Dear Extension Families,

The groundhogs forecast six more weeks of winter, but it has been so mild this year it seems as though spring should be here any minute. It is hard for us to remember that it just MARCH! We did enjoy the mild February days.

Inside this newsletter, we have given you some ideas for things to do this season. The organization series continues with help getting organized to do your taxes – if you have not done that already. Also, we have lots of announcements for upcoming programs and activities.

Our staff sees March as a great planning month! You can begin to plan your summer garden. You can plan a new system for keeping up with important receipts for your taxes. You can plan healthy menus for your family. Good planning is often the key to future success. Hopefully, spending some time in March looking ahead and making plans will reap big rewards later in the year.

Happy March,

Teresa Garland
County Extension Director

Randy Collins
Extension Agent
Agriculture

Eve Rogers
Extension Agent
Family & Consumer Science

---

INTERVIEW PRACTICE
March 29        4:00

Are you looking for a job or applying for scholarships? Let Extension help you develop the skill needed to ace an interview.
Call 735-4802 to pre-register!
PROJECT BOOKS AND CUMULATIVE RECORDS

4-H Project Record Books and Cumulative Records for 2011 were due to the 4-H office on Monday, February 27. 4-H’ers completed 5 project books and 1 cumulative record. By completing records, youth can earn county, district and state awards. These awards can help youth in the selection process for National 4-H Congress, in being selected as a member of 4-H Honor Club, and in pursuing college scholarships and admission.

Record books help youth learn to set goals, make plans for reaching goals, and keep records of accomplishments. These skills are beneficial both in school and in the world of work. Youth may select projects in a variety of areas: citizenship and civic education, expressive arts, family and consumer science, plants and animals, personal development and leadership, the environment, and science and technology.

WEST DISTRICT TEEN RETREAT 2012

Teen Retreat is scheduled for March 30-31 at Swannanoa 4-H Center. It will begin on Friday evening and adjourn late afternoon on Saturday. Teen Retreat is open for youth ages 12 and up. The cost will be $75. Space is limited. Teens interested in attending Teen Retreat should contact the Extension Center at 479-7979 to be put on the roster.

Early registration is now through March 8.

RECIPE OF THE MONTH

Huevos Rancheros

One of the most portable proteins is a hard-cooked egg, but it has no fiber or carbohydrates. So slice it, then roll it in an 8-inch whole-wheat tortilla with a piece of Canadian bacon or lean ham and, if you like, a ½-ounce slice of cheese. Add a tablespoon of salsa for a shot of flavor and a smidgen of vitamin C.

If you are between the ages of six and eighteen and would like to begin work on a project book for 2012, please come by the Extension Center and pick up a project selection sheet. If you would like to discuss possible 4-H projects, please talk with Pam or Teresa.

VISUAL ARTS CONTEST
Submission Deadline: April 30, 2012

North Carolina 4-H’s Operation: Military Kids program is proud and excited to announce the 5th annual OMK Visual Arts Contest. The contest is open to all North Carolina youth. The age categories are 5-8 years old, 9-10 years old, 11-12 years old, 13-15 years old, and 16-18 years old. The contest is designed to introduce youth to photography and the arts as part of the 4-H Expressive Arts Curriculum. Youth will utilize their photography skills and their artistry to tell what freedom, patriotism and support for our troops mean to them. Selected photographs and artwork will be displayed during the week of the 2012 North Carolina 4-H Congress, other events and appropriate venues.

VISUAL ARTS THEMES:
- Love of the USA
- Spirit of Patriotism
- All American Kids
- Military Life
- Honoring Our Heroes

For official rules and entry forms, log on to: www.nc4h.org/military/index.html
SNOW DAY IDEAS FOR PARENTS

Have A Cookie Competition: It’s the season for sweets and there are hundreds of amazing cookie recipes out there. Try hosting your own cookie baking competition! Put together two or three teams of family members and/or neighborhood friends. Choose a couple cookie recipes and get baking!

Be A Snow Artist: Try snow painting! Fill squirt bottles or spray bottles from a craft store with water and food coloring then send your little artists outside to add some color to the white landscape.

Make REAL Hot Chocolate: Forget powder from a packet! Homemade hot chocolate is a kid crowd-pleaser and much easier to make than you may think! All you need is milk, semi-sweet chocolate (regular candy bars will not work), and sugar. Gather up the kids for a warm cup of cocoa and take the time to have a talk as a family.

