

BEAR *in* MIND

UNIVERSITY OF
NORTHERN COLORADO

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For COVID-19 Health Alerts and Information from UNC, [click here](https://www.unco.edu/coronavirus) or visit www.unco.edu/coronavirus

Safety/Fire Focus

Bat Awareness

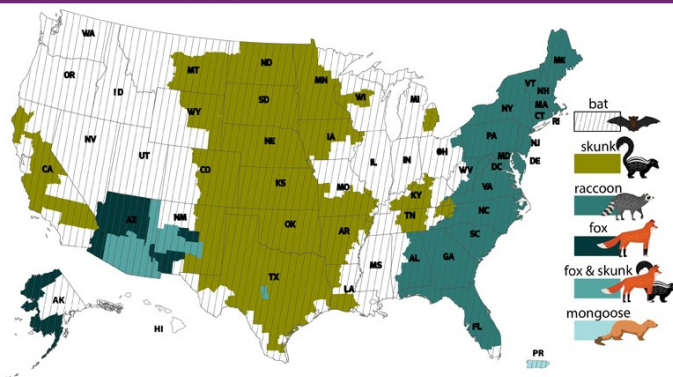
There are eighteen different species of bats in Colorado; all species are protected by law. The most common bat species in Colorado would be the big brown bat. They're also most commonly found throughout most of the U.S. Bats become active during the spring and summer and either hibernate or migrate in the fall. Bats are amazing creatures that help control the insect population especially, mosquitos.

However, a small percentage of bats do carry rabies. The best way to prevent rabies, is staying away from wildlife. Some early warning signs of rabies would be if, the animal is behaving abnormally, have no wariness of people, showing up in places not normally found, or loss of muscle control and coordination. Although you may see a bat in the daytime, it doesn't mean that the bat has rabies but sometime other things can be wrong with the bat. Therefore, to minimize the risk of contracting rabies, if you see a bat on campus, during the daytime, please call the FM Service Center at (970) 351-2446. Do not attempt to remove or touch the bat. Rabies can be contracted through the saliva of infected animals, usually through a bite. If bitten or touched by a bat, please contact UNC Police Department at (970) 351-2245.



Greatest Risk from Wildlife, Especially Bats

Common carriers
of rabies by
location in the US.



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Dates to Remember

April 22—Earth Day
April 30—National Arbor Day
April 30—Last Day of Classes
May 3-7—Finals Week
May 7-9—Commencement
May 9—Mother's Day
May 31—Memorial Day (Campus Closed)
June 14—Flag Day
June 20—Father's Day

Safe Thought

"Safety is our goal...What's yours"

Vitalsigns™

www.cdc.gov/vitalsigns/rabies

CS380048



Summer Outdoor Activity Safety

Colorado is a great place to live and offers a variety of opportunities to get out and stay active. With summer just around the corner, many of us will be getting out and enjoying summer activities such as camping, hiking, fishing, boating, swimming, and much more. As beautiful as nature can be there are some things to keep in mind to ensure that your outdoor adventure is as safe and fun as it can be. The following are a few safety tips that might help make your outdoor adventure more enjoyable.

- Always start with a plan, things change, and the plan can vary as the adventure goes, but start with a general plan and make sure someone knows where you are going and about what time you and your group plan to return.
- If you are camping be sure to set up camp before it gets dark.
- Make sure you are prepared by remembering to bring the necessary safety items. These items will vary depending on the activity that you are doing, but some items may include a first aid kit, sunscreen, spare clothes, life vests, a map, flashlight, or other safety equipment that fits the scope of your trip.
- Most importantly, make sure to bring plenty of food and water. Dehydration can come on quickly so make sure to drink small amounts of water regularly but try to avoid drinking directly from ponds or streams. Oftentimes natural water sources contain parasites and microorganisms that can make you sick.
- Be aware and pay attention to your surroundings, making sure to keep an eye on your footing when on the trails (wear the appropriate footwear).
- Be sure to watch for swarms of insects, wild animals, poisonous plants, changing weather, and others potential dangers.
- Lastly, always remember when enjoying the outdoors to practice 'Leave No Trace'. Stay on marked trails when hiking, leave nothing but footprints, and take nothing but pictures.



Health and Wellness

National Prescription Take-Back Day

Mark your calendars for Saturday April 24th, from 10:00 a.m. to 2 p.m. because National Prescription Take-Back Day has arrived once again! Individuals can drop off their over the counter medications and unused or expired prescriptions at several collection sites along the Front Range.

Proper pharmaceutical disposal is very important. If medications aren't disposed of properly they can end up in landfills where they soak into the ground and surface waters where they reside as residual contaminants that have the possibility of having detrimental effects on animal life and the environment. A good portion of improperly disposed of medications end up going down the toilet which then end up contaminating the water supply which our current waste water treatment plants aren't equipped to handle at present. By following the drug disposal instructions that have been set in place by the FDA, you will not only be helping yourself but the environment.



Visit the [DEA National Take-Back Initiative](#) for collection sites along the Front Range and for more information on the proper disposal methods for medications visit the [Food & Drug Administration](#).

