

Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



July - August 2020



Safety During Fairs

Northeast Colorado residents are looking forward to county fairs! Safety is extremely important, especially this year. Activities, animals, food, and other opportunities can lead to an emergency. Although you can't prepare for everything, these safety tips may reduce the risk of an emergency and allow for more fun!

General Safety Tips

- Dress Appropriately. Flip Flops and sandals are not the best option for fairs.
- Plan a Meeting Place if someone gets separated from your group. Create a plan for this possibility. Choose a place where everyone should meet just in case you are separated.

Safety for Livestock

- Be aware of the animals and your surroundings.
- Always ask before petting an animal.
- Never approach an animal from behind. Make sure they see you. Don't put your fingers or hands near or in the animal's mouth. They may bite!
- Wash your hands after petting animals or touching any stalls/gates and door handles.

Food Safety

- Wash hands before and after you eat.
- Make sure your food is cooked completely. Hot food should be hot and cold food cold.
- Use pre-packaged condiments.
- Don't leave food sitting out for too long. Uneaten food should be thrown away after 2 hours.

Health concerns

- Stay hydrated with water to cope with heat and walking. Sports drinks may help replenish electrolytes if you're sweating a lot.
- Be respectful of each other's space. Try to stay 6 feet apart from other people.

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GOLDEN PLAINS AREA
COLORADO STATE UNIVERSITY
EXTENSION

Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.

Summer Fun on a Budget

Summer is here! Activities may look a little different this year but that does not mean you can't have a blast and save a few bucks while you're at it. Instead of busting your budget on those big events, you can take pleasure in the small things. Take advantage of the warm weather and get outdoors! There are tons of fun, free ways to get you moving and soak up a little vitamin D!

Outdoors

1. Go for a hike! This doesn't mean you have to drive up to the mountains, but find a local area for a fun, adventurous way to get outdoors and explore. <https://www.colorado.com/articles/touring-northeast-colorado>; <http://www.gohikecolorado.com/eastern-plains.html>
2. Run through the sprinkler!
3. Have a water balloon fight.
4. Fly a kite.
5. Build a maze like the one seen here. <https://mothernatured.com/nature-play/build-a-maze-using-sticks/>
6. Create sidewalk chalk art! <https://www.goodhousekeeping.com/home/craft-ideas/g32266524/chalk-art-ideas/>
7. Set up camp in your backyard.
8. Toast up some yummy s'mores on a campfire.
9. Set up an obstacle course. <https://playtivities.com/obstacle-courses-for-kids/>
10. Go on a bike ride.
11. Create a rock garden.
12. Help a neighbor!
13. Go fishing.
14. Go on a scavenger hunt. <https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt>
15. Go for a run or take your workout outside.



Inside

Is it a little too hot to spend time outside? Or do you just need a little break and some air conditioning? Here are a few more great options to have fun during the summer while staying cool inside your home.

1. Board game night!
2. Try out a new recipe. <https://www.thekitchn.com/a-week-of-budget-friendly-summer-meals-from-leanne-brown-222501>
3. Check out the Dollar Store! They have tons of fun things to keep you busy during the summer that won't break the bank.
4. Read a new book series.
5. Have a family movie night.
6. Play some Minute to Win It Games. <https://www.thechaosandtheclutter.com/archives/family-fun-night-minute-to-win-it>
7. Have a painting or drawing night.
8. Put on a skit. Write out the script or find a fun one online!
9. Learn a new skill on YouTube.
10. Build a blanket fort.
11. Write letters to family and/or friends.
12. Have a dance party in your living room!
13. Make homemade slime or playdough.
14. Reorganize your closets.
15. Start a journal.



Summertime does not mean having to take out a second mortgage on your house just to enjoy yourself! These fun, budget friendly options will give you loads of fun while also being able to spend great time with the family or solo!

Credit Reports are Now FREE



Many people are feeling anxious about their financial health during these uncertain times. That's why the three national credit reporting agencies are giving people weekly access to monitor their credit report — for FREE.

This is some helpful news, because staying on top your [credit report](#) is one important tool to help manage your financial data. Your credit report has information about your credit history and payment history.

It also includes information lenders, creditors, and other businesses use when considering loans or credit accounts.

It's now easier than ever to frequently check your credit because everyone is eligible to get free weekly credit reports from the three national credit reporting agencies: Equifax, Experian, and Transunion. To get your free reports, go to [AnnualCreditReport.com](https://www.annualcreditreport.com). The credit reporting agencies are making these reports free for the next year.

