

Northwest Region Newsletter

June 2008 Edition

Events

Celebrate Girls! graduates first class



Nyphette Harris and Lisa Holmes

Thirteen seventh graders are the first graduates of Celebrate Girls!, an after-school club for fifth through seventh graders offered through the 4-H program in Webster Parish.

Nyphette M. Harris, administrative coordinator in the LSU AgCenter Webster Parish office, came up with the idea because she has a fifth grader, Tynasha, and thought “they hear it better from someone else.”

Harris said DeSoto Parish had a seventh grade day camp named Celebrate Girls! 10 years ago. She and Lisa Holmes, associate agent, adapted new lessons and welcomed outside speakers for this group.

Meetings began in December and lasted from 4:30 to 6 p.m. once a month. Topics have included breast cancer, skin and hair care, proper dress and table manners, diversity and cell phone etiquette.

At the final meeting on May 20, the girls made a circle of belonging, attaching colored strips with their name and what they learned into one big circle. “The circle of learning never ends,” said Holmes.

They also decorated cupcakes and learned about Internet safety.

“Predators get information by asking you for it,” said Holmes. “Be careful. You never know who you’re visiting with.”

The club will start up again in October. The seventh-grade graduates are welcome to come back as Junior Leaders. Graduates received a diploma, necklace and backpack.

The girls indicated they would like to go fishing, swimming, skating and make a butterfly garden. “This is your club. We want your input,” said Holmes. “That’s called youth voice.”

All activities were free except for the purchase of a pink club T-shirt for \$5.

Average attendance each month was 30.

Awards/Recognition/Training

Van Osdell receives 8 LPW awards

Mary Ann Van Osdell, assistant communications specialist for the LSU AgCenter, received six first-place and two second-place awards from the Louisiana Press Women. The first-place awards were in writing for the Web, feature articles; single release, news or feature releases; multiple releases; speeches; special articles, agriculture, agribusiness, aquaculture; and feature story, publication for general or specialized circulation.

The second-place awards were for special articles, rotating subject (nature) and personal columns, specialized, for her automotive reviews in *The Forum News*. The first-place entries are forwarded to the National Federation of Press Women Communications Contest. Van Osdell has been a member of LPW for 27 years.

Wilkerson undergoes special training

Hubert Wilkerson, Natchitoches Parish County Agent, has been busy, undergoing ongoing geospatial training at the Dean Lee Research Station and participating in the annual Calf to Carcass Trip March 30-April 2 in Guymon, Okla. Natchitoches Master Gardeners, under his guidance, are currently working on the grounds at the Historic American Cemetery, located downtown.

Because it is a Historic American Cemetery, there cannot be any roses there that were not specific kinds of roses after 1840, only before that year. So, special care must be taken and they also must keep it clean and preserve it the best they are able.

Seminars, Conferences, Exhibits

Brazoria County Cattlemen visit Red River Research Station



Joe Barrett, second from left, Jon Lowe, second from right, with plaques

The Brazoria County Cattlemen's Association of Texas toured the research project, tomato greenhouses and constructed wetland at the Red River Station in Bossier City May 8.

This is the group's 60th annual spring tour. They had been to the station previously five years ago. A busload of 41 cattlemen from the county south of Houston visited this time.

They began their trip May 6 in Nacogdoches, Texas, at the Norbord Oriented Strand Board plant, Cal Tex Lumber Co. and Stephen F.

Austin University for a horse demonstration. They also visited the Suzi Q Cattle Co. in Center, Texas, and were headed to the Sutterfield Ranch in Palestine, Texas.

John Levasseur, Caddo county agent, put together the itinerary for the Northwest Louisiana leg of the trip. W.F. Gonzales and W.F. Baker presented a plaque to the Caddo-Bossier Cattlemen's Association for its hospitality in cooking a steak lunch.

"We are always looking for new and interesting places to visit and pick up helpful information," said Gonzales.

Jack Baldwin, professor in the entomology department of LSU, spoke about the management and utilization of insecticide-impregnated ear tags for controlling horn flies. Buddy Pitman, professor at Hill Farm Research Station, discussed forages.

William Glover, 85, was a first time visitor at the Red River Research Station. "It is wonderful. You do good. I learned about grasses and animals."

Added Glover, "When I was in high school, girls didn't take up agriculture. I see they do now in Louisiana."

Two of the attendees were over 90-years-old.

Kilpatrick gives two presentations

Ricky Kilpatrick was the keynote speaker recently at the Tennessee Outdoor Classroom Symposium in Nashville. The event was held for 200 educators. He discussed the success of Project Learning Tree (PLT) at Oil City Elementary. He also presented at the International PLT Conference in Jackson, Miss., May 13-15.

Aclin, Fontenot busy presenting programs

Connie Aclin had a busy month, presenting MyPyramid and Portion Control at the Salvation Army May 15; manning the Body Walk at Forest Hill on May 1 and at Lakeshore Elementary May 19; EFNEP/FNP regional training May 23 and sewing classes at the DeSoto office May 27-30.

