




January/February 2011

OSU Extension Newsletter
Nowata County OSU Extension

Saying good-bye...

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I wanted to take a moment to write this note to let my friends and clientele in Nowata County know that I am leaving my position at OSU Extension. I will be starting a new position at K-State Research and Extension in Harper County located in Anthony, Kansas as the Family & Consumer Sciences Agent next month. It has been a blessing to be your FCS/4-H Educator for the past two and a half years. I have enjoyed getting to know each of you and I will miss working here. This is my very first job right out of college and it has been a wonderful experience for me. Thank you all for the support, guidance and encouragement that you’ve provided me during my time here in Nowata.

This job is a great one in that I am able to work with youth and adults of all ages and I love it! The 4-H members that I have gotten to know have exceeded my high expectations and I can’t wait to see the fantastic adults they will one day become. What a great group of kids that we are blessed to work with here in this county. I appreciate the parents that push their children to be successful in all areas of their lives. By encouraging your children to be in 4-H, you are only “making the best better.” That is what it’s all about. Thanks to all the volunteers that continue to make time to give to the 4-H program and also to the OHCE program.

Even though I will miss my colleagues, the 4-H members, 4-H volunteers, the OHCE ladies of Nowata County and the color orange, I am looking forward to this new challenge and to starting a new phase of my life and career as the Harper County FACS Agent in Anthony, Kansas. Please keep in touch. I can be reached at my new email address in mid-February (mmaxson@ksu.edu) and facebook.

Thanks again for everything and God bless!

Yours truly,

Megan Maxson

4-H INFORMATION



Share-the-Fun contest January 2011

The Nowata County 4-H Share-the-Fun contest is **Saturday, January 15th, 2011, 2:00pm** at the **Oklahoma Union Elementary Gym**. 4-H members will participate in large group, small group and individual acts and they will be separated into junior and senior categories. In the case of bad weather for January 15th, the back-up date will be January 22nd. Registration forms are available from your 4-H leaders, Extension office or on the website and are due by Wed. December 12th.



4-H Share-the-Fun:

- promotes fun and teamwork;
- is learn by doing;
- encourages creativity;
- recognizes talent;
- promotes confidence;
- develops leadership;
- develops public presentation skills; and
- provides opportunities for multi-aged interaction.

District Share-the-Fun Feb. 12th at Bristow

One individual act, one small group act and one large act will have the opportunity to represent Nowata County for the North East District contest. The Northeast District Share-the-Fun Contest will be held Saturday, February 12th, in Bristow, Oklahoma at the Freeland Center for the Performing Arts Auditorium. The contest will begin at 9:00 a.m. and conclude at approximately 4:00 p.m. if not sooner. Doors will open at 8:30 a.m. Registration forms will be due January 28th so you will need to communicate with the Extension office if you are going.

N.E. District 4-H Prom

February 19, 2010



The Northeast District Leadership Team is pleased to invite you to the first 4-H Prom. The team thought that a 4-H Prom would be a fun activity that kids would like to attend and parents could support because they know 4-H provides a safe environment. The NE District Prom is intended for youth 14-18 years old who are enrolled in one of the NE District 4-H Clubs. The cost is \$20/person and includes registration, prizes, and dinner. It will be held at the Creek County Fairgrounds. **Please contact the OSU Extension office by January 21st if you would like to attend.**

Agenda

- 5:30pm – 6:30pm: Photographer available (Pictures packages available for purchase)**
6:00pm – 7:00pm: Formal Dinner
7:00pm – 9:30pm: Dance

Science Museum 4-H Bright Night Camp-In

4-H'ers can sleep under a giant dinosaur, by a rocket engine, or in an oversized mouth. They can experience explosions, mad scientists, ride a Segway, explore the stars, or try their hand at the physics of bridge-building.

This year's 4-H Science camp-ins are scheduled for Feb. 4 and Feb. 18th. Registration is due January 14, 2011. The Oklahoma Science Museum Camp-In has been a terrific opportunity to introduce 4-H member to science in a fun, interactive, and exciting manner. The cost is \$38 for 4-H members and \$25 for adults. If you and your family would like to attend please contact us for more information.

