WAYS TO GET MORE EXERCISE

Set fitness goals · Carry your own groceries · Start a walking program · Volunteer for active chores · Use a stationary bike at home · Paint a mural · Plant a garden · Sweep or vacuum daily · Do sit-ups while watching TV · Fly a kite · Go canoeing · Rake leaves · Shoot some hoops · Wash your car by hand · Ride a bike instead of drive · On car trips, stop to stretch & stroll · Do pull-ups · Play table tennis · Contract your buttocks while waiting in checkout lines · Do salsa aerobics · Learn to dance · Roller skate · Tighten your stomach muscles while sitting · Play catch · Work out with fitness shows on TV · Do jumping jacks · Park away from your destination and walk · Lift hand weights while talking on the phone · Walk circuits around the shopping mall · Stretch while using the computer · Offer to help others lift & carry · Take a guided tour of your favorite museum · Redecorate · Go horse-back riding · Build a snowman · Answer the phone that's farthest away · Go swimming · Clean out the garage · Go on fund-raising walks · Play horseshoes · Take a nature walk · Go sledding · Walk on the beach · Go dancing · Walk your dog · Walk a neighbor’s dog · Turn your mattresses · Jump rope · Walk on coffee breaks · Organize office exercise breaks · Use the stairs, not the elevators or escalators · Learn to juggle · Take up karate · Ski · Do step aerobics · Go camping · Join a bowling league · Explore a state park · Play volleyball · Walk through the zoo · Play miniature golf · Go ice skating · Take light weights on business trips · Play Frisbee · Join a gym · At work, arrange to have walking meetings · Walk before dinner · Walk after dinner · Work in a community garden · Join active hikers’ or bicyclists’ groups · Pull weeds · Play racquetball · Join a neighborhood cleanup · Avoid drive-up windows · Stretch at your desk · Take a brisk walk at lunchtime · Mow your lawn with a push lawnmower · Do the dishes by hand · Learn to play golf · Row, row, row · Schedule family hikes or bike rides

Bringing the University to you

University of Nevada Cooperative Extension

2007 Program Highlights
The educational programs highlighted in this annual report are just a few of those offered daily by University of Nevada Cooperative Extension to help Nevadans improve their lives. These are some of the success stories from UNCE’s outreach to Nevada communities, as we fulfill our mission to discover, develop, disseminate, preserve and use knowledge to strengthen the social, economic and environmental well-being of people.

Karen A. Hinton
From the Dean

Welcome to UNCE! University of Nevada Cooperative Extension is a college that puts university research to work in your home, workplace or community. We’re in every corner of Nevada, helping you learn parenting skills, conserve your garden, improve your economic stability, and so much more. Explore our website and find many ways to make your life healthier and happier!

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Research shows heart disease is the leading cause of death for African Americans nationally and locally. In southern Nevada, the African American death rate from heart disease is higher than for any other racial or ethnic group.

The Healthy Hearts Project began in 2002 on a five-year grant from the Centers for Disease Control and Prevention. The project assessed the target community and identified residents’ health needs and the types of programs that could address these needs. University of Nevada Cooperative Extension’s (UNCE) Healthy Hearts Project then worked with the local faith-based community to deliver educational and awareness programs on heart disease to African Americans in southern Nevada.

“The project implemented programs to increase knowledge about heart disease and its risk factors among African Americans,” according to Joyce Woodson, principle investigator and UNCE nutrition specialist. The Healthy Hearts educational programs have been administered in over 60 churches and four senior and recreation centers in southern Nevada.

“Over the past five years,” added Woodson, “through 127 workshops, three women’s conferences, two physical activity festivals and 35 physician seminars, more than 6,000 people have been educated on how to improve their ability to reduce heart disease.”

One participant said, “The results of my blood test reflected that my cholesterol level was elevated to the point of having a stroke. The physician suggested that I follow a diet to lose weight and control my cholesterol. Due to The Healthy Hearts Program, I reduced 6 inches off my waist and I am now 30 pounds lighter. Thank you, Healthy Hearts for saving my life.”

