

WATCH:

NOURTURE

PARENTING IN THE WESTERN SAN JUANS

JANUARY 2012



In a Bacterial World, Plain Old Soap and Water Is Best

BY JESSICA NEWENS

With kids and their inherent germs, hand-washing is a must, especially when kids are in school. But has concern over illness got you stocking your house with antibacterial products? Are you washing your hands, washing your dishes, washing your laundry, spraying your countertops and scrubbing your floors with antibacterial cleaning agents?

Chances are, you're not alone, in a world where many of us brush our teeth with what is effectively antibacterial toothpaste.

Considering today's germ phobic culture, this fact might not bother you. But before you use antibacterial products, consider this: Antibacterial soaps do not kill cold or flu viruses, and they are considered no more effective at cleansing the skin than regular soap and water.

It's the act of scrubbing with soap, and not the soap itself, that rids your skin of germs.

Even more important is the fact that the active ingredient in most antibacterial prod-

ucts – triclosan – has recently come under significant scrutiny not only for health reasons, but because it may be damaging the environment.

Triclosan and its sibling triclocarban emerged as antibacterial and preservative agents in consumer products more than 30 years ago. Reportedly, antibacterial chemicals can now be found in almost 80 percent of all liquid soaps and almost 30 percent of bar soaps. Toothpaste, deodorants, dog shampoo, cutting boards, clothing, toys, and

numerous plastic products commonly contain triclosan or triclocarban.

Our willingness to consider anything dubbed antibacterial as being somehow healthier has turned into a huge marketing opportunity. As a result, it's almost impossible to find non-antibacterial liquid hand soap in grocery stores, not to mention in public restrooms. Whether it's a gas station, restaurant, school or airport restroom, it's rare to find an alternative to the industrial pink goop coming out of wall-mounted soap-dispensers.

see SOAP on page 4



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THE SNOWY DAY

BY EZRA JACK KEATS

Before 1962 children's literature remained in the dark when it came to the subject of civil rights. That changed when Ezra Jack Keats published his ground-breaking story "The Snowy Day." At the surface this tale of an average boy who awakens to a world of fluffy white snow seems magical yet ordinary. Within the context of the civil rights era, however, the idea of being the first children's book to feature an African American protagonist was monumentally brave.

Winner of the prestigious Caldecott Medal for children's literature, the story of Peter and his adventures on a snowy day continue to resonate with future generations. As Keats explains, "I wanted to convey the joy of being a little boy alive on a certain kind of day - of being for that moment. The air is cold, you touch the snow, aware of the things to which all children are so open."

On Thursday, January 19 at 3:30, the children's department at Wilkinson Public Library will be reading and celebrating the 50th anniversary of "The Snowy Day." Children of all ages are encouraged to come and hear about a simple story with a profound message.

JANUARY PROGRAMS

TEENS

Regular Teen Services
Begin January 9

Clowning and Theater
Tuesdays at 4:00

Cooking Club
Wednesdays at 4:00

Director's Club
Thursdays at 4:00

Teen Fuego with Megan
Fridays at 4:00

Talk - Thursday Jan. 19
5:30 - 7:00
Talk is a collaborative discussion for teens and parents with APEX. Teens and parents are encouraged to attend this monthly program that will focus on a different issue related to teens. This month we will be discussing teen anxiety from a teen perspective and how parents can help their teens create coping strategies that will benefit their mental and emotional health.

CHILDREN

Storytime
Mondays, Wednesdays and Fridays at 11:00
Saturdays at 11:30

Bilingual Storytime
Thursdays at 11:30

Read to a Dog
Mondays at 3:30

Wiggle Dance Time
A dance party for kids after storytime
Friday, Jan. 13 at 11:30

Passageworks for Parents with Batya Greenwald
Sunday, Jan. 15 at 4:00

Snow Day For Hannah
Wednesday Jan. 18 at 11:00
meet author Linda Petrie Bunch
"The Snowy Day"
Celebration
Thursday, Jan. 19 at 3:30

