

4-H NEWSLETTER

May 2021



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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THANK YOU'S

Thank you to Canva Credit Union for donating supplies for the All My Money Youth Financial Webinar.

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/>

Safety StepUP: Lead Poisoning



Lead exposure and contamination to humans and animals in the past couple of decades has been reduced due to: updated housing codes; newer construction or complete re-models; regulatory and safety changes for workers; increased general education; and stricter product industry standards. That being said it's important to understand that lead exposures and poisoning still occur. Oftentimes symptoms of lead poisoning is not physically evident in humans or animals or symptoms may mask other common ailments. Long-term, high level exposures can cause severe and permanent health effects. Death also often occurs in animals as poisoning often affects their central nervous and digestive systems which leads to overall system failure. They also have a tendency to consume a higher amount due to chewing or licking habits. Following basic safety practices helps to keep everyone (including animals) healthy.

Potential Sources of Lead Exposure:

- Firearm ammunition and shooting ranges
- Machinery batteries
- Old houses or buildings
- Old furniture or toys (before paint regulations changes were made)
- Contaminated soil
- Drinking water (old pipes)
- Dust
- Workplace exposure
- Casting, welding, or soldering related activities
- During clean up of old materials or trying to recycle materials
- Consumer products (foods, cosmetics, medicines, etc.)



Common Symptoms or Side Effects:

- ADHD similar symptoms
- Developmental delays or permanent deficiencies
- Speech or hearing damage
- Anemia
- Blood pressure issues
- GI symptoms
- Decreased liver/kidney function
- Muscle and joint pain and decreased function
- Reduced pregnancy and fetal growth

Common Livestock Systems:

- Salivation
- Muscle tremors
- Blindness
- GI abnormalities or symptoms
- Weight loss
- Incoordination
- Fetal sloughing

Safety StepUP: Lead Poisoning (Cont.)



What You Can Do:

- Always wear proper Personal Protective Equipment (PPE) (i.e. gloves, eye protection, closed-toed shoes, apron or rain type pants, approved mask or respirator, etc.) when dealing with lead or situations that may contain lead.
- Clean up and remove old buildings, junk piles, and other potential sources of lead; especially where pets or livestock are present.
- Test your home/buildings for lead (especially if they were built before 1978).
- Conduct water tests for indoor and agricultural systems on a regular maintenance schedule.
- Conduct soil testing near old building or junk storage sites.
- Wash your hands with soap and cold water after handling items that may contain lead.
- Clean up any dust or paint chips with a wet mop or rag.
- Change out clothing and keep shoes out on the porch when coming home from an area/ activity that may have lead exposure. Wash clothes separately from other loads.
- Utilize equipment (i.e. scoop, non-porous gloves, dust pan, loader, shovel, etc.) to pick up ammunition or lead containing items. Avoid “brushing” or using brooms to prevent kicking up dust that may contain lead.
- Do not eat or drink in areas of work or when at the firing range to prevent consumption of lead particles.
- Install proper ventilation systems in buildings that may have lead exposure.
- Talk with your doctor or veterinarian about suspected lead poisoning.



Resources to Learn More About Lead Poisoning:

Center for Disease Control-Childhood Lead Poisoning Prevention @ cdc.gov/nceh/lead/default.htm

NIOSH- Indoor Firing Ranges @ cdc.gov/niosh/topics/ranges/

OSHA-Lead Standard @ osha.gov/SLTC/lead/

University of Massachusetts Amherst-Soil Lead Fact Sheet @ ag.umass.edu/soil-plant-nutrient-testing-laboratory/fact-sheets/soil-lead-fact-sheet

Merck Veterinary Manual-Lead Poisoning @ merckvetmanual.com/toxicology/lead-poisoning



JUST TO GET YOU THINKIN...

"A faithful friend is a strong defense; and he that hath found him hath found a treasure."

-Louisa May Alcott

"The next best thing to being wise oneself is to live in a circle of those who are."

