

Concordia 4-H

Concordia Parish 4-H
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- Concordia 4-H Agent -

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"To Make the Best Better"
Visit our web site
www.lsuagcenter.com
(Click on parishes on the right side-
then select Concordia)

*Any adult
interested in
volunteering
with 4-H
contests and
activities-
give the 4-H
Office a call
at
336-7084 .*

*We will place
your name
on file to
assist with
future 4-H
events.*

If you have a disability which requires special assistance for your participation in 4-H meetings or activities, please call Concordia Extension Office at 336-7084. Membership and participation in activities and events are 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.



LA Character Lifestyles Responsibility

A person of character meets the demands of duty, is accountable, pursues excellence, and exercises self-control.

- * **Do What You Are Supposed To Do**
- * **Use Self-Control**
- * **Persevere: Keep On Trying**
- * **Be Self-Disciplined**
- * **Always Do Your Best**
- * **Think Before You Act—Consider the Consequences**
- * **Be Accountable For Your Choices**

Myths and Facts about Fats

◇ **Myth: All fats are equal—and equally bad for you.**

Fact: Saturated fats and trans fats are bad for you because they raise your cholesterol and increase your risk for heart disease. But monounsaturated fats and polyunsaturated fats are good for you, lowering cholesterol and reducing your risk of heart disease.

◇ **Myth: Lowering the amount of fat you eat is what matters the most.**

Fact: The mix of fats that you eat, rather than the total amount in your diet, is what matters most when it comes to your cholesterol and health. The key is to eat more good fats and less bad fats.

◇ **Myth: Fat-free means healthy.**

Fact: A "fat-free" label doesn't mean you can eat all you want without consequences to your waistline. Many fat-free foods are high in sugar, refined carbohydrates, and calories.

◇ **Myth: Eating a low-fat diet is the key to weight loss.**

Fact: The obesity rates for Americans have doubled in the last 20 years, coinciding with the low-fat revolution. Cutting calories is the key to weight loss, and since fats are filling, they can help curb overeating.



"Louisiana CAN Fight Hunger" Campaign

4-H Clubs from throughout the parish can participate in the "Louisiana CAN Fight Hunger" Campaign by collecting cans of food. It is each individual club's option as to who the food will be given to. It can be given to a needy family in your community or to a food bank. We will need each club to provide us with the weight of the food collected so this can be given to the State 4-H Campaign. This campaign will continue until January 10, 2013. A special THANK YOU for reaching out to those in need in our communities and parish!

4-H Clover Blog



Concordia 4-H



November 2012

4-H News & Notes for Grades 4-12

4-H DATE LINE

November 2012

TBA Bicycle Rodeo
6 Junior Leader Meeting – 1:00pm
12 Shooting Sports-Firing Range (4:00 p.m.)
16 Deadline to sign up for State 4-H Fashion Camp (Camp Grant Walker) 13-19 yr. olds
22-23 4-H Office Closed
28 Get the Picture "Fall Scenery" Due

December 2012

3 Junior Leader Meeting
4 Christmas Cards Due
10 Shooting Sports-Firing Range (4:00 p.m.)
14 Agricultural 4-H Photo Entries Due
14 Get the Picture-"Best Smile" Due
20 Hoops and Clovers-Ticket Orders Due (\$21/ticket)
24-Jan. 2 4-H Office Closed/Holidays

January 2013

3 Junior Leader Meeting (tentative)
10 LA 4-H CAN Fight Hunger Deadline-Report weights to 4-H Office
14 Shooting Sports-Firing Range (4:00 p.m.)
14 4-H Cookery Contest (Community Room) Hwy. 15 Ferriday
18 Get the Picture Due- "Patriotic"- Due
23-26 Northeast District Livestock Show (Delhi)
25 Hornets vs. Houston Rockets 7:00pm
26/27 State 4-H Fashion Camp (7th-12th)

February 2013

8-10 4-H Junior Leadership Conference
18 Area Cookery (Rayville Civic Center)
22 Get the Picture" - "Anything Red" -Due

"Catch Phrase" for 4-H Camp Winners

One hundred twelve 4-Hers submitted a "Catch Phrase" for 4-H Camp entry for parish and state competition. Parish 4-H Winners are- Khira Yates(V4), Jada Poole(V5), Robresha Davis (CPA), Cathy Moore (CPA), Alyssa Vines (VJH6), Keaira Collins (FJH) and Kayleigh Jowers (VHS).