Gwen Fontenot hosted Smart Portions in Natchitoches. By partnering with Amanda Roberts, registered dietitian for the Natchitoches Regional Medical Center and FCS advisory member, they provided individual consultations for participants. This unique spin on the class has been well received by the community and students alike. She also hosted a babysitting class April 28-30 in Sabine Parish. Participants learned responsibilities of babysitting and became CPR-certified.

Crowds continue at Lunch and Ag Discovery

The LSU AgCenter Lunch and Ag Discovery on May 19 at the Red River Research Station in Bossier City featured home vegetable gardening by Dr. Joe White. Seventy-seven people attended.

The next program is Friday, June 27, and features Ricky Kilpatrick with his Top Ten Tree Troubles list.

Milhollon participates in Water Resource Festival



Dans and Milhollon

Dr. Eddie Milhollon manned an exhibit on the constructed wetland May 16-17 at the Boardwalk for a Water Resource Festival held in conjunction with the U.S. Army Corps of Engineers and the Aquatic and Wildlife Education Foundation.

The purpose of the festival was to promote boat and water safety and educate the public about topics concerning the Red River.

The Coast Guard re-enacted the Katrina Rescue operations of 2005, using the boats and helicopter similar to the ones featured in “The Guardian” movie

filmed in Shreveport-Bossier and starring Kevin Costner.

Special attractions for the kids included alligator tales, water safety prizes and fish identification classes.

Among exhibitors were Red River Refuge Alliance/U.S. Fish and Wildlife Service, FEMA; Louisiana Department of Wildlife and Fisheries; Red Cross; Northwest Louisiana Fly Fishers; Port of Shreveport-Bossier; Shreveport Environmental Affairs; SPAR; Shreveport Sail and Power Squadron; Shreveport Fire Department; Bossier City Fire Department Rescue; Caddo-Bossier Sheriff’s Red River Joint Task Force, Bossier Parish Marine Patrol, J. Bennett Johnston Waterway and the National Weather Service on dangers of high water, appropriately two days after flooding rains.

4-H

Scholarship established in memory of Bossier Parish 4-H’er

Family and friends of Scotty Moore, a Parkway High School 4-H’er killed in a motorcycle accident four years ago, have established an endowed fund in the LSU Foundation to benefit the LSU AgCenter 4-H program.

The Scotty Moore Memorial Scholarship Award will assist undergraduate students attending any two- to four-year college, university or vocational institution.

Wendell Scott “Scotty” Moore Jr. was born on June 1, 1983 in Shreveport. When he was 2 years old he began riding in tractors and checking on cows with his father and grandfather. He began driving tractors and cutting hay when he was 8 and joined 4-H when he was in the fourth grade at Curtis Elementary School.

He showed registered Brangus cows from the fourth to 12th grade at the State Fair of Louisiana. At one time, he was the only 4-H member at Parkway High School.

Moore loved working with the younger members of 4-H. He helped them with showmanship skills, grooming the cows and learning the importance of good sportsmanship, according to Jeannie Crnkovic, Bossier Parish agent.

Moore was killed in a motorcycle accident on Oct. 24, 2004. He spent the day before his death at the fair helping the younger members prepare for their showmanship classes.

Moore was the son of Scott and Kathryn Moore of Elm Grove. His father said friends of the family initiated the idea for the scholarship.

“This will be a great asset to the Bossier livestock program for decades to come,” said Troy Menard, LSU AgCenter associate agent. “Livestock exhibitors can apply for the scholarship and get help with their college financial needs.”

Recipients of this award must be participants in the Bossier Parish 4-H program who have been livestock exhibitors for three years or more. Recipients must be graduating high school seniors with a 2.5 grade point average or higher.

“It is a very honorable gesture by the donors that have come together to create an endowed scholarship in memory of Scotty,” said Eric Eskew, executive director of the 4-H Foundation. “A scholarship will be awarded in 2009.”

Moore said he decided to fund a scholarship this year as well. It went to Erika Anderson, a Benton High School senior, and was announced at the Bossier Parish 4-H Awards Banquet.

Additional donations may be made to the account in the future.

Centennial program, obtaining pig highlights for Farrar

Molly Farrar, assistant extension agent in DeSoto Parish, conducted a 4-H Centennial Celebration Program for Leader/Senior Recognition. Thirty people attended.

Farrar also sought out a pig for Forest Hill Elementary School principal Chip Killian to help him keep a promise to students in recognition of their standardized test scores improving.

Students gathered on the playground May 19 with banners that said “Pig kissing principal” and chants of “Kiss the pig. Kiss the pig.”

Killian pondered the situation and made the move to much applause.

He said the promise slipped out in a school assembly in October, but was not to be forgotten.

The pig was provided by Parker Bevel, a student at Herndon Magnet School, who raises pigs. Marcia deMarigny, an aide at the school, dressed the pig in a red tutu.

