

# Nutrition not just calories

We hear so much about nutrition -- how important it is. But what is it? Simply, nutrition is the food you eat and the way the body uses it -- to live, to grow, to have energy for the many things you do, and to support good health.

Good nutrition helps you feel good and look good. And it all starts with good food -- food that not only tastes good, but if wisely chosen, is also good for you.

Food is made up of many basic substances or chemical (nutrients) which your body must have constantly to keep fit. These nutrients (about 50 or so in all) include protein, carbohydrate, fat, vitamins, minerals and water.

Nutrients serve three major functions:

1. Supply energy for active and warmth
2. Provide for growth and repair of body tissues.
3. Help regulate the many complex processes of the body.

**PROTEIN** is required to build, maintain, and repair body tissues as well as assist with other body functions.

**CARBOHYDRATES** (starch and sugar is important not only because it is our least expensive source of energy, but it also helps the body fat efficiently).

**FAT:** is our most concentrated source of energy. But many doctors feel most Americans eat too much fat. Maybe you should check how much fat you are eating.

**VITAMINS and MINERALS:** are the regulators of the body. Some minerals are also necessary in building bones, teeth and red blood cells; but neither vitamins nor minerals supply energy.

**WATER:** is absolutely essential for life. You can live longer without food than water. It is an important part of every cell of your body -- in fact it accounts for about two thirds of your body weight. It serves many vital functions: carries nutrients to and waste from cells in the body, aids in digestion and absorption of food and helps regulate body temperature.

**CALORIES:** are of concern to many people, but they are not a nutrient -- they are a measure of energy. No matter from which source -- carbohydrate, fat or protein -- if you take in more calories (energy) than you use, the excess energy will be stored in the body as fat. You need only the number of calories from food that your body uses each day. In controlling weight, it is indeed calories that count.

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# Focus on Seniors

Senior citizens from all areas of Clark County enjoyed good fellowship and beautiful weather at the Senior Citizen Picnic May 18 at Paradise Park. Several hundred seniors participated in the event which was conceived and planned in EOB's Senior Center.

Bill Haynes, former Vista Volunteer in the EOB Senior Opportunities Program, came up with the idea of the picnic as a special feature for May, Older Americans' Month. As program director, he spearheaded the planning. SOS Program Director Hazel Geran and Vistas Mary Burns and Teri Stiner assisted.

Entertainment was by the ARRP Swingin' Ramblers, the Bell Family Singers and Helen Koellben, who concluded the events of the day with a solo. The pie-eating contest found no takers among the seniors, so youngsters consumed the cream pies with gusto. First prize in the cake-baking contest was won by a man, who entered a mountain-butter cake. Barney Smith auctioned off the cake entries, with the money raised defraying expenses of the day. A short program of square dancing was presented, and there was bingo and other contests and games. Vera Olson won the fashion parade for her period costume, with Billy Bryan taking second place.

Keith and Bess Bash, Bob McCachren, Phil LaLoggia, Lou Zielenski and the drivers from the Transportation Program assisted in making the day a success. Prizes were supplied by Pat Ginn's Chinese Kitchen, Showboat Hotel, Kentucky Fried Chicken, Hadlan's Nursery, Union Plaza Hotel. Sunrise Travel Club, Papa Renato's Italian Restaurant, Alpine Village, Straw Hat Pizza Parlor, Hazel Geran and Jacquelin McKinney.

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All members of the community are asked to take part in the "Take a Senior to Lunch" gala event set for May 29 at the Sahara Space Center, as the climax to Senior Citizen Month. Call the EOB Senior Center for full information about purchasing tickets as that senior citizens can attend the festive luncheon on this big day. The EOB Senior Center will be the pick-up point for transportation to the luncheon and also to the Boulevard Mall on the special senior days May 27 and 28. Don't forget the senior's trip to Zion National Park on May 28. Telephone number for the EOB Senior Center is 648-3280- ext. 85.

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# AIDES IN ACTION



Soil samples taken within Nevada and submitted by Nevada citizens are tested free of charge by the University of Reno.

A good soil test will determine the salt concentration of the soil and relate to salt injury of plants. Alkalinity and sodium hazards can be identified and proper remedies can be applied to resolve the problem.

Leaching will remove most salts from the soil, but if sodium is the problem, chemical additives such as gypsum, sulfur or sulfuric acid as applied to the soil before you leach.

If you do have a salt problem, leach at least twice a year to remove the salts. For each foot will leach out half of the salts, 12 inches will leach out 80 percent of the salts and 24 inches of water will leach out 90 percent.

When you do water your gardens and trees, use enough water for your plants' needs, plus extra to leach salt out of the root area.

You can call 385-6411 for a soil sample application for to come to our office at 953 Sahara in the ST&P Building, Room 207 and pick one up.

The programs of the Nevada Cooperative Extension Service are open to all.

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