

4-H NEWSLETTER

June, 2019



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THANK YOU'S

Sheep/Goat/Swine Weigh-In: Thank you to our livestock sale committee members Luke & Haley Ewing, John & Tailyn Thompson, Justin Lennox, Randy Stone and family, and Jeff Thornton for helping with weigh-in.

Livestock Judging Contests: Thank you to Amy Vice for hauling kids to livestock contests this spring.



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2019 BOXED PEACHES FUNDRAISER

County Council Members are selling boxed peaches from Palisade Produce in June.

Boxed Peaches (18-22lbs or 30-40 peaches)- \$36.00/box

1/2 Box Peaches (9-12lbs or 15-20 peaches)- \$21.00/half box

To purchase peaches contact county council members (Liliana Borders, Lyndee Yoder, Elivia Hilferty, Jiggs Parker, Kayla Schier, Alyssah Metzger, Daisy Stone, Kylie Freeman, Paige Beedy, Elizabeth Schier, or Aubrie Lindt) or purchase through the Extension Office.

Delivery TBD-likely the end of July.

4-H/FFA LIVESTOCK SALE BUYER RECRUITMENT:



Information for Contact Sheet/Invitation:

- First and last name.
- Phone number (parent number preferable).
- 4-H club enrolled in and county located.
- General information about your involvement in 4-H (how many years, what projects you take, why you like it, skills learned, etc.).
- General information about the sale and personal invite with your signature to attend.

Who to Ask to the Sale:

- 1) Family (grandparents, aunts, uncles, cousins, etc.)
- 2) Local businesses in the community in which you live and nearby.
(all Business types including agriculture, restaurants, insurance offices, hardware, flower shops, etc.)
- 3) Individuals (neighbors, parent's co-workers, acquaintances, and friends).

*Reminder ->Respect "No soliciting" signs; which means the business or individual is not interested in buyer solicitations.

Safety Tips When Out Talking to Potential Buyers (Individuals or Businesses):

- Never enter someone's home; always talk to them on the porch or step.
- Never go out alone. Always take another youth and preferably an adult (even if they wait in the vehicle).
- If out walking; wear bright and visible clothing, obey traffic laws, watch for motorists, and others out walking.
- Avoid carrying cash, purses, or large bags.
- Let someone know of your plan and exactly which locations you will be stopping at.
- If you are unsure about the safety or security of an individual home or business->>do not enter.

Resources:

Lincoln County Junior 4-H & FFA Livestock Sale Information Brochure For Buyers: lincoln.extension.colostate.edu/lincoln-county-fair/

Lincoln County Junior 4-H & FFA Livestock Sale Flyer: lincoln.extension.colostate.edu/lincoln-county-fair/

Information About 4-H: <https://4-h.org/>

4-H/FFA LIVESTOCK SALE BUYER RECRUITMENT:

The 4-H/FFA Jr. Livestock Sale takes place on Friday, August 9 at the Lincoln County Fairgrounds for members enrolled in livestock projects at the fair. The sale is an opportunity for members to sell their projects (usually at an above market average price). For the sale to be successful each year it takes a great number of volunteers to run the sale and it also takes many buyers. The number of buyers present at livestock sales often depend on an association with a member or their family or an invitation from a member to attend the sale and bid. To make sure we make the sale a success for everyone; get out this summer and make personal invitations to at least five businesses or individuals.

Important Tips for “Selling or Recruitment of Buyers”:

-Wear at a minimum: jeans with no holes, button up or nicer shirt, and closed toed shoes (not tennis shoes).

-When visiting: avoid talking or texting on your phone, stand up straight, shake their hand upon introduction and leaving, speak clearly, and give good eye contact.

-Introduce yourself (first and last name, age, 4-H club, and county associated with). Be prepared to answer questions about what projects you are taking, why you are in 4-H, what you will do with the proceeds, etc.

-Ask the individual if you can take a few minutes to invite them to your 4-H/FFA Jr. Livestock Sale.