If you are one of the many Americans struggling to pay your bills right now because of the Coronavirus crisis, here's what you can do:

- [Contact the companies you owe money to](#). Ask if they can postpone your payment, put you on a payment plan, or give you a temporary forbearance.
- **Check your credit report regularly** to make sure it's correct — especially any new payment arrangements or temporary forbearance. The recently passed CARES Act generally requires your creditors to report these accounts as current.
- **Fix any errors or mistakes** you find on your credit report. Notify the credit reporting agencies directly. You can find out more by reading [Disputing Errors on Credit Reports](#).

Find more advice and tips on handling the [financial impact of the Coronavirus](#), and subscribe to the [FTC's Consumer Alerts](#).

Adapted from: https://www.consumer.ftc.gov/blog/2020/05/credit-reports-are-now-free-every-week?utm_source=govdelivery

What is a Credit Report?

A Credit Report is a document that contains records of your credit accounts and payment history from your lenders. Most credit information is reported to credit bureaus. Credit grantors are allowed to review your report to determine if they will give you credit. Credit reports contain identifying information (name, address, birth date, Social Security number, etc); credit information and payment history (credit accounts, loans from banks, credit cards, retailers); public record information (bankruptcies, liens, judgements); and inquires (who has looked at your credit report). Positive credit information stays on your report indefinitely or for 7 years after no new information is reported. Negative information stays for 7 to 10 years.

Why get my Credit Report regularly?

- \$ To detect fraud early
- \$ To be informed about information on your report
- \$ Inaccurate information can harm your credit rating

Resources:

<https://www.consumer.ftc.gov/articles/understanding-your-credit>

<https://www.consumer.ftc.gov/blog/2020/04/managing-your-bills-during-covid-19>

<https://www.consumer.ftc.gov/articles/0151-disputing-errors-credit-reports>



Benefits of Hiking and Camping



Physical Activity – Hiking is a great full-body workout. It works all your muscles improving strength in your legs and improving your balance by using other muscles. Hiking also can decrease your risk of respiratory problems.

Mental Health – A great way to boost your mood and reduce stress is to be in nature. Studies have shown that experiencing nature can calm anxiety, lower your risk of depression, and improve your senses.

Relational Health – Hiking and camping are great activities for groups. Going with a friend, neighbor, family member, or group can strengthen and improve your relationships with those people.

Safety

Although being out in nature can provide you with multiple health benefits, nature is unpredictable and there are many safety risks. Before heading out, it is important to plan your hiking or camping trip. Proper planning and preparation can help reduce your chance of experiencing an emergency.

Know your limits – If you're new to hiking, it's best to choose short, easy hikes. Unfamiliar elevation, heat, or humidity can significantly impact your body even if you are an experienced hiker. Before you start packing for the trip, you need to know how much you can carry.

Plan, Plan, Plan – Research the trail before, and pick one appropriate for everyone in your group. Leave a plan with a friend or relative who is not going with you. Let them know when you will be back or when you will call them. This information can help search and rescue teams in an emergency. If you're taking a longer hike or are camping for multiple days, contact the local ranger service to let them know when and where you will be camping. Some places may require a permit so they can keep track of everyone. Don't forget to have an emergency plan. Cell phones may not work and searching for a signal can drain its battery. Turn off your cell phone or switch it to airplane mode to help save the battery for when you really need it. If you plan on hiking or camping a lot, a personal locator beacon or a satellite phone would be extremely beneficial in an emergency.

What to bring – Always pack the 10 essentials.

- Navigation – A trail map and a compass can help you if you get off the main trail.
- Sun Protection – A hat, sunglasses, and sunscreen are very important on hiking trips.
- Insulation – Take a jacket or additional clothing, as nature is unpredictable and sudden weather changes are common.
- Lighting – Flashlights, headlamps, or lanterns
- First-Aid Kit – Be prepared for falls, scrapes, or more serious injuries that can happen on a trail.
- Fire starting kit – Matches, lighters, and fire starters can create heat, an emergency signal, or cook food in an emergency.
- Repair kit/tools – Duct tape and a multi-tool can come in handy.
- Food – Prepare for changes to your plan and pack an extra meal or day's supply of food. No-cook items are best.
- Water – Physical activity, heat, and humidity increases your risk for dehydration and heat related illness. Drinking water often and staying hydrated is extremely important. If you're hiking with your pets, make sure you bring extra water for them! **(Continued...)**



Benefits of Hiking and Camping – Continued

- Emergency Shelter – A tent, tarp, or emergency blanket are great light-weight options to include. During severe weather or other emergency situations, reducing exposure to the elements is lifesaving.

