

September - October 2015

Benefits of Water

With fall nearing and cooler temperatures, our daily or weekly outdoor activities are changing. This might lead to becoming more lax about drinking an adequate amount of water.



The benefits of drinking water are many:

- **Maintain body fluid balance.** Our body is composed of over 60% water which aids in digestion, absorption, circulation, creating saliva, transporting nutrients and maintaining body temperature.
- **Help control calories.** Water may not cause weight loss, but it certainly helps when substituted in place of higher calorie beverages. Healthier water-rich foods like fruits, vegetables, broth-based soups are lower in calories and help us feel full faster.
- **Help energize muscles.** When cells do not maintain their fluid and electrolyte balance, they shrivel. This causes muscles to become fatigued and not work as well.
- **Help your kidneys.** Water helps take waste products in and out of cells. The main toxins in our body are water soluble waste that passes through the kidneys and is excreted in the urine. Our kidneys do an incredible job of cleansing and getting rid of toxins as long as we are taking in an adequate amount of fluids.
- **Help maintain normal bowel function.** Adequate fluid intake helps keep things flowing through our gastrointestinal tract. When you do not get enough fluid, your colon draws water from the stools to maintain hydration and constipation results.

Do you find it difficult to drink enough water, or do you get tired of drinking plain old water? Filling your glass from a pitcher of water in the refrigerator helps you see how much water you drink during the day and may be a good reminder to drink more.

Adding fruits, vegetables, and herbs to water can add refreshing flavors and a change of pace from plain water without adding excessive calories. Fill a pitcher with water and ice, add desired ingredients and refrigerate for at least 2 hours to let flavors infuse. Sliced lemons and limes, sliced cucumbers, strawberries, pineapple, raspberries, and herbs such as mint, basil, lavender and sage create some great flavor variations.

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Benefits of Family Routines



Children may not exactly beg parents to establish routines for school-day mornings, family meals or weekend chores, but every

family needs a certain amount of structure to function well. Morning routines at home can help family members feel prepared for the day and reduce the stress they might otherwise feel if they were to rush out the door in the morning with barely enough time to shower, get dressed and grab their backpack.

Infants, teenagers and even adults, all do best when certain routines are established and known ahead of time what is expected, when to participate and how much time it will take. In other words, routines should be regular, predictable and consistent.

Not all time needs to be closely planned, but families and individuals can benefit from morning, after-school, evening and bedtime routines. Even weekends go more smoothly with planning.

Weekday morning routine

The [Healthy Children website](#), established by the American Academy of Pediatrics, suggests that in order to make the household function well in the morning, family members should know what needs to be done in advance. The organization suggests the following:

- Put as many things in order as possible the night before.
- Keep wake-up routines cheerful and positive.
- Be sure your child eats breakfast, even if he or she is not hungry in the morning. It's important to have food in their system to start the day. That goes for grownups, too.
- Pause long enough to say goodbye to your child. A hug goes a long way to make your child's day go better.

After school routine

When parents can't be home to welcome children after school, it's important to choose a place where they are safe and cared for until mom, dad or another guardian can be with them. The majority of risk-taking, participation in pranks or juvenile delinquent behaviors from children and youth commonly take place after school when children are unsupervised.

Whether the after-school routine includes staying to participate in activities at the school, going to a grandparent's home, or elsewhere, children who know they have a safe and caring place to go after school will remain more focused throughout the day. Parents should make every effort to see that a caring adult or responsible teen is available. Even having a close neighbor who is at home and available if needed can help children feel secure.

Mealtime routine

Families should eat several meals together every week to provide all members time to be together. Sitting down to a family meal can be a time to hear about everyone's day and reinforce that family members care. This time can be positive by allowing family members to briefly tell about their favorite part of the day. It may also serve as a time to discuss family plans or how to best support a family member in an upcoming activity.



Bedtime routine

Children, teens and adults all benefit from having an established routine when they can wind down before crawling into bed. Younger children will benefit the most emotionally and physically from repetition each night. If parents will allow 30-45 minutes of preparation, the children will be calmer and able to fall asleep more easily. Bedtime should include story time and/or a chance for children and youth to talk about their day with mom or dad. Try to avoid rowdy activities just before bedtime. As they get older, children will be able to establish their own routine. However, parents should still have older youth stick to an established time to be in bed.