Build A Bird Feeder: Building a bird feeder is not only fun, but also, allows you to teach your kids a little bit about nature. Research what species of birds stay in your area for the winter and discuss how others migrate and what that means while you create your bird feeder.

Frosty Treasure Hunt: Here’s a fun twist on a classic winter activity. Before your kids head outdoors to build a snowman hide all the accessories they’ll need to assemble their Frosty out in your own backyard. The kids must collect all the pieces before they begin building!

Build An Indoor Fort: Bring adventure indoors with blankets, pillows, tablecloths, and chairs! You can use anything to make an indoor fort and kids love the idea of having their own space to transform into a clubhouse or secret hideaway.

Write A Family Storybook: This activity is all about creativity. Let your little ones illustrate and write their own storybook using their family members as the main characters. Begin by either typing the story for your kids on the computer while they tell it to you or by letting them write it on paper.

Put On A Play: When it's too chilly to be outside, encourage your little ones to get creative by putting on a play complete with costumes and a big show for mom and dad. Your kids can write their own script or act out one of their favorite books or bedtime stories. If done right this can turn into an activity that will keep them entertained and happy all day!

COGGINS CLINIC
Saturday, March 24th 9:00am—3:00pm
Sweetwater Farm & Garden

Dr. Beverly Hargus will once again be on hand to administer Coggins tests and perform any needed maintenance on horses and other equines. For more information contact the Graham County Extension Center at 735-0997.

COME SEE YOUR REMODELED EXTENSION
OPEN HOUSE
May 17
1:00-4:00
Extension Center
39 South Main Street

SORRY FOR THE INCONVENIENCE
If you have tried to call the Extension office in the past few weeks, then you have discovered that there was a problem with the phone system. Hopefully, by the time you receive this newsletter, a new phone system will be installed and operational. We are sorry for the inconvenience this may have caused our Extension families. If for some reason you cannot get an answer at 479-7979, please call 735-0997.
4-H PHOTOS

Brylee Parham helps 4-H Cloverbuds assemble Kaleidoscopes.

4-H Cloverbuds learn about primary colors.

"ROYGBIV"
Red, Orange, Yellow, Green, Blue, Indigo and Violet
Did you know the colors of the rainbow are always the same?

PAM'S PERSPECTIVE

Unlike last year, we have had good weather and we have not missed a single meeting yet.

In February, the Cloverbuds lesson was about light and color. They learned about the primary colors, and how to mix colors to make other colors. They made a kaleidoscope, a Valentine worm craft, and were able to experiment with prisms and make shadows. They learned that colors always split into the same spectrum every time and how to remember the order of colors in a rainbow by remembering ROYGBIV (Red, orange, yellow, green, blue, indigo, and violet).

The Musketeers lesson was about states of matter. They learned about solids, liquids and gas; and that some things can be all three, such as water. In the kitchen, we change the state of matter all the time in cooking. Musketeers also learned about weights and measurements. They learned how to change their height from inches to centimeters. We did a couple of field trips this month when school was out. Teresa and I took middle school 4-H'ers to Franklin to the Fun Factory and I took Musketeers to Murphy to the pool, both trips were fun for all. It makes you realize you are getting old when one game of bowling makes you sore the next day and I didn't even win!

Stitch & Stir club members are going to cook for their parents in April. They are working on breakfast foods for this meal; and they are also learning about kitchen and food safety.

Our after school lessons were also about states of matter last month.

Remember to watch your calendars; we will just be having a combined meeting next month with Cloverbuds and Musketeers that will be on the 13th. I hope to see you then, we will be celebrating St. Patrick's Day!
**IMPORTANT DATES TO REMEMBER**

**4-H**
- March 6: 4-H at RHS
- March 7: RMS Leaders of 4-H
- March 7: Snowbird After School
- March 9: County Council Activity
- March 12: RMS Leaders Teaching Team
- March 13: St. Patrick’s Day Celebration
- March 14: Kid’s Kastle After School
- March 15: Extreme II After School
- March 20: NO 4-H MEETINGS TODAY
- March 27: Stitch N’ Stir
- March 28: County Council
- March 30-31: 4-H Teen Retreat

**AGRICULTURE**
- March 8: Using Native Orchids in Landscape
- March 22: Greenhouse Production Program
- March 24: Coggins Clinic

**FAMILY & CONSUMER SCIENCES**
- March 1: Paper Piece Quilting Class
- March 27: Energy Conservation Workshop

**COMMUNITY DEVELOPMENT**
- March 12: WNC OnTrack Session
- March 24: Medicine Drop
- March 29: Interview Practice Workshop

If you are interested in any of these programs, call 479-7979 for more information!

