



September 2013

Community Connection

# University of Nevada

## Clark County Cooperative Extension

### Homemaking in a difficult economy

Although food prices keep rising and salaries don't seem to quite keep up, the optimist will look at this difficult time as an opportunity to regain those healthy habits we have left behind. Try the tips below.

**Before you shop:**

- ◆ Make a food budget and stick to it
- ◆ Make menus, plan for using leftovers
- ◆ Make a list
- ◆ Read ads, note sale items, look for online coupons available
- ◆ Cut coupons, keep in organizer
- ◆ Join the store savings clubs

**At the Store:**

- ◆ Compare brands, use the Nutrition Facts Label, check out store brands
- ◆ Compare cost per unit/ounce, take a calculator. Look at # servings, weight of product, serving size. Bigger doesn't always mean cheaper.
- ◆ Buy in-season, extra could be frozen or canned
- ◆ Buy what you need, consider portion sizes for all ages in your family
- ◆ Are convenience foods

worth it?

- ◆ Will they eat it?

**At Home:**

- ◆ Keep to your menus
- ◆ Store foods properly
- ◆ Freeze or can if you cook or purchase too much

**Buy what you need, but consider portion sizes for all ages in your family**

- ◆ Freeze in usable amounts
- ◆ Remember Food Safety

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### Gardening in Small Places Series Continues

Join Cooperative Extension on Saturday, September 21, for a workshop on **Gardening in Small Places: Using Native and Desert Adapted Plants in the Landscape** from 8 a.m. to noon.

*If you hear native and desert adapted plants and think of only cactus, you couldn't be more wrong! There is a lot of beauty*

*in the desert and not all of it is spiny.*

Professor M.L. Robinson will show and tell you about the plants you can use to have a beautiful and colorful desert garden all while saving money, energy and water!



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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)

## Gardening in Small Places

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Homeowners and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a \$25 fee which includes class materials.



To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, LV 89123) email Elaine Fagin or call 702-257-5573.

## Homemaking

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For those of you who want to learn more about canning:

The *National Center for Home Food Preservation* from the University of Georgia offers a free, self-paced online course called “Preserving Food at Home.” They also have information on canning, freezing, drying, curing, smoking, fermenting, pickling, and making jams and jellies.

Visit to <http://www.uga.edu/nchfp/index.html>.



## Does caffeine deter dementia?

Have you heard all the “buzz” lately about caffeine being associated with a reduced risk or delayed onset of dementia? A recent study published by the University of South Florida and the University of Miami monitored the memory and thinking processes of people over 65 and found that those with higher blood caffeine levels avoided the onset of Alzheimer's disease in the two-to-four years of study follow-up. Another study in the *New England Journal of Medicine* tracked the health and coffee consumption of more than 400,000 older adults for 13 years and found that coffee drinkers reduced their risk of dying from heart disease, lung disease, pneumonia, stroke, diabetes, infections, and even injuries and accidents.

While these may be great “perks” for some coffee drinkers, there are a few things you should know before you start stocking up on caffeine! In nearly all of the studies coffee appeared to be the primary, and maybe only, source of caffeine consumed. Other sources of caffeine were not considered. And, studies referred only to *moderate* amounts of coffee – about 3 cups a day. So “if a little is good, a lot is better,” right? “Wake up and smell the coffee!”

Sodas, tea and coffee contain only

moderate amounts of caffeine.

However, consumption has dramatically increased with the recent hype over energy drinks. *Energy* drinks, which should not be confused with *sports* drinks, are the fastest growing beverage in the United States (2011). Half of these highly caffeinated drinks, sold under popular names such as Red Bull, Monster, Rockstar and Full Throttle are sold to children, adolescents and young adults and were responsible for the 5448 caffeine overdoses in 2007.

The average adult consumes <100 mg of caffeine per day. While less than 300 mg is considered relatively safe, greater than that can contribute to some health problems, 1000 mg can be toxic and 5,000-10,000 mg is considered lethal. The FDA regulates a maximum of 71 mg of caffeine per 12 oz beverage (soda,

tea, coffee). Energy boosters, which are marketed not only as drinks, but also supplemental pills, gums and candy, all contain

caffeine in concentrated amounts intended to produce energy, but not without a price. Caffeine can over stimulate the central nervous system. Unlike coffee, tea and sodas, the FDA cannot regulate energy drinks as they are considered a dietary



supplement and not a food. That may be why the amount of caffeine in an energy drink (50-500 mg per can or bottle) has three to five times more caffeine than a 12 oz can of soda.

