



University of Nevada  
Cooperative Extension

June 2015

Community Connection

# University of Nevada Cooperative Extension Southern Area

## Choose whole grain foods more often

The Dietary Guidelines for Americans, 2010 (DGA) are the foundation for Federal dietary guidance aimed at improving the health of Americans. In this time of rampaging obesity rates and diet-related diseases, communicating the DGA messages in a manner that will be used by consumers could not be more important. One key message is “Make at Least Half Your Grains Whole Grains.”

In promoting the whole grain message, it’s important to understand why we should eat more whole grain products. Whole grains are important because they provide many nutrients that have been stripped from refined grain products. Whole grains contain all parts of the grain kernel—the germ, the bran and the endosperm—and offer more nutrients than refined or enriched grains like selenium, potassium and magnesium. The fiber in whole grains (from the germ and bran) helps maintain the health of your digestive system. Fiber can help to reduce your risk of heart disease, diabetes and certain forms of cancer.

Use these tips to help you include more whole grains in your diet:



- Read the label! Check the Nutrition Facts label to learn the amount of fiber a grain product supplies. If the label shows a Daily Value (DV) of 10 percent to 19 percent of fiber offer, it’s a good source, while excellent sources offer 20% or more of the day’s requirement.
- The ingredient list on a food label shows ingredients in the order of the most abundant by weight. Look for foods that show whole grains listed first on the ingredient list.

*(Continued on page 4)*



## Become a Master Gardener!

Cooperative Extension will hold two registration sessions for fall 2015 Master Gardener Training on Monday, June 15 and Wednesday, June 24 from 9-11 a.m. the Lifelong Learning Center, 8050 Paradise Road, Las Vegas, Nev. The Master Gardener program is open to adults who accept the stringent training and volunteer commitments. No gardening background is necessary! The most important qualifications are your commitment to complete the training and to share your knowledge through volunteer service. [Email](#) or call Martha Barajas at 702-257-5522 for more information and to reserve your space.

### Inside this issue:

What's your excuse?	2
Last minute vacations	2
Organic gardening workshop	3
Astounding asparagus	4

### We're on the Web

[www.unce.unr.edu](http://www.unce.unr.edu)  
[www.unce.unr.edu/blogs/southernarea](http://www.unce.unr.edu/blogs/southernarea)  
[www.YouTube.com/UNRextension](http://www.YouTube.com/UNRextension)

# Last-minute vacations on the cheap and easy

Want to send off summer with a little rest and relaxation, but haven't had a chance to plan an elaborate vacation? No worries. You can take a trip even if you don't have much time to put it together.

- **Look at "off-peak" destinations.** Think about popular winter destinations for summer travel. Hotels want to fill empty rooms and may offer extra perks, lower rates, or package deals.

**Be flexible with flights.** If you're flying, consider leaving and arriving at different airports. You'll have more options and a better chance of snagging a lower-cost flight. Also consider flying during off-peak hours or taking non-direct flights. Also, staying over at a destination at least three nights may save money on airfares in some locations. Consider comparing the cost of airfare differences versus extra hotel and meal expenses when shopping for airfares.

- **Work with a travel agent** who's in the know about vacation

spots and has access to last-minute package deals and special airfares.

- **Once you get to your vacation spot, stop by the local visitors bureau.** These offices are generally staffed with eager, knowledgeable people who are glad to give you free advice and maps, and may even help you find accommodations (sometimes at special discounts).

Source: American Institute of CPAs: HopeHealth~No. 12107



## What's your excuse?

We are coming up on a 6-month check-in (July 1) for our New Year's resolution adherence. How are you doing? Hoping maybe the thought would disappear until January of 2016? Well, I've been informally polling people lately about why they are not physically active. Here is what I learned:

### Annie's Top Ten Reasons for Not Being Physically Active:

# 10 "It took me a long time to get accustomed to this lethargic lifestyle!"

# 9 "What will I do with my XXL work uniform?"

# 8 "If I workout, then I'll have to take a shower."

# 7 "I'm afraid I'll become obsessive-compulsive and can't stop!"

# 6 "I can't exercise on weekdays because of commitments. Weekends are better!"

# 5 "It's hard on the weekend, I usually have plans. Weekdays would be better!"

# 4 "I'm afraid I'll look better than my friends and their self esteem might plummet!"

# 3 "My friends won't let me."

# 2 "I just had plastic surgery and liposuction; my doctor said I am not supposed to do anything physical".

**And the # 1 reason for not exercising...**

"Not now, I'm watching an exercise infomercial."

