

4-H NEWSLETTER

December/January 2021



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EXTENSION

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JUST TO GET YOU THINKIN...

"The key to realizing a dream is to focus not on success but on significance—and then even the small steps and little victories along your path will take on a greater meaning."

-Oprah Winfrey

"When will our consciences grow so tender that we will act to prevent human misery rather than avenge it."

-Eleanor Roosevelt

4-H PROJECT UPDATE REMINDERS:

Entomology: They have changed the units information: Teaming with Insects – Level 1; Teaming with Insects – Level 2; Teaming with Insects – Level 3

Photography: There are changes to units information for: Unit 1 – Basics, Book 1; Unit 2 – Next Level, Book 2; Unit 3 – Mastering, Book 3

Welding: This a new project now offered statewide to 4-H members.

Check out the [Colorado 4-H website](http://Colorado4H.com) at to learn more about the projects offered and what they entail at: co4h.colostate.edu/program-areas/colorado-4-h-project-information/

You have until March 1 to add/drop projects. *The exception is shooting sports in which you cannot add the project once the first safety meeting has passed because of the additional project requirements.

4-H VOLUNTEER OPPORTUNITY: SHOOTING SPORTS INSTRUCTORS

Shooting sports is one of many projects available to 4-H youth to participate in. If you have an interest in working with youth and enjoy shooting sports; then we encourage you to enroll as a volunteer and become certified as an instructor. If you are interested in volunteering in this area: start your volunteer enrollment by early January to ensure adequate time for completion of the process so as to be eligible to attend one of the shooting sports discipline certification trainings that take place in the spring months.

SHOOTING SPORTS PROJECT INFORMATION

Shooting Sports Forms Required (Due January 29):

*Must be signed by both a parent/guardian and the member.

1) *4-H Shootings Sports Project Requirements & Signature Form*

2) *4-H Shooting Sports Permission to Participate/Liability Release Form*

Forms are available online at lincoln.extension.colostate.edu/programs/4-h/shooting-sports/.

Shooting Sports Fees Due: \$25/per shooting sports discipline enrolled in is due by January 29 (ex. enrollment in shotgun and rifle would equal a fee total of \$50). A Late Fee of \$10.00 applies after January 29. Fees are payable to the Extension Office.

March 1: All safety requirements and certification for Hunter's Safety must be completed to stay enrolled in the project for the year.

*The requirements for minimum project completion and requirements to attend the state shoot are both outlined on the "4-H Shooting Sports Project Requirements & Signature" form. Please read carefully to ensure that you understand all requirements of the project. Shooting disciplines offered will be subject to certified instructor availability. All participants are required to provide their own ammunition/arrows and safety equipment at shoots.

Safety Meetings- *Will be held in the winter months. Continue to watch your email for dates. *New project members must attend both safety meetings their first year. Returning members only need to attend one safety meeting.

Practice Shoots and Scored Shoots- All shoots will be held at the Limon gun range. Two practice shoots and two scored shoots will be scheduled for the late spring and summer.

***Hunter's Safety Certification:** Through February 15 (youth 11+ and adults) can take the entire course online due to COVID. Check out the Colorado Parks and Wildlife site for more information at: cpw.state.co.us/learn/Pages/HunterEducation.aspx.

EVENT ROUNDUP:

Special 4-H Award Winners:

Partner in Success: Tim & Andrea Andersen;
Roger Koberstein

Outstanding 4-H Volunteer: Adam Nuss

Hall of Fame: Don Palmer

Gwendal Leonard Hard Luck: Amy Pinion

I Dare You: Elivia Hilferty

Overall Herdsmanship: Karval 4-H Club

Outstanding 4-H'er: Jiggs Parker; Asha
Thompson; Tressie Golding

State Shooting Sports Championship:

Congratulations to all of our participants who participated in the modified state contest and to CJ Caton on his top 10 finish in Archery. To see the complete scoring results go to:

co4h.colostate.edu/program-areas/shooting-sports/ss-state-events/updates/.

The state shooting sports ambassadors also recorded a short video to showcase top award winners in each category at: youtube.com/watch?v=YaVoXNI-4nc.

