April showers are followed with a planting season. Chemicals are often used to ensure the production of food in our nation. Take precaution to prevent chemical exposure by always reading the label on the chemical container, wearing the recommended personal protective equipment (PPE), and storing chemicals in storage areas that can be locked.
May is National Mental Health Month and a good time to assess our depression level and the stress in our lives, recognizing the detrimental effects of our emotions and planning effective coping strategies.