COOPERATIVE EXTENSION

your gateway to the university

2003 Program Highlights
It is refreshing to see how many universities have “returned to their roots” and begun to once again focus on the land-grant role of reaching out to citizens. University of Nevada Cooperative Extension, with 18 offices statewide, fosters this outreach by serving as a gateway between the expansive knowledge of the university and the needs of communities. By “Bringing the University to You,” we can help apply a broad base of expertise to the complex issues that face today’s society.

Over the last three years, I’ve had the privilege of meeting many of you at local listening sessions we’ve held at 16 locations throughout Nevada. Your candid descriptions of community needs have helped us better understand both the similarities and differences that exist in various parts of our state. Your valuable input, through these meetings and other forms of needs assessments, helps focus our programs and better connect needs with the resources of our campus collaborators. The “themes” under which our programs are presented in this report are based on the needs you expressed to us.

Now in its 89th year, Cooperative Extension reaches youth, adults, families and communities in rural and urban settings throughout Nevada. Our unique structure places university professionals in communities where they can design educational programs to meet your needs. Your input, participation and collaboration in programs help make our efforts successful.

We are only able to present a few of our programs here, but I hope you enjoy reading and discovering some of the new and creative approaches we are taking in our educational endeavors. We look forward to future collaborations as we continue to design and deliver programs that meet the needs of Nevadans.

Karen Hinton
If you want to know about DNA, just ask me,” said Cole, a 4-H member. “I know all about it now. At 4-H camp we looked at it through a microscope.”

This is the kind of learning that happens when 4-H Junior Leaders get involved. The leaders taught the Field of Genes curriculum at camp, but what makes this program so unique is that the money to fund it was secured by the leaders themselves. They identified the need, researched and wrote a $5,000 grant from the Cargill Corporation via 4-H National Council. “We actually got the money. WOW!” exclaimed Cierra Grinstead, a 4-H Junior Leader and co-writer of the grant.

The teens then sought a larger audience and presented the program at the Nevada Department of Agriculture Farm Fest, attended by more than 6,000 Clark County students ages 6 to 9. The leaders developed posters to evaluate the ability to identify biotechnology related items. Only 3% of 4-H members were familiar with the word “biotechnology” prior to Farm Fest; afterwards 87% correctly identified biotechnology images on the posters.

The 4-H Junior Leaders are both teachers and learners. They teach younger children using scientific questioning to help them develop critical thinking skills. After writing the grant, 93% of the Junior Leaders strengthened their convictions about career choices.

Welcome to the world of work!

Imagine if you were 11 years old and beginning to recognize business opportunities and learning the complicated world of self-employment. What an advantage you would gain for your future. That’s exactly what UNCE’s Mini-Society accomplishes. Its goals are to teach entrepreneurial concepts, provide youth with experience owning their own business, and integrate that knowledge with other subjects such as math, science, critical thinking, problem solving and cooperative learning.

More than 700 Clark County youth, ages 10 to 12, have participated in Mini-Society in classrooms and after-school settings. The students develop their own society, creating a name, flag and currency. They decide which tasks will earn them money to identify and establish their own business and provide goods and services to fellow classmates.

“My students learn how America works,” says Deborah Jones, a Goldfarb Elementary School teacher. “Mini-Society has greatly increased their knowledge of the value of money!”

For more information, contact Youth Development Specialist Eric Killian, (702) 222-3130, killiane@unce.unr.edu
I don’t drink that often any more,” says 18-year-old George Flores. “I’ve learned to focus on my priorities, which are to get a job and into school to become a chef. I really like cooking.”

George is one of four Hawthorne youth who graduated in June, 2003 from a Project MAGIC class for entry-level juvenile offenders. It was the first UNCE educational program in Mineral County. The commissioners voted to accept and fund UNCE programs in their county in 2002, completing the tradition of university programs in all Nevada counties.

“These young men have learned they can make better choices and have fun without using alcohol or drugs and getting into trouble,” says their teacher Joann Jackson, a long-time Hawthorne resident who has been a youth and family educator and counselor for 15 years.

The youth, ages 14 through 18, were court-ordered to attend Project MAGIC (Making a Group and Individual Commitment). They attended 19 intensive after-school sessions where they learned life skills, such as decision-making, conflict resolution, goal setting, communication, problem solving, self-responsibility, and aspiration building.

and community leadership. Their parents learned the same skills during evening classes.

