FSQA Training

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

Following are training dates and locations...

- **March 17**: Training 6:00 – 8:00pm
  4-H/FFA Center, Adair County Fairgrounds
- **April 13**: Training 6:00pm
  Cass County Community Center, Atlantic
- **April 15**: Training 5:30 – 7:30pm
  Southwestern Community College Ag Farm
- **April 18**: Training 10:00 am – 12:00pm
  Southwestern Community College Ag Farm

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) if you would like to use the testing option. Otherwise, choose the training session that works best for you and be sure to mark your calendar.

In today’s world, food safety is one of the animal producers’ biggest responsibilities. With over 15,000 Iowa 4-H’ers enrolled in livestock projects, about 17 million pounds of meat is produced each year.

The goal of this program is to help youth and their parents better understand what they can do to produce the safest food possible.

CLUB CHECKLIST

As a Club:

- Plan a service activity around the second ‘H’ (heart). February is American Heart Month, so an activity featuring heart healthy snacks or physical activity would be ideal.
- Remind members to bring pop tabs to the Adair County Extension Office.
- Start looking ahead to ADAIR COUNTY FAIR. Think about a service project or educational workshop your club can or will complete. Appoint a small committee to document your activity and turn it into a club exhibit for the fair.
- Schedule a day in early Spring for your club to pick up sticks at the fairgrounds.

Holiday Mail for Heroes - NEW RECORD

Adair County 4-H’er Hank Bohling has led this fantastic service project for the past six years. A record total of 3185 holiday cards were delivered to the American Red Cross headquarters to be mailed and distributed to members of the Armed Forces, veterans and their families during the holiday season. All holiday cards collected around Adair County and outlying areas were screened, sorted, and distributed in military-serving installations and facilities throughout Iowa.

Welcome New 4-H Members!

Adair County Extension would like to welcome the following new members to area 4-H Clubs....

SUMMIT SUPER STARS: Kate Oettchen
Sophia Dorsey
Volunteer Leader Training for 2014 - 2015

Regular Volunteer Training for the Year

Online version is now available. Go to www.extension.iastate.edu/4h/volmgt (Scroll to Instructions for Online Course Access)

Iowa 4-H requires all 4-H leaders (organizational, assistant, and countywide project leaders, including Shooting Sports volunteers) to participate in one training each year.

This training focuses on “Heart of Belonging” and should be completed by July 1, 2015.

Only leaders who have met the training requirements are covered as part of our insurance plan and eligible for tort liability coverage. By not attending the face to face training or completing the online version, you are putting yourself and Adair County Extension in a possible lawsuit situation if accidents should occur during a 4-H club meeting or activity. The guidelines sent from the State 4-H office are in place to protect us. The many, many hours that each of you as volunteers dedicate to the Adair County 4-H program is certainly appreciated. We could not continue the quality program without your support.

New 4-H Volunteer Training

ISU Extension and 4-H staff will be providing training for new 4-H club/project volunteers on Saturday, February 28th, 9:00 am – 3:00 pm at the Cass County Community Center in Atlantic.

The training will also be held in Osceola, 9:00 am – 3:00 pm at the Clarke County Events Center the same day.

This is one more step in the total screening process for new volunteers. 4-H leaders, or volunteers, with 3 years or less of experience are invited to the training designed to give new volunteers a better working knowledge of positive youth development, the Iowa 4-H Equation, and tools that will help you be more confident and capable in your role working with youth. This fun, hands-on training includes breakout sessions for Clover Kids volunteers and Club/project volunteers. Volunteers who attend receive a notebook of positive youth development resources.

Morning refreshments, lunch and all materials are included so please go to http://www.extension.iastate.edu/4h/volunteertraining to register. Click on the registration link in the red box on the right by February 2. There is NO COST to volunteers to attend. Choose the location that works best for you.

