



University of Nevada
Cooperative Extension

January 2014

Community Connection

University of Nevada Clark County Cooperative Extension

A new year is a time for change



Each new year many of us begin with New Year's Resolutions. We promise ourselves that we will change some behavior that we consider unhealthy or unbecoming. We may choose to just live more healthfully, or we may be more specific, wanting to lose weight, stop smoking or start exercising more. Any of these intentions are admirable, but each one deserves some thought and preparation before beginning. Lifestyle and attitude change isn't easy, but with some planning you can be very successful. The following tips may help you succeed with your resolutions where others have failed.

THINK about the change you would like to make. Why do you want to make this change? What do you think the change will do for you (look better, feel better)? Are the benefits from making the change greater than the challenges you may face? Who will be supportive of you when you are making the change? How long are you willing to work to make this change last? (If you're only willing to give it a few weeks, you're setting yourself up for failure.) When will you begin? Write down the benefits you know you will receive from making this change and keep them posted as a reminder of why you are doing this.

BE REALISTIC about the changes you want to make. If you think that losing weight will help you become chairman of the board, you may be expecting a bit too much. On the other hand, if you think that losing weight will help you look and feel healthier, you're on the right track. Remember that change takes time! Do not expect to make permanent changes in habits or attitudes in a few days. It has taken you a lifetime to develop these habits. It is going to take time, hard work, and practice to make the changes you desire.

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Tips for measuring your exercise intensity



The holidays are over. The cookies and treats are all eaten. The relatives have left and the decorations are put away. The only thing not gone is the extra pounds I gained!

"January do-gooders"). "Not today though, I need to return some Christmas gifts."
"Tomorrow I will go to the gym for sure!" "I was going to exercise yesterday, but I couldn't get a ride to the track!"

So, I exercise, sweat, and hit the gym (that is crowded, by the way, with all the other

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We're on the Web
www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension

Change

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START SLOWLY so that the changes are not too drastic at the very beginning. If your goal is to increase your physical activity, don't try to go from couch potato to Superman overnight. Begin



Faculty and staff use their lunch hour to walk around the track located at Cooperative Extension's Outdoor Education Center.

by taking a ten-minute walk each evening after dinner. If your resolution is to lose weight, set a goal of one to two pounds a week instead of losing twenty pounds. If you just want a healthier lifestyle in general, start out by eating fresh fruit for an afternoon snack instead of a candy bar. These small steps may seem like nothing, but small changes like these can lead to big successes over time.

Finally, **BE POSITIVE**. If you look at your resolution as a form of torture or as depriving yourself of the things you love, you will not be able to stick to your resolutions. Remind yourself of the benefits you will receive by sticking to your resolutions. Each month reward yourself for your accomplishments by doing something you really enjoy (as long as it fits into your resolution!). If you fall back into the old habits occasionally (and most people will), don't give up! Consider it a learning experience. Look at what caused you to lapse into the old behavior, and develop safeguards so that it won't happen again. With each lapse and recovery you will become more self-confident and centered on your goal.

~Susan Lednický, Nutritionist

Reasons to prune in January



January is a wonderful time of year to do major pruning. Avoid pruning off more than 20 to 25 percent of a tree's leaf area in any year. If heavy pruning is unavoidable, remove branches over two or more years to reduce stress. Pruning can be done at any time of year with special care and knowledge, but pruning is best done in winter or early spring before buds swell and the tree is dormant.

We prune for tree health which includes removal of insect or disease infested branches, broken or dead branches, crowded or branches that rub together. Prune trees only enough to direct growth effectively and correct any structural weaknesses.

Pruning to reduce hazard to people or property, branches that interfere with vision or travel along streets, driveways, or sidewalks; branches that rub against structures; thorny or spiny branches that might cause injury, and pruning for utility line clearance is essential.

Prune to train young trees. Directing the growth of young trees is important if the trees are to perform properly in the landscape when mature. Pruning is usually the most effective way to direct the growth habit of a plant.

Sharp, well-maintained tools for cleaner cuts are safer than dull tools. Use shear-type hand pruners for small twigs (bypass pruners). Pruning saws have thin curved

Sharp, well-maintained tools for cleaner cuts are safer than dull tools.

blades and teeth that are angled back to cut mainly as you pull back rather than push forward for larger limbs. Remember to sterilize tool blades between cuts with alcohol or bleach to avoid spreading disease.

Good pruning involves removing as much of the branch as possible without leaving a stub or flush cut. Good pruning cuts are called *natural target cuts* by arborists, who use two targets on the tree to show them where to make the cut. These targets are the *branch bark ridge (BBR)* and the *branch collar*. The BBR is an area of excess bark that accumulates where two branches, or branch and trunk meet. It extends down the branch or trunk on either side of the branch crotch. The branch collar is (typically) a swollen, wrinkled area at the branch base where branch and trunk (or branch and branch) tissue come together.

~Debby Woodland, Program Assistant

Exercise tips

(Continued from page 1)

The promises are already fading. Why do we make this so darn difficult? The gym, the track, the classes are all great ways to get motivated but they are only motivating if we show up! Walking or jogging right outside your neighborhood with a little iPod or music in your ear might just be a little easier. So how fast and how hard should we walk or jog? There are 3 ways to measure this:

The first one is the most accurate but the hardest to do. Measure your exercise heart rate. Using the fingertips of the first two or three fingers on your other hand, (not your thumb) press lightly at the wrist, straight down from the pointer finger. Count the beats for 15 seconds (wait 3 minutes of walking or jogging before gauging your pulse).