Project MAGIC was created in the early 1990s by Youth Development Specialist Marilyn Smith, with UNCE State Specialist Bill Evans, Human Development and Family Studies, and Matt Leone, Criminal Justice, and community collaborators.

The national award-winning program helps juvenile offenders leave the criminal justice system and become productive members of society. It has graduated more than 1,000 youth in rural counties who have not re-entered the justice system, saving taxpayers $5.4 million in incarceration costs for the 18 percent who re-offend. Youth graduating from the Las Vegas program in 2002 had a 7.2% recidivism rate, significantly less than the average 32% in Clark County, yielding a savings of more than $500,000 in incarceration costs for the county.

Why don’t adults know about this?” asks Jake, after learning that smoking can kill.

Health Rocks! gives 8-to 12-year-olds the tools they need to help them make good choices. The program is designed to prevent risky behaviors, such as tobacco, alcohol and drug use. Kids who have social skills and competencies are more resistant to substance use, and can make healthy choices free of peer pressure or stress.

4-H has worked for decades to help youth develop life skills, such as communication and decision-making, and the internal strength to resist risky behaviors. The 4-H leaders who teach the program and serve as role models feel that this type of prevention program, built upon strong foundations, can truly reduce youth substance use.

Health Rocks is administered through schools in Las Vegas, North Las Vegas, Bunkerville, Mesquite and Pahrump.

For more information, contact Youth Development Specialist Molly Latham, (702) 222-3130, lathamm@unce.unr.edu
After-school learning

It’s fun,” says 6-year-old Ostkai Garcia. “I learn to write something nice and I also learn to respect my school.”

Ostkai is a student in the 4-H After-School Club, a program for children ages 6 to 12, delivered by UNCE in partnership with the Washoe County School District and Reno Housing Authority. “We focus on teaching life skills, modeling positive behavior and educational reinforcements,” says Lee DeBurle, a UNCE Community Instructor at Bernice Mathews Elementary School in Sparks.

In 2002, 649 at-risk students were served by the daily program. Past evaluations conducted at Bernice Mathews and the six other sites show a significant increase in participants’ reading grades, and improvement in social skills for participants of all ages.

Increased collaboration has improved the program over the past year, says Danielle Bowen, Washoe County School District “Dreamcatchers” Program Director at Bernice Mathews. “We’ve blended the program more instead of just splitting it into two separate groups,” she says. “It’s going well, especially with the 4-H curriculum. It’s good to have those life skills lessons on self-respect and self-responsibility, and to have a real variety of activities to keep the children engaged,” she explains.

Other groups, such as the YMCA, 21st Century Club and Foster Grandparents, are teaming up with UNCE and the school district to provide a top quality program. According to Ostkai Garcia, they’re succeeding.

For information, contact Youth Development Specialist Jackie Reilly, (775) 784-4848, reillyj@unce.unr.edu

Foster youth gain independence

“I was about to quit school,” said Ginelle,* a foster child, “so I called Noelle and she arranged for me to do independent studies. Now I’ll graduate with all the benefits the school district has to offer.” Noelle Kahn, Ginelle’s Independent Living Advisor (ILA), worked with her social worker and foster mother to ensure Ginelle’s success.

“I am their advocate,” explains Kahn, “and often I am the first person they contact with news about school or a job.” The ILAs serve as mentors and adult role models, encouraging youth to complete high school and prepare for the workforce.

Eighteen-year-old foster youth have nowhere to turn once they are released from the system. UNCE’s Foster Youth Independent Living Program partners with the Nevada Department of Family Services to train youth to use a Life Plan Portfolio that manages important materials and information for transition to an independent living status. Youth participate in life skills training, including skill, interest and aptitude assessment. Surveys returned by youth reveal that the students feel the assessment is very helpful. The youth also like the feeling of “being in control” that the portfolios provide.

“The earlier they enter the program,” observes Pat Day, Youth Development Specialist and program administrator, “the better the foundation we can set for their ultimate success.”

(*name changed)

FOSTER YOUTH FAST FACTS
- There are 800 Clark County youth in foster care at any given time.
- The average stay in foster care is four years.
- The female to male ratio is 2 to 1, mostly due to sexual abuse issues.
- The county refers 350 youth, ages 15 1/2 to 18, to UNCE’s foster youth program annually.
- Since 2001, nearly 300 youth have completed the UNCE program.

