

In Partnership with



February 2013

Community Connection

University of Nevada

Clark County Cooperative Extension

Introducing new parenting education program

Dr. YaeBin Kim has launched a new parenting education program called Little Books and Little Cooks. Little Books and Little Cooks is an integrated program combining parenting and nutrition education. Dr. Kim created the program to address both parenting and nutrition education needs.



This 7-week workshop series is offered to preschool-age children and their

parents. The curriculum is based on a parenting education needs assessment performed in southern Nevada in 2011 and previous nutrition and parenting research. During

the program, children and parents come together to learn about healthy eating and nutrition and to gain positive parent-child interaction skills by reading children's books about healthy eating/nutrition, cooking and eating together.

Topics for the series include: proper hand washing procedures, food safety and kitchen safety rules, USDA MyPlate (five food groups), benefits of cooking with children, multicultural foods, parents' feeding style and hunger and fullness cues, picky eating behaviors, and importance of eating fruits and vegetables.



Little Books & Little Cooks

For more information, contact Dr. Kim at 702-257-5521 or email kimy@unce.unr.edu.



Gardening in Small Places workshop

Join Cooperative Extension on Saturday, February 16 for a workshop on *Gardening in Small Places* from 8 a.m. to noon. The class, taught by Dr. Angela O'Callaghan, is designed to show you how to make the most of your small space.

Topics such as types of containers to use, differences in potting mixes, using artificial light, fertilizers,

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We're on the Web

www.unce.unr.edu

www.unce.unr.edu/blogs/southernarea

www.YouTube.com/UNRextension

Gardening in Small Places

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success with seeds and more will be covered. Homeowners and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a \$25 fee which includes class materials.

To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, LV 89123, I-215 & Windmill Lane), contact Elaine Fagin at fagine@unce.unr.edu or call 702-257-5573.



Upcoming Gardening Classes:

March 16 ~ Composting in Small Spaces

**April 13 ~ Gardening in Small Places:
What Went Wrong?**

GO, SLOW and WHOA Foods

I shall echo the sentiment of Robert Fulghum “All I really need to know I learned in Kindergarten!” Except I would have to say I learned it in preschool. Including how to share, play fair, say I’m sorry, flush and live a balanced life such as *work some* and then *play some!*

And a balanced life is exactly what we teach our preschoolers as part of Cooperative Extension’s *All 4 Kids*© childhood obesity prevention program. We teach them at a very early age how to make healthy food choices. So, in case you missed out on preschool or you just can’t remember what you learned, here is a preschool nutritional tip even you might want to consider trying.

It comes from the National Heart, Lung and Blood Institutes *WeCan* program and it’s called *GO, SLOW and WHOA* foods. It’s a great way to balance your food choices so that you can eat healthy without getting bored or taking extreme measures. Making a decision to eat only ‘good’ foods or never to eat ‘bad’ foods is almost ridiculous. *GO, SLOW and WHOA* foods allow you to enjoy all kinds of food.

Here’s how it works! Foods, especially snacks, are categorized into either a *GO, SLOW* or *WHOA* food. *GO* foods are foods that can be eaten almost anytime. They are the healthiest choice. Examples include fruits, vegetables and skim milk. *SLOW* foods are foods that can be eaten

sometimes but not every day. Maybe a few times a week is good. These include pizza, pancakes and juice. Although juice is healthy and has lots of vitamins and minerals, it also has a lot of sugar and can cause weight gain if consumed in large quantities. Finally, there are *WHOA* foods. These foods should make you say exactly that — *WHOA!* *WHOA* foods are the least healthy and the most likely to cause weight problems, especially if eaten all the time. That’s why *WHOA*



Choose “GO” foods often, such as fresh fruit!

foods should only be eaten once-in-a-while. Cookies, candy, cake and soda are all examples of *Whoa* foods.

It might seem overly simplistic but it is a terrific way to eat healthy and still enjoy

foods you like. When a preschooler in our program goes home and tells her Mom there is no *GO* food in her lunch, Mom may find herself pleasantly surprised to learn her child is asking for a piece of fruit or a carrot to make the lunch complete. Or when a child is given a cookie as a snack, he may say, “I already had one today and I am supposed to only eat these once in a while.” These are just a few stories we hear from parents about how their children have learned valuable lessons about healthy eating.

