



St. John Parish 4-H Clover Chronicle

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St. John Parish 4-H

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Outstanding 4-H'er

Name: Shelby Reine

School: St. Joan of Arc

Awards: 4-H District Reining Champion 4 years straight

4-H State Reining Champion 3 years straight

4-H Southern Regional Reining Grand Champion



Shelby Reine is a 13 year old 7th grader at St. Joan of Arc School. A 4-H member since the age of 9, she has participated in the 4-H district and state horse shows for the past 4 years. During this time, Shelby has been the 4-H District Reining Champion for 4 years, the Louisiana State 4-H Champion for 3 years, and Louisiana State Reserve Champion 1 year. She competed in the 4-H Southern Regional Champion Horse Show in Clemson, South Carolina in August 2010 and placed Third as a finalist. This past summer, August 2011, Shelby competed in the 4-H Southern Regional Champion Show in Tunica, Mississippi and earned the title GRAND CHAMPION in Reining at the age of 12. This is a great accomplishment. Only the first place rider from each State 4-H Horse Show is allowed to advance to the 4-H Southern Regional Champion Show, competitors ranging from 19 year old and under. She was the youngest competitor in the class and won. Shelby will be competing in the upcoming 2012 Southeast District Horse Show again this year and hopefully will have Championship title to put under her belt. The Southeast District horse show will be held at LSU Parker Coliseum located on LSU Campus in Baton Rouge, Louisiana from Monday, June 25 to Wednesday, June 27, 2012.

Upcoming Events

- ◆ May 30, 2012 4-H Day at the Capital
- ◆ June 19-23, 2012 4-H University
- ◆ June 25-29, 2012 4-H Summer Camp
- ◆ July 30 - August 3, 2012 L.O.S.T. Camp

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Parent's Corner by Cynthia Clifton, Interim Parish Chair, FCS Nutrition, 4-H

MAKING HEALTHY FOOD CHOICES:

What Do American Know and Believe About Nutrition

Some of the barriers to the Dietary Guidelines include misconception, confusion and lack of motivation. These barriers are used to determine attitudes and knowledge about the influence that healthy food have on people and their choice of nutritious foods.

Most people seem to know why what they eat affects their health, they don't really know how. Ninety percent of people agreed with the statement: "What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer." Few people know and understand that health problems are related to nutrients. Eighty percent of people know that health problems are related to sodium and cholesterol and that seventy-five percent of health problems are related to amount of fats a person consumes. Health problems are related to saturated fat, calcium, fiber and iron.



Most people are not motivated to eating the correct servings of vegetables and fruits a day, but do eat at least one serving of fruit or vegetable a day. People rate eating five servings of fruits and vegetables a day of low importance.

The Dietary Guidelines are for all Americans 2 years of age and older. Infants and toddlers have special dietary needs because of their rapid growth and development. As young children begin to eat with their families they should be encouraged to eat healthy and choose foods low in fats, oils and calories. School age children on the other hand, should be offered a wide variety of nutritious foods especially the five food groups. They need more calories for their growth. By the time the children reach teenage and adult years, they should be eating 3 servings of yogurt, milk or cheese daily to meet their calcium needs to strengthen their bones.

Cutting fats, reducing added sugars, cutting sodium and increasing dietary fibers increases your chances of living a longer life.

4-H Day at the Capitol

On Wednesday, May 30, 2012, the LSU AgCenter's 4-H Program will host it's 11th annual Legislative Day in Baton Rouge. This is an opportunity for all 4-H members throughout the state to meet their senators and representatives to gain knowledge of their functions to the parish and how their decisions affect the state. This event will begin at 10:00 a.m. with the state and elected officials welcoming the group.

4-H Summer Camp

Experience the Fun!!! Camp Grant Walker June 25-29, 2012

St. John 4-H'ers will camp the week of **June 25-29, 2012** this year. We are looking forward to a great camp again this summer. Camp is a wonderful time to meet new people, have a lot of fun and participate in various activities. If you are interested in camp—please inform your club leader and submit the attached registration form. Unfortunately we cannot take all of our 4-H'ers, so available spaces will be given on a first come basis!!! All eligible campers will receive a camp packet with forms that will need to be returned with the following fees. The total fee for camp is **\$160.00**. This includes registration, lodging, transportation, and all meals at camp. Additional fees for **T-shirts (\$10.00)**, **camp picture (\$5.00)**, and **camp store (no more than \$20.00)** are not included in the price of camp! All monies will be due by **Thursday, May 10, 2012**. If parents are interested in helping at camp, please give the 4-H Office a call at 985-497-3261. Take the virtual tour of camp or see pictures of camp at www.lsuagcenter.com/en/4H/camp/photos_and_tours.

4-H University



It's time to start thinking about 4-H University!!!

When: June 19, - June 23, 2012

Where: LSU Campus, Baton Rouge

Who: 4-H'ers who are 13 years old before January 1, 2012.



Louisiana 4-H'ers will compete for best in the state in more than 40 events ranging from plant identification, photography and computer simulation to speechmaking and fashion design. During 4-H U, participants will be introduced to aspects of life that college students experience on an everyday basis. Students will tour a working dairy, a biomedical center and athletic facilities. Students will also get to see how college students live during the week by residing in campus dormitories, eating at campus dining halls and even going through the rigors of scheduling classes. 4-H members who were 13 years old before January 1 are eligible to attend 4-H University to be held on the campus of LSU in Baton Rouge. 4-H U gives you the opportunity to meet 4-H'ers from throughout the state and compete for trips and prizes through a variety of project-area contests.

L.O.S.T. Camp

Louisiana Outdoor, Science & Technology Camp

July 30, 2012– August 3, 2012

Attention 7th and 8th graders! L.O.S.T. Camp is looking for you! **July 30-Aug. 3, 2012**. This camp is a hands on learning scientific and discovery camp that will allow you the opportunity to learn more about science, engineering, and technology. Educational tracks available during this fun filled week are: Rocketry, Wetlands, Energy, Outdoor Skills, GPS/GIS and Forensic Science. Participants can choose three (3) of the available tracks to experience. **Have we gotten your attention yet?** If so, each parish has been guaranteed space for 4 girls and 3 boys. You must have completed the 7th and 8th grade as of May 2012. Available spaces will be given on a **first come basis**. The total fee to cover camp is **\$160.00**. A non-refundable deposit of **\$50.00** must be paid by **June 1, 2012**. **Transportation will not be provided**. If you are interested in attending L.O.S.T. Camp, please contact the 4-H Office. Remember space is limited!!