-Explain the purpose of the sale– *To provide monetary funds to youth members participating in livestock projects. Members utilize funds to help pay for other livestock projects, start livestock breeding programs, save for college, start a business, and more. They also learn valuable life skills including: goal setting, problem solving, keeping records, self motivation, communication skills, and more.*

-Know the Particulars of the Sale

-Date (August 9, 2019) & Time (Sale Starts at 5:00pm)

-Encourage them to arrive early to enjoy the other fair festivities and get a buyer’s number

*Fairgrounds Schedule of Events: lincoln.extension.colostate.edu/lincoln-county-fair/

-Location: Lincoln County Fairgrounds-33747 County Road 2W, Hugo, Colorado

-Successful buyers will need to write a check for all purchases after the sale. They have the option of keeping the animal or using the buy-back (sell animal back for the floor price and the buyer then just pays the premium (amount above the floor price). They also will need to know if they will be taking the animal home with them, sending it to a processor, or if they need to make other arrangements.

-Always be courteous and say “*thank you for allowing me to speak with you today*” regardless of their response or interaction.

-Ask if you can leave a Livestock Sale Brochure, Livestock Sale Advertisement Flyer, and a Contact/Invitation Sheet with them to help promote the sale to others and to help them remember who they spoke with.



INFORMATION & EVENTS

County:

- ◆ Scored Shoot 1 is June 7 at 8:30am at the Limon Range (Rifle, Archery, & Shotgun).

Fair Reminders:

- ◆ Horse, Cat, and Dog ID's county deadline is July 1st. A horse may be ID'd/shared as a project horse by no more than 2 unrelated 4-H Members and immediate family members may share and ID the same project horse.
- ◆ Lincoln County Fair Book is online at: lincoln.extension.colostate.edu/lincoln-county-fair/
 - Don't forget to get your fair entries in on time!
- ◆ Fair Theme: "New Beginnings, Old Memories"
- ◆ Colorado 4-H project information and record book resources: co4h.colostate.edu/program-areas/
- ◆ Project requirements, deadlines, and schedule is available at lincoln.extension.colostate.edu/lincoln-county-fair/.
 - July 1-Livestock, horse, and FFA ag mechanics entries due.
 - July 15-Poultry, rabbit, and dog entries due.
 - Open Class entries-see fairbook schedule.
- ◆ Display boards, clothing tags, and record book covers are available from the office for \$3/each.
- ◆ Fashion Revue (Club Rotation-Heartland)- Duties include: setting up chairs in the Events Building, decorations for the Fashion Revue section of the building, setting up the sound system and podium, providing members to announce participants and read narratives, and cleanup.
- ◆ All Livestock Exhibitors (including beef/dairy this year) will need to bring shavings to fair for your animals.

4-H/FFA Horse Classes-Fair

- ◆ There are a couple of new Ranch Horse classes being offered by the Lincoln County Fair for members. Please see the fairbook for class descriptions and special requirements. **Members must pass Level 1 & Level 2 Ranch Horse written and riding tests to enroll in the classes at fair. Members may sign up for classes on fair entry forms and will be scratched if the levels are not completed and passed by the scheduled dates.
 - Written Tests for Level 1 and 2 may be taken at the Extension Office by appointment only before July 12.
 - Riding Tests for Level 1 and 2 will be given at the fairgrounds arena in July. Please check your email for upcoming dates.
 - Levels Study Guides available at: co4h.colostate.edu/program-areas/horse-resources/levels-testing/

INFORMATION & EVENTS

◆ County Council Reminders:

-Peach Orders are due back to the office by June 28.

-Truck Raffle tickets will be sold during fair. Additional tickets may be picked up and sold anytime between now and August 3.

-Fairgrounds pen set up help will be needed on July 2 beginning at 9:00am at the fairgrounds. Senior members need to plan on attending. A separate clean-up date may be scheduled for later July.

-Interview Judging-August 3 @ 8:00am-All council members to help with set up, checking in members projects, and organization of projects in the building after the judging portion. (Casual dress, nice shirt/pants)

Fair Dance– August 7 @ 8:30pm/or following the swine show. Members need to help with clean up.

