

# 4-H News to Know

## May 2016



Custer County  
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There may be a few times that both Robin and Beverly are NOT able to be in the office. We will try to keep you posted with these necessary office closures. Call before you make the trip. THANKS!

### Check out the Custer County 4-H Facebook page:

<https://www.facebook.com/CusterCountyCO4H>

### Congratulations to our 4-H & FFA graduating seniors:

Katlyn Freeburg, Noah Tillotson, Jerald Taylor, Ed Berry, Sam Dunlap, Elly Gluschke, Taylor Staton and Nicole Lorenzen. **Good luck in all your future endeavors!!**

**Club Meetings Scheduled** - Below you will find a list of the club meetings:

- Triple C Clovers - May 8 @ 1 p.m. at school
- Trailblazers - May 5 @ 4:15 p.m. at school.
- Silver Spurs - May 12 @ 4:15 p.m. at Annex Bldg.



**County Fair Info** - All 4-H and FFA members will be receiving a mailed packet from the Extension Office. This packet will include your fair entry forms as well as other forms that will need to be completed and returned by the deadline. We will have these packets to everyone in early May with a **deadline of June 1<sup>st</sup>** for them to be returned. **FAILURE TO COMPLETE AND RETURN THESE FORMS WILL RESULT IN NON-PARTICIPATION AT THE COUNTY FAIR!!** So please watch your mail and return ASAP!

**4-H Project Requirements** – The Custer County Fair follows the Colorado State Fair requirements on all you indoor projects. These projects include: child development, clothing construction, entomology, foods, heritage arts, model rocketry, outdoor adventures, photography, robotics, scrapbooking, shooting sports, sportfishing, vet science, visual arts and wildlife. The 2016 requirements, e-records, tip sheets and score sheets are all posted on the State 4-H website at:

<http://www.colorado4h.org>

**Custer County Fair Board Weights to be eligible to sale:**

**Market Beef** – minimum 1,000 lbs.

**Market Sheep** – minimum 105 lbs.

**Market Goat** – minimum 55 lbs.

**Market Swine** – minimum 220 lbs. maximum 290 lbs.

**Market Rabbits** – (3) pen, max age 10 weeks, weigh 2-5 lbs. each

**Horse Practices Scheduled** – If you are interested in attending Marci Wommack's horse practices, mark these dates on your calendars:

Every Wednesday, beginning June 1<sup>st</sup> at 4 p.m. and will continue thru July 6<sup>th</sup>.

Gymkhana practices will be held at 6 p.m. these same days. If there is bad weather, the practice will be held the next day.

**ALL OTHER PRACTICES WILL BE HELD:** May 6<sup>TH</sup> and 20<sup>TH</sup>, every Friday in June from 1-5 at the Cowboy Church, and July 1<sup>st</sup> and 8<sup>th</sup> at the Fair Grounds. Please attend as many practices as you can!

**Don't forget the GET READY FOR FAIR Fun Show on June 4<sup>th</sup>.  
Please see the flyer below!**

### **District 13 Family Camp Out June 4-5**

District 13 is going to have our very first 4-H Family Camp Out on June 4-5 at the Chaffee County Fairgrounds. District 13 includes Custer, Chaffee, Fremont, Park and Teller. Families can bring campers or tents and come in the late afternoon on June 4, set up and cook their own supper. There will be games, a movie fun for all ages, and if the weather is right a bonfire and s'mores and lots of other fun events being planned by our committee. The event will end with a wonderful breakfast on Sunday morning in the exhibit hall. This event will be fun for all ages! Just a note: all 4-H members regardless of age must attend with an adult.

# CUSTER COUNTY FAIR

## JULY 8<sup>TH</sup> – 17<sup>TH</sup> 2016

### Custer County Fair board

President - Alisha Shy 719-371-5001

Vice President - Lynetta Gillmore 719-371-4792

Secretary - Marliisa Gonzalez 719-229-5483

Treasurer- Donna Hood 610-761-2770

4-H Youth Representative - Keli Smith

Members at large include Sue Roberson 719-371-2433, Duane Foster 719-783-0142, Diane Rose 719-371-2496, and Audrey Gluschke 719-371-2624. Lia Coleman, FFA Advisor and Robin Young, 4-H Agent are ex-officio to the board.

