4-H NEWSLETTER

March 2025



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INSIDE

4-H Project/Forms Reminders & Updates	2
Colorado 4-H Website Projects & Club Books	3
Swap Shop Opportunity; Equipment Clean Out; and 4- H Project Help	4
Fair Related Updates	5
Volunteer Corner; Just to Get you Thinkin; & 4-H Founda- tion Scholarships & Reim- bursements	6
Livestock Scholarship- Poultry & Rabbit & Meat Quality Assurance Training	7
Information & Events & Family & Consumer: Taxes are Due	8-11
Activity Page	12
Calendar	13
4-H's	14

Thank You's!

Thank you to the Lincoln County 4-H Foundation for paying for 4-H membership dues for the 2024-2025 enrollment year.

*Members please remember to send a letter of appreciation to the foundation and other sponsors.



The Extension Office/4-H are on Facebook @

Lincoln County Colorado Extension

*Visit the page for additional events and resources for all.



Lincoln County Extension/4-H Website



<u>lincoln.extension.colostate.edu</u>

4-H PROJECT/FORMS REMINDERS & UPDATES

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.

*Check for updated publications for your project. Not all projects require a manual.

Utilize the general project score sheets @ co4h.colostate.edu/state-fair-information/score-sheets/ to determine if a manual is required for the project. Examples of manuals are available for browsing at the office.

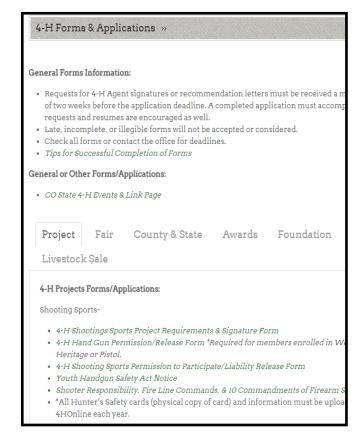
Other Deadlines/ Project Requirements:

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

*Watch for information in the newsletter, Facebook page, or web calendar for additional dates and information as the year progresses.

Forms & Applications are available on the extension website. ***Make sure to download all forms (regardless of type) and save to your computer or device before you begin entering information; otherwise the information may be lost.

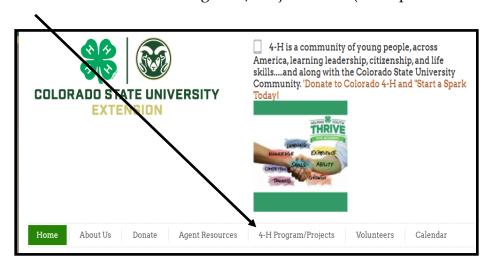




COLORADO 4-H WEBSITE-PROJECTS & CLUB BOOKS

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

->Hover over the "4-H Programs/Projects" Tab (A drop-down menu will appear)



On the drop-down Menu several topic areas will appear that you can click on or hover over for additional side-drop downs.

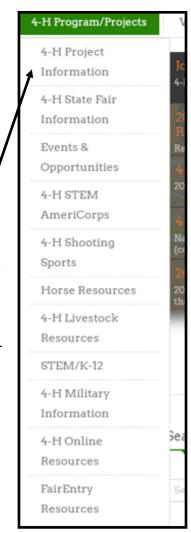
This provides you links to project information, general project record books, state fair score sheets and contest information, shooting sports rulebook, 4H online resources, and officer books under "club resources". Take time to explore the links to find important information and resources.

*Reminder for (dog/horse/livestock) to utilize the "county specific" livestock record books found on our county extension website @ <u>lin-</u>

coln.extension.colostate.edu/4-h-projects-record-books/



Club Book Resources @





co4h.colostate.edu/club-and-community-resources/

SWAP SHOP OPPORTUNITY:

- -Do you have any old project equipment you are looking to sell?
- -Are you interested in buying some equipment or livestock?
- -Are you looking to promote your 4-H fundraiser or sell livestock you raise or items you make?



Email <u>christine.schinzel@colostate.edu</u> with your requests by the 20th of each month to have your information added to the next newsletter.

*You must include a name and an email or phone number that you are okay with being publicly shared. Consider sending a small picture of the item(s), website and/or flyer links.