ACTIVITY PAGE:

Monthly Reader:

The Polar Express
By Chris Van Allsburg

Homemade Greeting Cards: This season help spread some cheer by taking the time to send out some homemade greeting cards to: friends; family; the local nursing home; neighbors; drop some off at the local VFW; send some to your local homeless shelter; or even drop some by local businesses or first responder locations. A simple card can truly make a difference in someone’s life this holiday season.

Ideas: Use your imagination and supplies already at home to create some special cards this holiday season. If it’s someone you know, put a special note in there about how much they mean to you as well. For Others, you may consider thanking them for their service or letting them know that they are not alone this holiday season and that someone is thinking about them.

Supplies: This is a basic list of items that you might use to make a card or cards for others.

- Colored cardstock
- Holiday themed coloring pages (especially for younger kids)
- Different colors of pens, crayons, markers, colored pencils, etc.
- Stencils
- Scissors and shape cutouts
- Ruler
- Glue and/or tape
- Envelopes
- Stamps, ribbon, and other decorative items



Photo: pinterest.com, 5minutesformom.com



Candy Cane Lollipops- Janice @ 5 minutes for mom

Ingredients:

- Candy canes
- Baking chocolate or chips of multiple colors and flavors
- Other candies or marshmallows to mix in with the melted chocolate
- Sprinkles

Supplies:

- Baking sheet
- Wax paper
- Sucker or popsicle sticks
- Spoons and spatulas
- Microwavable bowls
- Hot pads
- Tongs

Instructions:

- Melt the chocolate in a microwavable bowl (10 sec. at a time)
- Break up candy canes into pieces on the wax paper on a cookie sheet to make shape desired (or soften canes in the oven at 350° for 3 minutes to help make them more moldable into shapes) and insert a stick into middle of design
- Add melted chocolate inside design and add items to decorate. Let cool 10 minutes



Communication from Local Extension & State 4-H Office:

- ◆ The majority of communication/notices will come in the form of an e-mail. Please ensure the correct account is listed in 4H Online and check that account (including trash/spam folder) on a frequent basis.
- ◆ Events information will be available through the newsletter and website. All events subject to cancellation due to COVID, weather, cost, lack of attendance or closure due to maximum attendance, lack of volunteers, etc.. 4HOnline is coordinated through the state and thus many additional events will show up in the registration section in 4HOnline than will be applicable to our county. Please do not register for events that the county has not advertised as being available; as registrations will not be processed.
- ◆ It is the member/families responsibility for contacting the extension office in advance concerning membership, projects, events, etc. Please plan accordingly so that important deadlines or requirements at the club and county level are not missed. Lincoln County 4-H Policy and Guidelines are available at lincoln.extension.colostate.edu/4-h-policy-guidelines/.

Enrollment/Project Deadlines:

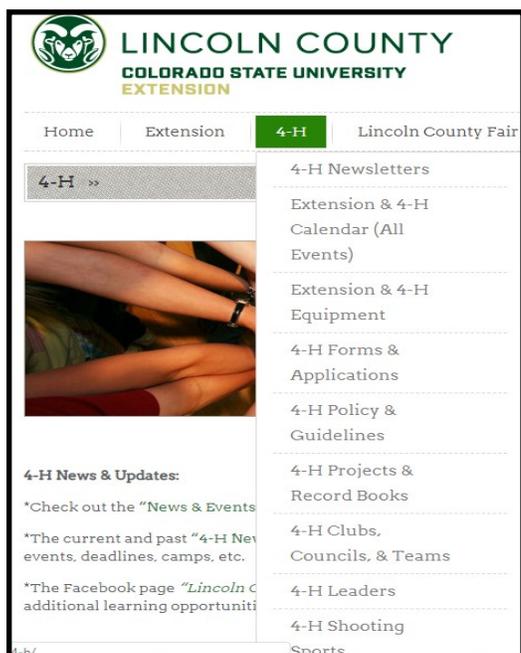
January 1- New member enrollment deadline