Instructor Josh Bahn hones Ostkai Garcia’s reading skills in the 4-H After-School Club. (Photo by Jean Dixon)
Experts predict that around the year 2025, southern Nevada will have used up all of its currently available annual water supplies.

Las Vegas has long been plagued by a high per capita water use compared to other cities in the arid West because residents thought they had an inexhaustible supply. Now, because of a finite quantity of potable water, the pressure’s on to irrigate landscapes with poorer quality water and to conserve “good” water for drinking.

Cooperative Extension has been addressing these challenges through education and research, targeting homeowners and industry professionals. Here is a sampling of the programs that have had an impact on water use:

- Desert Bioscape — takes a holistic approach to the conservation of natural resources in an urban environment. The program teaches conservation of water and energy, and reduction of pesticides and fertilizer. Nearly 100% of the students responded favorably to these concepts.

- Landscape Retrofit — is a seven-week, hands-on class that helps residents create desert landscapes that conserve water and energy. Horticulturist Bob Morris reports, “In 2002, students in three classes had a water savings of 39%— that’s 4.9 million gallons of water.”

- Reuse water class for turfgrass irrigation — is a seven-week course, in English and Spanish, which has caught the attention of the "green industry." It’s estimated that 17 golf courses will convert from potable to recycled water by the end of 2003.

Gary Grinnell, Senior Civil Engineer for the Las Vegas Valley Water District, is impressed with UNCE’s efforts. “With their research and educational components — and with the Master Gardener program — the information about water conservation is traveling throughout the community.”
Ask a Master Gardener!

Barbara Weinberg’s plant science class is so popular at Reno’s Glenn Duncan Elementary School they held a lottery to determine which 12 teachers would get the Growlab project.

Weinberg is in her 8th year as a Master Gardener. For her 50 hours of horticulture training, she’s given back hundreds of hours, volunteering in the Cooperative Extension office one morning a week to answer phone calls and walk-in questions. But her pet project is the Growlab course she gives to 250 students a year at three schools.

“Students love the ‘hands-on’ plants, watching them grow and taking home the results,” says Weinberg. “Plants sometimes provide opportunities to express emotions. You’d be amazed at how distressed a ‘macho’ 6th-grade boy is when his plants don’t grow!”

Weinberg is one of nearly 500 Nevada Master Gardeners who are a vital part of UNCE’s ability to provide consumers with up-to-date, reliable horticulture education. The state’s temperature extremes, scarcity of water and desert soils are a recipe for harsh growing conditions, and home gardeners are thirsty for information.

How to Call a Master Gardener
Western Nevada: (775) 784-4848
Southern Nevada: (702) 257-5555

homeowners throughout their community at parks, fairs, special days, community and school gardens, farmers markets, hospitals, classes and plant clinics at nurseries.

Western Nevada Master Gardeners grow vegetables and donate more than 1,300 pounds to local food kitchens in the Harvest for the Hungry program. They participate in home shows, tree and shrub sales, plant fairs, Christmas tree recycling and gardening series.

Master Gardeners are sprouting up in rural communities too. In Winnemucca, 10 volunteers worked more than 700 hours answering phone calls, writing newspaper articles and conducting plant diagnoses. Yerington launched an arboretum near the Cooperative Extension office featuring tree varieties suitable for northwestern Nevada soils. Pahrump has more than 30 volunteers, who work on their demonstration garden and other community-wide projects.

Master Gardener Impacts
• There are 500 active Master Gardeners statewide.
• Master Gardeners answer more than 22,000 phone calls a year.
• In 2002, Master Gardeners volunteered 28,000 hours educating citizens, the equivalent of 14 full-time employees.

Volunteering gives Master Gardeners a sense of community spirit, accomplishment and intellectual stimulation. “When I go through the Cooperative Extension building, I feel respected and appreciated,” says Weinberg. “It is a good feeling and one of the reasons volunteers stay on.”

