



Northwest Region Newsletter

August 2010 Edition

News/Events

LSU AgCenter presenting Living Well Expo Sept. 14

The LSU AgCenter's Family and Consumer Science agents are presenting a Living Well Expo on Tuesday, Sept. 14 from 9 a.m. to noon at the Bossier Civic Center.

Admission is free and includes seminars, exhibits, door prizes and demonstrations centered around food, family and finance.

Topics include quick and easy dishes, healthy snacks for children, getting your child ready for kindergarten, Internet safety, new credit card rules, positive parenting and Who Gets Grandma's Pie Plate?, a program for transferring untitled property.

Interstate 69 to apparently affect LSU AgCenter Pecan Station once again

The LSU AgCenter Pecan Research-Extension Station in Shreveport is again being targeted by the proposed alignment of Interstate 69 in southern Caddo Parish.

The state Department of Transportation and Development held public meetings to allow input on revisions to the proposed interstate and Dr. David Boethel, LSU AgCenter vice chancellor, said he was disappointed that the station was in jeopardy.

"We thought that had been settled," he said, referring to assurance from Richard Savoie, then DOTD deputy chief engineer, in May 2009 that I-69 would have an alignment "that will avoid any required right-of-way from the facility."

Boethel said the LSU AgCenter is working with state officials to determine why the pecan station is back in the interstate's path. "We are certainly again opposed to the move because it will have detrimental effect on our research," Boethel said.

"We were surprised to find that there are now three routes being considered for final decision and that two of those essentially would destroy the station," said Dr. Randy Sanderlin, research coordinator at the station.

The decision makers need to be made aware that the station represents more "than just a few pecan trees," he said. The loss of the station would have long-term negative effects on the pecan industry in Louisiana and the entire southeastern pecan-producing states, he said.

"As a grower, I really depend on the Pecan Station for timely research they do and it's a direct help to me," said Stephen Norman of Rosalie Pecans in Alexandria. "It's so immovable. Growing trees requires decades. The permanence of the station is essential."

Norman said the Pecan Station is a great resource for new pesticides, growing techniques and economical and safe ways to handle pecans. "I am constantly changing the way I do things because of the guys at the Pecan Station," he said.

Sherman Richardson of Colfax, who has had an orchard in Chopin for 10 years, said the research is invaluable. It is hard for growers to get unbiased information and data on chemicals, Richardson said, "what works and what doesn't without risking our crop," he said.

He said the Pecan Station faculty were especially important after Hurricane Rita in helping him bring his trees back. "I don't want to fly in the dark again," he said.

Bill Beasley of Ferriday said he has retained "a world of knowledge in cultivation, thinning and fertilization" from the Pecan Station since his operation began 25 years ago. "You cannot produce pecan trees overnight like a row crop."

Sanderlin said the station also provides an educational resource for young people and sometimes serve as a "gateway into agricultural and scientific careers."

"If not for my time at the Pecan Station, I probably would not have ended up where I am today," said Rebecca Melanson. "I had such a wonderful experience working on pecan research with the researchers and pecan producers that I decided to pursue a graduate degree in plant pathology at Louisiana State University.

"After graduate school, I would like to pursue a career in agricultural research and extension in Louisiana at a facility like the Pecan Station," she said.

Sanderlin encouraged growers to participate in a public comment period for interested parties to submit their thoughts on which interstate route they prefer.

DOTD officials said concerns of the Pecan Station officials and comments from other citizens would be digested before the project moves to the final stages when a timeline will be placed on the project, which is nearing completion of environmental impact studies.

The station has served the commercial pecan industry for 80 years and projects at the station are not duplicated elsewhere, Boethel said.

The total value of pecan production in the state in 2009 was \$10.5 million, Sanderlin said.

LSU AgCenter poultry demonstration houses get chicks



The LSU AgCenter has started receiving birds in two commercial-sized broiler demonstration houses at the Hill Farm Research Station.

