

Extension Agents for Lincoln Parish

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Gary A. Stockton - Area Agent (Environment/Watersheds)

Eddie D. White – Agent (Animal Production, Beef Cattle)

John Pyzner – Associate Professor (Commercial fruits, nuts
Vegetables)

Cynthia Stephens – Agent (Family Resource Management)

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NORTH CENTRAL REGION

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NOTE:

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. If you have a disability that requires special accommodation for your participation in the meeting, please contact Cathy S. Judd at (318) 251-5134

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Serving Lincoln Parish Through Education

**Program Highlights
Spring/Summer Semester 2004**

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Ag & Natural Resources

- Over 200 poultry producers attended a meeting to learn more about environmental regulations that they are going to have to prepare for.
- 4-H youth from Lincoln Parish exhibited livestock projects at the Ag Expo in Monroe, Louisiana.
- 20 4-H members exhibited livestock at the LSU District Show in Shreveport, Louisiana.
- 20 4-H members exhibited livestock at the LSU State Show in Gonzales, Louisiana.
- 17 parish residents were given soil fertility recommendations based on soil test analyses.
- Approximately 100 home gardeners utilized recommendations from the LSU AgCenter.
- Approximately 750 4-H members learned the importance of the Sparta Aquifer and what they can do to reduce their usage.

Family and Consumer Sciences

- 22 participants learned tips on how to secure their homes, vacation safety, and services provided by the Lincoln Parish Sheriff Department. Guest speaker, newly elected Sheriff Mike Stone, presented the program at the June Lunch & Learn program sponsored by the LSU AgCenter
- 21 participants learned about the incentive program provided by the Louisiana Department of Natural Resources. David Mcgee, guest speaker, told the audience how families can receive a rebate for making their home energy efficient at the May Lunch & Learn program sponsored by the LSU AgCenter.
- 11 participants learned how they can save money through the “Louisiana Saves” program. Ginger Boutwell shared with the audience small ways they can save money at the April Lunch & Learn program sponsored by the LSU AgCenter.

- 18 participants learned how to care for their home gardens. Rafash Brew, guest speaker at the March Lunch & Learn program, explained to the audience how to take care of their lawns, home flowers, and types and amounts of fertilizers.
- 20 participants learned tips on how to organize their wardrobe, home, and office at the February Lunch & Learn program.
- 30 youth from Lincoln and Union Parish Evenstart participated in a 12-week parenting seminar “Right from Birth.” Young parents learned about brain development, how to provide positive experiences that promote positive brain development, keys to teaching language, ways to enhance learning and intelligence, how to set limits, tips on starting school, and more.
- 10 youth participated in an 8 hour babysitting clinic. Students learned how to handle emergencies, how to set their fee, how to get basic information on parents/child, home safety, first aid, telephone etiquette, how to handle sticky situations, how to change a diaper, how to bathe a baby, and time for bed.
- 10 people participated in a nine week “Portions” program. Participants learned how to eat healthier, benefits of exercise, how to plan meals using the food guide pyramid, how to modify recipes, how to read labels, make wise selecting while eating out, and emotional eating. 7 participants completed the program with a weight loss of 38 pounds.
- 8 youth from Evenstart participated in the CHARACTER COUNTS! Program. They learned the six pillars of character: trustworthiness, fairness, caring, citizenship, respect, and responsibility. Participants identified ways they could use these characters in their daily lives.
- 22 child care providers participated in a 3-hour training entitled “Nutrition for Young Children.” Participants learned the importance of choosing a diet moderate in sugar, sodium, and fats.
- 20 child care providers participated in a 3-hour training entitled “Child Care Including Special Needs Children.” Participants received certificates for the 3 hour training. Evaluations indicated they learned where to seek further information when necessary and best caregiver styles.