Wrapping up its final year in 2007, the Healthy Hearts Project has given community members the information and skills they need to change their behaviors and lower their risk of heart disease. Some educational components of the program will remain, such as the “Food for Health and Soul” and “Hypertension: Stop It, Control It!” Also, “Choose to Move” will continue through the Community Partners for Better Health coalition.

Looking to the future, plans are underway for educational training to continue. Through physician seminars and community workshops, it will help its partners improve their ability to reduce heart disease among African Americans.
Nutrition in the garden

Would a pizza and salad garden, a stir-fry garden or a veggie soup garden interest your child in better nutrition and more physical activities? That is what Mariposa Academy students in Reno chose when offered an innovative program called Nutrition in the Garden by University of Nevada Cooperative Extension (UNCE) faculty.

More than 30 percent of children ages 6 to 19 are reported to be overweight by the Centers for Disease Control and Prevention. In response, UNCE nutrition, youth and horticulture specialists together piloted an innovative program aimed at lowering the risk of childhood obesity and diabetes. They provided one hour of instruction each week, January through May, to one fourth-grade and one fifth-grade class at Mariposa Academy in Reno.

“The nutrition focus was on the importance of vegetables and fruit in the diet, with an emphasis on the importance of vitamins A and C, and which foods contain these vitamins,” said Kerry Seymour, UNCE nutrition specialist. The students also tasted samples of a new fruit or vegetable each week.

In addition to learning about nutrition, the students learned about horticulture by growing their own plants indoors and in a school garden that they helped design and plant. They decided to plant eight themed gardens, including a sensory garden, a salsa garden, a pizza and salad garden, a veggie soup garden, a stir-fry garden, a native crops of America garden, a vertical garden and a bird and butterfly garden.

“The garden component was aimed at increasing the kids’ physical activity, as well as teaching them about horticulture,” explained Kerrie Badertscher, UNCE horticulture specialist. “This program really engaged the students. You could see them become more focused each week.”

They also learned about group decision-making and teamwork and used these skills throughout the program, with the help of Jackie Reilly, UNCE youth development specialist, and Michael Havercamp, UNCE mediation and group facilitation specialist. Lesson content was linked to the Washoe County School District standards in the language arts, science and math. Mariposa Academy’s students are 85 percent English Language Learners (ELL).

“The community has also really embraced the garden,” Badertscher said. Teachers, parents, UNCE Master Gardener volunteers, Truckee Meadows Community College students, the Centennial Sunset Rotary, the Boys & Girls Club and several local businesses chipped in to make the garden a reality. Tholl Fence, Legends Landscaping, Moana Nursery, Home Depot, K7 Construction and Western Nevada Supply all supplied labor or materials to make the garden a reality.

Before the program began, Karen Spears, UNCE nutrition specialist, conducted several baseline evaluations and pretests with the children. She tested their nutrition knowledge, had them keep a three-day food journal, measured their food intake at lunch and had them wear a pedometer for three days. Spears will do post-tests and evaluations with the children and compare the data.

“We are very eager to see the results of the post-tests and I am optimistic about the results,” Seymour said. “We can see the kids have learned a lot, and their enthusiasm for learning about nutrition and horticulture has skyrocketed.” She also credits UNCE staff members Trish Freed and Leigh Metcalfe for their great work with the students in the classroom.

The program was funded by the Nevada Trust Fund for Public Health, from Nevada tobacco settlement monies. Seymour has requested funds to continue the program next year and to add sixth-grade students to the program as well.
Gardeners in central Nevada are now learning tips for dealing with high desert climate—such as starting seeds indoors and choosing landscaping plants suited for their environment—thanks to some of the state’s newest Master Gardeners. Sandy Bertolino, Irene Carlyle, Mary Farris, Bette Fuchsel, Jane Logan and Pam Siri from Tonopah and Warm Springs were the first in their area to complete 50 hours of training—via interactive video. They started volunteering their time teaching workshops and answering questions in 2006. They also help organize the new Tonopah Farmers Market.

One of University of Nevada Cooperative Extension’s (UNCE) best-known programs is Master Gardeners, which reached 26,661 people statewide with objective, research-based horticulture information in 2006. UNCE trains local gardeners and works with them to disseminate safe, effective gardening information to their communities. In addition, the volunteers give their time to many community projects.

