VOLUNTEERS
National Volunteer Week
April 12 – 18, 2015

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It’s about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

Adair County is very fortunate to have dedicated, hard-working volunteers who give of their time and talents to support all program areas of ISU Extension and Outreach. We could not make a difference in the lives of youth, families, communities, agriculture and more without our many volunteers. Be sure to THANK a volunteer! They are extremely valuable.

Iowa State Fair “Little Hands on the Farm” Program

A minimum of 30 volunteers are needed for each four-hour shift of this state fair activity. Groups do not have to have 30 to volunteer. Volunteers receive one admission ticket, one vehicle permit, and t-shirt. If this is something you would like to do as a family or with club members, contact Emily Wynn at 515-262-3111 ext. 244 or email ewynn@iowastatefair.org. Spots are still available for all morning, afternoon, and evening shifts, but usually fill quickly. If interested, call or email immediately.

President’s Volunteer Service Challenge

Remember to log your volunteer service hours. A log sheet along with an explanation of what qualifies as community service is posted on our website http://www.extension.iastate.edu/adair/news/community-service-descriptions-and-log-record-your-hours or can be picked up at the Extension office. Volunteer logs are due to the Extension office October 1st.

SERVICE PROJECT

Linda Sidey and Pam Wiggins are planning many activities for the week of June 8 – 15 in observance of Flag Day on June 14. Table displays depicting activities in the 1940’s will be on display in the Warren Cultural Center during the week. “The Bonds of War” by playwright John Busbee will be performed by the Cumberland Rose Players Friday and Saturday evenings, June 12 & 13, and Sunday matinee June 14. Volunteers are needed to help set-up displays on Monday, June 8, and take-down on Monday, June 15. Speakers will be needed for Saturday afternoon as letters sent to the Free Press by our veterans will be read. Watch the local newspapers for times of try outs for the play. Youth will be needed and encouraged to try out for parts in the play.

IMPORTANT NOTICE: FSQA Training Dates Available

ALL youth exhibiting beef, dairy/dairy goats, meat goats, rabbits, poultry, sheep or swine at 2015 Iowa county fairs and the Iowa State Fair or AK-SAR-BEN must be FSQA certified. (Only exceptions are cat, dog and/or horse projects) See the rest of the article on page 2.
FSQA Training

IMPORTANT NOTICE: ALL 4-H youth exhibiting meat animals (beef, dairy, meat goat, poultry, rabbit, sheep and swine) at either or both county and state fair or AK-SAR-BEN are required to be FSQA certified by July 1, 2015. (Parents are encouraged to attend FSQA training sessions with their youth.)

If you missed the training in Greenfield, you can still attend one of the following...

April 13 Cass County Community Center, Atlantic
   5:00-5:45pm Testing
   6:00pm Training

April 15 Southwestern Community College - Ag Farm, Creston
   5:30-7:30pm

April 18 Southwestern Community College - Ag Farm, Creston
   10:00am-12:00pm

YOUTH REQUIREMENTS –

Youth grades 4 – 6; must attend face to face training annually.
Youth grades 7 – 9; attend face to face training for a one-year certification or take an exam for certification that is good until next age level.
Youth grades 10 – 12; attend face to face training for a one-year certification or take an exam for certification that is good through end of 4-H enrollment.

Contact Donna at the ADAIR COUNTY EXTENSION OFFICE (641-743-8412 or wallaced@iastate.edu) to register for one of the training locations. Members who are in 7th grade or above and would like to complete the requirements by passing the test should call the Extension office to set up a testing time.

