

October 2008

# 4-H Times

Submitted by Madison Styron



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## Who Named Our 4-H Newsletter?

**Madison Styron**, a 6th grade 4-H member at Briarfield Academy, submitted "4-H Times"

as a suggestion for the name of our newsletter. Congratulations,

Madison, on having your suggestion picked. Way to go!

**October is National Breast Cancer Awareness Month**

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## National 4-H Week

4-H youth from across the nation will be "Keeping It Green" as they celebrate 2008 National 4-H Week **October 5-11** by raising awareness about environmental issues and initiating environmental projects that make a positive difference in their communities.

Throughout National 4-H week and the year, 4-H'ers solve problems in their communities, raise awareness about

environmental issues, and make a difference for their futures in the spirit of 4-H's vision to create a world in which youth and adults learn, grow, and work together as catalysts for positive change.

4-H is a community of 6 million young people across America learning leadership, citizenship and life skills. National 4-H Headquarters, which operates out of

the United States Department of Agriculture (USDA), is the federal partner of 4-H programs implemented by the Cooperative Extension System of the nation's 106 land-grant colleges and universities and in local communities through 3,150 county Cooperative Extension offices. Learn more about the 4-H adventure at [www.4-H.org](http://www.4-H.org).

### Upcoming Events:

- Louisiana State Fair 10/23/08-11/9/08
- State Fair 4-H Fun Day 10/29/08
- State Fair Talent Show & Quiz Bowl 11/1/08
- Family Volunteer Day 11/22/08
- State Fashion Board Trip 11/23/08
- LA Educational Trip 11/23/08
- National 4-H Congress 11/28/08



## 4-H Fair Exhibits

Fair time is coming. The North Louisiana Cotton Festival will be October 22-25. All entries must be brought to the 4-H office by **October 17**. Every entry must include: your name, age, school and the name of your entry. You

may enter any of the following: arts and crafts; clothing; canned foods; photography; and household articles. Your 4-H leader has a complete list of entries for the fair. Help is needed for labeling the entries.



## Make a Difference Day

**Saturday, October 18** is Make a Difference Day. From 8 a.m. to 1 p.m., 4-H'ers will participate by volunteering their time to help with beautification efforts in

their community and town. This year's project will consist of 4-H'ers and leaders making a vegetable garden. If you would

like to participate in this community service project, please contact Ms. Mayers at 559-1459.

## CHARACTER COUNTS!

National CHARACTER COUNTS! Week is **October 19-25**. It began as a week-long party. It became a nationally celebrated event. Now it's a movement for change. Last year over 5 million kids in 51 countries celebrated the [Six Pillars of Character](#). Join us this year and connect with others around the globe.

**Trustworthiness** is the pillar for October. Read on about how these people were trustworthy.

Jason McElwain—Autistic teen

who motivated his high school basketball team—**Be a good friend**

Maria Teresa Leal—Founder of Coopa-Roca, a sewing cooperative in South America's largest slum—**Honor Your Commitments**

Dr. Robert Ballard—Deep-sea explorer who discovered Titanic's remains and founded the JASON Project to educate students through scientific discovery—**Be Dependable**

Tomihiro Hoshino—Japanese

*"Self-reliance is the fine road to independence."* - Motto of the [Provincial Freeman](#), the newspaper Mary Ann Shadd Cary founded

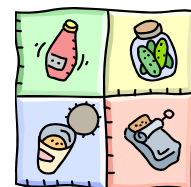
gymnastics coach who, after being paralyzed in a vaulting accident, learned to paint using his mouth—**Have the Courage to Try New Things**

Mary Ann Shadd Cary—Educator, abolitionist and North America's first black newspaperwoman—**Live By Your Principles**

## Fall Food Drive

The Fall Food Drive will begin **October 20** and run through **November 17**. Non-perishable

food items will be collected to be donated to elderly and needy people in our parish.



## Sweet Potato & Poultry Nutritional Cooking Contests

The Sweet Potato and Poultry Cookery Contests will be held, **Wednesday, October 22** at the 4-H office. Registration will start at 6:30 p.m. and judging will start at 7 p.m.

### Rules:



**Sweet Potato**—dish must contain a

minimum of **1 cup** of fresh, canned or frozen sweet potatoes. Any type sweet potato dish may be entered.

**Chicken**—dish must contain a minimum of **2 pounds bone-in or 1 pound deboned** chicken.



Please follow these instructions:

bring a legible copy of your recipe; bring your dish ready to serve; remember, your dish will be judged on taste, appearance (anything used to enhance the appearance must be on or in the serving container) and recipe (nutritional value of ingredients—use low fat, low sodium soups, etc.).