*Any buying or selling is outside of the Extension office and we are not responsible for transactions, items, or items conditions. All connections should be made directly between the buyer and seller.

EQUIPMENT CLEAN-OUT->DONATIONS

If you have general or livestock project equipment you no longer utilize, but would like to donate for other members to use, then please contact the office. We can accept donations for items of use at the office and/or put out information to the membership about available equipment to use. You can also connect with other members in your club to see if anyone has any equipment needs as well.

4-H PROJECT HELP-ASK EARLY ON!

Spring Break is a great time to download your project record book and score sheet (for general projects), take a look at general project requirements, and start brainstorming what you might make for those general projects or might need for your livestock project. It's also a good time to search for potential resources and write down some individuals that you can connect with to help during your project year.

Where to Look for Project Help/Resource Ideas:

- *Extension Office or Club Leader-Can help connect you with project leaders and other resources
- *4-H Members who are more experienced in the project
- *Family members, friends, community businesses or entrepreneurs (i.e. veterinarian or weld shop)
- *Colorado 4-H Resources @ co4h.colostate.edu/
- *Other States Extension Resources, general google search, Pinterest, project idea boards, local library, etc.-These can all help be great avenues to search for project ideas and additional resources.
- *If you would like a specific project workshop or workday, please let Christine or Wayne know.

Fair Theme: Brands & Barns

FAIR UPDATE INFORMATION

Fair is July 30-31, August 2, and August 4-9

- New fair software and online entry will be utilized this year. More information will be forthcoming.
- Horse & Dog ID's are due in 4H Online by May 1 for all animals that members might use at
 fair. Only newly purchased horses (between May 2-July 1) may be sent to the office with ID information and brand inspection paperwork. Deadline on new horses is July 1.

Poultry & Rabbit ID's

Market Rabbits-4-H members will need to fill out the nomination form and submit the form as a file upload under (animals in 4H Online) (for each entry group-i.e. pen of 3 rabbits) and their tattoo numbers for that entry by July 1.

Market Poultry-4-H members will need to fill out a nomination form for each poultry species entry and attach the form as a file upload under (animals in 4H Online). All tag numbers can be entered for each entry group (i.e. pen of 3 broilers).

- There will not be rate of gain classes this year.
- Sheep/Swine/Goat Nominations for 4-H members will be entered through 4H Online (Animals Section). There will not be an in-person weigh in or tagging this year. Families will need to pick up tags from the office (once notified of availability) and tag and take pictures and upload information no later than May 5 in 4H Online. Taggers will be available to borrow if needed by members. Families will need to coordinate pick up of tags and taggers well in advance to ensure availability of equipment and deadline completion. *Mini sheep must be declared at nomination time.

Getting Started:

Login to 4H Online Account

Click on the member you wish to add an animal ID to

On Left side of page is listing of selections, select "Animals"

Click "Add an Animal"

Click "Add new Animal"

Then proceed to answer through questions on all pages until the animal is completed.

This process should be repeated for all animals the member is nominating/tagging in. *Animals that are not nominated/tagged by the stated deadlines will not be eligible for participation at the county fair.

-(Registration paperwork, bill of sales, county specific forms, pig ear notches, and premise ID are not required). -All other fields should be completed. This includes providing a picture of the animal's head so that the tag is clearly visible and two side pictures of the animal. A beginning weight should be entered by exhibitors from when they purchased the animal.

There are pdf guides for 4H Online that help with species entries @ co4h.colostate.edu/4honline/ (Select "Family Resources" Tab) and click on the specific animal if needed. Other animals may be generic in entry, but the basic process is the same.

*****FFA members (Showing animals in FFA, other than beef this year). You will still need to complete manual nomination forms and submit with pictures as described above by the stated deadlines to coopext_lincoln@mail.colostate.edu. The forms are available on the Extension website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under tab "fair related".