Imagination Vacation
Use your imagination and visit the beach
Wednesday - Saturday
Jan. 25 - Jan. 28



LIBRARY CORNER
NURTURE EDITION

Get Your Children's Car Seats Checked

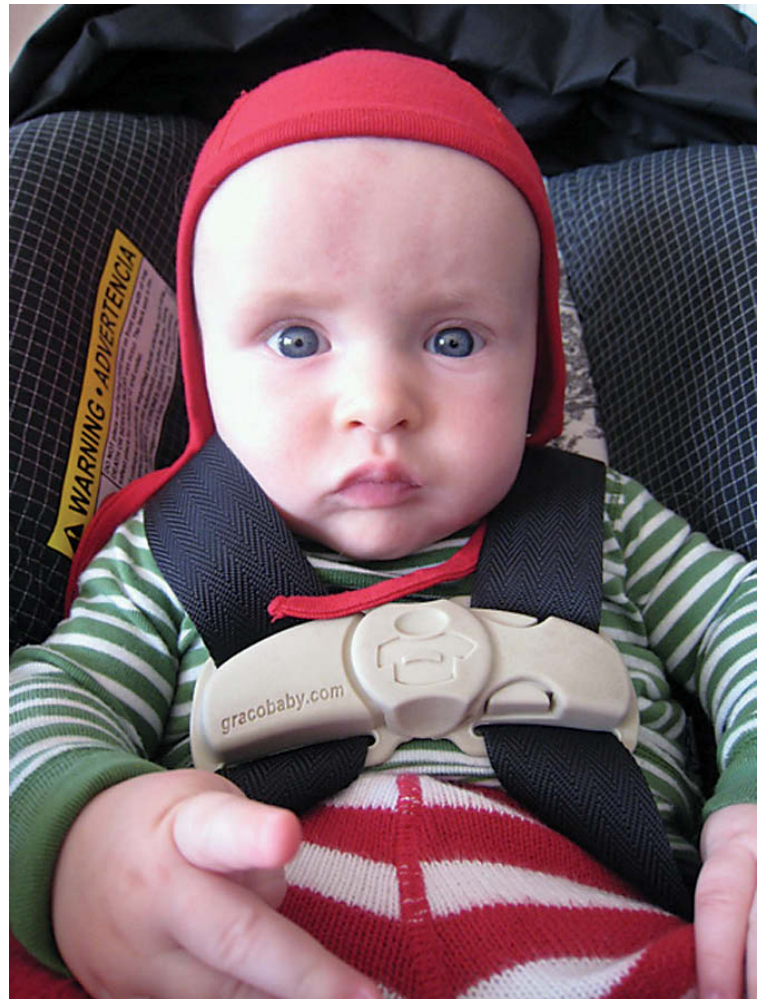
As of August 1 of last year, Colorado law has stipulated that all children under age 8 to be properly protected in a child safety seat when traveling in a motor vehicle. Previously, the law required only 4 and 5-year-olds to be in booster seats.

Noncompliant parents now face a minimum fine of \$82 per safety seat violation.

Children ages 4-7 using booster seats are 45 percent less likely to be injured in a crash compared with children who are restrained only by seat belts.

From 2006-2010, 64 child passengers under age 12 died in traffic crashes in Colorado, 20 were children ages 4-7. Over half (55 percent) were improperly restrained, totally unrestrained or using only the vehicle seat belt (which does not provide adequate protection).

Many of these tragedies can be prevented if the children are in the right restraint for their age and size. For maximum child passenger safety, parents and caregivers should visit their local fit station to ensure their children's car seats are used properly. Colorado law has the following minimum requirements regarding child passenger safety: Babies under 1 year old and less than 20 pounds must ride in a rear-facing car seat and only in the back seat of the vehicle. Once babies turn 1 year old and weigh at least 20 pounds, the law gives parents the option of using a front-facing car seat. Rear-facing car seats are still allowed by law and safety experts recommend that children continue to ride rear-facing until the age of 2 or when the upper weight limit allowed by the car seat manufacturer is reached, because it provides the most protection. Children ages 4, 5, 6 and 7 must continue to be protected in a child safety restraint. For most kids in this age group that means a booster seat, but experts recommend that children remain in a forward-facing



