

November 2008

4-H Times

Title submitted by Madison Styron



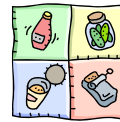
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Fall Food Drive

The Fall Food Drive ends **November 17**. The non-perishable food items you collected will be

donated to elderly and needy people in our parish. Thanks so much for your efforts in

helping with this very important community service event.



Cotton Festival & Fair Exhibit Winners

The North Louisiana Cotton Festival and Fair was held October 22-25. Two 4-H'ers from Briarfield Academy

entered the Photography Contest and placed. **Aubrey Maxwell** won 1st place in the Nighttime category.

Samuel Bishop won 1st place in Floral; 3rd place in Animal; and 3rd place in Rural. Congratulations!

Winners of the Sweet Potato & Poultry Nutritional Cooking Contests

The Sweet Potato and Poultry Cookery Contests were held October 22 at the 4-H Office.

Winners in Sweet Potato were: 1st Place—**Donte' Griffin**; 2nd Place—**On'Junae Hewitt**; 3rd Place—**Steven Smith**; and 4th Place—**Samuel**

Bishop.

Winners in Poultry were: 1st Place—**Samuel Bishop**; 2nd Place—**Jacoby Griffin**; and 3rd Place—**Steven Smith**.

Congratulations on a job well done!

Thanks to the judges, Ms. Jennifer Bridges and Ms. Cedonia Bland,

and to the parents for supporting the youth in 4-H.



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Congratulations to **Karnika Bolden** and **Ladayadria Campbell** on winning their competition at 2008 4-H U. Their prize is a 4-H Congress trip to Atlanta, Georgia Nov. 28-Dec. 3, 2008.

Upcoming Events:

- *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*
- *State Youth Board Winter Meetings 1/9/09*
- *National Day of Service 1/19/09*
- *State Fashion Board Meeting 1/23/09*
- *Fashion Camp 1/24/09*

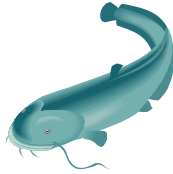
Catfish, Egg & Rice Nutritional Cooking Contests

The Catfish, Egg and Rice Cookery Contests will be held **Wednesday, November 12 at the Louisiana State Cotton Museum in their new building.** Registration will start at 6:30 p.m. and judging will start at 7 p.m.

Rules:

Catfish—dish must use a minimum of **1 cup** of catfish.

Please use farm-raised Louisiana catfish. Any type catfish dish may be entered.



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.).

Holiday Safety Tips

The holidays will soon be upon us. Follow these general holiday safety tips to help keep your family and friends safe.

- ◆ Install smoke detectors on each level of your home, especially outside each bedroom, and test them to make sure they are working properly.
- ◆ Keep matches, lighters and

candles out of the reach of children.

- ◆ Make an emergency fire escape plan and practice it. Make sure every family member knows what to do.
- ◆ Avoid wearing flowing clothes, especially with long, open sleeves. They can catch fire near the stove, fireplace or

candles.

- ◆ Plan for safety. Use good sense, and be on the lookout for danger spots near candles, fireplaces, trees and electrical connections.
- ◆ Be aware of food safety guidelines, to avoid accidental food poisoning during the festivities.

CHARACTER COUNTS!

Can you guess which pillar I am? Unscramble the bold, underlined letters to discover me.

Amer**i**ca

Vot**i**ng

C**i**vil Rights

Ob**e**y

Z**e**al

Ch**a**racter

P**a**t Patriotism

Res**p**ect

C**o**untry

Eth**i**cal

"Only a life lived for others is worth living." - Albert Einstein

The Power of Choice: Eat Enough...Not Too Much

When you don't eat enough, you may miss out on nutrients that you need for energy and for good health. Your body needs nutrients to grow strong and healthy. If you eat too much, you may get more food energy (calories) than you need to grow and move. This might result in weight gain also. The best solution is to eat enough, but not too much.

Here are some tips to help you eat smart:

- ◆ Eat solid fats and added sugars less often. These add extra calories and provide few nutrients or sometimes even none at all.
- ◆ Eat enough fat-free or low-fat milk or milk products for calcium and lean meats or beans for iron.
- ◆ Choose plenty of fruits, vegetables, whole-grain breads and cereals.

You can use visual cues to help you figure out how many servings of a food you are actually eating. These common items will help you visualize the size of common measures of food:

Small computer mouse = about 1/2 cup

Baseball = about 1 medium fruit or 1 cup

8-ounce glass = 1 cup of milk

2 9-volt batteries = about 1 1/2 ounces cheese

6-inch plate = 1 tortilla (6 inches)

Deck of cards = about 3 ounces of meat, poultry or fish

Try these tips to help you eat enough but not too much:

- ◆ Skip the urge to eat from a bag. Measure out one serving and put the rest away.
- ◆ Buy packages that contain just one serving.
- ◆ If you buy a big package, put

small amounts into separate bags or containers. Eat just what is in one of the smaller bags.

- ◆ Slow down when eating so your stomach has time to talk to your brain. If you eat too fast, you may eat too much and get stuffed. Allow your stomach 20 minutes to let your brain know it is full.

Provided by LSU AgCenter Community Nutrition Programs



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 to download an application for SNAP.

Fruit and Vegetable Word Scramble

Unscramble these fruit and veggie snacks. Try to find them in your store. Better yet, buy 'em and taste 'em!

WIIK UFTRI

YAPPAA



MAICJA

CZIUNHCI

GONAM

DRE PREEPP



We're Thankful for our

Volunteer Parents:

Johnnie Atkins

Umiki Hawkins

Sue Bishop

Lynika Lee

Flo Brown

Sarah Maxwell

Glenn Dixon

Angela Mitchell

Sherita Griffin

Linda Powell



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* 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.