VOLUNTEER CORNER: 4-H OPPORTUNITIES

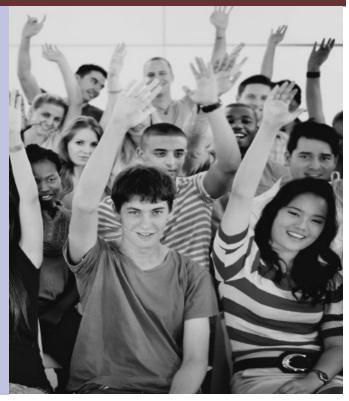
WHAT: 4-H Volunteers can help youth develop life skills by volunteering their time, resources, and knowledge in over 20+ project areas.

OPPORTNITIES: Project instructors, shooting sports, 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: Contact the Extension Office to learn more and start the volunteer experience!



JUST TO GET YOU THINKIN...

"We all wait in life for things to get easier, but it will never get easier. We handle hard better." - Kara Lawson

Q "Which type of bow can't be tied in March??"

A "A rainbow."

LINCOLN COUNTY 4-H FOUNDATION SCHOLARSHIPS

The Lincoln County 4-H Foundation offers scholarship opportunities as follows to 4-H members:

- -Senior Scholarship (scholarship application for a graduating/senior member)- Due April 1
- -Project Scholarship (funds to help offset general 4-H project expenses)- Due May 1
- -Reimbursement Scholarship (funds for attending a 4-H event/camp)

Learn more and download the applications by going to the Lincoln County Extension website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under the tab "4-H Foundation app".

NEW LIVESTOCK SCHOLARSHIP-POULTRY & RABBIT

In honor of Miles Brent who was one of our 4-H members and the family, the Livestock Sale Committee has created a Small Animal Market (Poultry or Rabbit Scholarship).

The application will be due April 1 for 2025. In future years it will be due with the rest of the small animal scholarships (sheep/goat/swine) on February 1.

This scholarship is for \$150.00.

Applicants will need to review program rules and requirements to ensure they qualify. The eligibility for all scholarships from the Sale Committee is limited to 3 total animal scholarships during the entire 4-H/FFA member's involvement in both programs.

This year, please contact the office for information and an application. In future years the information and application will be up on the extension website.

Contact a sale committee member (John Thompson, Joe Rosler, Justin Golding, Randy Stone, Kyle Fox) or the extension office if you would like to donate to a scholarship.

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.

<u>Lincoln County MQA Date:</u> March 31-> 4:00-6:30pm @ 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. Dates for other MQA trainings start as early as March in our part of the state.

*Senior age members-If you would have an interest in helping with the MQA event and tear-down to earn community service, please contact chris-

tine.schinzel@colsotate.edu.

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 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
- Meat Quality Assurance Training (MQA) for 4-H/FFA members for Lincoln County is *March* 31 from 4:00-6:30pm 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 teardown to earn community service, please contact christine.schinzel@colostate.edu.

- ◆ Lincoln County 4-H Foundation Project, Reimbursement, and Senior Scholarship forms are available to 4-H members for some reimbursement or support of 4-H camps, workshops, and general project supplies. The Senior member scholarship is due April 1. The project reimbursement is due May 1. Go to the Lincoln County 4-H/Extension website and click under "Foundation" to download the forms and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.
- ◆ Livestock Sale Committee Small Animal Scholarship (Poultry/Rabbit) application is due April 1. For specific program information and applications go to "4-H Programs and Applications", and look under the "livestock sale" tab @ lincoln.extension.colostate.edu/4-h-formsapplications/. Contact the sale committee or extension office if you would like to donate to a scholarship.
- Livestock Judging Practices will be Tuesday nights @ 6:30pm in March. Contact Ronny (402-641-7428) to learn more.
- **Dog Project Practices** will be March 12 & 26 @ 5:30pm. RSVP to Raejean (970-946-4130) for location. Bring your dog, dog leash, and vaccination paperwork. Plan on being outdoors.
- State Fair Beef Nominations-Members interested in taking beef animals to state fair will need to notify the office to receive a state fair nomination form and turn it back in no later than April 1. DNA packets can be ordered starting March 1 @ coloradostatefair.com/livestock/.
- **Shooting Sports-**Practice and scored shoots will be scheduled for spring and summer. Continue to follow the newsletter and check your email for updates.
- Horse & Dog ID's are due in 4H Online by May 1. Only newly purchased horses ID's and brand inspection paperwork may be sent to the office from May 2-July 1.
- Sheep/Swine/Goat Nominations for 4-H will be entered through 4H Online (Animals Section). Families will need to pick up tags from the office (once notified of availability) and tag and take pictures and upload information no later than May 5. FFA members will utilize the paper form. Additional information is listed in the "Fair Updates" section and tag availability will be forthcoming.