Members in Action

⇒ Thank you to the Adair County Wing Walkers, Adair County Hot Shots and NV Champions for their participation in the Greenfield Lighted Christmas parade.
⇒ Adair County Hot Shots enjoyed a Christmas party with pizza and games, prepared cookie plates for various service groups in the local area, and sponsored a food drive with donated items going to the Adair County Neighborhood Center.
⇒ Adair County Wing Walkers have applied for the TN Howe Grant to help with funding books for the Greenfield Public Library youth room. Members will also be working with library personnel to sponsor a story hour. The club made fruit/candy platters for local banks & newspapers to show appreciation for supporting the 4-H program.
⇒ Jefferson Pioneers prepared and delivered 30 Christmas packages of homemade breads, muffins and fruit to elderly neighbors in December. Members and their families enjoyed a potluck meal and made tie blankets for Stuart Care Center residents and children in local organizations.
⇒ NV Champions hosted a successful Holiday Dance & Party for 6 – 8th graders.
⇒ Orient Bulldogs prepared and delivered cookie/candy plates in their local area.
⇒ Richland Royals members and their families prepared snack boxes and delivered while caroling at numerous residences in Orient. Members assembled twelve ‘Socks of Love’ at their January meeting for distribution to those in need.
⇒ Summerset Citizens adopted a family for Christmas. The group also entertained Fontanelle Good Samaritan Center residents with caroling and visiting. Everyone had a good time as the group returned to the NV Middle School to assemble cookie trays for 4-H supporters, followed by a potluck supper, games and a gift exchange.
⇒ Summit Super Stars made snowman Christmas ornaments using bottle caps to decorate their tree for the Adair Festival of Trees. They took the ornaments to Heritage House in Atlantic and visited the residents. The group made a cash donation and donated paper products and laundry soap to fellow member, Michael Maas, to help with his A-C Food Pantry Project.
⇒ Washington Stars enjoyed a Christmas potluck with their families and prepared cheer plates at their December meeting. Each of the club’s 14 members gave a presentation during their January meeting including the following topics – Recycled Bookmarks; Creative ways to paint your fingernails; Gymnastics Moves; etc... These would be some excellent working exhibits and educational presentations coming to county fair.
⇒ Way Out Walnuts members served and provided clean-up for the benefit dinner held for a local fire victim. Members and their families enjoyed a Christmas potluck and prepared cheer plates for those in need and to show thanks for support of their club.
⇒ Eighteen exhibitors weighed-in 52 head of market beef for the 2015 Adair County Fair. Heath Downing, Joe and Annie Herr verified animals for the Iowa State Fair and AK-SAR-BEN 4-H livestock shows.
College Alert

A listing of local scholarships can be found on our website [http://www.extension.iastate.edu/adair/4h](http://www.extension.iastate.edu/adair/4h) (Scroll down to ‘Scholarships’)

January 30 – Adair County Soil & Water Conservation District*
Three scholarships given locally. Applications available at the Extension office or online [www.cdiowa.org](http://www.cdiowa.org) Click on Conservation Districts of Iowa – Programs – Education & Acknowledgement – Scholarships

January 30 – West Central ‘Excellence in Agriculture’ Scholarship
Parent must be a voting member of West Central. Applicant must pursue career in ag or ag-related field. Details and application available at Extension office or [www.west-central.com](http://www.west-central.com)

February 1 - Graduating seniors and current college students should check out the [State 4-H Scholarships](http://www.extension.iastate.edu/adair/content/all-4-h-news)

February 1 - Hixson Scholarship – Iowa State University
Go to the following website for criteria and application. Apply online at [www.dso.iastate.edu/hixson/application/](http://www.dso.iastate.edu/hixson/application/)

February 1 - Iowa Corn Growers Assn – Future of Ag Scholarship
Parent must be ICGA member. Applicant must pursue a career in agriculture or enter an ag-related field at any accredited junior college, college or university. Applications are available at the Extension office or online [http://www.iowacorn.org/en/membership/student_members/](http://www.iowacorn.org/en/membership/student_members/) (Scroll to ‘Iowa Corn Future of Ag Scholarship’)

March 1 - Adair County Corn & Soybean Association Fritz Langguth Memorial Scholarship*
Parent must be member. Applications due March 1, 2015.