Junior Master Gardeners

Youth — in school or after school — learn the principles of horticulture. In Las Vegas and Carson City, teachers have been trained to conduct the program, using gardening curricula and hands-on activities for different ages. This training enables teachers to integrate plant science in the classroom to meet school standards in science, math, geography, social studies and English.
After running a motel at Lake Tahoe for 25 years, Mike and Robin Catherwood escaped from the hustle and bustle and purchased their own five-acre slice of heaven at the base of a beautiful range in the Carson Valley. Robin took up horseback riding, and the Catherwoods now have three horses. And of course, there’s Tucker, their 12-year-old, lanky Australian shepherd with his new haircut. “He was just too hot, I had to give him a trim,” Mike says. Tucker doesn’t bat an eye at the dozen or so ducks swimming in the Catherwood’s waterlily filled pond.

The Catherwoods have been attending workshops that UNCE faculty John Cobourn, Sue Donaldson, Steve Lewis and Mark O’Farrell adapted from the Living on the Land curriculum to help educate small-acreage owners in the Carson Valley. Needs assessments showed more education of landowners was needed to improve water quality in the Carson River, on the EPA’s 303(d) Impaired Waters List because of its turbidity, temperature and phosphorus levels.

Good land stewardship is directly related to good water quality. “The workshops have been great,” Mike says. “We learned about soils, had ours tested, and found out what kind of fertilizer we need. And boy, after we got water, that pasture just looked great,” he adds.

The Catherwoods learned about the benefits of rotational grazing, and subsequently divided their 4-acre pasture into two, 2-acre plots. “It’s working out really well,” Mike says. “That pasture feeds our three horses for six months,” Robin adds, at a savings of $1,000 in feed costs each year.

“The pond is our next challenge,” Mike says. “After going to the pond management workshop, we’re going to get it cleaned up,” he says. “Anytime I can go and learn how to make our place better and more efficient, I want to do that,” Robin adds, looking out over her peaceful homestead.
Volunteers target Fallon water for arsenic testing

“It’s unbelievable what a difference just a few volunteers can make in a community!” exclaims Pam Powell, Churchill County Extension Educator.

She’s talking about the mighty eight Nevada GOLD (Guarding Our Local Drinking Water) volunteers — only eight — but in a busy month they work more than 300 hours. They reach out to Fallon citizens, many of whom are concerned about the safety of their drinking water. Here are their major projects:

- **Recruitment of participants for a first-of-its-kind study, funded by the Environmental Protection Agency.** Under the direction of Powell and Jerry Buk, the volunteers were instrumental in bringing in more than 900 long-time citizens to test their blood, urine and well water for arsenic and selenium. In a follow-up survey, nearly 100% of participants said they want to help the community to better understand their water. The results of this study to assess the health effects of long-term exposure to arsenic in drinking water will be announced in 2004.

- **Door-to-door meetings with homeowners, funded by a U.S. Department of Agriculture grant.** Under the direction of Mark Walker, UNCE State Specialist in the university’s Department of Environmental and Resource Sciences, the volunteers test tap water from private wells and follow up with advice about appropriate water treatment techniques. The arsenic concentrations in private well water were found to exceed federal drinking water standards in the majority of samples tested.

- **Presentations to schoolchildren.** Working under the philosophy that “if you teach kids, you reach their parents as well,” the volunteers give talks in elementary schools on where water comes from and where it goes, how it may get contaminated and ways to prevent this.

  “Our role at Cooperative Extension is to take the research conducted by scientists and educate citizens about the facts concerning their water,” says Water Education Specialist Art Fisher. “But we couldn’t do any of this without our hard-working Nevada GOLD volunteers.”

"Living on the Land"

While living on the land sounds like it would come naturally to pioneer-spirited Nevadans, the fact is that many of us don’t know much about managing acre-plus properties. Yet, there is a desire to own small ranches — 1- to 40-acre parcels — and these properties are increasing throughout the West.

Recognizing the need to provide education on land stewardship to this population, Water Quality Education Specialist Sue Donaldson headed up an effort, involving colleagues from eight western states, to develop a 15-lesson curriculum, *Living on the Land*. It covers topics such as well and septic care, pest and pasture management, and efficient irrigation, many of which directly affect our water quality.

Following a Nevada-led training for professionals, more than 900 curriculum copies were distributed in 35 states, and four foreign countries. In a follow-up survey 10 months after the curriculum release, respondents reported using the materials to teach more than 1,100 students.

