



**The University of Arizona
Cooperative Extension**



4-H News of La Paz County

College of Agriculture and Life Sciences University of Arizona
La Paz County Office P.O. Box 3485, Parker, AZ 85344 (928) 669-9843

September 2005

Calendar of Events

Forms, Newsletters and Leader Information Available at:

<http://cals.arizona.edu/lapaz/4-h/index.html>

- 5 Labor Day, Extension Office Closed**
- 12 4-H Council Meeting, Extension Office- 6:30 pm**
- 15 Parker 4-H Enrollment Night, Parker H.S. New Gym, 6 pm**
- 19 4-H Recognition Committee Meeting, 6:30 pm**
- 22 Bouse Enrollment Night, Bouse School, 6 pm**
- 27 Youth Livestock Meeting, Parker Library, 6:30 pm**

Important October Dates to Remember

- 1 New 4-H Year Begins**
- 6 Beef Ownership Deadline**
- 10 4-H Council Meeting, Extension Office- 6:30 pm**
- 11 Personality Seminar, (Site and Time TBA) COUNTY EVENT**
- 16 Recognition Day- Parker High School Cafeteria, 2 pm COUNTY EVENT**
- 20 Quality Assurance Workshop COUNTY EVENT**
- 27 Trick Or Treat So Others Can Eat COUNTY EVENT**

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.

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 and 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.

Happenings

4-H Fees to Enroll in 4-H

The University of Arizona has a fee structure of 4-H youth enrollment. The fee for the 2004-2005 year will be 10 dollars per youth and 11 dollars for youth enrolled in horse projects. The fee is per youth, not per project. Checks should be written to your respective community club who will then write one large check to the University of Arizona. The fee will cover insurance costs for 4-H youth and 4-H volunteers. There are **NO FEES FOR VOLUNTEERS**. Please contact Brent at the Extension Office if you have questions or concerns.

4-H Enrollment Night

Enrollment Night for Youth in the Parker Area will be held on Tuesday, September 15th at 6:00 pm. Come join us at the Parker High School New Gymnasium and see what the leaders have planned for you! Enrollment Night for Bouse will be held at Bouse Elementary School on September 22nd at 6pm. Salome Enrollment is yet to be announced.

Interested in being on 4-H Council?

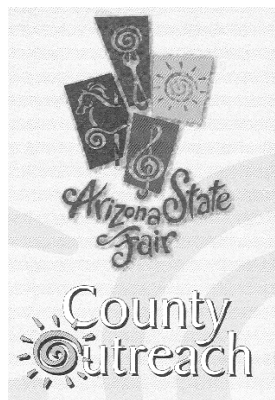
4-H Council serves a vital role for La Paz County 4-H. They serve as an advisory committee to help direct and organize the overall 4-H program. Adults and youth (over 13 years old) are encouraged to contact the Extension Office and learn more about this great leadership opportunity!

Parents...We Need More Leaders!!

Yes, YOU could be a 4-H volunteer. There are many positions available from being a leader of a project group to helping out with county events and chaperoning, the list goes on and on! Volunteer applications are available by calling the Extension Office at 669-9843. All volunteers must be certified and training is provided. **VOLUNTEER TODAY- OUR YOUTH NEED YOU!**

State Fair

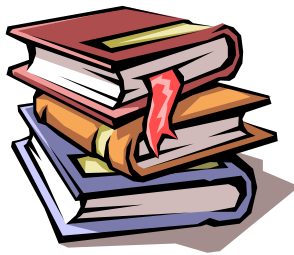
Interested in entering exhibits in the Arizona State Fair? You can do this by participating in the Arizona State Fair County Outreach program through your local La Paz County Fair Office. Premium books are available at the Fair Office. If you have any questions, please contact Sandra Dick, Assistant Fair Manager at (928)669-8100.