Forest Hill does not have a 4-H club at the moment, so Farrar did the legwork to find the pig.

Killian is looking for a teacher to sponsor 4-H at the school.

Students asked if the pig tasted good and wondered what the pig thought about the whole ordeal. He did squeal, but it was unsure whether it was in delight.

Awards, fun days held

Awards days were held in Bossier and Webster on May 6 and in Caddo on May 7. Fun Days were May 13 in Bossier (the second day was canceled due to heavy rains) and May 16 in Webster.

Five people were inducted into the Hall of Fame for Webster Parish on May 6. The oldest was R.D. Hinton, 96, who was a 4-Her in 1921 with a pig project. The others are Allen Mears, retired county agent from Webster Parish; Harold Newsom, first member of the 4-H Foundation; Ruby McClaran, a 4-H leader for 36 years; and Jan Hare, retired leader.

The 4-H Extravaganza for Caddo Parish elementary school students was held April 18, followed a week later for high school students.

Employees

Darinda Dans has been appointed as research associate at the Red River Research Station Agronomy Department. She will be working with Dr. Eddie Millhollon. She is an LSU graduate where she was a lab assistant in the Agronomy Department. She worked for Ana-Lab as a field technician collecting and testing soil and water samples. She is experienced in general nursery operations as an assistant manager of a plant nursery.

Kate Jackson is a new research associate at the Pecan Station. She is from Columbia and attended Caldwell Parish High School and graduated from Louisiana Tech University in November in animal science with concentration in equine science. She got married May 16 to J.D. Burnham and lives in Arcadia.

Upcoming

- The LSU AgCenter is offering a Smart Portions program, a series of seven educational classes for individuals to help achieve and maintain a healthy weight based on lifestyle changes.

Classes will be held on Tuesday, June 3, 10, 17, 24, July 1 and 8 from 11 a.m. to noon at the offices at 2408 E. 70th, Shreveport. Please call to register at (318) 226-6805. The fee for the series of classes is \$20.

- June 5 is 4-H Day at the Capitol. Groups will meet with their legislative representatives, go on tours, attend committee meetings and be recognized for the contributions 4-H has made to the state during its 100 years.
- 4-H'ers and volunteers leaders from Louisiana's 64 parishes will converge on the LSU campus to participate in competitive activities and learning experiences at 4-H University on June 17-19.
- 4-H summer camps are beginning for fourth through sixth graders in Pollock. Dates are May 26, Webster; June 2, Red River, Natchitoches, Sabine; June 9, Bossier; July 14, Caddo; and July 25, DeSoto.
- The 14th Annual North Louisiana Dairy Festival will be held Saturday, June 7 at the State Fair of Louisiana. Events include a showmanship clinic and a judging clinic and an ice cream eating contest.
- The Louisiana Pecan Growers' Association meeting will be June 13-14 at the Pecan Station. The annual Field Day will begin with lunch at noon Friday, followed by a program, tours and exhibits.
- Red River's annual Field Day will be Wednesday, June 18.

Lagniappe

Maurice, La., native and former 4-H member, Kent Desormeaux, 38, and his horse Big Brown scored impressive victories at the 2008 Kentucky Derby and Preakness Stakes and are now poised to win the Belmont/Triple Crown on June 7.

LiveFit Tips from Vicky Chesser

Having trouble keeping up with your LiveFit data? Starting to keep a log of what you eat and how much activity you get can be a little challenging, but it doesn't have to be.

Many are able to keep up with a piece of paper that was provided in the informational packet, but some just can't seem to find the log when they need to record their numbers. It may take a little time to get into the groove and figure out what works for you. Everyone will have something a little different that works for him.

The following are some time-saving tips others have shared.

Don't want to keep up with your daily steps?

- Wear your pedometer all week long then divide the number by 7 to get your daily average.
- Call your voicemail and leave yourself a message. You can “tell yourself” what you eat or how many steps you get.
- Use your cell phone- you can store the numbers from your pedometer under the calendar section of most phones.

Need to keep up with your fruits and vegetables?

- Use rubber bands. If your goal is 5 cups of fruits and vegetables each day. Place 5 rubber bands on your wrist. When you eat one cup, take off the rubber band. At the end of the day, it will be easy math. If office supply jewelry isn't your thing, you can use a similar system with a link of paper clips on your keys, etc.
- Use your camera phone. Most new phones will hold several pictures at a time. When you get a chance to record the data, the time and date will be recorded as well.

Are you meeting your LiveFit fruit and vegetable goals? There are lots of tips to help you get in more fruits and veggies. Here are few to try:

- Add some fruit to your morning cereal.
- Add extra veggies to your pizza.
- Stir in some onions, bell peppers or jalapenos to an omelet.
- Add some mushrooms, onions or carrots to spaghetti sauce.
- Start or end every meal with a salad. Fruit salads make a great dessert.