January 29- Shooting Sports project fees & forms due

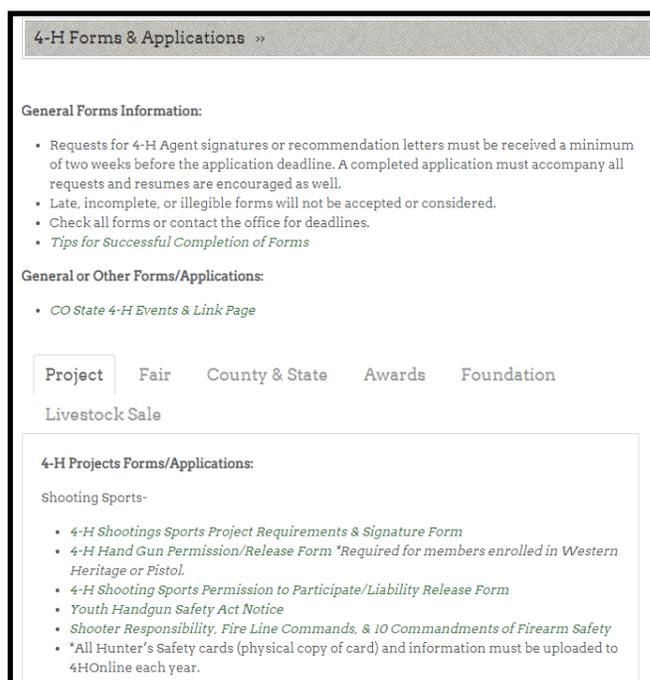
March 1– Project add/drop date

All shooting sports fees, forms, hunter's safety certification, and safety meeting requirements must be completed by the specific dates offered. ***Please plan accordingly for shooting sports; as members cannot make up safety requirements to join the project towards the March 1 deadline.*

***All deadlines and forms are due on day stated (or previous Friday if date is a holiday or weekend) by 4:00pm (close of business). Items faxed, mailed, or dropped in the backdoor after that date/time are considered late. When there is an error in the day of the week and date please call to clarify in advance and use the earlier date as the deadline.*



The screenshot shows the website header for Lincoln County Colorado State University Extension. The navigation menu includes Home, Extension, 4-H (highlighted), and Lincoln County Fair. A dropdown menu for 4-H is open, listing various links: 4-H Newsletters, Extension & 4-H Calendar (All Events), Extension & 4-H Equipment, 4-H Forms & Applications, 4-H Policy & Guidelines, 4-H Projects & Record Books, 4-H Clubs, Councils, & Teams, 4-H Leaders, and 4-H Shooting Sports. There is also a section for 4-H News & Updates with some text partially visible.



The screenshot shows the '4-H Forms & Applications' page. It includes a 'General Forms Information' section with bullet points: Requests for 4-H Agent signatures or recommendation letters must be received a minimum of two weeks before the application deadline. A completed application must accompany all requests and resumes are encouraged as well. Late, incomplete, or illegible forms will not be accepted or considered. Check all forms or contact the office for deadlines. Tips for Successful Completion of Forms. Below this is a 'General or Other Forms/Applications' section with a link for 'CO State 4-H Events & Link Page'. There are tabs for Project, Fair, County & State, Awards, and Foundation. Under the Project tab, there is a 'Livestock Sale' section and a '4-H Projects Forms/Applications' section. Under the 4-H Projects Forms/Applications section, there is a 'Shooting Sports' sub-section with a list of forms: 4-H Shootings Sports Project Requirements & Signature Form, 4-H Hand Gun Permission/Release Form (Required for members enrolled in Western Heritage or Pistol), 4-H Shooting Sports Permission to Participate/Liability Release Form, Youth Handgun Safety Act Notice, Shooter Responsibility, Fire Line Commands, & 10 Commandments of Firearm Safety, and All Hunter's Safety cards (physical copy of card) and information must be uploaded to 4HOnline each year.

