



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

August 2009

Calendar of Events

August 11 4-H Council Meeting, 4-H Office, 7 pm

August 14 End of Year, Record Books Due

August 25 Youth Livestock Meeting, Sherriff's Conference Room,
6:30 pm

Upcoming September Events

Enrollment Nights, Film Making Workshop, Volunteer
Trainings



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.

Why is August 14th such a big day for La Paz 4-H?

Friday, August 14th is the deadline for 4-H record books to be submitted to the Extension Office. 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 14th (or the deadline they have set). 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 14th. 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 books to the 4-H office.

Award of Merit Forms are also due by August 14th.

NOTE:

4-H participants who sold their animals at the 2009 La Paz County Fair but 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 2010 fair. **Contact the 4-H office if you have any questions.**

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. Contact the 4-H office or check the La Paz 4-H Website to get a form!! <http://ag.arizona.edu/lapaz/4-h/forms/index.html>

Thanks to everyone for making our 4-H Camp so successful!!!

Special Thanks to everyone for making our 2009 4-H camp such a successful experience!! This year our Mopaz camp had 80 campers and counsellors!! We encourage our campers to submit their story of their camp experience to the 4-H newsletter.

Character Corner

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.

Author Unknown

GILBERT FFA LAMB & GOAT AUCTION

SEPTEMBER 19, 2009

Your one stop shop for 4H and FFA clubs to buy their lamb and goat projects.

Consignors guarantee teeth through May 1, 2010 or the intended fair, whichever comes first.

Preview: 9:00 AM

Sale: 10:00 AM

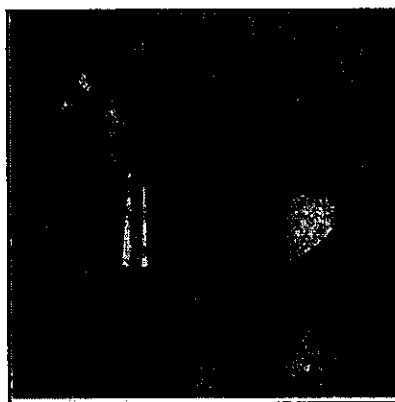
Gilbert High School Ag Lab
1101 E. Elliot - Gilbert, AZ 85234
Feed and Supply Store on Location

Lamb Consignors

Hurliman Club Lambs - OK
Ennes Club Lambs - AZ
Neff Brothers - AZ
Arteche Family - AZ

Goat Consignors

Hurliman Goats - AZ
Jim Hyer - CA
Staley Show Stock - CA
Beth Leon - AZ
Holly Johnson - AZ
B&B Kid Boers - CA
Jodi vanRijn - AZ



Consignors
to this sale
produced
these
winners and
many more
just like
them.

Animals purchased at the Gilbert FFA Auction are eligible to enter Arizona State Fair, Feeder/Prospect Show, entries due September 22, 2009.

For more information, questions or concerns please contact the following.

Ken Johnson: Agriculture Teacher

School: (480) 497-0177 x 133

Cell: (480) 206-4732

Email: ken_johnson@gilbert.k12.az.us

Roger Hurliman:

Cell: (602) 686-4343

Email: rhurlman@aol.com

Please visit www.GilbertFFA.com

ARIZONA COOPERATIVE **EXTENSION** La Paz County



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 loses 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

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 ¼ 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.
- ⊙ 1.6 to 6.6 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.

Another Source: @ <http://www.mayoclinic.com>

For More nutrition information Please

Contact:

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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2008-2009 La Paz 4-H County Events

October 2008

- 12 Lamb and Goat Clinic, Parker Valley
- 27 Trick or Treat so Others Can Eat, Parker and Salome

November 2008

- 2 Family Fund Day, Parker
- 16 Recognition Day, Parker

December 2008

- 6 Small Stock Clinic, Parker Valley
- 8 Quality Assurance Workshop, Salome
- 11 Science Night, Parker
- 16 Holiday Make It, Take It, Parker
- 18 Holiday Make It, Take It, Salome

January 2009

- 17,18 Colorado River Small Stock Show, Kingman
- 29 Science Night, Salome

February 2009

- 16 Quality Assurance Workshop, Parker
- 19 Quality Assurance Workshop, Salome

March 2009

- 7,15 Fair Clean Up/ Set Up

May 2009

- 5 Record book Workshop, Salome
- 12 Record book Workshop, Parker

June 2009

- 1-4 Film Camp, Parker
- 22-24 Summer Day Camp, Quartzsite

July 2009

- 12-16 4-H Camp, Williams

Note- This list only includes workshops that were conducted by the 4-H office, 4-H members should check with their Community Club Leaders regarding the dates for events like animal feed clinics and food handler trainings.###