March 2 - Adair County Farm Bureau and Iowa Farm Bureau Federation Scholarship
Parent must be member. Applications for both, due March 2, 2015. Adair County Farm Bureau will award 2 - $500 scholarships. For more information call Ruth McGinnis (641) 343-7070. Application form available at the Extension office or online [www.iowafarmbureau.com](http://www.iowafarmbureau.com) (Go to Members tab – Sign-in – Go to My Membership – Scholarships)

March 15 - Agriland FS Foundation Scholarship
Applicant must pursue a career in agriculture or enter an ag-related field at any accredited college or university. For more information 515-462-5353. Applications are available at the Extension office or online [www.agrilandfs.com/foundation](http://www.agrilandfs.com/foundation) (Click on Scholarship Program.)

2015 Youth Trip to Washington DC
Application Due February 17

High school juniors are encouraged to apply for a chance to earn an all-expense paid trip to Washington, D.C. sponsored by Farmers Electric Cooperative. Go to the following link for details and an application [http://www.farmersrec.com/content/youth-tour](http://www.farmersrec.com/content/youth-tour)

Leadership Opportunities

High school teens and adults are needed to serve on the [Youth Action Committee](http://www.extension.iastate.edu/adair/content/all-things4-h). This group is in charge of setting county 4-H policy including developing rules for the 4-H and FFA divisions at the county fair and assisting with fundraising. Contact Donna at the Extension office for an application or go online at [http://www.extension.iastate.edu/adair/content/all-things4-h](http://www.extension.iastate.edu/adair/content/all-things4-h)

Thank You!

Thank you to the Adair County Hot Shots and the Summerset Citizens for the cookie/candy plates that were delivered to the Extension office. The “goodies” were delicious and enjoyed by all staff.

Improvements to Adair County Fairgrounds Varied Industries Building

The “old” 4-H building on the fairgrounds is no longer available. Improvements have been made to the Varied Industries building making the building available for use by our 4-H clubs. If your club has a need to use this building, contact Brenda Meisenheimer at 641-743-9911 or adaircountyfair@windstream.net for scheduling.

One Million Pillowcase Challenge in Polk County

‘American Patchwork & Quilting’ and Polk County 4-H are joining forces to host a One Million Pillowcase Challenge event at the Polk County Extension Office from 1 – 4:00 pm on Saturday, January 31. The Polk County office is located at 125 Adventuredland Drive, Suite A in Altoona. 4-H members and their families are invited to sew pillowcases for local Des Moines charities. All supplies will be provided free and staff members will be on hand to help walk participants through the process of making a pillowcase.

Participating in the Pillowcase Challenge might be an opportunity for a club outing. I have made some contacts with the possibility of hosting a One Million Pillowcase Challenge here in Adair County. Please let me know your thoughts on hosting this event locally.

FSA Youth Loans

The Farm Service Agency (FSA) is the bridge that helps rural youth grow both personally and professionally in preparation for becoming tomorrow’s leaders in agriculture. Youth loans, up to $5,000 are available to purchase feeder livestock, breeding stock, equipment and crop expenses. Loan applicants must be a 4-H’er or FFA member between 10 and 20 years old. For information contact: Farm Service Agency in Greenfield at 641-343-7033.
2015 Conservation Districts of Iowa’s POSTER CONTEST

This year’s theme is “Local Heroes – Your Hardworking Pollinators”. Poster contest is open to all K-12th grade Adair County residents. Local cash prizes will be awarded. Posters will be displayed at the 2015 Adair County Fair. Entries must be submitted to the SWCD office in Greenfield by 4:30 p.m. on Friday, March 27, 2015. Entry form and guidelines are available at the Extension office or online http://cdiowa.org/conservation-districts-of-iowa/programs/public-

Horace Project Meeting – Sunday, January 25, 3:00 pm, Extension Office
Horse project members and parents are encouraged to attend the meeting. Bring your ideas for changes in the fair rules and activities. Iowa horse Jamboree and Horse Judging Competitions are combined this year for the 2015 Equine Extravaganza to be held May 1, 2, & 3 at Ellsworth Community College Equine Center in Iowa Falls. Opportunities will be discussed at the meeting.

