



University of Nevada
Cooperative Extension

July 2016

Community Connection

4-H RESIDENT CAMP SCHEDULED

4-H membership is not required!

University of Nevada Cooperative Extension Southern Area's 4-H resident camp is being held at the Nevada State 4-H Camp at beautiful Lake Tahoe from July 24 - 29, 2016. Registration is open to campers between the ages of 9-15 until the camp is full.

This year's camp utilizes the 4-H Science, Technology, Engineering, Arts and Math (S.T.E.A.M.) program. During the six days, campers will participate in activities centering on nature, healthy lifestyles, robotics, Global Positioning Systems (GPS), rocketry, dramatic arts, leadership, creative arts, and much more.

Cost of the camp is \$450 and includes transportation, meals, T-shirt, and activities. If you would like your child to attend camp, please email or call Karen Best at 702-257-5538. Discounts are available for 4-H members. Read [more!](#)

SUMMER DESERT GARDEN

You can grow anything, anywhere, at any time. You can, if you have unlimited resources which so few of us do.

In southern Nevada, we have virtually unlimited sunshine, but little else. Very little water, excessive heat, and strong winds, we do have. That does not mean one is stuck with no garden, even in the Mojave. Success with plants in the desert depends mainly on preparation and time, and less on spending large amounts of money.

It looks as if this spring will not be an extended one; hence summer will probably be early, and no cooler than last year. Preparation consists of more than rototilling a planting area, although that can be very helpful. There is a short list of essential items.

Choosing the right plants for a particular time can make the difference between achievement and disaster. Relatively few plants thrive when temperatures are in the triple digits; any that do cannot help but be popular. These include most melons (cantaloupes, watermelons, canary, etc.) and their cousins, pumpkins, which will grow through the summer and be ready for Halloween. Sweet potatoes planted in May can be harvested around Thanksgiving. Read [more!](#)

ON BACK

Eating & activity
The dirt on soil

COOPERATIVE EXTENSION

Who we are: We are the outreach college 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

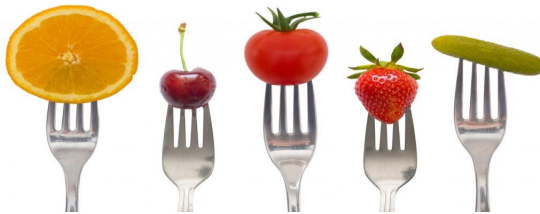
White Pine 775-293-6599

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.

EATING & ACTIVITY, A COMBINATION FOR HEALTH



Healthful eating fuels physical activity at every stage of life. Children and teens grow, develop, and learn better when they are physically fit and well nourished. An active lifestyle coupled with healthful eating contributes to

increased quality of life for adults and seniors.

Fitness is defined as a state of physical and mental soundness. Fitness at every age comes from a lifestyle that includes both good nutrition and regular physical activity. The sooner you start, the better the outcome. However, don't feel that you are too old or too out of shape to start trying. Research shows that individuals who become more physically active (no matter their age) are able to lower their risk for heart disease and diabetes, improve attitude, increase energy, and have an improved sense of self. Read [more!](#)

CELEBRATE WITH A BANG, NOT A BURN

The **Fourth of July** is a festive time, and many people like to shoot off fireworks. Laws regarding personal use of fireworks vary. Check with your state and local area officials to find out if private use of fireworks is legal. As you get ready to celebrate Independence Day, keep safe by:

Not allowing children to use fireworks. Even sparklers should be off limits. Kids tend to run around, and the sparklers could easily ignite clothing.

Keeping children out of the area where fireworks are being ignited. This will keep kids from being injured if the fireworks malfunction.

Only allowing alert, unimpaired adults to handle and ignite fireworks.

Buying fireworks from a reputable, licensed seller.

Always keeping a bucket of water or a garden hose nearby to quickly put out any fires.

Always using fireworks on flat, level surfaces away from any buildings, trees, or vehicles.

Not using fireworks on grass.



HopeHealth~No. 11647

THE DIRT ON SOIL

Join Cooperative Extension on Saturday, July 16 for a workshop on Gardening in Small Places: the dirt on soil from 8 a.m. to noon.

If you've gardened in other parts of the country and then tried to garden here, you've noticed that the soil is different. Our Mojave soils are infertile, salty and alkaline – fine for desert natives – but not good for much else. If you're curious about the soil in your yard, let Angela O'Callaghan, social horticulturist, teach you about it. For this hands-on class all participants are asked to bring a bag of soil from their yard to test. Due to the hands-on nature of this class, class size is limited. Homeowners and other interested parties are welcome to attend. Read [more!](#)

