



January 2013

Community Connection

# University of Nevada

## Clark County Cooperative Extension

### January-National Radon Awareness Month

Cooperative Extension encourages all residents in Nevada to test their homes for radon and is offering Radon Awareness presentations in January. At the end of the presentation, attendees will receive a free radon test kit. January dates are:

Jan. 5, 2:00 p.m., Clark County Library, 1401 E. Flamingo Rd., Las Vegas, NV 89119

Jan. 8, 11:00 a.m., Spring Valley Library, 4280 S. Jones Blvd., Las Vegas, NV 89103

Jan. 15, 4:00 p.m. Sunrise Library, 5400 Harris Ave., Las Vegas, NV 89110

Jan. 19, 10:30 a.m., Windmill Library, 7060 W. Windmill Lane, Las Vegas, NV 89113

Most people associate lung cancer with smoking, but the leading cause of lung cancer for nonsmokers is radon. Although smokers have a higher risk of radon-induced lung cancer than nonsmokers, about 21,000 people die each year in the U.S. of lung cancer caused by indoor radon exposure. The radon health risk is highly preventable, yet few people know about the radon risk or have their homes tested for it.

Radon is a radioactive gas. It comes from the natural decay of uranium in soil and enters homes through foundation cracks, openings and some of the porous materials used to construct foundations and

floors of homes. It is an odorless, colorless, invisible gas that can reach harmful levels when trapped indoors. Radon can enter any home, old or new. Two neighboring homes can have very different radon levels. The only way to know what the radon levels are inside your home is to measure them.



See page 4 for the local winning posters. Laura Au-Yeung [au-yeungl@unce.unr.edu](mailto:au-yeungl@unce.unr.edu)

### 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 January is:

January 24, Good Bugs/ Bad Bugs--- Larry Kaplan, SVRS Yearbook Editor

What insects are beneficial to roses? How to attract them? Where can

you buy them? What insects cause problems and how to determine if your roses have been attacked? What do you look for and how to get rid of them, using organic or inorganic products?

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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)

# Rose Society Meeting

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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](mailto:lvmastergardeners@unce.unr.edu).

Future Rose Society Meeting Dates:

February 28 ~ Photographing Roses 101

March 28~ Reasons to go to the Annual April 20th Rose Show

**January 24**  
**Good Bugs/Bad Bugs**  
**Larry Kaplan, SVRS Yearbook Editor**

## Cold Weather Exercise

Our coldest months are upon us. January and February are typically very cold days in Southern Nevada. But people exercise and work in many cold-weather environments even here in Las Vegas. There are numerous factors that determine whether exercising in the cold will lend itself to physiological strain or injury. For the most part, however, cold weather should not prevent us from our daily physical activity routines.

Injury and hypothermia generally occur when core (deep body cavity) temperature falls too low. People with a higher percent of body fat tend to maintain this core temperature better than lean people. And although there are some differences in core temperature responses between men and women, research attributes these to differences in body fat as well. While physical fitness does not improve the body's regulatory responses to cold, it does allow one to exercise for a longer period of time at a higher intensity level therefore maintaining core temperature. Older adults or those with existing cardiovascular or circulatory disorders may also be less cold tolerant than their younger counterparts and should take some precaution.

So what can be done to improve tolerance in cold-weather? Since cold-illnesses are caused by excessive loss of body heat during long periods of cold exposure, how we dress can make a huge difference. Wear non-restrictive



Be sure to wear a knit cap and mittens when exercising in cold weather.

garments that allow adequate blood flow necessary to warm the body. Instead of wearing a single bulky layer of winter clothing when you exercise, wear several layers. The first layer which is in direct contact with the skin should be a light-weight synthetic or polyester material. These will dry quickly and transport moisture away from the skin to the next layer of clothing. The second layer

should be wool or polyester fleece. It provides the primary insulation. The outer most layer serves to transfer the moisture back to the open air while repelling wind and rain. The outer layer is rarely worn during exercise unless it is raining or windy. It is mostly worn during rest periods.

Wearing several layers not only provides the most flexibility to adjust insulation needs to prevent overheating, under-dressing and staying dry; it also allows you the option to take layers off as the body warms up from increased activity. When clothing becomes wet, it loses 90% of its insulating properties. So once exercise stops, the heat being generated also stops and you should immediately go indoors. Replace any wet clothing to prevent a drop in core temperature as wet skin facilitates heat loss.

The same principles of layering and staying dry apply to gloves/mittens, socks and hats. Keeping your head warm is critical since 50-75% of heat production is lost through the head. Also wear a knit cap and headband to cover the ears. Mittens, compared to gloves, provide greater protection from cold injuries because the fingers have better circulation when they are not isolated. Though we often do this, don't blow into your gloves or mittens! Seems like that breath of hot air warms your hands, but in the end, the vapor from the air will cause

(Continued on page 3)

## Cold Weather Exercising, *continued...*

(Continued from page 2)

moisture which contributes to cooling! Keep everything dry at all times. Even feet perspire so change your socks periodically.