-C.S. Lewis

EVENT ROUNDUP:

*Congratulations to Cody Caton on qualifying to attend the 2021 National 4-H Shooting Sports Contest in Archery this summer!

*Congratulations to Chris Harper on completing certification to become a certified Shooting Sports instructor for .22 Rifle.



VOLUNTEER CORNER: TRAINING OPPORTUNITY

The Colorado Department of Human Services Office of Early Childhood Colorado Children's Trust Funds has provided monetary funding to offer free training to Coloradans on Child Sexual Abuse Prevention Training. *Stewards of Children* is a two-hour workshop that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. To learn more about the training and to sign up for one of the weekly class offerings online go to tipcolorado.org/take-the-training/.

\$ CORNER: WHAT'S THE VALUE?

The dictionary describes value as *the regard that something is held to deserve; the importance, worth, or usefulness of something*. Most everything in life has a "value" whether that is financially related or emotionally tied (i.e. grandma's cake pan holds great sentimental value to her granddaughter, but is financially only worth about \$0.50 at a garage sale). The old saying goes "*One man's junk is another man's treasure*". What holds value to you may not hold value to someone else or it may be at a different level. However determining value can be an important tool for all when shopping.

What is the Value to Me?

- What will I use the item for; how frequently; and in what capacity?
- Do I really need this item or is it more of a want? (i.e. a new bull with better blood lines or a comic book for my hobby collection).
- Can I get this item anywhere else?
- Can I wait to get this item somewhere else or must I get it today?
- Is this strictly financial or is there an emotional or sentimental attachment to said item?
- How much money do I have to spend on-hand?
- What is the cost of financing if the item is purchased with a loan?
- What am I ultimately willing to pay?

Finding the True Financial Value:

- Value is often dependent on use and one person's willingness to pay more than another person. (Supply and Demand)
- Value can fluctuate (i.e. livestock or land values often fluctuate based on market conditions; demand; and ability to purchase).
- Utilize multiple sources for valuation and comparison.
- Quality and quantity can affect value.
- Value can change if repairs or modifications are needed or transport is required.
- Is the price based off true market value or price increases from multiple hobby or tax-write off purchases?
- What is included or not included (especially real estate)?

Resources for Determining Value:

- | | |
|--|-----------------------------|
| -Local real estate guides | -Certified Appraisers |
| -County property tax assessments and rates | -Online Markets/Swap Shops |
| -Local news/farm publications with auction reports | -Antique Dealers |
| -Commodity market reports (national and local) | -Pawn Shops & Flea Markets |
| -News for the state of economy (i.e. foreign markets; supply and demand) | |
| -Local junk yards and scrap iron facilities | -Order or Go-Between Buyers |
| -Auction sites and reports | |

\$ CORNER: WHAT'S THE VALUE? (Cont.)

General Shopping Tips:

- Be prepared to walk away. —>Most purchases can wait or another item will become available.
- If it smells fishy or looks fishy; it probably is. —> Trust your instincts and walk away.
- Do not transfer money before the product is in hand or title is in escrow (i.e. Using PayPal for a vehicle purchase over the internet from a private buyer).
- Check the address and phone number to verify it's a legitimate individual or place of business.
- If you are not familiar with an item or what to purchase; take a friend or ask someone for advice before you go shopping.
- Not everything in reviews are true or false– use common sense and do lots of research.
- Salesmen make a living off of commissions; so understand their best interest may not be yours.

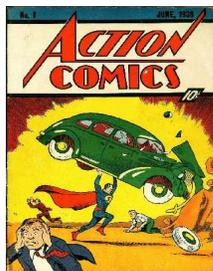
Auction Specific Know Before You Go "Tips":

- Determine your spending limit (per item/total ahead of time) and make it hard to spend over the limit (i.e. only putting a certain amount of funds into your checking account).
- Find out the value of items (retail; new vs. used; current market value changes & conditions).
- Search reviews and ratings on each item (find out what other's are saying about value; how the product holds up over time; service and repair options, etc.).
- See if you can preview items ahead of time (especially equipment, land, and livestock).
- Ask around and see if anyone knows about the condition of the items or any backstory information (i.e. the pickup was wrecked or was always stored in a garage).
- Take someone with you to help keep you in check or perhaps use an order-buyer to keep from overspending or purchasing something that is not of high enough quality.



