



# University of Nevada Clark County Cooperative Extension

University of Nevada  
Cooperative Extension

March 2014

## Community Connection

### Teams that play together stay together

*Teamwork (as defined by dictionary.com) noun: cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause.*

If a teamwork-based challenge is in your organization's professional development schedule, University of Nevada Cooperative Extension offers just the venue. Our Team Development Course™ encourages our clients to develop as individual professionals, grow as high functioning teams, improve customer service and excel as innovative organizations. Cooperative Extension's

Team Development Course program offers both an inside and outside hands-on, team experience.

"We offer educational, thought provoking and fun team development activities," explained Eric Killian, Team Development Course director, "grounded in cutting edge team and organizational learning theory."

The Team Development Course will provide a group challenge experience to hone team building skills such as listening, leadership, strategy and communication while embarking on an adventurous and challenging



mission. Through fun activities, participants acquire a deeper understanding of themselves and others, help them communicate more effectively with colleagues, help them to understand why they react to situations differently than others and helps them discover many valuable insights that have innumerable applications in

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### Gardening in small places: composting

Join Cooperative Extension on Saturday, March 8, for a one-day workshop on *Gardening in Small Places: Composting*. 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 this class, held at the Lifelong Learning Center (8050 Paradise Road, LV 89123), [email](mailto:) or call Elaine Fagin at 702-257-5573.



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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)

# Change

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work, family, and personal relationships.

The Team Development Course has two objectives: 1) Increase the decision making, problem solving and personal leadership skills of participants and 2) Increase the effectiveness of teamwork and how to work with others.

“The Team Development Course is designed to dovetail your current organizational issues and training topics into an outdoor course challenge,” added Killian.

“Goals you can accomplish with the Team Development Course,” explained Killian “include clear and effective communication; trust and relationship building; self-awareness; personal leadership, improved customer service and a powerful shared experience.”

For more information, [email](#) or call Eric at 702-257-5542.

~[Marilyn Ming](#), Marketing/PR Specialist



## Healthy greens for St. Patrick's Day

March 17, **St. Patrick's Day** is celebrated



by many with shamrocks, corned beef, cabbage, a goofy little leprechaun and the color green. That's a lot of Irish in one day. So, let's celebrate the color

green all month, not just one day! Every day, during March, try to eat at least one green vegetable or fruit. It is important to get a variety of color in our meal plan because different colors have different vitamins and minerals. So, why not make at least one of those colors green every day during March?

One particularly notable group of green vegetables that get a lot of attention from dietitians and health professionals are the leafy, green vegetables. These vegetables, like spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens and chard are loaded with fiber, vitamins, minerals, and plant-based substances that may help protect you from heart disease and diabetes. Vitamins A, C and K are found in many of these greens. They are an excellent source of fiber, folate and provide a wide range of carotenoids, or

organic plant pigments, specifically beta-carotene.

Researchers believe that carotenoids may prevent cancer by acting as antioxidants that scour potentially dangerous “free radicals” from the body before they can do harm. Scientists have also found that people who eat dark, leafy green (and dark yellow) vegetables often have a lower risk of developing common cancers of epithelial tissue such as those of the mouth, pharynx and larynx. Some have suggested that carotenoids found in dark green leafy vegetables may even inhibit the growth of certain types of breast cancer cells, skin cancer cells, lung cancer and stomach cancer. For additional information, visit the [American Institute for Cancer Research](#).

Be aware that certain [medications](#) may have interactions with some dark green leafy vegetables. Warfarin medications, such as Coumadin, are prescribed by physicians to make your blood less likely to form clots. Some foods such as leafy, green vegetables change the way Warfarin works in your

**Be aware that certain medications may have interactions with some dark, green leafy vegetables.**

body because they contain Vitamin K which plays an important role in helping the body with blood clotting. This may interfere with the medication and cause clotting or bleeding problems. You

don't have to avoid these foods, but try to eat or drink only small amounts of them and be consistent about the daily amounts of leafy, green vegetable you consume such as broccoli, Brussels sprouts, raw green cabbage, lettuce, spinach, parsley, scallions, Kale, and other greens. Don't make drastic changes to your diet and make sure you consult with your doctor.

[Anne Lindsay](#), Exercise Physiologist



## Time for tomatoes



Cooperative Extension Master Gardener Helen Brown will teach a one hour class titled “Time for Tomatoes!” at University Medical Center’s Family Resource Center

(1120 Shadow Lane) on Monday, March 10 at 10 a.m.

Brown, a Master Gardener since 1997, is a local expert on growing vegetables—especially tomatoes and vine crops. Las Vegas has two tomato seasons—spring/early summer and fall/early winter. Now is the perfect time to start tomato seeds indoors and get a bountiful first crop before the summer temperatures stop production.

To reserve a space at the workshop, contact Amy Runge at the Family Resource Center at 702-383-2229.

Brown, along with over 300 active Master Gardeners, is a University-trained community volunteer who shares her knowledge and desert gardening skills via community projects. Master Gardeners are experienced in successfully growing plants in the harsh (hot, dry, windy) climate of the Mojave Desert. This is an environment unfamiliar to many newcomers. By teaching

what to plant and how to properly care for their landscapes or gardens, the Master Gardeners save people money—on water, soil amendments, plant materials, etc.

