



University of Nevada Clark County Cooperative Extension

University of Nevada
Cooperative Extension

May 2014

Community Connection

2014 Wildfire Awareness Month begins May 1



Residents learn how to prepare for wildfire at a 2013 Nevada Wildfire Awareness Week event.

“Prepare Your Home for Wildfire” is the message for Nevada Wildfire Awareness Month, beginning May 1. Originally held for one week, University of Nevada Cooperative Extension conceived of and initiated Nevada Wildfire Awareness Week in 2006. With steady

This year’s message is intended to promote a shift in the way Nevadans perceive the wildfire threat to their communities.

“With this theme we hope to change our traditional thinking about the wildfire threat from being reactionary and protecting

annual growth and an increasing number of communities wanting to host their own events and take part, Nevada Wildfire Awareness Week has been extended to a month-long campaign.

our homes once a wildfire starts, to being proactive and preparing our homes to survive a wildfire before one begins,” said Ed Smith, Cooperative Extension natural resource specialist. “By preparing our homes ahead of time, we can greatly improve the chances that they will survive a wildfire.”

Preparation includes replacing unrated wood shake roofs with fire-rated types, screening house vents to prevent ember entry and managing landscapes to serve as effective defensible space.

Nevada Wildfire Awareness Month is a collaborative
(Continued on page 2)

New area code for Clark County

725

We now have a new 725 area code. Beginning **May 3**, you must include the area code for all local calls. If you do not, the call will not be completed. All calls must include the area code, regardless of whether a call is long distance or not. When dialing your neighbor or the local pizza parlor, make sure you use 10-digit dialing—both the area code and seven-digit telephone number.

It is important to know that your phone number will be **UNAFFECTED** by the new area code. You keep your number and everyone will be able to reach you as they did before. The only thing that will be different is how you make local calls.

On **June 3**, new telephone lines and services will begin receiving the 725 area code.

Inside this issue:

The Clean Plate Club	2
So. Valley Rose Society meeting	3
Skin check	3
Discover Your Future	4

We're on the Web

www.unce.unr.edu

www.unce.unr.edu/blogs/southernarea

www.YouTube.com/UNRextension

Living With Fire

(Continued from page 1)

effort by your local, state and federal firefighting agencies, University of Nevada Cooperative Extension and many others. Events and activities are being held across the state.

To see what is going on in your community, visit www.LivingWithFire.info and click on the Wildfire Awareness Month tab, [email](mailto:Sonya.Sistare) Sonya Sistare or call 775-336-0271.

The Clean Plate Club

When I was growing up, there were two options on my Mom's daily menu...take it or leave it! Being the good child that I was, I took it! Always. All of it. All the time. I learned to be a good eater and clean my plate. I'm proud to say that today I am a life member of the "Clean Plate Club." My Mom would be so proud. My doctor, however, not so much. A well known economist once said, "more die in the United States of too much food than of too little."

It seems odd to me that we eat over 1,000 meals in a year. And yet we treat every meal like it was our last! Why do we have the need to feel full or even stuffed after every meal? Our bodies only require a small portion (about the size of our fist) of nutrient rich food to satisfy our needs. For



example, a recommended meat serving size is only 3 ounces, the size of a deck of cards.

But we often choose an 8 oz., 12 oz. or even 20 oz. steak. America has a large, inexpensive food supply. It's very easy for us to consume "super-size," "biggie" or even "king-sized" meals. Visit <http://hp2010.nhlbihin.net/portion/servingcard7.pdf> for a handy wallet size card with additional ways to measure portion size.

Listening to your body can help you make better decisions when it comes to eating. An infant will tell his mother when he is full. You cannot make a baby eat any more than what they are hungry for. Their body tells them when they are hungry (cry) or full (refuse to eat). As we get older, however, learned behaviors and environmental influences make it difficult to go back to our natural instincts. We must re-learn behaviors, such as stopping when we're full, by engaging in 'mindful eating,' which means we are aware of what is going on with our bodies as we eat. We need to listen to our internal body cues that tell us we are full.

Using a 0-10 hunger scale (where 0 represents being hungry or having an empty

stomach and 10 represents being stuffed or how you might feel after eating a Thanksgiving dinner) can help you learn how to listen to your body and stop eating when you have consumed enough calories.

