La Plata County 4-H Shooting Sports is doing a raffle!

GRAND PRIZE: CZ 17HMR Rifle ($500 value)
2nd PRIZE: $100 Sportsman Warehouse Gift Card
3rd PRIZE: $50 Sportsman Warehouse Gift Card

$5.00 PER TICKET or $20.00 for FIVE tickets

Drawing will be held SUNDAY October 13, 2019 at 2:30 PM at the La Plata County Fairgrounds, 2500 Main Ave. Durango, CO 81301 - Need Not Be Present To Win

You can get your tickets from the Extension Office or 4-H shooting sport members.

4-H Fun Shoot

4-H Fun Shoot is scheduled for Saturday, June 8th at 9 am at the Wright’s property. This event is a great opportunity to participate in any discipline you want and learn new skills. Please bring a friend that is interested in joining 4-H and the Shooting Sports Program!

Adventure Day Camp

We still have a few spaces left for our Adventure Day Camp!!!

Pre-Registration Required - Cost: $5 per day, please pack a lunch. 9 a.m. to 3 p.m. daily.

- Monday, June 3rd - The Art of Sewing – Part 1
- Tuesday, June 4th - Southwest Cultural Day – Southern Ute Museum, Photography and Bowling
- Wednesday, June 5th - S.T.E.M Adventure Day, Cave Drawing Art, Science of Pigments
- Thursday, June 6th - ***Class is FULL *** Cake Decorating Day – Contest in afternoon
- Friday, June 7th - ***Class is FULL *** Heritage Arts Fiber Day
- Monday, June 10th - The Art of Sewing – Part 2
- Tuesday, June 11th - ***Class is FULL *** Plant Based First Aid – Building kits using natural materials
- Wednesday, June 12th - ***Class is FULL *** Cooking Adventure Day with Chef Julia Hastings-Black
- Thursday, June 13th - Youth Agriculture Day, Vegetable production and Livestock
- Friday, June 14th - Hiking up Animas City and then enjoy Trimble Hot Springs!
19th Annual Old Fort Jackpot - Lamb and Goat Classic
Saturday, June 15th
MARKET LAMBS & MARKET GOATS
ENTRY FEE: $20.00 PER ANIMAL

Lambs: Weigh-in 8:15-8:45; Show at 9:00 am
Goats: Weigh-in 10:15-10:45; Show at 11 am (after lambs)

Free showmanship class and lunch for all participants (4-H and FFA)

For further information, call 970-759-1387
Entries accepted the morning of show

Rumble in the Rockies Swine, Goat and Lamb Show & Jackpot
Come one, come all to the Rumble in the Rockies Swine, Goat and Lamb Jackpot June 15-16 in Durango at the La Plata County Fairgrounds. This is a perfect opportunity for you to showcase your summer project and get some ring time before county fair. We will have banners and cash prizes. The swine will show Saturday and Sunday. Goats and lambs will show Sunday only. Don't miss your chance to show at the Old Fort Jackpot on Saturday.

June 15th – Hogs only show starts at 1:00 pm
June 16th – Hogs at 8:30 am with Lambs and Goats at 1:00 pm
*All entries close 1 hour before the shows

$25/head, $15 for Showmanship & $20 pen fee.
*Entry Fees must be paid in Cash*
Showing out of trailers is encouraged.

For more information contact Leon Hanhardt at 970-553-0809 or Judd Jenkins at 970-749-5839 or Brad Fassett at 970-759-5430

Mary Moreno Memorial Award – All Around 4-H Member
Club Leaders, Did you know you can nominate one of your 4-H members for an All Around 4-H Member Award! This award is given at the 4-H Awards Banquet on October 13th. All you need to do is mail a letter of recommendation to Vicky Moreno, 775 County Road 300, Durango, CO 81303 or email it to Angela fountainaj@co.laplata.co.us by June 30th! If you have questions about this award, please call Vicky at 970-759-4032