“4-H IS A COMMUNITY OF YOUNG PEOPLE ACROSS AMERICA WHO ARE LEARNING LEADERSHIP, CITIZENSHIP AND LIFE SKILLS “

4-H INFORMATION

4-H WINTER LOCK-IN

The 2nd Annual 4-H Winter Lock-in is scheduled for February 18th 7pm-7am, February 19th. Last year there were 50, 4-H youth in Nowata County that attended the Lock-in. The youth had a blast learning and playing in the fair building. Your county officers are working on this 2nd annual event. It will be similar to last year with many fun workshops, movies and plenty of free time with two wiis. Plans are still being made but you should look forward to again meeting district officers. Last year Charles Maloy attended our lock in as a district representative. He was elected as the state president in July. What a great opportunity for our 4-Hers to work first hand with district and future state officers. Parents and volunteers, we will again need help this year throughout the night and morning. Mostly with refreshments and breakfast. Call the extension office or tell a County officer if you want to help.

Need a 4-H Jacket to show in this year?

If you get your order in by January 20th, we should be able to get your jacket in time for the spring livestock show. Jackets are \$50.00 plus shipping and handling. Call the extension office for more details.

We have a measurement chart to make sure you are ordering the correct size.



4-H Sewing Workshop

On March 15th, from 1-4pm during spring break, Berneta Haddox will be holding a sewing workshop for those interested in her FACS classroom at OKU HS. **Adult Volunteers with any knowledge of sewing,**



Berneta will need your assistance. Please call Jeanie and notify her if you can help. interested need to choose a project, choose and buy your fabric and thread and bring any necessary supplies that you have to this sewing workshop. There are much more categories than this in the Fairbook, but below is the beginner's projects.

Beginner's Age 9-11

Simple Skill Level

1. Pillowcase
2. Laundry Bag
- Moderately- Difficult Skill Level
3. Chef or work apron (pattern provided)
4. Tote bag (pattern provided)

5. Skirt with elastic waist
6. Shorts with elastic waist

Difficult Skill Level

7. Simple two-piece active sportswear (no collars, no set-in sleeves)
8. Simple curtains

Blood Testing Spring Livestock Show Pigs

An opportunity to get your market hogs blood tested for the spring livestock show will be available on Monday, January 17th. at the Nowata FFA Ag farm. Testing will begin at 10:00am.

Want To Know if your steers or pigs are going to make weight?

Call Gage, (273-3345). I can bring the scales to your place and we can get a weight on your animals to see where they are.

2011 County, District & State 4-H Calendar of Events



January 14	Registration due for Science Museum 4-H Bright Nights
January 15	Nowata County Share the Fun contest 2:00 pm at Oklahoma Union Elementary gym
January 17	Blood Testing show pigs, Nowata FFA Ag farm at 10:00am
January 29	Spring Livestock show Fundraiser at Ok Union HS, Eat at 6pm, Auction 7pm 4-Hers bring Fritos or crackers and an item/s for the auction
Feb. 4 & 18	4-H Bright Nights (Oklahoma Science Museum Camp-In)
February 12	N.E. District Share the Fun contest, 9am at the Bristow Freeland Center
February 18	County 4-H LOCK-IN!! 7pm-7am, fair building
February 19	N.E. District 4-H Prom
February 24-26	Nowata County Spring Livestock Show (Sign up for pop booth)! Thursday, Feb. 24th –Sheep & Goat show– Sheep @ 6pm, goats follow -Goats and sheep enter by noon on Thursday Friday, Feb. 25th– Hog show @ 5pm Saturday, Feb. 26th– Cattle show– Steers @ 10am, heifers follow
March 10	Premium Sale @ 7pm
March 15	Sewing Workshop, 1-4pm FACS room @ OKU HS
March 16 – 19	Kansas City Global Conference – Kansas City, Missouri
March 28	Nowata County Speech Contest, 6:30pm at OKU HS
April 9	Oklahoma State 4-H/FFA Horse and Meats Judging Contests, Stillwater
April 18	County 4-H Fashion & Fabric contest, 6:30pm at fair building
April 30	Oklahoma State 4-H/FFA Livestock & Poultry Judging Contests, Stillwater
May 2	State 4-H Record Books due in state office
May 7	Dist. Public Speaking Contest and 4-H Family Conference , Okemah
May 20 - 21	Discovery Unlimited, Stillwater
Jun 13	State 4-H Record Book Interviews
June 14-15	Leadership Rocks
June 16-18	State 4-H Horse show
June 16-26	Citizenship Washington Focus, Washington D.C.
June 28-30	Multi-County 4-H Camp
July 15	County 4-H Record books due
July 19-21	OSU Animal Science “Big 3 Field Days”, Stillwater
July 27-29	90th State 4-H Roundup
September 13-17	Nowata County Free-Fair