DON'T FORGET to ensure your kids are safe in their car seats. More than 90 percent of kids who attended safety check ups in Colorado last year were buckled up incorrectly. (Photo by Jeb Berrier)

car seat longer if the upper weight limit of the seat allows it (usually 40-65 pounds). When a child turns 8, the law allows them to use a vehicle seat belt. But for the best protection, safety experts recommend that kids continue to use a booster seat until they are at least 4'9" tall, a height which half of all children do not reach until they are 12 years old.

90 PERCENT OF CHILDREN BUCKLED IN INCORRECTLY

Although motor vehicle crashes still kill more kids than any other cause of death, more than 90 percent of the children who

attended safety seat checkups in Colorado last year were buckled up incorrectly.

Parents who need help determining the safest option for their child or baby can visit one of CPS Team Colorado's 140 car seat fit stations across the state. The fit stations provide free assistance and car seat checks that are conducted by trained child passenger safety technicians. For parents facing financial hardship, some car seat fit stations provide car seats and booster seats at a reduced price or for a small donation. Parents can find a fit station closest to them by visiting www.carseatscolorado.com or calling toll free 1-877-LUV-TOTS.

KIDS' CALENDAR

THURSDAY, JAN. 5

Puppet Show - Cinderbug and the Ball, a production of Puppetree and the Montrose Regional Library; at the Library, 10 a.m. and 1:30 p.m. More info, 970/249-9656, ext. 2.

Teens N Tweens Club, 3:45 p.m., Ridgway Library, 970/626-5252.

SATURDAY, JAN. 7-SUNDAY, JAN. 8

Interactive Ice Climbing for Kids - For ages 8-17, upper bridge of Ouray Ice Park, 10 a.m. Climbing equipment and instruction provided

by San Juan Mountain Guides.

MONDAYS & WEDNESDAYS, JAN. 9-FEB. 27

Tae Kwon Do - Ages 10 and up with Jack Dooley and Hue Le, 5:30 p.m., 25 Colorado Ave., Montrose. Call Montrose Rec, 970/240-7705.

TUESDAY, JAN. 10

Cub Scout Pack 500 Meeting - Elks Lodge, 3:30 p.m. More info., call 970/708-1264.

WEDNESDAY, JAN. 11

Palm Dance Winter Session

Open Registration, 3:30-5:30 p.m., Palm Theatre lobby. Classes run Jan. 16-March 9 (no classes Feb. 20-24). For registration packet, go to telluridepalm.com.

WEDNESDAYS, JAN. 11-FEB. 29

Nordic Skiing Clinics for Kids - After school program for ages 8-14, 3:30 p.m., Telluride Town Park. \$80 for series, plus \$25 (total) for ski rental. Call 970/728-1144.

WEDNESDAYS, JAN. 11-MARCH 14

Stage Play With Ellen Metrick - For students in grades 2-12, 3-5 p.m., ACE at the Livery, Norwood; \$50. Will culminate in play set for March 16-17.

Kindermusik Classes for Children 6 and Under

MONTROSE – Weehawken Creative Arts will be offering Kindermusik's research-based program in Montrose to enhance your child's development and instill a lifelong love of music, starting in early February. Weehawken's Kindermusik program includes classes for 0-5 year olds in the "Kindermusik Our Time" program (a family fun program) and for 3-6 year olds in the "Kindermusik Imagine That!" program. Classes will be offered on Tuesdays starting February 7 at High Country Fitness in Montrose and will run weekly into April.

The program for 0-5 year olds, "Our Time," will focus on the theme of "Away We Go!" Each week, students and their families will hop on the train, get in the car, board the plane and then, Away We Go! The 12-lesson unit focuses on transportation, a favorite topic for young children and parents who are on the go, go, go! You will sing and play along with favorite songs, such as "I've Been Workin' on the Railroad" and "Wheels on the Bus." Participants will explore fast and slow and smooth and bumpy rides in "My Little Red Wagon" and read stories about ways to get around. Shiny Dinah tells the story of a train using catchy choo-choo sounds, and Giddy-Up! has a horse, speedboat, racecar, and more to help you get where you want to go. Move, play, and sing together in developmentally appropriate activities.

