

4-H NEWSLETTER

March 2021



LINCOLN COUNTY
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EXTENSION

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**Thank you to the Davis Family
for donating ear plugs and safety
glasses for the shooting sports
program!**

**The Extension Office & 4-H
are on Facebook @
[Lincoln County Colorado Extension](https://www.facebook.com/LincolnCountyColoradoExtension)**



**Lincoln County
Extension/4-H Website**

<https://lincoln.extension.colostate.edu/>

FAMILY & CONSUMER: PAY STUB BASICS

What Is It: The pay stub is a summation document provided to the employee by the employer about their wage information for each pay period.

Employer Requirements: Colorado law requires employers to provide employees with a pay stub for each pay period. Federal and state law also requires employers to keep records of payment information to employees (i.e. employee name, type of pay, pay period length, when paid, gross and net wages, employer name, etc.).

Every Time: It's important as an employee to review your pay stub every time one is received. Pay stubs from job to job will look different depending on the payroll software utilized, employee type, and what the company shares as additional information, etc..

-Hourly employees need to keep track of their hours and verify the hours match their pay stub.

-Be aware of how overtime and/or bonuses are calculated so that you are aware of changes in your gross and net pay from one pay period to the next.

-Ensure you are having enough taxes withheld each period to cover your year-end tax liability.

-Software and humans can make errors in entering data or through calculation glitches. Check to make sure the amounts being taking out each pay period are similar.

Value of the Pay stub:

-It can be utilized for budget planning purposes to recognize what your actual take-home pay (what you get to spend).

-It helps provide a snapshot of the total financial compensation you are receiving from the company including: health/life/accident insurance; retirement contributions; contributions to childcare; contributions to Health Savings Accounts; and more. These additional "contributions" from the company can represent a very large amount of funds paid on behalf of the employee in addition to your normal wages.

-The pay stub shows the current amounts contributed and paid out and also the year-to-date amounts. This information can help you project what you will earn for the year and what your withholding will be for tax purposes. It also shows year-end wage data to compare to the W-2.

-The compensation information also helps you to more accurately discuss raises and provides comparison information when looking for future positions. Individuals who are considering going back to work full-time on the farm or in a small business can also utilize these numbers to accurately depict what their income/benefits loss will be and how they can make that up financially.

Reach Out & Updates: Don't be afraid to ask your payroll and human resources staff questions about your pay stub and compensation. Also don't forget to let your employer know if you will have changes to: wage garnishments; address; filing status; direct deposit information; retirement contributions; insurance coverage (if married); child care or education payments; etc..

FAMILY & CONSUMER: PAY STUB BASICS

General Information on the Pay Stub: The pay stub will vary by company but should include the basics of employer information, employee name and ID information, pay period, and pay date.

-Gross vs. Net= "Gross" is the overall wage you receive each pay period while "Net" is the actual physical dollar value received by the employee after deductions and withholding.

-YTD= Year-to-Date is the cumulative amounts received or deducted as of each pay stub.

- O/T= This is overtime earnings (regular hourly pay x 1.5) earned.

-PTO (Paid Time Off)= Employers will often show PTO days accrued, used, and the current balance available for use by the employee.

-W/H= This indicates Federal and/or state withholding of funds to pay income taxes annually.

*The employee can have more or less withheld depending on their individual tax situation.

-FICA (Federal Insurance Contribution Act)= FICA Social Security requires employers to withhold taxes of 6.2% of wages and Medicare withholding of 1.45% of wages from an employees paycheck.

* The employer contributes and equal share of both taxes on behalf of the employee as well.

-Deductions come out of the gross pay and may include items such as contributions to a retirement plan , wage garnishments, health savings account contributions, etc..

This pay stub is just one example of some common information supplied by the employer.