First, Master Gardeners receive formal training on horticultural topics. In northern Nevada, UNCE Master Gardener Coordinator Wendy Hanson offers 50 hours of springtime training in Reno and fall training in Carson City, which is videoconferenced to students in Gardnerville, Tonopah and Hawthorne. In southern Nevada, UNCE Master Gardener Coordinator Ann Edmunds, offers 70 hours of training in Las Vegas in the spring and fall, videoconferencing to students in Pahrump and Logandale. In 2006, more than 105 new Master Gardener volunteers were trained statewide.

After passing an exam at the end of the training period, newly trained Master Gardeners spend a minimum of 15 hours at UNCE offices answering horticulture questions from callers and visitors. In addition, they spend 20 hours on other gardening service projects and attend 15 hours of continuing education in a variety of gardening-related topics.

In order to retain their active Master Gardener status, each year Master Gardeners must donate 20 - 50 hours of service time and complete 10 - 15 hours of continuing education.

In addition to helping with several gardening programs, Master Gardeners put on several free gardening presentations each year. One popular series of presentations in northern Nevada is the “Gardening in Nevada” series held each Tuesday evening in February and March at Bartley Ranch in Reno. On average, more than 100 people attend each session. In southern Nevada, Master Gardeners teach a month-long, twice-a-week series of free gardening seminars in the spring and fall.

Master Gardeners in northern and southern Nevada also offer “hands-on” activities at the Nevada State Fair, the Clark County Fair and local home shows. The Las Vegas Master Gardeners are also organizing the 2009 International Master Gardener Conference that they will be hosting, March 22-26, 2009.

Master Gardeners will be looking toward even more social service opportunities. In addition to work in community gardens, school gardens, healing gardens and gardening programs for inmates and juvenile offenders, faculty and staff have implemented a new Junior Master Gardener program and will extend their outreach to groups that have had little or no exposure to horticultural programs.
Choosing the right plants for high fire hazard areas

Choosing plants for our yards can be a lot fun, with bright blooms and an array of greenery beckoning us in every aisle at the nursery. However, Ed Smith, natural resources specialist for University of Nevada Cooperative Extension (UNCE), reminds us that aesthetics aren’t the only issues to consider when choosing plants for our yards.

Smith and colleague JoAnne Skelly, UNCE Carson City / Storey County extension educator, recently published Choosing the Right Plants for Northern Nevada’s High Fire Hazard Areas. Smith and Skelly have worked extensively with homeowners to provide recommendations on how to make their homes safer from the threat of wildfire.

“‘It’s what a homeowner does before a fire ever threatens a home that often determines whether the home survives’,” Smith said. “‘Making appropriate plant choices is one thing that significantly increases the chances that a home will survive.’”

Smith said homeowners kept asking for a publication with plant recommendations. So, Smith and Skelly started by defining the criteria for what makes a plant suitable for high fire hazard areas, such as having a low-growing habit and lacking flammable chemicals. Then, Smith and Skelly collaborated with the Truckee Meadows Water Authority (TMWA), using its excellent landscape guide, which contained detailed information on many plants suitable for Nevada’s climate.

“We met with them and asked if we could use some of their plant descriptions and great photos that would be appropriate for our publication,” Skelly explained. “They were very willing to help out.”

The first printing of the publication was accomplished with funding from Carson City for design and layout and from the Bureau of Land Management for printing. For a free copy of this and other publications, check online at www.unce.unr.edu under ‘publications.’
In the face of a national crisis in civic engagement, Marlene Rebori, University of Nevada Cooperative Extension (UNCE) community and organization development specialist, started addressing the problem locally by teaching youth.

"Youth today are disconnecting at a higher rate than previous generations," she explained. "Civic habits are formed during the early teen years, so we only have a small window of opportunity to influence how engaged the future generation will be."

Rebori teamed up with Dehan Dominguez, UNCE community-based instructor at Pyramid Lake Paiute Reservation, located 50 miles northeast of Reno.