It can be a challenge for families to establish comfortable, effective routines. It requires planning, creating a structure that is realistic and getting all family members to commit to the plan.

Source: Utah State University Extension family and consumer sciences

Resources:

[Routines: Why they matter and how to get started - http://www.education.com/magazine/article/importance-routines-preschool-children/](http://www.education.com/magazine/article/importance-routines-preschool-children/)

[The Value of Family Routines - http://life.familyeducation.com/marriage/parenting/45610.html](http://life.familyeducation.com/marriage/parenting/45610.html)

Food Preservation Safety

County fair is over, kids are headed back to school, and fall is right around the corner. It is time to think about the gardens that need harvesting, the boxes of peaches sitting on the counter, or the overabundance of food from bountiful baskets. Whether you like to freeze, can, dehydrate, or a combination of all, there are many ways to preserve the fresh produce now so it can be enjoyed through the upcoming winter months. Before starting these big projects, there are some important things to remember about preserving.



Food is now easily accessible year-round and we no longer have to preserve food as a means of survival. However, many of us choose to can food because we enjoy it. Why is there such enjoyment? Is it seeing all the jars on the counter filled with colorful fruits, jams and vegetables? Knowing we are providing our family with a delicious source of healthy food? Or does the enjoyment come from remembering canning sessions with our mothers or grandmothers? There is also pride in participating in a tradition that people throughout history had to do to survive.

Almost from the beginning of time, man had to learn how to preserve food to prevent it from spoiling. Canning is the newest form of preservation. It was discovered in the 1790's that applying heat to food in sealed bottles preserved food from deterioration. Canning in America has a rich history. Women in America began canning in the 1880's. By early 1900's, there was an expansion of grocery stores and commercially tinned foods that turned many women away from canning.



This changed with both World War I and II when the U.S. government encouraged 'victory gardens' and canning of surplus food to allow for the re-distribution of commercial supplies to the army. During this time, home economists offered classes to patriotic homemakers. By the 1950's consumers realized the convenience of frozen food and prepared foods, the practice of canning went on the decline. More recent years have seen a back-to-the-land movement and canning regaining popularity.

With such a long history, food preservation, and the science behind it, has undergone many changes. In 1902, the first pressure canner was patented in the U.S. 1917 USDA recommended pressure canning for low acid foods. It was not until the 1920's that the danger of botulism was fully realized.

Botulism is a deadly form of food poisoning caused by the bacteria *Clostridium Botulinum*. These spores, in ideal conditions, multiply and produce deadly toxin in three to four days. The ideal conditions include a moist, low-acid food, a temperature between 40°F and 120°F, and less than 2 percent oxygen. These are the exact conditions created during the canning process. This is why it is so important to follow safe food handling recommendations and proper canning methods. *C. botulinum* forms heat resistant spores. The canning process safely preserves food because while canning, spores are killed in high temperatures of 240°F or above. It is safe to can acidic (pH ≤4.6) food in a water bath canner as spores do not germinate in acidic food. A pressure canner must be used on low acid foods. It is important to adjust for altitude while canning so food reaches safe temperatures for long enough to ensure the destruction of the bacteria. It is equally important that recipes are followed exactly. Do not add ingredients or change recipes as recipes from the recommended sources have been tested for safety. Any change could disrupt the balance of the recipe and change the time needed for safe processing.

For Safe Food Handling:

- Practice Good Personal Hygiene
- Clean and Sanitize
- Avoid Cross-Contamination
- Cook Foods Adequately
- Keep Food at Safe Temperatures
- Avoid Risky Food and Water
- Wash hands always before handling food, after wiping runny noses, after using the bathroom, after handling raw meats, and after touching pets, etc.
- Sanitize cutting boards by putting through automatic dishwasher - OR - Rinse in a solution of 1 teaspoon chlorine bleach in 1 quart of water, leave wet for 2 minutes, rinse and allow to air dry
- Wash produce with cool running water

Before canning:

- Select only up-to-date recipes.
- Get instructions from reliable source.
- Follow research tested recipes *exactly* for processing methods and processing times.
- Make appropriate altitude adjustments
- Never use larger jars than the recipe recommends.
- Leave recommended amount of head space in jars



The recommendations for food safety in preservation constantly change with the advancement of science. New recommendations for preservation methods and equipment come out yearly. Canning can be safely done and the product enjoyed if up-to-date recipes and resources are used.

