



University of Nevada
Cooperative Extension

October 2016

Community Connection

HALLOWEEN TIPS

Halloween Safety Tips

Now that fall has arrived, Halloween is just around the corner. With witches, ghosts, and super-heroes descending on neighborhoods in your area, the [American Red Cross](#) offers parents some great safety tips to help make the most out of their trick-or-treat holiday. This fun holiday should be filled with surprise and excitement, and following some common sense practices can help to keep this day more safe and fun. Great tips are offered to help you and your family have a safe and happy Halloween.

Healthy Halloween Treats

There are plenty of fun snacks to give to children when they come trick-or-treating in your neighborhood. Candy has been the traditional treat for ghosts and goblins knocking on your door, but how about trying some nutritious snacks that will be sure to surprise and delight? Here are some fun, nutritious goodies that you can scare up to hand out to trick-or-treaters in your area: granola bars, pencils, individual bags of pretzels, crackers, pudding or fruit snacks, Halloween jewelry, 100 percent fruit juice boxes, small puzzles, small yo-yos, small bags of sunflower seeds and squirt balls. [Susan Lednicky, Nutritionist](#)



OCTOBER IS ALL ABOUT ROSES

Roses are a desirable addition to any garden, even here in the Mojave Desert. With about 100 species and thousands of cultivars to choose from selecting the right rose for the right place may seem daunting. On Oct. 22, let Master Gardener and Rosarian Judith Kafantaris teach you about the attributes to look for in roses that will do well in our dry climate. In addition, she will teach you how to care for your roses so you can get the biggest blooms and the healthiest plants. Homeowners and other interested parties are welcome to attend. This is part of the [Gardening in Small Places](#) series.

On Thursday, Oct. 27, the [So. Valley Rose Society](#) and Cooperative Extension partner to present the do's and don'ts of container planting your roses for spring bloom.

After Columbus Day, irrigation should be reduced, but not to the point of drying out the beds. Container roses can be planted through November to give them adequate time to establish before the spring growing period. It's also time to review all those spring rose catalogues, prepare your orders and request delivery not later than mid-January 2017.

For more information, [email](#) or call the Master Gardener Help Desk at 702-257-5555.



ON BACK

4-H National Science Day
Fall activities to keep you moving

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
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and phone numbers:**

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55 Civic Way
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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.

4-H NATIONAL YOUTH SCIENCE DAY

This October kids all across the country will take part in what is known as the world's largest youth-led design challenge.



The ninth annual National Youth Science Day calls for students from 4-H clubs, groups, and school programs across the country to participate in an engineering design challenge called Drone Discover developed by Cornell University Cooperative Extension.

The popularity of drones has risen in recent years and it is of no wonder. Drones are changing the way we look at the world. From aerial shots to mapping damages of a natural disaster to learning how to increase farming crop yields, there is no doubt how important drones are becoming. This year's nation-wide event will introduce youth to this rising technology in a hands-on fashion.

The engineering challenge will teach youth about unmanned flight. Topics will include flight dynamics, aircraft type, safety and regulations, remote sensing, flight control, fixed and rotary wing design, and coding for real-world drone applications.

Last year's challenge, "Motion Commotion," was designed by Oregon State University and taught youth about physics, safe driving and the dynamics of motion and speed.

For information [email](#) or call Karen Best, 4-H program coordinator, at 702-257-5538.

A DOZEN FALL ACTIVITIES TO...



...Keep you moving

1. Explore a local park or historic district on foot.
2. Go back to school. Sign up to learn a new activity like dancing or yoga.
3. Walk the sidelines while your kids play soccer or football.
4. Take a martial arts class as a family. You'll all start as "white-belt" beginners.
5. Join a local cycling or hiking group.
6. Volunteer with a civic group to clean up the litter on a stretch of highway.
7. Play basketball at a local gym.
8. Plan family work parties to rake leaves, chop wood, plant bulbs — whatever needs to be done.
9. Campaign door to door for a political candidate or a cause you support.
10. Visit a corn maze or pumpkin patch.
11. Go window shopping: Do a walking circuit around an indoor shopping mall when it's dark or the weather is bad.
12. Start now to get in shape for the hiking or biking vacation you want to take next spring.

Hope Health ~ No. 10899