The meetings are held every 3<sup>rd</sup> Wednesday of the month at 5:30 at the Annex. Meetings are open to everyone. Thanks to all of you who work hard to put on the Custer County Fair!

### **Very Important Message from the Fair Board regarding policy: Custer County 4-H and FFA Custer County Fair Livestock Participants.**

The Fair Board is implementing a new rule on the clean-up day and the clean-up of the livestock stalls after the fair.

The Fairgrounds clean-up day is always the 1<sup>st</sup> Saturday of fair week. You are *required* to participate in the clean-up of YOUR fairgrounds. If you can't make that date, you **MUST** contact the Extension Office **BEFORE** the clean-up day. You will be assigned clean-up duties during the fair. This includes ALL 4-H and FFA members who participate in the Custer County Fair. The stall assignments will be posted, but you may not start preparing your stalls until **AFTER** the regular clean-up of the fairgrounds is finished. If you do not comply with this rule, you will be docked 20% of your livestock sale check. **NO EXCEPTIONS!!**

Extra animals will vacate the fairgrounds by the sale on the last Sunday of the fair. When all sale animals are removed, you are responsible for cleaning up your stalls. This includes taking out all of the shavings down to dirt. You are responsible for taking all of your equipment out of your stall. All stalls will be cleaned no later than the Tuesday after the sale at 8am. If you do not comply with this rule, you will be docked 20% of your livestock sale check. **NO EXCEPTIONS!!**

**Sale Committee Members** – These ladies are working diligently to make this one of the best Jr. Market Livestock Sales ever! Please lend them your support!!

Deborah Fischer 719-942-3716

Karalee Rowley 719-371-1169

Ilene Squire 719-783-9286

Lia Coleman 719-371-6221

Brianna Livengood

**List of Leaders – below is a list of current club and project leaders:**

Janet Freeburg – Silver Spurs Club Co-Leader 719-783-2136

Marci Wommack – Silver Spurs Club Co-Leader and Horse Project Leader 719-371-0480

Alisha Shy – Trailblazers Club Leader 719-371-5001

McKenzie Huffman – Triple C Clovers Club Leader 719-530-1596

Bill Baker – Shooting Sports - .22 Rifle and Shotgun project Leader 719-942-3027

Greg Watkins – Shooting Sports – Archery Project Leader 719-371-7474

Audrey Gluschke – Resource Leader 719-783-2292

Lisa Behrman – Horse Leader 719-371-0352

Katie Smith – Resource Leader 719-942-3899

Hailey Felks – Horse Leader 913-314-0882

Donna Hood – Resource Leader 610-761-2770

Cheryl Laramore – Resource Leader 719-338-9694

Jake Shy – Horse Project Leader 719-429-0846

*On behalf of the 4-H Foundation and the membership of 4-H, I want to thank Custer County Cattlegirls for the support they provided to the 4-H Foundation Camp in March. This organization goes above and beyond in their generosity for our youth. So if you see a Cattlegirl, THANK THEM!*

**Custer County 4-H Foundation** - The 4-H Foundation meetings are held on the 2<sup>nd</sup> Monday of the month at 8:30am at Cliff Lanes. Your 4-H Foundation Board members are:

Audrey Gluschke 719-783-2292

Donna Hood 610-761-2270

McKenzie Huffman 719-530-1596

Cheryl Laramore 719-338-9694

Polly Miller 719-783-2733

The State Fair Animal Retinal Scan is set for May 22<sup>nd</sup> at 2pm at the Fair Grounds. If you are planning on showing a Beef/Sheep/Goat project, you will need to bring this animal for a retinal scan. Please contact the Extension office for more info.

**Display Boards Available** – we have a limited supply of the proper size display boards for your 4-H Indoor projects. They are \$3 each. Stop by to pick one up for any of the projects you need them for.

## Shooting Sports

**Archery Safety Meeting/Practice Sessions** – The practice sessions are held at the Cowboy Church on Saturday's at 9 a.m.

