Vacationing on a shoestring

Want to take a vacation this summer? Strapped for cash? Consider these money-saving tips:

• **Save on meals.** Eat only one restaurant meal a day. Dine out at lunchtime (it’s cheaper) or share entrées at dinner. Stay at hotels with in-room refrigerators and microwaves. Take "doggie bags" from restaurants or order take-out food rather than a sit-down meal. Pack foods such as granola bars, fruit, and canned juices for breakfast, or select hotels with a free continental breakfast.

• **Use coupons.** Look for tourist guidebooks with coupons for meals, hotels, and attractions.

• **Shop around.** Compare at least three competing products and service providers, such as car rental companies.

• **Share expenses.** Vacation with family and/or friends. Divide the cost of rent (for a condo or beach house) and food.

• **Fly last minute.** Look for airfare deals through Websites such as [www.kayak.com](http://www.kayak.com) or "last minute deal" links on airline Websites.

• **Find free pet care.** Trade pet-sitting services with “pet-friendly” neighbors to eliminate kenneling costs from your vacation budget.

• **Vacation locally.** Stay home and plan “daycations” (inexpensive, one-day trips) and “staycations” (vacations at or near your home) instead of traveling to distant areas.

From the HopeHealth Library-No. 10649
It is OK to Think Parenting is Hard!
By YaeBin Kim, Area Extension Specialist, Early Care & Education

Parenting is the most difficult and fulfilling job you will ever accomplish. As soon as you become a parent, there is
one thing that never changes, you are forever a mom or dad. You are responsible for your child even when your child is not
with you. This is definitely a 24/7 job. So, it is OK to think that parenting is hard. There is no reason to be embarrassed to
talk about how hard parenting is. And if you think parenting is hard, you are already a good parent.

Because parenting is a learned skill, all parents need a little support, advice and encouragement.

The Partners in Parenting (PIP) team offers several parenting education programs to support, give advice and encourage parents of young children. The staff (Chelle, Lisa, Lucy, Olga and myself) help parents learn how to interact with their children, how to play with their children and how to read with their children. Research shows that a young child’s language, cognitive, social and physical development depends on positive and supportive parent-child interaction. The PIP team provides parents time to enjoy being with their children by doing hands-on activities together.

Through class trainings, parents understand that “Even great parents only use good parenting skills about 30 percent of their time, so invest 30 percent or less of your time to use skills you learn today.” After hearing this, parents seem less stressed. The parents are reassured that they are already good parents because they are taking steps to improve their skills by attending a parenting class. The PIP team thinks parents need encouragement on a regular basis, not only for themselves but for the changing lives of their children. Parents do better when they are encouraged.

Do not think parenting is easy! Parents need partners in parenting. Partners in Parenting is here to support, give advice and encourage parents of young children in Clark County. Currently, PIP provides the Family Storyteller Program, Fun to Play, Life Skills and Child Safety/Welfare in several community programs throughout Clark County. Two new programs are on the way (Little Books and Little Cooks and Raising Socially Emotionally Competent Children).

For more information, contact YaeBin at 702-257-5521 or email kimy@unce.unr.edu.
4-H Summer Day Camps
Registration is underway!

4-H Alternative Energy Day Camp
(Wind, Water, Solar & Chemical)
July 17-20, ages 11-16

Science, Technology, Engineering & Math Day Camp
August 14-18, ages 7-11.

4-H membership is not required.

INFO: Mary Regan
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The Clark County 4-H program is excited for this summer’s Science, Technology, Engineering, & Math (S.T.E.M.) day camps. This is the third summer the 4-H program has offered camps that incorporate activities from several UNCE programs as well as other educational organizations from the community at large. The camp is led by the 4-H staff with the assistance of volunteers and teen counselors, as well as, representatives from the other programs.

Activities at each camp vary but every participant can expect to have fun doing a variety of hands-on activities. Activities in the aerospace science area include building and flying model rockets, helicopters, airplanes, or kites. There will be presentations involving a variety of live animals, some of which participants will be able to pet or hold. We’ll explore plant sciences by touring our research gardens and doing hands-on activities such as vermicomposting. With the assistance of the National Weather Service and the Nevada Division of Environmental Protection, we’ll investigate several aspects of environmental sciences. Healthy snacks and the importance of staying active are incorporated throughout the camp. Our 4-H day camps remind youth that learning can be fun!

But don’t take our word of it, here’s what some parents of past participants have said about 4-H S.T.E.M. day camps:

Thank you for hosting such a wonderful day camp! The material sent home with the children was terrific and we were so pleased they had such a nice time.

My kids went through the June STEM camp and loved it. I just saw their pictures on Facebook...COOL.
Eco-exercise

Eco-exercise is a variation of whatever physical activity you happen to be doing at the time — whether it’s running, walking, hiking, kayaking, etc. While doing your activity, you also collect litter you find along the way.

According to Sam Huber, founder, editor, and on-the-move promoter of Eco-Runner, “Eco-Runners look beyond their watch, pace, PR (personal record), and internal goals... They add environmental awareness and sustainability to their list of running goals.”

“Imagine if each of us took just a little time to pick up,” Huber wrote on his blog.

To become an eco-exerciser, you just need your usual workout clothes, a trash bag (perhaps a biodegradable one), environmental awareness, and motivation.

• Do as much as you want. You don’t necessarily need to dedicate every exercise session to the cause. Maybe select one day a week when you combine your activity with your pickup.

• Go one step further. If you want to make an even bigger impact, recycle paper, cardboard, plastic bottles, and other recyclables instead of throwing them in the trash.