The houses will be used to test and demonstrate different types of heating equipment, said Dr. Bill Owens, Hill Farm resident coordinator.

With alternative heating and energy savings as big concerns among poultry growers, one house is equipped with radiant tube heating, and the other heated by standard radiant brooders, Owens said.

Among production variables to be evaluated will be feed conversion rates and chick growth, along with monitoring ammonia and odor levels and energy and water use.

“We will look at the weight to see if the target is achieved in the proper length of time,” Owens said. “We are proud to be involved with the poultry industry and help the growers of Louisiana learn about equipment and procedures that will help them be more efficient and profitable.”

The LSU AgCenter is contracting with Raeford Farms of Louisiana, whose service technicians will visit the LSU AgCenter facility regularly and evaluate it just as they would do for other growers – to assure the operation is following the company’s management guidelines, Owens said.

Each building began housing 21,400 birds.

Owens said there will be a web camera installed eventually so people can view the operation.

Poultry production is Louisiana's largest animal industry and the second largest segment of Louisiana's agricultural industries. The total value of Louisiana poultry production during 2009 was \$884 million and 800 million pounds of broiler meat were produced.

There are more than 2,000 broiler houses in the parishes of Sabine, Natchitoches, Lincoln, Union, Jackson, Claiborne, Winn, Webster, Bienville, Vernon and Ouachita.

Lincoln celebrating success with social media

Lincoln Parish is concentrating on getting more hits to its webpage and has set up a Twitter account to help.

There were 400 more hits in July than June, said Margaret Henderson, administrative coordinator, and Lincoln ranked fifth in visits of all Louisiana parishes. August analytics show weekend hits increased.

The site has 4-H updates, gardening tips, healthy living and parenting tips.

On Twitter, Henderson said she goes to followers' pages (198 since July 8) and finds Ruston-area people to follow. When she sees someone following the Twitter page, she sends them a message of thanks. She also retweets and has noticed that several of her Tweets have been retweeted.

Some of the highlights have included:

There are common mistakes when it comes to keeping a well manicured lawn. Find out one right here to avoid some issues: bit.ly/cf6EVZ

Hitting, spanking, screaming, name calling can cause children to want revenge. Cathy Judd tells how to stop this: <http://bit.ly/b0yb2Q>

Do you ever run meetings and the info seems to float up to the ceiling? Sounds like you need the Dora Ann Hatch touch: <http://bit.ly/apP0jN>

What is one of the most important skills you can teach a child? Click on the link to find out! <http://bit.ly/cTnjCF>

"That very last one is the most popular," Henderson said. It was still getting hits after two weeks.

Andy Garcia, regional tech support specialist, told Henderson to try and come up with catchy phrases to make people actually want to go to the page. Here was one example she cited: What is the "Best Little Town" in America? Click and find out!: <http://bit.ly/aJJxli>.

Gary Stockton, agent, also recently did his column for the Ruston newspaper on social media.

Find the website at http://www.lsuagcenter.com/en/our_offices/parishes/Lincoln, and Twitter site at www.twitter.com/lsuag_lincoln.

Hanna publishes in HortTechnology

Dr. Hanna Hanna had a paper published in the August issue of HortTechnology about reconditioning perlite to reduce costs.

He reported on three recycling methods developed in the past five years. The no stir/sift then disinfect method combines perlite reconditioning with hot water treatment. It reduced labor input by 49 percent and 81 percent compared to the stir then disinfect method and the sift then disinfect method, respectively. The same method reduced recycling cost by 22 percent and 50 percent compared to the other two methods, respectively.

Feral hog management options meeting set

A meeting for feral hog management options for landowners will be held on Tuesday, Sept. 28, from 6 to 7:30 p.m. in the Police Jury meeting room of the Bossier Parish Courthouse in Benton.

There is no charge for attending.

The new law regarding night hunting for feral hogs and other nuisance wildlife will be discussed as well as trapping and hunting as options for landowners who have problems with feral hogs on their property.