Collection Sites

UNC Police, UC Lower Level, 10AM –2PM
Greeley Police Headquarters, 2875 W 10th St, Greeley
Evans Police Department, 1100 37th St, Evans
Windsor Police Department, 200 N 11th Street, Windsor

Health Benefits of Having a Hobby

Between work, school, and home responsibilities, it is often hard to find leisure time to indulge in a hobby or activity we enjoy, but studies show taking a break to do something pleasurable is both physically and mentally beneficial. Having a hobby can lower blood pressure, enhance the immune system, and improve your flexibility. Hobbies bring out your creativeness which increases positive emotions and expands neural connections in the brain that release “feel good” hormones. Having a hobby is also a powerful stress reducer that can promote a good night’s sleep which is important for brain function and mental acuity. Spending as little as two hours per week on a task you enjoy can help lead to a more positive life.



One of the best hobbies is gardening. Gardening is great exercise that provides endurance, flexibility, and strength and it will help you get in touch with nature, an added benefit. If you choose to grow fruits and vegetables in your garden be sure that it will be 100% organic food. Although you can buy organic food on the market, you can never be sure of its quality. When you grow your own garden, you can decide what goes in the ground and most importantly what does not.

Another good choice is fishing! You may think of fishing as a boring activity that wastes too much time. However, most people are not aware of the benefits fishing has to offer and that it is surprisingly good for you because it builds patience, teaches focus and is good for the brain because being close to water naturally calms you down and reduces stress. Physically, it is good for the body because fishing typically involves lots of walking, hiking, and rowing to get to the best spot. It is a great way to get outdoors, in the sun where you can absorb vitamin D which is vital to your health.

These are just a couple examples of hobbies you can pursue for wellbeing. There are numerous activities for all skill levels to choose from. Whether you choose a hobby such as painting, yoga, learning a new instrument, dancing, or rock hunting, the important thing is that you find it meaningful and enjoyable. Having a hobby is a great way to have “me” time and a perfect way to distract yourself after a busy week. The main goal of a hobby is that it gives you the opportunity to express yourself and relax at the same time. So, always look for new interests because the more your mind and body works the healthier it will stay!

EnviroHealth

Arbor Day/Earth Day Celebration, 2021

Colorado Arbor Day 4/16/21

Earth day 4/22/21

National Arbor Day 4/30/21

Throughout the month of April, the University will be honoring Earth Month through a series of activities sponsored by Student Leaf. Activities are posted on the Campus Event Calendar <https://calendar.unco.edu/> Of note, Tree Trail Tours will be hosted on campus by former Grounds Manager Patrick McDonald and Professor of Biology Scott Franklin. Self-guided tour maps can be found on campus in the Ross Hall courtyard, University Center Upper A lot entrance, and at Gunter Hall.

Near and dear to the hearts of the Facilities Grounds staff, a memorial tree planting held in honor of Joey Rogers will mark Colorado Arbor Day. Facilities staff will gather in remembrance of Joey’s contributions to campus. Known to his colleagues for being incredibly knowledgeable and always willing to pitch in. He was never one to sit on the sidelines and held himself and others to a high standard. His colleagues will remember him as someone that was deeply motivated in his service to UNC.

This past March the Arbor Day Foundation congratulated UNC in earning the 2020 Tree Campus Higher Education designation. 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 (which was optional in 2020 due to the ongoing coronavirus pandemic) and the sponsorship of student service-learning projects.

Lastly, the university invites students, staff, and faculty 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. If you are interested please visit the Facilities Management website for details:

[Adopt a Spot](#)

[Campus Tree Guide](#)

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Greeley Stormwater Pollution

Did you know that, according to the EPA and State of Colorado, by the time the Cache la Poudre River runs through Greeley it is considered “impaired” with pollution? Water that flows in the Cache la Poudre during summer months is considered to be unsafe for recreational purposes due to elevated levels of E.coli. That means swimming, boating, and even fishing could be considered risky activities.

E.coli is a bacteria typically associated with fecal matter from animals and humans. Ingestion of E.coli will typically lead to symptoms of cramps, diarrhea, nausea, and fatigue. In severe cases, it can lead to bleeding, confusion, seizures, and kidney failure.

The State of Colorado is working on imposing regulations on cities and counties around Northern Colorado in an attempt to reduce E.coli pollution in the Cache la Poudre, however, governmental entities cannot solve this problem alone. It will take the willing cooperation of government, industry, and every citizen in Northern Colorado to bring E.coli levels down to acceptable levels.

Certain sources of E.coli pollution are unavoidable, like waste from deer, elk, raccoons, and coyotes. But, there are many things that you can do to make sure you are not contributing to the E.coli problem. Our watershed is intertwined with our roadways, parks, yards, and parking lots and a pollutant on any of those surfaces can eventually be washed into a storm drain. Once that pollutant goes into the storm drain, it goes untreated into our lakes, rivers, and streams.

Making sure pet waste is cleaned up can be one of the most common ways to ensure you are not contributing to the E.coli problem. Make sure that you bag your pet waste and dispose of it in a trash receptacle. Dumping pet waste in a storm drain is illegal and can be considered a misdemeanor infraction.

A less obvious way to reduce E.coli pollution is to make sure you landscape and garden responsibly. If you are amending soil with manure, make sure it is stored in a location that it cannot easily runoff into a storm drain. Store on a tarp in a low area of your yard. If you are seeding or sodding your yard, be sure to keep areas that have been amended with manure exposed to the weather for the least amount of time possible. If you are using manure in your flower or vegetable garden, make sure that there are borders or berms around the garden. For flower gardens, it will help reduce runoff by having a good layer of mulch on top of the soil.

If you would like more information on stormwater pollution and what you can do to help, please visit [City of Greeley Stormwater](http://www.cityofgreeley.com/stormwater).



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](http://www.unc.edu/ehs) 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](http://www.unc.edu/bim).



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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.