



Colorado
State
University

Extension

Holiday 2008

Spending Smart

Safe Holiday Toys

As you shop for toys, make sure the gift you give that special child will be safe. Consumer Product Safety Commission (CPSC) estimates there were over 170,100 emergency room cases for toy-related injuries to children and last year there were 8 confirmed toy-related deaths. Most deaths were due to air obstruction from small toys resulting in suffocation. Most injuries were lacerations or abrasions with the head and face most frequently affected.

According to CPSC, the top 5 types of toy hazards are:

- * Riding Toys - Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be worn at all times and be sized to fit.
- * Small Balls and other Toys with Small Parts - For children younger than age three, avoid toys with small parts, which can cause choking.
- * Balloons - Children under age eight can choke or suffocate on un-inflated or broken balloons. Keep un-inflated balloons from children. Discard broken balloons at once.
- * Magnets - For children under age six, avoid building or play sets with small magnets. Serious injuries can occur if magnets or pieces with magnets are swallowed..
- * Chargers and Adapters - Chargers and adapters can cause thermal burns.



Consumers can get current information on dangerous products from www.cpsc.gov or by calling CPSC's toll-free hotline at (800) 638-CPSC.

(Source: Consumer Product Safety Commission Release #09-040; November 12, 2008)

A handwritten signature in cursive script that reads "Luann K. Boyer".

Luann K. Boyer, CFCS
Extension Agent
Family & Consumer Education/
Youth Development

Listen to the Morgan County Extension Report Monday through Thursday on 1400 KFTM and each Tuesday and Friday on 1010 KSIR.

Where trade names are used, no discrimination is intended, and no endorsement by Colorado State University Extension is implied.

Colorado State University, U.S. Department of Agriculture and Morgan County cooperating. Extension programs are available to all without discrimination.

Spending Smart

Buying Firewood

With high energy costs, you may decide to fire up the fireplace or wood stove more often this winter. If you are purchasing firewood, you need to know that the price will vary based on type of wood, whether it's whole logs or split, and if delivery is included. But, the one thing that doesn't change is how it is measured, and the information a seller must provide.



When bulk firewood is sold, the standard measure is by a cord, or fraction of a cord. A cord by volume equals 128 cubic feet or a stack that is 4 feet wide, by 4 feet high, by 8 feet long. In Colorado, firewood CANNOT be sold using terms like truckload, face cord, rick, pile, or fireplace cord. Sellers of bulk firewood must provide a receipt with name, address, price, quantity and type of wood. Bundled firewood seen at grocery or convenience stores is required to be sold by the cubic foot. Bundles must be labeled with volume, wood type and contact information of the seller (name and address).

Firewood sales are governed by the Colorado Division of Agriculture Division of Inspection and Consumer Services. Consumers with questions or concerns can contact them at 303-867-9232.

(Source: "Inside Ag", Colorado Department of Agriculture, November 2008)

Are You Ready for Digital?

If you use an antenna to get television reception, hopefully you are aware that after February 17, 2009, you will likely need a digital converter box, or you are only going to see snow on the set.



The Digital Television Transition and Public Safety Act of 2005 requires television stations to only broadcast in digital after February 17. This will provide better reception and also free up more broadcast space for other communication needs. While many televisions manufactured since 2005 have digital tuners, not all of them do. This doesn't mean you have to throw out the TV, but you may need to get a converter box to receive digital signals. If your television is connected to cable or satellite, you do not need to do anything, regardless of the age of your set.

To assist this changeover, you can receive up to 2 coupons to cover part of the cost of purchasing a converter box. You can get coupons by completing a form on the FCC website or calling 888-388-2009.

The Federal Communications Commission website has lots of information about the digital conversion. Go to www.fcc.gov and click on the Icon that says ***Digital Television Transition***.



(Source: Federal Communications Commission, November 2009)

Living Well

A Healthier Weigh



The 2009 health and fitness challenge, A Healthier Weigh, begins in January. By participating in this program, you'll start off the new year by improving activity and exercise and learning about nutrition and health through fun and educational activities.

This year we will be doing the challenge with teams of 4 rather than 3 as in previous years. The 4-person teams (18 or older) will begin the 12-week challenge in late January with a team weigh-in. During the challenge, teams will report their weekly steps and participate in health and fitness lessons that can be accessed through the Extension website or by receiving a hard copy. Because the emphasis of this challenge is to increase activity and make wise food choices, there is NOT a weekly weighing.

Teams earn points for weekly steps, percentage of team weight loss over the 12 weeks, and completing questions from the lessons. CASH awards will be given for percentage of weight loss, miles walked, and lessons completed with additional cash for top overall teams. At least 25% of entry fees will be given as cash prizes. The 1st place overall team in 2008 received their entry fee back PLUS more CASH.

Entry for a 4-person team is \$200. The \$50 per person entry is only 59-1/2 cents per day - less than a soda, candy bar, or package of potato chips. You'll not only save money by not buying empty calorie foods, you'll improve your health and fitness. Get your team together NOW!! For "A *Healthier Weigh*" guidelines, contact the Extension Office at 542-3544.



