

4-H NEWSLETTER

February 2023



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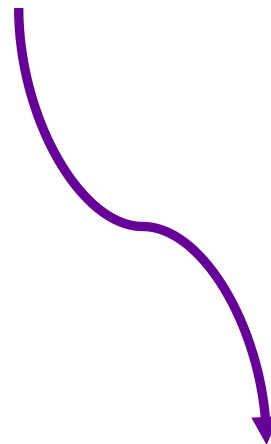
THANK YOU'S

Thank You to Eastern Colorado Veterinary Services for donating supplies to the Meat Quality Assurance Trailer used by 4-H & FFA members in the spring.

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Don't forget to check out the Lincoln County Extension/4-H Facebook page for additional events and resources for 4-H and other opportunities!



The Extension Office/4-H are on Facebook @

[Lincoln County Colorado Extension](https://www.facebook.com/LincolnCountyColoradoExtension)

Lincoln County Extension/4-H
Website @

lincoln.extension.colostate.edu

WELCOME 4-H MEMBERS & GENERAL REMINDERS

We want to welcome our new and returning 4-H members and families! The following are some tips and reminders for the 4-H year.

- ◆ Each member must complete a demonstration, community service project, and complete at least one 4-H project each year to meet minimum county 4-H requirements. Projects (general and livestock) may be publicly exhibited at the county fair; but this is not required for project completion. Some projects have additional requirements, costs, and/or meetings. Contact your club leader for additional individual club requirements.
- ◆ 4-H information, events, and updates will come out through the newsletter and email (information goes to the primary email listed in 4H Online). *Please make sure that emails are not getting stuck in your “spam or junk” folders. Additional information will be posted about other events as well on the [Lincoln County Colorado Extension](#) Facebook page. Plan accordingly so that important deadlines or requirements at the club and county level are not missed.
- ◆ All events subject to change or cancellation due to public health concerns, weather, cost, lack of attendance or closure due to maximum attendance, lack of volunteers, etc.. 4H Online is coordinated through the state and thus many additional events will show up in the registration section in 4H Online than may be applicable to our county members.
- ◆ Start on your projects and record books before school is out, so that you may ask questions and get help to complete your projects on time. Check out the [Colorado 4-H website](#) to learn more about the projects offered, what they entail, and the general project record books at: co4h.colostate.edu/program-areas/colorado-4-h-project-information/. General project score sheets can be found for review at: co4h.colostate.edu/program-areas/state-fair-information/score-sheets/. Livestock record books utilize a county book (not the state livestock record books) that can be found at: lincoln.extension.colostate.edu/4-h-projects-record-books/.
- ◆ All deadlines and forms are due on the 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 reach out for clarification in advance and use the earlier date as the deadline if unsure.
- ◆ State (only) deadline is May 1 to enter ID's in 4H Online for dog, horse and cat projects. County deadlines for entries into 4H online will be early summer.
- ◆ Check the newsletter and fair website for fair related entry due dates.

County Extension/4-H & Fair Website: lincoln.extension.colostate.edu/

Facebook Page: [Lincoln County Colorado Extension](#)

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

Lincoln County 4-H “Forms/Applications” Link: lincoln.extension.colostate.edu/4-h-forms-applications/

County 4-H Policy, Guidelines & Deadlines Information: lincoln.extension.colostate.edu/4-h-policy-guidelines/

WELCOME 4-H MEMBERS & GENERAL REMINDERS

Deadlines:

March 1-Hunter's safety must be completed for all members enrolled in shooting sports that will be participating in live fire activities.

March 4-Beef Weigh-In & Tagging.

April 10-Meat Quality Assurance Training (MQA) Training Requirements- 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 their first livestock project year when showing in FFA.

May 1-Sheep/Swine/Goat Nominations Due.

*Livestock will have to be tagged and/or nominated to be eligible to show at fair.

Information will be posted in the newsletter for current year information.

May 15 -Project add/drop. Advise the office of any changes made to your 4H online account (i.e. project changes, address, phone, email, etc.).

August- (Fair) Check the newsletter & fairbook.