**Firearms - .22 and Shotgun** – Practices are on Fridays at the Sangre Shooting Sports Range at 9 a.m.

**COLORADO 4-H CONFERENCE** – This conference for 4-H members that are 14 years of age and older will be held June 21-24 on the CSU campus in Fort Collins. It will provide great training opportunities for 4-H members, leaders, and Extension agents to strengthen their leadership skills. Registration deadline is fast approaching – **MAY 10th** so if you are interested, you need to let us know NOW so we can get you registered. There is a \$25 late fee each if we are not registered by the deadline. We will work on the rest of the paperwork, etc. after we get everyone registered. An estimated total cost for registration and meals, etc. is \$340.00. Remember that the Custer County 4-H Foundation has scholarships available – 75% for members, 25% for non-member. So call us NOW for more information and to get REGISTERED!!

**Custer County Friends of NRA Raffle** – you will find a flyer below advertising the gun raffle hosted by the Custer County Friends of NRA. NRA supports the National 4-H Shooting Sports Program, so Custer County 4-H Shooting Sports program supports the Custer County Friends of the NRA in their efforts. You will read on the flyer that a limited number of tickets are being sold so this is a great opportunity to try to win! The Extension Office has a small supply of tickets that we are selling. Stop by to get your tickets and your chance to WIN!

**The Ford Truck Raffle is back again.** Any Club can sell tickets to raise money for their club. You will need to come to the Extension office to get tickets and each stub needs to be accounted for.

**\*You should sell raffle tickets because:**

It is a great fundraiser: **Club will receive 50% back (plus bonuses!!)** of proceeds raised, there is nothing to order and/or deliver, all expenses are paid by the Foundation, and prizes are taken care of by the Foundation.

It is a great awareness campaign: What is 4-H? Why support 4-H? What is the money used for? Become a member and join 4-H! Tell people what 4-H is all about...As you sell them a raffle ticket!!

It makes giving to 4-H fun! People believe in 4-H but don't always know how to give. Buying raffle tickets supports youth on the county level and State level.

**Congratulations to Katlyn Freeburg!** Katlyn is the recipient of the Colorado 4-H Foundation Scholarship! WAY TO GO, KATLYN!!!!



# ENTER TO WIN THE 2016



Colorado  
4-H Foundation

## RAFFLE

TICKETS \$5 EACH OR 5 FOR \$20

### GRAND PRIZE:

NEW 2015 FORD F-150 SUPER CREW TRUCK

### Plus:

11 CASH PRIZES  
FROM \$100-\$1,450



Drawing will be held  
**September 17, 2016**  
CSU vs. UNC Football game half-time  
Hughes Stadium, Fort Collins  
Proceeds benefit  
the Colorado 4-H program.  
Winner need not be present to win.

[WWW.CO4HFOUNDATION.COLOSTATE.EDU](http://WWW.CO4HFOUNDATION.COLOSTATE.EDU)



# Get Ready for Fair Fun Show!

*Saturday, June 4th, 2016  
at the Cowboy Church*

**Enter at 8:30am, Show at 9:00am ~ Pre-Registration is encouraged!**

Come join us for a fun and educational show open to  
Junior and Senior 4-H and FFA aged youth

Non formal show clothes- Long sleeve shirt, boots, jeans & helmets for youth in speed classes!

Classes offered:

-  Showmanship
-  English Pleasure/Equitation
-  Western Pleasure/Equitation
-  Ranch Trail
-  Reining
-  Barrels
-  Poles
-  75 up and back
-  Flags
-  Dollar Race

**\$10 per person for the day!**

**Ribbons & Positive advice  
from the judge for each class!**

Colorado State University  
Extension 

Contact Robin Young for more information 783-2514



CSU Extension programs are available to all without discrimination.





## ANYOUNG HASEYO (HELLO IN SOUTH KOREAN) KONNICHIWA (HELLO IN JAPANESE)

### 4-H MEMBERS AND PARENTS!! EXPAND YOUR FAMILY'S HORIZONS BY HOSTING A JAPANESE OR SOUTH KOREAN YOUTH THIS SUMMER!!

(Please share this message with other 4-H'ers who may be interested in this exciting summer program.)



Looking for some fun and excitement this summer? How about hosting a new friend from Japan or South Korea (July 23 – August 18)? Colorado 4-H International Programs are offering hosting opportunities to families this summer. We would like to make host family assignments as soon as possible so that families and exchange delegates can communicate and get to know each other prior to arrival in Colorado.