COUNTY FAIR TROPHY & SHOWMANSHIP

BANNER DONORS

21st Century Cooperative, Fontanelle
Adair County Cattlemen
AgriVision, Massena
Adair County Farm Bureau
Anderson Stock Farms, Blake Anderson, Fontanelle
Anita Veterinary Clinic, Nate Hansen, Anita
Baier Quarter Horses, Paul and Tammy Baier, Orient
Baier Stock Farms, Paul and Tammy Baier, Orient
B & D Farms, Bill and Dawn McCrory, Atlantic
Car and Shirley Lyons, Van Meter
Clark and Linda BreDahl, Greenfield
Dan and Pat Westphal, Bridgewater
E & R Enterprises, Don Eyerly and Mark Ruby, Greenfield
Dave and Connie Wallace Family, Greenfield
Farm Bureau Financial Services, Connie Hohertz, Agent
Farm Credit Services of America, Casey Purdum
Farmers Cooperative Company, Creston & Afton
Farmers & Merchants State Bank
Winterset/Orient/St. Charles
Farmers Lumber Company, Jim Dickerson, Fontanelle
Flint Hills Renewables, Menlo
First National Bank
Fontanelle/Greenfield/Massena/Anita/Correctionville

Gary and Carolyn Benton, Stuart
Gibbs Farms, Lans Gibbs, Greenfield
Grace Evans, Bridgewater
Gus Automotive, Inc., Stuart
Harold Roberts, Greenfield
Helena Chemical, Tom Noland, Adair
Iowa Meat Goat Association
JMK Goats, Jerry and Kathee McCrory, Atlantic
Jackie Swoyer, Greenfield
Jefferson Pioneers 4-H Club
Jensen Event Rentals, Kenny & Pam Jensen, Greenfield
Jim and Karen Tussey, Orient
John and Delores Havens, Greenfield
Kurt and Rhonda Boehm, Orient
Madison County Auction, Tom and DeAnn Christensen
Mark and Angela Ruby, Greenfield
Marlin and Sherry Kinney, Casey
Massena Livestock Auction, Mark and Allen Venteicher
Mick and Kitty Sherer, Greenfield
Mikkey's LC, Mike Ehrsam, Greenfield
Nick and Bethany Kintigh Family, Greenfield
Nodaway Valley Ag LLC, Dennis Dukes, Greenfield
Nodaway Valley Farms, Blake Anderson, Fontanelle
NV Champions 4-H Club
Oak Hill Hatchery, Steve and Evelyn Powell, Menlo
Optimist Club, Greenfield
Orient-Macksburg FFA
Pam Laughery, In Memory of Kelly Laughery
Paul and Gini Herr, Fontanelle
Perkey Welding, Derek Perkey, Greenfield
Pro Team Insurance, Bill Yoont and Roger Quack, Greenfield
Rohrig Yorks & Show Pigs, Matt & Heidi Rohrig Family
Ron and Becky Dreher, Adair
Ron and Larson Garlock, Johnston
Schneider Cattle Company, Mike and Kari Schneider, Stuart
Shirley Roach, In Memory of Vernon Roach, Greenfield
Shnurman Sire Service, Isaiah Shnurman, Martinsdale
State Representative Cleo Baudler
Stuart Veterinary Clinic, Shawn Nicholson, Stuart
Summerset Citizens 4-H Club
Summit Super Stars 4-H Club
Thompson Cattle Company, Tom Thompson, Bridgewater
Thompson Trucking, Lloyd "Doc" Thompson, Bridgewater
Titan Machinery, David Davis, Greenfield
Tom and Amy Doud Family, Stuart
Town & Country Insurance, Tad Day and Eric Tierman, Stuart
Ultra Ova, Toby Muller, Adair
Union State Bank, Bridgewater/Greenfield

Thank You To Our Donors!