"Our Time" classes will be offered on Tuesdays in Montrose at 10:30 a.m., 11:30 a.m. and at 2:30 p.m. at High Country Fitness. The cost for this 10-lesson session is \$120 for Weehawken Members and \$132 for non-Weehawken Members.

The program for 3-6 year olds: "Imagine That!" will focus on "The Toys I Make – The Trips I Take." What's more exciting to a young child than a new toy? How about an entire Toy Shop full of toys! This 10-lesson unit is focused on creating a stimulating musical environment that integrates music, pretend play, story-telling, movement, "out of the box" ball play, drumming and more. Toys I Make, Trips I Take introduces the musical environment of a remarkable toy shop filled with boats, trains,

Each week, students and their families will hop on the train, get in the car, board the plane and Away We Go!

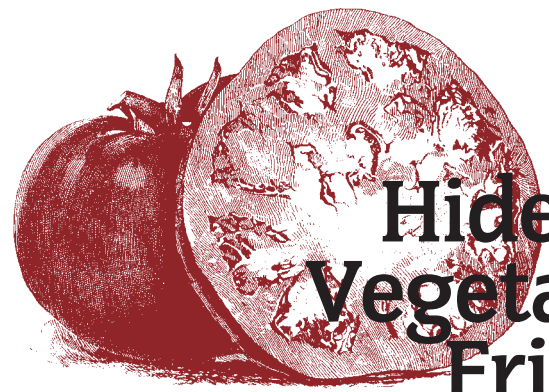
balls, jack-in-the-box and many other toys that bring a glimmer into a child's eyes with songs like "Ta Ra Ra Boom Dee Yay", "Train Is A Comin'" and "Circle Dance". Stories include *Tippity, Tippity, Too* which teaches kids to play with language and rhymes and *If I Had A Big Blue Boat* engages our imagination creating a sailing experience. "Imagine That!" classes will be offered on Tuesdays in Montrose at 1:30 p.m. and at 3:30 p.m. at High Country Fitness. The cost for this 10-lesson session is \$120 for Weehawken Members and \$132 for non-Weehawken Members.

The instructor for Weehawken's Kindermusik programs is Lisa Sagal. Lisa grew up outside the city of Chicago, but made Ridgway her home in 2001. She is the wife of Roger Sagal, practicing partner at the Tisdell Law Firm in Ouray, Colorado, mother of two daughters, Autumn and Amelia, friend and educator to many. Lisa has held an array of educational teaching positions including Elementary Music, HS Drama and Speech, Kindergarten, Special Ed, Gifted/ Talented, ELL, and MS Social Studies. She created Kidz In Motion in 2005 and began teaching Kindermusik classes in the Ridgway and Montrose communities then. She is excited to be partnering with

Weehawken to offer Kindermusik in Montrose this semester.

Kindermusik is the most trusted music and movement program for infants, toddlers, preschoolers and young children. It is a program about kids, parents and teachers – coming together and having a great time! Kindermusik is about helping you grow closer to your child, enriching your child's environment and development, and in giving your child a lifelong love of music and a foundation for learning. Weehawken's Kindermusik program with Lisa Sagal will run on Tuesdays in Montrose from Feb.7-April 17 with a break for one week during spring break. Students need to select the class that they will be participating in and register for the full session. Registration for the series in advance is needed in order to determine what classes will run. Weehawken needs a minimum of nine students in each class to run the class, so it is advisable to encourage others to register with you for a particular time. To register or for more information, please contact Weehawken Creative Arts at 970/318-0150 or at questions@weehawkenarts.org or register online at www.weehawkenarts.org.