All Record Books Are Online!
All record books are available on our website: www.laplatacounty4h.org
If you have any questions about your record books or where to find them, please contact at Angela at 970-382-6465 or fountainaj@co.laplata.co.us

Spring Fling Dance!
Florida Four Leaf 4-H Club is hosting a Spring Fling Dance on Saturday, June 1st at the Florida Grange (656 County Road 172 Durango, CO 81303), 7 pm to 10 pm. Cost is $3.00 per person or $15.00 for a Family. Gary Riegel will be the DJ!
Livestock Record Book Corner

The first deadline for Livestock Record Books is fast approaching. I know that Angela has sent out an email with copies of the record books and checklists to all the members enrolled in Livestock. If you didn’t get the email, please check with Angela. If you have questions, now is the time to ask. Most of your projects take months to complete, please don’t try to cram all of that into 2 hours with your record book. Parents of Juniors and first time 4-H members, please look at the books and ask questions sooner rather than later. Trying to get a Junior to fill out the record book in a two-hour window the week before they are due only causes stress for you and them. Spend ten to twenty minutes each week from now until the first turn in and you will be done or mostly done with everything that is required on the checklist. There are formatting differences in these record books if you will keep a list of them, we will do our best to iron those out for next year. If you need help fixing those issues this year, please ask and we will assist. Sometimes different versions of excel don’t look the same and we understand that. Review April’s Livestock Record Book Corner for a reminder of phase 1 and the completion requirements for before and during fair.

Record Book Completion Guidelines: The following pages can be completed or started at this time for all livestock projects.

- First Page – Project and Project Agreement (completed)
- Beginning Inventories (completed)
  - Animal
  - Equipment
  - Miscellaneous
- Goals (completed)
- Involvement Records
- Animal Purchase (completed for most animals)
- Feed Expense
- Health Expense
- Other Expense
- Supplemental Breeding Pages
- Breeding Questions
- Market Performance.

Remember your Start date is October 1, 2019 not August 1, 2018. Only this year’s animals will go in your book. Members of the Livestock Record Book Committee including myself are: Kali & Brad Fassett, Kari Jenkins, KayCe Chadborn, Russell Greer, Aimee Woods, Sandy Wade, Deb Denious, and Leon Hanhardt.

All questions, concerns, and comments are welcome and given due consideration. We continue to strive to make the Livestock Record Books a valuable educational tool for our 4-H members.

Teddi Baird – Tharp
Livestock Record Book Superintendent
teddiabear@hotmail.com (970-217-5609)

2019 Fair Camping Spaces

Fair camper space sign up will start on Monday, June 3rd at 8:00 a.m. You can call 970-382-6465 or sign up in person at the Extension Office.

Please remember that we have limited space available and it’s on a first come, first served basis. The cost is $40.00 per space and all checks must be made out to “La Plata County Fair”.
La Plata County 4-H Shooting Sports Completion Requirements
(This does not include the your club requirements)

Tim Karp is the Shooting Sports Superintendent. You can call him after 5:00 pm at 970-946-0938 with any questions.

- You must work with a certified 4-H Shooting Sports Instructor (who is certified in the discipline in which you are shooting) for a minimum of 3, one hour training sessions. You must work with the same instructor for all 3 of your training sessions. (Shooting Sport Competitions do not count as training sessions).
- You must do and turn in a completed record book, and display board and do a project interview at the La Plata County Fair.
- All Intermediate (11 to 13 years old) and Senior (14-18 years old) 4-H Shooting Sport members must have a Hunter Safety Card.
- All Junior (8-10 years old) members are only required to have a Hunter Safety Card if they are planning on competing at the State Fair.
- Members may shoot in as many disciplines as they want, but only have to sign up for one discipline to have as their project and turn in at the La Plata County Fair.