Project Books/Manuals & Updated Information: Families will need to order project books/manuals directly from the supplier. Go to Colorado 4-H @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/ and then click on "publication order form" to see where to download or order manuals.

*Check for updated publications including *Rocketry Unit 1, Leathercraft (all units), and Horseless Horse*. The project list also has, highlighted in yellow, updated project areas in general. *Contact the county if enrolling in the pilot project "Natural Resources" for publication information.

Other Deadlines/ Project Requirements:

*Refer to the fair book for project requirements to show at the county fair. Download a record book for completion requirements as well.

*Watch for information in the newsletter, Facebook page, or web calendar.

Forms & Applications are available on the extension website.

*****Make sure to download all forms (regardless of type) and save to your computer before you begin entering information; otherwise the information may be lost.**

SHOOTING SPORTS INFORMATION:

Shooting Sports Forms Required (Due January 31):

*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/.

*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.

Shooting Sports Fees Due: \$25/per shooting sports discipline enrolled in is due by January 31 (ex. enrollment in shotgun and rifle would equal a fee total of \$50). A Late Fee of \$10.00 applies after January 31. Fees are payable to the Extension Office.

Safety Meetings- *New project members must attend both safety meetings their first year. Returning members only need to attend one safety meeting. *Members may not add the shooting project once the 1st safety meeting has passed to participate in range activities.

(Dates: February 13 & 27 Monday's-6:30pm @ Lincoln County Fairgrounds)

Hunter's Safety Certification Due March 1: This must be completed by this date to participate in live fire range activities throughout the year. Check out the Colorado Parks and Wildlife site for more information and class availability at: cpw.state.co.us/learn/Pages/HunterEducation.aspx.

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

JUST TO GET YOU THINKIN...

"If your ship doesn't come in, swim out to it!"

- Johnathan Winters

"Not in doing what you like, but in liking what you do is the secret of happiness."

-J.M. Barrie

VOLUNTEER CORNER: 4-H OPPORTUNITIES

WHAT: 4-H Volunteers can help youth develop life skills by volunteering their time, resources, and knowledge in over 20+ project areas.

OPPORTNITIES: Shooting sports or project instructors, club leaders, camp chaperones, committee members, special events, providing monetary support or equipment, and more!

WHY:

- ◆ Engage With Youth!
- ◆ Teach Valuable Life Skills!
- ◆ Give Back to Others!

HOW: Give the Lincoln County Extension/4-H office a call @ 719-743-2542 or chritine.schinznel@colostate.edu to learn more and start the volunteer experience!



4-H FOUNDATION REIMBURSEMENT SCHOLASHSIPS:

The Lincoln County 4-H Foundation offers a “Reimbursement Scholarship” to 4-H 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 download the form and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.

PILOT PROJECT: NATURAL RESOURCES

For the 2023 4-H project year, *Natural Resources* will be offered as a “pilot project” in select counties including Lincoln. This will count as a regular project for interested members.

Members interested in exhibiting at fair will enter their Natural Resources project in the “County projects” section this year. *It is not currently state fair eligible.

You can sign up for the project through 4H Online. Email christine.schinznel@colostate.edu for more project information.

What is it? The Natural Resources project will provide the opportunity for youth to explore nature and ecosystems through three primary units: Unit 1-Step into Nature, Unit 2-Explore the Natural World, and Unit 3- Blaze the Trail. Youth can learn more about animals and plants; natural resource advocacy and uses; ecosystem interactions, and the different user roles.

BEEF WEIGH-IN (MARKET)

Who For: 4-H & FFA members that intend to exhibit market beef animals at the Lincoln County Fair

Date/Time: March 4 (8:00-10:00am)

Location: Meier Feedlot (48750 Hwy 40/287 Limon, CO)-located part-way between Limon and Hugo across the railroad tracks on the west side of the road.

*Members are required to bring brand/ownership papers and be able to identify which animal belongs to which member at weigh-in. Ownership needs to be transferred before weigh-in. **No Exceptions. Contact your local brand inspector for questions on ownership or transfers.

