



# University of Nevada Clark County Cooperative Extension

University of Nevada  
Cooperative Extension

April 2014

## Community Connection

### Healthy eyes all year long

Peter Cottontail may know where he *hid* the eggs but if he's the one *hunting* for them, could he find them?



Those carrots he was eating to improve his eyesight just weren't enough to make a difference, according to eye care doctor, Chris Coker, O.D. Dr. Coker offers some great

advice for Peter Cottontail that you may also find useful!

There are many things that improve our chances of healthy vision for a lifetime. One of those things is a healthy diet:

**Eat whole grains and cereals.** Sugars and refined white flours commonly found in breads and cereal may increase your risk of age-related eye diseases. Look for pasta, bread, cereal and grains that say 100 percent whole wheat.

**Make sure fats are healthy.** The omega-3 essential fatty acids found in fish, flaxseed oil, walnuts and canola oil help to prevent dry eyes and possibly, cataracts. Eat fish or seafood twice weekly, or take flax oil every day.

**Eat more dark, leafy green vegetables.** This topic was discussed in the March newsletter, so you should be loaded up with greens by now! Lutein, found in dark, green leafy vegetables such as spinach and kale, is one of the best known eye-protecting antioxidants. Sweet corn, peas, and broccoli also contain large amounts of lutein.

**Choose good sources of protein.** Avoid saturated fats from red meats and dairy products that may increase your risk of macular degeneration. Choose lean meats, fish, nuts, legumes and eggs for your proteins (eggs are another good source of lutein). Most meats and

*(Continued on page 2)*

### Gardening in small places

Join Cooperative Extension on Saturday, April 19 for a workshop on *Gardening in Small Places: understanding your irrigation* from 8 a.m. to noon. The gardening classes are designed to show you how to make the most of your small space.

Homeowners and other interested parties are welcome to attend. Class space is limited and pre-registration is required. There is a \$25 fee

for each workshop which includes class materials.

To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, LV 89123), [email](mailto:Elaine.Fagin@unr.edu) Elaine Fagin or call 702-257-5573.



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#### We're on the Web

[www.unce.unr.edu](http://www.unce.unr.edu)

[www.unce.unr.edu/blogs/southernarea](http://www.unce.unr.edu/blogs/southernarea)

[www.YouTube.com/UNRextension](http://www.YouTube.com/UNRextension)

# Eyes

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seafood are excellent sources of zinc. According to the American Optometric Association, impaired vision has been linked to zinc deficiency including poor night vision and cloudy cataracts.

**Avoid sodium.** High sodium intake may add to your risk of cataract formation. Use less salt, and look for sodium content on the labels of canned and packaged foods. Stay below 2,000 mg of sodium each day. Choose fresh and frozen foods whenever possible.

**Stay hydrated.** Proper hydration may reduce irritation from dry eyes.

There are some other great safeguards to slow down the impact that aging has on our eyes. Have your eyes checked yearly. You may not notice any early warning signs or symptoms, but dilation and/or photographs of the back of the eye during your exam can help detect and determine risks for major eye diseases. Tell your doctor if you notice changes in your vision such as double vision, hazy vision, difficulty in low light, flashes, floaters, as well as eye pain or swelling. These can indicate potential eye health problems.

Ask your eye doctor to determine if you are at higher risk for eye disease. Besides age and race, discuss your medical history and family history as well, since eye diseases in your parents or grandparents can directly affect your risk for those diseases. Some



diseases such as diabetes and high blood pressure, if left untreated, can cause eye problems. Have regular health exams to check for both of these diseases and discuss them with your eye doctor as well.

If you are a smoker, consider quitting since smoking increases the risk of developing macular degeneration and cataracts. Exercise regularly as this can also reduce the risk of macular degeneration by up to 70 percent. And finally, wear sunglasses. Protecting your eyes from harmful UV light with sunglasses can help reduce your risk of cataracts and other eye damage. Like a good walking or running shoe, some fashion accessories directly affect your health so don't cut corners. Make sure you have good sunglasses that provide UV protection.

As for Peter Cottontail, he might just want to take some advice from his pal Bugs Bunny. The last time he inquired, "What's up Doc?" the answer was "Spinach with Lutein." Maybe eating spinach doesn't have the "cool factor" that munching on a carrot like an old cigar does, but truly a worthwhile investment.

For more information and resources on eye health for all ages, visit [allaboutvision.com](http://allaboutvision.com).

*Anne Lindsay, Exercise Physiologist*

## Defensive driving tip

### Is texting worth risking your life — or someone else's?

*That may seem like an easy question to answer. Sadly, though, thumbing away on a smartphone has become a standard driving pastime, despite all the warnings and laws.*



Anyone who drives anywhere can witness the dangerous behavior of many people using mobile devices while driving. Toss in

other driver distractions such as eating or grooming, and you've got the makings for a roadside tragedy.

### Are you guilty?

- Leave calls, checking emails, and other distractions until you park the car.
- Make a silent promise to yourself to drive safely from now on.
- When you drive, drive.

### Set a good example for others, too.

- Have heart-to-heart talks with the other drivers in your life about paying attention to the world around them when behind the wheel.
- Make sure your kids know the rules of the road.