INFORMATION & EVENTS (CONT.)

- Poultry & Rabbit Nominations for 4-H will be entered through 4H Online (Animals section). Families will need to pick up leg bands from the office (once notified of availability) and upload nomination information no later than July 1. FFA members will utilize the paper form. Additional information is listed in the "Fair Updates" section and leg band availability will be forthcoming.
- 4-H Project List & Manual Ordering Information is available @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.

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 <u>Lincoln County Colorado Extension</u> 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) @ <u>livesmartcolorado.colostate.edu/</u>.
- CSU Extension Horticulture Blog @ cshort.blogspot.com/.
- Lincoln County-Noxious Weed Management Pocket Guide is available @ Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/.
- CSU Extension Cottage Foods Safety Trainings are held throughout the year. Learn more and register for a training @ foodsmartcolorado.colostate.edu/food-safety/cottage-retail-foods/.
- Various Livestock Shows national listing of flyers available @ showman.app/shows#/ or showman.app showman.app showman.app showman.app showman.app <a href="mailto:sho
- ◆ **Listing of Livestock Shows-General** @ <u>drive.google.com/drive/folders/13l-</u>cPnFYKu8RiG9siMHZslYZX3ahkxua
- **Denver Foundation Grants and Scholarship** opportunities available @ <u>denverfoundation.org/</u> <u>scholarship-opportunities/</u>.
- Various Livestock Shows national listing flyers available @ showsman.app/shows#/.
- Colvin Scholarship Fund applications open in March. Learn more @ certifiedangusbeef.com/ press/colvin/.
- Purina Giving Greatness Scholarship application opens in March. Learn more @ <u>scholarsapply.org/purina/</u>.
- Agriculture Future of America Scholarship is due March 6. Learn more @ <u>agfuture.org/scholarships</u>.
- **Stalwart Agfinity Scholarship** is due March 10. Learn more @ <u>agfinityinc.com/about-us/community-support/</u>.
- Bare Root Trees are available to order from the Extension Office until March 14.
- Sullivan Show Supply Scholarship is due March 15. Learn more @ sullivansupply.com/.
- Club Lambs & Goats for sale-Contact Raejean @ 970-946-4130 for more information or Sandy Beach Livestock Facebook Page.
- TNT Club Lambs for sale- Call John @ 719-342-0126 for more information.

INFORMATION & EVENTS (CONT.)

- Trans Ova Genetics Scholarships are due March 15. Learn more @ <u>transova.com/youth#scholarships</u>.
- Colorado Association of Wheat Growers Scholarship is due March 28. Learn more @ coloradowheat.org/2025-cawg-scholarships/.
- ◆ American Guernsey Association Scholarships are due starting March 31. Check out their website @ usguernsey.com/agya for complete information and deadlines.
- Consumers United Association-Darrell Man Scholarship is due March 31. Learn more @ cuamember.org/page/scholarship-program.
- Dairy MAX Scholarship application is due March 31. Learn more @ dairymax.org/dairy/ scholarships.
- National 4-H Youth in Action Awards application is open till March 31. Learn more @ 4-h.org/parents/4-h-youth-in-action-awards/#!application.
- **Douglas County Buckle Series Open Horse Show** is monthly February-June. Follow the *Douglas County Buckle Series* on Facebook for more information.
- **AgFest Workshop Day** for any 5th grader (including home-schooled) is May 5th in Limon. Contact christine.schinzel@colostate.edu to register by April 1.
- American Boer Goat Association Scholarship is April 1. Learn more @ <u>abga.org/jabga/scholarship</u>.
- **Beef Improvement Federation Scholarship** deadline is April 1. Learn more @ <u>beefimprovement.org/about-bif/award-forms</u>.
- **Jonathan Marr 4-H Memorial Scholarship** is due April 1. Learn more @ <u>co4h.colostate.edu/program-areas/shooting-sports/</u>.
- Rocky Mountain Farmers Union Scholarships are due April 1. Learn more @ <u>rmfu.org/scholarships/</u>.
- National Farmers Union Foundation Scholarships are due April 1. Learn more @ nfu.org/scholarships.
- **Brush Livestock Exchange Scholarship** application is due April 4. Learn more @ <u>livestockexchange.org/SCHOLARSHIP.html</u>.
- **Civilian Marksmanship Program Scholarship** is due April 4. Learn more @ thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn.
- WinField United Careers in Agriculture Scholarship is due in April. Application information available through a general search @ learnmore.scholarsapply.org/winfield/.
- **Beef Blow N Go Show** is in Calhan on April 6. Learn more @ <u>eventbrite.com/e/2025-el-paso-county-beef-blow-n-go-show-tickets-1114095101439</u>.
- Lincoln County Stockmen's Association Scholarship is due April 11. For more information contact James Bledsoe @ 719-740-1911.
- ◆ Colorado Arabian Horse Club CAHC No Frills Show & 4-H Extravaganza is April 13 in Denver CO. Learn more @ coloradoarabianhorseclub.org.
- American Herford Association Spring Scholarships are due April 15. Information and application @ Hereford.org/youth/scholarship-opportunities.

