

Hungry Days

HEALTH TIPS FROM THE POSSE
BY MARK RACKAY

My grandmother always said that a healthy dog was always hungry. She also believed that carried over to humans as well, all but her grandson. The old woman accused me of eating like a sanitary land fill.

Anyone who came to dinner at our house always left with a bag full of leftovers. An hour after a meal, she was running around offering everybody coffee and cake. But I make one reach for the cookies, and I get my hand slapped, followed by “You ate enough at dinner. If you are still hungry, there are some leftover vegetables, or a piece of fruit.”

As an old man, I am still hungry all the time. Somehow, I find I am hungriest on the days that I don’t workout. The days that I put in a good run, or lots of physical activity, such as a grueling hike with a pack, my hunger is not as great.

On a rest day, you aren’t burning the extra calories you would during a workout day, and it would seem logical that you would be hungrier on a workout day, rather than a rest day. In reality, rest days actually can trigger an increased appetite for a number of reasons. Understanding why your stomach is growling like a healthy dog may help you eat correctly, so you don’t undo the good you have done, and can be ready for your next physical day.

One reason you might find yourself hungrier on a rest day is that your body is seeking out food to replenish the stores of nutrients you lost with the strenuous exercise on your workout day. If you are craving carbohydrates, your body might be trying to restore depleted glycogen. Sometimes you might crave salty foods or protein rich snacks, likely because your body is wanting lost nutrients and electrolytes to aid in its recovery.

During a strenuous workout, your metabolic rate climbs, one of the

reasons we workout. On a workout day, you expend more energy through the physical activity. On the rest day following the workout, you may still have a high metabolic rate due to your body’s need to repair and rebuild muscle tissue, thereby increasing hunger levels.

Another reason a rest day makes you feel hungry is because you have time to think about it. On a super busy day, seems like you barely have time to think about food, let alone sit down for a meal. On a rest day, you are less active, thereby freeing up time for more frequent grazing in the snack cabinet or overstuffing yourself at lunch and dinner.

Sometimes we might not be eating properly on those workout days. Busy schedules coupled with strong workouts might mean we are putting enough fuel in the tank, or the proper fuel, making our bodies demand more food on the following rest days. Under-fueling your body on workout days may cause your body to crave more food on those quiet rest days, seek a proper balance.

Eat the right foods on those rest days, and not from the snack cabinet where the cookies are stored. Protein helps you build muscle and helps ease the soreness from a strenuous workout. Go for protein rich foods like eggs, fish, nuts, and dairy. A physically active person requires between 0.5 to 1.0 grams of protein per pound of body weight on a daily basis. There isn’t much protein in cookies.

People associate carbs with energy, but they are also important for the body’s recovery process. Complex cabs like peas, lentils, and whole grains help restore glycogen, the bodies major energy source. Simple carbs are great for the energy before a workout, but rest days require complex carbs that rich in fiber content to help fend off the hunger pains and aid in recovery.

There was a lot of truth in my grandmother pushing me towards



the fruits and vegetables instead of the cookies. Fruits, like berries, and bananas contain many vitamins and minerals that support your immune system, and are rich in fiber, which also help you feel full on those rest days.

Don’t forget to have some fats, but the healthy fats are best. Healthy fats contribute to brain function and focus. A diet rich in avocados, olive oil, fish and nuts, are great additions to your diet.

This brings us to the diet foods. I see people at a fast-food burger joint, ordering a big slopper, extra-large fries, and a side of fried jalapeno poppers, along with a Diet Coke, thinking the diet drink will nullify the calories of the unhealthy stuff. Thanks to the diet culture we live in, most folks think the low-cal and light foods are the healthiest choices, especially when they are trying to lose or manage body weight. These foods often leave you feeling hungry, rather than satisfied. Better to eat something like fish tacos or a peanut butter sandwich.

It’s possible you are confusing hunger with a lack of hydration on those rest days. I find I drink less on a rest day simply because I am not thirsty like I am after a good workout. Those hunger pains might be a cry for water by your

body. Kick up the water intake on rest days and see if that helps reduce the cravings.

If the hunger strikes you at a time of day you don’t normally feel hungry, pause for a moment and assess why. Try the glass of water first, and if you are still hungry, go for a balanced snack instead of the unhealthy snack, like a cookie. A slice of grain toast, nuts, dried fruit, or an apple would be a better choice.

In most cases, a healthy appetite on your rest days is a good thing. Your body is recovering and needs the extra nutrients. The secret is to not overdo it, especially if you are on a weight loss plan and working towards a goal. Listen to my grandmother’s advice, and have some fruit or vegetables., and stay away from the cookies, even if they are homemade chocolate chips.

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Conservation wins grant for compost extractor

MENDY STEWART
SHAVANO CONSERVATION DISTRICT

The Shavano Conservation District has been awarded a grant from the Mighty Arrow Family Foundation to purchase a compost extractor from Fungal Link LLC, expanding the district’s ability to support soil health and regenerative agricultural practices across the region.