Goat farm participant in Market Maker, agritourism

Besides saying cheese, visitors can taste it at WesMar Farms in Moreauville, a self-proclaimed agricultural respite owned by West and Marguerite Constantine.



“The ultimate goal is for them to buy, but we want them to come back and spread the word, to bring their cameras,” she said.

Wearing a “No goats, no glory” shirt, West touted several ways the LSU AgCenter has recently assisted their farm. He and his wife

mentioned Market Maker, an electronic service to help growers connect with consumers, agritourism, the Louisiana 4-H Museum and mastitis research at the LSU AgCenter Hill Farm Research Station.

Market Maker will be effective because it will give younger and middle-aged consumers awareness of locally produced food, Marguerite said. “They are computer savvy. Older people are producers, and Market Maker will fill the gap.

“Market Maker will allow agritourism operators to market their value-added products such as cheeses, wines, salsas, jelly, jams and honeys,” Marguerite said.

The Constantines say their full-time work in the National Guard taught them structure, commitment and hard work to begin WesMar Farms, the only Louisiana Department of Agriculture-certified goat dairy north of Interstate 10 and west of the Mississippi River.

Just a few miles from the 4-H museum, the two entities have partnered for school group tours. “It is fun for the kids. We let them milk by hand,” said West.

A group tour is \$5 per person and 25 can be accommodated, depending on their age.

The couple also hosts a farmer’s market at their home, 851 Couvillion St., every Thursday from 2 to 6 p.m. “If they see the animals and the way they’re raised and interact with them, they’ll likely be customers and take pride in the connection,” Marguerite said.

A gift shop includes artisan goat cheese, Grade A pasteurized goat milk, handcrafted goat milk soap, reusable shopping bags and T-shirts. A cookbook gives Marguerite’s recipes for fig and goat cheese flatbread pizza.

Their products are also sold in Shreveport, Natchitoches, Ruston, Lafayette, Alexandria and Monroe.

Trent Bonnette, chef and co-owner of Brown Bag Gourmet in Marksville, uses the cheese on burgers at his restaurant and sells the farm’s chocolate goat milk truffles for dessert. “I’ve always been interested in a greener way of doing things,” Bonnette said. “Marguerite’s goat cheese is phenomenal.”

The restaurant’s beef is local and the bread comes from New Orleans.

“Agritourism operators can sell to local businesses like the Brown Bag Gourmet to increase their profit and allow the restaurateur to have that as his specialty,” Marguerite said.

Local foods create great niche marketing for restaurants, said Dora Ann Hatch, an LSU AgCenter agent who has recently assumed statewide responsibilities in agritourism for the LSU AgCenter and regional responsibilities with Market Maker. “You have to be

known for something. You go to the Brown Bag Gourmet because you know you'll eat local produce," she said.

Goat milk has more vitamin A, B, riboflavin, calcium, iron and phosphorus than cow's milk and less cholesterol, West said. "There is no cow's milk in our house," he said seriously.

At 6:30 a.m., he milks 15 Nubian goats, retrieving 7.5 gallons a day. The goats are not treated with hormones to increase milk production, West said.

Marguerite grew up with seven siblings on a farm in Godeaux milking cows. "The first five girls baled hay. As far as our dad was concerned, we were boys," she said. Her mother showed her how to make soap.

West says goat's milk has three times more beta-casein than cow's milk and that caseins are easily absorbed into the skin and allow for quick hydration of dry skin.

WesMar's soaps are made with pure essential oils, not synthetic fragrance oils, preservatives, dyes or colorants. Varieties include basil and mint, eucalyptus and mint, lavender, lemon and geranium, marjoram, palmarosa, patchouli, rosemary and mint, and unscented.

Basil, figs, pears and garlic are also grown on the eight-acre farm.

The Constantines have visited almost every continent and enjoy the countryside. "We've been to England eight times and never to London," said West. They enjoy old homes, history and making connections.

