

BEAR *in* MIND



UNIVERSITY OF
NORTHERN COLORADO

APRIL 2023 VOLUME 25, ISSUE 2

Safety/Fire Focus

Wildlife Watching

With the spring and summer months just around the corner, many people will be venturing into the mountains and surrounding areas. While Colorado has much to offer in terms of recreational activity, many activities bring people closer and closer to wildlife. Viewing wildlife is one reason why many people enjoy the outdoors. Colorado has much to offer in terms of wildlife viewing and while seeing a herd of elk in Estes Park or a bear swimming in a lake can turn a simple outing into an adventure you'll never forget. Up-close encounters, while memorable, can be dangerous. If you encounter wildlife while on an adventure it is best to remember a few safety tips to help make your adventure a good lasting memory.

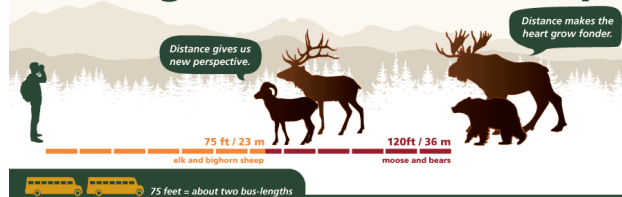
First, always remember to keep a safe distance (at least 75 feet) from elk and mountain goats. Other animals such as moose, black bears, and mountain lions, a distance of 120 feet is recommended. Many animals will run or move away when they see you but often if they have cubs or calves they can become protective if they perceive you as a threat and will charge. If a moose begins to charge, run as fast as you can and try to put a large object between you and the moose such as a boulder, tree, or car.

Second, while many of us love hiking with our furry friend, leash laws are in place for a reason. Make sure to check the trailhead or research the trail beforehand for regulations concerning pets.

Third, avoid animals that are behaving aggressively, or abnormally. Some signs of this are laid-back ears, raised hairs on the neck, licking of the snout, or stalking behavior. If you encounter a bear, don't appear as a threat so stay calm, back away slowly, and don't make eye contact. Carry bear spray as an extra deterrent. If you encounter a mountain lion stop and don't run. Running may trigger the animal to instantly attack. Try to appear larger than the mountain lion by raising your arms or swinging a jacket around above your head, shouting and throwing things to try and make the cougar realize you're a potential threat.



Sometimes the best relationship is a long-distance relationship



For additional information on a variety of different wildlife, visit the [Colorado Parks and Wildlife – Living with Wildlife](#).

Inside this Issue

Wildlife Watching	1
National Bike and Physical Fitness & Sports Month	2
Arbor Day/Earth Day Celebration, 2023	2
Spring Stormwater Pollution Prevention	3
Stress	4

Dates to Remember

- April 21- Colorado Arbor Day
- April 22– Drug Take Back Day
- April 22- Earth Day
- April 28- National Arbor Day
- April 28- Last Day of Classes
- May 1-5- Finals Week
- May 5 & 6- Commencement
- May 14- Mother's Day
- May 29- Memorial Day (Campus Closed)
- June 14- Flag Day
- June 18– Father's Day
- June 19- Juneteenth (Campus Closed)

Safe Thought

"One safe act can lead to another!"

National Bike and Physical Fitness & Sports Month

May is National Bike Month and National Physical Fitness & Sports Month. Which are promoted by the League of American Bicyclists and the President's Council on Fitness, Sports, and Nutrition. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling and to encourage individuals to give biking a try. These advocacy months are aimed at Americans to adopt healthy lifestyles and promote staying active in their lives.

To celebrate National Bike month; Bike to Work Week 2023 will take place May 15-21, 2023, and Bike to Workday is on Friday, May 19. This day aims to incentivize us to switch our regular commute to bikes. The day started to be observed to increase awareness about the health benefits of cycling every day which can help reduce traffic congestion, air pollution, and noise pollution. Therefore, motorists and cyclists are encouraged to celebrate National Bicycle Safety Month.

Another key element to this celebration is the emphasis on safety awareness for cyclists and other commuters. This aims to urge bicyclists and motorists to share the roadways by obeying the traffic laws and respecting each other's rights. This month was created to remind the public to put safety first no matter your skill level.

Fitness is for everyone. It's important to find what you enjoy and stay focused on it whether it's walking in a park, playing sports, rock climbing, riding a bicycle, etc. There are all kinds of active pastimes that can help improve our physical and mental well-being, making physical activity a great way to stay or get healthy. Some benefits can be improved blood pressure, reduce anxiety and stress. As doctors and nutritionists will tell you, any physical movement is good for you.



EnviroHealth

Arbor Day/Earth Day Celebration, 2023

Colorado Arbor Day 4/21/23 Earth day 4/22/23 National Arbor Day 4/28/23

Throughout the month of April, the University of Northern Colorado will be honoring Earth Month through a series of activities sponsored by Student Leaf. Activities are posted on the [Campus Event Calendar](#).

This year's focus will be on campus reforestation. Consider helping to plant trees at one of three planting events or going on a self-guided tree tour.

This past March, the Arbor Day Foundation congratulated UNC in earning the 2022 Tree Campus Higher Education designation for the 11th year. To obtain this distinction campus met the five core standards for sustainable campus forestry required by Tree Campus Higher Education, including establishment of a tree advisory committee, evidence of a campus tree care plan, dedicated annual expenditures for a campus tree program, an Arbor Day observance and the sponsorship of student service-learning projects.