**USING NATIVE ORCHIDS IN THE LANDSCAPE**
- March 8, 2012 2:00 pm
- Brasstown Community Center

This program is designed to highlight some of the magnificent native orchid species of Western North Carolina. Also, participants will learn how some of these exciting species can be used in the home landscape as well as some of the nurseries where they can be purchased. Program is in association with the Clay and Cherokee County Master Gardener program. Anyone interested in attending should contact the Graham County Extension office at (828) 735-0997.

**GREENHOUSE PRODUCTION PROGRAM**
- March 22 5:00 pm
- Graham County Extension Center

This program is designed for anyone interested or currently in greenhouse production, both ornamental and vegetable. Cliff Ruth, Horticultural Agent in Henderson and Transylvania counties, is scheduled to conduct the program and be on hand to answer any questions. This is a great opportunity to gain some insight into the greenhouse industry. Call 735-0997 to pre-register for this class.

**PAPER PIECE QUILTING**
- March 1 5:00 pm

Learn the basics about sewing and quilting through this fun and easy technique. Cost is $5.00 per person. All materials and sewing machines will be provided. Class size is limited so call now!

**ENERGY CONSERVATION WORKSHOP**
- March 27 4:30

Learn ways to conserve energy in your home by using less water, lowering your electric bills. Every participant will receive a free energy kit!

**MEDICINE DROP**
- March 24 10:00-5:00

Is your medicine cabinet crowded with leftover medicines? That’s a dangerous situation! If you keep those drugs around, they might fall into the wrong hands. Don’t let it be your kids’ or grandkids! But if you flush them down the toilet, they pollute our water. Then everybody’s taking your medicine without a prescription! The solution: Operation Medicine Drop. Bring your old drugs to a free event near you. We’ll take them safely off your hands -- no questions asked.

Three Locations: RHS, Santeetlah Community Center and Stecoah Valley Center.
ARE YOU A GOOD TAX OR A BAD TAX?

The increased burden of obesity has prompted policy makers to explore many different approaches to address the problem. In light of the new report just published in Health Affairs on taxing soft drinks, I wanted to take a closer look at the situation as a whole, asking the question - are you a good tax or a bad tax? What are the pros and cons of a soft-drink tax? Will a tax on sugar-sweetened beverages eliminate obesity? Certainly not, obesity is a multi-faceted problem that is caused by many factors. Taxes on tobacco have not totally eliminated smoking or diseases related to tobacco consumption and seat belt laws have not eliminated deaths from car accidents, however, they are sound policies none the less. Reduction in obesity is unlikely to be the result of any one intervention or policy. If a tax on sugar-sweetened beverages will not eliminate obesity, will it help? Let’s examine some facts about a sugar-sweetened beverage tax:

1. Why sugar-sweetened beverages?
   It is estimated by some that consumption of sugar-sweetened beverages may be the single largest driver of the obesity epidemic.
2. There is a low-cost or no-cost alternative - water
3. It is estimated that as price goes up, consumption goes down - for every 10% increase in price consumption will decrease from 8-10%
4. May save money on health care - a recent study published in Health Affairs indicates that a nation-wide penny-per-ounce tax on sugar-sweetened beverages would prevent thousands of heart attacks, strokes, cases of diabetes and premature deaths, helping avoid billions of dollars in medical costs over 10 years. This is the first major study to predict how specific health problems and financial costs could be directly affected by such a tax.
5. Will raise billions of dollars - 13 billion to be exact!

Number 5 from above may be the most compelling and undeniable. The increased revenue could be used to address childhood obesity or other health concerns. Revenue from a sugar-sweetened beverage tax could be used to decrease the cost of healthier foods, something that is under consideration at the federal level.