NOURISH



Hide-the-Vegetables Frittata

INGREDIENTS

3 teaspoons olive oil, divided
2 cups chopped spinach
1 cup chopped broccoli
1 carrot, shredded
1 cup diced tomatoes
6 Eggs
3/4 cup shredded cheddar cheese
Salt and freshly ground black pepper
2 large tomatoes, sliced

DIRECTIONS

1. Place oven rack about 8 inches from broiler and preheat oven to 375 degrees F.
2. Heat 1 teaspoon of the

oil in a large oven-safe skillet over medium. Add vegetables; sauté for 4 minutes.

3. In a large bowl, whisk eggs. Stir in vegetable mixture and cheese.

4. Heat the remaining 2 teaspoons of oil in the same pan. Add egg mixture, reduce heat to low, and shake pan to level ingredients. Place pan in oven; bake for 10 minutes, until eggs are just set. Turn oven to broil; place pan on rack under broiler for 2 minutes, until just browned. Remove from heat, slice into four pieces, and serve with sliced tomatoes and pepper.

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CALENDAR from page 2

WEDNESDAYS, JAN. 11-APRIL 4

Kindermusik Our Time: Away We Go – For ages 1-3, Ah Haa School, Telluride, 10 a.m. Call 970/728-3886 or go to ahhaa.org.

THURSDAY, JAN. 12-SATURDAY, JAN. 14

Montrose Library Book Sale, 10 a.m., 320 S. 2nd St.

THURSDAYS, JAN. 12-MARCH 23

Climbing Wall, Child & Family Night – Ages 7-14, Montrose High School, \$35 for eight week pass or \$5 per night drop in, 6:30-8:30 p.m. Call Montrose Rec, 970/240-7705.

FRIDAYS, JAN. 13 & 27

Wiggle Dance Time With Megan, Wilkinson Library, Telluride, 11:30 a.m.

SATURDAY, JAN. 14

Ouray Parks & Rec Flat Ice Festival – 11 a.m.; rent skates from Hot Springs Pool.

TUESDAYS, JAN. 17-APRIL 24

Drama Club – For ages 7-12, 3:30 p.m., Montrose Rec District Apex Room, \$60. Call 970/240-7705.

TUESDAYS & THURSDAYS, JAN. 17- FEB. 9

Cartooning & Comics – With Diana Grace Reuter, 4 p.m., Montrose High School Art Room. \$75/session

includes materials.

WEDNESDAY, JAN. 18

Storytime Yoga, Wilkinson Library, Telluride, 10:10 a.m.

WEDNESDAYS, JAN. 18-APRIL 25

Drama I – For ages 10-14, who have taken previous acting class, 4 p.m., Montrose Rec District Apex Room. Call 970/240-7705.

THURSDAYS, JAN. 19-APRIL 26

Commercials & Improv Comedy II – Reading age through 13, 4 p.m., Montrose Rec District Apex Room. Call 970/240-7705.

SATURDAY, JAN. 21

West End's Got Talent – Norwood all-ages talent show, 7 p.m., The Livery. Cash prizes. Register by calling 970/327-4016.

SUNDAY, JAN. 22

One-day Kids' Welding, Ah Haa School, Telluride, 12-5 p.m., ages 9 and up. Call 970/278-3886 or go to ahhaa.org.

'Make Believe' Screening & Live Magician – The documentary film follows six of the world's best young magicians as they battle for the title of Teen World Champion in Las Vegas (2010, 88 mins.), 4 p.m., Michael D. Palm Theatre, Telluride. The film will be accompanied by a live magician. Go to telluridepalm.com for more info.

MONDAY, JAN. 23

Introduction to Ice Climbing for

Youth – Ages 10-18, Ouray Office, San Juan Mountain Guides (636 Main Street, inside Backstreet Bistro), and Ouray Ice Park. A half-day (9 a.m.-1 p.m.) introduction to the basics of ice climbing. All equipment and boots are included. Offered through Weehawken Creative Arts, and meets several times through March 9. For more info., go to weehawkencreativearts.org.