"Dehan is a member of the tribe and she was the key that unlocked the door to the community," Rebori explained. Rebori and Dominguez recruited seven Pyramid Lake Junior–Senior High School students to join an after school program. They loosely modeled their program after an international program, Project Citizen, which is a five-step program where youth:

• identify a problem in their community,
• gather and evaluate information on the problem,
• examine and evaluate alternative solutions,
• develop a proposed public policy to address the problem and
• create an action plan to get their policy adopted by government.

The teens at Pyramid Lake identified six public issues. They voted to work on a paved pathway that was needed through their community. The path will start at the high school; make a loop to the museum, the health clinic, the senior center and the Head Start program; and end up back at the high school. The youth pointed out that the loop walkway would benefit everyone because the reservation had no paved sidewalks.

The students developed a questionnaire and interviewed representatives from each group along the walkway to determine and develop community support. Results showed that everyone was supportive of the idea, so the students began planning the actual physical location of the walkway, using survey wheels and GPS units to map the proposed 1.25-mile path.

The next step was to get official support for the idea. Two of the students, Galen Barlese and Brent Stark, spoke to the school board, which proclaimed that it "fully supports the efforts of the youth and commends them for their dedication in this endeavor." Later, Galen spoke to the Tribal Council, which unanimously approved the use of their land for a paved walkway.

The students then generated some ideas about how to get the work on the path done, including working with the court system to allow community service volunteers to work on the path and having people pay a certain amount of money to put their handprints or names in blocks of the sidewalk.

"I think one of the most impressive ideas the kids came up with was the name for the path, ‘The Generation Roundabout Trail’ in English or ‘Nana Moa’a Tupa’ in Pauite," Rebori said. "They really want to connect their community and all of its generations with the path. That shows a real understanding of the idea of civic engagement – taking action that benefits and connects the entire community."

Galen has been hired by UNCE as the liaison for completing the walkway. A request has been submitted for a grant, which should cover about half of the cost of the trail.
University of Nevada Cooperative Extension (UNCE) has helped develop an enthusiastic new group in Lincoln County called the Lincoln Communities Action Team (LCAT). LCAT’s mission is to bring economic value and tourism to Lincoln County through the rural lifestyle. This group is made up of residents from one end of the county to the other, from all walks of life—county commissioners, town and city board members, service workers, retired individuals, youth and business owners. They have come together with a common concern, how to create jobs for residents of Lincoln County while maintaining the beloved rural lifestyle.

“Cooperative Extension first provided information to LCAT’s members,” explained Holly Gatzke, Lincoln County extension educator, “and then the group planned a path for success by bringing in experts from other communities to share their success stories on issues similar to the LCAT mission areas.”

From these discussions, many questions arose. By approaching the questions as a community group, many can be addressed to incorporate the wants, needs and thoughts of all residents. The questions and points brought out many of the thoughts and passions of the LCAT group, and now, LCAT will move forward by encouraging the communities and supporting businesses.

**LCAT’s objectives**

1. Encourage communication between the organizations, businesses and government entities within Lincoln County.

2. List and promote information on the activities, events, groups, organizations, businesses and meetings in the county to encourage coordination and communication.

3. Work with local businesses to achieve the group’s mission.

4. Identify issues and provide solutions to promote tourism, business development and economic stability. This could be achieved by acquiring funding, assistance, research and development to support community development and growth.

5. Recruit a broad base of members from businesses and the general public to share ideas and communicate results to the entire community.

6. Work with common interests groups but don’t overlap their activities.
Teaching
Range Management School

Water and weeds top Nevada agriculture issues

Water and weeds are top concerns for Nevada’s agriculture producers, according to a statewide survey conducted by University of Nevada Cooperative Extension.

Top priorities in order of importance were:

- Legal considerations for water rights protection (91%)
- Impacts of water transfers within and outside basins (89%)
- Impacts of water rights sales (87%)
- Impacts of environmental regulations on water use (83%)
- Noxious weed identification and control (83%)

Complete results of Nevada Agriculture Producer Needs Assessment are available free online at www.unce.unr.edu as Educational Bulletin-06-02.

