



The University of Arizona
Cooperative Extension
4-H News of La Paz County



College of Agriculture and Life Sciences University of Arizona
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Do you need any La Paz 4-H forms or another copy of the newsletter? Get it on the web!

<http://ag.arizona.edu/lapaz/4-h>

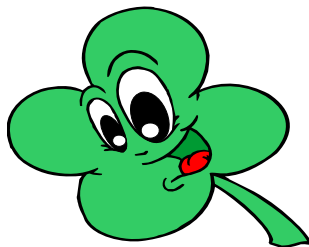
August 2005

Calendar of Events

- 1 4-H Council Meeting, 6:30 pm, La Paz Extension Office

- 5 4-H Record books due!

- 30 Small Stock Meeting, 6:30 pm, Extension Office



Brent Strickland
Extension Agent

Linda Masters
Extension Agent

Persons with a disability may request a reasonable accommodation by contacting the La Paz County Cooperative extension Office. Requests should be made as soon as possible to arrange the accommodation

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HAPPENINGS

Record Books Due to the Extension Office on August 5th!

4-H participants are expected to finish a record book in order for their year to be considered complete. Youth have 2 options to complete this requirement:

- Option A Submit a completed record book to the community club leader before August 5th. Specify that you do not want it to be considered for county judging. The leader will determine the completeness of the projects and notify the 4-H office that your requirements are met.
- Option B Submit a completed record book to the community club leader before August 5th. Specify that you do want your book to be considered for county judging. The leader will determine the completeness of the projects and deliver the record book by August 5th.

Award of Merit Forms are also due by August 5th.

NOTE:

4-H participants who do not complete the 4-H year (including submitting a completed record book) will not be eligible to auction a 4-H animal at the 2006 fair.

Recognize the special people who make 4-H successful, submit a nomination form!

4-H Council would like to recognize the leaders, friends and alumni of 4-H who help to "make the best better!" Youth can be nominated for citizenship awards and Adults can be nominated for their outstanding efforts. Nomination forms are enclosed in this newsletter



COUNTY NOMINATION FORM
FOR
4-H ALUMNI AWARD - FRIENDS OF 4-H - OUTSTANDING LEADERS

These awards are to recognize individuals, businesses, and/or organizations that support and enhance the 4-H Youth Development Program. Each award has some specific criteria which you should consider in making your nominations.

*Please make your nominations by completing the back of this sheet.
NOMINATIONS ARE DUE on the second Friday of August.*

4-H ALUMNI AWARD: Nominees should fit the criteria below:

- ** Must have been a former 4-H member.
- ** Is a visible role model in the community and have made significant accomplishments in his/her chosen career.
- ** Is active in the community and takes leadership roles in public service activities.
- ** Shows enthusiastic interest in the 4-H Youth Development Program and encourages others to join.
- ** Dependable person who is respected by others in the community.

FRIEND OF 4-H: Nominees for this award can be individuals, an organization, or business which fit the criteria below:

- ** Shows a strong interest in 4-H Youth Development and is supportive of the citizenship, leadership, and educational opportunities which it provides.
- ** Consistently helps the 4-H program and encourages the youth and volunteers.
- ** Is respected by others in the community and provides a positive role model for youth.
- ** Has a record of long-time (usually 5 or more years) support for one or more 4-H programs such as foods and nutrition, outdoor discovery, scholarship support, volunteer judge, etc.

OUTSTANDING LEADER (Rookie Leader is a first or second year leader): Nominees would fit in the following criteria:

- ** Shows a positive attitude toward working with youth, parents, and other 4-H volunteers.
- ** Understands the overall picture of 4-H Youth Development and how it strives to develop self-esteem, leadership, and citizenship through educational opportunities involving the “learn by doing” experience.
- ** Evidence of service at the club, county, and state level (usually over a period of five or more years—with the exception of nominees for Rookie Leader).
- ** Has accomplished some “special things” through his/her leadership in the 4-H Youth Development Program.
- ** Understands youth development and is enthusiastic about the 4-H Youth Development Program.

