

In Partnership with



July 2013

Community Connection

University of Nevada

Clark County Cooperative Extension

Striving Readers Comprehensive Literacy Program

Striving Readers Comprehensive Literacy Program is a federally funded initiative focused on improving the literacy outcomes of children from birth to high school graduation (United States Department of Education, 2012). Nevada was awarded five years of funding.

Through a competitive application process, Clark, Douglas, Lyon, and Washoe school districts were selected to implement the program. University

of Nevada Cooperative Extension (UNCE) is partnering with these school districts to provide community literacy programming targeted at families with children from newborn to age five.

Researchers have found that children's literacy abilities develop rapidly during the first five years of life. Differences in literacy abilities can influence later academic success and competence as adults.

"Providing literacy-rich experiences to young children is essential to their language development. The Striving Readers Comprehensive Literacy Program offers parents and teachers with educational

opportunities that address this issue," explained Teresa Byington, Early Childhood Education Specialist with UNCE.

One of the programs UNCE is offering through Striving Readers is *Family Storyteller*, a family literacy program using children's literature and

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activities that promotes parents and children engaging in interactive book reading. "The key to effective programming is involvement of both parents and children," stated YaeBin Kim, Early

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Fresh Herbs ~ Healthful Antioxidants

Fresh herbs normally contain more healthful antioxidants than the dried variety. According to recent research by the U.S. Food and Drug Administration, some fresh herbs are even higher in antioxidants than fruits and vegetables. Research found that fresh oregano contains

42 times more antioxidant activity than apples, 30 times more than potatoes, and 12 times more than oranges. Other herbs with high levels of antioxidants include dill, thyme, rosemary, and peppermint. Of course, people rarely eat large quantities of herbs, so keep

eating your fruits and vegetables too! For more information, call the Master Gardener Help Desk at 702-257-5555 or email lvmastergardeners@unce.unr.edu.



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Striving Readers

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Childhood/Family Literacy Specialist with UNCE. The six-week class sessions introduce families to the joy of literature and language by showing parents interactive ways to read with their children. Each weekly session features a new book and provides time to practice the reading techniques. Parents receive books and related language and literacy activities to take home.

“At the end of *Family Storyteller* program,” Kim shared, “all of the parents said they were very likely to continue



using what they learned in the *Family Storyteller* program and would recommend it to others.” Other parent comments

included: “I liked learning new skills,” and “I enjoyed participating with my children and reading to them.”

In Clark County, UNCE is offering the *Family Storyteller* program at 13 elementary schools and 10 child care centers. In Washoe County, five schools have received *Family Storyteller* programming; in Lyon County, elementary schools are offering the program; and Douglas County’s program will start in the Fall at two elementary schools.

Dan Weigel, Human Development Specialist with UNCE, collaborated with Byington and Kim and is presenting programming to families in Washoe County School District (Reno). “My first thrust was the development of a *Family Storyteller* version for families with infants and toddlers,” explained Weigel. The second thrust, *Just In Time Parenting*—an online parenting newsletter, is being used to engage high-risk families in targeted neighborhoods.

UNCE is also offering the educational coursework for the CDA (Child Development Associate) credential and literacy coaching to early childhood teachers. “As part of the Striving Readers Program,” added Byington, “a 30-minute training video on Dialogic Reading was created and presented to over 500 Clark County School District preschool teachers during a professional development day.”



For more information, contact Kim at 702-257-5521 or Byington at 702-940-5421.

~ Marilyn Ming, Marketing/Public Relations Specialist

Fad Diets: The Facts



Many people choose to lose weight, but become confused over all the miracle options available. Should they choose teas or pills, liquid lunches, dieter’s bars, or one of the hundreds of

fad diets that are available? All promise to slim you down fast with a minimum of effort on your part. With so many choices, it’s hard to know where to start.

Fortunately, there are some basic guidelines that people can follow to help them lose weight. Because individual body chemistries differ dramatically, one rigid formula will not work for everyone. Basic guidelines lay a foundation for healthy

weight loss and can be altered to suit individual needs.

One type of diet that is very popular is the rapid crash diet. Unfortunately, or fortunately, these diets are not something most people can follow consistently. Another problem is that they don’t teach people practical ways to manage their weight. Because of this, weight regain is often the inevitable result.

The best and safest way to lose weight is two-fold; cut back on calories and increase your physical activity. How you cut back on calories is the key. The American Dietetic Association states in a position paper, “All weight management programs should at the very least include a gradual change to a healthful eating style with increased intake of whole grains, fruits and vegetables.” This healthful eating style should also include a reduction in eating calorie-dense foods such as cookies, sugary desserts, chips, fried foods, candies, etc.

Research on people who have been successful at losing a lot of weight and keeping it off long term show that the great majority have succeeded by consuming a low-fat, high-fiber diet while taking part in regular exercise.

~Susan Lednický, Nutritionist



July: National Blueberry Month



It's National Blueberry Month!