These might be silly. We have to laugh at ourselves and our excuses. What's your reason? Ninety percent of Americans polled agree that exercise is important to their health. Ironically, studies show that less than 5 percent of American adults are actually meeting the recommended amount of exercise.

The Physical Activity Guidelines for Americans recommends doing 150 minutes of moderate intensity (or 75 minutes of vigorous intensity) aerobic activity each week. That equates to about 20 minutes each day. What is the culprit behind this gap? Why does it seem like such a difficult commitment? Let's put it in perspective.

We primp and groom ourselves every morning for more than an hour; we spend

nearly 90 minutes a day eating and snacking; more than 4 hours a day watching TV; 3 hours a day driving in the car; more than an hour a day on our mobile phones; and some people even spend 2 hours a day smoking a cigarette. Maybe 20 minutes isn't such a big deal after all! Maybe it's about priorities.

The top excuse for not exercising is time. Adults indicate that they don't have enough time. But studies have shown that active people having the most regular exercise routines are just as busy as those who aren't active. So, while it *seems* like it may be difficult to "fit it in," it may be just that...the perception that there isn't enough time. There is enough time, but it does require creative planning!

Here are some helpful hints to staying active:

**Find something you like.** Don't pick an activity that other people say you'll like. Only you know!

**Use variety.** Change your routine. Walk on the treadmill one day, take a class one day, play badminton one day.

(Continued on page 3)

**There is enough time to exercise, but it does require creative planning!**

## Excuses



**Utilize music.** Listen to music while you're on the treadmill or stationary bike.

Research shows that music is one of the best motivators to physical activity. iPods and phones are great options when you're walking. You can download your favorite new song or classic old favorite for about \$1!

**Set achievable goals.** Choose the length of your exercise sessions and the number of sessions you will perform each week, based on what you know you can do. Even if it's a small amount, the goal is to make it stick. Overzealous goals will set you up to fail.

**Exercise with an accountability partner.** Pre-plan a time and place to meet a friend on a regular basis. Then when you don't feel like going, it's more difficult to cancel because it involves someone else.

**My best advice?** Get a dog! Dogs need to be walked everyday and they will remind you when it's time!

*Anne Lindsay, Exercise Physiologist*



If you are interested in a S.T.E.M. summer day camp or overnight camp for your child, contact 4-H at 702-257-5538 or [email](#) Karen Best.

## Organic gardening workshop

Join Cooperative Extension on Saturday, June 13, for a one-day workshop on *Gardening in Small Places: organic gardening*. The class runs from 8 a.m. to noon. There is a lot of talk about organic gardening, yet people have different ideas about what this means. Some think it means using no pesticides at all, while others think it means using non-GMO seeds. When in reality, organic gardening is so much more. If you are interested in finding out what organic gardening really means to your home garden, this is the class for you. Dr. Angela



O'Callaghan will teach you the principles of organic gardening and how they apply to the home gardener.

Homeowners and other interested parties are welcome to attend. Class space is limited to 25 and pre-registration is required. There is a \$25 fee per class which covers class materials.

To register for this class, held at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev.), [email](#) Elaine Fagin at or call 702-257-5573. To register online, visit [Eventbrite.com](#).

*Upcoming Gardening in Small Places workshop dates are July 11, the dirt on soil; August 22, landscape design and September 19, native plants.*

Cooperative Extension Southern Area has offices and offers programming in Clark, Nye, Lincoln Eureka and White Pine counties.

Office locations and phone numbers are:

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.  
Callente, 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.

## Whole grains

(Continued from page 1)

- Switch out whole for refined. Choose brown rice instead of white rice or whole wheat crackers in place of refined. Use whole grain pasta the next time you make a pasta salad. Try corn tortillas instead of flour tortillas.
- Snack on whole grains. Whole grain crackers, granola and pretzels make great snacks. So does pop corn with little or no added butter or salt.
- Add whole grains to other foods. Try adding barley or brown rice to soups or casseroles. Replace up to half the refined flour in muffins, pancakes or waffles with whole grain flour. You may need to add more leavening.

Try adding whole grain granola to your yogurt. Yum!

*Susan Lednický, Nutritionist*

## What's in season?

[Astounding Asparagus](#) is a springtime vegetable. USDA hosts the [SNAP-Ed Connection](#) website with seasonal information including links to videos, recipes and more!



Find other vegetable publications at: [www.unce.unr.edu/publications](http://www.unce.unr.edu/publications)

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