Weigh-in & Tagging Schedule
Swine tagging for all 4-H & FFA pigs to be shown at the Adair County Fair will be Saturday, April 11, 7:00 am – 1:00 pm at the fairgrounds in Greenfield.
Lamb & Meat Goat tagging and weigh-in is scheduled for Saturday, May 9, 8:30 – 10:30 am at the fairgrounds.

AGDISCOVERY PROGRAM 2015
Offered by USDA & ISU
Application Deadline: March 6th; Iowa’s AgDiscovery program helps teenagers learn about careers in Veterinary Medicine, Animal Science, Laboratory Technology and Wildlife Ecology. Students live on the Iowa State University campus and learn from university professors, scientists who work for the U.S. government, and local agricultural producers and animal welfare and management organizations. Students who participate gain experience through labs, workshops, and field trips. Team-building activities and diversity workshops build important life skills in participants. AgDiscovery is made possible by a collaborative agreement between USDA, Animal and Plant Health and Inspection Service (APHIS) and Iowa State University. Contact: Claudia Lemper, Microbiology Program Lecturer, Ag Discovery Program Coordinator, 515-294-3591

4-H & FFA Swine Judging Contest
Thursday, January 29 – Iowa State Fairgrounds, Livestock Pavilion
All 4-H and FFA members are invited to participate to increase their pork knowledge, test hog judging skills, earn valuable college scholarships, and attend the Pork Congress tradeshow. Contact Stephanie Carlson at 800-372-7775 or scarlson@iowapork.org for more information or to register.

Like us on FACEBOOK
“Adair County ISU
Extension & Outreach”
Photos & Information Posted Daily
Empowering Adair County Foundation is hosting a free Grant Writing Seminar at three different locations on Wednesday, January 28th. Joe Sorensen, Community Foundation of Greater Des Moines, will be the featured speaker. This workshop will be informational and provide beneficial guidance for anyone to use when completing a grant application. The grant application process can be competitive, which makes it more difficult to have your application accepted for funding. Discover ways to create a more professional grant proposal.

The three offerings for Adair County are...
- 9:00-10:00am Stuart: AmericInn (Meeting Rm, 420 SW 8th St) Refreshments by Henry A. Wallace Center will be provided.
- 12:00-1:00pm Adair: Adair City Hall (Meeting Rm, 320 Audubon St.) Zipp's Pizza is catering lunch. No chg.
- 3:00-4:00pm Greenfield: Warren Cultural Center (Green Rm, 154 Public Square) Refreshments by Henry A. Wallace Center are included.

Empowering Adair County Foundation (EACF) is an affiliate of Community Foundation of Greater Des Moines. Mr. Sorensen will also provide information specific to EACF’s grant program and answer questions.

Each year Empowering Adair County Foundation awards funds for projects which support economic well-being, tourism, community beautification, public services, and recreation/entertainment/arts/culture in Adair County. "These workshops will help explain how Empowering Adair County Foundation works and provide good working knowledge regarding the expectations of quality grant proposals," stated Angie Engles (Adair County Extension/Empowering Adair County Foundation Administrator). "We encourage people to attend and learn good grant writing skills while getting a better understanding of EACF and how it can positively impact your community."

Light snacks will be provided during the morning and afternoon sessions. A light lunch will be supplied for the noon workshop. These seminars are free of charge. Anyone is welcome to attend. For more information or to register for one of the three workshops, call Angie Engles or Deena Wells (Adair County Extension & EACF Representatives) at 641-743-8412 or email dwells@iastate.edu. Registration deadline is January 19.