Learn more about Market Maker at www.lsuagcenter.com. WesMar Farms' website is www.wesmarfarms.com.

Weeds topic of Lunch and Ag Discovery

A weed is just a plant that's out of place.

Control is possible with the right herbicide applied at the right time, said Chuck Griffin, LSU AgCenter agent, while presenting "Weed Control for Lawns" at the LSU AgCenter's Lunch and Ag Discovery session Aug. 31 at the Red River Research Station in Bossier City.

"The most important thing in a lawn is to make it grow vigorous," Griffin said. "It is essential to prevent weeds."

Weeds are caused by low fertilization in the ground, compacted soil, poor drainage and improper mowing, he said.

Griffin encouraged getting soil samples through the LSU AgCenter to test chemical properties.

Griffin said pre-emergence herbicides can be used in almost every yard. “If it’s already up, pre-emergence is not going to do any good,” Griffin said.

Pre-emergents are usually more friendly to bushes and flowers, he added.

“More is not better with herbicides,” Griffin said. “Put down what’s needed.”

He suggested watering early in the morning to provide an opportunity for the lawn to dry so as not to promote fungus disease in the grass.

“We recommend one to two inches of water per week during drought periods to keep grasses actively growing,” Griffin said. “You can put out a can to measure,” he explained.

“Herbicides are very safe as long as you use them as directed,” he said. “Store where kids and pets won’t get to it. Store in a dry area protected from frozen temperatures.”

Valencia Park Stoner Hill Community Garden youth recognized, visited by mayor



Valencia Park Stoner Hill Community Garden FIT for Kids youth were recognized by the Shreveport City Council.



Mayor Cedric Glover had spaghetti with the Valencia Park youth and toured the garden.

On Aug. 11, the youth at Valencia Park Stoner Hill Community Garden hosted a spaghetti lunch at the Community Center on Viking. They have been involved in the development of the FIT for Kids Program. FIT stands for Food Initiative Taskforce.

Mayor Cedric Glover, Rep. Roy Burrell and Councilman Monty Walford attended.

Over the summer, the youth learned gardening, cooking, leadership and communication skills.

The previous day they were recognized by the Shreveport City Council. Brandon Lewis told the group he found out he liked to eat okra and learned leadership styles and how to eat healthy. David Holmes said he learned to plant and harvest and how to “work with people and make my community a better place.”

Parish News Lincoln

Gary Stockton, LSU AgCenter agent in Lincoln Parish, has given talks and presentations for many groups about conservation tips to reduce the amount of water used in homes to aid in curbing the decline in water levels of the Sparta Aquifer.

Water is the life blood of Lincoln Parish, he says. “When using water, stop and think what you could do differently to conserve your personal water usage.”

The population of Lincoln Parish is approximately 46,000 people. So if each person would start off by reducing his usage by one gallon per day that would save 46,000 gallons of water per day. “It could be easy if we would all just think before we let it go down the sink,” he said.

If you are concerned about declining water levels and would like information on reducing water usage at home, call Stockton at 318-251-5134.

Locals learn to "Eat Smart"

The LSU AgCenter just completed an eight-week Smart Portions program to teach people how to eat healthy and lose weight.

Losing weight can be a challenging task, unless you have great support, said Cathy Judd, LSU AgCenter agent in Lincoln Parish. Fifteen Smart Portions participants encouraged and motivated each other to stay on task.

To verify change in behavior, participants had their body mass analyzed, waist measured and starting weight recorded on the first day of class. Each week participants weighed in. At the end of the eight weeks, waist measurements and body mass were analyzed again.

Participants learned how to change eating behaviors by looking at true portion size. They learned how to eye-ball portion size by looking at familiar items such as a baseball which is equivalent to one cup, or a deck of cards that represents three ounces of meat.