**Contact:** If you are interested in hosting a particular youth from the attached list or if you have further questions, please call Courtney at the State 4-H Office, 970-491-2711 or email: [Courtney.Loflin@ColoState.Edu](mailto:Courtney.Loflin@ColoState.Edu)

**Who can host:** Colorado families who are interested in other cultures and enjoy working with youth (ages 12-18). A separate bed is required but not necessarily a separate room from the host sibling. Delegates are 100 per cent medically covered with 4-H insurance and bring their own spending money. They can go on host family vacations, camping trips, or join their host sibling for summer camps. **The focus is everyday life.**

**Benefits:** Increase cross-culture and global understanding, broaden communication skills, make a new friend from another country, and have fun while learning about Japan in your own home. A future opportunity is available for host siblings to travel to Japan or South Korea and stay with a host family for one or two months.

**What you do:** The host family treats the delegate as a family member (rather than a tourist/guest), and keeps a “regular” family schedule. That could mean: chores, fairs, camping, ballgames, playing board games, etc . . . very busy or not so busy. It just depends on what your family likes to do! Most delegates will have studied English in school. They may be shy and don’t want to make mistakes, so it takes a few days for them to be comfortable using English. Courtney is available 24/7 by phone, including cell. In addition, we have great resources in the adult chaperones who will also be in Colorado during the exchange.

**Hosting Dates:** July 23 – August 18, 2016

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

Individuals requiring special accommodations to participate in any activity, program or service should notify the program coordinator at least 5 business days prior to the scheduled event.



CUSTER COUNTY FRIENDS OF NRA

# DIRTY DOZEN 12 GUNS 12 WINNERS!

NEED NOT BE PRESENT TO WIN!



1. Benelli Nova Tactical 12ga



2. Colt Commander .45 ACP



3. Smith & Wesson 15-Sport 5.56



4. Ruger KSP-341X SP101 .357MAG



5. Savage Arms B-Mag 17 Series 17WSM



6. Smith & Wesson M&P BG380 w/CT Laser .380 Auto



7. Ruger LC9S 9mm



8. Rock Island Armory M1911-CSP .45 ACP



9. Heckler & Koch VP9 9mm



10. Mossberg Patriot Rifle .300 WIN MAG



11. Henry Silverboy .22LR



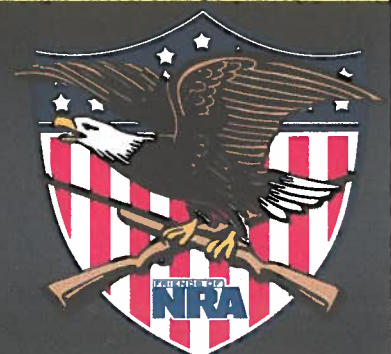
12. Weatherby Vanguard Select .30-06SPR

**\$20 Each or 6/\$100** Only 600 Tickets Available!

Tickets Drawn on August 27, 2016

At Custer County Friends of NRA Banquet  
A Painted View Ranch  
3115 County Road 160  
Westcliffe, Colorado 81252

For Tickets Call: Dwaine Robey at 303-877-8584



May – June, 2016



## Bicycle Safety – for Kids of All Ages

Medical research shows 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, and 75% of them die of head injuries.

Here are reminders about helmet safety.

- Wear a helmet when riding. A person can expect to have a crash in 4,500 miles of riding.
- Even low-speed falls on a bicycle trail can scramble brains.
- Make sure the helmet fits to get maximum protection. A good fit means level on the 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.
- Less expensive helmets are just as good as more expensive ones.
- Standards are no longer a big issue in the US market, but check inside for a CPSC sticker. (Consumer Product Safety Commission)
- Children under one should not be riding on a bicycle. Toddlers should be able to hold their head up with a helmet on.
- Pick white or bright colors for visibility to be sure that motorists and other cyclists can see the rider.
- 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.

