



March 2013

Community Connection

# University of Nevada

## Clark County Cooperative Extension

### Gardening on the Internet

“Where can I find the best gardening information?”

When trying to grow anything, especially when confronting the gardening challenges of the Mojave Desert, this is not a casual question, but a critical one. I have many reference books, but they may not be the best places to find the immediate, practical material necessary to get something in the ground and keep it alive.

There are times when books, whether texts or written for the home gardener, do not have the answers. And you might not have access to the Master Gardener help line, if it's after hours or on a weekend.

When attending a national meeting of horticulturists, I learned that a big topic of conversation was getting information on the web. The thinking was that putting a whole range of horticultural materials on the web would eliminate duplication, and increase access to good, research-based data. I regularly search for horticultural materials on the internet.

**Information from “.edu” sites is more likely to be based on actual research that has been peer-reviewed.**

Just because something is on the internet does not mean it has been screened for accuracy. Even when

information is correct, it might not be useful. The internet is a cosmopolitan tool. Guidance that can assist gardeners in Minneapolis, or Miami, or Manila, might be of no help in the desert southwest.

Because sifting through the internet can feel like a superhuman task, think about using the web to find appropriate gardening information.

There are millions of gardening sites. Many are from England, which has a terrific horticultural tradition: wonderful gardens and the world's premier flower show. It also has over 40” of rainfall every year, with temperatures rarely

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### Senior memoir-writing class offered in March



Life Stories Nevada, a memoir-writing class, has published its spring schedule. Four, month-long classes will be offered March through May at locations throughout

the Las Vegas valley. The March classes will be held each Friday beginning March 8 at the Las Vegas Family Search Library (509 S. Ninth Street, LV 89101) from 10:30 a.m. to Noon. Details of the upcoming classes are available on the

project's website, [www.lifestoriesnevada.org](http://www.lifestoriesnevada.org), by clicking on the “Find a Class” link.

For more information, email [Jean Norman](mailto:Jean.Norman@unr.edu) or call 702-940-5423.

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#### 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)

# South Valley Rose Society Meeting

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings. Free and open to the public, the meeting topic and date for March is:



March 28 Reasons to attend the Annual Rose Show ~ Janet Schneider

On April 20, you can attend and display

your roses or you can team up with someone who is displaying theirs. Either way, learn how to read the schedule, how to choose your roses, transport them and get them ready.

All meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas (I-215 and Windmill Lane). For more information, email the [Master Gardener](#) Help Desk or

call 702-257-5555.

Future Rose Society Meeting Dates:

April 25 ~ Propagating Roses from Cuttings

May 23 ~ Summer Rose Care

## March 28

**Reasons to Attend the Annual Rose Show held on April 20 presented by Janet Schneider**

## I've fallen and I can't get up...

I read an old Chinese proverb recently. It said, "Failure is not falling down but refusing to get up." Really? *Refusing* to get up? Refusing? How about this?... I can't get up! That's right, I've fallen and I can't get up!

As the American population ages, the harmful impact of falls continues to rise. According to the National Center for Injury Prevention and Control, more than one-third of adults aged 65 years and older fall each year. These falls are the leading cause of injury deaths. It is also the most common cause of injuries and hospital admissions for trauma among older adults. Of those who fall, 20-30 percent suffer moderate to severe injuries that reduce mobility and independence, and increase the risk of premature death.

Prevention is one sure way to minimize the occurrence of falls. If you start early, you can delay physical frailty and improve functional mobility. Quality of life as we get older is largely dependent on our ability to keep doing what we want for as long as possible and with little or no pain. Maintaining functional fitness is how we do it!

Functional fitness means "having the physiologic capacity to perform normal, everyday activities safely and independently without undue fatigue." So, what things can we do to minimize falls and improve functional fitness, and how do we measure it? There are a variety of functional fitness measures

including cardio, strength, endurance, power, balance and agility. One such test is the '30-Second Chair Stand'. This test measures lower body strength necessary for tasks like climbing stairs, getting in and out of the tub, car or chair.

Try this test. Locate a chair, such as one from the dining room table. Stand in front of it facing away from the chair. Fold your arms across your chest with your fingertips on opposite shoulders. Use a phone or kitchen timer and time yourself for 30 seconds. See how many times you can sit and stand back up in 30 seconds. Go ahead! Try it right now!



Try the "30-Second Chair Stand"

good for you! You are above average. Keep up the good work and continue to maintain a strong body. If you scored less than 8 unassisted stands, you are in the risk zone. You might benefit from some exercises to strengthen your legs

and lower body.

One sure way to improve this test and your leg strength is to simply practice these chair sits daily. Try doing them during television commercials or while waiting at the doctor's office. Also take walks more often. Walking up hills is a good way to build leg strength. Try some wall sits. Lean against a wall with your back to the wall. Slide down until you feel a slight burning in your legs. You don't need to bend down very far. Never slide down lower than a 90 degree angle (the position you would be if you were seated in a chair and your knees were at the same height as your hips) as this can place a lot of strain on your joints. Count to 10 before standing back up. As you build up strength, you can do this longer. Then retest yourself with the "30-Second Chair Stand" in about 3 months. See if you have improved.

