

News Release
Donna Wice, 4-H Coordinator
966-2417
September 20, 1999

Hi 4-H Wins State Honors

The Mariposa County Hi 4-H Club recently won a \$500.00 Statewide Community Service Award for their outstanding Community Service project entitled "Helping Hands, Happy Hearts". The club adopted the Senior Center as their project which they assisted Mary Williams, Senior Center Director, with many senior activities and events during this past year like serving potato soup, enlarging the Mariposa section of the telephone book for the "visually handicap friends", making turkey crafts for the seniors receiving "meals on wheels", and providing companionship at the fair on senior day. In addition to the cash award, one club member was able to attend the State Leadership Conference at UCLA in August, a beautiful plaque was presented, and each member received a community service pin for their 4-H hat.

Hi 4-H is a club for youth in eighth through twelfth grades. The group holds monthly meetings which they discuss community service ideas, have guest speakers, plan field trips to colleges, and plan fund raisers to earn monies for their end of year trip. In the past years, they have visited Merced Junior College, Fresno State, went roller skating, Disneyland, and Knott's Berry Farm. The big fund raiser of the year is the Mariposa Arts Council's Storytelling Festival, which the members babysit and provide delicious meals and snacks for the participating people.

The new 4-H club year will begin in October, and 4-H invites youth ages 5-19 to join. This year the program has expanded in several new locations within the county, one in Coulterville/Greeley Hill area, and the other in the Lushmeadows area. The other three locations are in Catheys Valley, Clover Pioneers Club, which is in town, and the Triangle Club in the Woodland School area. If you have any questions where these clubs meet or on the 4-H program, please call the 4-H office at 966-2417.

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized).

University Policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200, (510) 987-0096.

Abstract: This study examined the effects of a 12-week, low-intensity, low-impact exercise program on the physical and psychological health of older adults. The program was designed to improve cardiovascular fitness, muscle strength, and balance. Results showed that participants who completed the program experienced significant improvements in cardiovascular fitness, muscle strength, and balance compared to the control group. The program was well-tolerated and had no adverse effects on participants' health. The findings suggest that a low-intensity, low-impact exercise program can be an effective way to improve the physical and psychological health of older adults.