

# LINK-AGES

This newsletter is partially funded by Tony Grampsas Tobacco Initiative money with fiscal assistance from Catholic Charities.

## July-August, 2007

Enjoy your summer!

This issue of LinkAges is a combined July / August issue so that our office can concentrate on getting ready for the Pueblo County Fair. Summer is a great time for fairs and farmer's markets and lots of sports and outdoor activities. In that spirit, we have included some articles on hiking food, sports and children, classes on food preservation, and the county fair flyer. Also there's an article from the Master Food Safety Advisor about the good old 5-second rule and some information about car buying.

During the next two months I will make a decision on whether the newsletter should continue in printed form or only in electronic form. Thanks to all that have responded to the subscription request and to those of you who have talked to me personally.

See all of you at County Fair!



Lois Illick, Extension Agent,  
Family and Consumer Sciences  
Colorado State University Extension

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## When are organized sports good for children?

Penn State Better Kid Care program

Team sports can be a great fitness choice for kids. Sports can help children build strong, healthy bodies, but make sure you choose wisely for your child. Preschoolers are too young for organized sports. They get upset by losing and can easily become bored, distracted and maybe even disruptive. Age eight is a good time to begin team sports. Children are ready to learn from coaching tips and about teamwork. Look for a sports program that has positive attitudes. Many children love team sports at first, but are driven away by parents or coaches who are too critical or competitive. There needs to be a focus on improving skills and having fun while playing, rather than emphasizing winning.

Everyone dreams of having a child become an athletic star. Of course, very few individuals have the unique qualities that create superstar athletes. But with effort, children can become skilled in one or more sports. Let your child concentrate on one sport at a time, so there is time left for family activities.

It is easy to get involved in too many things and leave little time for relaxing together as a family. Insist on regular family dinners. If a sport takes too much time away from the family, consider another one. Children need unstructured time when they can play by themselves and with their friends. If you keep the attitude positive and the time commitment under control, sports can be an important part of a child's life.



Kids need moms and dads, not coaches.

Share your love of your favorite sport with your child – whether it is hockey, baseball, basket ball volleyball or tennis. Resist the urge to become a coach to your child. Playing together as partners and just having a good time will create happy memories and a shared love of the sports. Children will stay involved longer and enjoy the activity more if it is playful rather than educational. Coming on too strong might make your children grow to dislike the sport you wish they would love.

## LINK-AGES GRANDPARENT SECTION

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### Put safety first in selecting toys

By Donna Liess, Colorado State University  
Extension Agent,  
Family and Consumer Sciences

Selecting a toy for a child may be fun, especially as we reminisce about our own childhood toys, but it's also serious business. It's important to know the interests and hobbies of older children when selecting their gifts, and toys that provide opportunities to practice social skills and those that involve physical activity are especially good choices for toddlers. But safety remains a primary consideration when choosing toys for children of any age. In 2001, the Consumer Product Safety Commission (CPSC) reported an estimated 255,100 toy related injuries that required treatment in a hospital emergency room. Since 1987, CPSC has seized over three million toys that were deemed unsafe.

Some of the recommendations from CPSC for choosing safe toys are:

- Select toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts, which could pose a fatal choking hazard.
- Look for sturdy construction on plush toys, such as tightly secured eyes, noses, and other potential small parts.

- Avoid toys that have sharp edges and points, especially for children under age 8.
- Do not purchase electric toys with heating elements for children under age 8.
- Be a label reader. Look for labels that give age and safety recommendations and use that information as a guide.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Immediately discard plastic wrappings on toys before they become deadly playthings. Plastic wrappings can cause suffocation.
- When considering art supplies, look for the ASTM D-4236, indicating that it's toxin free.
- Evaluate the toy's ability to be washed or sanitized after use by a child.

If you select toy guns they should be in bright colors so they're not mistaken for real guns.

Not all toys are found on a toy department shelves. Foster imaginary play with musical instruments, daily life objects found in a child's size, or art and science materials. To obtain CPSC publications, check on recalls or to report a dangerous product, call (800) 638-2772 or go online at [www.cpsc.gov](http://www.cpsc.gov).