STATE FAIR ENTRY SPONSORS

Dave and Connie Wallace Family, Greenfield

Visit our website http://www.extension.iastate.edu/adair/ for all the latest updates regarding the 4-H program and other activities and events thru Adair County Extension.
A listing of local scholarships can be found on our website http://www.extension.iastate.edu/adair/4h (Scroll down to ‘Scholarships & Grants’)

If you need help finding scholarship options or forms, or need a reference letter, contact Donna at Adair County Extension Office 641-743-8412 or email wallaced@iastate.edu

April 15: Adair County Memorial Hospital Auxiliary Scholarship
Must be an Adair County resident enrolling at any college in a health-related field for the 2015-16 school year. Applications available at the Extension office or online http://www.adaircountyhealthsystem.org/pdf/2015/02-09/ACMH_AUX%20Scholarship_App_2015.pdf

May 1: Iowa Foundation for Ag Advancement
Scholarships are available to Iowa 4-H youth who are involved in animal science, agriculture, or human sciences related to the agriculture industry; available to incoming freshman in the Fall of 2015 at any two or four-year college, or university in Iowa. Applications available at http://www.iowastatefair.org/competition/sale-of-champions/winners-circle-scholarships

Members in Action

⇒ Thank you to Jefferson Pioneers for delicious muffins that were delivered to the Extension office. Staff did enjoy!

⇒ Special thanks to the Summerset Citizens and Summit Super Stars for providing cookies for Extension Week. Extension Council members delivered cookie assortments to area banks and news media locations to show our appreciation for their support of Adair County Extension.

⇒ Adair County Hot Shots members, leaders, and parents set up tables and chairs in the 4-H/FFA Center in preparation for Ag Day activities. Club members also made St Patrick’s Day treats and delivered to Greenfield Rehabilitation & Health Center and Good Samaritan in Fontanelle.

⇒ Harrison Hummers made Valentines in February and delivered to the Stuart Care Center.

⇒ Summit Super Stars donated $75 to the A-C school library, $50 to the art department to be used for the elementary art show, many gently used books to the elementary Carnival for the Book Walk, and two Under Armour cinch bags for the Carnival raffle. Members also made Spring door decorations to be delivered to Heritage House in Atlantic.

⇒ NV Champions served pizza and assorted bars to the fair board prior to their April board meeting to show appreciation to the fair board members.

⇒ Richland Royals members and parents helped serve 75 people at Open Table in Creston. Halee and Julie Wallace, Ashlyn and Janell Kralik, Renee Sammons, Orient Bulldog 4-H’er Anna Mikkelsen, and Abby Engles, Summerset Citizen member, provided child care and activities for youth during Healthy Meals in a Hurry event. Julie and Diana Huntington, Orient Bulldog club leader, provided craft supplies.

DARE TO DISCOVER

2015 Iowa 4-H Youth Conference
will be held June 30 – July 2 on the ISU campus in Ames. You don’t have to be a 4-H’er to attend, so invite your friends to come with you.

Any Iowa youth who has completed 8th – 12th grade is eligible to attend. You’ll meet new friends, enjoy motivational speakers, dances, banquets, workshops, and complete a service project. Cost is $175 (includes t-shirt). Adair County 4-H’ers are eligible for a rebate of 75% of the cost for first time attendees, and 50% of the cost for those who have previously attended. Register online www.extension.iastate.edu/4h/iowa4hyouthconference by May 30.

Like us on FACEBOOK

“Adair County ISU Extension & Outreach”

Photos & Information Posted Daily
CHANGES FOR THE 2015 ADAIR COUNTY FAIR JULY 15 – 19

Gate admission will be charged Wednesday, July 15 through Sunday, July 19. Free BBQ Hamburger/Pork Burger Meal will be served in the Courtyard Wednesday evening preceding the announcement of Little Miss and Little Mister Adair County and the crowning of the 2015 Adair County Fair Queen. Serving to begin at 6 pm and continue while supplies last.

Admission Rates:

* Adults = $7 per person or $30 for 5-day wristband
* Under 5 years of age = Free
* Kids (ages 5 – 12) = $4 each or $15/5 day wristband
* 4-H members (4th – 12th graders) and FFA exhibitors = 5-day wristband (compliments of the Adair County Fair Board)

Schedule Change

All livestock (not poultry or rabbits) must come to the fairgrounds on Wednesday between 6 am and 12 noon. Club judging schedules in the exhibit building on Wednesday will be adjusted with livestock entry times. If necessary, individual arrangements will be made. Any questions, call Donna 641-743-8412.

