University of Nevada Cooperative Extension
Southern Area

4-H is alive and growing in Las Vegas

Do you have children between the ages of 5-19 and are looking for fun, educational programs for them to attend? How about a 4-H club!

4-H is a community of young people across America learning leadership, citizenship and life skills.

4-H began a century ago as an educational program for the nation's rural youth. Today, 4-H meets the needs of and engages young people in positive youth development experiences. 4-H is the youth development education program of University of Nevada Cooperative Extension.

4-H is the largest out-of-school youth organization in the United States with over 7 million members. There are over 49,000 young people engaged in 4-H programs across the state of Nevada. The 4-H program promotes life skills development through an expanding number of delivery modes: 4-H community and project clubs, military and 4-H Afterschool programs; special interest groups; school enrichment; camping and more.

4-H participants are all youth, ages 5 to 19, taking part in programs provided as the result of actions planned and initiated by Cooperative Extension personnel in cooperation with volunteers. 4-H is characterized as being community centered, volunteer led, extension staff supervised, research based, home and family oriented, publicly and privately funded and responsive to change. It offers youth opportunities in communications, leadership, career development, citizenship, healthy living, science, technology, engineering and math and more.

Your local Clark County Cooperative Extension office can help you find a club or program that's right for your child. It's also easy to start a new club with some of friends or other interested young people and a few adults who are willing to help. We look forward to working with and serving youth!

Email Karen Best or call 702-257-5538.

Composting

Join Cooperative Extension on Saturday, March 14, for a one-day workshop on *Gardening in Small Places: composting*. The class runs from 8 a.m. to Noon and explains how to create 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, Las Vegas, Nev.), email Elaine Fagin at or call 702-257-5573. To register online, visit Eventbrite.com.

Inside this issue:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tips for healthy eating</td>
<td>2</td>
</tr>
<tr>
<td>Nevada Naturalist Open House</td>
<td>2</td>
</tr>
<tr>
<td>4-H Overnight camp registration</td>
<td>3</td>
</tr>
<tr>
<td>2014 Master Gardener stats</td>
<td>4</td>
</tr>
</tbody>
</table>

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)
If you love the outdoors...

Do you love the outdoors? Enjoy exploring the natural world in southern Nevada? Like learning about native plants and animals? Wonder how you can volunteer and participate in conservation projects locally? Then, the Nevada Naturalist program is for you! Drop by the Lifelong Learning Center on Saturday, March 7 between 8:30 a.m. and 3 p.m. and chat with current Nevada Naturalists, meet instructors, see interesting and educational project presentations, participate in activities, learn about exciting volunteer opportunities, tour the Outdoor Education Center and more.

Nevada Naturalist, a University of Nevada Cooperative Extension program, focuses on giving a broad understanding of nature to participants interested in learning, volunteering, teaching and participating in conservation projects and issues. The program will also give participants the skills and confidence necessary to make a difference for environmental stewardship and conservation in southern Nevada.

The Lifelong Learning Center is located at 8050 Paradise Road, Las Vegas, Nev. The event is free and open to the public. Refreshments will be served. For more information on the open house or the Nevada Naturalist program, email or call Denise Parsons at 702-948-5906.

The Nevada Naturalist program offers two semesters of instruction. Topics include: ecology, regional plants and animals, invasive species, geology and soils, environmental laws, taxonomy, biological diversity, and more. Classes are held in the spring and fall in a variety of settings including classrooms, museums and in the field. Additionally, students complete a project intended to increase their capacity and knowledge about specific issues that interest them. Participants receive a certificate following the completion of the course and their projects.

17 Easy ways to eat healthier

1. Load omelets and pizzas with onion, peppers, spinach, mushrooms, and other veggies instead of cheeses and meats.
2. Select nonfat milk, yogurt, and cheeses.
3. Use a nonstick skillet and spray vegetable oil and you can cut the oil in recipes by half.
4. For fewer calories, pick water-packed tuna, or to get the benefit of heart-healthy oils, look for tuna packed in olive oil or canola oil.
5. Satisfy your sweet tooth with fruit instead of candy or cookies.
6. Select soft taco size (6 to 8 inch) tortillas instead of the larger burrito size. Corn tortillas have less fat and calories than flour.
7. Choose brown rice and whole-wheat bread instead of white rice and white bread.
8. Bake, broil, or grill beef, chicken, and fish.
9. Substitute applesauce for half the oil in a recipe when baking.
10. Use two egg whites instead of one whole egg in recipes.
11. Freeze grapes or watermelon wedges for a popsicle-like treat.
12. Season steamed vegetables with lemon, herbs, and spices instead of butter and salt.
13. Try raw vegetables with salsa instead of chips with salsa.
14. Ask for the bread basket to be removed from the table when you dine out.
15. Order sauces and salad dressing served on the side or use spray dressings.
16. Use smaller plates and glasses.
17. Avoid adding table salt to your food.