# 2007 PUEBLO COUNTY FAIR COLORADO STATE FAIRGROUNDS JULY 27-AUGUST 4



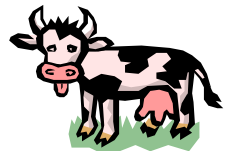
Extension

## FREE ADMISSION & PARKING



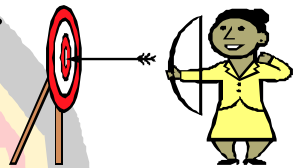
### Saturday, July 28

Archery	8:00 AM	Livestock Pavilion
Air Rifle, Air Pistol	8:00 AM	4-H Dinning Hall
4-H Horse Show		
(Western & English Riding)	8:00 AM	Horse Arena
Pueblo County Stockmen's Ranch Rodeo	4:00 PM	Horse Arena



### Monday, July 30

Fashion Review/Modeling	7:00 PM	Creative Arts Bldg.
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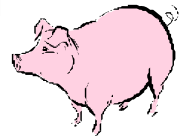
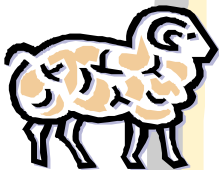
### Wednesday, August 1

Exhibits on Display	10-6 PM	Events Center
Community Open Class Entry	10:00 AM	Events Center
Pack Goat Show	11:00 AM	Horse Arena
Community Open Class Judging	1:00 PM	Events Center
Dog Show & Rally	1:00 PM	Kitchen Kraft Hall
Dairy Cattle Show	2:00 PM	Livestock Pavilion



### Thursday, August 2

Rabbit Show	8:00 AM	Rabbit/Poultry Barn
Swine Show	8:00 AM	Sheep/Swine Barn
Exhibits on Display	10-6 PM	Events Center
Poultry Show	11:00 AM	Rabbit/Poultry Barn
Beef Show	6:00 PM	Livestock Pavilion
4-H/FFA Alumni BBQ	Following Beef Show	Livestock Pavilion



### Friday, August 3

Farmer's Market	7:00 AM	Event Center Parking Lot
Sheep Show	8:00 AM	Sheep/Swine Barn
Exhibits on Display	10-6 PM	Events Center
Dairy/Meat/ Breeding Goat Show	12:00 PM	Sheep/Swine Barn
4-H Dance	9:00 PM	Creative Arts Bldg.



For more info  
call 583-6566

### Saturday, August 4

Exhibits on Display	10-6 PM	Livestock Pavilion
Tractor Pull	11:00 AM	TBA
Cat Show	1:00 PM	Kitchen Kraft Hall
Wool Lead	4:30 PM	Events Center
Buyer's BBQ	4:30 PM	Events Center
Showcase Sale	6:00 PM	Events Center



If you need any special accommodation(s) to participate in this event, please contact Colorado State University Extension at 719-583-6566. Your request must be submitted at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Pueblo County cooperating. Extension programs are available to all without discrimination.

# Start Your Projects NOW!

Colorado  
State  
University

Extension

## 2007 Pueblo County Fair



Community Open Class  
Home Economics Competition  
August 1-August 5, 2007  
State Fair Grounds Event Center

Entries will be accepted in the following departments:

### Pantry Department

Food Preparation Division  
Food Preservation Division

### Needle Arts Department

Hand Knit or Crochet Division  
Hand Embroidery Division  
Miscellaneous Needlework Division  
Sewing Division  
Handwork/Craft Division

Call 583-6566 for complete rules and class information.

Colorado State University Extension,  
Pueblo County  
212 W. 12th Street, Room 220,  
Pueblo, CO 81003

All entries are subject to General Rules and Regulations



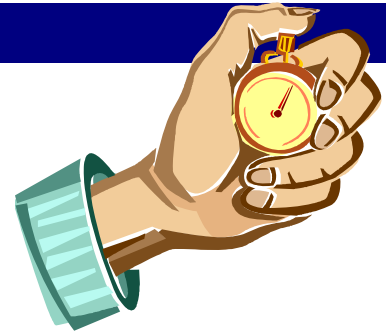
No Entry Fee or Pre-fair Entry Required  
Colorado State Fairgrounds-Events Center  
EXHIBIT CHECK IN:

Wednesday, August 1, 10 a.m. to 12 noon

EXHIBIT JUDGING:

Wednesday, August 1, 1 p.m. to 3 p.m.  
(Judging open to the public)

If you need any special accommodation(s) to participate in this event, please contact Colorado State University Extension at 719-583-6566. Your request must be submitted at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Pueblo County cooperating. Extension programs are available to all without discrimination.