Fluid balance can also be affected by cold weather. Exercise increases sweat loss and if fluids are not replaced dehydration can easily occur. When skin temperature also falls, thirst is less noticeable. So drink plenty of fluids before, during and after exercise.

Finally, if it's a cold, wet and rainy day, you just might want to consider postponing your outdoor activity and find something cozy to do indoors! Rain or wind in already low temperatures makes it much more difficult to maintain our

internal heat balance and may result in cold-weather injuries or reduced performance. Even in mild temperatures there is still considerably more body heat loss with rain and wind.

But don't let the cold get you down. "Whether the weather be fine, whether the weather be not; whether the weather be cold, whether the weather be hot; we'll weather the weather, whatever the weather, whether we like it or not" (author unknown).

Anne Lindsay  
[lindsaya@unce.unr.edu](mailto:lindsaya@unce.unr.edu)



Be sure to stay hydrated in any type of weather and any type of exercise!

## Dealing with Holiday Weight Gain

Did you gain weight during the holidays? Well, you're not alone. It seems the average American gains four to eight pounds between Thanksgiving and New Year's.

Here are some tips for trimming down and they won't cost you a dime.

- Eat less. Sound too simple? However, it's not easy to do. The fact is that in order to lose weight you must eat fewer calories than you expend.
- Move every day. Most of us forget this part of the weight loss equation. Make physical activity a part of your

daily health routine, like brushing your teeth.

- Eat more slowly. It takes between 20-30 minutes for your stomach to tell your brain that you're satisfied.

- Eat your fruits and vegetables. Satisfy your hunger with fewer calories and more nutrition by eating more fruits and vegetables.
- Give your food the attention it

*Some tips for trimming down and they won't cost you a dime.*

deserves. Don't munch while watching TV, driving or doing chores.

- Address emotions. Eating to deal with stress won't solve your problems; it will only add calories to

your diet and pounds to your frame.

Take things one step at a time. Modest weight loss can benefit your health, so focus on slow weight loss. Better yet, try making your lifestyle healthful – the weight loss will eventually follow and then those pounds will stay off – for good.

## Palm or Palm Kernel Oil



African Oil Palm

I've noticed that many margarines contain palm or palm kernel oil. Aren't these fats harmful to the heart?

Yes. However, partially hydrogenated oils and tropical oils give margarine its firmness and spreadability. While tropical oil such as palm oil increases the saturated fat content of the product, only a very small amount is needed to provide the right texture. The amount per serving varies among brands. It is important to read the Nutrition Facts label and consider the total saturated fat plus *trans* fat in a food item. Choose foods low in saturated fats, *trans* fats and cholesterol to help reduce the risk of heart disease.

# Can you get enough protein if you eat little or no animal products?

**Yes, you can.** It is difficult not to get enough protein if you eat sufficient food to maintain your healthful body weight. That's because all foods, except sugar and oil, contain some protein.

Basic protein foods for the vegetarian include whole grain products such as breads and cereals, dried beans and peas such as pinto beans and lentils, and seeds and nuts such as sunflower seeds and peanut butter. Soy protein is a common ingredient in many vegetarian foods which provides a complete protein source.

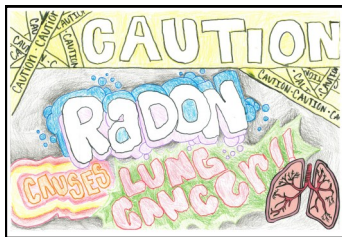
## Las Vegas Radon Poster Contest Winners

University of Nevada Cooperative Extension's Radon Education Program is proud to announce the winners of the 2013 Nevada Radon Poster Contest.

A special awards ceremony for Las Vegas area students and teachers will take place Jan. 16 at 4:30 p.m. at the Lifelong Learning Center, 8050 Paradise Rd. The winners will receive their participation certificates, as well as the governor's certificate, and award checks. The winning teachers will also receive their award checks at the ceremony.

**Dante Gonzalez, 2<sup>nd</sup> place**

*The Detector Saves Another Family from Radon*



**Brianna Solis, 4<sup>th</sup> place**  
*Caution*

**Favion Williams, 5<sup>th</sup> place**

*Get Tested for Radon Before It's Too Late*



### 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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360 Lincoln Street  
P. O. Box 728, 89008

Logandale 702-397-2604  
1897 N. Moapa Valley Blvd.  
P. O. Box 126, 89021

Las Vegas 702-222-3130  
8050 Paradise Road, 89123

Laughlin 702-299-1333/1334  
55 Civic Way, 89029

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