Character Corner

*Here are some thoughts for our young people
going off to the “real world”*

- * By all means, set goals and go after your dreams, but know that your ultimate happiness will depend not on your plans but your ability to cope with unexpected turns and unavoidable ups and downs. You may not get what you thought you wanted, but if you're willing to adapt, you can get something even better.
- * Don't ever underestimate the power of character. If you want to win, don't whine. Success is made from hard work, perseverance and integrity, not luck.
- * Listen to both your heart and your head. Pursue your passions but don't confuse feelings with facts. Almost nothing is as good or as bad as it first appears and all things change.
- * Remember, pain and disappointment are inevitable, but tough times are temporary. The enduring impact of experiences and the true nature of relationships are only revealed by time. Persist with confidence that no negative emotion can withstand your will to be happy.
- * Fill your life with laughter but don't confuse fun or pleasure with happiness. Don't sacrifice a thousand tomorrows for a few today's.
- * Live within your means and don't overestimate your ability to resist temptations that threaten your relationships or reputation.
- * How you make a living is important, but how you make a life is vital. If you do not pay attention to your personal relationships, no amount of career success will be enough.



Michael Josephson



Annual Volunteer Leader Report and Renewal Form
2005-2006

Please Complete Both Sides

Date: _____ Community Club: _____

Volunteer's Name: _____

Mailing Address: _____

City: _____ State: _____ ZIP _____

Day Phone _____ Night Phone _____

Within the last year, have you been arrested for a criminal offense? Yes No
If YES, please give date, location, nature of the offense, and disposition:

What has been your biggest challenge this year?

What skill development or training opportunities would you like within the next year? Some examples are: child protection policies, youth development, how to give a demonstration, conflict management, parliamentary procedure, officer training, etc.

What has been your most satisfying or rewarding experience?

Do you plan to continue as a 4-H volunteer next year? Yes No

If yes, check appropriate area of responsibility:

- Resource Leader
- Community Club Leader
- Project Leader (list project):

Did you set goals for your project? _____ Community Club? _____

If so, were they achieved? _____

Did you have parental support?

Do you have ideas that could increase parental involvement?

Are you satisfied with your 4-H year?

(OVER)

Did you have the resources necessary for the project? _____

Are you aware of the resource information at the extension office? _____

Would you be interested in mentoring new leaders? _____

Would you be interested in serving on 4-H Council (office/committee)? _____

Do you know of others who might volunteer? _____
(Project leader, resource leader, committee member)

Additional Comments

Summary of Meetings for the 4-H Year

2005-2006			
Project	# of Mtgs.	# of Hours	# of Youth

All of the above information is correct.

Volunteer Signature

Date

Agent Signature

Date



September Nutrition News

Brought to you by the University of Arizona La Paz County Cooperative Extension
In cooperation with Arizona Nutrition Network
La Paz County Coordinated Health Effort

What is 5 A Day?

The "5 A Day For Better Health" Program is a national program created to encourage all Americans to eat 5 to 9 servings of fruits and vegetables every day to promote better health. The colorful, fruit and vegetable-filled 5 A Day logo reminds everyone to eat 5 A Day everyday!

Established in 1991, 5 A Day is the largest public-private partnership for health and nutrition in the United States. The program is sponsored by a number of government agencies and non-government agencies including: the National Cancer Institute; the Produce for Better Health Foundation (a non-profit consumer education foundation); the Centers for Disease Control and Prevention; the American Cancer Society; the United States Department of Agriculture; the American Heart Association; and the American Dietetic Association. Additionally, all 50 U.S. states have 5 A Day State Coordinators who oversee 5 A Day programs and activities within their states.



Kids' Fruit & Vegetable Intake

According to the USDA, poor nutrition—including eating too much fat, sugar and sodium and not eating enough fruits and vegetables—affects students' performance in school. Poor nutrition affects kids' energy levels, ability to concentrate, and ability to learn. Poor nutrition also leads to increased illness and absenteeism.

Are students at your school or district eating enough fruits and vegetables?



Who is up for the 5 a Day Challenge ???

If your group is willing to accept the 5 a Day Challenge for 5 a Day week contact the extension office for Details....

Why is 5 A Day important for health?

All national health authorities recommend eating 5 to 9 servings of fruits and vegetables every day to promote good health and reduce the risk of cancer and heart disease. Research shows that people who eat 5 or more servings of fruits and vegetables every day may decrease their risk of cancer by 50 percent and their risk of heart disease by 33 percent compared to people who eat fewer fruits and vegetables. Eating 5 A Day may also reduce risk of diabetes, osteoporosis, diverticulosis and other chronic diseases.

Fruits and vegetables promote better health because they contain vitamin A, vitamin C, fiber and other essential nutrients. Additionally, most are very low in fat and calories and contain no cholesterol. Fruits and vegetables also contain many non-nutrient plant compounds called phytochemicals ["fight-o-chemicals"] that may provide additional protection to help reduce the risk of cancer and heart disease.