Many times we just accept what is put on our plate. If you eat out on regular basis you may notice it is hard to maintain your weight because of the huge portion sizes. If you're

from the clean the plate club, it is hard to leave food on your plate. Participants learned strategies to help them not to overeat when eating out or at home and not to give in to habits. Participants learn to become more mindful of what their eating and how to enjoy food.

They discussed how stress may induce eating, how to make changes to favorite recipes, what body mass index says about health, importance of exercise and how to read labels. In the Smart Portions class participants also learned how to make healthy food selections when eating out and how to make food tasty.

The Smart Portions participants implemented the information they learned from Smart Portions and lost a total of 54.4 pounds together. The highest weight loss was 9.6 pounds, second was 8.5 and third was 6.4.

Bienville

Charting course to home ownership class offered

Two sessions have been offered in a home buyer education class taught by Diane Uzzle, financial resource management agent, and the remaining schedule follows: Sept. 29, Oct. 27, Nov. 17, Dec. 8, Jan. 26, Feb. 23, March 30, April 27, May 25 and June 29.

By attending the classes, you will learn from experts, enjoy small, friendly sessions, discuss real-life experiences, receive take-home materials and obtain resources.

Topics include selecting the best home for your family and budget, choosing your home-buying team, getting your finances in order, managing your credit, negotiating the best deals, obtaining the best mortgage for you and maintaining and protecting your investment.

Certificates of completion are awarded.

You work for your money, is your money working for you?

It's smart to work hard for your money, but it's even smarter to have your money work for you. This was the first of several sessions that have been explored at We Care Ministries in Ringgold.

We Care Ministries is offering "Saving and Investing for Life" (SAIL) classes on the first Sunday of each month at 9:30 a.m. These classes are being taught by Diane Uzzle.

Some topics have included family budgeting, tracking your spending, types of expenses, living within your means, setting and reaching SMART goals, building emergency funds, debt to credit ratios, finding money to save when there isn't a dime to spare, paying off high cost debt, buying on credit, knowing your investment options and selecting the right investments for your goals.

For more information or to schedule SAIL for your church or group, call 318-263-7400.

Natchitoches

Master Gardener class begins

Natchitoches Parish will host the Fall 2010 Master Gardener Class on Wednesday mornings from 9 a.m. to noon beginning Sept. 1 and running through Nov. 3 at the Natchitoches Arts Center.

4-H

Hard work earns La. first place at National 4-H Forestry Invitational



Arnold, Farmer

Louisiana's team in the 31st annual National 4-H Forestry Invitational had only a short time to prepare for the event in which it placed first against 14 other state teams.

The team trained in Baton Rouge July 6-9 for the July 25-29 invitational at West Virginia University Jackson's Mill State 4-H Camp and Conference Center near Weston.

Louisiana placed third last year. It was the first time Louisiana placed first since 1982, said Brian Chandler, LSU AgCenter forestry agent and one of the coaches. He has been involved since 1984.

At the invitational, 4-H members compete for overall team and individual awards in written exam, tree identification and measurement, compass and pacing, insect and disease identification, topographic map use, the forestry bowl and forest evaluation.

"I am really, really proud of them," said Robbie Hutchins, LSU AgCenter forestry agent and another coach. "They are amazing young people able to learn and process a huge amount of information in a short time."

Other teams had studied since January, but Louisiana chooses its team from youth who were tops in forestry study at 4-H University held in June. They were Victoria Arnold of

Pleasant Hill, Taylor Falcon of Broussard, Megan Farmer of Converse and Steffan McBride of Iota.

“It was a long four days of training. We did nothing but study,” said Farmer, a senior at Converse High School who has been in 4-H since fourth grade. They learned from tree and disease samples, insect collections and handbooks.

Farmer received the high-point individual award. Second place high individual award was given to McBride. Arnold got eighth overall.

Farmer said she enjoyed meeting people from all over the country. She recalls bragging about getting three inches of snow this year and hearing that other states got four feet.

Arnold, a senior at Pleasant Hill High School who wants to major in sports medicine and minor in biology, said she learned that “not everyone is the same cultural wise or food wise.”