Source: Bicycle Helmet Safety Institute

Colorado State University, U.S. Department of Agriculture, Logan County, Morgan County and Golden Plains Area Cooperating. Extension programs are available to all without discrimination

### *Joy Akey*

Yuma County

[joy.akey@colostate.edu](mailto:joy.akey@colostate.edu)

(970) 332-4151

### *Jennifer Cooney*

Morgan County

[jennifer.cooney@colostate.edu](mailto:jennifer.cooney@colostate.edu)

(970) 542-3544

### *Tara Friend*

Logan County

[tara.friend@colostate.edu](mailto:tara.friend@colostate.edu)

(970) 522-3200, Ext. 2

### *Gisele Jefferson*

Washington County

[gisele.jefferson@colostate.edu](mailto:gisele.jefferson@colostate.edu)

(970) 345-2287

### *Tracy Trumper*

Phillips County

[tracey.trumper@colostate.edu](mailto:tracey.trumper@colostate.edu)

(970) 854-3616

### Extension Online

<http://www.goldenplains.colostate.edu>

[www.extension.colostate.edu/logan](http://www.extension.colostate.edu/logan)

[www.extension.colostate.edu/morgan](http://www.extension.colostate.edu/morgan)

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



## School is Out - Routine is Still In!

Even though parents and children are ready for a break from the school rush, the routines many parents create during the school year are very important for a child's development, health and mental wellbeing. Creating a family summer routine will continue to foster the benefits routines have for children and adolescents.

Daily routines are a way of teaching younger children healthy habits, like brushing their teeth, and washing their hands before a meal. Children and young people tend to feel safer when they live in an organized and predictable environment. Having a routine of house chores helps children and adolescents develop a sense of responsibility. Time management and basic work skills are instilled as a result of routines in the home. In adolescence, regular home routines help children, "feel looked after," and can relieve the stress of changes they are experiencing.

Routines have health benefits, too. Children in families with regular routines and healthy habits have fewer respiratory infections than those in routine-free homes. Sleep is essential for maintaining a healthy body, brain function, maintaining the immune system and for improving energy levels, learning and concentration. Children, ages 12 to 15, need on average of 9 ¼ hours of sleep each night to function at their best. Studies have shown that 90% of children do not get the recommended amount of sleep on most school nights. Another recent study of over 15,000 students found that those who went to bed after midnight had a 24% higher risk of depression, compared to those who went to bed before 10 p.m. The study also found, adolescents who slept five hours or few were 71% more likely to suffer depression. Moreover, if kids are tired they are not going to be as active. Making activity part of normal day helps prevent weight gain and other debilitating diseases such as diabetes and heart disease.

Disease prevention and good mental health is not just a 9-month project for children during the school year. Continue to have children rise about the same time in the morning and go to bed around the same time. This will keep their body clock on track, allowing them to be less moody, have less behavioral issues and allow them to enjoy more summer activities. In early adolescents and teens this may mean monitoring their computer time, phone time and electronic game time-especially in the middle of the night. Have a daily schedule written down with time for play, reading, watching TV, and working or chores. Older children can be asked to be a part of scheduling. This will allow them to see the expectations or guidelines for their day, but allow some autonomy and responsibility as well.

Remember to be a part of your child's routine. "Routines built around fun or spending time together strengthen relationships between parents and younger children." This family time will continue to support those relationships later in the adolescent and teen years. Here is a list of routines for all ages to share in:

- Preparing and eating meals together
- Physical activity- walking the dog, going for a bike ride
- Family days (family activities)
- Family DVD nights
- Family meetings
- Taking turns talking about the day
- Special one-to-one time with a parent
- Regular contact with extended family and friends
- Family chore time
- Saying prayers or observing religious events
- Hobbies or sport



Some routine is helpful for all families. It helps you get through the things that need to be done in each day, and can also build your family bonds. A good routine caters for the needs of all family members."