Strong People Stay Healthy

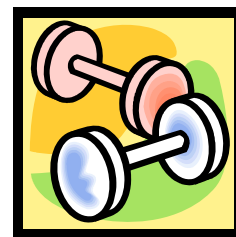
Mondays and Thursdays - February 2 through May 14

5:30 to 6:30 p.m.

Extension Center Meeting Room, 914 E. Railroad Avenue, Fort Morgan

This 12-week program uses exercises with hand and ankle weights to build muscle strength, improve bone density, and increase balance and flexibility. While the program is especially designed for older adults, it is open to any adult.

Over 100 Morgan County individuals have completed Strong People Stay Healthy programs during the past 3 years with positive results which includes better blood pressure, blood sugar control, increased strength, and significant improvement in balance and reduction of falls. Falls by older adults often result in loss of independence and the need for assisted living.



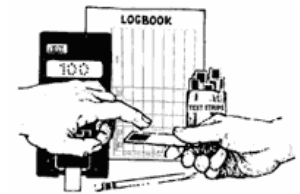
Registration fee for this 12-week program is \$40. All weights and program materials are provided. Registration with payment is due Thursday, January 22. Participants will receive a packet to complete and bring to the first class.

Eating Right

Diabetes Success Meetings

Individuals with diabetes and/or their family are encouraged to attend these monthly programs provided free of charge in cooperation with the Colorado Plains Medical Center in Fort Morgan. The group meets on the 2nd Friday of the month, September through May, from 12 noon to 1 p.m. Programs scheduled for the next several months are:

- December - No Meeting Scheduled; Information on Holiday Meals will be sent to those on mailing list
- January 9 - "Understanding A1c", presented by Diabetes Speaker Bureau
- February 13 - Blood Thinners, Joan Unrein, CPMC
- March 13 - Nutrition & Health Update, Stephanie Yoo, RD, Heart Center of the Rockies



If you would like to be on the mailing list to receive monthly postcard reminders with program topic, call the Extension Office at 542-3544.

Food Safety Trainings

Colorado State University Extension and Northeast Colorado Health Department provide food safety trainings for restaurants and other food service establishments several times each year. These trainings are also appropriate for organizations that may be serving food occasionally such as funeral dinners, fundraising activities, or community events.

The trainings cover all aspects of safe food handling from the time food is purchase until the last leftovers are thrown away and the kitchen is cleaned up. The Food Handlers' training is a 4 hour class normally held in the afternoons. The Food Managers' training is an all-day class and includes a certification exam that enables the person to teach others.



The schedule for 2009 tis:

- Wednesday, February 18, Fort Morgan - Food Handlers, taught ONLY in Spanish
- Wednesday, March 18, Akron - Food Handlers
- Tuesday, May 5, Brush - Food Managers' Certification
- Tuesday, June 9, Brush - Food Handlers
- Thursday, September 10, Wray - Food Handlers
- Wednesday, November 18, Sterling, Food Handlers

Registration details are sent approximately 2 months prior of each training to all food service establishments licensed by the Northeast Colorado Health Department. If you are not on the Health Department list, but would like to receive information about trainings, contact Luann at 542-3544.

Raising Kids

Parenting Classes

Parenting classes will begin in early February and be held on Tuesday evenings for 6 weeks from 6 to 8:30 p.m. at Sherman Early Childhood Center in Fort Morgan. Child care will be provided during the class and participants can enjoy a light supper each evening.



This 6-week class focuses on understanding appropriate behavior for a child's age, helping children learn how to use decision-making skills, improving family communication, positive discipline, peer pressure and accepting responsibility for actions.

For additional information on this class, contact Morgan County Extension at 970-542-3540.

Coming Soon for Grandparents

Over 5 million adults are involved in raising children other than their own. Many of these are grandparents raising their grandchildren, but there are also a lot of other relatives or friends who have taken on a new parenting role.



The typical way that organizations have provided support is through some type of group meeting that the adult could attend. For many individuals, this type of support does not fit their busy schedules, especially since the majority of these caregivers work fulltime. After a day of work, they need to get home, feed the children, help them with homework, etc. and do all the normal household necessities. Most don't have the energy to fit another meeting or weekly class into their schedule. Yet, surveys show they want some support and help.

To meet the need that grandparents and kinship providers have requested, Colorado State University Extension is developing an Online Support website. This website will feature:

- * Support Networks through on-line discussion groups
- * Connections to websites at the local, state, and national level
- * Research-based publications from CSU and other Extension programs
- * Commonly asked Questions and Answers about financial assistance, legal issues, health, parenting, education, and more

This project is funded by a CSU Extension Innovation Award. These awards are provided to Extension teams who have identified an emerging need that is not otherwise addressed through typical Extension programs.



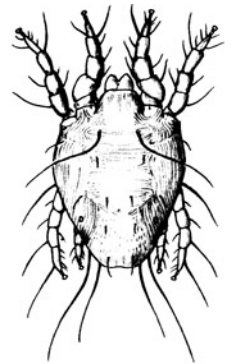
The website will be launched in January 2009 as a link through CSU Extension. Watch for details on the web address and more about content. In the meantime, if you have questions, call Luann at 970-542-3544.