Workshops focus on sustainability

University of Nevada Cooperative Extension (UNCE) leads a team of educators teaching a Range Management School (RMS) curriculum across northern and central Nevada. Modified from a Colorado program, RMS uses sound science, collaboration and common sense within a unified message by a team of interdisciplinary instructors. The curriculum includes sections on grass growth/physiology, principles of timing and duration of grazing, grazing plan strategies, riparian area management, grazing response index, animal nutrition, livestock behavior, ranch management examples, monitoring by permittees and more.

According to Kent McAdoo, UNCE rangeland resources specialist, “This workshop, focusing on sustainability, is designed to put ranchers and agency range conservationists on the same page, ensuring not only better forage available for livestock, but healthy, productive rangelands for wildlife, recreation and other uses.”

Since December of 2005, eight workshops have been held and reached 173 participants in Eureka, Fallon, Winnemucca, Elko, Ely, Jackpot, Paradise Valley and Pioche, Nevada.

During 2006, 92 percent of RMS workshop participants responding to an evaluation survey indicated that they intended to use the information they learned. Based on follow-up surveys, 97 percent of respondents indicated that they would incorporate some or all of the workshop material into their operation/job, and similarly, 97 percent said they would attend future RMS workshops.

For a mid-term program evaluation six months after the workshops, participants were mailed a follow-up survey to evaluate how useful the information received at the workshop had been to them, and how much they incorporated into their operation/job. Approximately 71 percent of the respondents said that they have incorporated some or a great deal of the information they received in the workshop in their current operation/job.

Other teaching partners in this educational effort include the Nevada Department of Agriculture; Bureau of Land Management; U.S. Forest Service; Natural Resources Conservation Service; University of Nevada, Reno’s College of Agriculture, Biotechnology and Natural Resources; and the Nevada ranching industry. Funding and promotional assistance for the Nevada Range Management School curriculum and workshops was provided by the Grazing Lands Conservation Initiative (GCLI), Sustainable Agriculture Research & Education (SARE), Nevada Rangeland Resources Commission, Central Committee of Nevada State Grazing Boards and the USDA Risk Management Agency.
What happens to productive agricultural land when water rights are removed from the land? Damage to irrigation infrastructure, drop in land values and severe environmental damage is common.

“Two major environmental problems occur,” according to Jay Davison, University of Nevada Cooperative Extension (UNCE) forage and alternative crops specialist. “The loss of existing crops leaves land bare and bare ground produces massive dust problems or noxious weeds take over.”

From dewatered land to alternative crops that survive on limited water, experiments are underway to address the real and complex water and agriculture issues facing Nevada. The experiments are a joint venture with UNCE, Natural Resources Conservation Services and the Lahontan Conservation District.

Revegetation experiments to reclaim land where the water rights have already been sold are showing promise in Churchill County, although this is an expensive solution.

“The irrigation infrastructure is lost once the water is gone, so reclamation becomes more expensive and more difficult,” Davison said. “Previous work indicates it takes two years to establish native grasses and shrubs to hold soil and slow wind velocity, so we have started working with a developer and a rancher in advance of the water being taken off the land.” Fifteen different species of grasses and shrubs were planted in two locations in fall 2006 and will be evaluated in fall 2007.

Experiments with alternative agriculture crops that use less water and are economically viable are also underway. Examples include an experimental nursery stock project where various types of trees and shrubs are being grown in the desert climate and a trial of hybrid poplar trees that may be used as bio-fuels.

Tef seed and hay were harvested from over 300 acres in 2006, and yielded 4.6 tons per acre of forage and from 600 to 1800 pounds per acre of seed. The forage was marketed as high-quality horse hay for an average price of $140 per ton ($644 per acre) while the seed sold for $.35 per pound, plus 3 tons per acre of straw valued at $65 per ton ($720 per acre). Both enterprises equal or exceed the average income from alfalfa hay in Churchill, Eureka and Humboldt counties and reduced water use by about one-third.

In addition, multi-year efforts in establishing a premium wine grape enterprise have resulted in the planting of approximately 13 acres along with the establishment of Nevada’s only estate vineyard and winery and the first large-scale marketing of wines produced totally from Nevada-grown grapes. The production required one-third as much water, and retail values of the wine produced ranged from $31,200 to $52,000 per acre.