Muscular strength and bone strength are critical to reducing falls and minimizing injury. Weight-bearing exercises such as these described will go far to make a difference. Remember that old Chinese proverb? Well I am not going to pretend to rewrite history, but I will say, "Success is not just getting up; it's refusing to fall down!"

~Anne Lindsay, Exercise Physiology Specialist 702-940-5434

## Gardening in Small Places workshop



Join Cooperative Extension on Saturday, March 16, for a one-day workshop on *Composting in Small Spaces*.

The class runs from 8 a.m. to Noon and explains how to make a balanced compost even if you do not have a large garden spot.

The workshop, taught by Dr. Angela O'Callaghan, is designed to provide the gardener with knowledge on vermicomposting and more. 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 the workshop held at the Lifelong Learning Center (8050 Paradise Road, LV 89123, I-215 & Windmill Lane), email [Elaine Fagin](mailto:Elaine.Fagin) or call 702-257-5573.



**Upcoming Gardening Class:  
April 13 ~ Gardening in Small  
Places: What Went Wrong?**

**Homeowners and other interested  
parties are welcome to attend!**

*More Gardening classes listed on back!*

## Internet Gardening

*(Continued from page 1)*



exceeding 80°F. Much of England has soil you can actually dig in, and that soil tends to be acidic. Does that sound even remotely like the Las Vegas Valley, Caliente or Mesquite? What might be very useful to someone in one environment could be useless here.

Commercial horticulture sites often have very good gardening information, but some are more interested in selling a

product than in educating the general public. This only makes sense; these are businesses. Use your own good, common sense to avoid making a gospel out of an advertisement. The best information on the internet is usually research-based which is where good commercial sites and garden clubs get their materials.

When searching for something specific, try some of the more popular plants and flowers that have societies with websites. Even then, it can be overwhelming. Search for "begonia society" and you get 462,000 hits!

When you enter your search criteria, be as limited as you can otherwise you get 246,000,000 hits for "gardening" and 533,000,000 for "gardens." Look for sites that are from universities in the general southwest area. Not to say ignore the others, but the information from the ".edu" sites is more likely to be based on actual research and been peer-reviewed.

When the weather - hot, cold, windy or wet - keeps us out of the garden, it is possible to use our computers to prepare for better days.

*Dr. Angela O'Callaghan, Social  
Horticulture Specialist 702-257-5581*

## Join 4-H Overnight Camp at Lake Tahoe



Southern area 4-H Overnight Camp at Lake Tahoe, Nev., is underway.

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

4-H uses The Experiential Learning Model that allows 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:

\$350 includes \$75 non-refundable deposit March 28.

\$375 includes \$75 non-refundable deposit before April 28.

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

For more information, email [Mary Regan](mailto:Mary.Regan) or call 702-257-5524.



## Washing package lettuce?!

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### Is it necessary to wash packaged lettuce that says it has already been washed?

While it's important to thoroughly wash most fresh fruits and vegetables, according to the FDA, if packaged greens are labeled "ready-to-eat," "washed," or "triple washed" then the product does not need to be washed at home. Pre-washed greens have been through a cleaning process immediately before going into the bag. Re-washing and handling the greens creates opportunities for contamination. If you are inclined to wash the lettuce anyway, you might be better off just buying unwashed greens – prewashed greens are expensive.

Always handle pre-washed greens with clean hands, and make sure cutting boards, utensils, and countertops are clean.

## Master Gardeners around the community!

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March 2 , 9 a.m., Tour of Acacia Park Demonstration Gardens, 50 Casa del Fuego, Henderson

March 2 ~ 9 a.m., Wine & Table Grape Pruning & Propagation Class, Master Gardener Orchard, 4600 Horse Road, NLV

March 3 ~ 2 p.m., Fruit Trees: Selection and Care for Desert Climates, W. Charleston Library, 6301 W. Charleston, LV

March 9 ~ 9 a.m., Landscape Design with Native Plants in Mind, Acacia Park

March 9 ~ 10 a.m., Summer Gardening Highlights, Plant World, 5301 W. Charleston Blvd, LV

March 16 ~ 9 a.m., Let it Rot! Composting 101, Acacia Park

March 16 ~ 10 a.m., Preparing for Spring, 10 a.m., Lifelong Learning Center, 8050 Paradise Road, LV

March 23 ~ 9 a.m., Companion Planting, Acacia Park

March 30 ~ 9 a.m., Gardening for Patios & Small Yards: Container Gardening, Acacia Park

**For more information, contact the [Master Gardener Help Desk, 702-257-5555](tel:702-257-5555)**

### 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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Las Vegas 702-222-3130

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Logandale 702-397-2604

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Laughlin 702-299-1333/1334

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