PERSONAL AND CHECK INFORMATION		EARNINGS				
Emp ID:	Employee ID Employee First Name Employee Last Name Employee Street Address Employee City California Employee Zipcode	DESCRIPTION	HRS/ UNITS	RATE	CURRENT(\$)	YTD (\$)
Soc Sec #:	XXX-XX-1234	REGULAR EARNINGS	40	20	\$1200.00	14400.00
Hire Date:	01/01/2013	O/T EARNINGS (1.5)	0			
Filing Status:	Single	COMMISSIONS			200.00	4800.00
Pay Period:	06/01/2013 to 06/14/2013	PRETAX INS			6.00	72.00
Check Date:	06/21/2013	401K			24.00	288.00
Check #:		HOURS WORKED				
Rout#:	111111	ADJUSTED GROSS			1176.00	14112.00
Acc #:	222222	EARNINGS				
NET PAY ALLOCATIONS		DEDUCTIONS				
DESCRIPTION	CURRENT(\$)	YTD(\$)	DESCRIPTION	CURRENT(\$)	YTD (\$)	
Net Pay:	597.50	9570.03	GARNISHMENTS			
				123.00	1475.00	
				154.00	1848.00	
				242.00	2904.00	
			TOTAL	519.00	6228.00	
			WITHHOLDINGS			
			DESCRIPTION	CURRENT(\$)	YTD (\$)	
			FEDERAL W/H	163.27	1959.23	
			FICA MEDICARE	17.40	208.80	
			FICA SOC-SEC (OASDI)	74.40	892.80	
			STATE W/H	28.43	341.14	
				774.07	9288.83	

Resources:

U.S Department of Labor: dol.gov/general/topic/wages/wagesrecordkeeping

Colorado Department of Labor & Employment: cdle.colorado.gov/wage-and-hour-laws

IRS-W-4 (Employee Tax Withholding Designation Form): irs.gov/forms-pubs/about-form-w-4

IRS "Tax Withholding Estimator" Tool: irs.gov/individuals/tax-withholding-estimator.

JUST TO GET YOU THINKIN...

"Normal is in the eye of the beholder."

-Whoopi Goldberg



"Getting money is not all a man's business: to cultivate kindness is a valuable part of the business of life."

-Samuel Johnson

LINCOLN COUNTY MEAT QUALITY ASSURANCE (MQA) TRAINING: MAY 4th

Meat Quality Assurance (MQA) for 4-H/FFA members consists of walk-through learning stations and a test. The training is required for all members who take livestock projects.

Members are required to complete MQA as follows:

1x-As a new member or first year taking a livestock project.

1x-When the member turns 4-H age of 10.

1x-When the member turns 4-H age of 14. *FFA members must attend as well their first livestock project year when showing in FFA.

Lincoln County MQA Date: May 4th 4-7:00pm at the Lincoln County Fairgrounds.

**If you cannot make the county date you will need to contact the extension office for a listing of other county trainings that may be available for you to attend to complete the project requirement.*

LIVESTOCK PARTURITION-

SEASONAL REMINDERS

Equipment Considerations-

- ◆ Sanitation solutions & fresh water access
- ◆ OB & disposable gloves Ropes & halters Vaccinations, supplements, & medications
- ◆ Colostrum, electrolytes & bottles
- ◆ Various sizes of needles & syringes
- ◆ Galvanized buckets Towels & rags Headlamps, spotlights, & other light sources
- ◆ OB Lube
- ◆ Chains, puller, & pulleys
- ◆ Thermometer
- ◆ Warming sources (calf box, straw, heaters, indoor room, etc.)
- ◆ Tagging/ID equipment Record book
- ◆ Waterproof overalls, sleeves, & shoes or disposable boot coverings
- ◆ Birthing pens, portable panels, feed & water sources
- ◆ Shovel, pitchfork, portable sled, & wheelbarrow



Having a Game Plan--> It's important to do some pre - planning each year help ensure success for the operation and everyone involved. While all operations and species are not the same; these are some general steps to consider:

- ◆ Connect with your Veterinarian (Establish a relationship; provide detailed directions to your property; find out what vaccinations or supplements might be needed in your geographical area; what their procedure is for an emergency call at the ranch or going into the office, etc.).
- ◆ Gather up your resources ahead of time and do a refresher on general anatomy; stages of labor; and abnormal birth scenarios.
- ◆ Engage youth and help educate them in the processes. Involve them in the planning, setup, and care as well.
- ◆ Determine ahead of time (especially if employees or youth are checking or most everyone will be gone for a time period) what the action steps are for complications (signs; when to call; who to call; and plan B, etc.).
- ◆ Ensure that the pickup and trailer have been serviced, fueled, and lights are working, etc.
- ◆ Ensure the loadout and alley area is well lit and in good working condition.
- ◆ Ensure a heated indoor area to pull animals is set up with appropriate gates, lights, heaters, head catches, etc..
- ◆ Determine what the plan will be and gather resources for adverse events (i.e. blizzard; no electricity; extreme cold; flooding; personnel injury; etc.).
- ◆ Gather up and order needed supplies ahead of time including vaccinations and medications.

LIVESTOCK PARTURITION-RESOURCES

BE AT YOUR BEST-

*A successful parturition season relies not only on doing everything we can for the animals but also on taking care of ourselves and employees by:

- ◆ Providing a location to keep dry and warm, change out clothes, shower, or take a nap.
- ◆ Taking quick 30 minute nap breaks -if regular sleep intervals are not possible.
- ◆ Taking 5 minutes to stretch your muscles each day.
- ◆ Taking a short 10 minute walk to clear the mind and get the blood flowing.
- ◆ Drinking plenty of fluids. Having pre-done & easy-to-heat meals available.
- ◆ Having access to high protein/ carb snacks.
- ◆ Rotating shifts with an employee, family members, neighbor, etc.
- ◆ Not being afraid to call for help.
- ◆ Having a first aid kit.
- ◆ Having a neighbor or friend who you can call to talk about difficulties and successes.

- ◆ Assisting the Beef Cow at Calving Time-UNL Extension @ extensionpublications.unl.edu/assets/pdf/ec1907.pdf
- ◆ Pulling Pigs During Farrowing Assistance-Pork Information Gateway @ porkgateway.org/resource/pulling-pigs-farrowing-assistance/
- ◆ The Foaling Mare- UNL Extension @ extensionpublications.unl.edu/assets/pdf/g1874.p
- ◆ The Process of Kidding-Penn State Extension @ extension.psu.edu/programs/courses/meat-goat/reproduction/the-process-of-kidding
- ◆ Assisting the Ewe at Lambing- Dr. S John Martin -Veterinary Scientist, Sheep, Goat and Swine/OMAFRA @ omafra.gov.on.ca/english/livestock/sheep/facts/98-091.htm
- ◆ Parturition in Livestock-Purdue Extension @ extension.purdue.edu/extmedia/as/as-561-w.pdf
- ◆ Colorado Crisis Service (Rural Mental Health) @ coloradocrisisservices.org/
- ◆ CDC Food Shopping and Planning and Nutrition Resources @ nutrition.gov/topics/shopping-cooking-and-meal-planning/food-shopping-and-meal-planning
- ◆ MIT Medical Sleep Resources @ <https://medical.mit.edu/community/sleep/resources>



PROJECT & CAREER SPOTLIGHT: WELDING

Welding is a skill to be able to utilize specialized equipment to bond metals together. Welding can be: a 4-H project; hobby; career; or basic maintenance and repair skill to have. There are many great opportunities and reasons to learn about welding. Equipment and projects for all skill levels and budgets are widely available. Many careers in welding also allow for travel throughout the United States and abroad.

Most states have junior colleges or technical schools that have welding certification or associate degree programs. Many programs allow you to take one course at a time as well. This allows you to take certification exams for only the disciplines you want to specialize in.