Did You Know these ABC's

Apples: About 2,500 known varieties of apples are grown in the United States. More than 7,500 are grown worldwide. It may be difficult to try every kind, but you may want to eat "one a day to keep the doctor away". One apple contains five grams of fiber, supplying 20% of the daily fiber recommendation.

Asparagus: On a warm spring day, asparagus spears can grow up to several inches! Asparagus is a good source of vitamin C. Include a serving (5 spears) on your dinner plate tonight.

Bananas: Bananas are the most popular fruit in America. Americans eat 33 pounds of bananas per person a year! That equals about one banana every three days for each person in the U.S. each year. Keep it up...they are rich in vitamin C, fiber and potassium.

Bell Peppers: As bell peppers mature, their color changes from green, yellow, red, purple and finally brown. As they mature they also become sweeter. Bell peppers are a wonderful source of vitamin C. One serving (about 5 strips) provides 100 percent of your daily vitamin C. Like many other fruits and vegetables, peppers were first introduced to Europeans by Christopher Columbus.

Cantaloupe: When it comes to providing nutrition, cantaloupe can't be beat! This sweet, delicious melon contains more vitamin A than any other fruit. One serving (1/4 of a medium melon) provides more than 400 percent of your daily vitamin A, and it also provides nearly 100 percent of your daily vitamin C!

Cabbage (red): Red cabbage contains anthocyanins, a class of powerful antioxidants that may decrease your risk of heart disease and stroke by inhibiting blood clot formation. Like its green counterpart, red cabbage is an excellent source of vitamin C.

Just a Few Tidbits....

Trying is believing.....

There are so many great tasting fruits and vegetables, and kids realize this when they get to try ones they've never tasted before.

Seeing is believing.....

Children learn many of their behaviors by watching what older siblings and grown-ups do. Modeling healthful eating habits is a great way to make sure your kids develop healthful eating habits.

Offer choices.....

When it comes to serving fruits and vegetables, offering kids two to three fruit or vegetable choices is a smart idea.

Make it easy.....

When kids come racing home hungry for a snack, chances are they'll grab the most convenient item. Have "grab and go snacks" in small plastic bags (cut up raw vegetables, peeled and segmented oranges, seedless grapes, etc.) ready and waiting in your refrigerator.

Make it fun.....

Capturing the imagination of kids can make eating fruits and vegetables more exciting. Present young kids with cut up fruits and vegetables, and then let them create funny faces or animals

Kids like to eat what they make.....

Kids are more likely to try something they've helped prepare. To get your kids interested in making fruit and vegetable recipes, have them help find recipes to try.

Add fruits and vegetables to favorite foods....

Adding fruits and vegetables to favorite foods is an easy way to get a child to eat more fruits and vegetables endless. Simply use your imagination to come up with ways to add some more fruits and vegetables to your child's diet.

Crunchy and Sweet can't be beat.....

There's no doubt about it kids love bite size pieces of fruits and vegetables. Crunchy, raw vegetables with dip are always a hit, and sweet pieces of ready-to-eat fresh fruit make great snacks.

Go for Color!

The "5 A Day The Color Way" logo reminds you to include a wide variety of colorful fruits and vegetables in your daily diet. Try to consume fruits and vegetables from the five color groups every day. The color groups are RED, ORANGE/YELLOW, GREEN, BLUE/PURPLE and WHITE

Fruits and vegetables come in all colors of the rainbow, and their colors tell a story about their health-promoting powers. Red fruits and vegetables promote heart health. Yellow and orange fruits and vegetables may reduce risk of certain cancers. White fruits and vegetables promote healthy cholesterol levels. Green fruits and vegetables promote vision health. Blue and purple fruits and vegetables help maintain memory.

Each day try to see how many colors you can add to your meals and snacks with colorful, health-promoting fruits and vegetables!

How about a walk a child
to school day????



For more information on

Nutrition Programs

Please Contact:

University of Arizona La Paz County

Cooperative Extension

Robin Cooper or Deborah May

928-669-9843

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.

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting our office. Requests should be made as early as possible to allow time to arrange the accommodation.

Sources; Fun with Fruits and Vegetables Kids Cookbook

© 2001 Dole Food Company, Inc.
<http://www.dole5aday>.