## Let's Talk About ... The 5 Second Rule

Well, what about it? Is it safe to eat something that has been dropped on the floor as long as it is picked up within 5 seconds?

**My quick answer is Not Necessarily. – The food should be thrown away.**

Using our good sense, we know the safety of the food depends on what's on the floor! In general, a smooth dry floor is safer than a rough or moist floor surface – and while it may be safe to eat food from a relatively clean floor, if the floor is dirty, a significant amount of bacteria can contaminate the food in *less* than 5 seconds.

Investigative studies have indicated that certain bacteria, including Escherichia coli O157:H7 (E. coli) and Salmonella, are quickly transferred from floor surfaces to dropped food.<sup>(1)</sup> Studies using Salmonella on wood, tiles and nylon carpet have shown that the bacteria were still thriving after 28 days of exposure under dry conditions.<sup>(2)</sup>

**MythBusters** (the Discovery Channel series) results confirmed findings: time was not a factor when food is exposed to bacteria;



even two seconds' exposure is more than enough time to contaminate it<sup>(3)</sup>; and Colorado State University Extension summed up the controversy with this statement: "While it is likely that a bathroom floor may be more risky than a kitchen floor, one needs to assume that harmful bacteria may be present on any surface. It is time to re-think this age-old practice and stop rationalizing the use of the 5-second rule. As tempting as it may be, the next time some yummy morsel falls to the floor...into the trash it must go!" <sup>(4)</sup>

**As few as ten E. coli bacteria can make you sick. Is it worth the risk of contracting a foodborne illness?**

**Karen Summers, Food Safety Advisor  
CSU Extension Volunteer  
Pueblo County, Colorado**

<sup>(1)</sup> Jillian Clarke and Meredith Agle, "If You Drop It: Should You Eat It?" 2003 research paper, <http://www.aces.uiuc.edu/news/stories/news2467.html>; <sup>(2)</sup> "The Five-Second Rule Explored, or How Dirty Is That Bolgna?" Harold McGee, 05/09/07, <http://www.nytimes.com/2007/05/09/dining/09curi.html?ex=1182830400&en=2a8c8788d3a48364&ei=5070>; <sup>(3)</sup> MythBusters, Episode 39; and <sup>(4)</sup> CSU Extension, SAFEFood NEWS, Spring 2004, Vol. 8, No.3. <http://www.colostate.edu/orgs/safeFood/NEWSLTR/v8n3s03.html>

## Make Your Own Hiking Foods

When thinking about a hike there are several things to keep in mind so that the experience is enjoyable and healthy. At high altitude, there is decreased oxygen density and decreased humidity. A sudden change in environment from a lower altitude to a higher altitude can cause nausea, diarrhea, shortness of breath, heart palpitations, headache, nasal congestion and fatigue. In a worst case scenario, the effects of high altitude may need medical attention for HAPE (High Altitude Pulmonary Edema).

How do you prevent complications? Acclimate to the altitude first. Keep in mind that water is the most important hiking item to take with you. You need to drink more water than normal and do it regularly, about  $\frac{1}{4}$  liter per  $\frac{1}{4}$  hour for maximum efficiency. If you get thirsty, you are already low on water, reducing your endurance, and oxygen uptake, which is a measure of heart and lung efficiency. Don't drink water directly from streams or lakes unless you purify it. Take food that keeps you energized, won't spoil and is lightweight. Good hiking foods are fruits, both fresh and dry such as oranges, grapes, and plums, however, avoid fruit that spoils quickly like strawberries or even bananas unless going on a short hike. Make your own trail mix, cereal or cereal bars. The Trail Bars are nutritious, high energy and travel well.

## Trail Bars

1  $\frac{3}{4}$  cups whole-wheat flour  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup non-fat dry milk  
 $\frac{1}{4}$  cup wheat germ  
 1-teaspoon baking powder  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup vegetable oil  
 2 large eggs  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{4}$  cup molasses  
 1-cup raisins  
 $\frac{3}{4}$  cup chopped dried fruit (such as apricots, cherries, raisins, etc)  
 $\frac{1}{2}$  cup sunflower seeds



Preheat oven to 350 degrees. Grease the bottom of a 9X13-inch baking pan. Mix whole-wheat flour, sugar, dry milk, wheat germ, baking powder and salt. Add oil, eggs, honey and molasses: mix until well blended. Stir in raisins, dried fruit and sunflower seeds. Pour batter into pan. Bake for 30-40 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and cool in pan. Cut into bars and remove from pan. Make 36 bars.