### Resources:

"Family Routines," Raising Children Network, <http://raisingchildren.net.au>

"Children's Health," [www.mayoclinic.com/health/child-sleep](http://www.mayoclinic.com/health/child-sleep)

## Home Safety for Seniors

The population of 65 plus is seeing major growth, as the baby-boom generation continues to age. There are currently around 40 million people aged 65 years or older and Northeast Colorado's aging population is forecasted to rise 25 percent by 2020. Many seniors and families are choosing to stay at home, depending upon individual needs and while this may be comforting, home accidents are the most prevalent cause of injury in seniors. As we age, our senses, strength, and reaction time decline posing many threats to our safety and security, but maintaining independence is often a concern of many families and aging seniors, so there are small steps that can be taken to improve home safety for seniors. Here are a quick few general safety tips to avoid injury for seniors living at home:

- ✓ Keep a list of emergency contact information by each telephone
- ✓ Ensure that doors have strong locking mechanisms and are easy for seniors to operate
- ✓ Check and maintain fire and carbon monoxide alarms
- ✓ Remove or any loose rugs or purchase rubber backed carpeting
- ✓ Relocate electrical cords out of traffic areas- hallways, doors, etc.
- ✓ Install adequate lighting and provide a flashlight or lamp next to the bed
- ✓ Use chairs that have arms to assist in standing and sitting
- ✓ Check to ensure railings, grab-bars, and towel bars are securely fastened
- ✓ Keep outdoor walkways maintained and clear walkways
- ✓ If possible, install an alarm system to alert to the action of opening or closing of a door or window

*Source: Colorado State University Extension*

## myRA® May Be For Your Family Member

Do you have a child or partner who does not yet have a retirement savings plan? Accumulating enough in a savings account in order to even open a mutual fund account can be a long process, especially with current low interest rates.



U.S. Department of the Treasury

The myRA was created as a vehicle to help people build a pool of dollars to invest in other types of retirement funds later. myRA is a retirement savings account developed by the U.S. Department of the Treasury that helps make saving easy. myRA could be a good option for your family member if they don't have access to a retirement savings plan at work, yet want to start saving for their future. It costs nothing to open, there are no fees, and they choose how much they want to save—whatever fits their budget.\* myRA is simple, safe, and affordable.

myRA is essentially a Roth IRA, funded with after-tax dollars. Contributions are invested in a new U.S. Treasury Savings bond that earns interest at the same rate as investments in Government Securities Funds available to federal employees. These investments earned 2.31% in 2014 and an average annual return of 3.19% over the ten-year period ending December 2014.

The myRA saver can save up to \$15,000 in this fund before transferring it to a private sector Roth IRA. It is simple to set up automatic contributions into a myRA. This can be done on-line. If a person changes jobs, the account stays with the saver—it's portable. Contributions can be made from a saver's paycheck, their checking or savings account, or from their federal tax refund. The money that is invested must be from earned income. The money is safe because it is backed by the US Treasury. The account safely earns interest. There is no minimum account balance and no minimum amount required to get started in a myRA.

The myRA is affordable because there is no cost to open the account, and there are no fees. Savers contribute an amount they choose every payday—whatever fits their budget, even if it's just \$5, \$25, or \$100. They can contribute up to \$5,500 per year (or \$6,500 per year if age 50 and over). Savers enjoy the tax advantages this type of investment brings. myRA can fit into the bigger picture of financial security for a person. If you have family members or friends, tell them about the myRA as a way to get started on their retirement planning.

The myRA.gov website is easy to use and understand. \*Annual and lifetime contribution limits and annual earned income limits apply, as do conditions for tax-free withdrawal of interest. To learn about key features of a Roth IRA and for other requirements and details, see <https://myRA.gov>.

*Source: Laurel Kubin, Larimer County, Colorado State University Extension*



## Enjoying More Leafy Greens

Dark leafy greens are an excellent source of antioxidants and Vitamin B6 and often have more nutritional value than their lighter counterparts. Dark leafy greens include kale, spinach, collards, arugula, red or green leaf lettuce, or swiss chard. Leafy greens can be eaten raw or prepared, cooked, and added to a variety of breakfast, lunch, and dinner dishes. Here are five steps to adding more leafy greens to your nutritional routine:

1. Add them into your breakfast- leafy greens compliment eggs perfectly, mix them in scrambled or omelet style.
2. Make additions to your smoothies- mix them in with fruit, yogurt, and juices in a smoothie and you won't even know they are there.
3. Add color to your sandwich- use leafy greens instead of romaine or iceberg lettuce on your sandwiches.
4. Mix into soups- leafy greens will wilt down and add flavor and nutrition to your favorite soup recipes.
5. Toss into your favorite pasta- looking for a splash of color, leafy greens are a wonderful accent to any pasta dish.