4-H Mousepad Design Winners

Thank you to the 202 4-H youth that designed a mousepad to promote National 4-H Week. Top club winners were:**FUE**-Ke'Andra Thompson,Ke'Era Lanies, Zoe Davis, Tierra Spur:**CPA**-Mikaylan Leonard, Sydnee Houghton, Cloi Cummings,Cathy Moore:**M4**-Faith Boyd, Hunter Chandler, Tacoma Stricklin, Bethany Myers:**M5** Kayleigh Mount, Isabella Smith, Andrea Gray, Harlie Murray, Jessica Woodrum: **M6**-Alexis Stevens,Trevor Herbert, Mallory Barlow,Brianna Tarver,Sommer Simpson: **V4**-Dylan Ibarra, Jada Posey, R'Kyrin McMillan,Laci Proby,Maddy Kiser, Keaton Havard, Joshua Williams, William King, Grac Montpelier:**V5**-Abbey Graves, Jada Poole, Ryan Cobb, Maddie Pugh, Claire Hendricks, Sela Naff, William: **VJH**-Brittany Stanley: **FJH**-Jatterica Carr, Malik Smith, Octavia Sims, Keonte Fortune.

Bicycle Rodeo (10 points)

A Bicycle Rodeo will be held at the various schools (Monterey, Ferriday, Vidalia, and Concordia Parish Academy)) throughout the month of November or March 2013. Be on the lookout for the day and time of your community's rodeo. Each 4-H'er must furnish their own bicycle or make arrangements to use one. All riders will have one chance on each of the six (6) obstacle riding events.

Divisions: Grades: 4th-5th and Grades: 6th -12th
Obstacle riding events: slow ride, witches board, intersection, teeter board, zig zag ride, figure eight
(All Bicycle Rodeos Will Be Held Right After School!)

CPA- Nov. 12th



LA Connections Camp: (7th-9th grade) The Citizenship Board is excited to showcase a variety of opportunities that will connect our 4 -H youth to Louisiana’s richest traditions and cultures. Daytime Sessions will include: Cultural Arts-Cajun Dancing & Mud Painting, Tour de Festivals-Festival Activities & Food, Tri- ing To Drive-Don’t travel through time distracted while driving, and Louisiana Historical Icons-Go on a scavenger hunt of 200 years of historical figures. Night Activities will include: Living History on Friday Night-travel through 5 time periods in LA history; Louisiana Saturday Night-we’re having a party – a 200 year birthday party for Louisiana. You must register for this camp by November 9, 2012. The camp will be held at Camp Grant Walker, December 7-9, 2012. Cost is \$70. Call the 4-H office at 336-7084 to sign up!

Top Winners - 4-H Pet Show

Congratulations to all of the 4-Hers that participated in our 2012 4-H Pet Show! There were 28 4-Hers in this year’s Pet Show. Top winners from the Pet Show are as follows: **Pet Show: Best Overall Other Small Pet** – Faith Roberts (M6); **Most Unusual Other Small Pet** – Faith Roberts (M6); **Most Active Other Small Pet** – Faith Roberts (M6); **Best Short Hair Cat** – Andrea Gray (M5); **Best Overall Cat** – Andrea Gray (M5); **Best Large Dog** – Mallory Barlow (M6); **Best Personality Large Dog** – Mallory Barlow (M6); **Fastest Recall Large Dog** – Mallory Barlow (M6); **Best Tricks of All Pets** – Lillie Ingram (M4); **Most 4-H Spirited of All Pets** – Kayla Barnes (M8); **Waggiest Tail of All Dogs** – Brett Walsworth (CPA 4); **Best Costume Dog / Owner of All Dogs** – Kayla Barnes (M8); **Most Handsome Dog** – Scott Stanley (V5); **Most Gorgeous Girl of All Dogs**- Kayleigh Mount (M5); **Best Personality Small Dog** – Jason Martin (V4); **Most Adorable Small Dog** – Cierra Lescault (V5); **Pet Show Results: Small Dogs – Best Personality-Purple Ribbon**- Sara Gray, Brett Walsworth, Rebecca Cowan, Kayleigh Mount, Jason Martin; **Blue Ribbon**: Chesney Seals, Bethany Myers, William King, Scott Stanley, Cierra Lescault, Kayla Barnes, Braxton McGraw, Alyssa Vines, Lillie Ingram, Eden Armstrong, Madeline Mount; **Small Dogs – Adorable- Purple Ribbon**: Scott Stanley, Brett Walsworth, Cierra Lescault, Alyssa Vines, Kayleigh Mount, Sara Gray, Braxton McGraw, Eden Armstrong, Kayla Barnes; **Blue Ribbon**: Bethany Myers, Lillie Ingram, Chesney Seals, William King, Harlie Murray, Madeline Mount, Rebecca Cowan, Jason Martin, Cloi Cummings; **Large Dogs – Best**

