



University of Nevada
Cooperative Extension

January 2017

Community Connection

CREATIVE WAYS TO BE ACTIVE INDOORS

Winter provides new creative ways to be active outdoors. Check out these fun winter activities! ❄️ Organize a sledding or skating party with your family or the whole neighborhood. ❄️ Build a snow fort, snow person, or even throw some snowballs! ❄️ When it's too cold to play outside, take the family to the nearest mall to take a brisk walk and do some window shopping. ❄️ Visit the library. It is a great resource for children and adult fitness videos and books. You can be physically active together – and it is free!

Getting 60 minutes a day of physical activity in any form can help keep kids healthy. During the winter months, children spend a lot of time indoors. When picking indoor activities, select those that will offer some type of physical activity. Bowling, skating or walking the mall are more active choices than watching a movie. For more information, visit [Pick a better snack™](#).

TIME TO RECYCLE YOUR HOLIDAY TREE

Cooperative Extension has been involved for 12 years with the Southern Nevada



Christmas Tree Recycling Committee. The committee, consisting of local government agencies, volunteers and business entities, is asking southern Nevadans to give their community a gift and recycle their holiday tree this year.

The community has been recycling trees in southern Nevada for over 15 years and every year, a few more are recycled. Last year, southern Nevada residents recycled over 20,200 trees. Yet, as impressive as that is, that's a small percentage of the 250,000 trees sold in the community. Last year, over 235,000 trees went to the landfill. Make a difference this year and recycle your cut, holiday tree. Read [more!](#)

Happy New Year!

ON BACK

Tips to slim down after holiday weight gain

Pruning workshops

Who we are: We are the outreach unit of the University of Nevada, Reno. We design and deliver community programs to residents of Nevada with other agencies and volunteers.

What we do: We learn about the needs of our community and develop programs to meet them. We teach classes, hold workshops, sponsor seminars related to those needs and provide online information.

What we offer: Education, training and instruction in: Health & Nutrition; Children, Youth & Families; and Water, Horticulture, Economics & Environment.



**Cooperative Extension
Southern Area office locations
and phone numbers:**

Clark 702-222-3130

8050 Paradise Road
Las Vegas, 89123

Northeast Clark 702-397-2604

1897 N. Moapa Valley Blvd.
P.O. Box 126,
Logandale, 89021

Southern Clark 702-299-1333

55 Civic Way
Laughlin, 89029

Southern Nye 775-7274-5532

1651 E. Calvada Blvd
Pahrump, 89048

**Northern Nye/Esmeralda
775-482-6794**

P.O. Box 231
#1 Frankie St., Old Courthouse
Tonopah, 89049

Lincoln 775-726-3109

P.O. Box 728
360 Lincoln St.
Caliente, 89008

Eureka 775-237-5326

P.O. Box 613
701 S. Main St.
Eureka, 89316

White Pine 775-293-6599

950 Campton St.
Ely, 89301

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.

TIPS TO SLIM DOWN AFTER THE HOLIDAYS

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.

- 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 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. ~ Mary Wilson, MS, RD

For more information, contact [Susan Lednicki](mailto:Susan.Lednicki@uncc.edu) at 702-257-5548.



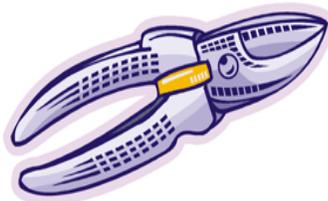
JAN. ROSE SOCIETY MEETING

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings throughout the winter. Free and open to the public, the January 26 topic is *Pruning roses*.

The New Year begins with the annual pruning session. Consulting Rosarian Steve Schneider will teach pruning techniques for all rose varieties. The class will be broken into small groups and consulting rosarians will prune and explain the nuances of the different varieties: hybrid teas, floribundas, shrubs, miniatures and climbers. Bring your gloves, shears (pruning & lopping), tool wipes and leaf strippers. Read [more!](#)



PRUNING WORKSHOP



The Gardening in Small Places series educates southern Nevada residents how to improve their urban landscapes while conserving natural resources. This hands-on class gives you a chance to get a feel for pruning by letting you try your skills on our landscape before doing your own. If you want to get some hands on experience, please bring your pruners, gloves and eye protection.

On January 14, 2017 Angela O'Callaghan, social horticulture specialist, will demonstrate proper pruning techniques. Read [more!](#)