See if that number, which reflects your intensity level, is within a recommended range for you. If you are a beginner and are less fit, your intensity level should be between 50 and 70 percent. A range between 70-85 percent is good for more fit individuals. Here is a simple formula to use:

$$\text{Exercise Heart Rate at 50 percent} = (220 - \text{age}) \times .50$$

$$\text{Exercise Heart Rate at 70 percent} = (220 - \text{age}) \times .70$$

$$\text{Exercise Heart Rate at 85 percent} = (220 - \text{age}) \times .85$$

For example if you are 72 years old and a beginner, it would look like this:

$$220 - 72 = 148 \times .50 = 74 \text{ beats per minute or BPM (low range)}$$

$$220 - 72 = 148 \times .70 = 104 \text{ beats per minute or BPM (high range)}$$



I like to calculate this ahead of time so I don't have to do the math while walking/jogging.

$$74 \text{ bpm} \div 4 = 18 \text{ (for a 15 second count)}$$

$$104 \text{ bpm} \div 4 = 26 \text{ (for a 15 second count)}$$

Now, when you are walking/jogging, every time you take your heart rate for 15 seconds, it should be between 18 and 26.

For more information, type "[Target Heart Rate CDC](#)" into your internet browser.

The second way to gauge your intensity level with much less math is by counting your footsteps for one minute. This is called the "Count Test." Moderate levels (e.g. brisk walk roughly 3-3.5 miles per hour) require approximately 90-113 steps per minute (113 steps is for individuals with shorter legs, while 90 is for taller people). After counting your steps, adjust your pace by speeding up or slowing down.

Walking or jogging right outside your neighborhood with a little iPod or music in your ear might just be a little easier.

Finally, if you are not really about numbers and counting at all but still want to measure relative intensity, try using The "Talk Test." This means gauging how hard you are working, by how hard you are breathing. For moderate activity, your heart rate and breathing will increase, and you may even sweat a little, but you should be able to carry on a conversation comfortably while



doing the activity. If you have rapid breathing or become too out of breath to carry on a conversation, the activity may likely be vigorous (e.g. race walking, jogging or running).

Be sure to warm up before starting your cardio activity by gradually increasing your speed; and cool down afterwards by gradually decreasing your pace. A racing heart during stand still causes the blood to pool in the extremities. This leaves little blood flow for transporting to the brain and can cause you to get light-headed or even pass out. A gradual cool down gives the heart time to return to its normal state.

So whether you monitor your heart rate, count your steps or check intensity by talking, know your limits. Listen to your heart. Don't ignore pain. "No pain - no gain" means "No brain!"

~ [Anne Lindsay](#), Exercise Physiologist

Centers for Disease Control and Prevention

<http://www.cdc.gov>

Don't be SAD!

Winter months have you feeling not so happy? Get some light.

Winter means short days and long, dark nights. Great for novels and craft projects, but for some, this is a season of slump.

Sufferers of Seasonal Affective Disorder, appropriately abbreviated "SAD," have depression for only part of the year, which more commonly begins in the fall and lasts through the winter. In addition to feeling depressed, other symptoms include:

- Increased sleep and appetite
- Carbohydrate craving
- Increased weight, irritability
- Interpersonal difficulties
- Even a heavy feeling in your arms and legs

Although the exact causes of SAD are not thoroughly understood, experts think it may have something to do with levels of light in the environment and/or decreased blood levels of serotonin, which contributes to feelings of well-being.

What to do for SAD

Those who have mild SAD symptoms often get relief from light therapy. Thirty minutes in full, non-overcast daylight every day will usually do it.

If that isn't practical or possible, special light boxes can be purchased for inside use. It has to be bright light, much brighter than regular indoor lighting. If light therapy doesn't relieve the symptoms, medications can help. Your doctor will probably prescribe an antidepressant that increases your serotonin levels. Don't let the depths of winter get you down. For more information, go to National Alliance on Mental Illness www.nami.org and search for SAD. Or ask your doctor.

HopeHealth ~ No. 10676

There's still time—till January 15—to recycle your holiday tree



Holiday trees are one of the most recognized traditions of the holiday season. They make our homes smell lovely, we can decorate them and they provide a beautiful focal point for gifts. But what happens after the holiday season? Most people simply throw their holiday tree away, yet when they are chipped into mulch, they become a

valuable resource. This mulch is used in public gardens and parks across the valley to help conserve soil moisture and keep plants healthy. Recycling your holiday tree is a gift that will keep on giving back to the community.

The process is very simple! There are no fees to participate in this community effort; just a short amount of your time is all that is required. Everyone—residents, businesses and organizations—are asked to take their holiday tree to one of over 22 convenient drop sites between December 26 and January 15. Before dropping off your tree, please remove all non-organic objects such as lights, wire, tinsel, ornaments and nails. Foreign objects contaminate the mulch and damage the chipper. Flocked trees cannot be recycled. For more information about the Christmas Tree Recycling Committee, drop-sites nearest you, and other ways that you can have sustainable holidays, visit www.unce.unr.edu/areas/southern or www.springspreserve.org. Give our community a gift... Recycle your holiday tree!

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.

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