She said she also learned about snakes and sounds in the mountains. “It wouldn’t be 4-H without educational classes,” said Arnold, who has been a 4-H’er for eight years and is state secretary.

“Western trees were the hardest to identify,” Farmer explained.

Hutchins said the team studied on the drive to West Virginia and stopped at a rest area to learn northern and eastern trees.

Farmer, who wants to become a physician assistant, was aware that the camp was Stonewall Jackson’s original home place. Chandler said the dining hall is modeled after Mount Vernon and is the oldest 4-H camp in the United States.

The winning state gets a traveling clock in the shape of West Virginia, each county made of a different wood. Chandler is displaying it in his office.

Chandler said the group got to raft on a river in West Virginia. Farmer said they also played in a waterfall, watched movies, played basketball and had ice cream.

Arnold and Farmer have spoken to the Rotary and Lions club in Many about their experiences and made a PowerPoint. A short video of them will be presented at the upcoming Louisiana Forestry Association meeting. They thank their sponsors at the end.

“We solicit donations from the forestry industry and landowners,” Chandler said. The Farm Credit System, Chesapeake Energy Corp. and the Cooperative Extension Service sponsored the event.

More than 5.5 million young people participate in 4-H, and nearly 100,000 are part of the 4-H Forestry Program.

“It is a great tradition amongst 4-H’ers to complete,” Hutchins said. “Steffan’s uncle was on a team back in 1982-83 and helped coach him.”

For more information on the National 4-H Forestry Invitational, go to <http://4hforestryinvitational.org/>.

Webster participates in school bash

Webster 4-H Junior Leaders joined 4-H Agent Lisa Holmes at the Minden Civic Center to promote 4-H to nearly 500 visitors at the Minden Back to School Bash on Aug. 7.



Junior Leaders Carlissa Lewis, Mikaela Carender, Tan Williams, Madalyn Culpepper and Callie Shaw shared information about 4-H club membership and project clubs and passed out literature, 4-H stickers and armbands and 4-H candy bars to parents and school children attending the event.

Other Junior Leaders who assisted, but not pictured are Sara Patterson and Keith Taylor.

Locals cook off in New Orleans

4-H’ers from across the state showed off their culinary skills at the Louisiana 4-H Seafood Cook-off on August 9.

The competition is the beginning of what organizers hope to be an annual event, according to Quincy Cheek, LSU AgCenter family and consumer sciences coordinator for central Louisiana.

“This is the first year that 4-H has been involved in the Great American Louisiana Seafood Cook-off, an annual event in New Orleans. Normally, the professional chefs compete on the Saturday of the cook-off, and culinary school students compete on Sunday,” Cheek said. “But this year we discussed having a competition for 4-H members on the Monday of the event, and it has been a success.”



Brisker

The first-place winners of the cook-off with their shrimp and crab bisque dish are Mary Bush, a senior at Farmerville High School in Union Parish, and Alex Talberg, a senior at Grant High School in Grant Parish.

The second place team members were **Gretchen Shaver of Red River Parish**; Nikeo Brown of St. Charles Parish and Kristen Johnson of Tangipahoa Parish. Their dish was shrimp and corn chowder.

Third place went to Sierra Sanders of LaSalle Parish, **Rayshun Brisker of Red River Parish and Emma Hollenshead of Bossier Parish**, with their Cajun Catch – a shrimp-stuffed peppers dish.

J.T. Cummings from Lincoln Parish also competed.

Cheek said the event is the brainchild of Dwight Landreneau, LSU AgCenter associate vice chancellor, and Ewell Smith, executive director of the Louisiana Seafood Promotion and Marketing Board.

“They wanted an event on Monday to use the stage and the setup where all of the famous chefs cooked, and the Seafood Promotion Board offered to let 4-H use the stage on Monday, so Dwight and I started planning last year to get some teams together,” Cheek said.