A Boise educator said that 15 property owners he taught with the curriculum have implemented 167 Best Management Practices. Kevin Laughlin, Idaho Extension Educator, observed, “I have been doing small-acreage education since 1981, and this is the first program where we’re seeing the actual outcomes within a year’s time.”
Charlie Frey’s lifetime love is farming. His father had been a successful farmer after purchasing 738 acres of farmland in 1944 near the town of Fallon. While Charlie loved growing up on his father’s beautiful farm, he reluctantly decided to major in accounting while at the University of Nevada. He became a successful CPA and businessman, but his love for rural life persisted. In 1981, he moved back to the farm, and recently developed an experimental vineyard he believes will lead the way to sustaining farming and encouraging economic development and tourism in Churchill County.

“Agriculture is losing water resources” Frey says, “and vinifera wine grapes use substantially less water and can yield more dollars per acre than alfalfa. With northern Nevada’s hot days and cool nights we expect high sugar-to-acid ratios in our wine grapes, which is necessary to make premium wines.”

The 2004 harvest will reveal if Frey’s experiment will be economically feasible for other growers and boost the local economy.

UNCE Soil and Water Specialist Jay Davison is working with several Nevada farmers to test the viability of various crops that have the potential for profitability while at the same time utilize less water. “We’re looking at plants that will thrive in our arid environment and help individuals sustain farming enterprises,” he says.

ALTERNATIVE CROP TRIALS NOW IN PROGRESS

- Native seed plants (Churchill and Lyon Counties)
- Nursery stock trials (Churchill County)
- Poplar trees (Churchill, Eureka and Nye Counties)
- Seeberry plants (Churchill and Nye Counties)
- Wine grapes (Churchill and Lyon Counties)

For more information, contact Jay Davison, (775) 423-5121, davisonj@unce.unr.edu
New materials to help homeowners reduce the wildfire threat around their homes are now available statewide through fire prevention agencies. UNCE faculty Ed Smith and JoAnne Skelly have produced Living With Fire workshop materials for agencies to present to homeowners throughout Nevada.

In summer, 2003, Smith and Skelly presented the materials to fire prevention agencies at six locations, handing out more than 100 workshop binders. The free materials include a CD with an animated PowerPoint presentation, script, video showing fire behavior and workshop handouts. Smith and Skelly developed five versions to address different vegetation types and geographic conditions:

- Big Sagebrush/Bitterbrush Environment
- Big Sagebrush/Grass Environment
- Lake Tahoe Basin
- Mount Charleston Area
- Pinyon-Juniper Woodland

The Nevada Bureau of Land Management funded the project through the National Fire Plan. “It was a collaborative effort,” Smith says. “We had input from fire prevention agencies on the workshop materials, and comments from homeowners through local Fire Safe Councils.”

Smith says one of the major goals of the plan is to get standardized wildfire threat reduction information to the public produced by collaborative interagency efforts. “To me, this is an excellent example of fulfilling this goal.”

Rod Collins, North Tahoe Fire District Chief, found the materials “extremely comprehensive, of excellent quality and very motivating to the audience. In terms of an aid to instructors, I haven’t seen anything on the topic that compares,” says Collins.

To obtain materials for your community, call Ed Smith, (775) 782-9960, smithe@unce.unr.edu

The caravan of pick-ups winds slowly through historic Ruby Valley, the quiet home of ranching families for as many as five generations. The 4-H Livestock Tour continues its tradition of youth demonstrations for proud parents and neighbors.

“We’re raising kids, not animals,” observes Pam Morrison, 10-year leader of the Ruby Valley 4-H Club, a group which has raised and shown sheep and beef since the 1930s. “The youth learn about livestock production, but they also gain self-esteem, a life-long attribute.”

It’s amazing to see the progress of these young people, says UNCE Livestock Specialist Ron Torell, program coordinator with 4-H Assistant Myrna Fisher. “First-time speakers are usually very shy. They look down at their boots and stammer a lot, but then their confidence increases and in just a few years they’re giving polished presentations,” Torell adds.

Julie Morrison, a 19-year-old UNLV student, received her first heifer calf when she was nine and raised market steers in the 4-H program. “It motivated me to set goals and then try to meet them. What I want to do now is help market the agriculture industry,” says Julie, an intern with the Nevada Cattlemen’s Association.