COUNTY NOMINATION FORM

This nomination is for the following award (circle one):

4-H Alumni Award Friend of 4-H Outstanding Leader Rookie Leader

NAME: _____

ADDRESS: _____

TOTAL YEARS ASSOCIATED WITH 4-H (indicate type of involvement):

Member ___ Community Leader ___ Project Leader ___ 4-H Supporter ___ Resource Person _____

Current association with 4-H:

Services/accomplishments rendered to 4-H at the local level:

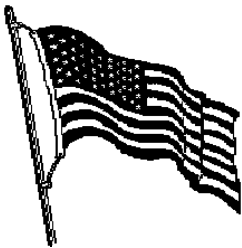
Services/accomplishments rendered to 4-H at the county and state level:

What, in your opinion, makes this person eligible for this award? (Please be brief but specific)

Your Signature

Date

ALL NOMINATIONS ARE DUE AUGUST 22nd 2003



La Paz 4-H Citizenship Nomination Form

Due to the 4-H Office by the second Friday of August

The intention of this award is to recognize outstanding displays of citizenship among our 4-H members. All enrolled 4-H members are eligible for the award. Nominations can be made by any member of the La Paz County community. The county recordbook judging committee will determine the award winners and they will be recognized at the annual recognition event.

Basic criteria that will be used for evaluation

1. Outstanding demonstration of service to the 4-H program and principles. (includes project, club, county, state programs)
2. Outstanding service to the community in which they live.

Nomination Form

Name of Nominee _____ Club _____

Why should this person be considered for this award?

What specific examples do you have of the nominee's commitment to the 4-H program and the community?

(Feel free to include any other information to this form.)

Name of person making the nomination _____

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Character Corner

IT'S NOT EASY
By Michael Josephson

Let's be honest. Ethics is not for wimps.

It's not easy being a good person.

It's not easy to be honest when it might be costly, to play fair when others cheat or to keep inconvenient promises.

It's not easy to stand up for our beliefs and still respect differing viewpoints.

It's not easy to control powerful impulses, to be accountable for our attitudes and actions, to tackle unpleasant tasks, or to sacrifice the now for later.

It's not easy to bear criticism and learn from it without getting angry, to take advice, or to admit error.

It's not easy to really feel genuine remorse and apologize sincerely, or to accept an apology graciously and truly forgive.

It's not easy to be consistently kind, to think of others first, to judge generously, to give the benefit of the doubt.

It's not easy to be grateful or to give without concern for reward or gratitude.

It's not easy to fail and still keep trying, to learn from failure, to risk failing again, to start over. To lose with grace or to be glad for the success of another.

It's not easy to avoid excuses and rationalizations or to resist temptations.

No, being a person of character is not easy. That's why it's such a lofty goal and an admirable achievement.

CHARACTER COUNTS!



August Nutrition News

Compiled by Robin Cooper Edited by Deborah May
University of Arizona La Paz County Extension Office



Water in a Nutshell

We don't often think of water as a nutrient, but it is as important to our health as any of the nutrients. This may seem obvious, as we know life cannot be sustained without water. The human body is made up of 60 -75% water and water is used by every cell of the body. All the many biochemical reactions and metabolic processes that take place in the body depend on water. The body cannot function optimally or efficiently when it is not well hydrated with fluids. Water is the primary component of our body fluids; it aids in digestion, provides the vehicle for circulating nutrients and oxygen through the body, as well as for the elimination of waste. It helps lubricate joints, protect organs, and maintain normal body temperature. A well hydrated body is necessary for optimal exercise and athletic performance.

Water Losses

On average, your body losses 8 - 12 cups of water a day. This is increased by:

- exercise
- hot weather
- low humidity
- altitude
- high fiber diet
- consumption of caffeine and alcohol containing beverages

HOT TIP

The World Health Organization has a fantastic website. You will find an electrolyte replacement formula this would be great information for you to explore....www.who.int/entity/csr/resources/publications/dengue/024-33.pdf



Are You Getting the Water You Need?

The National Research Council's Food and Nutrition Board says each of us needs about one milliliter (ml) of water for each calorie of food we consume. On a 2,000-calorie a day diet that's about 74 fluid ounces, or slightly more than nine 8-ounce glasses a day. According to Heinz Valtins (Dartmouth Medical School kidney specialist) report in the American Journal of Physiology points out that some of the water you require is right there in your food. For example, fruits and vegetables are full of water. In fact lettuce is 90 percent water.