When purchasing and preparing leafy greens ensure you are using proper food safety by refrigerating the green and rinsing well before use.

For more information visit: <http://www.liveeatplay.colostate.edu/eat/healthy-diet/tools/leafy-greens.php#.Vxk9YKbQCUk> (Live.Eat.Play, Colorado State University)

## Healthy Bites for May: National Asparagus Month



Asparagus has been cultivated for culinary and medicinal purposes for more than 2,000 years. Versatile and healthy, it can be eaten raw or cooked, and is used fresh, frozen, or canned. Asparagus is generally available from April through June. Asparagus can be used in salads, side dishes, entrées or as an appetizer, and can be boiled, steamed, microwaved, roasted, or stir-fried. May is National Asparagus Month. Check out the following tips and information on buying, storing, and adding asparagus to a healthful eating plan.

- **Nutrition and health.** Five medium asparagus spears have about 20 calories; and has no saturated fat, sodium or cholesterol, is high in folate, and is a good source of vitamin A and C.
  - **Selection and storage.** Choose odorless asparagus stalks with dry, tight tips that are similar in size; avoid limp or wilted stalks. Refrigerate unwashed asparagus for up to four days by wrapping the end of stalks in a wet paper towel and placing in a plastic bag.
  - **Cleaning and preparing.** Rinse asparagus stalks thoroughly in cool water to remove dirt and sand. Bend asparagus so that it snaps at its natural breaking point. This will remove the woody bottom.
  - **Cooking methods.** When boiling asparagus, cook it in a wide skillet, with about 1/2 inch of water and a sprinkle of salt (optional). Blanching is a good method to prepare asparagus for salads and cold dishes. Place asparagus in boiling water for about 3 minutes. Remove and immediately place in an ice bath. Roasting is another good option. Cover a rimmed baking sheet with aluminum foil; and place asparagus in a single layer on the sheet. Sprinkle with olive oil & stir to coat, add a little salt and pepper. Bake in an oven at 450 degrees Fahrenheit (F) for 10 to 15 minutes. Purchase thick spears for grilling. Place asparagus spears on a medium-high heat grill coated with olive oil spray and cook for about 5 to 8 minutes until tender, turning occasionally.
  - **Great additions to meals and side dishes.** Add steamed pieces of asparagus to scrambled eggs or omelets. Spread a soft cheese on whole-wheat crackers and top with a crisp asparagus head for an appetizer or snack. Place fresh or frozen asparagus in a microwave-safe container or in a sauté pan with a small amount of water, low-sodium seasonings, and garlic for a side dish or snack. Put fresh asparagus in a plastic bag, drizzle with olive oil, pepper, and other seasonings, shake until coated, and then bake in the oven at 400 degrees F until crisp.
- Source: <http://food.unl.edu/may-food-calendar#health>

## What's Been Happening

**Diabetes Webinars: Diabetes Medication** - In April, Judy Weimer, FNP and CDE, explained the different types of medicines, how the medications work in the body, their intended results and possible side effects, and their costs. She also talked about the combinations of meds that are often used to get better blood glucose control. Weimer stressed the importance of knowing your medications (for you or your family member with diabetes); and gave a list of questions to ask your doctor or pharmacist. To view the recorded webinars click here:

[https://www.youtube.com/playlist?list=PL1ViO\\_C2ES-dmsNzv8N9h4L0JpfQIXN](https://www.youtube.com/playlist?list=PL1ViO_C2ES-dmsNzv8N9h4L0JpfQIXN).

Nine men and women completed a 12-week **Strong People Stay Healthy**- strength training program meeting twice a week. An assessment on 6 key strength and balance tests was as a pre and post-assessment. At the conclusion, the participants reported feeling stronger, having more balance, more energy, and 50% were more active. The participants will now join 3 different ongoing classes in Wiggins, Fort Morgan, and Brush to maintain their achievements and continue on the path to obtaining their health goals. The same program is ongoing in Akron with 15 participants meeting twice a week at Pioneer Haven to exercise and maintain their strength and flexibility.

On March 9<sup>th</sup>, 14 Brush City employees participated in a **Small Steps to Health and Wealth** program, which focused on making changes to improve their health and their wealth. The program explores the impact of health on finances and vice versa. During the session, financial guidelines were established and participants set specific short term and long term goals. There are continuing options through Facebook and Twitter applications after the workshop for the participants to continue.