Lastly, the university invites students, faculty, and staff community members to participate in the Adopt-A-Spot Program. This volunteer program provides opportunities to participate in campus beautification throughout the summer by planting and caring for our many flowerbeds. For more details, please visit the [Adopt-A-Spot Program](#).

Written by Sarah Boyd, Landscaping and Grounds Manager
Sarah.Boyd@unco.edu



Spring Stormwater Pollution Prevention

As the weather is warming up and we are all itching to get outside after a long winter, it is important to keep water quality in mind when getting the lawn ready for growing season. Let's review some of the items you can do to help ensure surface waters such as the Poudre River are protected!



Here are 4 ways you can help prevent stormwater pollution this spring!

1. Only Rain Down the Drain

As you begin cleaning up the yard this spring, it is very important to remember that storm drains are not trash cans. Substances such as leaves, yard waste, and other various debris should be disposed of properly, and not released into storm drains.

When thinking about spring cleaning outside, try sweeping around your house and driveway as opposed to hosing these areas to clean away the accumulated dirt and debris. When you sweep up these areas, make sure to pick up the debris and place it into the appropriate trash bin. Potentially impactful items and debris picked up and placed in the trash are less likely to get into the storm drain system and degrade water quality when you clean up the outdoor spaces this way.

2. Use Lawn Chemicals Sparingly

With the arrival of warmer spring weather, now is the time when people start getting their lawns in tip-top shape. When it comes to fertilizer, a little goes a long way. While a 20-pound bag of lawn fertilizer may seem small, a bag that size will typically cover up to 4,000 square-feet. When spreading the fertilizer, use it sparingly to assure the excess does not overflow and leave the yard and mix with stormwater runoff after a rain or snow event.

When excess fertilizer gets into our storm drain system and travels into our waterways and oceans, algae blooms can form resulting in a loss of oxygen in the water. Algae blooms pose a direct threat to aquatic animals, which need to breathe just like we do.

3. Avoid Over-Watering Your Lawn

While green grass is the typically the goal for most yards each spring, be sure not to over-water the lawn. In addition to the risk of fertilizer flowing over and out into the streets, it's not water-wise to overuse this finite resource. Avoid this excessive use of water by scheduling times each week to water the lawn, or by turning on sprinkler timers.

4. Wash Your Car Over Grass or Gravel – OR visit your local car wash!

If you plan to wash your car at home, find an outdoor surface such as gravel, stone, or grass to wash it on. Soapy water and grime will have an easier time neutralizing if it is filtered out before it reaches our streams and creeks. Try using a non-toxic or biodegradable soap as well to allow fewer chemicals to get into the water.

An even safer alternative would be heading over to your local car wash where they will have a system in place for recycling or removing wastewater. Utilizing a local car wash saves water and reduces runoff to our waterways that contains soap and debris.

If you have any questions about how to keep your local surface waters and stormwater clean this spring, please visit City of [Greeley Stormwater](#) for more information.

Health and Wellness

Stress

What is it?

Stress is like the common cold – we all get it and we all dislike it. Stress can be a risk to your health and overall well-being. Too much stress can increase your chance of stomach ulcers, kidney disease, and suppress your immune system, making you more susceptible to illness. However, in small amounts, stress has proven to be beneficial to your health. It is part of our natural warning system, and keeps us alert, for instance, when taking an exam. In some ways, stress isn't all bad.

The Weld County Department of Public Health and Environment defines two kinds of stress: eustress and distress. Eustress is defined as “stress that creates positive behavior and outcomes”. It is what compels you to push forward in the face of adversity. Distress is defined as “stress that creates negative effects on the physical, mental, and social aspects of our lives”. These negative effects reduce our health and well-being.

What are some symptoms of stress?

- Headaches
- Insomnia
- Sweating
- Irritability/Anger
- Fatigue
- Depression
- Dizziness
- Decrease/Increase in appetite
- Muscle aches
- Unusual emotional feelings
- Migraine
- Indigestion
- Inability to relax



What are some ways to cope with stress?

- **Stay organized.** Develop a timetable to track and monitor your progress. Don't forget to pencil in break times.
- When studying, as soon as you start to lose concentration, take a short break. You will return to your studying refreshed.
- Avoid too much coffee, tea, caffeinated soda, etc. The 'buzz' from caffeine and sugar makes your conscience less clear. Eat and drink foods with lots of nutrients; your brain will function better.
- For a good **boost** of energy, try engaging in some kind of physical activity (i.e. hiking, swimming, jogging)
- Try some relaxation techniques such as yoga or tai chi to improve your concentration and help you to sleep better.
- The night before an important event (i.e., meeting, exam) get plenty of sleep. **Sleep reduces stress.** You will be able to perform more efficiently during the stressful event.

Where can I go to seek professional help on campus?

The [UNC Counseling Center](#), located in Cassidy Hall, can aid you in learning how to manage stress. The counseling center is open for appointments Monday through Friday from 8 a.m. to 5 p.m.

Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues on-line at the [EHS Website](#).



Parsons Hall
501 20th Street
Campus Box 57
Greeley, CO 80639
Phone: 970-351-2446

It is the mission of the Environmental Health and Safety Department to support university functions by promoting a safe and healthy campus environment for students, faculty, , staff and visitors, as well as to provide professional guidance and direction toward compliance with University, Federal, State and local rules and regulations.