INFORMATION & EVENTS

County: *Reminder to check your email and monitor our Facebook page for updates on 4-H activities and events. **Forms, Fees, and registrations are due to the office by (day stated) or (previous Friday) if the day is a weekend or holiday. County related forms and applications are available on the 4-H Forms & Applications page at lincoln.extension.colostate.edu/4-h-forms-applications/. A reminder that forms can be mailed, emailed, or faxed to the office, as well as dropped through the back door slot.*

- ◆ **Continue to watch your email for updates to camps and events for 2021 as we continue to work through COVID guideline changes.**
- ◆ **4-H Enrollment**-New members may enroll until January 1. Volunteers don't forget to re-enroll as well!

-County Clubs Information: lincoln.extension.colostate.edu/programs/4-h/clubs-councils/

-4-H Member in Good Standing Requirements: lincoln.extension.colostate.edu/4-h-policy-guidelines/

-4-H Club/County Transfer/Eligibility: lincoln.extension.colostate.edu/4-h-policy-guidelines/

- ◆ **Livestock Sale Committee (Livestock Scholarship Program)** Goat, swine, and sheep applications are due February 1. For specific program information and an application go to lincoln.extension.colostate.edu/4-h-forms-applications/ and look under "livestock sale".
- ◆ **Shooting Sports**-All members interested in taking shooting sports next year need to be sure and obtain their Hunter's Safety Card before the March 1 add/drop project deadline. Interested shooting sports members also need to remember to take a look at their shell inventory and start planning for purchases for next season as well. ***Until February 15- CPW is allowing individuals 11+ to take the certification course entirely online. For updated information and certification classes go to cpw.state.co.us/learn/Pages/HunterEducation.aspx. Keep an eye on your email for safety meeting and upcoming shoot dates in 2021 and changes, (if any) due to COVID, as they may arise.*
- ◆ **Livestock Scholarship Donor Opportunity**- Each year the Livestock Sale Committee provides scholarships to interested 4-H/FFA youth participating in beef, sheep, swine, and goat projects through an application process. If you or your business would have an interest in supporting one of these scholarships financially; then please contact the office for more information.

Other

****Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellations procedures, registration requirements, etc.*

- ◆ **Leadership Development Camp (LDC)** will not be held in Denver as usual because of COVID. The state officer team is currently working on district camp alternatives and will send out more information once it is available.

INFORMATION & EVENTS

- ◆ **Youth Fest Camp**– Continue to watch for state information updates as they become available into January.
- ◆ **American Quarter Horse Association Scholarships** are due December 1. Additional information is available at aqhfoundation.smapply.io/prog/aqhf_scholarship_program/.
- ◆ **Future of Agriculture Colorado Farm Bureau Scholarships** application is due January 1. Additional information is available at usascholarships.com/colorado-farm-bureau-scholarship-program/.
- ◆ **Syngenta Scholarship** application is open till January 14 at syngenta-us.com/scholarships/.
- ◆ **National Western Stock Show** in January has been cancelled for 2021. The Catch-a-Calf program is still going forward with a random selection of completed applications. The application deadline has been extended until January 15. To learn more go to nationalwestern.com/catch-a-calf-program/.
- ◆ **Dairy Farmers of America Scholarships** application is due January 15. Information and the application is available at dfamilk.com/scholarships.
- ◆ **Ag Day Essay** contest entries are due January 31. Contest rules and information is available at agday.org/essay-contest.
- ◆ **Dairy Calf and Heifer Association Scholarship** is due early February. Information is at calfandheifer.org.
- ◆ **Farm Credit of Southern Colorado Scholarship** application is due early February. To learn more about the scholarship and application information go to aglending.com/scholarships/.
- ◆ **WinField Careers in Agriculture Scholarship** is due in February. Do a general search of the WinField site in January for application information at winfieldunited.com/.
- ◆ **National Holstein Women’s Scholarship** application is due February 15 and is available at nhwsoscholarship.com/scholarship-application/.
- ◆ **Colorado 4-H Foundation Scholarship** application will open in the new year and is available into the spring. Check the site for updated information as it becomes available at co4hfoundation.extension.colostate.edu/benefits/colorado-4-h-foundation-scholarships/.
- ◆ **American Gelbvieh Junior Association Scholarships** application is available until May. To learn about scholarship opportunities go to gelbvieh.org/juniors/scholarships.