Other

- ◆ **Showring Master** has multiple livestock shows coming up in June in Western Kansas. For more information and a listing of shows go to showringmaster.com/.
- ◆ **Weld 4-H Invitational Shoot** is June 1 at the South Platte Historical Society Range in Ft. Lupton. Contact Ray Sagehorn at 720-244-0238 for questions and register at signupgenius.com/go/20F0A4DAFAC29A2F49-weld4.
- ◆ **Arapahoe County 4-H Open Horse Show** is June 1 at the Arapahoe County Fairgrounds. Information is available at arapahoe.extension.colostate.edu/4-h-youth-development/4-h-projects/4-h-horse-project/.
- ◆ **American Agri-Women Daughters of American Agriculture Scholarship** is due June 1. Application information is available at americanagriwomen.org/scholarships/.
- ◆ **Douglas County Livestock Show** is June 1 at the fairgrounds. For information and entry go to douglas.extension.colostate.edu or call 720-733-6940.
- ◆ **Douglas County 4-H/Open Horse Buckle Show Series** is June 1 and 16 at the Douglas County Fairgrounds in Castle Rock. Information is available at douglas.extension.colostate.edu/4-h/programs-2/horses/.
- ◆ **Park County Spring Classic Livestock Showmanship Clinic** is June 1 at the Park County Fairgrounds in Fairplay, CO. For more information contact Adam Shirley 303-947-3904 or drive.google.com/file/d/1bY6-R9kd1cVzc3M_rkr0VjBb_ogtIEpY/view?usp=sharing.
- ◆ **The Buckle Series Horse Show and Gymkhana** is June 8-9 at The Ranch in Loveland, CO. Registration and information available at buckleseries.com.
- ◆ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 11. Information and application is available at nafb.com/foundation/scholarship-program.
- ◆ **Prowers County Mini Livestock Bootcamps** are June 10 (sheep/goats), June 11 (rabbit/chickens), June 12 (cattle/swine) at the Prowers County Fairgrounds. Register at forms.gle/rL9hKGUwRASJ1qFaA or contact the office at (719)-336-7734.

INFORMATION & EVENTS

Other:

- ◆ **Ringing of the Steel (Western Heritage Shoot)** is June 15. Registration and information- Jerry Van Ripper 303-514-9328 or adams4h.org/ss/ros.html.
- ◆ **Open Youth Horse Show** is June 15 at The Ranch in Loveland, CO. Registration is available day of event. Questions can be directed to Britany Johnstone 303-210-5410.
- ◆ **Fun Match 4-H Dog Show** is June 15 at the Larimer County Fairgrounds. Registration is available at bitsnpiecesclub.org/Fun or call 970-498-6016.
- ◆ **North Park 4-H/FFA Livestock Jackpot** is June 16. For more information contact the Jackson County Extension Office 970 723-4298 or coopext_jackson@mail.colostate.edu.
- ◆ **Ray Hinton Memorial Livestock Jackpot** is June 22-23 in Monte Vista, Co. For information go to <https://tinyurl.com/hintonjackpot2019> or contact Heather Tillman 719-849-3644.
- ◆ **Western Heritage Camp** is June 24-27 in Leadville, CO. Campers will re-live history through exploration of local museums, attractions, and presentations. Cost is \$145 and registration, due June 10, is available at <https://goldenplains.extension.colostate.edu/programs/4-h-youth-development/> under Western Heritage Camp. Participation in the Western Heritage project is not required.
- ◆ **Cottage Foods Safety Training** is June 27 at the Depot in Hugo, CO. Learn more about food safety and home food business requirements in Colorado. Register at eventbrite.com (cottage foods) or contact Abby Weber in Bent County 719-456-0764.
- ◆ **Massey Show Lamb Camp** is June 17-18 and **Goat Camp** is June 19-20 at the Brush Fairgrounds. For information and registration go to masseyshowlambcamp.com/.
- ◆ **Mesa County 4-H Invitational Shoot** is June 22 at Cameo Shooting Complex in Grand Junction. For information contact Mesa County Extension 970-244-1837.
- ◆ **Firecracker Classic Open Horse Show** is June 29 at the fairgrounds in Kremmling, CO. Contact Janet Engle 970-726-5555 or janetwpski@gmail.com for more information.
- ◆ **American Jersey Cattle Association Scholarship** applications are due July 1. Information is available at usjersey.com/AJCA-NAJ-JMS/AJCA/YouthPrograms/YouthScholarshipsandEducationalPrograms.aspx.
- ◆ **Colorado 4-H Western Heritage Invitational** is July 5-6 in Whitewater, Colorado. Registration is in 4HOnline. The contest is for Western Heritage project members only.
- ◆ **Sweetheart Riders Horse Show & Gymkhana** is July 6 at The Ranch in Loveland, Co. Register day of event and direct questions to Dulce Huggins 970-412-3738.
- ◆ **Wild Bug Fish Camp is July 8-11**. Youth will learn about nature, outdoor skills, fishing, and more. Cost is \$140 for youth ages 12+. Contact Kit Carson Extension at 719-346-5571 for more information.
- ◆ **Briggsdale Classic Open Jackpot (Livestock) Show** is July 12-13 at the Briggsdale school in Briggsdale, CO. Information is available at briggsdaleclassic.wordpress.com/.