## Fruits & Vegetables

We hear our parents and teachers telling us to eat our fruits and vegetables. But why are they important? Fruits and vegetables are full of vitamins and minerals, but they also have other things in them that are good for us. Things like fiber and carbohydrates that help keep our bodies looking and feeling great. Think you don't like them? We don't have to like every fruit or vegetable, but it is important that we eat a variety of them. One easy way to make sure you are getting a variety is to look

at the color. Fruits and vegetables can be divided into red, orange/yellow, blue/purple, white, and of course, green. Not one fruit or vegetable can possibly contain all the nutrients we need, so eating from all "color" groups is important. This month there are many different types of fruits and vegetables that are in season. Make a plan to try a new fruit or vegetable this month. You may just find a new favorite.

Provided by LSU AgCenter

Community Nutrition Programs



# FNP

This institution is an equal opportunity provider. This material was funded partially by USDA's Supplemental Nutrition Program (SNAP). SNAP 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-LAHELPU or visit [www.dss.state.la.us](http://www.dss.state.la.us) to download an application for SNAP.**

## Egg & Rice Nutritional Cooking Contests

The Egg and Rice Cookery Contests will be held **Wednesday, November 12** at the 4-H office. Registration will start at 6:30 p.m. and judging will start at 7 p.m.

### Rules:

**Egg**—dish must use a minimum of **4 eggs**.

This can be 4 whites, 4 yolks or 4 whole eggs. No raw eggs will be allowed in the final product. The recipe with 4 eggs must make only **one standard size dish**. For



example, a recipe with 4 eggs that makes 2 pies of standard size will not qualify. Any type egg dish may be entered.

**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.

Please follow these instructions:

bring a legible copy of your recipe; bring your dish ready to serve; remember, your dish will be judged on taste, appearance (anything used to enhance the appearance must be on or in the serving container) and recipe (nutritional value of ingredients—use low fat, low sodium soups, etc.).



We're on the Web:  
lsuagcenter.com

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*  
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|-------------------------|--------------|
| ACTIVITIES              | ATTENDANCE   |
| BUSINESS                | CLUB MEMBERS |
| COOPERATION             | LEADERS      |
| LEADERSHIP              | LIFE SKILLS  |
| MEETINGS                | NEWSPAPER    |
| PARLIAMENTARY PROCEDURE |              |
| PARTICIPATION           | PLEDGES      |
| PRESIDENT               | REPORTER     |
| SECRETARY               |              |
| SERGEANT AT ARMS        |              |

1. Name two vegetables that can live to produce on their own for several growing seasons (perennial vegetables).
2. What fruit has its seeds on the outside?
3. Name a vegetable that is never sold frozen, canned, processed, cooked or in any other form except fresh.

# 4-H Terminology

E Z J P O S Q H B P X M C I N N I N F L U R E M P W H I R A U B R Y S  
 S D E A K B Q F I T P M L V E I G N C E Z V Q W Y Z B L V T R Y E L R  
 N E S Q C A T H Q S I N O H U R O K L A E I A E W X C L P D L T P P E  
 H O R S A T S G I H N I Q V Q D W H W D N C A T T E N D A N C E A L B  
 O W I G M R I M E E T I N G S D V Z O E P E V E R Z R H O W L R P I M  
 Z Q G T E N G V P A R L I A M E N T A R Y P R O C E D U R E T O S F E  
 R V R D A A G N I D L I U B M A E T E S R R P E Z S R G X I Y T W E M  
 R G A C Z R N F D T I A E K U O L S W E K E P E M F Z U C W F D E S B  
 K E M W P S E T P W I E S V V S I I T F S S D S O L D I S P Q D N K U  
 L T E T J O L P A Z T E J I T D I R J A X I K L A S P Z L A E Q R I L  
 C B N N E E R G O T X R S I E U O N X A L D D T V A F E Q D E I W L C  
 Y R A T E R C E S O A J I N D P T Z E U Z E T U T I D X T W C R Q L N  
 T E J T C F J M Q K C R T L E P Q R B S Q N F I F G D Y F Y W W T S E  
 W X O R W U Q S K L E Q M R C F I Z V Y S T O R E W U I A N Z Q R X Y  
 P Q X R L D L X J R D L G S U X Z I R D Z N O S O W W Y Q I O A E Q C

- Answers:  
 1. Asparagus and Rhubarb  
 2. Strawberry  
 3. Lettuce