Since 1992 over 1,200 community members have taken the Master Gardener horticulture training course with the understanding that they are not to keep this information to themselves—that they will become the University’s unpaid ambassadors and share the science of good desert gardening with others.

For gardening questions, call the Master Gardener Help Desk at 702-257-5555 or email [lvmastergardeners@unce.unr.edu](mailto:lvmastergardeners@unce.unr.edu). For gardening information and upcoming classes visit: <http://www.facebook.com/MasterGardenersOfSouthernNevada>.

## Fast food savvy

**F**ast-food restaurants are one of the most popular inventions ever created. The convenience the restaurants offer is hard to ignore. Many factors tempt the average American away from the work of cooking a meal, serving a meal, and cleaning up after a meal. For one thing, there are more two-working-parent families.

Additionally, single-parent families are increasing in number. Many adults are finding it desirable to take classes to further their education. Children are often involved in after-school sports and clubs. In all these situations, juggling work, activities, and education can be an ongoing challenge. The ease, quickness and economy of buying fast food is an alternative that many families are happy to choose.

Although choosing meals from fast-food restaurants is an easier alternative, it is not always the healthiest choice. In fact, one fast

food meal can include enough fat, calories and sodium for an entire day! For families who visit fast-food restaurants regularly, limiting fat, trans fats, sodium sugar and calories may be almost impossible to achieve.

**One fast food meal can include enough fat, calories and sodium for an entire day!**

However, don’t despair. You just need to exercise your fast-food savvy. The

following tips can help you make healthier choices from menus that may seem completely unhealthy.

**Think small.** A typical fast food meal of a cheeseburger, small fries and a 20 ounce soda will give about 800 calories or one third of a day’s intake, but if you supersize that meal, you could increase calories by as much as twice that amount.

**Watch the toppings.**

Some toppings can really add on the calories, fat and sodium. Have dressing on the side of salads and only add the amount you want. Ask for special sauces to be left off and opt for a packet of mustard, ketchup, or barbeque sauce instead. Don’t add bacon. It tastes great, but bacon can add a lot of extra fat and sodium (up to 54 g of fat and almost 200 mg of sodium).

**Don’t fry it.** Frying foods adds a lot of extra fat to even the leanest item. Typically, frying a chicken breast will add 200 more calories and 20 extra grams of fat. The cod or pollack in many fish sandwiches supplies only 120 calories and less than a gram of fat. When the same fish is breaded and fried that jumps to 390 calories with 19 grams of fat.

**Watch the drinks and desserts.** Regular soda contains no fat but is full of

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## Fast food savvy



*Think about better dessert choices!*

calories to add to your waistline. A large serving could hold as much as 80 grams of sugar. Shakes and specialty coffee drinks again provide a lot of calories because of the added sugar and fat. Fast-food fruit pies are no treat either. The average individual fast-food apple pie contains around 15 grams of fat.

Following these guidelines can make it possible to order a low-fat, moderate-calorie meal in a fast-food restaurant. Healthy choices are increasing every day. Consumers need to be aware that their food choices make a difference toward total health. To further help you identify leaner choices, fast food restaurants are now displaying the calorie content of foods and offering the nutrition facts for all their items. Use that information to help you stick to a plan that won't add on the extra pounds.

~ [Susan Lednicky](#), nutritionist

## March Rose Society meeting

**Free and open to the public, March's meeting topic is:**

March 27 ~ Las Vegas Rose Society Rose Practice Event (Show April 19)—Marie Kaplan, Master Gardener and Consulting Rosarian How does one prepare for exhibiting their roses? First review the show schedule, decide the category(s) of roses that grow in your garden. Learn when to pick and cut your roses, tricks for transporting them to the show and how to fill out the entry tags. Share the experience with others. Meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, 89123. For more information, please [email](#) or call the Master Gardener Help Desk at 702-257-5555.

Future meeting dates and topics: April 24, Rose Pests and Diseases: The Usual and the Rare; and May 22, Roses in the Desert Summer Heat and Wind.

## Chefs for Kids Dinner & Auction



The Chefs for Kids Dinner & Auction is Saturday, March 29, 2014, at the Paris Hotel and Casino. The evening honors Gae and Perry Basch for their ongoing support of the program.

The gala evening begins at 5:30 p.m. with a reception and silent auction. A gourmet dinner is served at 7 p.m. with a live auction. The evening continues with dancing.

The Chefs for Kids program is a joint venture of the American Culinary Federation Chefs of Las Vegas and University of Nevada Cooperative Extension to eliminate malnutrition and hunger through education and awareness.

For more information about the program of the dinner, please [email](#) Susan Lednicky or call 702-257-5548.

### 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:

Caliente 775-726-3109

360 Lincoln Street

P. O. Box 728, 89008

Las Vegas 702-222-3130

8050 Paradise Road, 89123

Logandale 702-397-2604

1897 N. Moapa Valley Blvd.

P. O. Box 126, 89021

Laughlin 702-299-1333/1334

55 Civic Way, 89029

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Editor, design & layout: Marilyn Ming, UNCE Marketing/Public Relations Specialist

Direct comments/suggestions to: [southern.news@unce.unr.edu](mailto:southern.news@unce.unr.edu)

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