*These four items below are a great representation of value differences. One person may pay a high value for the donkey with great bloodlines; while the next person would pay the same value for the comic book or the butter churn.

Crock, Butter Churn Old Comic Book



Pick-up



Donkey



ACTIVITY PAGE:

GROW & GIVE

MODERN VICTORY GARDEN PROJECT
LINCOLN COUNTY YOUTH
GROW & DONATE CHALLENGE!



DO YOU WANT TO MAKE AN IMPACT TO ADDRESS
HUNGER IN YOUR COMMUNITY?

Join Grow & Give!

CSU Extension's Grow & Give program was created to address food insecurity in Colorado by connecting backyard and community gardens to food banks and donation sites across the state. The Grow & Give program helps provide participants with resources to both 'Grow' and 'Give' their garden's bounty to those in need.

- Learn to grow food and help others by donating produce to local food pantries!
- Add up your pounds of produce donated this summer and be entered to win some cool prizes!
- Talk to others about your Grow & Give efforts and how they can get involved!

To learn more about this statewide project and get access to valuable resources go to growgive.extension.colostate.edu!

Youth Grow & Donate Challenge Information:

- Start a garden and grow produce.
- Check out the Lincoln County Produce Donation Sites to see where to donate produce @ <https://lincoln.extension.colostate.edu/programs/gardening-horticulture/>.
- Keep track of your donations in (pounds) on the Pounds Donated Tracker Sheet at <https://drive.google.com/file/d/1FlwmpjVTNOaTyVnKWIJnffkItE-MrZHO/view?usp=sharing>
- Submit photos of your donations and gardening adventures to our email or Facebook page.
- Submit a copy of your (Produce Pounds Donated Tracker Sheet) no later than September 30th to Lincoln County Extension- christine.schinzel@colostate.edu or mail to CSU Extension-Lincoln County-Box 68-Hugo, CO 80821
- Open to all Lincoln County Youth (ages 8-18).

@LincolnCountyColoradoExtension & #4HGrowAndGive

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.*

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

-Colorado 4-H Website @ co4h.colostate.edu/

- ◆ **Goat, Sheep, and Swine Nomination Forms** are due May 3rd. Forms can be accessed from our website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under the “fair tab”.
*Members interested in taking goat, sheep, or swine 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 June 1 to the office for signatures. State Fair DNA procedures on all species will be made available at coloradostatefair.com/events/2020/mkt-animal-nomination.
- ◆ **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.
- ◆ **4-H Shooting Sports**-(2nd Practice Shoot is May 21). Rifle @ 8:15am; Shotgun @ 9:30am; and Archery @ 11:00am. Continue to watch your email for updates on shoots and changes, if any.
- ◆ **Senior driving-Age Members** who may be interested in running for a District, South Central District, or State Office need to contact Robin or Christine before May 10th for more information. All offices require an extensive travel and time commitment as well as expenses and must be placed as a priority over other activities youth may be involved with. **South Central District Retreat Camp** for senior members is tentatively the weekend of June 4th; details TBD. A 4-H volunteer chaperone/driver will be needed if any youth are interested in attending.
- ◆ **4-H Lincoln County Swine Showmanship Workshops** will be held May 19 & 26 from 5:30-6:30pm starting at the Extension Office. Registration is due by May 10th to the office.
- ◆ **4-H Lincoln County Livestock Record Book Workshop** is May 21 from 11-11:45am @ the Extension Office. Registration is due to the office by May 17th.
- ◆ **State 4-H Conference** (virtual) for senior members will be the week of June 21st. If you are interested in attending, email Christine.schinzle@colostate.edu by May 21st.
- ◆ **Lincoln County 4-H Fun Day & Speech/Jamboree/Demonstration & Creative Cooks Contests** will be June 30th at the fairgrounds. Additional event information will be forthcoming.