It is not a good habit to eat to the point of being stuffed (e.g., 8, 9 or 10) every time you eat, though this may be common for many people. If done too often, this will more

than likely lead to weight gain. Make it customary to stop when you are at "5 or 6" on the hunger scale. You will probably feel like you can eat more, but your body is normally satisfied with that amount and will adjust over time.

Some helpful hints:

- ◇ Don't make too much food (or be prepared to portion and store your left-overs)
- ◇ Use smaller dishes (since larger plates can give the appearance of less food)

Why do we have the need to feel full or even stuffed after every meal?

(Continued on page 3)

Clean plate

- ◇ Don't eat from containers or boxes (place snacks into a small bowl or baggie instead of eating straight from the package or carton)
- ◇ Periodically, measure the typical portion of foods you eat often
- ◇ Wait 10 or 15 minutes before going back for seconds (after the food settles, you might discover you don't want seconds after all)
- ◇ Leave food on your plate purposefully after every meal (even if it is just one bite!)



In restaurants:

- ◇ Avoid “all-you-can-eat” dining options
- ◇ Order healthy items from the a la carte menu (you can add sides if you'd like)
- ◇ Split an entrée with a friend
- ◇ Ask for the lunch, child or senior portion (they are much smaller)
- ◇ Request a “doggie bag” when ordering your meal and set some food aside to enjoy later)
- ◇ Place utensils or napkins directly on food to indicate you're done eating (this will reduce the temptation to eat more)

Whatever you do...don't feel guilty about leaving food on your plate. Food will go to *waste* or it will go to *waist*. It's your call!

For more information visit: <http://nihseniorhealth.gov/eatingwellasyougetolder/knowhowmuchtoeat/01.html>.

Anne Lindsay, Exercise Physiologist

May Rose Society meeting

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings throughout the spring. Free and open to the public, May's meeting topic is:

May 22 Roses in the Desert Summer Heat and Wind—Judith Kafantaris, Master Gardener and Consulting Rosarian

Heat and dry winds are a reality in the desert. What can be done to help the roses get through this summer weather and get ready for fall blooms? Should the focus be on the soil, fertilizers, mulch, water, wind/sun barriers? Is there one that is more important than the others, or are they all important?

All educational 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.



Skin Check

What to show your doctor

Once a month, check your skin from head to toe and look for any changes that may be early signs of skin cancer. See a doctor if you find any of the following:

- Patches of scaly skin or oozing or bleeding from a bump or mole.
- Any mole that has changed in color, size, surface, shape, or how it feels, including itchiness, tenderness, or pain.
- Any mole that is not round; is bigger than a pencil eraser; or has different colors, such as tan, black, or dashes of red, white, and blue.

Source: *American Academy of Dermatology*

HopeHealth~No. 11294

D
i
s
c
o
v
e
r

Y
o
u
r

F
u
t
u
r
e

Attention ALL YOUTH



14-19 years of age

You are invited to have the University of Nevada-Reno experience! Find out about Educational Opportunities a Research University has to offer.

SAVE THE DATES!!

**Sunday, June 22
through
Thursday, June 25**



*Live in the dorms! Meet professors and UNR students!
Make new friends from across the state!!
Learn about different UNR majors available to you!
Participate in other great, fun activities!*

For more information, contact:

Lisa Boldman 775.336.0273 boldmanl@unce.unr.edu
Sarah Chvilicek 775.336.0236 chviliceks@unce.unr.edu
Sam Mitchell 775.336.0259 mitchells@unce.unr.edu



University of Nevada Cooperative Extension encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Sam Mitchell 775-784-4848 in advance of your participation or visit.



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

Logandale 702-397-2604
1897 N. Moapa Valley Blvd.
P. O. Box 126, 89021

Las Vegas 702-222-3130
8050 Paradise Road, 89123

Laughlin 702-299-1333/1334
55 Civic Way, 89029

Community Connection is published monthly by and for the Southern Area of Cooperative Extension.
Editor, design & layout: Marilyn Ming, UNCE Marketing/Public Relations Specialist
Direct comments/suggestions to: southern.news@unce.unr.edu

An EEO/AA Institution.