There are several arguments against a tax on sugar-sweetened beverages, and as you might imagine, there has been vigorous opposition by the beverage industry. Some argue that the tax is regressive and will hurt poor people more. While this is true, what is also true is that sugar-sweetened beverages are not a necessary part of anyone’s diet. People, regardless of income, do not have to consume sugar-sweetened beverages. Others indicate that it is wrong to blame soft drinks for obesity. True, sugar-sweetened beverages are not solely responsible for the rise in obesity; a single cause does not exist. However, sugar-sweetened beverages do represent one of the contributors to overweight and obesity. Finally, one of the arguments against a tax on sugar-sweetened beverages is that the government should not try to regulate what people eat or drink. The fact is, the government has considerable influence on what you consume. It subsidizes some commodities, including corn that makes high fructose corn sweetener, sets standards for school meals, and sets laws for labeling of foods.

Now that you know more about a tax on sugar-sweetened beverages, where do you stand? Do you think this is a good strategy to address overweight and obesity, or an unnecessary government mandate?

By Carolyn Dunn
NCSU Nutrition Specialist
Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.

3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.

5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*

7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.

10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.

11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.

12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.

13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.

14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.

15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*

19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.

20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

*Authored by American Dietetic Association staff registered dietitians.
NITROGEN IN THE ENVIRONMENT: WHAT IS NITROGEN?

Many of you may remember the newsletter series on the uses and benefits of lime that I did last year. I would like to shift gears a little and look into the importance and benefits of the three main nutrients used by plants: nitrogen, phosphorus, and potassium. Hopefully over the next several months, you will gain some understanding of the important role these three nutrients play.

Nitrogen is extremely important to living material. Plants, animals and humans could not live without it. The major source of nitrogen is the atmosphere. It exists as a colorless, odorless, nontoxic gas and makes up about 78 percent of the atmosphere. Nitrogen is also found in the Earth’s crust as part of organic matter and humus.

Nitrogen and plants

The nitrogen gas in our atmosphere exists as a molecule composed of two atoms of nitrogen. Plants cannot directly use this form of nitrogen. Nitrogen must be converted into other forms before it can be used by plants. Plant uptake of nitrogen is largely in the form of nitrate ($\text{NO}_3^-$), and to a lesser degree ammonium ($\text{NH}_4^+$).

The nitrogen gas molecule

The nitrogen gas molecule in the atmosphere (Figure 1) is made up of two nitrogen atoms. The nitrogen atoms are held together by a very strong triple bond. Plants cannot use this form of nitrogen.

Figure 1

Nitrogen in our daily lives

Nitrogen is used to manufacture many products that we use in our daily lives.

Impact on water quality

Nitrogen becomes a concern to water quality when nitrogen in the soil is converted to the nitrate ($\text{NO}_3^-$) form. Nitrates can also come from animal manure and nitrogen fertilizers. This is because nitrate is very mobile and easily moves with water. The concern of nitrates and water quality is generally directed at groundwater. However, nitrates can also enter surface waters such as ponds, streams and rivers. Nitrates in the soil result from natural biological processes associated with the decomposition of plant residues and organic matter. Nitrates can also come from animal manure and nitrogen fertilizers.

Whether nitrates actually enter groundwater depends on underlying soil and/or bedrock conditions, as well as depth to groundwater. If depth to groundwater is shallow and the underlying soil is sandy, the potential for nitrates to enter groundwater is relatively high. However, if depth to groundwater is deep and the underlying soil is heavy clay, groundwater contamination from nitrates is not likely.

Once nitrates get into the groundwater, the greatest concerns are for infants less than one year old and for young or pregnant animals. High levels of nitrates can be toxic to newborns, causing anoxia, or internal suffocation. Seek alternative water sources if nitrate levels exceed the health standard of 10 ppm nitrate-N. Do not boil water to eliminate nitrates. It increases nitrate levels rather than decreasing them. The most common symptom of nitrate poisoning in babies is a bluish color to the skin, particularly around the baby’s eyes and mouth. These symptoms of nitrate toxicity are commonly referred to as the "blue-baby" syndrome. If your child has symptoms consult a physician.

If you have concerns about nitrogen in your water supply, get your water tested.