4-H NEWS

Winter Fest 2010 and Tulsa Air & Space Museum



It is a Nowata County tradition to reward the 4-H members that turned in a record book the previous summer with a fun trip! In November, the county officers, Lis Haddox, Wyatt Lively, Miranda Akers, Billy Bryant, Ben Haddox and Kilo Watts planned the record book reward trip to the Tulsa Air & Space Museum, Spaghetti Warehouse and Ice-Skating downtown at the BOK Center's Winter Fest for December 21, 2010. There were 18 kids that turned in a book in July of 2010 and 16 kids participated in this trip! We thought this was a great turn-out! Those in attendance were, Kilo Watts, Micro Watts, Lis Haddox, Ben Haddox, Michaela Haddox, Jessica Foreman, Bret Branstetter, Amanda Thornbrugh, Samantha Johnson, Jacob Johnson, Kaitlynn Jones, Kamrin Jones, Myles Lively, Wyatt Lively, Miranda Akers and Billy Bryant. R.J. Straw and Bradley Ralph turned in a book but were unable to make the trip. The kids and adults attending had a great time of fellowship and fun!



Poultry Club

The Poultry club has been busy the last few months. We had Dee Hilliard come and teach us about NPIP certification. We learned what it is and why we need it. Not to mention all the extra information he provided. We also finished up some of our fund raising and found ourselves at the APA Nationals in Shawnee. Everyone learned a lot and had a great time. Dee Mystrik took time to walk us through the process of checking in birds at a large show. We learned how to read coop tags so that we could know how everything did and where it all goes. We learned about disqualifications and health issues that keep your bird from winning as well. Paul Knoll, a licensed judge, from Aurora, New York also took some time with us to teach us everything from handling birds to what a judge looks for in the winning birds. We put more learning into this trip than one person could imagine.

Upon returning home we had another surprise in store for us. To start we had raised enough money in our fund raising events to finish paying for the other set of cages needed for our fair. In the mean time we had applied for a grant from Wal-Mart to help build a community 4-H coop. We want it to work just like the FFA/Ag farms that kids use when they want to show things but don't have a place to raise it. To our delight Wal-Mart showed up at our December meeting with a \$2000.00 Check to get it all underway. We will be having a presentation at our next meeting to find out just how far that money will go and how much of the work we can do ourselves.

In the mean time we are all working hard to get our goals met. Some of us are helping put on the showmanship workshop that will be held Jan 15th at 4:30pm at the Fair Grounds, while others are planning on attending the Wagoner County Creek Nation Poultry Show in Coweta on January 22. As for now T-shirts are still being sold and funds are still being raised to offset cost that have yet to be thought of. Anyone interested in purchasing t-shirts or making a donation please call Christy at 640-4012 or Gage at 273-3345.

Are you into it? 

Ag News

By Gage Milliman

Master Cattleman Class Starts March 22nd



A Master Cattleman class will be offered starting March 22nd, 2011 at the Tricounty Technological Building on the east side of Bartlesville. The speaker for that night will be Dr. Dave Sparks, DVM. Dr. Sparks is the animal quality, health specialist for the eastern half the state and operates out of the OSU District office in Muskogee.

The objective of this program is to enhance the profitability of beef operations and the quality of life of beef cattle producers by equipping them with vital information on all aspects of beef production, business planning, risk management and marketing. The Master Cattleman program includes an educational curriculum based on the Oklahoma Beef Cattle Manual and a producer certification process.

Cost of the program is \$85. Spouses and/or ranch partners can attend for \$85. Both people will not have to pay individually. The class will consist of 13 class meetings. They will meet once a week through the spring at 6:30pm each evening. We will break for the summer and reconvene in the fall, finishing on November 15th. At the conclusion of the class everyone will receive a Master Cattleman gate sign with their, or their ranches name on it.

Registration needs to be sent to the Nowata County OSU Extension office, P.O. Box 231, Nowata, OK 74048. Make checks payable to OSU Extension. Registration deadline is March 8th.

Farmer's Tax Guide

Farmer's Tax Guides are now available at the Extension office. These guides are free and for use in preparing 2010 tax returns.

Private Applicator's License

Private Applicator's License packets will be available at the Extension office by the end of January. You can call and get your name on the list and we will contact you when they come in. Packets are \$15 each.

The packet includes instructions, a manual and a test. The test is open book and you can take it at your leisure. Once you complete the test the instructions will tell you where to mail it. There will be a fee you have to send along with the test. Once your test is graded and it is approved that you have past they will mail you a private applicator's card.