Shooting Sports Practices & Shoot Dates:

Archery with Frank Smith – Weather Permitting - Starting Tuesday, May 14 practices will be at 13414 Hwy 140. This is 2 miles south of the Breen Community Building and 2 miles north of Fort Lewis Mesa Elementary school. Practices will start at 6:30 pm and will be every Tuesday at 6:30 pm, weather permitting. If for some reason we cannot have practice Frank will do his best to notify everyone before. If you have questions, please call Frank Smith 970-759-3961

.22 Rifle, Archery and Muzzleloading with Tim & Donna Karp, Kevin Roth, & Brad & Amanda Egger – Weather Permitting - Starting Wednesday, May 15 practices will be at the Bayfield Range 3983-4013 C. R. 223, Bayfield. Practices will start at 6:00 pm and will be every Wednesday, weather permitting. Please call Tim Karp, after 5 pm, with any questions 970-946-0938

Shotgun with Tim Karp & Kevin Roth - Weather Permitting - Starting Thursday, May 16 practices will be at the Bayfield Range 3983-4013 C. R. 223, Bayfield. Practices will start at 6:00 pm and will be every Thursday, weather permitting. Please call Tim Karp, after 5 pm, with any questions 970-946-0938. Please bring your own clays.

.22 Rifle & Muzzleloading with Nate Sanburg - Weather Permitting - Starting Thursday, May 16 practices will be at the Bayfield Range 3983-4013 C. R. 223, Bayfield. Practices will start at 6:00 pm and will be every Thursday.

**Don’t forget that you are required to have a minimum of 3, one hour practices with the same coach, for each discipline you are shooting. **

4-H Fun Shoot is scheduled for Saturday, June 8th at 9 am at the Wright’s property. Here you can participate in any discipline you want and learn new skills. Please bring a friend that is interested in joining 4-H and the Shooting Sports Program!

The Fair Shoot will be Saturday, July 20th at 9 am at the Wright’s Property

The Fair Shotgun Only Shoot will be Saturday, July 27th at 9 am at the Witt’s Property
Dog Classes

Classes will be Monday and Wednesday nights at the grassy area near the Extension Office at the Fairgrounds. We will begin class at 6:30 pm and we usually practice 45 minutes to an hour. When you come to class please be prepared with a collar, 8 foot leash and baggies to clean up after your dog. You also will need tasty treats, something special to your dog such as cheese, hot dogs or lunch meat; they should be cut into SMALL pieces. These are a reward not a full snack for your dog; they only need tiny pieces at a time. A chain collar is not required but they are great training tools and I highly recommend in investing in one to fit your dog. **Please, please, please bring your kids prepared with the right equipment, collar, leash, bags and treats. We can do our best teaching when they are prepared and ready to learn with the proper equipment.**

If you have any further questions, please feel free to contact any of the Dog Superintendents.
Carey Linterman - 970-779-3167, Aubree Mears - 970-903-0733, Bethany Quimby - 970-946-4123

Poultry Meetings

These meetings count towards you Poultry Supreme Awards! All meetings are in the Extension Building.
June 19 – Animas room – 6:30 pm
July 17 – Animas room – 6:30 pm
July 27 - 9:00 am to 12:00 pm – Clinic on washing your poultry

Rabbit Meetings

These meetings count towards your Rabbit Supreme Awards! All meetings are in the Extension Building.
June 19 – Florida room – 6:00 pm
July 17 – Florida room – 6:00 pm

Creative Cooks Contest

You do not have to be enrolled in 4-H Foods to participate. You select a favorite meal and essentially put it on display and tell the judge why you like that particular meal. Contest is held on Monday, August 5th at noon here in the Extension Building. You can sign up between July 22nd and 26th.

Cake Decorating Contest

This is a great way to show off those skills! It is a fun, timed contest in which, you bring all the “stuff” to decorate a cake and the judge watches you. The contest is Monday, August 5th at 10:00 a.m. You can sign up between July 22nd and 26th.

La Plata County Fair 4-H Demonstration Contest
Monday, August 5th – Animas Room – All Day

If you are competing for an All-Around Award for Horse, Rabbit, or Poultry then plan on entering the County Fair 4-H Demonstration Contest because at least 20 or 25 percent of your score comes from your demonstration. You can sign up as an individual or as a team. A Junior demonstration is from 3 to 5 minutes while an Intermediate or Senior takes from 5 to 8 minutes. Your topic needs to relate somehow to 4-H, but does not specifically need to be related to the 4-H project you’re competing in. You can sign up between July 22nd and 26th.