Personality- Purple Ribbon: Joseph Boykin, Ashley Barlow, Mallory Barlow; **Blue Ribbon**: Mason Thompson, Noah Young; **Large Dogs – Fastest Recall – Purple Ribbon**: Mallory Barlow, Joseph Boykin; **Blue Ribbon**: Noah Young, Mason Thompson; **Short Hair Cat- Most Unusual Feature – Purple Ribbon**: Andrea Gray; **Short Hair Cat – Best Personality** – Andrea Gray; **Other Small Pets – Most Unusual –Purple Ribbon** – Faith Roberts, Reed Wilson, Layla McCall; **All Pets – Tricks – Purple Ribbon**: Cloi Cummings, Kayla Barnes, Alyssa Vines, Cierra Lescault, Mallory Barlow, Scott Stanley, Lillie Ingram; **Blue Ribbon**: Chesney Seals, Rebecca Cowan, Faith Roberts; **All Pets – Most 4-H Spirited – Purple Ribbon**: Kayla Barnes, Brett Walsworth, Alyssa Vines, Scott Stanley, Faith Roberts; **All Dogs – Waggiest Tail- Purple Ribbon**: Chesney Seals, Brett Walsworth, Bethany Myers, Scott Stanley, Cloi Cummings, Mallory Barlow, Noah Young; **Blue Ribbon**: Alyssa Vines, Sara Gray, Kayleigh Mount, William King, Cierra Lescault, Rebecca Cowan, Mason Thompson; **All Dogs – Best Costume Dog / Owner – Purple Ribbon**: Jason Martin, Harlie Murray, Alyssa Vines, Kayleigh Mount, Kayla Barnes, Cierra Lescault, Scott Stanley, Brett Walsworth; **Blue Ribbon**: William King, Lillie Ingram, Mason Thompson; **All Dogs -Most Handsome Boy- Purple Ribbon**: Cierra Lescault, Chesney Seals, Brett Walsworth, Harlie Murray, Kayla Barnes; **Blue Ribbon**: Jason Martin, William King, Mason Thompson; **All Dogs – Most Gorgeous Girl: Purple Ribbon** Lillie Ingram, Bethany Myers, Kayleigh Mount, Alyssa Vines, Sara Gray; **Blue Ribbon**: Cloi Cummings, Madeline Mount, Mallory Barlow.

GET THE PICTURE CONTEST

- ◇ Photos must be taken by 4-H’er within the last year
- ◇ Photos must be 3 1/2 x 5 or 4 x 6 (your choice). Printed pictures from digital cameras are allowed
- ◇ Divisions: 4th—5th; 6th—12th
- ◇ Complete and attach the entry form below to the back of the picture with clear tape.
- ◇ Turn in to your 4-H Leader or bring to 4-H Office by the due date
- ◇ December Category: “Best Smile” Due: December 14th
- ◇ January Category—Patriotic

4-H Photography Contest: “ Best Smile”. Date Due: December 14th

Name: _____ **School:** _____ **Grade:** _____

Division: (Circle one): 4th-5th 6th - 12th

5 Points



Agriculture 4-H Photography Contest



Entries are due in the 4-H office (Extension Office) no later than December 14, 2012 to compete.