Sources: Academy of Nutrition and Dietetics; America On the Move, www.americaonthemove.org

HopeHealth~No. 10759
March is National Nutrition Month. Just about everyone can benefit from eating better. The first step to make healthful changes is learning what you should and shouldn’t do and eat.

This month’s let’s focus on why dieting doesn’t make sense for long-term weight control and health. Instead, let’s focus on making lasting lifestyle changes when it comes to what you eat.

Despite dishing out billions of dollars for diet pills and programs, the number of obese Americans continues to rise and is projected to increase.

What’s a person who wants to get to a healthy weight to do?

**Vow never to diet again.** In most people’s sense of the word, to diet means to take a brief break from one’s usual eating habits to lose weight. For many people, once they reach their goal weight, they return to pre-dieting ways.

**Develop a meal plan.** With the help of a nutrition professional or program, determine how many servings of which food groups you should eat so you can reach your healthy weight. Once there, tweak your plan to maintain your weight. Stock your refrigerator and pantry with foods to fit your plan.

**Create a support network.** Look for friends and family who want to get to a healthy weight, too. Spend time together doing things other than eating.

**Find something physically active that you enjoy doing.** It can be anything, as long as it’s active and doesn’t hurt your body.

---

**National Nutrition Month**

Cooperative Extension Southern Area’s 4-H camp is being held at the Nevada State 4-H Camp at beautiful Lake Tahoe from July 26 - 31, 2015. 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 & Math (S.T.E.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 $380 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 early registration before May 30.

4-H is an organization that primarily focuses on positive youth development and is open to all youth ages 5 to 19. 4-H is a community of young people across America learning leadership, citizenship, life skills and technical skills through active participation in events, projects and community service. 4-H is the largest out-of-school youth organization in the United States with over 7 million members. There are over 49,000 young people engaged in 4-H programs across the state of Nevada. 4-H is delivered in many different settings including community and project clubs, military and 4-H afterschool programs; special interest groups; school enrichment; faith-based; camping and more.

---

**4-H Overnight Camp at Lake Tahoe—early registration**

**Lake Tahoe 4-H Camp early registration begins in March!**

---

*HopeHealth—No. 11787*
Plan to visit the Clark County Fair and Rodeo this year and be sure to visit the 4-H area and the Master Gardener’s booth.

South Valley Rose Society meetings

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings. Free and open to the public, the March 26 meeting topic is Preparing for April 18, 2015 Las Vegas Rose Show.

Bring your roses to meeting and learn how to prepare them for the rose show: from understanding the rose show schedule, filling out the tags, preparing your roses and learning the tips and tricks of exhibiting. Presented by the American Rose Society Certified Horticulture Judges and Apprentice Judges.

All educational meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, Nev. (I-215 and Windmill Lane). For more information, please call or email the Master Gardener Help Desk at 702-257-5555.

2014 Master Gardener Stats

The Master Gardeners of Southern Nevada are busy bees. In 2014, they answered questions from 2,878 individuals in 97 Nevada zip codes via phone, email and office visits. In addition, they taught classes or spoke to over 43,871 people at community events.

Over 31,792.5 hours were logged by the 230 active Master Gardeners working on 35 community projects. Based on the $22.55 national average, the value of the Master Gardeners volunteer service to the Las Vegas area is $716,920.87.

The Demonstration and Test Gardens (including the Herb and Rose Gardens) are open to the public Monday - Friday from 8-5. Garden tours are offered every Friday at 10 a.m. The Research Center & Demonstration Orchard in North Las Vegas is open Tuesday, Thursday and Saturday from 8-noon.

For 2015, the Las Vegas Master Gardener training class will be offered in the Fall semester. Registration sessions will be held in July 2015. Classes will run MWF from 8:30 – 12:30 in September and October. Interested individuals may email or call Ann Edmunds at 702-257-5587.

Call the Master Gardener Help Line at 702-257-5555 to chat with a Master Gardener about your gardening questions. Upcoming classes and pest alerts are posted at: http://www.facebook.com/MasterGardenersOfSouthernNevada.