Horse (Hippology), Rabbit, Poultry, Dog, Breeding/Dairy Cow, Breeding Goat, Breeding Swine & Breeding Sheep Quizzes

If you are in the Horse, Rabbit, Poultry or Dog projects or you are doing a breeding project, you should plan to take the quiz at fair. These quizzes are not required to complete your project. However, if you want to qualify for the Supreme Awards, you will have to take a test. The Rabbit and Poultry tests will be offered on Monday, August 5th at 1:00 p.m. and 3:00 p.m. Dog, Hippology & Breeding/Dairy Cow, Breeding Goat, Breeding Sheep & Breeding Swine will be offered Monday, August 5th from 10 am to 3 pm.
**Fashion Revue**

The 4-H Fashion Revue is open to all 4-H members enrolled in Clothing, Decorate Your Duds, Heritage Arts & Creative Sewing projects.

Members are to enter their exhibits for judging on Tuesday, August 6th, between 8:00 a.m. and 10:00 a.m. and will sign up for Fashion Revue judging which will take place after lunch that day, around 1:00 p.m. The judging of Fashion Revue is broken down into two categories: **Preparation** – Design & Style; Fabric and Color; and Overall appearance of the outfit: and **Presentation** – Appropriate for garment style; Movement; ease in walking, standing and turning; Poise and Posture.

The public Fashion Revue will be at 7:00pm on Tuesday, August 6th and ribbons will be given out at the conclusion of the show.

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**Fair Royalty Applications**

Are you interested in becoming a part of the 2019-2020 Fair Royalty Court?

Queen and Attendant Positions – Ages: 16 – 18

Princess and Attendant Position - Ages: 13 – 15

Lady in Waiting Position – Ages: 10-12

Applications are now available online at [www.laplatacounty4h.org](http://www.laplatacounty4h.org) and at the Extension Office.

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**2019 La Plata County Fair 4-H BBQ Cook-off**

Senior Center Lawn - adjacent to the Fairgrounds

**Saturday, August 10, 2019 - 12 p.m. to 4 p.m.**

Every cent of profit from the BBQ goes into the 4-H Council account so every 4-H member and every 4-H family benefits from this activity. That’s why we’re asking every 4-H family to donate time to help support the BBQ. Obviously, those with livestock in the auction are seen as benefiting the most from the BBQ since the original purpose of the BBQ some 50 years ago when John Zink came up with the idea was to encourage livestock buyers to come to the auction, but now every 4-Her benefits. The cost of 4-H project materials has continued to escalate yet we’ve been able to maintain our enrollment fees the same for the past 20 years due to the success of the BBQ.

This is a busy day for 4-Hers, especially those in the auction, but that’s only about a 1/3 of our overall enrollment. Those of you who take horses or general/home economic projects need to step forward this year since the BBQ will now go from Noon until 4:00 p.m. There is a sign-up sheet here in our office. We’re asking individuals and clubs to donate a minimum of one and a half hour to the cause. If you are completely tied up at the fair, why not come in and check out extra BBQ tickets and canvas Downtown Durango selling tickets. Adult tickets bought prior to the BBQ are $2 less than those bought on the day of the event. Tickets will be available to pick up by June 15th.

The La Plata County 4-H Council hopes to receive a profit of more than $10,000. Our goal is to serve over 1,200 people. Everyone needs to do their fair share to make this event a success.

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**Truck Raffle Tickets Fundraiser**

We are offering the Truck Raffle Tickets as a fundraiser for your clubs! The Colorado 4-H Foundation has a raffle every year; the grand prize is a 2019 Ford F-150! Ticket is sold for $5.00 or 5 for $20.00. In return for selling these tickets, your club will receive 50% of your ticket sales!

Tickets are available at the Extension Office.