Julie’s younger sister, Sara, would also like to sustain agriculture through marketing and advertising. It’s a good way to give back to the industry just a little bit of the learning experience she’s gained through the years.
African Americans have a 40 percent higher prevalence of cardiovascular disease — the No. 1 cause of death in America — compared to the general population. Experts say the best methods of prevention are physical activity and wise nutritional choices.

“Aquatic exercise is the favorite mode of exercise for our students, including those who are overweight, sedentary or who have orthopedic concerns,” said Karen Brown Gordon, UNCE Instructor and Healthy Hearts administrator. “The lack of gravitational pull and warm water make physical activity a lot easier.”

Healthy Hearts educates the Clark County Faith community through monthly radio talk shows, newspaper articles, Sunday sermons, Sunday bulletins, church newsletters, workshops and activities. Heart-healthy recipes are also distributed to churches and healthcare facilities.

Increased physical activity is encouraged through “Under Construction: Rebuilding of the Body.” Participants learn physical activities such as walking, social dance, African dance, Tai Chi Chuan, chair/wall/band strengthening exercises and flexibility/relaxation movements. Walking clubs have been launched where participants walk an imaginary journey with incentives earned as points when goals are accomplished.

Workshops are also offered on the risk and prevention of diabetes and hypertension; these also include physical activities.

HEALTHY HEARTS IMPACTS

- More than 100 surveys taken after a diabetes workshop show a significant increase in respondents recognizing that losing weight decreases the risk of diabetes.
- Changes in healthy behaviors include a greater percentage of participants trimming fat from meat before cooking.
- The percent of participants walking has increased.
- Participants are monitored for a two-year follow-up to see if new behaviors are maintained.

For more information, contact Joyce Woodson, (702) 222-3130, woodsonj@unce.unr.edu
At the end of the Nurturing Partners class at Clark County’s Foothill High School, Mary Rector asked her students as part of their final grade, “Tell me what you learned?”

Her students replied, “Breastfeeding sounds like the best choice for babies;” “Now I know what age to start a baby on solid foods;” and “I’ll really use that list of emergency phone numbers!”

Nevada’s teen pregnancy has consistently ranked among the highest in the nation. Nurturing Partners’ goal is to help pregnant and parenting teens, ages 10-19, make good lifelong decisions for themselves and their babies by developing critical thinking and decision-making skills.

UNCE collaborates with high school counselors to educate males and females who are expecting or are already parenting teens. “This way, with help from the Area Health Education Center, we can target the zip codes and high schools most at risk,” comments Maria Lopez-Harris, Community Instructor.

The program also conducts home visitations to reach the most vulnerable pregnant teens. Trained nutrition instructors provide personalized, interactive lessons. They teach proper nutrition, medical care benefits, financial facts and breastfeeding information. “It’s important that these young parents-to-be realize that buying formula is more important than other purchasing choices they could make;” says Lopez-Harris.

UNCE Registered Dietitian May Tang explains nutritious infant feeding to teen mom Teniesha Travis in her home. (Photo by Jean Dixon)

NURTURING PARTNERS FAST FACTS

- Classes run from three to eight weeks, depending on the need.
- More than 2,000 students from eight schools have participated in the program, with an additional 300 in community centers.
- Students taking pre- and post-tests realized a significant improvement in nutrition knowledge.
- Program participants recorded no low birth weight babies (5 lbs. 5 oz. or smaller), and no infant mortalities.
Nuevas Familias

Erica Hermosillo had no family to lean on when she left Mexico after high school graduation. The 21-year-old Hispanic woman became pregnant after she and her husband settled in North Las Vegas. She was referred to Nuevas Familias, a Cooperative Extension parent education program for Spanish-speaking families. She formed a bond with her home visitor who taught her positive parenting and child health and development skills.

“I’ve learned about things I never imagined were dangerous, and I’ve learned how to be a good and responsible mother,” writes Hermosillo in Spanish. “I am so grateful to my home visitor because she was there to listen to me and answer my questions. She is more than a teacher; she is a good mom and friend.” Hermosillo is one of many young mothers who have learned skills to prevent child abuse and maltreatment through intensive parenting education. Partners in Parenting (PIP) is the umbrella for programs taught at homes, community centers, schools, Classroom On Wheels buses and libraries. Other offerings are Fun to Play, Children’s Literacy, Childcare Provider Training, SIDS (Sudden Infant Death Syndrome) awareness, and the Little Lives newsletter. RETHINK: Anger Management teaches youth and parents how to recognize and control anger with positive results.