Kathy Rohrig - Ag Coordinator & SOFA Director

Adair County Private Pesticide
TRAINING DATES:
Monday, February 2, 2015
6:30-8:30pm - Adair Community Centre, Adair
Tuesday, February 17
9:30-11:30am - 4-H & FFA Center, Adair County Fairgrounds, Greenfield
Thursday, February 19
1:30-3:30pm - Southwestern Community College (SWCC) Room 180, Creston

Adair County Manure Re-Certification
TRAINING DATES:
Confinement Site Manure Applicator Training
Monday, February 2, 2015
1:30 - 3:30 pm – Adair City Hall, Adair
Dry/Solid Manure Applicator Workshop
Tuesday, February 17
1:00 – 4:00 pm - 4-H & FFA Center, Adair County Fairgrounds, Greenfield

For more information, contact Adair County Extension at 641-743-8412. Or email Kathy Rohrig at krohrig@iastate.edu

DEADLINES FOR 2014 FARM BILL
The 2014 Farm Bill established new crop insurance programs, Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC), designed to help better manage risk. Producers have until Feb. 27 to update yield history and/or reallocate base acres, and program elections must be made by Mar. 31.

Students: submit your Iowa Corn 300 t-shirt design by Feb. 2
Iowa Corn would like your help in designing a t-shirt for the 2015 Iowa Corn 300. The winning design will be worn by nearly 3,000 race fans on July 18, as IndyCar showcases the power and performance of ethanol, made from corn.

Farming for the Future Conference
Coalition to Support Iowa Farmers is excited to announce the 2015 Farming for the Future Conference will be held Jan. 23 at the Quality Inn and Suites in Ames. This year’s event, themed The Risk and Reward of Livestock Production, will feature a panel and breakout sessions with farmers and industry representatives to help attendees determine which opportunity(s) in the livestock industry may be best suited for them. In the afternoon, “Show Me the Money” sessions will address financing and managing risk.

The rest of the conference will build on Dr. Kohl’s presentation. This is an event you don’t want to miss – and there’s no cost to attend. Check out the agenda and reserve your seat at www.supportfarmers.com/conference. The deadline for pre-registration is January 19.

Save the Date…
March 19, 2015
2015 signifies a memorable milestone for the Empowering Adair County Foundation. EACF will celebrate their ten year anniversary on March 19, 2015 at the Warren Cultural Center Gallery from 4:00-6:00pm. There will be a formal presentation at 5:30pm. The Gallery will be filled with presentation boards from past grant recipients showcasing completed projects from all over Adair County. This exhibit will be open to the public the entire month of March for anyone to stop by and enjoy. Refreshments will be provided. We encourage anyone to attend this celebration of an organization that has positively impacted Adair County in so many ways. More information can be found on Adair County ISU Extension & Outreach website—scroll down to ‘Empowering Adair County Foundation’. Or find the Foundation on Facebook.
**ADVANCED BULL SELECTION SERIES - Use of Genetics & Genomics**

ISUEO has teamed up with SELECT SIRES & AGRARIAN to offer a statewide series addressing the most recent genetic tools available to cattle producers including genomic technology & $Value Indexes. The program will help producers discover, source and buy bulls to match their environmental resources and production goals.

**Monday, February 23rd**

at Southwest Community College  
1501 W. Townline Street, Creston, Iowa  
6:30-9:00pm  
(grilling by Adams County Cattlemens Association)

Steak dinner will be provided at all locations. To register, call Prairie State Select Sires at 888-464-5282, extension 28. Give your name, phone number, meeting location and number of attendees. For additional information, contact Patrick Wall, Beef Field Specialist at 515-450-7665.

This event is sponsored by ‘Iowa Beef Center’, ‘Prairie State Select Sires’, ‘Agrarian Marking Corporation’ and ‘ISU Extension & Outreach’.

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**Mexican Chicken Soup**

Serving Size: 1 cup  
Serves: 8  
Cost Per Serving: $.82

**Ingredients:**

- 2 (15-ounce) cans diced tomatoes (Mexican-style)
- 1 (15-ounce) can black beans, drained and rinsed
- 2 cups frozen corn or 1 15-ounce can corn, drained and rinsed
- 1 (14.5-ounce) can sodium-reduced chicken broth
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 teaspoon pepper
- 1 pound skinless, boneless chicken breast

**Instructions:**

1. Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper in large saucepan.
2. Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
3. Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup.