“In low water years, alternative agriculture crops keep ranchers in business and keep our rural counties viable,” Davison said. “Nevada is the driest state in the nation and we should be leading the nation in efficient water use.”
Do you live in a watershed? Only 20 percent of northern Nevada residents answered “yes” to this question in a June 2006 survey authored by Susan Donaldson, University of Nevada Reno (UNCE) water quality specialist.

“The fact is, we all live in a watershed, and our daily activities affect the water in our rivers, streams and lakes… as well as the cost and difficulty of providing good drinking water from our faucets,” Donaldson said. Yet, most of the 506 survey respondents didn’t feel that their household activities were a major contribution to water pollution.

To help northern Nevadans learn more about protecting their water and watersheds, Donaldson teamed up with a local network television affiliate to provide a segment in the weather report of a weekly evening newscast and developed an accompanying informational website where viewers could go for more information on water quality.

“We know that more people tune in to the weather report on television than any other segment of local news programs. This approach brings environmental information into the public’s living room in a cost-effective, user-friendly way, effectively turning the TV weather report into a useful local environmental report,” Donaldson said.

To accomplish this ambitious goal, Donaldson turned to several important partners, who not only worked many hours providing content for the website and suggestions for the program, but also contributed much needed funds, $195,202 for the two-year project. These partners include the Nevada Division of Environmental Protection, the Nevada Department of Transportation, the Cities of Reno and Sparks, Carson City, Washoe County and the Regional Water Planning Commission.

The final piece of the puzzle came into place when KRNV News 4 agreed to come on board, providing “Water Wise Wednesdays,” a live, 2-minute segment in the main weather block of the 5 p.m. news each Wednesday. In addition, they are linking to the Water Wise website, http://krnv.iewatershed.com, from their home page.

A launch party was held June 26, 2006, and from August to mid-November, Donaldson arranged for 15 Water Wise Wednesday interviews with local water quality experts, appearing in six of the segments herself. Because these interviews were conducted live and outdoors during the 5 p.m. news broadcast, they were suspended during the cold, dark winter months and resumed in mid-April 2007.

Donaldson will conduct another survey of area residents this summer to assess their water quality knowledge. In the meantime, the partners are very pleased to be a part of the project. “This valuable resource provides a wealth of water information,” said KRNV Chief Meteorologist Jeff Thompson, “including the location of your watershed, snow pack measurements, river and lake levels and a host of conservation tips and facts to help everyone do their part to keep our water flowing and clean. We hope that everyone enjoys this valuable tool and uses the information to better protect and enjoy this precious natural resource.”
Lake Tahoe is one of the clearest, large subalpine lakes in the world and much is being done to protect its famous blue waters. Not only is the lake itself a precious resource, but the entire Lake Tahoe environment is an example of nature’s beauty at its finest.

University of Nevada Cooperative Extension (UNCE) and University of California Cooperative Extension (UCCE) have been addressing natural resource issues to protect and preserve the area for future generations. They have collaborated with each other, natural resource agencies, local governments and homeowners to provide information on things such as how homeowners can help protect the lake and protect their homes from the threat of wildfire. Last year, both universities decided to reassess the natural resource-related needs of Lake Tahoe and brainstorm ideas for addressing them.

John Cobourn, UNCE water resource specialist, and Susie Kocher, UCCE natural resources advisor, teamed up to interview more than 35 scientists, natural resource managers and agency staff over a three-month period. They gathered ideas for public outreach, education and applied research to help address six natural resource issues: water quality, sustainable use of natural resources, wildfire, invasive species, air quality and youth development focusing on environmental education. The results are published in an 18-page document, *Natural Resource Issues in the Lake Tahoe Basin: An Extension Needs Assessment*.

In the assessment and based on participants’ discussions, the authors defined each issue, told what is being done to address the issues and discussed other things that can be done to address the issues. Finally, they included possible roles that Cooperative Extension can play in addressing the issues.

“Some innovative ideas were brought to light through the assessment,” said Cobourn. For example, one idea was to produce a video for the public that traces the pathways of polluted runoff from private properties far from Lake Tahoe to where the runoff reaches the lake. The universities will take the lead on carrying out some ideas, and act as catalysts to stimulate collaborative work on other ideas. “We really want to include other agencies and individuals in our program planning,” Cobourn explained. “We will invite members of the community to share their ideas about how to address the needs identified in this assessment.”