Recommended resources to use for updated recipes and methods are:

- Your local CSU Extension Office
- *USDA Complete Guide to Home Canning* (1994) - http://nchfp.uga.edu/publications/publications_usda.html
- National Center for Home Food Preservation: www.uga.edu/nchfp
- Ball Blue Book or Ball website - <http://www.freshpreserving.com/>

Hospitals Can Make You Sick

Every year nearly 648,000 people in the USA develop infections during a hospital stay, according to the Centers for Disease Control and Prevention (CDC); and about 75,000 die. That is more than double the number of people who die in auto accidents each year. So, it is wise to protect yourself and your loved ones by taking steps to reduce infections and end inappropriate antibiotic use. Two bacterial infections are of real concern: MRSA (methicillin-resistant staphylococcus aureus) and C. diff (clostridium difficile) – both are resistant to many of the common antibiotic drugs. People at particular risk include adults older than 65 as well as infants, anyone on antibiotics, and people with a compromised immune system.

In the Hospital:

- Consider MRSA testing – A nasal swab can detect low levels of MRSA and allow medical staff to take precautions, such as having you wash with a special soap before your procedure.
- Insist on cleanliness – Ask to have your room cleaned if it looks dirty. Take bleach wipes for bed rails, doorknobs, and TV remote. Insist that everyone who enters your room wash his/her hands. Keep your own hands clean, washing regularly with soap and water.
- Question antibiotics – Make sure that any antibiotics prescribed to you in the hospital are needed and appropriate for your infection.
- Watch out for heartburn drugs – Medication such as Nexium and Prilosec increase the risk of developing C. diff symptoms by reducing stomach acid that appears to help keep the bug in check. So ask whether the drug is needed and request the lowest dose for the shortest possible time.
- Ask every day if tubes can be removed – The risk of infection increases the longer items such as catheters and ventilators are left in place. If you're not able to ask, be sure a family member or friend does.
- Say no to razors – If you need to be shaved, use an electric hair remover, not a razor, because any nick can provide an opening for infection.

At Home:

- Watch for warning signs – fever, diarrhea, worsening pain, or an incision site that becomes warm, red, and swollen. People at particular risk include adults older than 65 as well as infants, anyone on antibiotics, and people with a compromised immune system.
- Practice good hygiene – take extra precautions to make sure an infection does not spread. Clean frequently touched surfaces with 1 part bleach mixed with 10 parts water. Reserve a bathroom for the infected person. If that's not possible, use the bleach solution to disinfect surfaces between uses. Don't share toiletries or towels; use paper towels rather than cloth hand towels.

Source: Consumer Reports, September 2015

Apps to Monitor Mobile Use

In today's world, many kids have cell phones or other mobile devices. They help make a variety of things easier and convenient, but can also create a scary scenario if they are not used appropriately. Whether it's your toddler just starting to use your family tablet or teen who has a new smartphone, there are a variety of apps and software that help monitor and limit mobile activity.



web, and looking at Facebook — until they call Mom or Dad for a four-digit password to unlock their phone. This option still allows your child to make emergency phone calls when his phone is otherwise locked.

* **MobSafety Ranger Browser**

Web browsing safety and Internet use time limits: This free app allows you to see browsing history and set basic filters by "whitelisting" (approving and bookmarking) or "blacklisting" (banning) certain websites. Internet access times can also be limited.

* **DinnerTime**

Limiting device use: This free app allows you to instantly lock and unlock an Android device remotely from your own device. Three modes to choose from include: "Dinner Time" - pauses activity up to two hours; "Take a Break" - pauses activity up to 24 hours; and "Bed Time" - pauses activity for any given start and end time while still allowing kids to access their alarm clock.

* **Famigo**

Child-proofing shared device: One of several apps available to help you create a "sandbox" of kid-safe apps and games on your device. The app is free and can be used as an optional child-lock. It automatically sorts existing apps to show only family-friendly and parent-approved apps and blocks clickable ads, Internet access, calls, and texting. It can also block in-app purchases, social games, and more.