-Speech/Jamboree/Demonstration & Creative Cooks Contest registrations (with speech topic, demonstration title, and music copies) are due to the office before *May 28th*. The registration forms are on the extension website under “county & state” @ lincoln.extension.colostate.edu/4-h-forms-applications/.

-Youth who received a Non-Beginning Livestock Scholarship must complete a demonstration as part of their scholarship requirements.

INFORMATION & EVENTS

- ◆ **The Colorado 4-H Horse Rule Book for 2021** is available on the Colorado State 4-H website at co4h.colostate.edu/program-areas/horse-resources/horse-show-resources/.
- ◆ **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/.
- ◆ **Some fair-related livestock updates** are in the February 4-H newsletter. State 4-H deadline (cat, dog, and horse ID's due by May 1). County Deadline (cat, dog, and horse IDs due July 1). An updated copy of the fairbook for project completion information and schedules will be available later spring. 4-H/FFA (Horse, Livestock, FFA Ag Mechanics, Poultry, Rabbit, & Dog) entries are due July 1.

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).
- ◆ **CSU Extension Horticulture Blog** frequently posts information on all things horticulture at csuhort.blogspot.com/.
- ◆ **Ag Producer Drought Assistance-**For resources; operations in Colorado can contact (970) 988-0043 or droughtadvisors@colostate.edu.
- ◆ **CSU Cattlewomen's College** is May 19th in Rocky Ford. Cost is \$10 and registration closes May 14th. To learn more or register go to forms.gle/FiFsvGSuFD11tVedA.
- ◆ **National Dairy Promotion and Research Board Scholarship** applications are open till May 7. Application is available at usdairy.com/about-us/dmi/scholarship.
- ◆ **Showing for a Cause Livestock Show** is May 8 in Wakenney, KS. For information go to their Facebook page or contact Stacy @ 620-222-1914.
- ◆ **Stan Brehon Memorial Pig Show** is May 8-9 at Rappel Arena in Eaton, CO. For information go to their Facebook page or contact Amy @ 970-302-4247.
- ◆ **AMSJS Cindy Climer and Jim King Memorial Scholarship** Application is due May 15th. Information is available at milkingshorthorn.com/juniors.html
- ◆ **Heating Up the Plains Livestock Jackpot Show** is May 15th in Kim, CO. For information go to their Facebook page or contact Maral @ 719-680-7059.
- ◆ **Limousin Association Scholarship** application is due May 15th. Information is available at nalf.org/juniors/scholarships/.

