



MARCH SPECIAL NEWS



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In4mation for you...

Life seems a little scary right now and there is a whole lot changing very quickly in our world at this moment. The good thing though is that it isn't permanent and fingers crossed that we will be through this sooner than later.

Last week we learned that we will be closing temporarily to help do our part by staying home to help flatten the curve. Even though this is change we will still be available, we will just be working remotely from our homes. You can still contact us through our work email anytime and or through text message during business hours.

I am also looking forward to trying out some new things like Webex/ Zoom meetings, workshops and classes. I will be hosting daily live Face Book activities through out the week, so check out the schedule on the last page. Some other great thing to do is work on your record book or on your projects for fair.

In this newsletter you will find some great project materials to try, online STEM challenges and other fun stuff like Animal U. We understand staying cooped up is no fun, but we have lots of great things to try to make it a little bit more bearable. Check out our Facebook page for more things too!

4-H
GROWING TOGETHER

IOWA STATE UNIVERSITY
University Extension

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What kind of things can we learn and do...



Being home alone can be really stressful on both parents and children, especially right now, but it doesn't have to be. Did you know that the Iowa 4-H has a

whole program called "On their own and okay"? This program helps families and children navigate staying home alone.

Check out the parents guide: [On their own and okay](#)

Fun for 4-Hers..

If you like crops and maybe want to learn some really cool science about plants, check out the crop science series

[Book 1: A Seedy Business](#)

[Book 2: Green and Growing](#)

[Book 3: Be'an all you can be](#)

[Book 4: Fields of Opportunity](#)



Or check out the online class "[Crops feed the World](#)"



Maybe creepy crawlies are your thing.

Check out [Entomology: Creating a project](#)

Try your hand at an online Wind or Solar STEM challenge

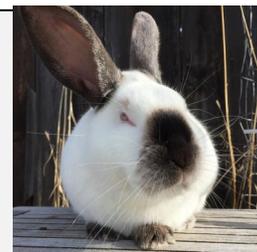
<https://www.kidwind.org/online-challenge>

4-Hers in 8th –12th grade should check this out;

[From Mendel to Markers](#)

Learn all about how molecular markers are being

used to improve traditional plant and animal breeding and diagnose genetic diseases in all organisms.



Do you want to learn more about livestock, but all the workshops are currently postponed. Then check out ISU's newest interactive Animal

learning lab at [Animal U](#) online.



If you haven't done it yet, go get your YQCA done before its to late!

<https://yqca.learn-grow.io/Account/Login>

For more fun and exciting 4-H learning go to

<https://www.extension.iastate.edu/4h/4h-at-home-learning-resources>

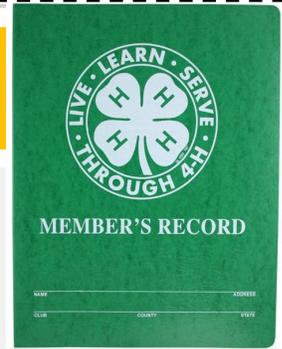
MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL WORKING
AND LEARNING IN PARTNERSHIP WITH CARING ADULTS



Record books

Starting **Friday at 4pm**, join me as we dive into Record Books and how to tips. This will be a **live Webex meeting every Friday at 4pm** where you can ask question and get answers as we go. If you need Record Book forms, you can find them on our website at <https://www.extension.iastate.edu/mills/4h>



Webex and Zoom

What is Webex that I keep talking about? What is a Zoom?

Webex and Zoom are virtual meeting platforms where we can have meetings remotely while still being able to interact together. These are great for virtual meetings or just getting together to chat. Look out for more information to come in your emails!

Face Book Live episodes

Being home and away from friends and 4-H can be the pits some days and can be down right boring. To help fight some of the boredom, I will be hosting Face Book live episodes **daily at 11am (Except Mondays) starting Thursday, March 26th**. Each day will have something different and on Fridays we will have a challenge.

Mondays @ 930am- Mad Science/ STEM

Thursdays– Thoughtfulness/Mindfulness

Tuesdays - Art

Fridays - Q/A.ask me anything followed by

Wednesdays - What to do days (Send me your suggestions!)

our weekend Challenge

* I will also have a snack along every **Monday and Wednesday at 2pm** with fun and healthy snacks to make

4-H IS BASED ON RESEARCH