So what *GO, SLOW* and *WHOA* foods might be lingering in your kitchen? I suggest you put the *GO* foods out and make them visible and easily accessible. Cut up some fruits and vegetables and make them readily available. *WHOA* foods, on the other hand, should be stashed away...you know, out of sight, out of mind! It’s just one simple way to make eating healthy less of a chore. For more information on how foods are categorized, just Google *WeCan Whoa, Slow and Go* Tip Sheet. Or better yet, Google *Pack It Up UNR YouTube* video and view our Hip Hop song about *GO, SLOW* and *WHOA* foods. Soon you will find yourself rapping to the beat “pretzels, pears and oranges are just so cool, yeah, *GO* foods you can eat ‘em afterschool!” ~Anne Lindsay, Specialist, Health and Nutrition, Exercise Physiology

lindsaya@unce.unr.edu 702-940-5434

South Valley Rose Society Meeting



Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings. Free and open to the public, the meeting topic and date for February is:

February 28 Photographing Roses 101
Lyn Vinson, Consulting Rosarian
Learn the basics and how to get started

taking pictures for your own pleasure or for exhibiting. What kind of camera to use, any special equipment needed, what roses photograph best. What to do with pictures.

All meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas (I-215 and Windmill Lane). For more information, please call the Master Gardener Help Desk at 702-257-5555 or email lvmastergardeners@unce.unr.edu.

February 28
Photographing Roses 101
Lyn Vinson, Consulting Rosarian

Free Radon Test Kits at February presentations

Cooperative Extension encourages all residents to test their homes for radon and is offering Community Radon Awareness presentations in February:

Feb. 2-2:00 p.m., West Charleston Library, 6301 W. Charleston Blvd., Las Vegas, NV 89144

Feb. 9-11:00 a.m. Enterprise Library, 25 E. Shelbourne Ave., Las Vegas, NV 89123

Feb. 13-5:00 p.m. Summerlin Library, 1771 Inner Circle Dr., Las Vegas, NV 89134

“Radon is a radioactive gas. The only way to know what the radon levels are inside your home is to measure them.”

Feb. 23-11:00 a.m., Centennial Hills Library, 6711 N. Buffalo Dr., Las Vegas, NV 89131

Feb. 26-5:00 p.m., Sahara West Library, 9600 W. Sahara Ave., Las Vegas, NV 89117

“Winter is the ideal time to test your home for radon,” said Laura Au-Yeung, the Southern Area Radon Program Coordinator, “as most of us keep our homes closed up during cold weather.”

If you are ready to test your home for radon, attend this short presentation and pick up your free, short-term test kit.

Laura Au-Yeung
au-yeungl@unce.unr.edu
702-257-5550



Chocolate Choices for Valentine's Day!



It appears that dark chocolate is your best choice since it contains the most potent plant chemicals called flavonoids. Studies have shown that chocolate consumption may help lower blood pressure, reduce blood cholesterol and benefit the heart in other ways. However, more studies are needed to identify the type and how much chocolate is best suited for health benefits. For now, an ounce or two makes a nice dessert or snack and is probably good for you. Of course, since the chocolate that we eat is high in sugar and fat, it's best to consume it in moderation as part of a healthy, balanced diet.

Senior memoir-writing class offered in February

Life Stories Nevada, a memoir-writing class, has published its spring schedule.

Four, month-long classes will be offered February through May at locations throughout the Las Vegas Valley. The February classes will

be held each Friday beginning February 1 at the Osher Lifelong Learning Institute (UNLV Paradise Campus, 851 E. Tropicana Ave., Las Vegas, NV 89119) from 10 a.m. to 11:30 a.m.

Life Stories Nevada is a program of the Clark County Cooperative Extension that helps older adults record their life stories for themselves and future generations.

In the four weekly classes, instructors aid would-be memoirists sort through their memories and organize how they want to tell their story.

Research has illustrated the importance of personal narratives to improve memory and promote self-esteem, which can lead to

extended independence and more successful aging. The program aims to increase residents' well-being by validating their life stories through both the process of writing them down and sharing them in a supportive setting.

Details of the upcoming classes are available on the project's website, www.lifestoriesnevada.org, by clicking on the "Find a Class" link.



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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:

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