A private applicator's license allows a producer to purchase and apply restricted use products to their own property. Probably the most popular restricted use herbicide is Grazon P+D. Grazon P+D is a 2,4-D based product that controls a wide range of plants. The license does not allow a person to spray commercially or purchase products for a second party to apply to their property.

Soil Testing and Fertilizer Management

If you do not have a current soil test for your property, January and February are excellent months to get your samples. This way you have ample time to review your test results and make fertilizer decisions before it is time to apply this spring. Cool season grasses like fescue need fertilized for the first time in March. Bermudagrass should receive it's first application in late April. Gardens of course vary depending on plants, but a soil test is generally accurate for up to 3 years. If you haven't had a test in over 3 years, it is time.

The Extension office has soil bags and soil probes you can borrow. Ask for a fact sheet on getting a good sample. A routine test costs \$10 and will tell you pH, nitrogen, phosphorus and potassium levels.

OSU Cattle Conference and Trade Show Scheduled

The 2011 OSU Cattle Conference and Trade Show will be held on Wednesday, January 12 at the Washington County fairgrounds in Dewey Oklahoma. A dynamic set of speakers and topics are lined up for the 2011 conference. The theme for this year's conference is "Current Affairs in the Beef Industry."

Registration will begin at 12:15 PM with the program kicking off at 12:45 PM. The FSA Staff will give a brief overview of the new USDA programs. At 1 PM Dr. Dan Stein, Asst. Professor of Animal Science, Oklahoma State University will discuss temperament traits in beef cattle from an economic and handling standpoint. Dr. John Gilliam DVM of the Oklahoma State University Veterinary Medicine program will discuss the pain management issues in the beef industry. He will discuss the animal welfare plus the economic side of the dialogue. Mr. Chris Rice, OSU Extension Agronomist, from the Ada office will be on hand to go over the current issues relating to pasture management. He will provide the latest recommendations on broomsedge control, native hay meadow improvement, and a herbicide update. Mr. Scott Dewald, Executive Vice President of the Oklahoma Cattlemen's Association, will deliver the latest information from the capital on items affecting the cattle industry. And Dr. Derrell Peel, Livestock Economist, Professor of Ag Economics at Oklahoma State University gets the difficult task of giving the market outlook for livestock and grain.

On top of all of these programs, there will also be a Trade Show with numerous vendors with Ag products and services on hand for the day of activities. Equipment dealers, banks, feed companies, and animal health suppliers are among the early registrants for the Trade Show. If you have a company or service that would like to be a part of this trade show, please contact Randy Pirtle at 918/534-2216 as soon as possible for details.

The Cattle Conference and Trade Show will conclude with an evening meal at 5:30 PM. The registration fee (which also includes the meal) is \$15 if paid by January 7, 2011 and will be \$20 if you wait to pay at the door. Even if you are paying at the door we ask that you call the OSU Extension Office by January 7 in order to make a meal reservation. For more information on this Cattle Conference or to make your reservations, contact the Washington County OSU Extension Service at 918/534-2216.

Winter Feeding Calculations	
Hair coat	Lower Critical Temp (LCT)
Wet coat	59° F
Fall coat	45° F
Winter coat	32° F
Heavy Winter coat	19° F
Dry: Increase energy by 1% each degree below the LTC Wet: Increase energy by 2% each degree below the LTC	

Cold Weather Feeding Adjustments for Beef Cattle

The metabolic response of cattle to cold temperatures includes; striated muscle shiver, the heart beats faster, breathing becomes deeper, urine flow is increased, and pituitary controlled systems are activated elevating the biological function of all tissues. The result is an increase in the cow's requirement for energy.

Providing good quality hay is the most practical way for producers to increase the energy intake of their cow herd. An additional benefit to cattle consuming more hay is the increased heat production from the rumen microorganisms as they digest the forage. In general, hay digestion produces more heat during digestion than concentrate feeds. However, concentrate feeds may become needed for energy intake as requirements spike during wet weather events. Energy requirements for maintenance of beef cows with a wet hair coat are significantly greater.

When determining the amount of additional feed needed, the first step is to identify the cow's lower critical temperature (LCT) which is based on hair-coat, ambient temperature, and precipitation. For cows in dry conditions with a normal winter hair coat, the LCT is considered to be 32 degrees F. In general, researchers have used the rule of thumb that a cow's energy requirements increase 1% for each degree the effective temperature (wind chill) is below the LCT.