COUNTY AND STATE FAIR SWINE EXHIBITORS

Basic biosecurity is extremely important now as we approach swine tagging and swine exhibition at our county fair. Extension office staff and the county fair swine committee have the responsibility to follow protocol that will provide you and your farm site the greatest protection from disease when identifying swine for exhibition at our county fair and the Iowa State Fair.

The following protocol will be followed for county fair swine identification—Time frame for identification is 8:00 am, Wednesday, April 8 to 4:30 pm, Tuesday, April 14.

Exhibitor/parent must come to the Extension office...

- Pay $1.50/tag for their desired number of tags. Money will be refunded for unused tags.
- Ear tags are All-Flex brand. Be sure you have a tagger that will work with this brand. You may borrow a tagger from the office, if necessary.
- Get ID sheet to record ear notches and ear tag numbers.
- When you tag your pigs, the ear tag must be in the pig’s left ear with the button on the front of the ear. Take a head shot photo of each pig showing the ear notches and the number (must be legible) on the button of the ear tag. Use your phone, digital camera, etc. to take the photo. We need either a digital jpeg or a hardcopy of the photo by the time you turn in your ID sheet.

Return to the office by 4:30 pm, Tuesday, April 14...

- ID sheet with ear notches, tag numbers, sex, birthdates for gilts, and pigs selected for Lean Value Carcass Contest (pay additional $3/pig)
- Head shot photo of each pig listed on ID sheet showing ear notches and button of ear tag with tag number legible
- All unused tags

No pigs will be weighed during swine tagging. You may identify up to 6 of the pigs you tag for the Lean Value Carcass Contest. $3/pig entry fee is due when you return ID sheet/s to the Extension office. Ultrasound evaluations will be taken at 2:00pm on Thursday, July 16 following the county fair swine show. Final placing in the contest will be determined by lean carcass value – not lean gain per day on test. Tagging procedure will be similar for 4-H’ers planning to exhibit swine at the state fair. We will discuss the special tags, prices, and paperwork that is required when you come to the office to get your tags.

FFA Exhibitors – If you have pigs that you plan to show at both county fair and state fair, please contact your FFA adviser immediately so you have the necessary FFA state fair tags by April 14. Otherwise, you will have to double tag your pigs.

COUNTY FAIR POULTRY CLASS

- Market Broiler Pen of 3 exhibitors limited to 2 pens of 3 broilers each.
- Chicks must be ordered from Oak Hill Hatchery (641-524-5396) no later than May 1st, with pick-up on June 3rd.
- Chicks will cost $1.23 each.
- Each exhibitor will pay a $4 per broiler entry fee (processing and mileage to processing facility).
- Market broilers do not need to come to Pullorum Typhoid testing set for Saturday, June 27, 8:30–10am at the Adair County Fairgrounds.
- The pullet class (birds approximately 12 weeks – 6 months old) will be continued in the Egg Production division.

BUCKET/BOTTLE CALF EXHIBITORS

Bucket/Bottle calves must be identified with a special 4-H ear tag now available at the Extension office. You need to purchase the tag for $1.50 and have your calf tagged before turning in your ID sheet. ID sheets are due to the Extension office May 15.

LAMB AND MEAT GOAT WEIGH-IN

tagging and weigh-in is scheduled for Saturday, May 9, 8:30–10:30am at Adair County Fairgrounds.

ID SHEETS are needed by May 15 for bucket-bottle calf, breeding heifer, cow-calf, feeder calf, horse, dog, dairy, dairy goat, meat goat does, and breeding sheep. All market beef, market lambs, bottle lambs, meat goats, market and breeding swine have been or will be identified at the time of tagging. No additional paperwork is needed.