Coming across wildlife – Although it might be fun to see some wildlife during your hikes, you are trespassing on their homes and they can become protective.



Bears – Know when you are in bear country. Stop by the visitor’s center, chat with locals, check out websites, and watch for signs. While hiking look for tracks, scat (feces), or other similar signs a bear might be near. If you see a cub, do not approach it.. Chances are the mother is nearby, and she WILL protect her cub. Stay in a group and make noise while hiking. This lets the bear and other animals know you are near and reduces the risk of surprising the bear. If you find a bear, stay calm. If they don’t see you, don’t alert it to your presence. If they see you, speak calmly and in a confident tone. This will help the bear see you not as prey, but as a human. Avoid eye contact, but keep an eye on the bear. Put any food you may have away, do not throw food to the

bear to distract it. This conditions the bear to see humans as a source of food and they will approach humans more often.

Mountain Lions – If you find a dead animal, stay away from it.. Lions will save a carcass and eat it over a period of weeks. Look around before bending down or leaning over. Lions look for movement and quick sudden movements can trigger a predatory reaction. Bending can expose the back of the neck and head which is where they prefer to attack. If you are in mountain lion territory, jogging, running, or biking are sudden movements that might trigger a natural hunting instinct. Once the chase is on, the lion can no longer think clearly. If you encounter a lion, it is best to back away slowly while looking big and intimidating. A lion is less likely to attack if they feel outmatched.

These tips will help reduce the chance of having an encounter with most wildlife:

- Store food and scented items properly. Put food items in a cooler and in your car or a metal bear locker. Do not leave empty containers scattered around your campsite.
 - Cook your food and clean the dishes away from your camp.
 - Stay a safe distance away from the wildlife. Most animals will not attack unless they feel threatened.
- NEVER FEED THE ANIMALS!**
- Avoid hiking at dawn, dusk, or after dark. Bears are most active during dawn and dusk and mountain lions are most active after dark.
 - Make noise while hiking. Talk loudly, sing, or call out “Hello” or “Hey Bear” every few minutes. This will reduce the chance of you surprising a bear.
 - Research the area before you travel. Know what wildlife are commonly spotted on the trails and research tips on “what to do” just in case you do come face-to-face with an animal.

Resources: National Park Service

<https://www.nps.gov/subjects/trails/hiking-in-bear-country.htm>

<https://www.nps.gov/subjects/healthandsafety/trip-planning-guide.htm>

<https://www.nps.gov/subjects/healthandsafety/outdoor-hazards.htm>

Staying Hydrated with Food

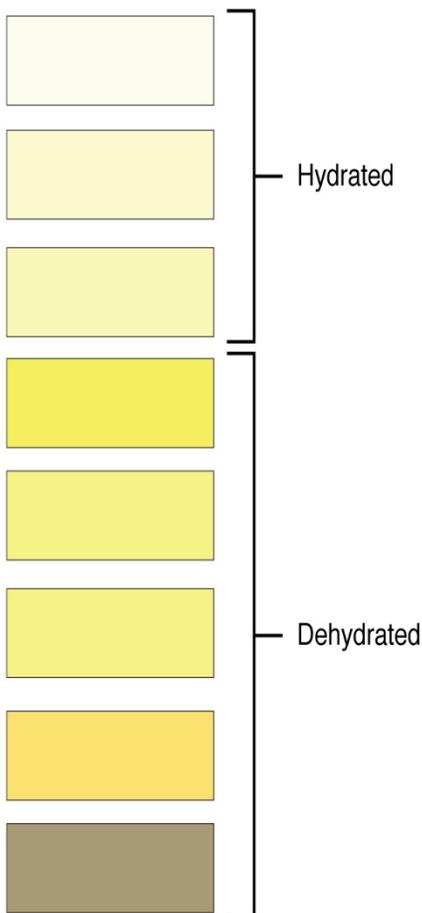
Although we all know we should drink lots of water during the hot and sunny summer months, it can be difficult to drink the recommended amount.. The common recommendation is 8 cups a day. Although 64oz of water may seem like a lot, the Institute of Medicine recommends 91oz for women and 125 oz for men. That's 11.4 cups and 15.6 cups! Individual water needs can change based on physical activity, climate, age, and many other factors.

Since we live in a dry climate with higher elevation, we need to drink more water. In desert climates, like Arizona, it's recommended drinking 5 ounces every 20 minutes which would equal about 30 cups of water or 15 bottles of water!



If you are exercising or participating in any activity that is causing you to sweat or increase your breathing rate, you need to replace the fluids lost. It is also extremely important to stay hydrated when you are sick. If you have diarrhea or are vomiting, you are losing a lot of fluids. Also, a fever can cause an increase in fluid loss and drinking water can help your body fight the fever.