INFORMATION & EVENTS

- ◆ **Arthur W. Nesbitt Dairy Scholarship** application is due July 15. Information is available at allamericandairyfoundation.org/arthur-w-nesbitt-scholarship.html.
- ◆ **Fremont County 4-H Dog Show** is July 20. For more information contact 719-217-6902. Registration is through 4H Online.
- ◆ **American Rabbit Breeders Association (ARBA) Scholarship** application is due July 31. Information is available at <https://arba.net/arba-youth-scholarship/>.
- ◆ **CSU Alpha Gamma Rho Scholarship** is due August 1 for 4-H/FFA members who will be attending CSU. Scholarship information available at <https://drive.google.com/file/d/1WWImCTSxCRWb7-I-zUBjNCoHoLOzNkvV/view?usp=sharing>.

RECORD BOOK REFERENCE: PART 5

Involvement Records:

A community service project and demonstration is required for your record book and to meet your 4-H “member in good standing” requirements each year.

Be specific and completely fill in all boxes.

Be sure to use different answers for “What did you learn” in all of the sections and write in complete sentences.

Activity Logs and Project Manual Pages:

Ensure that you keep an accurate record of activities.

Complete all required project manual pages and insert them into your record book.

Record Book Type:

Horse and dog records should both be in a separate binder from other livestock records.

Rabbits are not a “companion” animal project in Lincoln county; utilize the livestock record book instead.

If you have more than one livestock project, you must use the multi-species livestock record book and account for all species in that record book.

Other Information:

Check that labeling is consistent and correct on all pages of your record books.

Remove previous years records and activity pages from your record book binder.

Records should be in a record book cover or three-ring binder when turned in. *Record book covers can be purchased from the Extension office for \$3/cover.

Remember to label your record book cover.



JUST TO GET YOU THINKIN...

“Why Not?” is a slogan for an interesting life.”

–Capsule Sermons

“When man proclaims he has conquered Nature, Nature smiles.”

– Capsule Sermons

Small Business Development Center (SBDC)

Small Business Development Center’s are available locally and nationally to provide resources to those thinking about going into business as well as providing on-going support for those already in business. They aim to help entrepreneurs with business idea analysis, growth, sustainability, and more. See below for information about how our local consultant can help youth and adults with their business ideas.

“What are your summer plans? Earning extra money, starting a business, or promoting your existing business or event? The Small Business Development Center (SBDC) right here in Lincoln County can help!

We offer free, confidential counseling for all types of businesses. Just an idea? Come discuss that idea and explore the possibilities. Most great entrepreneurs have lots of ideas, some turn into instant success stories and others take work and determination. Regardless, all successful businesses start with a plan. Let’s start working on your plan.

Under 18? We just need a waiver signed. Call Raejean Palko at 970-946-4130 or request an initial appointment @ <http://www.eastcoloradosbdc.com/consulting>.”