FAMILY & CONSUMER: HOLIDAY SAFETY

The holiday season brings about many activities including: holiday parties, decorating, shopping, family gatherings, and more. It also can be a more dangerous time of year due to increased accidents in the home; driving incidents; food illnesses; burglary, etc. The Consumer Product Safety Commission indicates that in the 2018 holiday season- “about 17,500 people were treated in emergency rooms due to holiday decorating-related injuries.” To help make the holidays a joyous and safe time consider some of the following:

House:

- Change out the batteries in your smoke and carbon monoxide detectors. Ensure there several fire extinguishers in the home (kitchen, tree area, garage, near the entrance to the furnace, etc.).
- Keep presents out of sight in the home and keep track of items purchased and delivered.
- Keep lights on in your home if you will be gone for the evening and light up your front yard.
- Let a key neighbor know when you will be gone (especially on longer vacations) and have them clear the walk, get packages, and check on the home in general (inside and outside).
- Be aware of unusual vehicles or individuals in your neighborhood. Be sure to write down license plates and report any suspicious activity. Watch out for your neighbor’s property as well.

Decorations:

- Safety 1st-> Utilize appropriate ladders, harnesses, and other safety equipment when decorating.
- Don’t decorate when it’s snowy, icy, or wet.
- Throw out old, frayed, broken, loose, old electrical connection type, etc. decorations.
- Utilize timers on all decorations; avoid running them continuously; and do not plug all of the decorations into one breaker location.
- Candle use should be monitored closely and put out well in advance of leaving the room/home.

Trees

- If possible; purchase a fire-retardant artificial tree.
- If using a fresh cut or live tree be sure to water the tree frequently and avoid putting up longer than a week or two.
- Keep heat sources away from the tree: including portable heaters, candles, etc.
- Keep the area cornered off to small children and pets to avoid knocking the tree over and inadvertently causing a fire or injury or ingestion (tree, decorations, packaging).

FAMILY & CONSUMER: HOLIDAY SAFETY

Children:

- Be extra aware of those around you when with children shopping and talk to children about stranger danger (including those dressed up as Santa) during the holidays.
- Work with them on their name, address, and parent phone number- incase they become separated and where to look for help.

Purchases & Donations:

- Be aware of donation scams; especially those who you have not previously donated too.
- Guard your financial cards and wallets/purses closely and avoid carrying them in your normal back pocket or large bag. Also watch your financial accounts closely for fraudulent activity.
- When out shopping: Lock your vehicle; park in a lighted location; avoid shopping alone; avoid having to unload/carry large amounts of packages by yourself into the vehicle; carry your key in your hand; be aware of your surroundings; and report suspicious activity or get help if needed.

Food

- Think Safety 1st when cooking including: fryers, stoves, and cutting utensils.
- Be extra aware of food allergies when cooking for others or eating at holiday parties.
- Follow food safety guidelines for preparing, serving, and storing leftovers. When in doubt-> throw it out!

Holiday Travel:

- Avoid posting to social media regarding your travel or holiday party attendance plans.
- Check weather conditions before you travel; have a travel emergency kit; get your vehicle serviced; keep informed of airport changes; keep luggage to a minimum to avoid check-in; etc..
- Have a back-up plan including: copies of your financial cards, ticket information, and identification cards; alternate routes/food/gas stops; and let a family member know of your travel plans.
- With poorer road conditions and increased distracted driving; be extra alert on the roads.