Early-bird Drawing for ID Sheets completed by May 1

We’ll conduct an early-bird drawing for everyone who turns in a paper copy of their ID sheets or has entered the information in 4honline by Friday, May 1. You can win prizes like tickets to the Iowa State Fair or discount on your 4-H t-shirt. Get your ID sheet to me or complete your animal identification in 4honline now, and be eligible for the drawing. Go to the following to complete animal ID using 4honline http://www.extension.iastate.edu/4h/page/4honline-information-families-and-leaders and scroll down to Animal ID Online.
Photography Workshop
Beginning level photographers will want to attend the Workshop sponsored by the Washington Stars 4-H Club on Sunday, April 12, 2:00pm at the 4-H/FFA Center on the fairgrounds. You will be using your HEAD to take a great picture; using your HEART to share the love of photography; using your HANDS as a hands-on workshop; and you will be HEALTHY by being outdoors to explore and take a photo. Bring your camera and a printed photo and learn from professional photographers. Admission is one canned food item.

2015 Area 4-H Junior Camp
The Area 4-H Camp, held at the Iowa 4-H Camping Center near Madrid, is open to all youth who have completed grades 5 and 6 or the equivalent in Home Schooling. 4-H membership is not a requirement, so bring a friend to share the experience! Camp will run from Sunday, June 7, 3 pm until the closing ceremony starting at 11 am on Wednesday, June 10. The camp will be filled at 80 youth, so you will want to register early before it fills up. Registration materials are available at the Extension office or online www.extension.iastate.edu/harrison/news/2015-5th-6th-grade-4-h-junior-camp Registration deadline is May 22. Cost is $225 for four fun-packed days and three nights. (Cost is tentative.) Adair County 4-H’ers are eligible for a 50% rebate. Need-based financial assistance to attend Iowa 4-H Youth Conference and Area 4-H Junior Camp is available from the Iowa 4-H Foundation. April 25 is the deadline to apply for assistance. This is in addition to Adair County rebates. Contact Donna at the Extension office 641-743-8412 or 800-ISUE 399 for details.

Jamberry 4-H Nail Wraps are now available!
Amanda Clemens, Page County 4-H alumna and Jamberry Independent Nail Consultant, is the only person who has 4-H Nail Wraps approved through Jamberry and who has access to this design. One sheet of Jamberry Nail Wraps will get you 2 Manicures and 2 Pedicures and 4 accent nails for future use. Cost is $25 per sheet or $40 for 2 sheets (no shipping charges). Orders will be delivered to the Extension office for you to pick-up. Contact Donna at the Extension office if interested. Orders must be turned into the Extension office by April 10th. Payment must accompany your order. Extension will get all orders to Amanda.

Still time to get Beef Quality Assurance Certified
Thanks to a partnership with Boehringer Ingelheim Vetmedica, Inc., your beef check-off-funded Beef Quality Assurance (BQA) program is offering free online BQA Certification. This opportunity is open to all beef and dairy producers, veterinarians, allied partners, agricultural friends, and students until April 15, 2015.

BQA provides cattlemen with the tools they need to produce the safest, highest quality beef in the world while also looking at ways to make their operations more efficient and productive. The BQA Program is the gold standard of livestock handling and animal welfare programs to demonstrate the industry’s commitment to continually improve the sound production practices most cattlemen use every day to build beef demand.

The online BQA program has customized programs specific to cow/calf, stocker, feedlot or dairy operations. These easy-to-use modules teach sound management techniques they can apply to their operation to produce safe, wholesome, and nutritious beef. The cattle industry has embraced BQA because it is the right thing to do; and it also helps cattle operations tell their story to consumers who might not understand all of the safety measures cattlemen take in producing the food on the table.

Those interested in taking advantage of this free online BQA certification opportunity before April 15 should start at www.BIVIBQA.com for the online modules. Click on Beef Quality Assurance and Beef Cattle Care or one of the other eighteen categories available (Comprehensive Beef Quality Assurance—recommended), register and enter code: BIVI.BQA for your payment method. After all videos within a specific category have been observed with quizzes passed successfully, you will become BQA certified!