Cobourn emphasized that it’s really all about preserving the precious Lake Tahoe environment. “It is up to all those who live and work here to improve our stewardship of our air, water, forests and home sites. If we do so, we will be able to pass the legacy of Tahoe’s beauty on to future generations,” he concluded.
When 50 Beatty Elementary School students gathered for the New Faces, New Places program, some were really excited about starting an animal project, according to Craig Vantine, Beatty Elementary School principal. However, the new 4-H club settled on three projects—cooking, scrap booking and sports and leisure.

University of Nevada Cooperative Extension’s (UNCE) New Faces, New Places is a new, innovative leadership development program geared towards youth between the ages of 8 and 19 who are exploring 4-H for the first time. The new curriculum gives youth a great insight into the fun and benefits that the 4-H experience brings. The UNCE 4-H team directs the activities for after school programs, in-school workshops, 4-H community clubs, various camps and short-term projects.

“Since January 2006,” explained Walter Barker, UNCE 4-H youth development specialist, “60 children from 10 elementary and four middle schools participated in the New Faces, New Places program with one new 4-H club initiated at Beatty Elementary School.”

The New Faces, New Places program is a 12-week 4-H educational experiential learning program (Learning by Doing) in animal science, home arts, health and fitness, plant science, aerospace and technology. This program provides opportunities for youth with no prior 4-H experience. They work in partnership with adults as they develop life skills, such as positive self-concept, inquiring minds, healthy interpersonal relationships and sound decision making, which will help them to become healthy, self-directing and contributing members of society.

In partnership with the City of Henderson, the Clark County School District, some local churches, the military and the City of Las Vegas Recreation Centers, UNCE 4-H staff delivered this program to more than 1,800 youth and adult volunteers between January and June of 2007.

For more information on New Faces, New Places, contact Walter Barker, area extension specialist, 4-H and youth development, at (702) 257-5538 or email barkerw@unce.unr.edu.
University of Nevada Cooperative Extension’s (UNCE) Lifelong Learning Center in Las Vegas has a special feature designed to demonstrate its commitment to the community and the environment. Cooperative Extension worked with Bombard Electric, the Local International Brotherhood of Electrical Workers, the Joint Apprenticeship Training Center and Nevada Power to design and build a solar energy generation project for the new Las Vegas facility.

Nevada Power provided a grant through their Solar Generations and Net Metering program to build a solar array (series of solar panels) to capture the abundant solar energy available in southern Nevada.

“The solar panels are a photovoltaic (PV) cell system that captures sunlight,” said Chris Brooks of Bombard Electric, “and converts it through a converter system into electrical power.”

The array of solar photovoltaic panels (or cells) was installed on the top of the employee parking structures that provide shade for vehicles. The parking shade structures were designed to hold the PV system, which efficiently uses the space on top of already planned building structures. This eliminated the need for additional structures and space to support the solar system.

“The 30 kilowatt system at the UNCE Lifelong Learning Center,” added Brooks, “was designed to provide approximately 65,000 kilowatt hours of electricity to the building and the power grid every year.” The energy that is generated by UNCE’s PV array will be used by the facility and provide a decrease in conventional energy use.

“Given current electricity rates,” said Maria Ryan, natural resources specialist for UNCE, “we estimated we saved about $6,100 during the first year in energy costs. As conventional energy costs rise, cost savings will also rise. And when the solar energy isn’t being used, say on weekends, it will be sent into the power grid and our closest neighbors in the vicinity will use this extra power.”

“UNCE is working to obtain further funding to expand the system,” added Ryan. Additional renewable energy could certainly be added to the facility at a later date to further decrease the facility’s use of conventional energy sources.

Cooperative Extension is proud to be among the leaders in the Las Vegas area that are implementing conservation measures, which can be seen in the design and construction of the new Lifelong Learning Center.
Several southern Nevada teens arrived during a January blizzard at the Nevada State 4-H Camp at Lake Tahoe to attend 4-H ambassador training, and some had never seen snow.