Concentrated amounts of caffeine act as a natural diuretic and deplete nutrients by slowing down absorption and flushing them out (especially water soluble vitamins and minerals). Lack of important nutrients can lead to nervousness, anxiety, irritability and even blood sugar problems (especially in

# Caffeine

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diabetics, glucose intolerants, hypoglycemics, etc...). Side effects are especially notable in people with diabetes, seizures, cardiac problems, mood/behavior disorders or those taking certain medications. Heavy caffeine consumption is associated with more serious side effects including seizures, mania, stroke and sudden death. So while many of these conditions have been reported in children and young adults, the primary consumers of energy drinks, caution should be taken with all individuals

especially older adults with existing health conditions.

One more thing! Be aware of the danger when mixing energy drinks and alcohol. The stimulants in energy drinks can mask the depressant effects of alcohol. In other words, individuals who combine alcohol with energy drinks say they feel less drunk, but their intoxication levels are masked by the stimulant, making them more prone to drunkenness, injury and alcohol poisoning. Several studies also suggest that energy drinks can serve as a

gateway to other forms of addiction or drug dependence. Lastly, the combination can also have a negative effect on the heart including shortness of breath, rapid heartbeat, and heart attacks.

So although a couple cups of coffee might *improve* your ability to think better, high levels of caffeine such as those found in energy drinks or mixed with alcohol may *destroy* your ability to think altogether.

~Anne Lindsay, Exercise Physiologist

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## Classes offered through the Henderson Parks Department

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Cooperative Extension has partnered with the Henderson Parks and Recreation Department to offer classes in September.

The Child Safety and Welfare program will be offered during the first fall session at the Valley View Recreation Center

beginning September 11. This is a 4-week session.

This program is designed for parents to increase their awareness and knowledge of all safety/welfare issues: Shaken Baby Syndrome (SBS), Child Abuse Awareness, Anger Management and Positive Guidance.

Shaken Baby Syndrome increases participants' (parents or other caregivers) awareness and knowledge of SBS. Child Abuse Awareness helps parents or other caregivers recognize child abuse and neglect. Anger Management provides parents with research-based information

related to anger management and child abuse prevention. Positive Guidance helps build parents positive guidance skills. The materials are also available in Spanish.

For more information, [email](#) Olga Soto or call 702-257-5567.

The Valley View Recreation Center is located at 500 Harris Street, Henderson, NV 89015.



*Doll used to show the effects of Shaken Baby Syndrome.*



# SOLARBRATION Festival Scheduled for Oct. 5

Local Group Invites Community to the Second Annual Solar Festival

The Conservation District of Southern Nevada invites the community to attend the Second Annual Solarbration Festival which will be held Saturday, October 5, 2013 from 2-7 p.m. at the University of Nevada Cooperative Extension Lifelong Learning Center located at 8050 Paradise Road. The purpose of this FREE festival is to blend art, technology and outreach to promote renewable energy, inspire conservation, and support sustainable communities.



## Solar Village

You won't want to miss the Solar Village where visitors will have a chance to meet over 35 exhibitors, with selected presentations on solar living, electric cars and more. Plus have the opportunity to get answers to questions about solar energy, and find out how they can install solar on their home or business.

The Solarbration will offer the community the opportunity to enjoy solar-powered art, live music, food and fun. Plus there will be solar demonstrations and the latest information on sustainable energy.

"We promise to deliver a fun-filled family event that will be a one-stop location for everything related to going solar," said Jon Wardlaw, Commission Chairman of the Conservation District of Southern Nevada. "We will have all the latest information regarding energy rebates, tax credits, solar financing, and lots of hands-on activities for all ages."

This year's event will be "Bike Friendly" and promises to be even more fun and activity packed than last year. The Lifelong Learning Center is located right on the Windmill exit of the Clark County 215 trail. Bike clubs are encouraged to make a ride out of the event.

Plus, there will be hands-on fun activities for children. There will be solar art projects, fun in the sun games and make-and-take solar nightlights to name a few of the many and varied activities. And the food trucks and live bands will be there so the evening will be complete with great food as well.

Whether you are looking for information on solar financing, the Solar Generations rebate program, Federal rebates, energy efficient home improvements, or energy star appliances, the Solar Festival will be your one-stop resource center. The wide range of exhibitors will include solar and renewable energy companies, green home builders, sustainable home products, and hybrid and electric vehicles.

Proceeds will go to commission a solar powered public art project to be enjoyed as our community continues to celebrate solar energy. For more information visit <http://www.cdsn.org/solarfestival.html> or like the Solar Festival – Las Vegas page on [Facebook](#).

For all your gardening questions and concerns call the Master Gardener Help Desk at 702-257-5555; [email](#),

OR

visit the office Monday-Friday between 8 a.m. - 5 p.m.  
Volunteer Master Gardeners can assist you with your gardening needs.

### 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:

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