For more information, contact Doug Bear, Iowa’s BQA Coordinator, at 515-296-2305.

LAST CHANCE
Adair County Extension is hosting two
LAST CHANCE
PRIVATE PESTICIDE APPLICATOR TRAINING
sessions on Wednesday, April 15
from 9:00-11:00am and 7:00-9:00 pm.
Location: Warren Cultural Center
Green Room
154 Public Square
Greenfield
(use the Iowa Street entrance on the north side of the building)
If you plan to attend please register by calling
ADAIAR COUNTY EXTENSION OFFICE
641-743-8412.
Registration deadline is April 13.
Cost of the training is $20.
ADAI R COUNTY YOUTH COUNCIL

Updates...

The next meeting for Youth Council is Sunday, April 26th at the Stuart Bowling Alley, 419 E. Front St., Stuart at 2:30pm. Members can enjoy some bowling after the meeting. Contact Deena for more details at 641-745-7164.

The last YC Meeting was held at the Warren Cultural Center, Green Room on Sunday, March 1st at 1:00pm. Main items on the Agenda were discussing the last two mentoring opportunities regarding the Clover Kids Program. They also reviewed each committee and discussed possible project ideas in each area of interest.

ANTIBULLYING COMMITTEE (Chair, Caroline Doud) discussed the anti-bullying announcements at the Middle School Dance event. Skyler Rawlings talked about his trip to Washington DC for the Healthy Living Summit and the ideas they gathered for possible future anti-bullying programming in youth events, activities and possibly schools. Several project ideas are in the works for YC to make a difference in this very important issue youth are facing in today’s world.

POVERTY COMMITTEE (Chair, Hailey Gross) discussed how YC could distribute donated food items to pantries in Greenfield, Stuart and Casey. This committee is currently researching various ways they could do mission work in their own county and in a larger span.

HEALTHY LIVING COMMITTEE (Chair, Vince Doud) shared that YC was able to receive an anti-tobacco grant and how they provided an anti-tobacco message during the Middle School Dance. Skyler R. shared more information from his DC trip about overall healthy living. YC will help conduct the Stuart Chamber of Commerce Relay Races during the ‘Good Egg Day Event’ on June 20th. The committee is also beginning to think about ideas to help with Summer Youth Camps thru Adair County Extension.

SCHOLARSHIPS COMMITTEE (Chair, Heath Downing) discussed possible activities YC could do at the Adair County Fair to not only promote 4-H but provide mentorship to youth. Many project ideas were discussed by all YC members for county fair, youth camps and other activities throughout the year. YC would like to have more of a presence at the county fair—ideas are being discussed to accomplish this. There is also a possibility of a Fall Membership Drive. Increasing project exhibit numbers in livestock and static exhibits at the county fair is part of this committee’s mission.

YC also discussed volunteering to help the Adair County Fair Board with painting buildings and fences at the fairgrounds in May. Riley Lonsdale and Shelby Soper are youth members of the Fair Board and will help to discuss this at their next meeting.

Riley L. also asked YC members to consider volunteering for KidsFest in Des Moines on March 7th. It was a great youth mentoring opportunity.

Needless to say, many projects are in the works for YC. Numerous ways to provide leadership, mentor to youth, conduct mission work and offer community service are being planned.
The Kelly Laughery Community Service Scholarships Continue to Grow!

Many of you may not know, but in 2009 the Adair County Extension Office worked to endow the Kelly Laughery Community Service Scholarship Fund. The purpose in creating this Endowment Fund was to honor Kelly Laughery by making the scholarship fund be self-sustaining and live on forever in memory of our Adair County 4-H’er. After the initial fund was created, the account has grown to over $45,000! This has only been possible because of the great contributors who helped make the initial Endowment possible and the generous support from individuals, proceeds from a sand volleyball tournament (organized and hosted by Kelly’s sister) and annual donations from the Adair County 4-H Youth Council.