Utilize the resources below to check out some of the great opportunities and programs that are available (even if your just looking to enhance your hobby skills). Some product providers even work with local certified instructors to offer Saturday or short night workshops for different welding types. This is a great way for their patrons to add or enhance their skills; become more comfortable with the products; and ensure proper safety for all.

Careers & Opportunities:

- Education & Training & Safety
- Industrial Fabrication
- Infrastructure
- Repair
- Product Development & Testing
- Design
- Oil & Gas
- Custom Shops/Work (i.e. motorcycles, cars, jewelry, etc.)
- Transportation
- Engineering
- Agriculture

Associations, Research, Resources, Industry Links:

American Welding Society Foundation (certifications, scholarships, grants, career)- aws.org

Colorado 4-H Project Site- co4h.colostate.edu/program-areas/colorado-4-h-project-information/

Hobart Welders- hobartwelders.com/

jobsinwelding.com

Lincoln Electric (Education, Products, Resources)- education.lincolnelectric.com/

Miller Welding- millerwelds.com/

Multiple Associations & Institutes- red-d-arc.com/welding-trade-associations-shows-institutes.aspx

The Fabricator- thefabricator.com/thefabricator

The Welder Publication- thefabricator.com/thewelder

Welding Journal- aws.org/publications/weldingjournal



Photo by Christopher Burns on Unsplash

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 events for 2021 as we continue to work through COVID guideline changes.*

-Lincoln County Extension/4-H Website @ lincoln.extension.colostate.edu/

-Colorado 4-H Website @ <http://co4h.colostate.edu/>

- ◆ **Shooting Sports**-(2nd/Final Safety meeting is March 2 @ 6:30pm at the fairgrounds). Continue to watch your email for updates on shoots and changes, if any, due to COVID. Shooting sports members also need to take a look at their shell inventory and start planning for purchases for practice and scored shoots.
- ◆ **Beef Weigh-In** is March 6 @ Meier Feedlot (48750 Hwy 40/287 Limon, CO) from 8:00-10:00am. This is part way between Hugo and Limon, across the railroad tracks. *Members interested in taking beef animals to state fair will need to notify Robin to receive a state fair nomination form . State fair nomination forms are due no later than April 1st to the office for signatures. State Fair DNA procedures on all species will be made available at coloradostatefair.com/events/2020/mkt-animal-nomination.
- ◆ **4-H Lincoln County Initial Livestock Judging Meeting** is March 9 at 6:30pm at the Extension Office for those who may be interested in participating this year.
- ◆ **Lincoln County 4-H Foundation Reimbursement Scholarship** form is available to members for some reimbursement or support of 4-H camps, workshops, and general project supplies. Go to the Lincoln County 4-H/ Extension website and click under "Foundation" to see the form and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.
- ◆ Check out the February 4-H newsletter for livestock fair-related updates. State 4-H deadline (cat, dog, and horse ID's due by May 1). County Deadline (cat, dog, and horse IDs due July 1).
- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is *May 4* starting at 4:00pm at the fairgrounds. Contact the office for a listing of other county available locations if you cannot make this date. **Livestock Members are required to take MQA their first livestock project year, at age 10, and at age 14. FFA members must take MQA the first year they are enrolled in FFA with a livestock project.*
- ◆ **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. Contact the office if you would have an interest in supporting one of these scholarships.