Dehydration

- For those of us who live work and play in the Arizona Desert Dehydration is a very serious subject. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration — as little as a 1 percent to 2 percent loss of your body weight — can sap your energy and make you tired. Dehydration poses a particular health risk for the very young and the very old. Signs and symptoms of dehydration include: Excessive thirst, Fatigue, Headache, Dry mouth, little or no urination, Muscle weakness, Dizziness, Lightheadedness. If you are experiencing any of these symptoms you should contact your physician immediately.

Tips for increasing your water consumption:

- At work keep a large water bottle on your desk.
- At home keep a pitcher of water in your refrigerator.
- Carry a water bottle with you when you leave the house.
- Change to decaffeinated coffee, tea and soda, instead of caffeinated beverages.
- For every caffeinated beverage you drink, drink a glass of water.
- Drink a glass of water before meals and snacks.
- Order water at restaurants.

Add lemon or lime to your water if it allows you enjoy water more.

Recipes:

Serve these drinks at breakfast or a snack.

Banana Shake

Tip: When you find bananas on sale buy them up peel them and freeze them you then will always have bananas on hand. Remember to mark the container you freeze them with the date you froze them.

½ a small banana ½ cup skim milk
¼ tsp. vanilla extracts 2 ice cubes
Sweeten to taste with artificial sweetener

Blend all ingredients until smooth. There you have it a yummy healthy shake...

Nutrient information based on a 1 cup serving:

Calories per serving: 90; Fat: .4 grams; Protein 5.14 grams; Carbohydrate 16.9 grams; Calcium 154 mg.; Sodium 63 mg.; Potassium 383 mg..

Screamin' Orange

8 oz. nonfat plain yogurt
2 ½ cups of skim milk
1 can (6oz.) frozen orange juice concentrate
1 tsp. vanilla extract

Blend all ingredients until smooth....

Nutrient information based on a ¾ cup serving:

Calories 117; Protein 6.59 grams; Carbohydrate 22 grams; Fat .4 grams; Calcium 215 mg; Sodium 84 mg.; Potassium 513 mg.

Soups

As mentioned another good way to get our water is in soup. Below is a base for a chicken stock that you could use to create many soups from.....

Homemade Chicken Stock

4 pound chicken or parts
3 minced garlic cloves
8 peppercorns (black) 2 bay leaves
4 carrots sliced 3 sprigs of parsley
2 celery ribs sliced (include leaves) 1 Tbs. each of thyme, dill & oregano
1 medium onion, peeled and halved (you could substitute with green onions)

Put the chicken and peppercorns in a large sauce pan. Add cold water to cover and bring to a boil. Reduce heat, and simmer uncovered for 30 minutes. Add the rest of the above ingredients, cover and simmer for two hours. Strain vegetables and chicken (you could use these for a stir fry or another dish) Chill stock overnight. The fat will rise to the surface and form a crust; remove this and discard it. Stock can now be used or freeze it in ice cube trays for later use.

Per Cup 12 calories, 0.1 g protein, 29 g carbo., 0.5 g fat, 2 mg chol., 5 mg sodium.

| Tip of the Month | |
|--------------------------|---|
| Here's where water goes: | |
| ☺ | 28 to 40 ounces is lost in breath and perspiration. |
| ☺ | 20 to 53 ounces is lost in urine. |
| ☺ | 1.5 to 6.5 ounces is lost in feces |

Websites for more Information:

There is some controversy on bottled water vs. tap water these are some interesting websites for some information.

Mississippi State Univ. Extension Service; Water Quality: Bottled Water

<http://ext.msstate.edu/pubs/is1418.htm>

Summarizes several benefits and definitions of types of bottled waters.

US Food and Drug Administration: Bottled Water - New Trends, New Rules by

Victor Lambert

<http://www.fda.gov>

Discusses the FDA regulation of bottled waters as well as general information on consumer use of bottled waters, the EPA regulation of municipal waters and the improvement of regulation over the recent years.

Most of the information in this Newsletter can be found @ <http://www.mayoclinic.com>

For More nutrition Information Please Contact:

Deborah May or Robin Cooper

@ 928-669-9843

Every Effort has been made by the author to include only information and recipes that has not been previously copyrighted. Should any such published recipe appear in this Newsletter it is without her knowledge and is unintentional. Issued in furtherance of Cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

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