

## 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.*



## LCharacter Lifestyles Respect

A person of character values all people.

- **Golden Rule-Treat others the way you want to be treated**
- **Respect the dignity, privacy, and freedom of all individuals**
- **Tolerance and Acceptance-Be tolerant, respectful, and accepting of those who are different from you**
- **Nonviolence- Resolve disagreements, respond to insults, and deal with anger peacefully and without violence**
- **Courtesy-Use good manners. Be courteous, polite and civil to everyone**

## Top Ten Foods to Avoid

Females (9-17) should get no more than 2,000 daily calories and males (9-17) should get no more than 2,400 daily calories. Only about 30 percent of these calories should come from fat. Unfortunately, many of today's foods---even the ones that are considered healthy---are full of calories, sodium, and chemically-altered ingredients. Know the types of foods to avoid in order to maintain a healthy and balanced diet.

- |                       |                          |
|-----------------------|--------------------------|
| -Packaged Baked Goods | -Fast Food Hamburgers    |
| -Canned Juices        | -Donuts                  |
| -Potato Chips         | -Microwavable Diet Foods |
| -Canned Soup          | -Ramen Noodles           |



## "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 8th, 2013. A special THANK YOU for reaching out to those in need in our communities and parish!

## 4-H Clover Blog



Concordia 4-H

October 2012

4-H News & Notes for Grades 4-12

## 4-H DATE LINE

### October

- 1 Junior Leader Meeting
- 7-13 National 4-H Week
- 8 Shooting Sports-Sheriff's Firing Range, Hwy 15-5:00pm
- 19 "Catch Phrase" for Camp Due
- 25 "Get the Picture" Contest
- 21-27 National "CHARACTER COUNTS!" Week
- 24-Nov 3 State Fair of LA, Shreveport, LA
- 27 Pet Show /Cookery Contests

### November

- TBA Bicycle Rodeo
- 5 Junior Leader Meeting
- 12 Shooting Sports-Sheriff Firing Range-4:30
- 28 "Get the Picture" Contest

### December

- 3 Junior Leader Meeting
- 10 Shooting Sports-Sheriff's Firing Range-4:30
- 14 Agricultural 4-H Photo Entries Due
- 14 "Get the Picture" Contest
- 24-Jan 1 4-H Office Closed/Holidays

## "Catch Phrase" for 4-H Camp Contest (5 Points)

Can you come up with a "catchy" theme for 4-H summer Camp? Then plan to enter the "Catch Phrase for Camp" Contest!! The deadline for all entries is at your October club meeting. 1st, 2nd and 3rd place parish awards will be given. The State winner will receive \$50 cash award. All you have to do is think of a brief and "catchy" slogan that captures the spirit of 4-H Camp Grant Walker and provide a drawing to go along with your phrase.

**Rules & Regulations:** 1. Be seven (7) words or less. Also, you must provide a drawing to go along with your phrase. 2. Include the following information on the back of your entry: Name, age, name of 4-H Club, Parish, Your complete mailing address & telephone number. Submit your entries by Oct. 19th to your Leader.  
**GOOD LUCK!**

## Distracted Driving: State 4-H Service Focus

Did you know that in 2010, 3092 people were killed in crashes involving a distracted driver and an estimated additional 416,000 were injured in motor vehicle crashes involving a distracted driver. Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include? Texting, using a cell phone, eating and drinking, grooming, reading (including maps), watching a video, talking to passengers, using a navigation system and adjusting the radio, CD player or MP3 player. But because text messaging requires visual, manual and cognitive attention from the driver, it is by far the most alarming distraction.

## 4-H Livestock Projects

The parish 4-H Livestock Program is open to anyone interested in exhibiting show animals at the upcoming 2013 Spring Show in Delhi and Gonzales. Any 4-H'er interested in showing animals at these shows should contact the 4-H Office immediately (ph: 336-7084). There are possession dates for these shows that you must meet for your animal to be eligible to show.

## 4-H Cookery Contest - Concordia 4-H Food Festival

Deadline to register- October 24th - call the 4-H office 336-7084

October 27- Old Courthouse Bldg-1st Floor

Registration: 9:00 - 9:30 a.m. - Judging begins at 9:45 a.m.

Contest will include sweet potato, pecan, ground beef and any other beef.