The new compost extractor will allow the district to produce high-quality fungal rich compost extract using Fungal Link’s fungal rich compost. Compost extract provides a cost-effective, biology-based alternative that improves soil structure, increases water infiltration and retention, supports deeper root development, and reduces reliance on synthetic inputs.

Demand for practical, affordable regenerative solutions continues to grow, particularly among small- and medium-sized producers seeking to maintain productivity with fewer resources.

This compost extract is a liquid biological amendment produced from high-quality fungal rich compost and water, containing beneficial fungi and microorganisms that help restore soil biological function. A general application rate is approximately 10 gallons per acre, though the district plans to conduct field trials to evaluate effective rates for both higher and lower application levels.

Common application methods include gated pipe and direct soil application through an injector. It can also be applied through sprinkler and center-



The liquid applicator injects compost extract directly into the soil. (Courtesy photo)

pivot irrigation systems or broadcast sprayers; however, these methods are generally less effective because sunlight can kill microorganisms before the liquid reaches the soil.

With this new equipment, the Shavano Conservation District plans to produce fungal rich compost extract for local producers, providing an accessible tool to build soil biology and improve overall soil function. The district anticipates hosting regular “extract days” throughout the year, giving producers opportunities to purchase compost extract for field application. Field days and workshops will also be offered to provide demonstrations, technical assistance, and application guidance.

The project reflects the district’s continued commitment to practical, science-based conservation solutions for the agricultural community.

The Mighty Arrow Family Foundation

is a philanthropic organization that supports projects focused on land stewardship, sustainable agriculture, and the long-term health of working landscapes. Fungal Link LLC is a compost producer in Jaroso, specializing in fungal rich, biologically active compost products designed to rebuild soil health and support regenerative farming systems. Their compost is intentionally produced using a modified Johnson-Su method to increase the fungal to bacterial ratio that is missing in most available composts.

“We are proud to support projects that strengthen soil health and keep working lands productive,” said Jordana Barak, Executive Director of the Mighty Arrow Family Foundation. “Investments like this help provide practical tools that producers can use right away to improve their soils and long-term sustainability.”

“Fungal rich compost extract is a simple, effective way to put beneficial

biology back into the soil,” said John West, co-owner of Fungal Link LLC. “We’re excited to partner with the Shavano Conservation District to make fungal rich compost extract more accessible to producers in the region.”

“We are grateful to the Mighty Arrow Family Foundation for their support of soil health and local agriculture,” said Sadie Bruning, Shavano Conservation District Conservation technician. “This grant allows us to expand the services we offer and provide producers with another effective tool to improve their soils and operations.”

Bruning is one of two Shavano Conservation District employees who prepare the liquid extract by mixing the raw fungal rich compost with water in the new extract machine. The machine agitates the resulting brew and then filters off the compost solids. The liquid is drained off into 5 gallon buckets or 250 gallon totes for sale to gardeners and farmers.

Bruning and Zack Simmons, both District Conservation technicians through a Colorado State Conservation Board matching grant, assist producers with conservation planning and filling orders for the liquid compost extract.

The district looks forward to working with farmers, ranchers, and gardeners as the compost extractor comes online and begins producing extract for use throughout the area.

For more information about the program or to learn how to access compost extract, please contact the Shavano Conservation District at 970-249-8407.

SOPER BILL, CONT.

“I mean, we’re not reinventing the wheel here. We’re just taking something that was out there in the orbit, pulling that in and having the CHASE Board oversee it and fill in the structure,” Soper said.

When asked about the department’s confidence in HQIP as a successor to the HTP, a HCPF spokesperson said they currently differ in focus — HTP on health care delivery reform and HQIP

on quality.

But under Soper’s bill, the spokesperson added that “HQIP will evolve into an updated program to fit the current health care environment and will have a focus area on quality improvement.”

“HCPF values its partnership with the CHASE board and will continue working closely with the board as the program moves forward,” the spokesperson added.

A spokesperson for the Colorado

Hospital Association also affirmed its support for the program changes, adding that Soper’s bill aligns each stakeholder “on a collaborative path toward a better hospital quality improvement framework for Colorado.”

Salazar said she is also optimistic about the program’s trajectory and how it will financially support hospitals, but those benefits will amount to a drop in the bucket as federal Medicaid cuts are implemented under House Resolution 1, the Big Beautiful Bill Act.

”H.R. 1 is now law, and the scale is simply larger than state programs can offset. It’s enacted the largest cut to health care in history. For Colorado specifically, federal Medicaid spending in Colorado is going to be cut by 14%, \$12 billion, over a 10-year period. That is a lot. These state level programs like HQIP build capacity, but they’re not going to replace the revenue. I think that’s really what our hospitals are worried about right now,” Salazar added.