Pay attention to the small stuff

There is a best-selling book series that advises “don’t sweat the small stuff.” This is great advice in some instances, but it’s the “small stuff,” daily habits, that can really make a difference in your health and lifestyle. Today’s lifestyle doesn’t give much room for health, but that’s where the small stuff comes in. The fact is, all anyone really needs to do to have a healthy lifestyle is to eat a healthy diet, get active, and avoid harmful substances. Unfortunately, translating words into action is really not easy for most people. It’s relatively impossible for many people to make dramatic lifestyle changes, but even small changes in your life will add up to big results.

First, set goals. Set a small goal to start with. If you want to lose weight, don’t start by saying “I’m going to lose ten pounds.” Rather, consider drinking diet soda or water in place of regular soda each day. If you cut out one regular soda each day (150 calories), and did not replace the calories with another food, you could lose a pound in less than a month! Many people drink much more than one soda per day, so imagine what you might be able to accomplish.

Second, once you have accomplished your goal, set a new, higher goal. For example, now that you’ve made the switch from regular soda to diet soda and water, you might want to try adding some exercise into the equation. Perhaps you could add a half hour walk three times a week.

Third, write down your goals and keep them where you’ll see them daily. Keep them small and achievable. Give yourself a timeframe, maybe one month, in which to accomplish that goal. Remember, if you really want to make a change, be realistic about what you can do. If you’re too busy to walk for half an hour, maybe you can fit in 15 minutes instead. Don’t

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Join 4-H Overnight Camp at Lake Tahoe

There are still spots available for the Southern Area 4-H Overnight Camp at Lake Tahoe, Nev.

What is 4-H? 4-H is a program that focuses on teaching life skills to youth ages 5-19.

4-H uses activities that allow youth to learn while actively participating in fun and challenging activities.

This year, 4-H overnight camp is July 28-August 2 and is open to all youth ages 9-15 from any area of Nevada. 4-H membership is not required.

Registration fee includes lodging, transportation, meals and activities:

$400 includes $75 non-refundable deposit before June 28.

For more information, email Mary Regan or call 702-257-5524.

In Partnership with

University of Nevada
Clark County Cooperative Extension

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We’re on the Web
www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension
It’s the small stuff

(Continued from page 1)

think of your changes as too small—be proud that you are making any changes at all!

A healthy lifestyle is made up of many small choices. Visit www.smallstep.gov to find even more ideas to take small steps. By setting small goals and meeting them, you will be amazed at the success you will have.

~ Sue Lednicky, Nutritionist

Ask a Master Gardener!

Summer is Here! If you have questions about planting your flower and vegetable gardens, please don’t hesitate to email or call our Master Gardener Help Desk at 702-257-5555. If you find an unwanted pest you cannot identify, or have issues with plants, please bring in a specimen for our Master Gardeners to take a look. The Help Desk, located at the Lifelong Learning Center, 8050 Paradise Road, LV 89123, is staffed by trained, volunteer Master Gardeners Monday – Friday from 8am to 5pm.

Special Publication—Becoming a Desert Gardener

Becoming a Desert Gardener
Special Publication-01-15

Angela O’Callaghan, Ph.D., Area Specialist, Social Horticulture

Having little water, salty soils with low organic matter and extreme temperatures, Southern Nevada poses gardening challenges that do not exist in other areas. Many plants that thrive in other regions will be challenged here. The intrepid gardener, one who is willing to work with nature and put in the extra effort, will find that success might not be easy, but is possible.

When you visit the publication online, you will find valuable information about the weather, the soil, compost, fertilizers, raised beds, mulch, water, native/desert adapted plants, herbs and MORE!
Community Gardens in the Las Vegas Valley

Much like the Victory gardens planted last century during World War I and World War II, community gardens bring residents together as a morale booster—in that gardeners feel empowered by their contribution and rewarded by produce grown.

Clark County Cooperative Extension Master Gardeners assist local residents in establishing community gardens. What better ways to teach than by helping? As trained volunteer teachers, Master Gardeners (MG) provide free, research-based horticulture information to Nevadans. They are volunteers who learn advanced plant science skills from at least 80 hours of classroom and hands-on, lab instruction.

“After training,” stated Dr. Angela O’Callaghan, social horticulture specialist for Cooperative Extension and program lead, “Master Gardeners must volunteer a minimum of 50 hours a year passing along their newly acquired knowledge and to keep their certification.” One way to meet these criteria is developing these gardens,” she added.

Provident also has several community beds with pumpkin, peas and corn for harvest by the gardeners. “This year,” stated Hoogland, “we plan to work with Plant A Row For The Hungry.”

Provident Community Garden

Long-time Master Gardener Nedra Hoogland oversees the Provident Community Gardens. The Gardens, located at Jones and Oakey, have several raised garden beds for purchase along with a small, monthly water fee. “Any community resident can purchase a bed, plant/tend/harvest what they fancy,” explained Hoogland. “Provident is only about one year old but it’s amazing how quickly this concept has taken off,” she added.

Provident also has several community beds with pumpkin, peas and corn for harvest by the gardeners. “This year,” stated Hoogland, “we plan to work with Plant A Row For The Hungry.”

The Master Gardeners assist with building, planting, watering, weeding and harvesting—but do not do all the work! “If the gardeners themselves are not involved in maintaining their garden,” stated O’Callaghan, “then it’s not a community garden.” Master Gardeners who are involved in community gardens teach, direct, demonstrate, assist and troubleshoot with resident gardeners. Each individual garden must have meetings with the gardeners and MG volunteer on a regular basis.

Since the fall, Master Gardener Louise Watson has volunteered at the Portals REM Nevada gardens near Tenaya and Cheyenne. Portals is a day care center for developmentally disabled adults. “I find this a very rewarding opportunity,” explained Watson. “The clients are so very excited to see me because they know they will be using watering cans. The pride they display as they water the gardens is indescribable.” Besides Watson, Master Gardener Robin Rampage also volunteers at Portals.

Other community garden projects Master Gardeners helped developed and continue to be involved include: Floyd Lamb State Park; Solutions Foundation; Southern Hills; Centennial Hills; Ner Temid; Heritage Senior Center; East Las Vegas Senior Center; and many more. “The longest, established community garden in Las Vegas is at Doolittle/Las Vegas Community Garden on Blankenship.

For more information on community gardens, email Elaine Fagin, program coordinator or call her at 702-257-5573.
Gardening in Small Places: Landscape Design

Mark your calendars!
More information next month!

June 7, 2013 ~ National Doughnut Day

When: Always the first Friday in June

National Doughnut (Donut) Day honors the Salvation Army "Lassies" of WWI. It is also used as a fund raiser for needy causes of the Salvation Army.

The original Salvation Army Doughnut was first served by Salvation Army in 1917. During WWI, Salvation Army "lassies" were sent to the front lines of Europe. These brave volunteers made home cooked foods and provided a morale boost to the troops. Often, the doughnuts were cooked in oil inside the metal helmet of an American soldier. The American infantrymen were commonly called doughboys. Salvation Army lassies were the only women outside of military personnel allowed to visit the front lines. Lt. Colonel Helen Purviance is considered the Salvation Army’s "first doughnut girl."

On National Doughnut Day, look to see if your local doughnut shop, or other organizations, are offering free donuts to solicit donations for the Salvation Army or for another needy cause. If you find them, please share.

Note: The word "Doughnut" is often shortened to "Donut. So, if you see the term National Donut Day, it’s the same day.

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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