Resources:

-Colorado Secretary of State-Checklist for New Businesses: sos.state.co.us/pubs/business/businessChecklist.html

-Colorado Small Business Development center: coloradosbdc.org/resources/Certified%20Small%20Business%20Community/lincoln-county

-U.S. Small Business Administration: sba.gov

PORTABLE SCALE AVAILABLE FOR USE:

There is a portable (sheep, goat, and swine) scale available for use at the Extension Office. The scale is available on a first come, first serve basis.

*A \$50 deposit is required and an equipment check-out sheet must be completed.

*The scale must be disinfected according to the "Disinfectant Protocol Sheet" before it is returned to the office.

*A \$50 late fee will apply if the scale is not returned on time.

*Non 4-H/FFA members may also rent the scale for \$25/per day.



4-H 2019 FORD F-150 PICK-UP & CASH RAFFLE

Tickets available until fair!



To purchase tickets contact county council members (Liliana Borders, Lyndee Yoder, Elivia Hilferty, Jiggs Parker, Kayla Schier, Alyssah Metzger, Daisy Stone, Kylie Freeman, Paige Beedy, Elizabeth Schier, or Aubrie Lindt) or purchase through the Extension Office.

Part of the proceeds directly benefits the Lincoln County 4-H program. The remaining funds go back to the State 4-H Foundation to provide support statewide in the form of programming, scholarships, grants, and awareness.

4 Drawings of \$50 cash prizes will also take place throughout the summer for tickets purchased by that date.

****All winners will still be eligible for the truck and cash prizes drawing on September 15 at the finish line for Pedal the Plains in Lamar.***

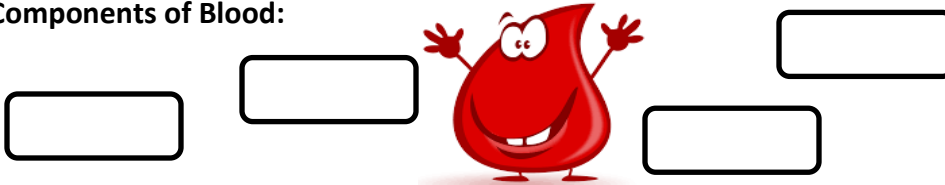
****Need not be present to win.***

ACTIVITY PAGE: ALL ABOUT BLOOD

Monthly Reader:

A Drop of Blood
By Paul Showers

4 Components of Blood:



Circle all that Apply:

1) Blood is used in the body to:

- Carry oxygen
- Regulate body temperature
- Form blood clots
- Move waste materials
- Move nutrients
- Carry antibodies to fight infections

2) 4 Main Blood Types: -O -RR -A -B -G -HH -AB

3) Platelet donations are used for: -Cancer treatments -Transplants -Surgery

T or F:

- 4) T or F- The average size man has 4 pints of blood in his body.
- 5) T or F- Hematopoiesis is the process of blood cells being developed in bone marrow from hematopoietic stem cells.
- 6) T of F- Red blood cell donations are used for trauma, surgery, anemia, and blood disorders.

Fill In Blank:

- 7) Hematopoietic stem cells can transform into _____ blood cells, _____ blood cells, & _____.
- 8) Whole Blood cell donations are given to those with significant _____ loss.
- 9) _____ donations are used for burn patients, those in shock, and bleeding disorders.

Family Activity: Ask your parents what blood type they are to help determine possible blood types you might be or have everyone get their blood tested to see who has which blood types.

Parent 1	AB	AB	AB	AB	B	A	A	O	O	O
Parent 2	AB	B	A	O	B	B	A	B	A	O
Possible (O)					X	X	X	X	X	X
blood (A)	X	X	X	X		X	X		X	
types (B)	X	X	X	X	X	X		X		
child (AB)	X	X	X			X				

To learn more about donating blood: Vitalant Blood Services <https://www.vitalant.org/Home.aspx> and/or check out the Facebook Page: [Limon Community Blood Donors](#).
2019 Limon Blood Donor Dates @ Community Building: (July. 10, Sept. 11, & Nov. 13)
Did you Know? *Students 16+ can donate blood with parental consent.

