



University of Nevada Clark County Cooperative Extension

University of Nevada
Cooperative Extension

February 2014

Community Connection

Miracle cures not so miraculous

Americans spend billions of dollars each year on products that offer shortcuts and simple solutions to all our ills. People want to believe in miracles. We are a society that wants results now. Unfortunately, there are no shortcuts to good health. Only through self-control; intelligent, informed decisions; and adequate exercise can we achieve it.

Daily we see television, magazine, and newspaper advertisements proclaiming cures and quick-fixes for different problems. Some are obviously ridiculous, but others cite scientific studies and case histories that sound quite reliable. And not all

advertisements for health products are false. Some ads use shreds of scientific evidence that are stretched out of proportion. Others cite studies that were conducted under very specific circumstances, but do not hold true with the general public. The difficulty comes in deciding which advertisements we should or should not believe.

When considering different products or treatments, keep in mind the following characteristics of fraud:

If the product sounds "too-good-to-be-true," it

probably is.

Does it offer a quick and/or painless cure?

Does it offer a special, secret, ancient, or foreign formula that is available only through the mail from only one supplier?

Does it offer testimonials or case histories as the only proof that it works?

(Continued on page 2)



Gardening in small places: vegetables & pruning

Join Cooperative Extension on Saturday, February 15 for a workshop on *Gardening in Small Places: Vegetables* from 8 a.m. to noon and on February 22 for *Pruning* from 9 a.m. to noon. The 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.



Inside this issue:

So you think you can't dance?	2
Pick of the crop—oranges	3
Chocolate for Valentine's' Day	4
So. Valley Rose Society meeting	4

We're on the Web

www.unce.unr.edu

www.unce.unr.edu/blogs/southernarea

www.YouTube.com/UNRextension

Change

(Continued from page 1)



Does it seem to be a cure-all for all sorts of ailments?

Does it claim to be a “scientific breakthrough” that has been held back by the medical community?

If any of these characteristics are present, and even if they are not, check out the product with a professional before buying. A doctor, pharmacist, or registered dietitian; the Better Business Bureau; or the nearest office of the Food and Drug Administration may be able to provide the information needed for an intelligent decision to be made.

Remember, there are no quick cures. The best way to obtain the vitamins, minerals, and other nutrients needed by the body is to eat a variety of foods from the five major food groups. Keeping the “junk” foods to a minimum and exercising regularly, three to four times a week, will help to maintain a healthy, strong body.

~Susan Lednický, Nutritionist

So you think you can't dance?

Anyone can be a dancer, including former NFL Quarterback Kurt Warner, legal commentator Nancy Grace and TV's favorite Mom from the 1970's hit show *The Brady Bunch!* ABC's *Dancing with the Stars* has taken dancing to a whole new level as we watch our favorite celebrities transform into ballroom, salsa and tango dance performers. Other shows like *Fame*, *Glee* and Fox network's *So You Think You Can Dance* are climbing



the charts with their dance performances!

Since early black and white films like *Singing in the Rain* (1952), television, musicals and movies have popularized

dance as an art form, entertainment, or hobby. Movies like *Saturday Night Fever* (1977), *Footloose* (1984) and *Dirty Dancing* (1987) featured dancing as fashionable and coveted. Michael Jackson stunned the world with his Moon Walk (1983) and popularized hip hop, break-dance and other forms of street dance that still exist today. Country music clubs have become trendy with line dances such as the cha cha slide and the electric slide.

But dance isn't just art and entertainment. It is a way to be active and maintain fitness. Dancing is a great way to make fitness fun and not drudgery while still building stamina and maintaining muscular strength. It can be performed at various levels of exercise starting at 4 METS (energy expenditure in metabolic equivalent) which is similar to walking a dog, golfing, or very light bicycling; or it can be performed at more moderate or vigorous intensities, around 9 METS, which is comparable to running a 10-12 minute mile,

playing basketball or swimming. It just depends how much energy you want to expend and for how long.

Since early black and white films like *Singing in the Rain* (1952), television, musicals and movies have popularized dance as an art form, entertainment, or hobby.

Health clubs offer aerobic dance, hip-hop classes and step aerobics that incorporate choreography and rhythmic movements with dance club music to create a fun atmosphere for exercisers. Trendy dance fitness

programs like Zumba combine Latin and international music with dance styles from Salsa, Merengue, Mambo and Reggaeton to make exercising enjoyable.