INFORMATION & EVENTS

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

- ◆ **Additional Events-Facebook-** Many events/notices/resources in and out of 4-H are also posted on the *Lincoln County Colorado Extension* Facebook page as they become available. Be sure to check the page for additional opportunities and information (youth and adult).
- ◆ **Youth Fest and District Retreat Camp, and Other Spring Events-** Information still TBD.
- ◆ **CSU Extension Horticulture Blog** frequently posts information on all things horticulture at csuhort.blogspot.com/.
- ◆ **CSU Extension Monday Night Ag Marketing Webinars** will be: (Advanced Series-March 8-29). For cost and registration go to mondaynightmkt.eventbrite.com.
- ◆ **CSU Crop Protection Continuing Education Credit Virtual Workshop** is March 9-10 and is free and open to all ag producers. For registration go to goldenplains.extension.colostate.edu/programs/agriculture/crop/.
- ◆ **CSU Pesticide Applicator Continuing Education Credit Virtual Workshop** is March 17. For registration go to goldenplains.extension.colostate.edu/programs/agriculture/crop/.
- ◆ **Ag Producer Drought Assistance-**For resources; operations in Colorado can contact (970) 988-0043 or droughtadvisors@colostate.edu.
- ◆ **Weather Spotter Training Webinars** are being offered in March and early April and are open to all. To learn more and register go to <https://www.weather.gov/gld/spottertraining>.
- ◆ **Agriculture Future of America Scholarship** is due March 10. Application information is available at agfuture.org/scholarships.
- ◆ **Stalwart Agfinity Scholarship** application is open till March 14 at feed.agfinityinc.com/news/news-app/detail/id/121.
- ◆ **Colorado Young Farmers Educational Association Academic Scholarship** is due March 15. Application information is available at cyfea.org/scholarships.html.
- ◆ **Sullivan Show Supply Scholarship** is due March 15. The application is available at sullivansupply.com/scholarships/.
- ◆ **Civilian Marksmanship Program Scholarship** is due March 20. Information is available at thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn.
- ◆ **Colorado Association of Wheat Growers Scholarship** is due March 26. For information go to coloradowheat.org/2021/01/2021-cawg-scholarships/.
- ◆ **National 4-H Youth in Action Awards** application is open till March 29. Information and application is available at 4-h.org/parents/4-h-youth-in-action-awards/#!application.

INFORMATION & EVENTS

- ◆ **Colorado Young Farmers Educational Association College Scholarship** application is due March 31. For application and information email Sharon Pattee @ spattee@cyfea.org.
- ◆ **American Guernsey Association Scholarships** are due starting March 31. Check out their website at usguernsey.com/agya for complete information and deadlines.
- ◆ **Dairy MAX Scholarship** application is due March 31. For information and application go to dairymax.org/dairy/scholarships.
- ◆ **American Boer Goat Association Scholarship** is due early spring. For more information search their website at abga.org/jabga/.
- ◆ **National Farmers Union Scholarship** applications are open until April 1. Application information is available at nfu.org/education/scholarships/.
- ◆ **Brush Livestock Exchange Scholarship** application is due April 1. Application information is available at livestockexchange.org/SCHOLARSHIP.html.
- ◆ **Beef Improvement Federation Scholarship** deadline is April 1. Information and the application is available at beefimprovement.org/about-bif/award-winners.
- ◆ **Jonathan Marr 4-H Shooting Sports Scholarship** application is due April 1. For Information and application go to co4h.colostate.edu/ss/forms/jonathan-marr-scholarship.pdf.
- ◆ **El Paso County Blow-In-Go Cattle Show** is April 3 in Calhan, CO. To register go to forms.gle/yEkep3Jv21kFnCn78. Contact Emily Tobler emily.tobler@colostate.edu for questions.
- ◆ **Murray Wise Associates Agriculture Scholarship** is due early April. Information is available at murraywiseassociates.com/about/scholarship/.
- ◆ **Big R Producing Partners-** Livestock 4-H/FFA members monetary project assistance applications are now available at your local Big R store till April 15.
- ◆ **GROWMARK Agricultural Scholarship** application is due April 15. The application is available at form.jotform.com/210104555232138.
- ◆ **National Dairy Shrine Scholarships** for all applications are due April 15. Application information is available at dairyshrine.org/youth/scholarship-applications.php.
- ◆ **Turf and Ornamental Communications Association Scholarship** is due April 15. Information and application is available at toca.org/toca-scholarship-2/.
- ◆ **Lincoln County Stockmen Association Scholarship** is due April 19. Application is available at drive.google.com/file/d/1DwNh-864SZbk2URS1dW6iWfZEh3Bc7JA/view?usp=sharing.
- ◆ **Weld County Goat (Dairy/Meat) Extravaganza** show and seminars is April 23-25 at Island Grove Regional Park in Greeley, CO. For information & registration go to weldgov.com/departments/csu_extension/weld_county_goat_extravaganza.