*All sold and unsold tickets are due in the Extension Office on July 26th.*

If you have any questions, please call Angela. 970-382-6465
Barn Dance Fundraiser for Durango Cowboy Poetry Gathering

Mark your calendar! Durango Cowboy Poetry is hosting a Barn Dance on Sunday, June 23rd, from 5 to 8 pm at Rotary Park. Tim Sullivan Band is playing! $15 at the door, kids 12 and under FREE! Free parking in the VFW and city parking lots. As in the past, this is a "bring your own picnic" event. However if you don’t want to fix a picnic, the VFW will be grilling their delicious Angus burgers and brats (with chips/coleslaw) for $5. Wine, beer, sodas and Cream Bean Berry Ice Cream will be available for purchase. SEATING IS LIMITED SO PLAN TO BRING YOUR LAWN CHAIRS/BLANKETS. In case of rain, the dance will be moved inside the VFW where there is a large dance floor and plenty of tables and chairs. Durango Cowboy Poetry helps support our La Plata County 4-H Horse Council, FFA and many other youth organizations.

The La Plata County Fair Horticulture Room encourages people to Get Growing, Grow to Show and we're working to increase interest in growing food, flowers and plants!

Some highlights to think about when planning/planting gardens and thinking about Fair in 2019:

Educational Display Contest These displays can be about anything relevant to Horticulture. There are youth and adult divisions.
* Individual Piece Contests in many familiar and new categories – check the Fair Book!
* Special Recognition for Heirloom varieties!
* Display Contests separated by youth and adult – check the Fair Book!
* Scarecrow Contest (People's Choice) – This is a great 4-H Club activity!

For more information check the Fair Book and like us on Facebook at our "La Plata County Fair Horticulture" Page!
https://www.facebook.com/laplatacountyfairhorticulture/?ref=bookmarks

Important Dates in 2019 *Dates are subject to change*

JUNE

1. Last Day to DROP Projects
2. Spring Fling Dance – 7 pm to 10 pm – Florida Grange Hall on HWY 172
3. Fair Camper Sign Up
4. Adventure Day Camp – Art of Sewing, part 1 – 9 am to 3 pm *Pre-registration required
5. Adventure Day Camp – SW Cultural Day – 9 am to 3 pm *Pre-registration required
6. Adventure Day Camp – S.T.E.M. – 9 am to 3 pm *Pre-registration required
7. Adventure Day Camp – Cake Decorating – 9 am to 3 pm *Pre-registration required
8. County Council Meeting - 7:07 p.m. - Extension Building
9. Adventure Day Camp – Heritage Arts, Fiber – 9 am to 3 pm *Pre-registration required
10. Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena
11. Shooting Sport Fun Shoot – 9 am – Wright’s Property, Ignacio
12. Adventure Day Camp – Art of Sewing, part 2 – 9 am to 3 pm *Pre-registration required
13. Adventure Day Camp – Natural First Aid – 9 am to 3 pm *Pre-registration required
14. Adventure Day Camp – Cooking Adventure – 9 am to 3 pm *Pre-registration required
15. Adventure Day Camp – Youth Ag Day – 9 am to 3 pm *Pre-registration required
16. Adventure Day Camp – Hiking & Hot Springs – 9 am to 3 pm *Pre-registration required
17. 4-H Community BBQ Tickets, Posters and Fair Entry Forms Available
18. Ramble in the Rockies Swine Jackpot – La Plata County Fairgrounds
19. Old Fort Jackpot – La Plata County Fairgrounds
20. State 4-H June Conference - CSU Campus
21. C.O.D.Y. Meeting – 6:30 pm – Extension Building
22. Invitational Horse Show – 9 a.m. – La Plata County Fairgrounds
23. Invitational Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
24. C.O.D.Y. Support Group – 7:00 pm – Extension Building
25. July 2 Exchange Trip
**JULY**