* **VideoMonster**

Kid-friendly YouTube videos, blocking ads and links: This allows you to create lists of videos safe for your child to watch and filters out ads and links to inappropriate content. It also comes with videos pre-selected by the VideoMonster editorial staff for kids ages 2 through teen.

* **Canary – Teen Safety**

Teen's driving safety and phone use while driving: This free app is designed to stop distracted driving by sending you notifications when your child is doing things such as using her phone while driving, exceeding a speed limit you set, traveling into off-limit areas, staying out past curfew, or traveling near possible bad weather. You'll need your child's cooperation to install and use all of the app's features. Safely Go is another top-rated app aimed at preventing distracted driving, but it's available for Android devices only.

* **Ignore No More**

Ignoring your calls: Ignore No More locks kids out of favorite activities — texting, playing games, surfing the

* **Qustodio**

Web browsing and social media safety: Qustodio software is available for Windows PC, Mac, iOS, Android, and Kindle devices and helps you monitor your child's online activity. The free version allows you to keep tabs on your child's web and search engine use, track her Facebook and Twitter logins, and set time controls. Qustodio Premium allows you to track her location, block certain games and apps, monitors calls and text messages, and more.

* **Avira Social Network Protection**

Cyberbullying, suspicious social media contacts, and your child's reputation online: This software system focuses on monitoring your child's use of social media, including Facebook, Twitter, Google+, and FormSpring. You need your child's cooperation to install the app on his device. Log in anytime on any computer/device to get updates and warnings about four types of activities/areas of concern: friend-related safety (peers cyberbullying your child, or an adult or stranger friending your child), safety related to words in posts (if your child mentions drugs, depression, or suicide in social media), reputation related to words in posts (inappropriate language), and photo-related reputation. You'll receive email notifications about "critical" alerts and weekly emails summarizing "warnings".

* **ContentWatch Net Nanny 7**

Filtering web content and setting Internet time limits for multiple kids/devices: This software system can be installed on up to 10 different PC, Mac, or Android devices. You can create different profiles/log-ins for each child and automatically filters web content for each user and set Internet time allowances for each child.

* **Checky**

Increasing awareness of smartphone obsession: You might not cure your child of her obsession but can help her find a healthier balance. This free app tallies how many times a day a user has checked her phone. Moment (available for iPhone) and Break Free (available for Android and soon iOS, too) are similar apps aimed at supporting healthier smartphone habits.

Source: *Family Education*,
FamilyEducation@news.familyeducation.com, June 2015

Bicycle Safety

Kids will be along the sidewalks and the road sides on their way to school soon. Many students chose to ride their bikes to school because it is one of the fastest ways to get to school and back home. However, biking can be a dangerous activity if safety precautions are not taken. Help your students stay safe with the following bicycle safety recommendations.

“Medical research shows that a bicycle helmet can prevent up to 85% of cyclists’ head injuries. More than 700 bicycle riders are killed in the U.S. every year, almost all in collisions with cars; and 75% of them die of head injuries.” (Bicycle Helmet Safety Institute) Even if a child survives a bicycle injury, they may never be the same. A child may have personality changes, learning disabilities, concentration difficulties, aggressiveness, headaches and balance problems from a brain injury. It is evident a bike helmet can prevent injury and death resulting in some form of mandatory child bicycle helmet legislation, especially for children less than the age of 15. Colorado, however, is not one of the 22 states, with the District of Columbia and over 201 localities that have enacted some form of legislation.

So, here are some quick reminders by the Bicycle Helmet Safety Institute:

- Always wear a helmet when you ride. You can expect to crash in your next 4,500 miles of riding, or maybe much sooner than that! Even low-speed falls on a bicycle trail can scramble our brains.
- Make sure your helmet fits - to get all the protection you expect. The helmet should be level on your head, touching all around, comfortably snug, but not tight. The helmet should not move more than about an inch in any direction, and must not pull off - no matter how hard you try.
- Check inside for a CPSC sticker. (Consumer Product Safety Commission)
- Pick white or bright colors for visibility - so motorists and other cyclists can see you.
- Avoid a helmet with snag points sticking out - a squared-off shell, inadequate vents, excessive vents and extreme “aero” shape, dark colors, thin straps, complicated adjustments or a rigid visor that could snag in a fall. If the helmet “snags” on the pavement then a neck injury could result.
- Never let a child play on the playground with a helmet on. They could get caught on something and choke the child.