Scott C. Killpack
and Daryl Buchholz
Department of Agronomy

The initial draft of this publication was written by Karen DeFelice, former associate extension agronomist; Nyle Wollenhaupt, former state extension agronomist; and Daryl Buchholz, state extension agronomist. This material is based upon work supported by the United States Department of Agriculture, Extension Service, under special project number 89-EWQI-1-9203.
ORGANIZING YOUR LIFE—TAXES

Make a Master List. The easiest way to begin organizing for tax preparation is to pull out your return from last year. Look at all the companies, forms and statements that you reported on and make a list. Here’s an example:

- **W2**
- Interest Income - **1099-INT**
- Dividends 1099-DIV
- Capital Gains
- K-1
- Schedule C
- State Tax Refund
- IRA Distributions 1099-R
- Student Loan Interest Deduction
- Energy Credit

Itemized Deductions
- Mortgage Interest
- State Taxes
- Real Estate Tax
- Investment Interest Expense
- Charitable Donations - Cash
- Charitable Donations - Goods

State Deductions
- 529 Contributions

For each line, list the companies or banks that you are expecting a statement from. For example:

- **W2**
  - Company 1
  - Company 2
- Interest 1099-INT
  - Bank 1
  - Bank 2
  - Bank 3

Adjust the master list. Add new companies and review the list for any companies on which you no longer have a need to report. The first year you make the list it takes a little longer. Next year it will be fast, just pull out this year’s list and make adjustments.

Check off each company. As tax documents start arriving in the mail, check the company off on the list. It’s a quick way to see if you have all the documents needed to file.

File Your Taxes

OTHER HELPFUL RECORDS

**Personal Information**

**Social Security Numbers**
- Yours:
- Your Spouse’s:
- Dependent’s:

**INCOME**

**Business or Farming Income**
- Books/accounting records for your business, OR:
- Invoices or billings
- Bank statements
- Cancelled checks for expenses
- Payroll records

In addition you need:
- Invoices for major machinery, equipment, furniture, etc. purchases
- Logs or other records listing vehicle mileage
- Inventory records, if your business maintains an inventory of goods or materials

Unemployment Income
- Form 1099-G from your state unemployment agency, or
- Unemployment check stubs and deposit records

**Social Security Benefits**
- Form SSA-1099

**EXPENSES**

**Alimony Received**
- Bank statements or record of deposits

**Alimony Paid**
- Cancelled checks
- Job search expenses:
  - Long-distance call bills
  - Resume costs (printing, mailing, resume service, etc.)
  - Transportation bills and mileage records
- Employment agency fees
- Career counseling costs

**Childcare Costs**
- Cancelled checks or invoices
- Childcare provider’s name:
- Provider’s address:
- Provider’s tax ID or social security number:

**Education Costs**
- Receipts for tuition (or cancelled checks) for post-high school education
- Tuition statement—Form 1098-T

**Moving Expenses**
- Invoices from moving companies or
- Cancelled checks and
- Paycheck stub for moving expense reimbursements

**FORECLOSURE PREVENTION**

Do you qualify for Mortgage Payment Help from the NC Foreclosure Prevention Loan Fund? Join staff from OnTrack WNC to find out!

**Monday, March 12th, 11-1 p.m.**
CSS Office of Economic Opportunity
27 Hatchett Street, Murphy NC 28906

Debt and Financial Counseling Sessions Also Available (by Appointment Only) the 3rd Wednesday & Thursday of the month. Registration is required.

Call OnTrack WNC at 1-800-737-5485 to reserve your place at one of the sessions and find out what materials to bring with you.

---

**FREE INCOME TAX FILING**

If you make $50,000 or below VITA at the State Employees Credit Union will do your personal income taxes free of charge - state and federal.

Bring with you:
- All tax information such as W2, 1099, 1098, etc.
- Social Security Cards for all persons you are filing on tax return
- Proof of identity

If it’s above $50,000 the cost is $75.00. For more information, call 479-8576.

The Graham County Public Library will offer a VITA site on Tuesdays from 8:00-5:00. Appointments can be made by calling 479-8796

---

**MARCH 2012**

<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></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>RMS Leaders 2:30</td>
<td>RMS Leaders 2:30 Ma Phillips Rm Snowbird After School</td>
<td>NO SCHOOL County Council Activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Teaching Team</td>
<td>Celebration 3:15-4:45 Methodist Church</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>RMS Leaders Teaching Team St. Patrick's Day Celebration 3:15-4:45 Methodist Church</td>
<td>Kids Kastle After School</td>
<td>Extreme II After School</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>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No 4-H Club Meetings Staff at State Meeting</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>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stitch N Stir 3:15-4:45 Methodist Church</td>
<td>County Council 3:30 Teresia's House</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>
</tbody>
</table>

---

**BUILDING BLOCKS FOR SUCCESS**

TEEN RETREAT SWANNANOA 4-H CAMP