Rules and Regulations:-All pictures must relate to Agriculture. -Open to all 4 -H youth 4th-12th grade. -Divisions will include: 4th – 6th **and** 7th – 12th -Picture must be taken by individual listed on entry label. -Entry label must include name, parish, grade, and category. -Photograph entered must have been taken during 2012 and in Louisiana. -All entries must be 8” x 10” (color or black/white). **(No other size pictures will be accepted)** -All 8”x 10” pictures must be mounted on a 10” x 12” thin art/mount board this will allow a 1” border. **(Please no foam core board)** -Each photograph must include a one-line title mounted on thin art/mounted board below picture. -You are limited to enter only one picture in each of the categories that are listed below. -Entries cannot be duplicated. -Winning photographs will be displayed during Ag Expo –January 18-19, 2013.-All photographs will be returned to parish extension offices in February 2013-Ink jet prints acceptable

PHOTOGRAPHY CONTEST CATEGORIES:

Farm Animals Horticulture/Plants/Crops Any Other Agriculture

“Get the Picture” Contest Winners

Winners for the “Summer 2012”entries:(4th -5th)- 1st– Celeste Emfinger (V4); 2nd-Luke Robertson (V4);3rd– William King (V4); Purple– Alyssa Vines (VJH6); Maggie Gray (M5); Cloi Cummings (CPA); Isaac Martinez: Blue Ribbon- Robresha Davis (CPA); Chesney Seals(CPA); Savanna Anders (CPA);Scott Stanley (V5); Charlette Ballard (V4); Kayla Arnold (V4); Ashley Britt (V4); Lacy Proby (V4); Red Ribbon- Mikaylah Leonard (CPA); Sadi White (CPA); Khira Yates(V4); Eden Armstrong (V4);(V5)-(6th-12th)-1st– Brittany Stanley (VJH); 2nd-Kedrick Sam (FJH); 3rd-Octavia Sims (FJH); Blue Ribbon– Sara Morace (FJH); Jatteria Carr (FJH); Keonte Fortune (FJH);Alexis Stevens (MJH). Congratulations to all of the 4-Hers that participated in our first “Get the Picture” contest of the year!

Christmas Card Contest

Due **December 2nd** (Friday)-Must be picked up on this day so cards can be judged and displayed.

Rules: Two categories: 1.Small cards 2. Large cards

Small cards can be anything smaller than the poster board cards folded in half. Cards can be folded whatever way you prefer. **Large cards** will be the size of a poster folded to (11 x 14) which is in half. All cards can be made of any material. *(No glitter is allowed)* Judging will be based on creativity, neatness, and holiday spirit. The top three individuals will be awarded in the small card and large card. (10 points) Hope you will show your Christmas spirit by making a card! Awards will be 1st-\$10, 2nd-\$8 and 3rd-\$6 for each category.

4-H Cookery Winners

Sweet Potato Overall Winner-Joseph Poole(M6); **Sweet Potato Dessert** – 1st-Walter Watson (V5); 2nd-William King (V4); 3rd-Kayleigh Jowers (VHS); Purple Ribbon- Joseph Poole (M6); Kayla Barnes (MJH): Blue Ribbon-Amiracle Williams (V5); Brittany Stanley (VJH): **Sweet Potato Other** – 1st Joseph Poole (M6); 2nd– Jessica Woodrum (M5); 3rd-Aaron Pickering: **Purple Ribbon**– Alexis Stevens(MJH); Candace Little(M4); Eden Armstrong (V4): **Pecan Overall Winner**-Harlie Murray(M5);**Pecan Dessert** -1st-Layla McCall(M5)2nd-Hobie Little(M6); 3rd– Candace Little(M4): **Purple Ribbon**– Madeline Mount(M4); Emilly Guillot(M5); Alexis Stevens (MJH); Rebecca Cowan(V4): **Blue Ribbon** -Ashley Barlow(M5); Faith Boyd (M4); Gracie McNeely (M4) **Pecan Candy**– 1st-Harlie Murray (M5); 2nd-Kayleigh Jowerrs (VHS);Lillie Ingram (M4): **Purple Ribbon**– Kayla Barnes (MJH); Bethany Myers (M4): **Pecan Other**– 1st– Scott Stanley(V5):**Ground Beef**– 1st Ashley Barlow(M5);2nd-Kayla Barnes(MJH); 3rd– Alyssa Vines (VJH): **Purple Ribbon**– Layla McCall(M5);Kayleigh Jowers (VHS); Hobie Little (M6):**Blue Ribbon**–Lexis Ingram (MJH); Alexis Stevens (MJH); Chesney Seals(M5).