The calculation example for a cow with a dry winter hair coat would be: Step 1: Determine the cow's LCT (example: 32 degrees F). Step 2: Estimate wind-chilled temperature (example: 20 degrees F temperature with 12 mph wind equals 7 degrees wind-chilled temperature). Step 3: Subtract wind-chilled temperature from LCT to calculate amount of difference: 32 degrees minus 7 degrees equals 25 degrees below LCT. Step 4: Energy adjustment is 1% for each degree magnitude of cold below LCT or 25%. Step 5: Feed cows an additional 25% above the normal daily energy amount. (if normally feeding 12 pounds per day of good hay – increase to 15 pounds)

Kansas State University conducted a trial adjusting energy feeding levels during cold weather. The researchers used 60 commercial cows fed in a dry lot and fed one-half of the cows a steady diet based upon the thermal neutral requirements for body weight maintenance; the other 30 cows were fed a ration adjusted for 1% more feed for each degree of coldness plus the adjustment needed for wet hair coat when appropriate.

Cows on the diet adjusted for weather conditions gained 89 pounds more during the last half of gestation, showed a 17% increase in cycling 60 days post calving, and were 103 pounds heavier the next fall after the calves were weaned compared to cows on the diet that was not adjusted for weather conditions. The amount of additional feed to account for the cold weather events in this trial would be equivalent to 125 pounds of corn per cow. Effective cold weather feeding adjustments can result in better cow body condition and more efficient cow maintenance.



Written spending plan can help lower debt

The beginning of a new year is a time when people make resolutions that they believe will make their lives better. Some resolve to lose weight, others vow to become more organized and others begin an exercise program to improve overall health.

If getting finances in control and lowering debt is a new year's resolution, consumers should resolve to develop a written spending plan, said Sissy Osteen, Oklahoma State University Cooperative Extension resource management specialist.

"January is a time of renewal, starting over and developing good habits," Osteen said. "If you over-indulged with your credit cards during the holiday season, you'll see the effects of it when the holiday bills arrive in the mail when the season is over."

Developing and sticking to a written spending plan is one way to help get debt under control.

Putting a plan in writing is a good way to start communication among household members. A written plan provides direction, helps change verbal agreements for needed adjustment in spending into a visual picture of the financial situation and it is more structured than a verbal plan. Research shows that writing a goal down helps ensure that it will be accomplished.

To assist consumers with writing a spending plan, forms are available at the Extension office. Ask for Fact Sheet T-4149, "The Financial Puzzle: Putting the Pieces Together."

"When putting a spending plan into action to combat credit card debt you must prioritize all of your debt. Secured loans such as your mortgage or car payment must be paid first to avoid repossession or foreclosure," she said. "Consumers run the risk of losing their property if these debts fall behind schedule. After your secured loans are paid, prioritize all remaining debts."

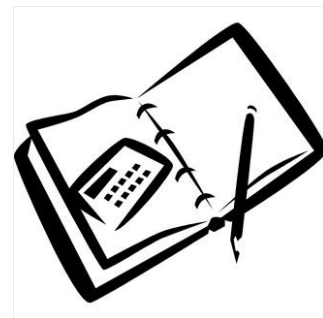
Consumers will save money in the long run if they pay off higher interest credit cards first. However, paying off lower balances first can give a person the feeling of accomplishment.

"This helps make consumers feel their debts are manageable," she said. "It can actually help motivate them to get other debts paid off more quickly. Once one debt is paid off, apply that payment to other payments. This is sometimes referred to as the 'snowball' effect."

Some families may need to enlist the help of nonprofit organizations such as Consumer Credit Counseling Services. CCCS offers budget counseling, debt repayment plans and works with creditors to possibly reduce payments and lower or eliminate interest and fees. These services are offered for no fee or very low fees and are offered regardless of ability to pay. To locate the CCCS office nearest you, call 1-800-388-CCCS (2227) or check online at www.NFCC.org.

Osteen said the final step in developing and implementing a spending plan is to start a reserve account for next year. This account is comprised of all occasional expenses during the year, such as gifts, insurance, home maintenance, car tags, vehicle maintenance, travel and taxes.

"If you don't set aside money every paycheck for these occasional expenses you will continue to go into debt or your attempts to get out of debt will be spoiled," she said. "Developing good habits and sticking with them will get consumers on track for this new year and many years to come."





Alzheimer's Disease: A growing concern for many

Alzheimer's disease changes the lives of not only the victim, but the caregiver. It is important to all involved to seek help and know what to expect.

