respectful **Disrespectful** David is standing at the bus stop on a rainy morning. He has an umbrella, but none of the other kids have any kind of protection from the rain. When the bus pulls up, David pushes and shoves the other kids so that he can get on the bus first.

Respectful **Disrespectful** At candy recess John throws his candy wrapper on the ground. Brent reminds him that this is littering and that it is rude to expect others to clean up his mess. John says he doesn't care and walks off. After John leaves, Brent picks up the trash and throws it in a nearby trash can.

Manners are more important than laws.
 Edmund Burke

Coming in 2009!
 Watch for these exciting 4-H activities and contests between January and April 2009!

- Cooking contest
- Speech & Demonstration Day
- Food & Fitness Camp
- Fashion Camp
- T-shirt Decorating contest
- Dairy Poster contest
- Exciting workshops
- T.E.A.M. camp



Thanksgiving Word Search



S	M	K	E	Y	L	E	Z	I	A	M	C	N	N	AMERICA COLONY COOK CORN ENGLAND FALL FAMILY FEAST FREEDOM GRAVY HARVEST INDIANS MAIZE MAYFLOWER PIE PILGRIMS PLYMOUTH PUMPKIN SAIL SETTLERS SICKNESS SQUASH STUFFING THANKSGIVING TURKEY YAMS
P	U	M	P	K	I	N	G	G	K	A	O	G	Z	
M	C	M	R	G	L	G	M	C	O	L	O	N	Y	
O	M	O	C	R	H	L	F	F	T	T	K	I	X	
B	S	D	S	Q	U	A	S	H	S	E	D	V	P	
A	S	E	C	O	R	N	M	A	E	A	D	I	I	
J	E	E	I	P	A	D	E	E	V	G	W	G	L	
E	N	R	T	I	L	F	M	Y	R	N	J	S	G	
O	K	F	D	T	K	Y	E	S	A	I	L	K	R	
O	C	N	R	G	L	K	M	E	H	F	C	N	I	
L	I	I	P	I	R	E	W	O	L	F	Y	A	M	
B	S	G	M	U	L	A	R	B	U	U	W	H	S	
Z	F	A	T	P	O	D	V	S	I	T	U	T	A	
J	F	A	L	L	S	M	A	Y	H	S	H	Z	B	

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