TUESDAYS, JAN. 24-MAR. 20

Introduction to Woodworking – Ridgway Secondary School, 5:30-8:30 p.m. An introduction to the tools and processes needed to design and build a hand toolbox in the woodworking tradition for ages 14 and up. More info., please visit weehawkencreativearts.org.

ANNOUNCEMENTS:

4-H Youth Development Applications – CSU Extension Office in San Miguel and West Montrose Counties is accepting applications for new enrollments and re-enrollments for their 4-H Youth Development Program. All are welcome to join and enroll as a new club leader or member. Enrollments are due Jan. 6 for returning members and by April 1 for new members. For more info, visit www.extension.colostate.edu/sanmiguel/, or call 970/327-4393.

Weehawken Dance & Karate Classes – Go to weehawkenarts.org or call 970/318-0150.

To submit a listing for the monthly Watch:Nurture calendar, email jessica@watchnewspapers.com.

SOAP from page 1

The same notion that antibacterial products offer health protection has also led to the development of products outside of the personal care realm – antibacterial chopsticks, anyone? How about antibacterial bedroom sets (mattresses, sheets, pillows) impregnated with triclosan?

What's the rub, you ask? Let's start with the mounting concern that triclosan and triclocarban have serious health and environmental implications.

According to the website The Daily Green, "the ingredients in antibacterial soaps – triclosan or triclocarban – have some serious toxicity concerns. These chemicals pollute rivers and streams, are toxic to wildlife, can enter and accumulate in people's bodies, and disrupt hormone systems (triclosan interferes with thyroid hormone, whereas triclocarban has a testosterone-like effect)."

The chemicals are purported to generate chloroform in certain conditions, and are turning up in wastewater, breast milk and fish.

Back in 2001, the Centers for Disease Control published an article voicing concern about antibacterial household products by Dr. Stuart B. Levy, Tufts University School of Medicine professor and director of the Center for Adaptation Genetics and Drug Resistance.

In his report, Levy states: "The recent entry of products containing antibacterial agents into healthy households has escalated from a few dozen products in the mid-1990s to more than 700 today. Antibacterial products were developed and have been successfully used to prevent transmission of disease-causing microorganisms among patients, particularly in hospitals. They are now being added to products used in healthy households, even though an added health benefit has not been demonstrated."

Scientists are concerned, he added, about the potential for bacteria resistance, and effects on the immune system that could increase the chance of childhood allergies.

"No current data demonstrate any health benefits from having antibacterial-containing cleansers in a healthy

household," he wrote, adding that some researchers have even "found a correlation between too much hygiene and increased allergy."

Some have further suggested that the use of antibacterial soaps may be contributing to the creation of antibiotic resistant "superbugs."

Obviously, the human race survived long before the introduction of antibacterial soaps. But while sanitation and antibiotics certainly have their place – both have improved our life expectancy – it seems that our love affair with all things antibacterial may be doing harm.

Consider a new mantra – plain old soap and water is best. Wash your hands five times a day for 20 seconds – about the time it takes to sing "Happy Birthday" – and watch those germs wash down the drain along with the dirt and grime.

If you must use antibacterial soap, consider a product that does not contain triclosan, such as herb-based CleanWell foaming soap.

For those times when hand-washing is simply not an option, a hand sanitizer will do, but there are a few things to consider here, as well. Alcohol-based hand sanitizers are very effective, but can be dangerous if ingested and are therefore not the best option for unsupervised children. Meanwhile, most non-alcohol hand sanitizers contain the synthetic germicide Benzalkonium Chloride, another chemical being scrutinized for its ill health effects.

As an alternative, consider using an alcohol-based sanitizing wipe, many of which are now made from biodegradable materials, including those from the company EO. While you might consider the individually wrapped, single-use wipes to be wasteful, they're an excellent alternative to adding more antibacterial chemicals into the waste stream.

As Dr. Levy puts it, "We exist in the bacterial world, [there is] not bacteria in ours. Unfortunately, we believe that we can rid ourselves of bacteria when, in fact, we cannot. Instead, we should 'make peace' with them."

Peace.

Jessica Newens is founder of the Telluride-based Tomboy Soap Company.

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