For safe driving tips, visit:

[www.DistractedDrivingSafetyAlliance.org](http://www.DistractedDrivingSafetyAlliance.org)

*HopeHealth ~ No. 11381*



# Healthy, happy, active, fit

University of Nevada Cooperative Extension's All 4 Kids: Healthy, Happy, Active, Fit program was recently highlighted in *International Innovation* for its outstanding contributions to the childhood obesity epidemic.

All 4 Kids© was developed in 2008 to combat childhood obesity issues within the US, and to encourage preschool children to make positive nutritional choices and enjoy physical activities on a regular basis as part of a healthy lifestyle. Over the past five years, the project has expanded considerably and is now receiving nationwide recognition.

Cooperative Extension faculty members, Anne Lindsay, exercise physiologist, along with Drs. Madeleine Sigman-Grant, child nutrition and breastfeeding education specialist, and Teresa Byington, early childhood education specialist, collaborated to create this unique program in 2008. Since its inception, All 4 Kids© has reached close to 5,000 preschool children, teachers and

families in Nevada, Oklahoma, Connecticut and New Jersey.

In the All 4 Kids© *International Innovation* article, topics addressed include: an overview of problems associated with childhood obesity; the main components of the "Ecological Model" that the program implemented; the long term plans for the program; the program structure; and

**Since its inception, All 4 Kids© has reached close to 5,000 preschool children, teachers and families in Nevada, Oklahoma, Connecticut and New Jersey.**

information on [YouTube](#) videos developed to compliment other established health and nutrition programs.

Read the entire *International Innovation* article.

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latest science, research and technological innovations on a global level. More information and a complimentary subscription offer to the publication can be found at: [www.international-innovation-northamerica.com](http://www.international-innovation-northamerica.com).



## CDA program graduates 11

A Child Development Associate (CDA) is an individual who has successfully completed the CDA assessment process and has been awarded the CDA Credential. CDAs are able to meet the specific needs of children and work with parents and other adults to nurture children's physical, social, emotional and intellectual growth in a child development framework. Please visit [www.cdacouncil.org](http://www.cdacouncil.org) for more information.



On March 6, a group of child care professionals graduated from the **Child Development Associates** program. The group consisted of community members as well as adults sponsored by Sunrise Children's Foundation. Each participant completed 120 NV

Registry credit hours. The group met 2-3 times per week since Oct. 1. [Email](#) Teresa Byington for more information.

## Purple Up! day, April 25

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment. In celebration, Cooperative Extension, invites you to join us for the 2<sup>nd</sup> annual "**Purple Up! For Military Kids.**"

We are encouraging everyone across the state of Nevada to wear purple on Friday, **April 25**, as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. Cooperative Extension hopes everyone will take this opportunity to appreciate and celebrate these young heroes. [Email](#) JR Mendoza for more information.



*Cooperative Extension employees wear purple in honor of Purple UP! day 2013.*

# New area code for Clark County



## Clark County: The way you make local calls is changing

Clark County, including Las Vegas, will be receiving a new 725 area code. Because of this, local calls will be dialed differently. All calls must include the area code, regardless of whether a call is long distance or not. When dialing your neighbor or the local pizza parlor, make sure you use 10-digit dialing—both the area code and seven-digit telephone number.

### Your service is unaffected

It is important to know that your phone number will be UNAFFECTED by the new area code. You keep your number and everyone will be able to reach you as they did before. The only thing that will be different is how you make local calls.



### Effective dates

- **May 3, 2014:** You must include the area code for all local calls. If you do not, the call will not be completed.
- **June 3, 2014:** New telephone lines and services will begin receiving the 725 area code.

## April Rose Society meeting

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings throughout the winter/spring. Free and open to the public, April's meeting topic is:

April 24      Rose Pests and Diseases: The Usual and Rare—Larry Kaplan, South Valley Rose Society Yearbook Editor

Certain pests and diseases are attracted to roses. You will learn how to identify the common pests and diseases that are usual and the unusual ones which are important. Treat or not to treat is the question to answer. If treated what products to use, organics or inorganics? Are there homemade recipes available?

All educational meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, 89123. For more information, please [email](#) or call the Master Gardener Help Desk at 702-257-5555.

The final spring meeting date is May 22 and the topic is Roses in the Desert Summer Heat and Wind.

### Cooperative Extension's mission:

*Discover:* by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

Southern Area Cooperative Extension has offices and offers programming in Clark and Lincoln counties. Office locations and phone numbers are:

Caliente 775-726-3109

360 Lincoln Street

P. O. Box 728, 89008

Las Vegas 702-222-3130

8050 Paradise Road, 89123

Logandale 702-397-2604

1897 N. Moapa Valley Blvd.

P. O. Box 126, 89021

Laughlin 702-299-1333/1334

55 Civic Way, 89029

*Community Connection* is published monthly by and for the Southern Area of Cooperative Extension.  
Editor, design & layout: Marilyn Ming, UNCE Marketing/Public Relations Specialist  
Direct comments/suggestions to: [southern.news@unce.unr.edu](mailto:southern.news@unce.unr.edu)

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