“These teens didn’t have a concept of dressing warmly with waterproof boots, gloves and hats,” said Lori Leas, Clark County 4-H instructor. “But they all had a good time, once they warmed up!”

Nevada’s State 4-H Camp at Lake Tahoe opened for year-around use for the first time in 2006 with its first two-story, environmentally-friendly cabin. The building sleeps 60 and meets national standards for high-performance and sustainability. An application will be submitted for it to become a Gold Level LEED (Leadership in Energy and Environmental Design) certified building. Constructed under the strictest environmental rules, the “green” building exceeds code requirements by 50 percent, which means fuel bills should be cut in half.

The State 4-H Camp provides a living and learning environment in a natural setting where 4-H and other youth groups learn life, leadership and citizenship skills. It was opened by University of Nevada Cooperative Extension in 1939, one year after Mr. and Mrs. William Rabe sold 30 acres of heavily-wooded, level ground to the Nevada Farm Bureau to establish a permanent camp to benefit Nevada children.

For more information or to reserve the camp for a youth group, go to the UNCE website at www.unce.unr.edu.
A year ago, I probably would have thought ‘I can’t live my life without marijuana,’ and I probably would have gone down the wrong path,” admitted Katherine Duffy, 16, of Lovelock, Nevada. “When I finished the program, I was just a changed person; a smile on my face all the time. And it was all thanks to Project MAGIC.”

As a 2006 Outstanding MAGIC Graduate, Duffy exemplifies Project MAGIC’s ability to create positive endings for Nevada teens who have made poor life choices.

A University of Nevada Cooperative Extension (UNCE) program, Project MAGIC (Making a Group and Individual Commitment) was established by Area Youth Development Specialist Marilyn Smith and State Youth Development Specialist Bill Evans in 1995. The program is dedicated to giving troubled teens a second chance and offering hope for a better future.

In the past decade, Nevada’s Project MAGIC has gained national recognition and been awarded many high honors. Most importantly, the program has taught approximately 3,000 Nevada juvenile offenders important life-skills.

MAGIC’s success in preventing the repeat offender cycle is based on the program’s ability to teach critical skills, assisting teens in becoming productive members of society. MAGIC participants, ages 12 to 18, practice positive communication skills, problem-solving, decision-making, self-responsibility, conflict resolution and goal setting. Groups of 10 to 12 meet a few times per week for two months to learn these life-skills through involvement in projects designed to benefit their community. Parents or guardians of MAGIC participants are also taught effective communication skills.

Project MAGIC currently serves nine Nevada communities, including a Native American Reservation and the Las Vegas area. Significant incarceration declines have been realized since the program’s implementation, saving taxpayers an estimated $15 million in incarceration costs and accounting for Project MAGIC’s commended success.
University of Nevada Cooperative Extension’s mission is to discover, develop, disseminate, preserve and use knowledge to strengthen the social, economic and environmental well-being of people.

Here are just a few examples of how we fulfilled our vision last year:

- Faculty earned 14 regional and national awards.
- Faculty and staff made 686,426 face-to-face contacts with children, youth and adults throughout Nevada.
- Faculty published 135 fact sheets, educational bulletins and other publications.
- More than 1.1 million individuals visited our website last year, an average of 3,000+ per day.
- More than 1,700 newspaper, magazine and professional periodical articles were published about UNCE.
- Master Gardeners made 26,661 contacts.
- 1,754 trained volunteers helped with UNCE outreach.
- Grants received totaled $2,252,279.
Office of the Dean

The educational programs highlighted in this annual report are just a few of those offered daily by University of Nevada Cooperative Extension to help Nevadans improve their lives. These are some of the success stories from UNCE’s outreach to Nevada communities, as we fulfill our mission to discover, develop, disseminate, preserve and promote knowledge and resources from a land-grant institution.

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Welcome to UNCE!

University of Nevada Cooperative Extension is a college that puts university research to work in your home, workplace or community. We’re in every corner of Nevada, helping you learn parenting skills, conserve water in your garden, eat economically.

Explore our website and find many ways to make your life healthier and happier.

Further Edmunds Cooperative Extension stories are featured at www.unce.unr.edu.

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