If you are great at tracking fluid intake, counting your cups each day can help you stay hydrated, but if you are like me, tracking only lasts for the first few hours in the day. In this case it is good to listen to your body to determine how much you need to drink. Your body sends many signals during the day to tell you what it needs. Thirst is the main one that means you need to drink, but this signal is sent when you are already slightly dehydrated. Your body might make you feel hungry even if its thirsty. If you've already eaten, but you feel hungry, try drinking some water or other liquids before reaching for a snack.



Another way to check if you're drinking enough water is to look at your urine color. If you are properly hydrated your urine should be clear or a pale yellow. The darker the urine the more dehydrated you are. It is important to remember when you use the restroom, your urine is mixed with the water in the bowl. So, if it's already pretty dark in the bowl, it's even darker when it's leaving your body.

If you think drinking anywhere from 9 to 30 cups of water every day is still too much for you to handle, do not fret. You can supplement your drinking with eating! About 20% of your daily water intake comes from the foods you eat. If you eat more fruits and vegetables with high water content, they can help you stay hydrated!

Try snacking on some of these foods to help you stay hydrated!

- Cucumber – 96% water
- Tomatoes – 95% water
- Watermelon - 93% water
- Broccoli – 91% water
- Cantaloupe – 90% water
- Peaches – 89% water
- Carrots – 88% water
- Apple – 85% water
- Banana – 76% water



Water Safety for the Summer

Summer has finally arrived! What are some of your favorite activities for the summer? The sunrays and high temperatures are here to stay for the next few months. One of the most popular summer activities for families is going to the local swimming pool, buying a pool for the backyard and or going to the nearby lake to cool off on a hot summer day. Water safety is extremely important for parents, grandparents and kids themselves. Water safety can save young children's lives. Even shallow water can be dangerous for young kids, so it is imperative to be cautious and aware when around water.



Water safety can start at a very young age. It is important to talk with your kids about the dangers of water. Get you kids enrolled in swimming lessons. These lessons will help kids feel more comfortable in the water and be aware of what to do if they find themselves in a scary situation. As a parent, supervision is number 1. Whether you are in your backyard watching the kids play in the kitty pool, sitting at the local swimming pool or at the lake, always have your eye on your kids. Even a quick check of your phone, running to the car or turning your back for a minute can be

dangerous with pools of water and young children.

Secondly, always have your children wear life jackets. Life jackets save lives and ensure your child will float in the water. It is important that your child is wearing the correct size.. Most jackets have a weight limit on the inside tag.. If your child is too big or too small for the jacket, it will not work properly. It is especially important to wear a life jacket when spending the day at the lake or if the swimming pool has deep areas of water. There are also other floatation devices for kids to wear that are placed on the child's arms and help them float when in the water.

If you have a pool in your backyard, take precautions to help keep your children safe. Make sure the pool is completely enclosed by a fence kids are not able to crawl over. Always be aware of your kids and supervise them. Most accidents happen when you are not paying attention.

Water safety saves lives and is so important to discuss with your kids.. Supervising your children, paying close attention, enrolling your kids in swimming lessons, wearing life jackets or floatation devices and implementing safety precautions around your home pool will ensure a fun and safe summer. Get out and get your swim on! Follow this link if you would like more information or to watch fun kid water safety videos!



Resources:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/water-safety-for-kids.html>

<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20044744>

Summer Grilling

There's nothing like the aroma of a juicy steak or mouthwatering hamburger cooking on the grill on a summer day. Grilling is a versatile way to prepare a number of foods and an excellent way to cook outdoors instead of heating up the kitchen on these hot weather days. Here are a few tricks of the trade to make it an easy, satisfying way to cook.