“We’ve designed a tool box,” said Youth and Family Specialist Jo Anne Kock, program administrator. “Each card in the tool box, in English and Spanish, has a different situation which might trigger anger along with a possible solution. Parents and childcare providers use these scenarios for role-playing and find them very useful.”

Parents and children have fun together while making a take-home book that improves family literacy.

PARTNERS IN PARENTING FAST FACTS

- In 2002, nearly 300 PIP classes were taught, reaching more than 10,330 Spanish- and English-speaking people.
- Of this total, 60% were Spanish-speaking, 40% English-speaking.
- Classes are conducted in Las Vegas, North Las Vegas, Henderson, Pahrump, Overton, Logandale and Mesquite.

NURTURING FAMILIES

MANAGING ANGER

“Don’t Trip Out, Chill Out”

“Whenever someone bumped him, he would fight,” said Instructor Willie Daugherty about a student in the Don’t Trip Out, Chill Out program. “But by the end of the course he role-played this triggering, telling himself to ‘chill out’ because the bump was probably an accident.”

Empowering youth and families with education and real-life skills is the crux of Cooperative Extension’s anger management programs. In this instance, the young man was court-mandated to UNCE’s Project MAGIC (Making a Group and Individual Commitment) in southern Nevada. First-time juvenile offenders, ages 12 to 15, are taught how to recognize the physical signs of their anger along with identifying their anger style. Do they hold their anger in? Or do they immediately react? “Understanding how to recognize anger is the first step in controlling it,” observes Daugherty.

Positive self-statements and relaxation techniques are taught to assist teens in controlling the onset of angry feelings. They brainstorm definitions of stress and anger, take a stress/anger test and identify stress/anger triggers. They’re taught it’s OK to be angry — it’s part of the human condition. The youths’ parents are taught the same techniques. Don’t Trip Out, Chill Out and Project MAGIC have achieved these positive outcomes:

- The incidence of families insulting and yelling at each other decreased from 48% before the program to 29% after program completion.
- Participants saying “people in my family have serious arguments,” decreased from 41% before the program to 24% after graduation.

For information, contact Jo Anne Kock, (702) 222-3130, kockj@unce.unr.edu
Parents' shy, uncertain faces turn into smiles in less than two hours as they read books aloud with their children. UNCE Educator Binh O’Massey has a knack for putting people at ease and making learning fun — for both adults and children. O’Massey teaches parents how to read with their children, while at the same time, teaching parents, in the early stages of learning English themselves, English pronunciation and grammar.

Because there was a need for educating parents whose English skills are still developing, Cuentos en Familia was piloted in 2002. It’s an outgrowth of UNCE’s Family Storyteller program, which faculty Pat Behal, Sally Martin and Dan Weigel created five years ago to increase the amount and quality of time parents and young children, ages 3 to 7, spend together in literacy activities. Nearly one-quarter of Nevada’s population has inadequate literacy skills. In six workshops, parents are taught how to do literacy-boosting activities with their children.

Evaluations show the program increases the number of times parents and children read together and the enjoyment they derive from it. The children ask to be read to more, and look at books or magazines alone more often. UNCE conducts training sessions for other educators who, in turn, teach literacy skills to families in communities throughout the state.

O’Massey says Cuentos en Familia is working well. “Because the books are simple, parents can be learning English while learning how to read with their children,” she says. Parents report that after attending the workshops they are more comfortable and patient reading with their children. They’ve also noticed their children learning new English words.

For more information on Family Storyteller, logon to: www.unce.unr.edu/Western/SubWebs/FamilyStoryteller/Index.htm
here does Storey see itself in 2010?
Resident had a chance to dream during “futuring” forums in 2002 and 2003, and here’s what they’d like to do:

• Travel from Carson City to Dayton and Virginia City on the rebuilt, narrow gauge V&T Railroad.
• Visit the wild horse adoption and educational center near Virginia City.
• Enhance the Comstock historical district, including Piper’s Opera House.

“The momentum is building and citizens are committed to taking action,” says Mike Havercamp, UNCE State Specialist, Human Development and Family Studies, who with Tom Harris, UNCE State Specialist and Applied Economics and Statistics Professor, created a learning environment where residents determined their future was linked to a strong tourism economy. The university team included College of Business Administration Dean Mike Reed, who’s linking other faculty to the economic development efforts.