- ◆ **Colorado 4-H Foundation Scholarship** is open till April 30. For information go to 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.
- ◆ **National Dairy Promotion and Research Board Scholarship** applications are open till May 7. Application is available at usdairy.com/about-us/dmi/scholarship.
- ◆ **Philips County Showdown (Sheep, Goat, & Swine)** is May 22-23 in Holyoke, CO. For more information go to facebook.com/phillipscountyshowdown/.
- ◆ **Next Level Livestock Showmanship Camp (Goat/Lamb/Swine)-** June in Colorado / Other states available-all spring. For information go to nextlevellivestockcamps.com/.
- ◆ **National Sorghum Foundation Scholarships** are open till June. For information go to sorghumgrowers.com/foundation-scholarships/.

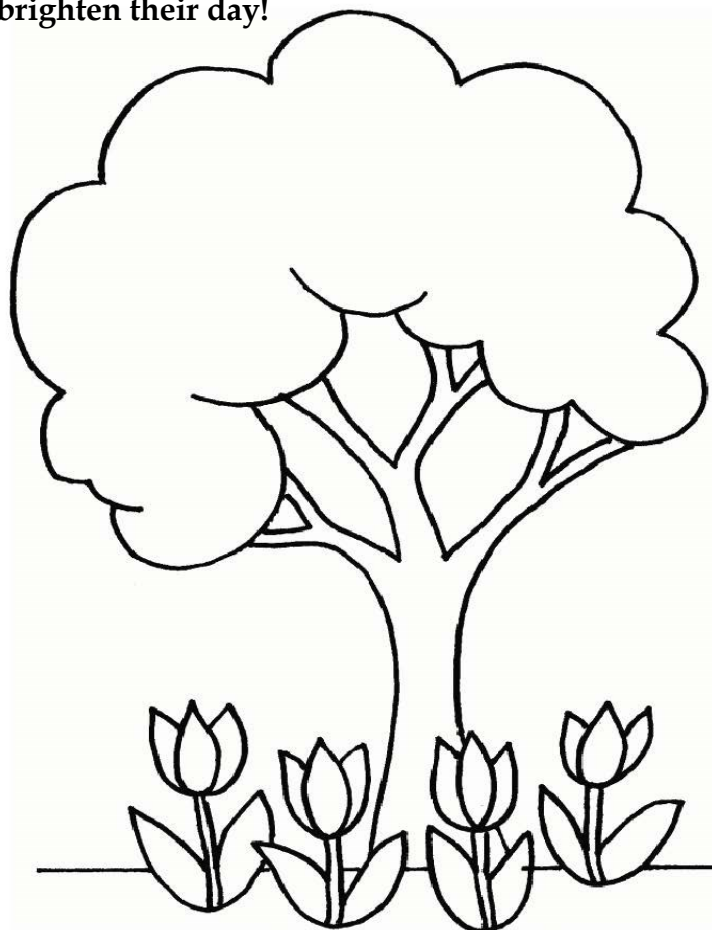
Events and Information available at lincoln.extension.colostate.edu/events/

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Project Add/ Drop Deadline -Livestock Sale Committee Heifer and CO- OP Steer Appli- cations Due	2 -Final Shooting Sports Safety Mtg. 2 6:30pm @ Fairgrounds	3	4	5	6 Beef Weigh-In- 8:00am @ Meier Feed- lot 48750 Hwy 40/287 Limon
7	8 Round Robin Committee Mtg. 7:00pm- Contact Robin for Location	9 Livestock Judging Initial Mtg 6:00pm @ Extension Of- fice Fairboard Mtg. 7:00pm	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ACTIVITY PAGE:

Color this picture and give to someone to brighten their day!