4 Extension Office Closed for Independence Day
4 4th of July Parade in Bayfield! All 4-H members are welcome to participate in the Parade. Contact Angela for more information.
13 San Juan Basin District Horse Show – 9 a.m. – La Plata County Fairgrounds
14 San Juan Basin District Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
15 ALL CLUB TREASURERS BINDERS & IRS FORMS ARE DUE BY 5 P.M. to the Extension Office
17 Shooting Sports Fair Shoot Entry Forms due by 5 p.m. to the Extension Office
17 4-H Fair Dog Show Entry Forms due by 5 p.m. to the Extension Office
20 County Fair Shoot (not Shotgun) – 10 a.m. – Wright’s property in Ignacio
21 Fair 4-H Dog Show – 9 am – Grassy Area next to the Extension Building
22-26 All 4-H/FFA Animal and Community Service Record Books, Fair Entry Forms and Fair Royalty Applications due into the Extension Office
23 C.O.D.Y. Support Group – 7:00 pm – Extension Building
26 Last Day that 4-H/FFA Livestock/Horse/Dog Record Books and Entry Forms and Community Service Books accepted in the Extension Office - before 5 p.m.
26 ALL Sold and Unsold Truck Raffle Tickets are due by 5:00 pm
26 Rabbit Meat Pen Tattoo – Time TBD – La Plata County Fairgrounds
27 County Fair Shotgun ONLY Fair Shoot – 10 a.m. – Witt’s property in Ignacio

**AUGUST**

1 County Council Meeting & BBQ Preparation & Pizza Party – 6 p.m. – Extension Office**RSVP to Angela 970-382-6465 or fountainaj@co.laplata.co.us**
3 La Plata County Fair Horse Show – 9 a.m. – La Plata County Fairgrounds
3 Open Class Rabbit Show – 9 a.m. - La Plata County Fairgrounds
4 La Plata County Fair Gymkhana – 9:30 a.m. – La Plata County Fairgrounds
5 4-H Demonstration Contest and Hippology test, Dog, Poultry, Rabbit & Breeding Project Tests.
4-H Cake Decorating and 4-H Creative Cooks Contests
4-H Record Book Interviews for Horses and Dogs in the AM
4-H Record Book Interviews for Beef, Sheep, Swine, Goat, Rabbit & Poultry in the PM
6 4-H General, Natural Resource and Consumer Science Entry and Interview Judging Day from 8 a.m. to 10 a.m.
Fashion Review Judging – 1 p.m. - Patio
4-H Public Fashion Review - 7 p.m. - Patio
7-11 Official dates for La Plata County Fair
7 4-H Livestock projects delivered and weighed in
10 4-H County Fair BBQ - Senior Center Lawn
10 Junior Livestock Sale
10 County Fair Family Dance, 9:30 p.m. – 12 p.m. - Patio *$5.00 charge per entry.
11 All Animals & Projects must be picked up and taken home at 2:00 pm
11 4-H and Open Class Premiums can be picked up between 2 pm and 3 pm
13 County Fair 4-H Champion General, Natural Resource, Home Ec. projects eligible for State Fair Competition - due in Extension Building by 8:00 am, for transporting to State Fair
21 C.O.D.Y. Meeting – 6:30 pm – Extension Building
27 C.O.D.Y. Support Group – 7:00 pm – Extension Building
23-Sept 2 Official Dates of Colorado State Fair, Pueblo, CO
SEPTEMBER

2  Extension Office Closed for Labor Day
3-8  State Fair 4-H Exhibits must be picked up from Extension Building - Animas Room
4  4-H Horse Council Meeting - 6 p.m. - Extension Building
10  4-H Beef, Goat, Poultry, Rabbit, Sheep, and Swine Record Books, Club President, Vice President, Secretary, Parliamentary and Reporter Books due in the Extension Office by 5 pm.
18  C.O.D.Y. Meeting – 6:30 pm – Extension Building
21  Mt. Allison Go-Getters BBQ Cook-off and Dance - Spring Creek Hall
24  C.O.D.Y. Support Group – 7:00 pm – Extension Building