Resources:

Electrical Safety Foundation International-Holiday Decorating Safety: esfi.org/resource/holiday-decorating-safety-342

National Fire Protection Association-Christmas Tree Safety: nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/ChristmasTreeSafetyTips.ashx

Federal Trade Commission-Consumer Shopping: consumer.ftc.gov/topics/shopping-saving

FoodSafety: foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons

FAMILY & CONSUMER: TAX PREP TIME

With the end of the year fast approaching it's an important time for individuals and businesses to get ready for the upcoming tax season. Preparation and planning can be essential to help successfully complete your income taxes and take advantage of all available deductions and credits. *Each individual/business is different and you should consult with a qualified tax preparer for all specific situations and questions. Consider some of the following year-end planning items:

- Schedule an end-of year estimate of taxes especially for: businesses; self-employed individuals; and complex returns (schedule C or F with other income, partnerships, royalties, etc.) to determine appropriate tax reduction strategies and planning.
- Now is the time to start making calls if you need a new tax preparer to see: who is available; what services they provide; does their expertise match your tax needs; cost; location; what are their client expectations in terms of providing information and payment; etc.
- Check to ensure that all institutions have your updated mailing address to send out tax documents (including past employers for the year).
- Pull out last years tax return to see what income and deductions you had and then gather up the following information (where applicable):

-Income: pay stubs; hobby (earnings from rodeo, golf); miscellaneous (lottery, judges pay, etc.); business; self-employed; interest; investment income; retirement/annuity; etc..

-Add up your child's income (paying jobs, interest/dividends, etc.) and determine with your preparer if they need to file or not and if they can still be claimed as a dependent.

-Expenses: relating to hobbies, business, investments/royalties, etc..

-Household employee or child care expenses or transactions with a Health Saving Account.

-Student loan payments; teacher classroom purchases; or education account contributions.

-Retirement contributions made during the year, to which accounts, and if they were pre-tax or not.

-Withholding or estimated payments on income received including: W-2 jobs , self-employed, account distributions, capital gains/sales, etc.

-Total itemized deductions: medical expenses (not paid by insurance); charitable contributions; mortgage interest; property/sales taxes; and casualty/theft losses.

- Also document any *major changes* to provide to your preparer including:

-Change of residence (i.e. did you move to a new state or start work in another state)

-Retirement Accounts: open or closure of any accounts; any distributions and why the distribution was taken, etc..

FAMILY & CONSUMER: TAX PREP TIME

-Buying or selling of a home or a vehicle.

-Was there a marriage, divorce, death, birth, or dependency change for the household?

-Was a business or partnership started/entered into or exited out of?

- Consider making end of year tax-advantaged retirement, education, and/or HSA contributions. *Check with your preparer for rules on when contributions must be made by.
- To Do in January: Many tax forms (1099's, W-2's, investment distributions and gains/losses, etc.) will not come out till the end of January. Be sure that all forms arrive and check for accuracy against your personal records and report any errors immediately to the respective institution.

New Year Paycheck & Tax Check-In: The turning over of a new year is a great time to review all things tax related. As you are working with your preparer to file last year's taxes, you can help boost your tax saving potentials and ensure you are on track with a few tips:

- 1) Check out the [IRS Tax Withholding Estimator Tool](#) to make adjustments to your paycheck withholding or estimated payments for the new year; especially if you will be making big life changes (i.e. adding a second job, getting married, losing a dependent, tax liability was significant in the previous year, or when starting a new business, etc.).
- 2) If your employer participated in the [Social Security Tax Deferral under Notice 2020-65](#) (where no employee social security tax was withheld from your paycheck to increase take home pay through December 31, 2020) then be sure to check your pay-stubs from January-April in 2021 as those funds will be withheld proportionally over that time period to repay what was not withheld out of your paycheck during the fall period (i.e. you will be receiving less take home pay during the re-payment period).
- 3) Consider starting or increasing your contributions to a [tax-advantaged savings account for education](#) or [retirement](#). Employees should first take advantage of any savings opportunities offered through work that include pre-tax contributions and employer matching. Also work with an advisor and your preparer to see what options are available on your own as well, especially if self-employed or for youth who work in the family business.
- 4) For those who have self-employed or side business income; the new year is a great time to plan a day on the calendar each quarter to get accounting/tax paperwork up-to-date and ensure that estimated payments are on track for the year.
- 5) Watch for tax (informational only) forms in the late spring regarding the balance of tax-advantaged accounts. Be sure to verify they are correct and keep them with your tax files.
- 6) Early fall get on the tax preparer's calendar for the fall to get a tax estimate and complete end-of-year planning activities. Also review health insurance options for your family.

