

Head– Summer Reading Programs are a great way for members to gain more knowledge and to help them keep their skills sharp for the next school year.

Ways to make reading fun:

- Sign up for a summer reading program.
- Sign up for a library card.
- Read books that are of interest or explore new topics.
- Read to someone else or as a family.
- Set up incentive programs for so many books read, number of pages, etc. and continue into the school year.

Resources:

cde.state.co.us/cdelib/summerreadingparents

lincolncounty.colibraries.org/



Hands– If you've ever wanted to get a good idea of your cow's Body Score while out on pasture, corn stalks, etc. then the *Crystalyx Beef Cow Body Condition Score App* is the place to go. The app lets you take pictures of your cows and directly upload them into the system to compare to standard or customizable body score charts. It also allows you to assign cows to pastures, input the date, and even track GPS locations. This allows producers a before and after snapshot of that forage location and how the cows are doing. It also gives you a physical picture record to compare from year to year when assessing cattle for culling purposes. The app also allows you to export records into other formats and provides graphing capabilities. The app and more information is available at crystalyx.com/producer-tools/crystalyx-beef-cow-body-condition-scoring-app/.

- **Heart**– Volunteer emergency medical technicians or firefighters sacrifice their personal time and resources to help others when it's needed most. The following are some ways to show your appreciation to these awesome volunteers:
- -Always move over for emergency vehicles and slow down when they are on the side of the road.
- -Send a thank you to your local department.
- -Support their fundraisers and donations.
- -Ask your local fire department if they need water and snack items when out fighting fires.

- **Health**– The winter is not the only time we are susceptible to being stranded in the outdoors. The summer months often mean increased travel and lots of outdoor activities. Location, terrain, cell phone service availability, and temperature swings at night can make having a summer emergency kit and plan very important. Consider the following before your next trip:
- -Make an itinerary with emergency contact information and let someone know where you are going and when you will be back.
- -Pack a three day supply of medication, include extra glasses, batteries, and a first aid kit.
- -Include sunscreen, bug spray, hats, and glasses and clothes for both day and night temperature swings.
- -Include a large water and food supply.
- -Include a physical map and compass (GPS devices or cell phones may not work).
- -Fire starting items, shovel, water filtration system, tarp or other rain proof items, etc.

Colorado State University, U.S. Department of Agriculture and Lincoln County cooperating.

Extension programs are available to all without discrimination.

Any mention of company names and/or products doesn't imply an endorsement of those entities or their services nor does it imply a criticism of their competitors and products. Items mentioned are strictly for educational purposes only.