Resources: American Society of Hematology: hematology.org/Patients/Basics/ and Red Cross Blood: redcrossblood.org

SHOW BOX & TRAILER ESSENTIALS:

Being prepared for summer livestock jackpots or fair takes a lot of practice and preparation. While getting your animal in top shape for the show, don't forget to make a list to help pack essential items you will need for the show. This can be for one day or the whole week. The important thing to remember is that some locations may not have supplies or equipment that you need if something is forgotten; so it's important to plan ahead. Many shows also have specific requirements and "use" restrictions, so be sure to read those before attending. Each species will also have some special considerations, but the listing below should provide a basic list of essentials.

Show & Care Items:

- ⇒ Water & feed buckets
- ⇒ Spray bottle or pump
- ⇒ Show sticks
- ⇒ Blankets & muzzles (as needed)
- ⇒ Brushes (show & cleaning)
- ⇒ Animal adhesives & cleaner
- ⇒ Blower
- ⇒ Halters (including for show)
- ⇒ Electric clippers, extra blades, lubricant, and hand shears
- ⇒ 2 Extension cords with adapters & generator
- ⇒ Fans
- ⇒ Blocking chute or stand
- ⇒ Fly spray
- ⇒ Bedding material
- ⇒ Feed (enough for travel dates only)
- ⇒ Stall signs

Trailer Items:

- ⇒ First aid kit, sunscreen, insect repellent, hand sanitizer, & disinfectants
- ⇒ Basic vet kit including a thermometer
- ⇒ Brand & health inspection papers along with listing of animal ID's
- ⇒ Tool box: pliers, socket set, crescent wrench, scissors, screw drivers (including mini ones for eye glass repair), etc.
- ⇒ Duct tape, zip ties, & wire
- ⇒ Garbage bags
- ⇒ Rags & paper towels
- ⇒ Hose & spray nozzle
- ⇒ Wheelbarrow
- ⇒ Shovel, rake, & broom
- ⇒ Extra rope
- ⇒ Tire changing equipment



Exhibitor Essentials:

- ⇒ Pen & paper
- ⇒ Copy of show schedule & rules
- ⇒ Safety pins
- ⇒ Exhibitor Number
- ⇒ Hat and sunglasses
- ⇒ Cooler with ice, bottled water, & snacks
- ⇒ Wash, clipping, & cleaning clothes
- ⇒ Rubber overshoes
- ⇒ Gloves
- ⇒ 2 sets of show (exhibitor) clothing
- ⇒ Card games or activities to do while waiting
- ⇒ Folding chairs

LIVESTOCK SHOWING RESOURCES:

There are an abundance of resources available to youth and families for showing and caring for livestock projects. It's important to do your research as not all products or services will be beneficial for all species or members. Check out some of these resources and search for more on show products, clipping tips, feeding, animal health, and more.

- ⇒ ADM Animal Nutrition: admanimalnutrition.com/
- ⇒ American Poultry Association: amerpoultryassn.com/
- ⇒ American Rabbit Breeders Association: arba.net/
- ⇒ Andis Grooming College: andisgroomingcollege.com/
- ⇒ Big R: bigronline.com/index.php/limon
- ⇒ BioZyme Incorporated: surechamp.com/feeding-strategies/
- ⇒ Buckos Feed & Freight LLC, -Limon, CO- (719) 775-9000
- ⇒ Cowsmopolitan Magazine: cowsmo.com/about/
- ⇒ Flager Cooperative: flaglercoop.com
- ⇒ Holstein Foundation: holsteinfoundation.org/
- ⇒ KW Cages: kwcages.com/
- ⇒ PBS Animal Health: pbsanimalhealth.com
- ⇒ Pro Fit Show Supply: pro-fitsupply.com/index.php
- ⇒ Premier 1 Supplies: premier1supplies.com/sheep/species.php
- ⇒ Purina Mills: purinamills.com/show-feed
- ⇒ Purple Circle: purplecircle.com/
- ⇒ Nutrena: nutrenaworld.com/show-feeds
- ⇒ Show Rite: showrite.com/
- ⇒ Stierwalt Cattle Clinics: stierwaltcattleandclinics.com/
- ⇒ Show Horse Today: showhorsetoday.com/
- ⇒ Sullivan Supply: sullivansupply.com/shop/
- ⇒ Sunglo: <https://www.sunglofeeds.com/>
- ⇒ Supreme Show Supply: supremeshowsupply.com/
- ⇒ The Pig Planet: <http://thepigplanet.com/index.php>
- ⇒ The Showtimes: theshowtimesmagazine.com/
- ⇒ The Show Box: theshowbox.com/
- ⇒ The Show Circuit: theshowcircuit.com
- ⇒ The Show Wether: theshowwether.com/
- ⇒ Tractor Supply: tractorsupply.com/
- ⇒ U.S. Whip: uswhip.com/all-products/
- ⇒ Valley Vet: valleyvet.com
- ⇒ Weaver Leather Livestock Pro Tips (Fitting): thewinnersbrand.com/protips
- ⇒ WW Feed & Supply: wwfeed.com/