INFORMATION & EVENTS

- ◆ **Arapahoe County Red Carpet Prospect Livestock Show** is May 15th. For questions email Ethan at ecahill@arapahoegov.com.
- ◆ **Mitchell Valley Livestock Progress Show** is May 22-23 in Mitchell, NE. For information contact the Mitchell Valley 4-H Club.
- ◆ **Philips County Showdown (Sheep, Goat, & Swine)** is May 22-23 in Holyoke, CO. For more information go to facebook.com/phillipscountyshowdown/.
- ◆ **Colorado Section Society of Range Management Scholarships** are due May 28. For information go to cssrm.org/scholarships.html.
- ◆ **Oil City Livestock Jackpot** is May 29-30 in Casper, WY. For information go to oilcityjackpot.square.site or Facebook "Oil City Prospect Show".
- ◆ **CSU Livestock Judging Camp** is May 28-30 in Greeley, CO. Registrations are due May 12. Contact Kyndal Reitzenstein @ 970-324-3553.
- ◆ **Pride of the Plains Swine Jackpot Show** is May 29-30 in Burlington, CO. For information go to their Facebook Page or contact Zach @ 719-342-1038.
- ◆ **Rooks County Spring Livestock Show** is May 30 in Stockton, KS. For information go to their Facebook page or contact Leonard @ 785-623-3715.
- ◆ **National Sorghum Foundation Scholarships** are open till June. For information go to sorghumgrowers.com/foundation-scholarships/.
- ◆ **American Suffolk Sheep Scholarship** is due June 1. Information is available at suffolks.org/scholarships.html.
- ◆ **Next Level Livestock Showmanship Camp (Goat/Lamb/Swine)**- June in Colorado/ Other states available. For information go to nextlevellivestockcamps.com/.
- ◆ **Douglas County 4-H Livestock Show** is June 4-5 at the Douglas County Fairgrounds. For information and registration contact Nicole @ nicole.speeding@colostate.edu or 720-733-6940.
- ◆ **Elbert County Dog Fun Match** is June 5th in Kiowa, CO. For information contact Sarah @ max0429msn.com.
- ◆ **Phelps County Progress Livestock Show** is June 5 in Holdrege, NE at the fairgrounds.
- ◆ **Breed Bash Multi-Breed Jr. Cattle Show** is June 5-6 in Brush, CO at the fairgrounds. For information go to their Facebook page or email breedbash@gmail.com.

INFORMATION & EVENTS

- ◆ **Cutting Edge Livestock Jackpot Show** is June 5-6 at the fairgrounds in Akron, CO. For information go to their Facebook page.
- ◆ **Prospect Steer & Heifer Show** is June 6 in Keensburg, CO. For information email TheRanch@rockindlo.com.
- ◆ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 9. Information and application is available at nafb.com/foundation/scholarship-program.
- ◆ **Plainsman Preview Show** is June 12-13 in Sterling, CO. For information go to the Colorado Junior Swine Association Facebook Page.
- ◆ **The Showdown in Cheyenne Livestock Show** is June 12-13 in Cheyenne, WY. For information contact Pam @ 307-630-7489.
- ◆ **Wind River Classic Livestock Show** is June 12-13 in Big Piney, WY at the fairgrounds.
- ◆ **Hustler Progress Livestock Show** is June 13 in West Point, NE at the Cuming County Fairgrounds.
- ◆ **Weld County Colorado Youth Dairy Extravaganza** is June 13-15 at Island Grover Regional Park in Greeley, CO. For registration and information go to weldgov.com/departments/csu_extension/colorado_dairy_youth_extravaganza.
- ◆ **North Park Livestock Jackpot** is June 19 in Walden, CO. For information contact Lacey Paeglow @ 970-723-4298 or lacey.paeglow@colostate.edu.
- ◆ **June Classic Livestock Jackpot Show** is June 19 in Hotchkiss, CO. For more information contact Teresa Burns @ 970-872-2396.
- ◆ **2021 Reboot Jackpot Livestock Progress Show** is June 19-20 in Kimball NE at the fairgrounds.
- ◆ **Rumble in the Rockies Livestock Show** is June 19-20 in Durango, CO. For more information contact Judd Jenkins @ 970-749-5839.
- ◆ **El Paso County 4-H Dog Show** is June 19-20 at the El Paso County Fairgrounds. For information and to register contact Alicia Christie @ allnatural74@gmail.com.
- ◆ **Ray Hinton Memorial Livestock Show** is June 26-27 in Monte Vista, CO. For information go to their Facebook page or contact Heather @ 719-849-3644.
- ◆ **Legends in the Making Livestock Showdown** is June 26-27 in Sidney, NE.