*Members interested in taking beef animals to the state fair will need to notify the Extension Office 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 (order long before April to ensure you receive and can mail back the DNA on time) and submission deadlines on all species will be available at coloradostatefair.com.

4-H LIVESTOCK JUDGING MEET & GREET

Date: February 16 @ 6:00pm

Location: Lincoln County Extension Office

*This will be an opportunity for members to meet our 2023 volunteer livestock Judging coach-Ronny Pope. Members will be able to learn more about livestock judging in general, go over contest opportunities, costs, participation requirements, and ask questions.

RSVP due by February 13th to christine.schinzel@colostate.edu or 719-743-2542.

MEAT QUALITY ASSURANCE (MQA)

Meat Quality Assurance Training for 4-H/FFA members consists of walk-through learning stations and a test. The training is required for all members who are enrolled in livestock projects.

Lincoln County 4-H & FFA Members will be required to complete MQA as follows:

1x-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: April 10-> 4-7:00pm @ Lincoln County Fairgrounds

**If you cannot make the county date you will need to contact the office in advance for a listing of other county trainings that you may attend to complete your requirement. We need to notify other counties before you show up at their MQA training.*

***Senior age members-If you would have an interest in helping with the MQA event and tear-down to earn community service, please contact christine.schinzel@colostate.edu.**

MARKET LIVESTOCK REFERENCE CHART

<u>Species</u>	<u>Ideal Birth Date</u>	<u>When to Acquire</u>	<u>Suggest beginning weight/age</u>	<u>Minimum Weight at Fair</u>	<u>Maximum Weight at Fair</u>
Beef 	Winter/ Spring of previous year	Fall to January	650-850 lbs. Miniatures 300- 400 lbs.	1000 lbs. Miniatures 500 lbs.	1550 lbs. Miniatures 1000 lbs.
Swine 	After January 1 st of current year	March to April	70-100 lbs.	230 lbs.	300 lbs.
Lamb 	After January 1 st of current year	March to April	50-90 lbs.	100 lbs.	175 lbs.
Goat 	After December 1 st of previous year	March to April	30-65 lbs.	50 lbs.	125 lbs.
Turkey 	Hatched March 15 th -May 15 th	March 15 th to May 15 th	3 days old	Hens 13 lbs. Toms 20 lbs.	Hens 30 lbs. Toms 43 lbs.
Geese 	Hatched March 15 th -May 15 th	March 15 th to May 15 th	3 days old	Pen of two 14 lbs.	Pen of two 28 lbs.
Duck 	Hatched April 15 th -May 15 th	April 15 th -May 15 th	3 days old	Pen of two 12 lbs.	Pen of two 18 lbs.
Chicken	Hatched May 15 th - June 20 th	May 15 th -June 20 th	3 days old	Pen of three Fryer 9 lbs. Boilers 18 lbs.	Pen of three Fryer 18 lbs. Boilers 30 lbs.
Rabbit 	April 22 nd - May 1 st	May 22 nd - June 5 th	30 days old	Pen of three Fryer 9 lbs.	Pen of three Fryer 17 lbs.

AGRABILITY & SAFETY WORKSHOP

Information: March 1 -> 10:00am-2:30pm @ Limon Community Building

Who: High School Students and Adults who are involved in production agriculture including family members; those who work with agricultural producers; and those interested in learning more about prevention and resources.

Register by February 22 @ <https://agrability.colostate.edu/events/>

*The workshop will provide information on the AgrAbility program; Ergonomics in Agriculture; Safety/PPE; Colorado River & Drought Updates; and Resiliency and Stress Management!

