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-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 it’s too late!
[https://yqca.learngrow.io/Account/Login](https://yqca.learngrow.io/Account/Login)

For more fun and exciting 4-H learning go to
[https://www.extension.iastate.edu/4h/4h-at-home-learning-resources](https://www.extension.iastate.edu/4h/4h-at-home-learning-resources)
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](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 bordem, 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
- **Tuesdays** - Art
- **Wednesdays** - What to do days (Send me your suggestions!)
- **Thursdays** - Thoughtfulness/Mindfulness
- **Fridays** - Q/A.ask me anything followed by 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**