FAMILY & CONSUMER: TAX PREP TIME

Family Bonus Time Activities:

It's never too early for youth to learn about taxes; how the process works; and it's role in society. Consider some of the following activity ideas to help your children learn about taxes:

- 1) Tax Allowance/Chore Money: Before giving children an allowance– take a portion of what they receive as “taxes”. Explain to them why they got taxed and where that money goes.
- 2) Use Tax: Consider having the kids use monopoly money and pay a “use tax” to use items in the house like the tv or their phone and explain why they have to pay that.
- 3) Tax Return Basics: Pull out the last two years of your tax returns and show them what kind of a return you file; where your income comes into play; your normal deductions; how much tax you had withheld; and what you paid or had refunded at the end of the year.
- 4) Supporting Documents: Pull out the pay stubs and W-2; interest statements; etc. and go over how those items come into play on the tax return.
- 5) Elections: Pull up a state or federal website and talk about how elections play a role (new officials or bills passed) on how we get taxed from the local to the federal level.
- 6) Older Youth & College Students: Have them keep track of their income and expenses throughout the year and have them get their information ready for the preparer. Talk with them about the time table of when documents come out, filing, end-of year for contributions, etc.. Bring them along to tax appointments or have them talk directly with the preparer so they are better prepared for filing their taxes on their own as an adult.

Resources:

Colorado Department of Revenue-Tax: tax.colorado.gov/

Tax Information for Businesses: irs.gov/businesses

Tax Information for Individuals: irs.gov/individuals

Tax Benefits for Education-Information Center: irs.gov/newsroom/tax-benefits-for-education-information-center

Tax Withholding Estimator Tool: irs.gov/payments/tax-withholding

Form W-2 Reporting of Employee Social Security Tax Deferred under Notice 2020-65: irs.gov/forms-pubs/form-w-2-reporting-of-employee-social-security-tax-deferred-under-notice-2020-65

Tax Information for Retirement Plans: irs.gov/retirement-plans

Understanding Taxes Student: apps.irs.gov/app/understandingTaxes/student/index.jsp

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Holiday- Office	25 Holiday- Office	26
27	28	29	30	31		

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Holiday-Office Closed -New Member En- rollment Deadline	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Shooting Sports Fees & Forms Due	30
31	February 1 Livestock Pro- ject Scholar- ships Due					

Head-> National Western SPUR Center

The three buildings currently being built for this new center will largely focus on food, water, and health. However the center is designed to be a learning hub that encompasses everyone including: donors, researchers, educators, general public (youth and adults), and students and interns. They will also offer the space to bring in art, retail, events of all sizes, entertainment, and more. To learn more about the center, how they will be operating, opportunities expected, and to see their ongoing changes go to: csuspur.org/

Heart-> Help Others Send a Greeting Card

This holiday season as you work on mailing out your holiday cards; consider helping someone send a few of their own. The following are a few ways you can help this season.

-Consider helping an elderly neighbor or those in the nursing home write out and address their greeting cards as they often have difficulty with writing or seeing.

-Donate supplies (coloring pages, crayons, etc.) to the local pre-school to provide the opportunity for them to color pictures to send or give out.

-Donate (cards, postage, envelopes) to local hospice, rehab, VFW's, and homeless shelters so others can connect during the holidays and feel valued.



Hands-> American Egg Board

The American Egg Board is much like the Beef Checkoff Program. The Research and Promotion program was founded in 1976 and is funded by an assessment of \$0.10 per 30-dozen case of eggs sold. Those funds go to support the board and its functions. The board is charged with utilizing funds for research of product and development; increasing consumption and demand both domestically and globally; providing nutritional education and use of eggs and products to consumers including safe use and recipes; education and outreach with professional schools and industry and coordination with other food type industries. To learn more about the program and to utilize great resources on eggs go to: incredibleegg.org/.

Health-> Colorado Crisis Service

This holiday season may have more struggles than usual. Remember that when you need help (available to everyone, including youth), reach out to TALK! Also be an advocate and help spread the word about this great resource available.



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.