



**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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# August 2007

## Calendar of Events

10	Record Books, End-Of-Year, and Nomination Form Due
13	4-H Council, 6:30 pm, La Paz County Extension Office
23	Salome Area 4-H Leaders Meeting, 6 pm Indian Hills Library
28	Youth Livestock Meeting, 6:30 pm, Parker Library
30	Small Stock Meeting, 6 pm, (Site TBA, Possible Conference Call)
September	
3	Labor Day, Extension Office Closed

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 10<sup>th</sup>!**

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 10<sup>th</sup>. 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 10<sup>th</sup>. 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 10<sup>h</sup>.

Award of Merit Forms are also due by August 10<sup>h</sup>.

## **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 2008 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





# August Nutrition News

Compiled by Robin Cooper

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](http://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.

# 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!**