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 Scored Shoot 1 8:30am @ Limon Range (Rifle, Archery, & Shotgun)	8
9 Heartland 4- H Club Mtg.	10 Kountry Kids 4-H Club Mtg.	11	12	13	14	15
16	17 Karval 4- H Club Tours/Mtg. @9:00am	18 State 4-H Conference in Fort Col- lins	19 State 4-H Conference in Fort Col- lins	20 State 4-H Conference in Fort Col- lins	21	22
23	24	25	26	27	28 Peach Or- ders Due Back from County council Mem- bers	29
30	July 1 – Horse, Cat, Dog Id's due -Livestock & Ag Mechan- ics Entries Due	July 2	July 3	July 4 Office Closed Holi- day	July 5	July 6

Head– “Ag Mag-Food Waste” is a newspaper reader for youth to learn more about food waste in the United States and reduction of waste. It also provide information on technology resources to help reduce or reuse waste, composting, and how food is moved from farm to table. This is another great resource available from the American Farm Bureau Foundation about Agriculture to help provide youth and adults with tools about agriculture and it’s impact on their individual lives and the collective whole. To learn more go to agfoundation.org/resources.

Heart– The summer is a great time for youth to be out and about and keep up on their reading and physical activity skills. A great way to help promote reading is to be a sponsor for the summer reading program at the local library by providing books or prizes for youth. Another way to help encourage youth to be active is to provide funds to sponsor a youth for swimming lessons or pay for day passes to the local swimming pool. Engaged youth do better physically and emotionally and are also less likely to lose skills from the previous school. Contact one of the following to see how you could help:

Lincoln County Libraries-

lincolncounty.colibraries.org/

Hugo Pool- townhugo.com/?page_id=106

Limon Pool- townoflimon.com/



Hands– Agriculture producers are great entrepreneurs who are also looking for additional ways to use their products or add value to the operation. One such way is in the form of “wool plant pellets” from Wild Valley Farms in Utah. They are utilizing low quality or excess wool to form a pellet out of the wool to plant in greenhouses and their row crops. The wool has shown to be great at holding large amounts of water and by allowing for porosity or oxygen space in the soil. It also is high in nitrogen and adds fertilizer value to the soil and crops. To learn more about this great product go to wildvalley-farms.com/wool-pellets1.thml.

Health– Summer weather means that snakes are out of hibernation and are actively out and about. It’s important to be aware of your surroundings when outside on the farm, in your backyard, at the park, pool or lake, or even the mountains. Snakes like to hide in cool, damp locations and prey on small rodents and insects. It’s important to remove tall vegetation, control rodents and insects, remove water sources, and seal up cracks in buildings or foundations. Check out some of the below resources for health and safety tips regarding snake bites:

Coping with Snakes-CSU Extension: [exten-](http://extension.colostate.edu/topic-areas/natural-resources/coping-with-snakes-6-501/)

[sion.colostate.edu/topic-areas/natural-resources/](http://sion.colostate.edu/topic-areas/natural-resources/coping-with-snakes-6-501/)

coping-with-snakes-6-501/

How to Prevent or Respond to a Snake Bite-CDC:

cdc.gov/disasters/snakebite.html

Snake Bites-Colorado Poison Control: [\[soncenter.org/\]\(http://soncenter.org/\)](http://copoi-</p>
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