In the past, the Adair County Youth Council has raised funds for the Kelly Laughery Scholarship Fund primarily through the Clover Run Event held annually on July 4th. After visiting with the Laughery family and other individuals who have actively been a part of the annual event, we have decided that it is time for a change. We have reviewed all facets of organizing and hosting the marathon event and have concluded that Clover Run has ‘ran’ its course. Some of the deciding factors include; runner attendance had continued to drop, availability of finding 30+ volunteers on a holiday, financially the event just broke even, and safety and/or liability risks. Youth Council is actually able to raise more funds for the scholarship fund by utilizing other fundraising events. We take this matter very seriously.

After 10+ years, the Adair County 4-H Youth Council will not be hosting the Clover Run Event for the Fontanelle/Greenfield/Massen annual 4th of July Celebrations. The Council will continue to contribute to the scholarship fund through dollars raised from some new and exciting activities. This change will allow them to continue their leadership and mentoring opportunities while completing projects in their focus areas (Anti-bullying, Healthy Living, Poverty, Scholarships, Literacy and Promoting 4-H) throughout all of Adair County.

Change can be difficult but with change comes growth and new rewards. The Adair County Youth Council has created a campaign, “Making A Difference”, and are growing their leadership skills, continuing their mission work, and providing community service on projects that help create change in each of their focus areas. As we all maneuver through these new changes, we ask for your understanding and cooperation in helping us spread the word and educate others about the discontinuation of Clover Run and the new possibilities of further helping the Kelly Laughery Scholarship Fund grow and continue to benefit youth.

If you would like more information on donating to the Scholarship Endowment fund directly, contact Angie at the Extension Office at 641-743-8412 or powella@iastate.edu.

Open Mic Night at The Corner Coffee & Antique Shop, 284 Public Sq, Greenfield. Friday, April 17 at 7:00 pm. Auditioning for opening act for Jason Brown Concert at the Adair County Fair. Performers who just want an evening to share their talents with the public or 4-H’ers who want to perform their individual Share the Fun act are welcome. This is an evening of entertainment, not just auditioning for the concert. Call The Corner at 743-8275 to request a time slot.
The Science of Parenting bloggers typically discuss parenting from a science or research-based perspective. However, this month the human sciences specialists from Iowa State University Extension and Outreach also will discuss the “art” of parenting – how parents can tailor their parenting style to each child’s temperament.

“Parenting style really isn’t ‘one size fits all.’ Styles range from overly involved ‘helicopter’ parents to ‘free-range’ parents who are more hands off, with a wide range in between,” said Janet Smith, a human sciences specialist in family life. Children react differently to parenting styles, said Lori Hayungs, also a human sciences specialist in family life. “Children who are more impulsive and have trouble focusing need more guidance from their parents and might benefit from a little micromanaging. However, children who have more control of their impulses and emotions might do better with a more hands-off approach,” Hayungs said.

“The art of parenting comes into play as we figure out how to customize our parenting style to our children’s needs,” Smith said.

Through the Science of Parenting, www.scienceofparenting.org, ISU Extension and Outreach specialists share and discuss research-based information and resources to help parents rear their children. Parents can join in the conversation and share thoughts and experiences, as well as how they handle parenting responsibilities.

Healthy Meals in a Hurry Workshop

On Saturday, March 28, Adair County Extension in collaboration with the PRTC, Orient, hosted a hands-on cooking workshop at the United Methodist Church in Orient where participants made easy cook-ahead meals to take home while learning some valuable nutrition lessons and cooking techniques from Barb Fuller, ISU E&O Nutrition & Health Program Specialist. There was no charge for this event thanks to the generous support of Adair County Cattlemen, Pork Producers, Horizons, and a small grant through CPPC.