INFORMATION & EVENTS

May 2021

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Goat, Sheep, and Swine Nomination Forms are due	4 MQA Training Starts 4:00pm @ Fairgrounds	5	6	7	8 Eastern Slope Livestock Judge Contest
9	10	11 Fair-board Mtg. 7:30pm	12	13	14 RSVP Due for Swine Workshops	15
16 County Council Mtg. 5:30pm @ Extension Office	17 Round Robin Committee Mtg. 7:00pm @ Extension Office RSVP Due for Record Book Workshop	18	19 Swine Showmanship Workshop 5:30-6:30pm	20	21 Shoot Practice 2 Start @ 8:15am Rifle, Shotgun-9:30, Archery @ 11:00 Registration Due 4-H State Conference 4-H Livestock Record Book Workshop 11-11:45am @ Extension Office	22
23	24	25	26 Swine Showmanship Workshop 5:30-6:30pm	27	28 Registration Due -County 4-H Demonstration/ Speech/Jamboree/ & Creative Cooks Contest	29
30	31 Office Closed-Holiday					

ANIMAL INFORMATION CORNER: MEAT PROCESSORS

There was a large increase in demand for local meat processors after the pandemic ramped up. Consumer's normal markets were in short supply of meat products and producers were also unable to get finished animals through the typical slaughter chain due to COVID. A year later the demand for local meat processing has not decreased as some processors are now booked with appointments more than a year in advance. The information below is to provide you starting information when working with local meat processors and to learn more about meat processing in general.

-Individuals should verify the processor is in good standing and the quality of work. (i.e. what type of business licenses do they have, are they listed with the Better Business Bureau, associations, etc.?)

-Plan ahead as the average time to schedule an appointment is commonly greater than 6 months.

-Learn about average carcass weights and how much meat actually is returned after processing.

-Determine the total cost (i.e. cost to purchase or feed animal; cost of processing; delivery fees, etc.).

-Determine if you have enough freezer space for the processed meat.

-Ensure you will be able to consume the meat processed in a safe time frame for freezer storage.

-Ask the processor for a cut sheet and determine which products your family uses and how frequently. Also determine the size of packaging (i.e. small family might want 1lb. packages).

Resources:

Beef It's What's For Dinner-Cut Charts @ beefitswhatsfordinner.com/cuts/cut-charts

American Lamb-Cuts of Lamb @ americanlamb.com/cuts

Pork Checkoff-Cuts of Pork @ pork.org/cuts/

Koch Foods-Cuts of Poultry @ kochfoods.com/about-chicken/chicken-anatomy/

University of Tennessee-How Much Meat to Expect from a Beef Carcass @ extension.tennessee.edu/publications/Documents/PB1822.pdf

University of Madison-Wisconsin-How Much Meat Should a Hog Yield @ live-stock.extension.wisc.edu/articles/how-much-meat-should-a-hog-yield/

University of Madison-Wisconsin-How Much Meat Should a Lamb Yield @ live-stock.extension.wisc.edu/articles/how-much-meat-should-a-lamb-yield/

University of Maine-Bulletin #2223, Understanding Poultry Yields @ extension.umaine.edu/publications/2223e/

Penn State University-Proper Processing of Wild Game and Fish @ extension.psu.edu/proper-processing-of-wild-game-and-fish

Food Safety-Meat & Cold Storage Charts @ foodsafety.gov/food-safety

ANIMAL INFORMATION CORNER: MEAT PROCESSORS

This is a more local processors list. The Colorado Department of Agriculture offers a complete active Meat Processor Listing @ ag.colorado.gov/ics/meat-custom-processing. Contact processors individually to get more specific information and to determine availability.