Alzheimer's disease is an irreversible, progressive brain disease that slowly destroys brain cells linked to memory and thinking skills. It also affects one's personality, gait, movement, language, mood, attention span and orientation to time, said Jan Johnston, Oklahoma State University Cooperative Extension gerontology specialist.

"There is an estimated 70,000 persons with Alzheimer's living in Oklahoma," Johnston said. "This is an increase of 220 percent in the last 10 years."

Research shows currently 5.2 million American's are suffering from this disease and 200,000 to 250,000 are younger than 65. In addition 10 million baby boomers will develop Alzheimer's.

Johnston said no one knows what causes Alzheimer's, but researchers are learning what happens in the brain once the disease begins. Usually it is not a single agent.

Alzheimer's is not only difficult for the person affected, but also for the caregiver, who is at a risk for illness, injury and depression.

"Many adults are caring for aging parents," Johnston said. "Along with taking care of their parents, they are also taking care of

their adult children and grandchildren." Johnston said it is important to understand as early as possible what is going on with a loved one and educate yourself on the stages of progression. She said to help manage caregiver stress establish emotional support from diagnosis through progression, seek out community services for you and the person with Alzheimer's and try to recognize limits and tend to yourself.

Studies also suggest the caregiver accept changes as they occur, manage stress levels, make legal and financial plans and, give yourself credit for the challenges you face. It is important not to take on feelings of guilt, but rather take care of yourself including making regular doctor visits.

"Each day may be different, affecting those coping with changing abilities and behaviors of those with Alzheimer's," Johnston said. "The role of the caregiver will change over time as the disease progresses. It is important to be prepared, yet stay flexible."

These resources offer caregiver assistance Alzheimer's Association: Oklahoma Chapter <http://alz.org/alzokar> or call 1-800-272-3900 and the National Alzheimer's Association online at <http://alz.org> or 1-800-272-3900.

Alzheimer's Disease Oklahoma and Arkansas Chapter Headquarters

6465 South Yale, Suite 312,
Tulsa, OK 74136-7810
Phone 918.481.7741



Oklahoma Home & Community Education

The January Executive Board meeting has been re-scheduled for Wednesday, January 12th at 3:00pm. You're leaders will pick up your year-books at this time.

Leader lesson training at the Rogers County NE Technology Center in Claremore at 10am on January 25, 2011 for February, March, April and May leader lessons.

OHCE Awards

Each club will need to nominate at least one member for each of the County Awards and help them complete the one page application. **Please turn those forms into Jeanie Moore on or before January 20th to be judged.** As soon as the county winners have been chosen, they will be notified to fill out the state application if they so choose.

2011 NE District OHCE Meeting will be held in Miami March 29, 2011.

Mark your calendars now for the district meeting. "Catch the Grand OHCE Spirit in Northeast Oklahoma" is this year's theme. Ottawa and Delaware Counties are working very hard to make this a wonderful "nautical" experience. This meeting will be held at the First Christian Church, 2424 N. Main. I wish that I could go with you all to this meeting! Miami is my (Megan's) hometown and this is my home church as well. My parents and family attend here and Lord willing, I'll marry there someday. It is the old Wal-Mart building.

Workshops will include nature art, jewelry making, landscaping on a budget, making greeting cards, purses of many colors, personal safety, making throw pillows and much more.

Turn in your name/s and a check to Jeanie by February 23rd in order to get this sent in by the first of March. **The fee is \$17.00 per person** which includes morning refreshments (cinnamon rolls from OK Wheat commission) and lunch. **Make checks out to OHCE.** If you have a food allergy please let Jeanie know.

The 2011 Writing Contest

Last summer the 2010 Writing Contest was a great success and it has been decided to hold the contest this year in the Spring. This contest is for Nowata County Residents only and must be "original" writings. **The deadline is April 15, 2011.** The three categories include: Short Story, Poem and Essay and all categories may be entered.

OHCE members can participate too!

Division I-ages 10-13

Division II-ages 14-18

Division III-ages 19-39

Division IV-ages 40-59

Division V-ages 60 and up

CASH PRIZES will be rewarded at the Spring County OHCE meeting.

Pick up your guidelines on our website, the Extension office, the City-County Library, the Senior Citizens Center because any OHCE member could be asked for information so be ready with your copy.

OHCE members of Nowata County,

It has truly been a blessing to be your OHCE Advisor the past two and a half years. I have enjoyed getting to know each of you and I will miss you very much. Thank you for accepting me into your family. As most of you know, this is my first job out of college and I will always remember the ladies of Nowata County. You hold a special place in my heart.

With much love, Megan Maxson

Help Yourself to Better Living



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