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, faxed, or dropped through the back door slot. The extension office cannot take credit cards for payment purposes.*

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

-Facebook @ [Lincoln County Colorado Extension](#)

-Colorado 4-H Website @ co4h.colostate.edu & 4H Online @ v2.4honline.com/#/user/sign-in

- ◆ **Shooting Sports-Safety Meetings** will be held on February 13 and 27 at 6:30pm @ the fair-grounds. 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. ***For more information about Hunter's Safety and class availability go to cpw.state.co.us/learn/Pages/HunterEducation.aspx.*
- ◆ **Beef Weigh-In** is March 5 @ Meier Feedlot (48750 Hwy 40/287 Limon, CO) from 8:00-10:00am. The feedlot is part way between Hugo and Limon, across the railroad tracks to the west. Members interested in taking beef animals to state fair will need to notify the office to receive a state fair nomination form . Members are required to bring brand/ ownership papers and be able to identify which animal belongs to which member (or if a family animal) at weigh-in. Ownership must be transferred before weigh-in. No EXCEPTIONS. Contact your local brand inspector for any questions regarding transfers.
- ◆ **District, South Central District, or State Officer Interest-** Senior (Driving-Age) Members who may be interested in running for a District, South Central District, or State Office need to contact christine.schinzal@colostate.edu by the end of February to get more information and complete the application process. All offices require extensive travel and time commitment as well as travel and registration expenses.
- ◆ **Youth Fest Camp** for 4-H age members (11-13) is tentatively scheduled for March 24-26 in Pueblo, CO. Additional information TBD. If you have an interest in attending camp or chaperoning youth, please contact christine.schinzal@colostate.edu. ***Additional 4-H certified volunteer driver/chaperones will be needed for camp registrations over 12 youth.*
- ◆ **South Central District Retreat Camp** for 4-H age members (14+) is scheduled for March 31-April 2 in Divide, CO. Additional details TBD. Chaperones will be needed for camp. If you have an interest in attending camp or chaperoning youth, please contact christine.schinzal@colostate.edu for more information.

INFORMATION & EVENTS

- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is *April 10* 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 4-H age 10, and at 4-H age 14. FFA members must take MQA the first year they are enrolled in FFA with a livestock project.*

***Senior age members-If you would have an interest in helping with the MQA event and tear-down, please contact christine.schinzel@colostate.edu.**

- ◆ **Lincoln County 4-H Foundation Reimbursement Scholarship** form is available to 4-Hmembers 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 download the form and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.
- ◆ **4-H Project List is available @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.** There is a new project "Natural Resources" that is piloting this year. **4-H Project Manual Ordering Information @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.** **Check for updates or changes to projects and manuals for the new year.*

Other: **** Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellation 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 for both youth and adults.
- ◆ **CSU Extension Live Smart Blog (Family & Consumer) @ livesmartcolorado.colostate.edu/.**
- ◆ **CSU Extension Horticulture Blog @ cshort.blogspot.com/.**
- ◆ **Lincoln County-Noxious Weed Management Pocket Guide** available @ [Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/](http://lincoln.extension.colostate.edu/programs/agriculture-natural-resources/).
- ◆ **4-H/FFA 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 or a Livestock Sale Committee member for more information.
- ◆ **Bare Root Trees** are available for order from the Office until March 17.
- ◆ **The Denver Foundation** houses multiple scholarship opportunities for high school and college applicants @ denverfoundation.org/scholarships/scholarship-opportunities/. Check their website for opportunities and corresponding deadlines.

INFORMATION & EVENTS (CONT.)

