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SURVEY

41% of Nevada high school students engage in healthy behaviors to lose weight or keep from gaining weight

SAYS WHO: The Centers for Disease Control and Prevention reported that the results of their 2005 Youth Risk Behavior Surveillance survey showed that only 39.8 percent of high school students nationally engaged in healthy behaviors to lose weight, such as eating less food, portions with fewer calories or low-fat foods. In addition, 37 percent watch at least three hours of television daily during the school week and only 20 percent had eaten fruits and vegetables at least five times daily during the previous week. The research was based on a survey of health-risk behaviors such as tobacco, alcohol and drug use, and dietary, physical activity and sexual behaviors among 13,953 ninth through 12th graders from every state. Nevada ranks low on the obesity scale, with only 21 percent of its adult population considered obese, but nationally, the rate of overweight children and adolescents is on the rise.

Ten healthy eating tips

1. Don't skip meals. Make time to eat breakfast, lunch and dinner.
2. Eat calcium-rich foods. Teens need the equivalent of three cups of low-fat or fat-free milk every day.
3. Drink water and avoid soft drinks, fruit drinks and sport drinks.
4. Eat a minimum of 1.5 cups of fruit and 2.5 cups of vegetables every day.
5. Eat a minimum of 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
6. Be a smart snacker. Carry a nutritious snack (e.g., fruits, vegetables, nuts, pretzels or popcorn).
7. Use the Nutrition Facts food label to compare foods and beverages.
8. Avoid any diet that greatly restricts either the types or amounts of food eaten, unless prescribed by a health professional.
9. Eat with your family.
10. Avoid reading or watching television while eating.

— Jamie Benedict, associate professor, Department of Nutrition

NUMBERS

Population growth: the *new* Top 10 states

July 1, 2005 to July 1, 2006

After holding the "fastest-growing-state" title for 19 years, Nevada dropped to second place. According to census figures for the year ending July 2006, Arizona took the top spot with the help of migrating Californians seeking affordable housing.

TOP 10 FASTEST-GROWING

State	Percent Change
1. Arizona	3.6
2. Nevada	3.5
3. Idaho	2.6
4. Georgia	2.5
4. Texas (tie)	2.5
6. Utah	2.4
7. North Carolina	2.1
8. Colorado	1.9
9. Florida	1.8
10. South Carolina	1.7

TOP 10 NUMERIC GAINERS

State	Change
1. Texas	579,275
2. Florida	321,697
3. California	303,402
4. Georgia	231,388
5. Arizona	213,311
6. North Carolina	184,046
7. Washington	103,899
8. Colorado	90,082
9. Nevada	83,228
10. Tennessee	83,058

Source: U.S. Census Bureau
<http://www.census.gov/Press-Release/www/releases/archives/population/007910.html>

NUMBERS

TONIGHT'S HOMEWORK

Help us find a film that says *Nevada*

This is our second contest. Before we talk about the readers who won the first, it's time to whet appetites for another competition.

Nominate a film you believe most insightfully depicts an element of Nevada life. In 50 words or less, give reasons why the film (or scene in the film) deserves to be singled out from the throng. There are many related to Nevada to choose from in the hundred or so years of commercial film production — *The Misfits*, *Five Against the House*, *The Ox-Bow Incident* and *Ocean's Eleven*, for example. So have at it. The deadline for contest entries is Wednesday, May 23, 2007.

Submit ideas to silverblue@unr.edu, or send them via regular mail to: *Nevada Silver & Blue*, University of Nevada, Reno, Reno NV 89557-0108. Include a phone number where you can be reached, and tell us

your sweatshirt size (S, M, L, XL). If you're an alum, please include information on graduation year and major in your letter.

Judges include Emeritus Professor of English Robert Merrill, Deputy Director of the Nevada Film Office Robin Holabird and members of the *Nevada Silver & Blue* editing team.

Now, about the winners of the inaugural Tonight's Homework contest, which ran in the Winter 2007 *Nevada Silver & Blue*. Fifty readers took the challenge to be pseudo-authors of an imaginary Nevada history book covering 1987-2007. We asked for titles and received some interesting submissions (a total of 83, in fact). Here is a sample of the nonwinning entries:

HISTORY BOOK TITLE WINNERS:

- **Che' DeVol** '05 (English), So. Lake Tahoe, Calif. *The Rise of Modernity in a Venerable Land*
- **Melodie Harney**, Sparks, Nev. *State of High Velocity*
- **H.R. Panik** '76 Ph.D., Carson City, Nev. *Twenty Years of Fast Forward*

LOOK ONLINE

All entries are on our website, <http://www.unr.edu/nevadasilverandblue/>

- *Basque to the Future*
- *Had Enough? Hold On*
- *A Proliferative State*
- *Two Decades of eNVy*
- *Adventures and Growing Pains*
- *Wild Horses Couldn't Drag Me Away*
- *Hot, Snow-Capped and Battle-Born.*

Members of the *Nevada Silver & Blue* editing team, along with Emeritus Professor of History James Hulse '52, '58MA, judged the contest.

WIN THIS SWEATSHIRT!



Use your brain, win a sweatshirt. If the design shown here is not available at the time of judging, winners will receive a certificate good for the sweatshirt of their choice of a comparable price. Submissions not used will be posted online at <http://www.unr.edu/nevadasilverandblue/online/index.html>

SIGN, HERE

One of the fastest ways to experience something altogether different from the glitzy Las Vegas Strip is driving into the small town of Blue Diamond, Nev. On State Route 159, just 23 miles southwest of Nevada's largest city, is a village populated by nearly four dozen wild burros and 439 people. This sign reinforces the variable population of the free-roaming animal, whose numbers on the road swell when the burros anticipate motorists may have food to share. Photo by John Cratty '96M.S. (computer science), Columbus, Ohio.



SEEN AN INTERESTING SIGN IN NEVADA?

Shoot it (with a camera) and send it in: silverblue@unr.edu or *Nevada Silver & Blue*, MS108, University of Nevada Reno, Reno, NV 89557-0108. If we use your submission, we'll send you an enamel "N" logo lapel pin. Other submissions will be posted online at <http://www.unr.edu/nevadasilverandblue/online/index.html>