

## Catahoula-LaSalle Farm Service Agency Announces County Committee Election Results

Jonesville, LA, Jan. 5, 2022 — Catahoula-LaSalle U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) announced that winner's George "Tom" Cotton of Jonesville, and Charles Phillips of Sicily Island were elected to represent their local administrative areas (LAA) during the recent county committee election.

Edward "Buddy" Davis of Jonesville (LAA3), and Susan Howard of Sicily Island (LAA1) will serve as the first alternate.

"County Committee members are a critical component of the day-to-day operations of FSA," said Letta Trisler, Acting County Executive Director. "They help deliver programs at the county level and work to serve the needs of local producers. All recently elected county committee members will take office in January 2022 and will be

joining the existing committee."

Every FSA office is served by a county committee made up of local farmers, ranchers and foresters who are elected by local producers. Other members currently serving on the FSA county committee include Jacob Roark, Rickey Huffman, and Rebecca Estis.

County committee members impact the administration of FSA within a community by applying their knowledge and judgment to help FSA make important decisions on its commodity support programs, conservation programs, indemnity and disaster programs, emergency programs and eligibility.

County committee members provide a service to local producers through their decision making and ensure the fair and equitable administration of FSA farm programs

in their counties. They are accountable to the Secretary of Agriculture. Members conduct hearings and reviews as requested by the state committee, ensure that underserved farmers, ranchers and foresters are fairly represented, make recommendations to the state committee on existing programs, monitor changes in farm programs and inform farmers of the purpose and provisions of FSA programs. They also assist with outreach and inform underserved producers such as beginning farmers, ranchers and foresters about FSA opportunities.

For more information, visit the FSA website at [fsa.usda.gov/elections](http://fsa.usda.gov/elections) or contact the Catahoula-LaSalle FSA office at (318) 339-4239.

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## Practicing Portion Control

As we fast track into the New Year, we must remember to slow down and prioritize our overall health and well-being. By taking the time to do so, it is important to start by implementing small changes to receive long term results. So, let's start with trying a few tips to help jumpstart our success of practicing portion control as a lifestyle change.

**Be Aware of Portion Distortion:** As time changes, so does the portion size of food and even the containers that they are served in. This is an easy way to unintentionally overeat and increase the risk of obesity along with many other chronic diseases. The best way to be sure you

aren't eating more than the recommended serving is by reading the food label or looking up the nutrition facts if eating fast food or dining at a restaurant. Another way to avoid portion distortion is by meal prepping all meals, snacks, and beverages. By doing so, you can measure, weigh, and even count out what it is you plan to eat before you even eat it!

**Fill Up on Water:** Be sure to start all your meals and snacks with a glass of water. Filling up on water is a great approach to not only make sure we are properly hydrated but it also means it will make you feel less hungry. Knowing the difference between hunger and thirst will help you

decrease the amount you eat.

**Use Smaller Plates:** Research shows that the size of plates, bowls, spoons, and even glasses can influence the way we eat. By using smaller dish and drinkware, it will help to create a portion guide for a well-balanced meal.

Remember to simply take the process slow. No matter how big or small the adjustment may be, we must keep in mind that long term results will not happen overnight. The secret to practicing portion control is to not restrict yourself but enjoy being creative and replacing old behaviors with new healthy lifestyle changes.



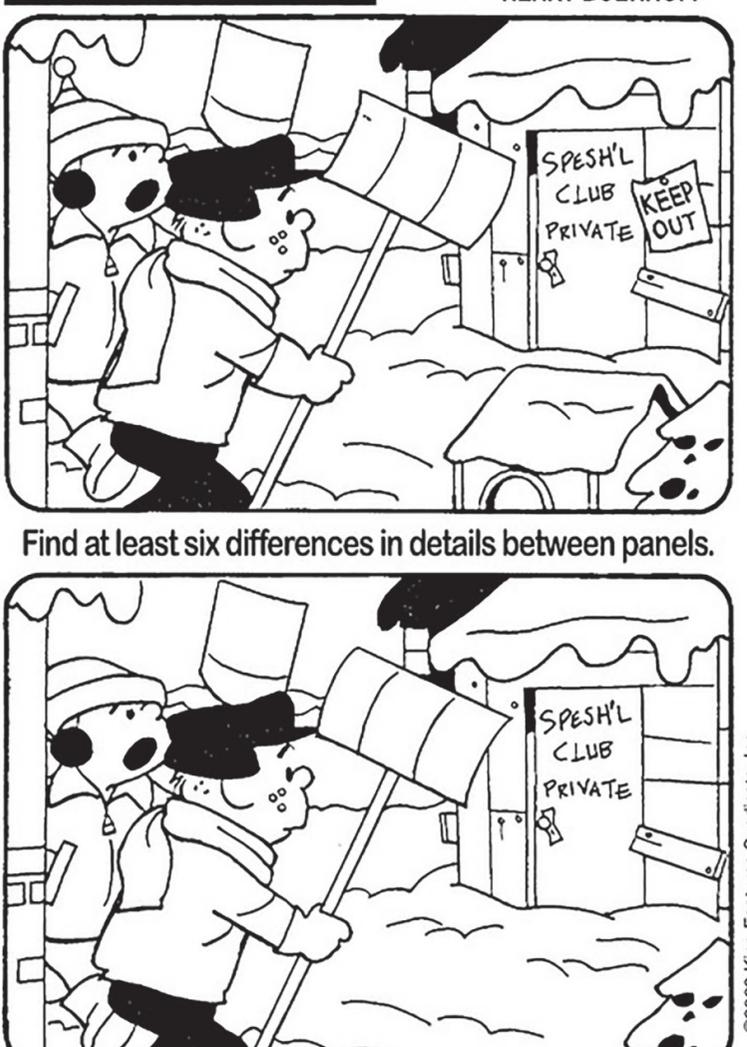
# The Catahoula News Booster

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Find at least six differences in details between panels.

Differences: 1. Cap is different. 2. Scarf is shorter. 3. Glove is smaller. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing.

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