- ◆ **CSU Extension Farm Bill Webinar** is February 7 @ 6:00pm. Register @ [zoom.us/meeting/register/tjAlduygrDMiGdHZrPz1udlQMAhvPM5eYa_Z](https://zoom.us/join/joinMeeting?meetingId=919876543210&meetingName=Farm+Bill+Webinar).
- ◆ **Basic Ag Marketing Lunch & Learn** (Wheat producers edition) will start in February. Learn more and register @ cowheatmarketing.eventbrite.com or contact brent.young@colostate.edu.
- ◆ **High Plains No-Till Conference** is February 7-8 in Burlington, CO. Learn more @ highplainsno-till.com/.
- ◆ **Dairy Calf and Heifer Association Scholarship** is due early February. Information is available @ calfandheifer.org.
- ◆ **Farm Credit of Southern Colorado Scholarship** application is due early February. Learn more @ aglending.com/scholarships/.
- ◆ **National Holstein Women's Scholarship** application is due early February and is available @ nhwsoscholarship.com/scholarship-application/.
- ◆ **Feed Tomorrow Institute of Food Technologies Scholarships** open in February. Information is available @ ift.org/Community/Students/Scholarships.aspx.
- ◆ **Colorado Livestock Association-Marshall Frasier Beef Symposium** will be held February 15at the Lincoln County Fairgrounds. Learn more @ coloradolivestock.org/.
- ◆ **Colorado Ag Forum** is February 23. Learn more @ coloradoagforum.com/.
- ◆ **Stalwart Agfinity Scholarship** application information is available @ agfinityinc.com/about-us/community-support/.
- ◆ **American Agri-Women Daughters of American Agriculture Scholarships** are due March 1. Learn more @ americanagriwomen.org/scholarships/.
- ◆ **Colorado 4-H Youth Scholarships** application is open until March 1. Learn more @ co4h.colostate.edu/about-us/scholarships/.
- ◆ **National Ayrshire Youth Scholarship** is due March 1. Learn more @ usayrshire.com/youth.html.
- ◆ **National Junior Swine Association Scholarships** application are due March 1. Information is available @ nationalswine.com/njsa/njsa-scholarships.php.
- ◆ **Trans Ova Genetics Scholarships** are due March 1. Learn more @ transova.com/youth#scholarships.
- ◆ **Agriculture Future of America Scholarship** is due March 9. Learn more @ agfuture.org/scholarships.
- ◆ **Sullivan Show Supply Scholarship** is due March 15. Learn more @ sullivansupply.com/.

INFORMATION & EVENTS (CONT.)

- ◆ **National 4-H Youth in Action Awards** application is open till March 27. Information and application is available at 4-h.org/parents/4-h-youth-in-action-awards/#!application.
- ◆ **Colorado Association of Wheat Growers Scholarship** is due March 25th. Learn more @ coloradowheat.org/2022/12/10653/.
- ◆ **Rocky Mountain Farmers Union Scholarships** are due March 27. Learn more @ [/rmfu.org/scholarships/](https://rmfu.org/scholarships/).

STATE FAIR GENERAL



The Colorado State Fair is August 25– September 4 in Pueblo, Colorado.

The state fair provides a number of opportunities for 4-H and FFA members as well as the general public. Opportunities and general events include, but are not limited to:

- Horse, Livestock, & Small Animal Shows
- Various Contests
- Home & Garden Show
- Concerts & Other Specialty Events
- Rodeos
- Vendors galore

*If you plan on exhibiting 4-H/FFA animals at the state fair, be sure to read through the site regarding nominations, DNA requirements, and entries information. Plan well in advance to receive and send DNA kits and obtain form signatures. This also includes securing a Colorado Premise ID Number as well (see information in below article).

*4-H members may have the opportunity to exhibit indoor general projects at the state fair by qualifying at the local county fair. Contact the office for more information.

Learn more & find resources and deadline information @ coloradostatefair.com/.

ANIMAL INFORMATION CORNER: PREMISE ID

Colorado Location Identification (LID) Registration (Premises)

*A premise is a location where livestock (i.e. cattle, sheep, goats, poultry, etc.) are raised or held. Example Locations: farm, livestock exhibitions, sale barn, etc.

*A premise ID number is a unique code assigned to a “physical” location. If you had more than one location (physically) that you housed livestock, you would need a number for each location. Note: the number doesn’t move with you, it stays with the location, if you happen to move.

*Premise registration helps with mitigation and spread of disease outbreaks and helps to track potential outbreaks to minimize loss to producers and ensure a safe food supply chain.

Learn more and register @ ag.colorado.gov/animals/colorado-location-identification-lid-registration-premises or call 303-869-9130.

ACTIVITY PAGE:

Monthly Reader

*"The Story of Snow:
The Science of Win-
ter's Wonderland"*

By Mark Cassino

Marshmallow Designs

After the holiday season (or maybe even still hiding in the camper from summer) there may be some old bags of marshmallows hanging around. While they may not taste good anymore, they can still be used for some fun craft projects. So gather up some supplies and creativity and see what you can make out of your old marshmallows.