(From: *High Altitude Baking: 2<sup>nd</sup> Edition*, Pat Kendall, editor, Colorado State University Extension This cookbook is available from the Chaffee County Extension Office)

Karin Niedfeldt is the Chaffee County Family and Consumer Science Extension Agent.



July and August-Attend a food preservation class! (See flyer)

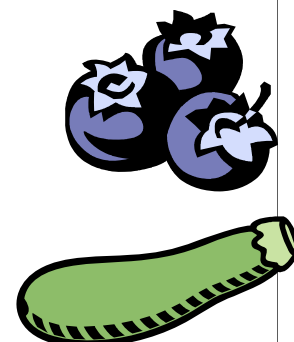
July is: Baked Beans Month  
 Blueberry Month

August is : Immunization Awareness Month

August 3: National Watermelon Day

August 8: "Leave Zucchini on your Neighbor's Porch" night

August 8-14: Farmer's Market Week





## Preserving the Harvest – Let's Get Started!

Designed to fit into your busy schedule, classes will cover the primary methods of food preservation on Wednesday evenings from 6-8 pm. Participants, experienced and beginners alike, will be advised of the **latest accepted techniques** to use to **safely preserve food** and will go home with CSU Extension publications and approved recipes.  
You'll be ready to start preserving in your own kitchen!

### **Food Preservation Classes: Wednesdays, 6-8 pm**

The cost for each preservation class is only \$8.00.

**July 25—Tomatoes and Fruits / Boiling Water Bath Canning**

**August 8—Canning Vegetables / Pressure Canning**

**August 22—Freezing and Dehydrating**

Wondering what to do with all of the wonderful products you've made? Attend **Gifts in a Jar** for food safety combined with creative gifting of your home preserved foods.

### **Gifts in a Jar: Wednesdays, 6-8 pm**

Cost is \$10.00

**October 10**

**November 7 (repeated)**

CSU Extension is located at 212 W 12<sup>th</sup> Street, on the second floor.

Call today to reserve your place: 583-6566. Payment in advance is requested.

Please make checks payable to: Extension Program Fund.

**Colorado  
State  
University**

**Extension**

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National Extension Association of  
Family and Consumer Sciences (NEAFCS)  
Western Region 3<sup>rd</sup> Place Finalist  
for Newsletters

Colorado State University Extension  
Pueblo County  
212 W. 12th Street, Room 220  
Pueblo, CO 81003



Alcohol and Drug Abuse Division

## Keeping your car longer pays off

By Judy McKenna, CSU Extension, 2002

Although money is tight for many families, buying a car may be a teachable moment for young people. Debt load today is almost 37 percent more than five years ago. This is a good time to reconsider the old-time value of keeping things longer.

Last spring a story hit the news about a man who put more than 2 million miles on his Volvo and is still driving it. He bought the car new in 1966 and has been driving it for 36 years. What if, I thought, more people would keep and drive their cars for five years or 10 years or even 15 years – how much would they save in interest charges that trading every three years costs them now?

Let's say you decided to purchase a compact 2002 sedan. You could buy a nice vehicle for \$18,000. If you finance the car at zero percent for three years, your monthly payments would be \$500 a month. What if you kept your car for two more years and saved the \$500 payment for a new vehicle? You would have savings of \$12,233 (in addition to the value of your vehicle) as a down payment on your next car.

What if you decided to keep your car for seven more years and saved your \$500 payment? Now you would have \$45,042 in savings. And if you drove your car for another 12 years, you would have \$81,299 in savings. Remember, I'm only estimating that you will get 2 percent on your savings, plus the interest rate will likely be higher.

I know that keeping a car is not cost-free. The man with the 36-year-old Volvo had the engine rebuilt once, recovered the seats twice and had most of the body rebuilt after several accidents. He changed the oil 660 times. However much these expenses total, they still don't keep your savings from adding up fast.

Cars today are generally more reliable with a typical vehicle life-span at its highest point in history. So let's look once more at this situation: You decide to buy a year-old vehicle rather than a new one. You could probably get exactly what you want for \$14,000. At \$500 per month (7 percent loan), you'll have the car paid off in 31 months. If you keep the car for 15 years, you'll have \$84,487 in savings. Think about it.