INFORMATION & EVENTS (CONT.)

- **Big R Producing Partners Program**-Livestock 4-H/FFA members can apply for monetary project assistance till April 15. Contact Big R to learn more.
- **Heather Hays Stinnett Memorial Scholarship** application is open till April 15. Learn more @ coloradocattlewomen.org/colorado-cattlewomen-legacy-scholarships/.
- Colorado Association of Fairs & Shows Scholarship is due April 18. Learn more @ coloradofairs.org/p/convention/scholarship.
- Weld County Goat (Dairy/Meat) Extravaganza show and seminars is April 25-27 at Island Grove Regional Park in Greeley, CO. For information & registration go to weld-gov/Government/Departments/CSU-Extension/Weld-County-Goat-Extravaganza.

FAMILY & CONSUMER: TAXES ARE DUE

Winter and early spring is tax filing season in the United States and in Colorado as we have a state income tax. Tax returns for individuals/households are due April 15. A tax return is form used at the state (depending on which one you live in) and federal level to assess what your tax liability is at the federal and state level. Tax liability is based on several factors including your martial status, dependency or how many are in your household, income types, and what deductions you may be eligible for. Tax revenue goes towards funding government and infrastructure including roads and schools as well as many other functions including national and state parks.

It's important to speak with a tax preparer each year to determine whether or not you will need to file a tax return. This may be true even if you do not owe any funds as you may be eligible for a refund, certain tax credits, or the return may be utilized to determine state level benefits or credits as well. Self-employed individuals want to pay particular attention to social security withholding on their returns to ensure they are receiving "credits" for working and their income is being documented to ensure the highest benefit at retirement. Families also need to determine if their youth may need to file a tax return to get a refund from withholding or if they meet the threshold for filing taxes. Situations that may require filing a return include: Having unearned income (dividends or interest over a certain limit), withholding on their part-time job, self-employed income, or earning more than the *standard deduction*.

Tax Resources:

Colorado Department of Revenue (Tax Information): tax.colorado.gov/

Federal Tax Information: <u>irs.gov</u>

IRS Free File @ irs.gov/filing/irs-free-file-do-your-taxes-for-free

VITA-Filing Sites Location (depending on eligibility) @ irs.treasury.gov/freetaxprep/

AARP-Filing Sites Location (depending on eligibility) @ aarp.org/money/taxes/aarp-taxaide/ locations/

Tax Fraud Prevention Information @ tax.colorado.gov/tax-fraud-prevention

ACTIVITY PAGE:

Object Painting Fun:

Painting can be a fun activity for all ages and stages to enjoy. While there are many traditional forms of painting or using specific shapes or templates, you can also freehand or use different objects to make pictures.

*Always work with an adult to ensure that you have permission to paint, what you may paint on and what materials or supplies you can utilize.