Club Reports

County Council

The La Plata county council met at the Old Fort Lewis library on May 9th 2019. Before the meeting began all the present youth took part in get to know you games. After the games the meeting was called to order at 7:07, with a total of 4 clubs and 26 people were present. The pledges were led by Emma Stephenson. The March minutes were read by Lauren McCourt and a motion to approve them was made by Billy Greer and seconded by Nathan. A fair royalty report was given by Halle Moore the Princess and Sydney Brown the queen. The horse council report was given by Halle Moore as well. The CODY project and extension report was given by Greg. Under old business we were given the district report and a report on the district retreat. Under new business we discussed whether or not to have a live band or a DJ for the fair dance, which was then tabled till the June meeting. A motion to adjourn the meeting at 7:35 p.m. was made by David Lee and seconded by Lillian. There was then a reminder of the next meeting taking place in Durango June 6th.

Generation’s 4-H Club

The meeting was called to order on May 1st at 6:47 pm. Baylee lead us in pledges. There were 15 members in attendance. We went over meeting minutes from the April meeting and Stetson approved them and Baylee seconded. In Old business we talked about church clean up. In new business, we talked about record books and selling truck raffle tickets. We also will be having a livestock tour. The meeting was adjourned at 6:52 pm.

Lucy Porter- Reporter

Ignacio Westerners 4-H Club

The meeting was called to order at 7:08 pm Monday, April 8, 2019. Gary R. led the pledges. Kori J. gave the livestock judging report, followed by March-April birthdays. Then Rylee P. read the HUBS. Brayden P., Payton Z., and Logan G., did demonstrations at this meeting. We adjourned the meeting at 7:51 pm.

Sincerely, Vaught C. Lee, Reporter

Here are 10 simple strategies managing emotions and tapping into your body and brain’s capacity for shifting negative emotions into a more positive or calm mood.

1. Smile to make others feel good. Create that connection, open communication, and trigger those mirror brain cells that make us experience empathy for others.
2. Get up and move. Jump around. It is important to move our lymph nodes to get toxins out of our body. Our lymphatic system doesn’t have muscles to get it moving; it works when we move other parts of our body and allow gravity to massage it. Bouncing is the best way. Raising our arms generates the release of hormones under our armpits – often referred to as ‘happy hormones’. This will tell our brain we are happy and make us feel better. Get up from your desk regularly.
3. Check in with your body. Do a body scan. Take note of where you are holding tension and your overall physiology. Relate these tensions and changes to the emotion you are feeling to begin to understand where and how different emotions affect you.

4. Breathe. Take 6 deep diaphragmatic breaths. Our body cannot sustain anger through deep breathing. Let the lower lungs have that oxygen to pass around your body and brain. This will calm you and flood you with oxygen. You may feel tingly. Do it for at least 60 seconds.

5. Talk to someone. Express your feelings to begin to resolve the situation. Vent to a friend or colleague rather than suppress emotions. – Angela & Greg are ALWAYS available to talk to.

Suicide Prevention & Hotlines:
Axis Health – They have a 24/7 hotline, where you are able to call with questions, concerns or someone to talk to. 970-247-5245
Pediatric Partners of the Southwest- They are equipped to assist with any concerns and have professionals that specialize in assisting youth. Horse Gulch Health Campus, 810 E 3rd Street, Suite #301 Durango, CO 81301
ALL school counselors are available to assist any student.

Axis Health offers FREE trauma support to ANYONE – Monday thru Friday between 8 am and 5 pm. All you need to do is walk in and say that you have experienced a traumatic event and that you need to see someone. 281 Sawyer Drive, Suite 100, Durango, CO 81303 - Phone: 970.259.2162

The definition of a traumatic event is: “An experience that causes physical, emotional, psychological distress, or harm. It is an event that is perceived and experienced as a threat to one's safety or to the stability of one's world. A traumatic event may involve: A move to a new location, Anxiety, Death of a friend, family member, or pet, Divorce, Fear, Hospitalization, Loss of trust, Pain, Physical injury or illness, Separation from parents (perceived abandonment), Terrorism or mass disaster, Violence or war.”