Apple Oat (Horse Treat) Cakes-

<https://www.saddlebox.net/horse-treats/>

Ingredients:

- 1- 1/2 cup Old-fashioned oats
- 1- 1/2 cup Crushed fruit loops cereal
- 1/2 cup Cinnamon applesauce
- 1/4 cup Flour
- 1/4 cup Brown sugar

Steps: Mix all ingredients into a mixing bowl with a spoon. Take spoonful's of dough and press each into a biscuit shape and place on the cookie sheet. Bake @ 350° for 14 min. and cool for one hour before feeding to the horses.

Monthly Reader:

Survivor Diaries- Avalanche

By Terry Lynn Johnson

A Year in the Garden-Kidsgardening.org

Youth can learn about how plants change throughout the seasons each year through frequent observation.

To Do: 1x/month go and observe a specific plant life location. In your journal or notebook document what is going on in the environment (i.e. the date; weather; what you see; any animals around; if the plants look healthy or not; if they are flowering or in hibernation; and any other details you want to note or questions you may come up with). Also spend time drawing the plants and other items in it's environment. You can also take pictures. Each month add your drawings and observations to your notebook. You can also conduct additional research to learn what normal growth looks like and what the plants uses are. At the end of the year it's a great gift to share with someone else or to give for a class presentation.

Supplies: Journal or binder; drawing paper; pencil; colored pencils or markers; camera; scissors; ruler; colored paper or cut out shapes; etc.

Location Ideas: Backyard garden; local park; nearby greenhouse business; tree farm; botanical garden; national park area; etc.

Resources:

<https://planttalk.colostate.edu/>

<https://plants.usda.gov/java/nameSearch>

Head-> Strategyzer

The opportunities and resources available to companies in the digital age are endless. One such resource is a company called Strategyzer. They provide resources to small business and individuals as well as corporations. Their primary focus is on business brainstorming and assessment tools to see if an idea for a new business venture or product line idea is potentially viable. They also provide workshops for learning. They have an app and a canvas building platform to enter information and flesh out the ideas. To learn more about the resource and general concept go to:

strategyzer.com/



Hands-> Colorado Vegetable Guide

CSU Extension has a great resource called the Colorado Vegetable Guide /Guía de Vegetales de Colorado. The guide provides specific information on several plants including: site characteristics, plant traits, and growing information. There is also general garden information on: irrigation, nutrients, seed starting, light, plant health, saving seeds and more. The guide is now available @

English Version @ grow-give.extension.colostate.edu/wp-content/uploads/sites/63/2021/01/Colorado-Vegetable-Guide-2.1.pdf

Spanish Version @ grow-give.extension.colostate.edu/wp-content/uploads/sites/63/2021/02/Guia-de-Vegetales-de-Colorado_2021.pdf

Heart-> Challenge of the H's

Each month into the spring the Northeast area will be posting a challenge or simple "To Do" for members to engage in. The challenge will be posted on each counties Facebook page during the month and members will be encouraged to post a picture of what they completed for the challenge. Be sure and check it out!

As a continuation from February's Challenge- *Challenge Your Heart* -> Once a month take time to send a "how are you doing" note to your local nursing home resident or residents. Try and engage them to start letter sharing about the activities each of you has been up to. This is a great way to brighten someone's else's day and to learn how to communicate with others!

Health->

Safety First-Digging Tips Reminder

As spring comes along so do warming temperatures. It also means that we are more eager to get outside and start on projects such as putting in a sprinkler system or building a new fence. As you consider working on projects that involve the underground check out this great short safety video from the Pipeline Ag Safe Alliance about "Safe Digging". Also don't forget to call 8-1-1 before you dig (every time)!

Preparing for the Thaw: Safe Digging Tips for the Ag Community Video-By Pipeline Ag Safety Alliance @

youtube.com/watch?v=sqqeARAGiag&feature=youtu.be

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.