Animal Types Processed		Game/ Other	Poultry	Goat	Lamb	Pork	Beef	Company	Address	City	Phone Number	Website/ Facebook
X	X	Game			X	X	X	Dave's Custom Cutting	29978 County Road 45	Kiowa	303-621-2364	davescustomcutting.com
X	X	Bison, Game		X	X	X	X	Deer Trail Custom Cuts	1408 1st Ave.	Deer Trail	720-215-0226 or 303-769-4544	deertrailcustomcuts.com
X	X			X	X	X	X	Elizabeth Locker Plant Inc.	366 Grant St	Elizabeth	303-646-4020	Elizabeth Locker Plant
X	X	Bison, Game		X	X	X	X	Henschel's Meat Processing	3001 County Rd M	Kirk	970-362-4530	henschelsmeat.com
X	X			X	X	X	X	Jensen's Blue Rib-bon Processing	208 E Santa Fe Ave	Fowler	719-263-4293	jensensblueribbonprocessing.com
X	X	Bison						Otteman's Meat Processing	226 E 1 St	Flagler	719-765-4436	ottemans.com
X	X	Game						Quarter Circle Processing	22810 CR 4	Rush	719-892-0465	Quarter Circle Processing
X	X	Game		X	X	X	X	Rancho Corima Processing	11695 Roxburg St	Strasburg	303-622-9040	ranchocorima.com
X	X	Game		X	X	X	X	Simla Frozen Food Locker LLC	101 Pueblo Ave	Simla	719-541-2360	simlafoods.com
X	X	X no cure, fresh only		X	X	X	X	Stagecoach Meat Company, LLC	600 W 3rd Ave	Wiggins	970-483-7280	stagecoachmeatcompany.com
X	X	Game						Ted Baker Meat Processing	12505 Peyton Highway	Peyton	719-502-5086	tedbakermeats.com
X	X	Game		X	X	X	X	The Prime Cut Butcher Shop	2817 Dublin Blvd.	Colorado Springs	719-999-5423	theprimecutcos.com
X	X	Game		X	X	X	X	Wray Meat Packing	137 E Badger St	Wray	970-332-5538	Wray Meat Packing
X	X			X	X	X	X	Your Choice Meats	18935 Road 2	Wiggins	970-483-7885	yourchoicemeats.com

Head-> EveryDollar

The EveryDollar Budgeting App provides the opportunity for you to easily create a customized budget matching your income and expense needs. It also allows you to track your spending by category by connecting your bank account activity directly. The app also has a “due date” features for keeping track of bill payments. This helps encourage savings for payments that occur one to two times a year and are easily forgotten. To learn more and/or download the app to your phone or desktop go to ramseysolutions.com/ramseyplus/everydollar.

● **Heart-> Pet Visits**

● Do you have a very friendly; easy-going; loves attention kind of pet? Do you enjoy visiting with others? If so, you might want to learn more about a local hospitals or nursing homes programs on pet visits. These visits can help to encourage patients; bring about joy; and help with physical and mental skill abilities.

● **Potential Locations to Help Out:**

- - childrenscolorado.org/community/support-childrens-colorado/volunteer/prescription-pet-program/
- - uchealth.org/today/how-pet-therapy-benefits-patients/
- - petpartners.org/learn/pet-partners-at-your-facility/



Hands-> Crop-CASMA (Crop Condition and Soil Moisture Analytics)

Crop-CASMA is a geospatial tool for producers, meteorologists, and researchers. The tool provides broader coverage and information to help those assess soil moisture and crop conditions. The high resolution data is much improved for use. Moisture availability is crucial for crop producers and also local habitats for range and wildlife as well.

To learn more about the tool and to check out it’s features on the website go to cloud.csiss.gmu.edu/Crop-CASMA/.

● **Health-> Kitchen Cleanse Checklist**

● CSU Food Smart Colorado has a great tip sheet on cleaning in the kitchen. Check out the full resources @ foodsmartcolorado.colostate.edu/

<p>✓ REFRESH</p> <p>Start your kitchen cleanse by deep cleaning appliances and surfaces.</p> 	<p>✓ READJUST</p> <p>Verify that kitchen appliances are adjusted to recommended guidelines.</p> 
<p>✓ REORGANIZE</p> <p>Organize to promote health, safety, and cleanliness in your kitchen.</p>  <p><small>COLORADO STATE UNIVERSITY EXTENSION</small></p>	<p>✓ REPLACE</p> <p>Some kitchen items may need to be replaced periodically.</p> 