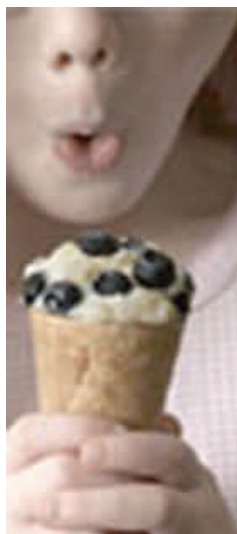


When it comes to taste and nutrition, blueberries are true blue! Their sweet, fruity flavor has been enjoyed for centuries, and now, thanks to research going on in labs across the U.S. and Canada, there's big news about the blues...these tasty little berries are powerful disease fighters. In honor of the blueberry, July is National Blueberry month.

Fresh Blues

Look for fresh blueberries that are firm, dry, plump, smooth-skinned, with a silvery surface bloom and free from leaves and stems. Size is not an indicator of maturity but color is—berries should be deep purple-blue to blue-black; reddish berries aren't ripe, but may be used in cooking. Avoid soft or shriveled fruit and any signs of mold. Containers with juice stains indicate that the fruit may be bruised.

Refrigerate blueberries as soon as you get them home, in their original plastic pack or in a covered bowl or storage container. Wash the berries just before use. Use within ten days of purchase.



Frozen Blues

Frozen, unsweetened blueberries packed in poly bags or boxes can be found in the frozen food section of your supermarket. The frozen berries should feel loose, not clumped together. Frozen blueberries are individually quick frozen so you can remove a few or as many as needed. Blueberries should be kept frozen and the unused portion returned to the freezer promptly.

If not used immediately, cover and refrigerate thawed berries and use within three days. Commercially frozen berries are washed before being frozen and do not need to be washed again.

See Blueberry Fast Facts below!

Refrigerate blueberries as soon as you get them home!



Fresh blueberries are simple to use! No peeling, chopping or stemming – just rinse and eat or add to your favorite recipes. About half of highbush blueberries are eaten fresh. The others are marketed as frozen, canned or dried. More and more people are eating blueberries every day—and for good reason. They contain antioxidants and are convenient for snacking or a flavorful ingredient in your favorite recipes. It just makes good sense to include blueberries in your daily diet.

Need a super-quick dessert? Heat 1/4 cup blueberry jam or fruit spread in the microwave, and then stir in 1 cup fresh blueberries to serve over ice cream or cake.

Take-out Breakfast. Make yourself a light tasty breakfast to take with you: in a disposable cup, layer fresh blueberries, your favorite flavor yogurt with granola or crushed cereal. Cover the cup, grab a spoon and off you go!

If you would like more information on these powerful disease fighters, please contact [Susan Lednick](mailto:Susan.Lednick@nabcblues.org) at 702-257-5548.

Adapted from: <http://www.nabcblues.org/blueberrymonth.htm>



De-Stressing Vacations

De-stress your vacation by planning some down-time!

Are you working too hard to have a good time?

A vacation should be a balance of new experiences and familiar things that will make you feel refreshed, relaxed, and renewed.

Ask family members what they liked best and least about previous years' vacations and how they want this year's to be different.

Talk about what it will really be like to wait in long lines, sit in a crowded plane for hours, or drive 500 miles with a hot, panting dog in the car.

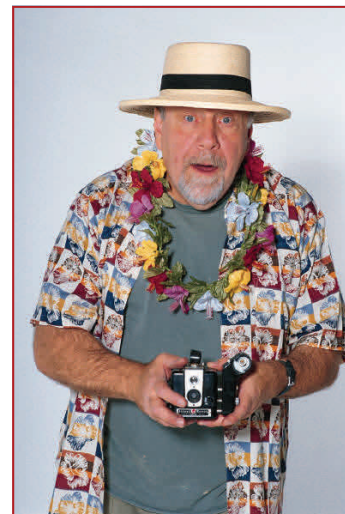
Consider a STAYCATION instead of traveling. Enjoy the fun and interesting things in your own city that you've never seen or done.

Plan some "down time," when you have nothing scheduled.

Do as much research as you can to eliminate surprises.

Hold hotel reservations in advance with a credit card so you won't be caught without accommodations.

HopeHealth ~ No. 10754



Upcoming Gardening Classes

August 24 ~ Gardening in Small Places: Landscape Design ~ Lifelong Learning Center (8050 Paradise Road) 8am-Noon

Do you have BIG ideas for your small space? Participants will leave this workshop with the basics to create their own practical landscape design to turn that small space into a dream space. Let 2010 Southern Nevada Water Authority Water Smart Landscape Award winner Denise McConnell teach you tips for organizing your space and choosing size-appropriate plants to give the feeling of intimacy or create the illusion of more space.

September 21~ Gardening in Small Places: Using Native & Desert Adapted Plants ~ Lifelong Learning Center, 8am-Noon

If you hear native and desert adapted plants and think of only cactus, you couldn't be more wrong! There is a lot of beauty in the desert and not all of it is spiny. Professor M.L. Robinson will show and tell you about the plants you can use to have a beautiful and colorful desert garden all while saving money, energy and water!

All classes are from 8am to noon and pre-registration is required. For more information, [email Elaine Fagin](mailto:Elaine Fagin) or call 702-257-5573.

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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