Hard-Cooked Eggs

Ingredients:
1 dozen eggs

Instructions:
Place the eggs in a saucepan and cover with cold water, enough to reach the top of the shells. Cover the pan and bring to a light boil for 1-2 minutes, remove from heat, and let stand 15 minutes. Drain, cover with ice water, and let stand until cool.

Menu Ideas
• Add chopped eggs to a casserole to pack a protein punch!
• Add chopped eggs to any leafy green salad as a topper.
• Add egg slices on crispy, buttered toast for a quick, yet healthy breakfast idea.

Tips:
Prepare your eggs and then try the Creamy Egg-Salad Sandwich or Rhonda’s Deviled Egg recipes.

♦ Hard cook eggs, don’t hard boil. The cooking water must come to a full boil in this method, but the pan is then removed from the heat. The eggs will continue to cook gently in the hot water. This method produces tender eggs. It also reduces cracking and the green color that can form around hard-cooked yolks.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>EO = Adair County Extension Office</td>
<td>ACF = Adair County Fairgrounds</td>
<td>WCC = Warren Cultural Center</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Kelly Laughery Scholarship Due</td>
<td>Community Coffee 10-11am, Farmers Electric</td>
<td>Clover Kids 9:30-11am, City Hall Mtg Rm, Greenfield</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Guy Powell Scholarship Due</td>
<td>Rich &amp; Deb Hall Scholarship Due</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>Growing Up Wild Child Care Training 9am-1pm, WCC</td>
<td>12</td>
</tr>
<tr>
<td>Farmers Electric Coop Scholarship Due</td>
<td>4-H Jamberry Nail Orders are Due, EO</td>
<td>Spring Fling Vendor Craft Show, 9am-1pm ACF</td>
<td>13</td>
<td>14</td>
<td>LAST CHANCE Pesticide Applicator Training 9-11am or 7-9pm WCC, Green Rm</td>
<td>15</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>5:30pm, SWCC</td>
<td>4-H Weekend Trip to KC 4/17-4/19</td>
<td>WCC 3rd Anniversary Celebration</td>
<td>FSQA Training 10am, SWCC</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>4-H Jamberry Nail Orders are Due, EO</td>
<td>4-H Weekend Trip to KC 4/17-4/19</td>
<td>Arbor Day</td>
<td>WCC—Vegas Event 7pm</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>4/12-4/18</td>
<td>FSQA Training 5:30pm, SWCC</td>
<td>Toddler Fest 5-7pm, ACF</td>
<td>Youth Council Mtg 1pm, Stuart (location TBA)</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>County Fair Swine Tagging Identification 4/8 (8am) - 4/14 (4:30pm)</td>
<td>FSQA Training 5:30pm, SWCC</td>
<td>Toddler Fest 5-7pm, ACF</td>
<td>Extension Council Mtg 7pm, EO</td>
<td>26</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Volunteer Week April 12th—18th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# May 2015

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>EO = Adair County Extension Office</td>
<td>ACF = Adair County Fairgrounds</td>
<td>WCC = Warren Cultural Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3</strong> Youth Council Mtg 1:00pm (location TBA)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>9</strong> Lamb &amp; Meat Goat Weigh In 8:30-10:30am, ACF</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td><strong>MOTHER’S DAY</strong></td>
<td></td>
<td></td>
<td></td>
<td>Adair County Health Customer Appreciation 11am-1pm Hospital Dining Room</td>
<td>ID Sheets due to EO Summer Program Schedule Sign Up begins</td>
<td></td>
</tr>
<tr>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Summer Youth Camp Sign Up Event 5-7pm, Greenfield Lake</td>
<td>SW Area 4-H Jr Camp Registration Deadline</td>
<td></td>
</tr>
<tr>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
</tr>
<tr>
<td><strong>MEMORIAL DAY</strong> (Extension Office Closed)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>State 4-H Youth Conference Registrations Due</td>
</tr>
</tbody>
</table>