Team members signed up to compete and were trained at the LSU AgCenter’s 4-H University, Clover College track – The Next 4-H Food Star, on the LSU campus in June.

Cheek said the young cooks prepared shrimp dishes that were not nearly as complicated as the professional chefs made.

“We wanted them to prepare dishes that their parents may make. Something that the regular consumer will recreate at home,” she said. “They prepared everything from shrimp creole to curry shrimp and shrimp and corn chowder – your basic dishes with just a little bit of flair.”

Cheek said the young chefs came to New Orleans on Sunday and stayed at the Royal Sonesta Hotel. That evening they toured and had dinner at Dickie Brennan’s Bourbon House Restaurant.

She said they learned all facets of being a restaurant chef during the tour – from the front of the house back to the dishwashers.

“The Louisiana 4-H Foundation was also a major sponsor of the event. Getting the children here, taking care of their rooms and paying for their meals,” Cheek said. “They were a big help because we didn’t have the money to get that done.”

The foundation also brought in Craven Rand, vice president of operations with the National 4-H Council in Washington, D.C. to be one of the judges.

“I was a chef myself back in the days, and I believe anything the kids are doing that involves food safety and nutrition is obviously very important, not only to 4-H but to the National 4-H Council as well,” Craven said.

Landreneau said there is no other 4-H event of this type in the country.

“We’re the first to sponsor a 4-H contest with an event of this magnitude, and we want to open it up to 4-H members from other states next year, so that it will become a national 4-H event,” Landreneau said.

The competition consisted of four teams. Each team was given one hour to prepare their dish and then give a 10-minute presentation to the judges as the dish was being sampled.

In addition to Craven, the other judges were Dr. Mike Strain, Louisiana Commissioner of Agriculture; Mary Bartholomew, dean of the Delgado Community College Culinary School; and Susan Ford, Louisiana Cooking magazine editor.

Eric Eskew, executive director of the Louisiana 4-H Foundation, said this was a great opportunity to sponsor an educational trip for 4-H’ers from throughout the state.

“You really couldn’t put a price tag on the value that a trip like this provides for these 4-H members, many who had never been to New Orleans. So it was just a good all-around opportunity,” Eskew said.

Natchitoches youth win state record competition

Dedication, hard work and lots of record keeping proved to be successful for two Natchitoches Parish youth who competed in the 2010 State 4-H Records Competition.

Leneigh Hennigan, a Christian Scholars 4-H club member, won the state 6th Grade Achievement division and a \$75 savings bond. Her project books were Staying Healthy and Tasty Tidbits, highlighting safety and nutrition.

“The staying healthy project encouraged me to exercise more and I learned how to complete a pulse strength test as well as keep a weekly log of physical exercise,” said Leneigh.

Leneigh has served as a club officer for three years, was a State Ambassador Egg Illustrated Talk winner and is currently on the service learning team “Green Ambassadors.”



Taylor Roberts

St. Mary's Jr. High 4-H club member Taylor Roberts was a winner for the 7th/8th grade educational trip. Taylor has been active in the nutrition and sewing projects during her four years in 4-H. She has actively volunteered in the community, served as a club officer and is also on the service learning team "Green Ambassadors."

"Both youth put a great deal of effort into perfecting their record books and I couldn't be more proud of their achievements. This competition is great

way for youth to earn trips and awards while learning project mastery," stated Gwen Fontenot, assistant extension agent, Natchitoches.

Red River 4-H'er shows archery skills



Sixty-three Louisiana 4-H'ers competed in the 4-H Camp Shoot -Off on Aug. 7-8 at Camp Grant Walker in Pollock.

These 4-H'ers qualified for the shoot-off during their stay at 4-H Camp in June. Garrett Anderson, a Red River Parish 4-H'er, competed in the Archery Shoot-Off and placed fifth in the state. Garrett is the

son of Dr. Jeffrey and Faith Anderson and is a member of the Red River Parish 4-H Shooting Sports Team.