Not long ago, I attended my first Zumba Fitness class at 24 Hour Fitness in Las Vegas. Zumba Fitness Instructor, John Yamamoto calls it “traditional aerobics with no boundaries.” Yamamoto says his goal is to make people feel confident and sexy while creating a party environment! There were men and women, of every ethnicity—both young and not so young. Some were clearly dancers, while others like me, were just moving and having fun!

(Continued on page 3)

Dance tips

(Continued from page 2)

Take caution, however, when attending high energy dance fitness classes as they are generally high impact and can be strenuous on your bones and joints:

Consult with your physician – especially if you have health conditions or are over 50 years of age.

Wear good workout shoes – worn down shoes provide little support.

Check your instructor's qualifications and certifications – since classes are often taught in large groups of varying fitness levels, proper technique and form instruction can be compromised or even overlooked.

Exercise at your own pace - start easy and build up.



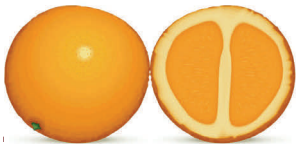
Zumba® is fun and great exercise.

One way to alter your level of intensity is to incorporate or eliminate use of the arms. Dancing with just your legs and no arm movement requires much less energy than using the whole body. So, add arm movements for a more intense workout. If you get tired while performing dances, drop the arm movements and just move the lower body.

Don't like the gym? Local studios offer ballroom dance lessons, salsa, swing, country or tango. Sign up with a partner or go stag and meet some new friends. You'll improve your social life and maintain your health all while having fun!

Whatever genre of music you like, whatever style of dance you enjoy, whatever your fitness level is, or whether you enjoy clubs, fitness centers, or staying at home, dance is a great way to shape up. You don't have to be a dancer, just get moving!

Anne Lindsay, Exercise Physiologist



Pick of the crop—oranges

A medium orange supplies all the vitamin C you need for an entire day. Oranges, as well as other citrus fruits, are high in pectin, a type of fiber. Choose an orange with firm, smooth skins which feel heavy for their size. This is a sign that the orange is juicy.

Did You Know?

- ◆ Oranges were mentioned in Chinese writings as early as 2000 B.C. By 1178, A Chinese horticulturist described numerous varieties of oranges growing in one region, including seedless fruit.
- ◆ The history of the orange goes back so far that some experts believe that the apple eaten by Eve in the Garden of Eden was really an orange.
- ◆ On his second voyage, Columbus brought orange seeds from the Canary Islands to the New World.

Oranges were mentioned in Chinese writings as early as 2000 B.C.

SUNSHINE SANDWICH

Peel and cut a seedless orange into slices. Spread a little mayonnaise on two slices of bread. Place 2-3 slices of turkey on one slice of bread. Top turkey with orange slices and cover with the other slice of bread. Oranges add a tasty zing to an otherwise ordinary sandwich.

ORANGE-BANANA SHAKE

Blend 1 cup of orange juice, one banana (peeled), one orange (peeled and quartered) and 1 teaspoon of honey in the blender. Add six ice cubes, one at a time, blending well after each one. Makes enough for you and a friend.

WHAT COUNTS AS A CUP OF FRUIT?

In general, 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. For an orange, 1 large orange counts as 1 cup of fruit.

Fruit-flavored yogurts, fruit roll-ups, fruit-flavored drinks and fruit-flavored snacks don't count as fruit, since most contain little or no fruit.

Adapted from [FS-11-24](#)



Fresh orange "smiles" are a nutritious addition to any meal or snack

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.

President's Day — February 17

Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved



as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

February 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, February's meeting topic is:

February 27 Soil, soil additives, fertilizers & irrigation—Frank J Rausher, Certified Horticulturist, Star Nursery and NevadaGardens.com

What is the Las Vegas Valley soil and soil drainage like? Are soil nutrients available? If not, what soil additives and fertilizers can be added? Understanding Nitrogen, Phosphorus, Potassium (NPK) functions and what the three corresponding numbers that are found on packages mean is important.

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.

Future meeting dates and topics: March 27, Las Vegas Rose Society Rose Practice Event; April 24, Rose Pests and Diseases: The Usual and the Rare; and May 22, 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

An EEO/AA Institution.