Possible Ideas:

- Marshmallow Barn
- Marshmallow Igloo
- Marshmallow Maze
- Marshmallow picture of someone or stick figure
- Marshmallow Bridge
- Marshmallow Catapult
- Marshmallow Snowman

General Supplies to Look For:

- Marshmallows (small or large)
- Toothpicks
- Elmer's glue
- Scissors
- Paper Plates
- Styrofoam cups or bowls
- Ruler
- Colored construction paper
- Popsicle sticks
- Glitter

Chocolate Peanut Butter Balls-Rice Krispies

*Always have permission or ask an adult to help.

Ingredients:

- 1 cup. Peanut butter (crunchy)
- 1/4 cup. Butter (softened)
- 1 cup powdered sugar
- 2 cups Rice Krispie cereal
- 1 1/2 cup-chocolate chips

Equipment:

- Mixer and bowl
- Spatula and spoon
- Measuring cups & spoons
- Paper cups or cupcake pan

Steps:

- Wash hands
- In the mixing bowl, add peanut butter, butter, and sugar (Beat with the mixer until combined).
- Add cereal to bowl and mix well.
- Using a spoon, use portions to make small balls and place in cups or pan.
- Melt chocolate in a microwave safe bowl, stirring every 30 seconds (until fully melted).
- Spoon 1tsp. of chocolate over each ball and refrigerate until firm.

February 2023

Events & Information available @ Lincoln.extension.colostate.edu/events/

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 -Member Enrollment Closes	2	3	4
5	6	7	8	9	10	11
12	13 -Shooting Sports Safety Mtg.1 6:30pm@ Fairgrounds -RSVP Due- Livestock Judge Mtg.	14	15	16 Live-stock Judging Meet & Greet Mtg. 6:00pm @ Extension Office	17	18
19	20 Holiday- Office Closed	21	22	23	24	25
26	27 Shooting Sports Safety Mtg.2 6:30pm@ Fairgrounds	28	March 1 -Hunter's Safety Certifications Due- Shooting Sports -AgrAbility/ Safety Workshop 10:00am @ Limon Community Building	March 2	March 3	March 4 Beef Weigh-In 8:00am Meir Feedlot 48750 Hwy 40/287 Limon

HEAD-> Working Wild U Podcast

Montana State University and the Western landowners Alliance have teamed up to create the new *Working Wild U* Podcast. It's focus is to engage the audience around wildlife and those who live and interact with them and their communities. They hope to provide cultural background and knowledge along with science to showcase challenges and successes to supporting both wildlife and people in different landscapes.

Learn more or listen to the podcast @ workingwild.us/ or catch the episodes on Apple or Spotify.

HEART-> Donate Blood

January was National Blood Donor Month, but it's not too late to donate. According to the American Red Cross, someone in the U.S. needs blood every two seconds. Platelet donors are also needed. If you are age 16+ you may be eligible to donate blood to support those in need. Learn more about blood donation Centers @

Vitalant – vitalant.org/

Association for the Advancement of Blood & Biotherapies- aabb.org/for-donors-patients/give-blood

American Red Cross- redcrossblood.org/



HANDS-> CSU Spur Campus

The CSU Spur Campus recently opened it's third building– Hydro. The Hydro building will be all about water education, innovative practices, current projects, and exploring challenges on the horizon.

There is a chance for learners of all ages to explore the laboratory, veterinary clinic, art studios and displays, garden, innovation center and so much more in the other buildings as well.

To learn more or see what event's or opportunities are available check out their site @ csuspur.org/.

HEALTH-> Flossing

Flossing takes less than a minute of your day and can help prevent periodontal diseases and other mouth ailments. Benefits include:

- Removing food particles between teeth
- Improving breath by removing bacteria
- Removal of plaque below the gumline
- Reducing cavity risk
- Helps with reducing gingivitis and soreness or puffiness of the gums

*It's recommended that you floss at least once a day right before brushing. Floss picks and tools have made it easier than ever to floss.

Learn more @ cdc.gov/OralHealth/index.html.