

**Heart**– Since 1974 Ronald McDonald House’s all across the United States have provided low-cost housing for parents to stay near their hospitalized children. This service has provided comfort and piece of mind for all of the families affected. They also provide educational scholarships and grants and host a summer camp for children with cancer and their siblings. One of the ways to support this organization is by saving up your pop-can tabs and donating them to your local Ronald McDonald House in Denver, CO. More information and additional ways to donate is available at [rmhc-denver.org/how-you-can-help/pop-tab-collection/](http://rmhc-denver.org/how-you-can-help/pop-tab-collection/).

- **Head**– Lincoln County Extension and 4-H has a Facebook page: [Lincoln County Colorado Extension](#). The page serves as a tool for everyone to stay abreast of activities, events, and notices regarding not only our county, but from throughout the state as well. Information that is posted includes:
  - -Industry information relating to agriculture, family and consumer science, horticulture, and natural resources
  - -Events, updates, and deadlines
  - -Forms and registration information
  - -Sale flyers
  - -Show and clinic information



**Health**– Distractions are everywhere and they can impair your ability to operate machinery or drive a vehicle. A “distraction free” zone can help to keep you and others safe while you are operating equipment or driving. The following are some common distractions to avoid:

- Eating or drinking
- Answering phone calls or texting
- Adjusting the radio or other controls
- Changing clothes, brushing your teeth, applying makeup, shaving, etc.
- Turning around to talk to passengers
- Watching accidents or looking at scenery on the side of the road

**Hands**– Plant Select is a site offered by CSU, the Denver Botanic Gardens, and area horticulturalists to provide resources to gardening enthusiasts. The resources include plant types, purchase locations, learning modules, and plant/landscape design that is specific to the Rocky Mountain Region. Recommended plants for the region must possess the following characteristics: non-invasive, lasting beauty, insect and disease resistant, drought tolerant, resilient and able to thrive in many conditions, and habitat friendly. Check out [plantselect.org](http://plantselect.org) for great ideas and additional information.

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