“This partnership with the university is so very important to what we’re doing,” says Andria Daley-Taylor, 22-year Storey County resident and national leader in the preservation of historic landmarks, who has been working to develop Piper’s Opera House.

“The outreach work Cooperative Extension does is very exciting, and Mike and Tom have been a gift to this community,” said Lacy J. Dalton, local resident and entertainer who “fell in love with Nevada’s horses” and established the Let ‘em Run Foundation to support wild horses and develop opportunities for tourism and education.

With this kind of community passion — coupled with help from the university — it’s very likely Storey County’s dreams will come true.
Beautiful mountains, mysterious desert sands, blue desert lake, brilliantly sparkling night skies, clean refreshing air, unspoiled hiking trails...all this and more awaits businesses relocating to Mineral County, where the “bottom line” is economic growth and a good quality of life.

The county has been hammered by mine closings and downsizing at the U.S. Ammunition Depot. It lost 37% of its population from 1997 to 2002, suffering a 57% drop in its tax base and a population plunge to 5,000. Families are at risk due to poverty, school dropout, isolation and lack of services.

“The people of Mineral County acknowledge they have serious long-term problems, but they are committed to finding serious long-term solutions,” says Jerry Buk, UNCE Central/Northeast Area Director who heads up a county needs assessment and will be hiring an Extension Educator housed in the county. Mineral accepted and funded UNCE program-ming in 2002, the last county to complete the circle of statewide education.

In January, 2003, 80 residents gathered for a town hall meeting and visioned a future built on their environmental strengths. They pledged to regain what has been lost economically and boost population back to 15,000. Nearly 200 Hawthorne youth met...
Creating consensus

When the steering committee met to review a Central Nevada Elk Plan in December, 2000, no one thought the diverse group of agencies, ranchers, sportsmen and tribal members would last. There were more issues than solutions — issues such as the impact of increased elk numbers on sage grouse and mule deer, ranching operations, private property owners, Native American cultural practices, wilderness areas, local economies and hunting practices.

“This has been one of the most intensely felt conflicts I’ve worked on in my 30-year career,” said Mike Havercamp, UNCE State Specialist who stepped in to facilitate consensus on a plan affecting a third of the state’s acreage.

“Several of our meetings were overwhelmed by controversy and progress was at a standstill,” observes committee chairman Charlie Cecchini, a long-time Tonopah businessman and sportsman. “But what Mike did was put opposing opinions into objective issues, enabling the committee to deal with them. He held the group together when members were considering resigning.

“I believe the process would have been abandoned in the first year had it not been for Mike,” he added.

Gregg Tanner, Nevada Department of Wildlife’s Game Division Chief, says, “Because of Mike, this group is now working on its own toward a successful end.”

A 2003 subcommittee report indicates that: “...this process, while arduous and sometimes very bitter, has initiated cooperation between agencies and ranchers.” It is not just an elk question, the report concludes, but a matter of respect and cooperation that is the key to future range health and the continued multiple use of public lands.

Shaping future water conflict managers

The story began 11,000 years ago during the Ice Age, when the Great Basin was covered by water from melting glaciers. As these thick sheets of ice melted, they formed a great prehistoric inland sea called Lake Lahontan...

Nevada school children explored the sculpturing of the state’s waterways and the adventures of early Native Americans soon after Calming the Waters: Learning to Manage Water Conflict in the West was published during summer, 2003. The amply illustrated, 128-page curriculum was immediately snapped up by Yerington Intermediate School and Pyramid Lake Junior and Senior High Schools.

“This teaching tool provides youth, ages 12 through 18, with the concepts, knowledge and skills to become our future leaders in addressing water issues and collaboratively managing water conflicts,” says author Loretta Singletary, Lyon County Extension Educator.

Adults too will be captivated by the activities of the Northern Paiute through early water conflicts to modern controversies on the Truckee, Carson and Walker rivers. By learning about the history, culture and motivations of early water users, the reader will better understand current water conflict and seek creative and lasting collaborative solutions.

For more information, contact Loretta Singletary, (775) 463-6541, singletaryl@unce.unr.edu

www.unce.unr.edu/publications/natural.htm, “water issues”