Because children are still developing physically, cognitively and mentally, the parents or guardians have to prepare children to handle traffic. Children act differently in traffic than adults. For instance,

- Children have a narrower field of vision than adults, about 1/3 less.
- Children cannot easily judge a car’s speed and distance.
- Children assume that if they see a car, the driver must see them.
- Children cannot readily tell the direction a sound is coming from.
- Children concentrate on only one thing at a time and it is unlikely the traffic.
- Children often have a limited sense of danger.

Adults - model appropriate traffic safety practices, like **wearing a bike helmet properly at all times**. Only give as much independence and responsibility as the child can handle. Assess this ability by giving the child frequent supervised experiences after verbally instructing and showing the child the rules of biking.

Road rules include:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can’t see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do.
- Stop at all stop signs and obey traffic lights just as cars do.
- Ride single-file on the street with friends.
- Children 10 and under should be on the sidewalk or on bike paths as much as possible.
- Finally, yes, bikers need to be able to share the road and take responsibility for their safety. But, **drivers- SLOW DOWN AND WATCH!**

What's Been Happening

Diabetes Webinars: GPA Extension has recruited experts to present topics related to diabetes and diet, physical activity, kidney health and foot care. The free webinars are available in several locations throughout northeast Colorado. The first in a series was held in January 2015. Dr. Colby Jolly from Haxtun Family Medicine presented a 1 hour lesson on Weight Management for Prevention and Treatment of Diabetes. The second webinar was presented in April on Diabetes and Exercise by Barry Braun, Ph.D., Colorado State University Department of Health and Exercise Science. In short, he explained how research is proving that exercise is medicine...for people with diabetes! You can view the archived video files at <http://www.ext.colostate.edu/pubs/foodnut/diabetes-webinars.html>. Two more webinars are planned for September and November.



Congratulations to Jennifer and Sean Cooney, who had a baby boy, Reilly Cooney on August 10, 2015. Jennifer (Morgan Co. FCS) will be out on maternity leave until mid-November.

Food Preservation – Pressure Canning: 5 newbies and 2 experienced home canners met in Akron on 8/27/15 for a 2-hour, hands-on lesson on pressure canning by Gisele Jefferson.



NOTE: It is recommended to have your dial gauge on a pressure canner tested annually – before canning!! Contact the closest CSU Extension Office for an appointment to get your canner tested.

Upcoming Events!

September 10 – **Diabetes & Kidney Health** webinar – 10 a.m. at various locations in NE Colorado

September 22 – **Food Safety Training for Cottage Food Producers**, 5:30 p.m., Wray



September 23 - **Food Safety Training for Food Service Handlers** in Logan Co. Extension, Sterling (9 a.m. – 3 p.m.) Call Joy Akey at Yuma County Extension, 970-332-4151.



September 24th -- Water Bath Canning- September 24 at the Logan County Extension office, 6-8:30 pm. Please RSVP and \$25 registration fee by 9/18/2015. This workshop is good for beginning canners and those wanting to update their skills.

October 8 – **Food Safety Training for Cottage Food Producers**, 5:30 p.m., Logan Co. Extension, 508 S. 10th, Sterling

October 28 - **Food Safety Training for Food Service Handlers** in Morgan Co. Fairgrounds, Brush (9 a.m. – 3 p.m.) Call Joy Akey at Yuma County Extension, 970-332-4151.

November 5 – **Neuropathy & Food Care for Diabetes** webinar – 10 a.m. at various locations in NE Colorado

For Phillips County events and programs call Tracy Trumper at 970-854-3616 or at tracy.trumper@colostate.edu:



Zumba Class- Monday and Wednesday nights from 6 to 7pm at Haxtun High School Gymnasium, starting Sept 21, 2015. \$5 per session or buy an 8 session punch card for \$30

Food Preservation Class: Pressure Canning 9am- 12pm and Water bath Canning form 1 to 4pm on Saturday, October 17, 2015 at the Phillips County Event Center, Ortner Room. Cost \$30 - includes a Ball Blue Book

Babysitter Basics Class on Saturday, October 24, 2015 from 9 to 3pm at the Phillips County Event Center, Ortner room; for students ages 11 to 14; \$20, bring a sack lunch.