- 22 child care providers participated in a 3-hour training entitled “Temperaments of Children, Social and Emotional Growth.” Evaluations indicated they learned the importance of parents and caregivers as teachers of children.
- 20 child care providers participated in a 3-hour training entitled “Social and Emotional Growth.” Evaluations indicated they learned how to build their children’s self-esteem.
- 15 child care providers participated in a 3-hour training entitled “Foster Emotional Development, The Caregiver’s Role.” Evaluations indicated as a result of this program they will choose activities that will help children in their care develop physically, socially, mentally, and emotionally.
- 5 child care providers participated in a 3-hour training entitled “The First Years Last Forever.” Evaluations indicated they learned about activities that will help a child develop physically, socially, mentally, and emotionally.
- 8 participants participated in a 6-week, 15-hour “Leap into Work” seminar. Participants learned how to fill out a job application, what the employer expects, work ethics, customer relations, employees handbook, and how to dress for the interview and job. 5 participants graduated from the program with 3 securing jobs.
- 2 participants participated in a 3-hour “Food Safety” training at the Russ House. Participants learned how to keep food safe, how to use a thermometer, holding time for food, when to throw food out, keeping utensils and counter tops clean, how to sanitize, and temperatures for food.
- 2 parents attended a 6-hour “Positive Parenting” series. Parents learned how to listen to their children, how to set limits, and how to use natural and logical consequences.
- 42 participants from Pilgrim’s Pride learned about job skills and ethics in the work place.
- 3 parents attended a 3½-hour “Children in the Middle” seminar. Parents learned four ways children feel like they have been put in the middle of their parents’ divorce: Put-downs, money matters, acting as spies, and carrying messages. Parents

indicated by an evaluation they would try hard not to put their children in the middle of their conflicts.

- 22 students participated in the “Character Critters” program. Students learned about responsibility and students identified ways they can be responsible at home and school.
- 180 parents participated in a 15-hour “Parents Preparing for Success” series. Parents learned how to care for their new born baby, how to nurture, bathe, feed, make their home safe, when to call the doctor, why babies cry, and how to calm their baby. Parents also learned about how to handle their money and envelop budgeting.

4-H and Other Youth Development

- 16 4-H members participated in the Lincoln Parish 4-H Foods Festival Contest. While dishes were being judged, participants and their friends and relatives received valuable information about the dangers of fad diets from a registered dietician. Prizes were awarded.
- 46 4-H members and 12 adult leaders attended the 4-H Night with the Hornets in New Orleans on February 27, 2004. Members gained life skills and practiced the six pillars of character while on the trip.
- 24 school 4-H clubs with an approximate total of 770 4-H members participated in a parish wide fund raiser. The Alma J. Brown 4-H Club of 44 members received an ice cream party for being the club that raised the most money. One 4-H member received \$50 for being the individual member who raised the most money.
- 3 Lincoln Parish 4-H Jr. Leaders attended the Louisiana State 4-H Jr. Leadership Conference in Bunkie, LA. The Jr. Leaders gained valuable leadership skills and received ideas to bring back to their parish and implement.
- 3 7th grade 4-H members attended Challenge Camp in Pollock, LA.

- 8 4-H members participated in the Area Cookery Contest held in Monroe, LA. One member received 3rd place overall in her division.
- 14 4-H members participated in the Lincoln Parish 4-H Demonstration and Public Speaking Day Contest. First, second, and third place winners received cash awards.
- 18 4-H members and 3 adult leaders attended the multi-parish Claiborne Electric Energy Day held in Homer, LA along with 4-H members and leaders from 4 other parishes. 8 4-H Jr. Leaders conducted an electric project station workshop for the day.
- 13 4-H members attended the Louisiana State 4-H University held in Baton Rouge on the LSU campus. 2 4-H members received blue ribbons in their contest area.
- 18 4-H members from 5 parishes attended a 4-H Camp Counselor Training conducted by Lincoln Parish 4-H Agents at Lincoln Parish Park in Ruston, LA.