



4-H Update



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March 2011

DATES TO REMEMBER

- March 3 – 5 Southern University Livestock Show
- March 15 Camp registration begins!!
- March 22 Junior Leader Club meeting, 5:30 pm, St. Francisville Town Hall
- March 23 “6 Easy Bites” project workshop, after school, WF Community Center in Independence
- March 29 Middle School field trip to Waddill Outdoor Educational Center and Metro Bowl
- April 1 – 3 Southern Regional shooting competitions in Lake Charles
- April 2 Spring Cookery contest, 10:30 am, WF Community Center in Independence

WINNERS!

SC District Livestock Show Results

Market Hogs

Cade Dubois – Champion AOB Market Hog
Lorna Klein – Reserve Champion Duroc; 2nd place market hog

Paycen Brouillette – Reserve Champion La Bred Duroc; 2nd place Duroc; 3rd place Hampshire; 3rd place in Showmanship

Jolee Beauchamp – 1st place Duroc

Anna Allen – 2nd place Cross

Raleigh Allen – 2nd place Duroc

Libby Leake – 2nd place Duroc

Wyatt Lamartiniere – 2nd place barrow

Cody Wilson – 2nd place Cross; 3rd place Hampshire

Peyton Lamartiniere – 2nd place in Showmanship; 4th place barrow

Allie Spillman – 3rd place Yorkshire; 5th place in Showmanship

Kade Delee – 3rd place Duroc; 5th place in Showmanship

Tyler Butler – 3rd place Hampshire

Toler Beauchamp – 3rd place cross

Morgan Delaney – 3rd place barrow

Olivia Allen – 3rd place in Showmanship

Hunter Delaney – 4th place barrow

Ty Beauchamp – 4th place Duroc

Helen Davis – 4th place barrow

Macee Carruth – 4th place Cross

Tristen Depew – 4th place in Showmanship

Mary Elizabeth Barrow – 5th place barrow

Clayton Daniel – 5th place Hampshire

Other market hog exhibitors included **Hunter DeLee, Tyler Depew, Jeremy Dixon, and Hannah Prewitt.**

Beef Breeding

Nancy Bickham – Supreme Champion and Supreme La Bred Long Hair Heifer; Champion and Champion La Bred Angus Female

Kelsey Fontenot - Reserve Champion and Reserve La Bred Red Brahman Female

Hunter Smith – 3rd place in Showmanship

Peyton Bickham – 4th place in Showmanship

Goats

Leah Ewing – 3rd place in Showmanship

Dairy

Averi Young – Reserve and La Bred Sr AOB;
Reserve Grand Champion and La Bred AOB; 1st
place in Showmanship

PROJECT WORKSHOP

6 Easy Bites Workshop – Wednesday, March 23, from right after school to 5:15 pm, WF Community Center in Independence.

It will include hands-on food preparation activities as well as some nutrition and food safety. Space is limited, and permission slips must be turned in by March 21.



SPRING COOKERY CONTESTS

The poultry and egg cookery contests will be held on Saturday, April 2 at 10:30 am at the West Feliciana Community Center on Hwy. 965 in Independence. Anyone in 4-H may enter, and a contestant may enter dishes in more than one division. Information on the different contests and divisions is available from the 4-H office.

To be sure there is enough interest, contestants must register with the 4-H office no later than March 25. Winners will be eligible for the regional contest in Hammond on May 2.

APRIL CLUB MEETINGS

Bains Elementary	Tues., April 5
Tunica Elementary	Thurs., April 7
WFHS	TBA

April will be the last month for 4-H meetings. 4th graders should complete the section “Plants” on pages 29-37 in Discovering 4-H.

All elementary 4-H members may turn in completed project books by April 15 to compete for awards to be presented at Awards and Activity Day on May 4.

Andre' Brock
Assistant County Agent

4-H FACTS ABOUT SUN SAFETY

The sun provides light, warmth, and the energy to support all living things. The sun emits both visible and invisible types of radiation. Without sunlight, our bodies couldn't synthesize Vitamin D which is necessary for calcium absorption to build strong bones and for healthy immune system functions (keeps us from getting sick).

Ultraviolet radiation is an invisible type of light that causes harm to skin. It is responsible for tanning and painful sunburn which leads to premature aging. It is also the leading cause of skin cancer. UV radiation also causes diseases of the eye and decreased immune system responses. UV radiation can even cause skin allergies.



Children are especially at risk because they tend to spend more time in the sun and their thin skin is more easily damaged. Most of an average person's lifetime exposure to the sun will happen before the age of 18. To reduce exposure to the sun, follow these steps:

1. Limit time in the sun. Stay out of the sun during peak hours between 10:00 am and 3:00 pm.
2. Cover-up with hats, long-sleeved shirts and long pants.
3. Take advantage of shade from trees or an umbrella.
4. Apply sunscreen - at least SPF 15 – to exposed skin. Reapply every 2 hours and after swimming or other activities in the water.
5. Wear UV protective sunglasses to protect eyes.

Pamela J. Myers
Extension Agent