



University of Nevada
Cooperative Extension

May 2016

Community Connection

PLANT ANNUALS FOR COLOR



Morning Glories

Annual plants complete their life cycle in a single season; seeds germinate and the plant grows, blooms, sets seeds and dies in one year or less. Even the smallest garden has room for annuals. This can be no more than a few pots or hanging baskets of petunias or marigolds. Today's trend toward low maintenance landscapes (with paving and gravel ground covers) does not preclude the use of annuals. In fact, these areas often need more color for interest.

Annuals can provide a succession of bloom throughout the year. In southern Nevada, annuals are planted several times during the year. Plant September-November for winter and spring color. Plant March-June for summer color. Read [more!](#)

CHEFS FOR KIDS GALA

Chefs for Kids Dinner and Auction—25th Anniversary—will be held on Saturday, May 7 at the South Point Hotel, Casino and Spa. The evening's Legacy Award honors County Commissioner Marilyn Kirkpatrick and the Corporate Award honors Anderson Dairy, both for their ongoing support of the Chefs for Kids program.

Commissioner Kirkpatrick has served on the Chefs for Kids Board of Directors and is involved in several other community services. Anderson Dairy has participated and supported the Chefs for Kids program from its inception.

The Chefs for Kids program is a joint venture of the American Culinary Federation Chefs Las Vegas and Cooperative Extension. This program works to eliminate malnutrition and hunger through education and awareness. The nutrition education program is taught to high needs first and second grade students in Clark County.

The gala evening begins at 5:30 p.m. with a reception and silent auction. Dave Courvoisier, KLAS-TV anchor, is the Master of Ceremonies. A gourmet dinner is served at 7 p.m. with Christian Kolberg conducting the live auction. The evening continues with dancing to the music of Harbor Lights.

Tickets for the evening's event are \$195 per person. Tables of eight are \$1,560 and tables of 10 are \$1,850. To purchase tickets or for more information about this black tie optional event, [email](#) or call Susan Lednický at 702-257-5548 or visit [Chefs for Kids.org](#).

ON BACK

Burn, Baby, Burn - calories
Ride your bike to work month

COOPERATIVE EXTENSION

Who we are: We are the outreach college of the University of Nevada, Reno. We design and deliver community programs to residents of Nevada with other agencies and volunteers.

What we do: We learn about the needs of our community and develop programs to meet them. We teach classes, hold workshops, sponsor seminars related to those needs and provide online information.

What we offer: Education, training and instruction in: Health & Nutrition; Children, Youth & Families; and Water, Horticulture, Economics & Environment.



**Cooperative Extension
Southern Area office locations
and phone numbers:**

Clark 702-222-3130

8050 Paradise Road
Las Vegas, 89123

Northeast Clark 702-397-2604

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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.

Caliente, 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.

BURN, BABY, BURN

Calories measure energy. The food you eat and many of the beverages you drink contain calories your body can use for any activities it performs. When you do anything, including sleep, you use or “burn” calories. Obviously, the harder you work, the more calories you burn.

Ever wonder how many calories you burn doing an activity? Here’s a list of average calories burned per 30 minutes of activity for a 155-pound person.



Source: Harvard Heart Letter: HopeHealth-No. 11759

Activity	Calories Burned
Sleeping	23
Watching TV	28
Reading (sitting)	42
Standing in line	47
Computer work	51
Billiards	93
Cooking	93
Bowling	112
Grocery shopping (with a cart)	130
Golfing (using a cart)	130
Walking (17 min/mile)	149
Operating a snow blower (walking)	167
Golfing (carrying clubs)	205
Shoveling snow (by hand)	223
Ice skating	260
Basketball (playing a game)	298
Hockey	298
Cross country skiing	298
Snowshoeing	298

GARDENING WORKSHOPS

The *Gardening in Small Places* series continues in May with a one-day workshop about *solving garden problems*. As summer approaches, you may notice holes in leaves, black spots on the bottoms of the tomatoes, spots on the leaves, your squash not developing or a variety of other things. Join Angela O’Callaghan, social horticulturist, as she explains the common problems in the garden, how they happen, how you can avoid them and what to do about them if they occur. Read [more!](#)

South Valley Rose Society will host Judith Kafantaris, Master Gardener and Consulting Rosarian, for a discussion about the Mojave Desert’s summer temperatures and the hot and drying winds. It’s important to prepare roses for this reality. Roses will react to the heat and change accordingly. Gardeners need to make changes in how roses are watered, mulched and fertilized. Read [more!](#)



RIDE YOUR BIKE TO WORK IN MAY

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.



Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.

As a national sponsor, the League provides resources to help you plan an event in your area, and each year the number and diversity of Bike Month celebrations continues to grow, accelerating the momentum around bicycling nationwide. Visit BikeLeague.org for more information.