**Tips:**

- Serve with choice of garnishes, such as chopped cilantro, sliced or chopped avocado, light sour cream, shredded cheese or baked tortilla chips.
- One cup dried beans (black, kidney, garbanzo) can be substituted for the canned, if desired. Rinse the beans and soak overnight before adding to the large saucepan.

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**Children and Electronic Devices LUNCH AND LEARN**

Adair County Health System and Heartland Family Service are sponsoring a Lunch and Learn on Thursday, January 29, 2015. The event will be held in the Education Room at Adair County Memorial Hospital from 12pm to 1pm. The event is free.

Information on the dark side of devices and children will be presented. Some topics will include brain growth, sleep deprivation and ways to control and limit exposure. This information is good for parents, childcare providers, grandparents and anyone who is around children.

A free lunch will be served during the event. Please RSVP by January 27th to Tiffany Johnson at 641-743-2123 or tiffjohnson@adaircountyhealthsystem.org.

Visit our website  
[http://www.extension.iastate.edu/adair/](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.

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**RECIPe of the MONTH**

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**REcipe of the MONTH**

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**Nutrition Facts**

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<td>Sugars</td>
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<td>Protein</td>
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**Vitamins and Minerals**

| Vitamin A | 15% |
| Vitamin C | 25% |
| Calcium | 4% |
| Iron | 10% |

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Plans are underway for a **SPRING BREAK MIDDLE SCHOOL FOOD ADVENTURE TRIP** scheduled for **Wednesday, March 18**. This trip is to help youth learn various aspects of the food industry from planting and growth to retail and sales. Please check the Adair County ISU Extension website and Facebook page for more information as details are confirmed.
### January 2015

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- **Adair County Fair Board Soup Luncheon**
- **4-H & FFA Building Adair County Fairgrounds SOFA Planning Comm Meeting**
- **Martin Luther King Day**

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- **Horse Project Meeting** 3pm, EO

### February 2015

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- **Youth Council Mtg** 3:30pm, WCC
- **State 4-H Sch App Due  Hixson Sch App Due IA Corn Gr Sch App Due**

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- **VALENTINES DAY** WCC: Two on Tap 7pm

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- **PRESIDENT’S DAY**

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- **New Volunteer Training** (Cass Co Comm Cntr and Clark Co Events Cntr) 9am-3pm
# March 2015

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<td>1 Youth Council Mtg 3:30pm, Location TBA</td>
<td>2 EACF Gallery Exhibit till 3/30 in WCC, Gallery</td>
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<td>Adair Co Corn Sch Due</td>
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<td>National Day of Unplugging AgDiscovery Program App Due</td>
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<td>7 Clover Kids 10am, City Hall Mtg Rm, Greenfield WCC—Elvis 7pm</td>
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<td>10</td>
<td>11</td>
<td>12 Child Care ‘Better Kid Care’, 6:30pm City Hall, Greenfield</td>
<td>13 WCC—Dance Party 7pm</td>
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<td>15</td>
<td>16</td>
<td>17 ST. PATRICK’S DAY</td>
<td>18</td>
<td>19 EACF 10th Anniversary Event 4-6pm, WCC Gallery</td>
<td>20</td>
<td>21 First Day of Spring WCC—David Burgess 7pm</td>
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<td></td>
<td>Agriland FS Sch Due</td>
<td>AG DAY 9:30am-1pm Adair Co Fairgrounds</td>
<td>FSQA Training 6-8pm Adair Co Fairgrounds</td>
<td>Middle School Food Adventure Trip 9am, Depart from EO</td>
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<td>18</td>
<td>National Philanthropic Week March 16th—20th</td>
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<td>22</td>
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<td>25</td>
<td>26 Child Care ‘Better Kid Care’, 6:30pm City Hall, Greenfield</td>
<td>27 Conservation Poster Art Due</td>
<td>28 Healthy Meals Workshop 8am-1pm Orient Methodist Church State Award Interviews Ames</td>
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<td>WCC—Branson 7pm</td>
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<td>EO = Adair County Extension Office ACF = Adair County Fairgrounds WCC = Warren Cultural Center April 1 Kelly Laughery Scholarship App Due</td>
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