- **Prep** – You may see some grill experts or other resources place importance on bringing steaks to room temperature before grilling. This is not recommended for any type of meat due to food safety reasons, so be sure your meat has been thawed safely in the refrigerator and go directly from chill to grill.
- **Marinate** – Marinade adds flavor and tenderizes meat. Tender cuts of meat can be marinated 15 minutes to 2 hours for flavor or 6 to no more than 24 hours for less tender cuts. Be sure to set aside a small amount for basting if needed before you add meat to the marinade to avoid possible contamination from raw meat juices.
- **Get Your Grill Ready** – Be sure your grill is clean to prevent flame flare-ups and your racks are well oiled to prevent food from sticking. The temperature needed will depend on the food you are grilling and may even require cooking indirectly instead of on the flame. For a standard charcoal chimney (holds about 100 briquettes), high heat (450-550°F) is a full chimney, medium heat (350-450°F) is ½ to ¾ full chimney and low heat (250-350°F) is ¼ full chimney. The maximum temperature and length of cooking time will depend on how thin your coals are spread.
- **Ready, Set, Go!** Avoid turning the meat more than needed – usually once is adequate. Prevent charring or burning by turning down the heat if needed or moving food to a cooler part of the grill. Check the temperature before pulling it off the grill. Just because meat looks done or has clear juices, doesn't mean it has been cooked to an adequate temperature. Use an ovenproof or instant read thermometer to check for sure. Steaks, chops, and roasts should be a minimum of 145° F, ground meat 160°F and all poultry (breasts, ground, thighs, whole bird, etc.) at 165°F.
- **Let It Rest** – Don't be in too big of a hurry. Resting the meat for 3-5 minutes after you pull it off the grill allows it to finish cooking and seals in the flavorful juices.



- **Be Creative!** Meat is an expensive food item so make it stretch by adding healthy foods to it such as assorted vegetables for kabobs, stir fry or fajitas. Don't overlook grilling sides or desserts. Grilled summer squash, broccoli, onions or Brussel sprouts are examples of deliciousness on the grill. Want a sweet treat? Grill fresh fruit. Grilling caramelizes the sugars and brings out an amazing flavor. Pineapple, peaches and bananas are examples of fruit that work well on the grill.

For more information on cuts of meat, grilling and recipes go to <https://www.beefitswhatsfordinner.com/>

Safe Cooking Temperatures: <http://foodsmartcolorado.colostate.edu/food-safety/safe-preparation-handling-and-storage/safe-cooking-temperatures/>

How to Pack a Cooler: <http://foodsmartcolorado.colostate.edu/food-safety/safe-preparation-handling-and-storage/how-to-pack-a-cooler/>



Welcome to McKayla Stephen! –4-H/FCS Agent, Kit Carson County

McKayla grew up in the small town of Bethune, Colorado and graduated from Burlington High School in 2013. She then pursued a bachelor’s degree in Exercise Science at Chadron State College, graduating in 2016. Prior to working with CSU Extension, she worked for Texas A&M AgriLife Extension Service, and there her area of focus for programming was health. McKayla is so excited to be back in the area and getting to work with the community in not only health, but also 4-H and youth development.

Program Highlights

- Ethics in Prevention Course taught 6/23/2020 for Centennial Mental Health staff. To request another course please contact Missie Payne at missie.payne@colostate.edu or 970-522-2800 Ext 2

Upcoming Events!

- Logan County Extension will host Clover Buds Camp July 16th at the Logan County Fairgrounds
- National Diabetes Prevention Program starting Fall 2020 – contact Missie Payne in Logan County missie.payne@colostate.edu
- Zumba and STRONG30 fitness classes are being hosted online until Fall 2020. Visit <https://www.zumba.com/en-US/profile/deeona-johnston/1891875> for times and possible in-person locations.
- Virtual High School Sports Nutrition coming August/September – contact Deona Johnston at 970-854-3616 for more information.

County Fairs in Northeast Colorado

- Phillips County Fair – July 21st – July 26th Open class registration and check-in on July 22nd from 1-6pm. Pre-enter at www.phillipscofair.com
- Kit Carson County Fair – July 27 – August 1 – Burlington <https://kitcarsoncounty.colorado.gov/fair-grounds/county-fair>
- Washington County Fair – Eastern Colorado Roundup – July 28-Aug1, Akron; will include Open Class Home Ec and Horticulture Department <https://ecroundup.com/>
- Logan County Fair – July 30- August 8 -- Open Class and Family and Consumer Science and 4-H Projects will be judged and displayed at Logan County Fair <http://www.lcfair.org/>
- Morgan County Fair Dates- July 31st through August 6th, -- NO OPEN CLASS Events/Departments for 2020 <https://morgan.extension.colostate.edu/morgan-county-fair/>
- Sedgwick County Fair – Julesburg – July 31-August 4 – 4-H/FFA events only
- Yuma County Fair – August 1-5, Yuma -- <http://yumacounty.net/county-fair/>



CSU Extension – NE Colorado FCS – In this time of no/limited personal contact, we’re all using social media!

<https://www.facebook.com/CSUExtensionNortheastFCS>

<https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: https://www.facebook.com/csuetensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVnN5X5I3c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ

CSU Extension – Morgan County: <https://www.facebook.com/extensionmorgancounty/>

<https://www.facebook.com/joy.akey>

<https://www.facebook.com/gisele.jefferson.9>