Living Well

Dust Mites

Do you need to worry about dust mites? Not if you live in Colorado, according to surveys that have been conducted.

In some parts of the United States, dust mites can be serious allergens. Their feces and old cast skins can sensitize people and cause real problems. However, the house dust mite is only able to survive when humidity conditions are suitable. The reason for this is that a house dust mite develops by feeding on skin flakes (often the primary source of house dust), but they can only feed on skin flakes that have been partially degraded/defatted by the action of a fungus, *Aspergillus penicilloides*. Optimum relative humidity for this fungus to live is somewhere around 72%. Minimum for the fungus to develop is somewhere around 60-65%. Humidity in Colorado rarely comes anywhere near the lower limit and is never sustained at levels high enough for the fungus to live. Since the fungus can't develop, the house dust mite can't develop.



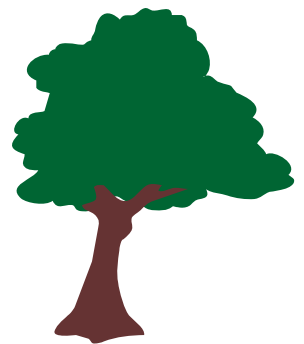
Dr. Whitney Cranshaw reported that Denver Jewish Hospital did a survey a few years ago for house dust mites in this region. The survey showed negative results, with one exception. In the one case that was found, a long-term care patient confined to a bed had house dust mites. This patient ran a humidifier and the room was enclosed which allowed the humidity to reach the threshold that would support fungus and dust mites.

So, the bottom line is - Colorado does not have the right environment that supports dust mites. While it is important to keep your house clean, normal cleaning should be sufficient. You do not need to do any special cleaning such as the air ducts for your heating system. According to Dr. Cranshaw, heating systems in Colorado homes definitely do not provide the conditions for dust mites.

(Source: Dr. Whitney Cranshaw, CSU Extension Entomology Specialist)

Order Seedling Trees NOW

It's time to order the seedling trees and shrubs you want for next spring. This program is provided through Colorado State Forest Service and enables rural landowners who own at least two acres of land to obtain the seedlings at nominal cost. The purpose of the program is to establish windbreaks, reduce erosion, provide living snow fence areas, and enhance wildlife habitat



Orders are due by March 1. Even though the seedlings will not arrive until late March or early April, the earlier your order is turned in, the better your chance of getting what you want. Many of the popular plants sell out early. Don't wait and be disappointed. For questions about tree orders, contact Joanne Jones at the Extension Office, 970- 542-3542.

Extension Center Hours

Effective November 1, office hours at the Extension Center are:

8 a.m. - 4 p.m. November 1 through February 28

8 a.m. - 5 p.m. March 1 through October 31

Throughout the winter, any Extension Agent will be glad to make an appointment if you need to schedule something after 4 p.m. Call the main number at 970-542-3540.

Mark Your Calendar

Meetings are held in the Extension Center Meeting Room, 914 E. Railroad Avenue in Fort Morgan unless otherwise noted. Details about events listed are elsewhere in this newsletter or call 970-542-3544.

November --

- 23 4-H Achievement Night, 6:30 p.m., Event Center, Brush Fairgrounds
- 27/28 Thanksgiving Holiday - Office Closed

December --

- 5 Morgan Matters, B106 Radio, 8:10 a.m.
- 5 Northeast Colorado Talks, KSIR Radio, 8:35 a.m.
- 8 Extension Advisory Committee, 6:00 p.m.
- 18 Morgan Talks, KFTM Radio, 8:30 a.m.
- 25/25 Christmas Holiday - Office Closed

January --

- 1 New Years Holiday - Office Closed
- 2 Morgan Matters, B106 Radio, 8:10 a.m.
- 2 Northeast Colorado Talks, KSIR Radio, 8:35 a.m.
- 9 "Understanding A1c"; Diabetes Success Group, 12 noon - 1 p.m., Colorado Plains Medical Center, 1100 Lincoln, Fort Morgan
- 15 Morgan Talks, KFTM Radio, 8:30 a.m.
- 20 Registration Due for 2009 A Healthier Weigh**
- 22 Registration Due for Strong People Stay Healthy Class**
- TBA Team Weigh-In, 2009 A Healthier Weigh, Time and Location TBA

February --

- 2 Strong People Stay Healthy begins, 5:30 - 6:30 p.m.
Meets each Monday and Thursday through early May at Extension Center
- 3 Partners in Parenting begins, 6:00 to 8:30 p.m., Sherman Early Childhood Center, 300 Sherman, Fort Morgan
- 7 Child Development Professional Development Workshop, 9 a.m. to 12 noon
- 13 "Blood Thinners", Diabetes Success Group, 12 noon - 1 p.m., Colorado Plains Medical Center, 1100 Lincoln, Fort Morgan
- 18 Spanish ServSafe Food Handlers' Training, 1:30 - 6 p.m.





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