106 3<sup>rd</sup> and 4<sup>th</sup> graders from Haxtun Elementary, Holyoke Elementary and Julesburg Elementary schools participated in a **Piggy Bank Contest** in March and April to sharpen their financial literacy skills. For a week, teachers worked with students each day in a Piggy Bank Primer workbook provided by CSU Extension, while students created their own piggy banks made of recycled materials. Points West Bank of Haxtun and Julesburg, and First Pioneer Bank of Holyoke sponsored the prize money for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place winners, plus a coin for all other participants in the Piggy Bank Contest.

Six individuals in Morgan County are participating in **A Matter of Balance**, fall prevention program for seniors to increase their confidence in knowing how to prevent falls. The program runs 8 weeks with a total of 16 hours of engagement time. The same class series has been held in Yuma and Logan counties. Matter of Balance participants across the U.S. have reported implementing specific environmental changes to reduce the potential for falling such as removing throw rugs, installing handrails, and using night lights. Mental changes they make included asking family or friends when they need assistance, knowing medication side effects, and discussing health concerns with doctor or other health professional.

**Cooking Matters**, a 6-session nutrition and cooking class for adults, conducted in partnership with Washington County Connections, was held in Akron in February with 8 participants. Another class started at the Cope Recreation Hall on April 27<sup>th</sup> and runs on Wednesday evenings through May. This same class series runs 2 or 3 times a year in Yuma County with Extension partnering with Encore Life.

**A Healthier Weigh**, 12-week health & fitness challenge, ended mid-April for the 177 participants in 6 counties.

Phillips Co.	Morgan Co.	Logan Co.	Washington Co.	Yuma & KC Co	Totals
50 of 60 completed	16 or 16 completed	30 of 34 completed	23 of 24 completed	23 of 43 completed	142 of 177 completed
25,127 miles	7,991 miles	12,156 miles	8,511 miles	10,928 miles	64,713 miles
271.5 pounds	25.1 pounds lost	293.8 pounds lost	70.4 pounds lost	58.6 pounds lost	719.4 pounds lost
103 inches lost	24.5 inches lost	57.0 inches lost	38.0 inches lost	19 inches lost	241.5 inches lost

## Upcoming Events!

May - Matter of Balance- Fall Prevention, Morgan County Extension Office, Fort Morgan, Mondays - 1:30 p.m. – 3:30 p.m. through May 23<sup>rd</sup>

May 17<sup>th</sup> - Family Law Day, Morgan County Justice Center, Fort Morgan; 8 a.m.-4 p.m.

May 24<sup>th</sup> - Community GMO Discussion, Morgan County Extension Office, Fort Morgan; 6:30 - 7:30 p.m.

June 7<sup>th</sup> – ServSafe Food Safety Manager's Training, Gary DeSoto Building, Sterling; 8 a.m.-5:30 p.m.

June 7<sup>th</sup> - Food Preservation 101 Workshop, Morgan County Extension Office, Fort Morgan; 5:30 -7:30 p.m.



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

## Bringing Your Food Product to Market

# *Food Safety Training for Colorado Cottage Food Producers*



Photo courtesy of <http://pixabay.com/en/jam-spread-jam-jars-jelly-276605/>

This training will meet the food safety requirements for the Colorado Cottage Food Act.

*Learn food safety considerations in setting up your home for a food business:*

- Foods permissible in Colorado's Cottage Food Act
- Ingredient labeling requirements
- Basic food safety— including proper hygiene; preventing cross contamination and cross contact of food allergens; temperature control for safe food preparation, storage, transport and sales
- Special considerations for food preparation at altitude

**Date:** Wednesday May 18, 2016  
**Time:** 5:30 pm to 8:30 pm  
**Location:** Lange Hall 312 3rd St. (Next to Lutheran Church)

**Fee:** \$25. 00 (check payable to Extension Fund) includes materials and dinner

To register, mail or bring fee to  
CSU Extension-Custer County  
PO Box 360  
Westcliffe, Co. 81252

**Deadline to register— May 16th, 2016**



Presented by: Christy Fitzpatrick,  
CSU Extension Agent