Supplies:

- -Disposable gloves or kitchen gloves-makes it easy to clean up hands.
- -Old t-shirt that you can use to paint in to keep other clothes nice.
- -Old tablecloth or chunk of plastic or even old newspaper-to cover surfaces with to keep paint off of furniture or other surfaces.
- -Paper towels-to wipe up spills
- -Paint
- -Paint brushes-different sizes
- -Paper plates or little dixie cups-work to put different colors on

Other Objects: Different objects from around your house can also be great to paint with or around and create lots of unique shapes. Utilize your imagination to look around and see what you might be able to use and have fun!

Ideas:

-Sponge -Leaves

-Rocks -Cotton ball

-Yarn -Feather

-Washer or nut -Paperclip

-Q-tip -Toothbrush

-Pinecone -Cup

-Lego -Rag

-Pencil -Straw

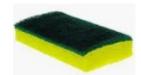
Monthly Reader

"On the Same Day in March: A Tour of the World's Weather"

By Marilyn Singer











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

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 -Beef Weigh In 8:00am Meier Feedlot 48750 Hwy 40/287 Limon	
						-Hunter's Safety Cer- tifications Due	
						-4-H Project Add/ Drop Deadline	
2	3	4 Livestock Judge Prac- tice @ 6:30pm	5	6	7	8	
9	10	11 Livestock Judge Practice @ 6:30pm	12 Dog Practice @ 5:30pm	13	14	15	
16	17	18 Livestock Judge Practice @ 6:30pm	19	20	21 District Retreat	22 District Retreat Camp	
23	24	25 Livestock Judge Practice @ 6:30pm	26 Dog Practice @ 5:30pm	27	28 Youth Fest Camp	29 Otero/Lincoln Livestock Judge Contest	
30	31 MQA 4-6:30pm @ Fair-grounds	April 1					
		-Beef State Fair Nominations Due					
		-County Foundation Senior 4-H Member Scholarship Due					
		-Poultry/Rabbit Livestock Scholarship due for 2025					

HEAD-> Microbial Activity Detection

The University of Minnesota and Michigan has worked with partners to produce a tool for farmer to assess microbials within their irrigation system. It helps producers understand potential sources of microbial contamination coming into their irrigation system. It lets producers see what risk level they have and then focus on helping provide risk mitigation tools. This is important to help protect the food supply from say E.coli. There are already federal mandates in effect to test for certain bacteria. New reporting requirements make this assessment tool a vital pieces for farmers. They are working to expand the tool usage outside of the Midwest. Learn more @ bit.ly/risktool-ag-water.

HANDS-> Updated Center-Pivot Technology

Technology advancements help not only producers but the environment as well. Shark Wheel Ag has created an irrigation wheel that functions much like animals in nature (i.e. shark or snake) as far as movement. The unique "paddles" on the wheel are individually attached and help conform to the landscape. While one paddle pulls up and move the soil, the next helps to put it back down and smooth it out to reduce ruts and damage to the fields. They also are not inflated, so there are not flats to contend with. It also provides a reduction in wear and tear on the gear box for the irrigation system. Check out this interesting technology to learn more @ sharkwheelag.com.

HEART-> Giving Day

The American Red Cross hosts giving day to promote philanthropic support to their organization. They provide direct assistance after disaster events. Way to get involved include direct contributions to fund: stock an emergency response vehicle, full day of emergency shelter, health or mental health workers, clean up kits, other financial assistance. You could also hold a fundraiser to raise funds as well. Learn more @ redcross.org/.

HEALTH-> National Drug & Alcohol Awareness Week

March brings awareness to drug and alcohol prevention for youth. It's important for youth and families to be aware of the dangers of drugs and alcohol and the consequences. This includes mental health and the ripple effects within families and communities besides physical effects. Talk with youth about drug and alcohol use prevention and provide them additional resources. Youth can test their knowledge about drugs and alcohol by taking the National Drug and Alcohol IQ Challenge @ create.kahoot.it/details/0c339ba3-618a-4faea89d-c02a917e33d2. SAMHSA (Substance Abuse and Mental Health Services Administration) provides 24-hour free and confidential treatment referral and information about substance use disorders, prevention, and recovery @ (800) 662-4357 (HELP), TTY: (800) 487-4889 or samhsa.gov/find-help/nationalhelpline.