Welcome Elizabeth!

Meet and Greet  Friday, January 12th
1-3pm at the Extension Office.

We cordially invite you to stop by the office and meet our new Ag/4-H Educator, Mrs. Elizabeth Witt. Elizabeth joined our team on December 20th. and we are VERY excited to have her on board.
The Pushmataha County Share the Fun program was held on Friday December 1st at the Clayton School auditorium. Thirteen 4-H members participated in this year’s event and a good time was had by all!

We would like to say a very special thank you to Clayton school for hosting this event for us.

Winners were: **Jr. Individual** Bailey Becket, Rattan, Champion

Faith Miller, Rattan, Reserve Champion

**Jr. Small Group**: Rocking Robin Dance routine, Rattan 4H club.

**Sr. Individual**: Champion, Olivia Napier, Moyers 4H club

**Sr. Large Group**: Champion, Hee Haw, Clayton 4H Club.

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**Pushmataha County Jr. Livestock show**

**March 1st, 2nd and 3rd, 2018**

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**The FCS/4-H communication group**

made up of Atoka, Choctaw, Coal, McCurtain and Pushmataha counties met in the conference room of the Pushmataha County Cooperative Extension Service to plan the 2019 OHCE district meeting. The meeting will be held in March at McCurtain County a definite date and place to be determined. Our theme for that year is “OHCE in Wonderland.” We would like to extend an invitation to former OHCE members or anyone who would like to attend our 2019 meeting. For more information you may call any of the FCS educators in one of these counties. The 2018 OHCE district meeting will be held on March 27 at the Ardmore Convention Center. For more information on this year’s meeting please call Barbara at 889-7337.
Welcome Elizabeth!

I would like to take this opportunity to introduce myself to you. My name is Elizabeth Witt, I was born and raised in Texas. Never in my wildest dreams did I ever think that I would move to Oklahoma, however God has a plan much bigger than we can imagine. About 3 ½ years ago a job opportunity presented itself for my husband here in Antlers; and we made the decision to move our little family from Huntsville, Texas to Southeastern Oklahoma. What a change, a change for the better, although it has taken some getting used to we are all adjusting well. Ryan, my husband, is a Forester for a local timber investment company, and we have 2 daughters, Avery and Harper.

Growing up in Texas I was around the world of agricultural starting at a very young age. It started with lots of riding practice on my Dad’s 3 mules in West Texas, but quickly expanded from there. I spent a lot of time helping my grandparents on their ranch, near Brownwood, Texas where they raised sheep, goats, cattle, and even cotton. I have fond memories of playing in my Grandfather’s big mountain of cottonseeds, as well as feeding and playing with bottle babies. Once my family had moved to be closer to those grandparents, we began raising and showing Rambouillet breeding sheep, from there we quickly became involved in Nubian dairy goats, to supplement milk for the sheep. We showed dairy goats for several years which was a real learning experience. Shortly after that, during the early 1990’s, my family was some of the first people to import the Boer goats into the United States from New Zealand. My family bred and raised Boer goats for roughly 20 years, during which there were many successful, prosperous years, but also a lot of blood, sweat, and tears; it was definitely a family affair which took all 4 of us, my Dad and Mom and my brother and me. During my involvement with these animals and agriculture growing up, naturally I join in the 4-H Program. I am the definition of a 4-H baby, I joined at the age of 9 and held many offices from the local club level all the way to the state level. I enjoyed my time as a 4-Her and strongly believe it is one of the main reasons I am who I am today. After high school, I went to college and majored in Agriculture obtaining a degree from Texas A&M University, in Ag Development. I enjoyed my time at Texas A&M, our traditions, and still bleed maroon most days!

After college I was employed by USDA Rural Development.

I am beyond excited to start this new adventure as the Pushmataha Ag/4-H Extension Educator. I am thrilled to be back in the world of agriculture, as well as be a part of such a great close knit community and county. I look forward to meeting and working with you the people and children of Pushmataha County. I am a firm believer that our children are our future and we must invest in them and help them to reach their potential so they are able to become strong thriving adults. Please feel free to call or come by anytime.

Elizabeth

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OSU “MEET AND GREET”

You are cordially invited to join us in welcoming,

Mrs. Elizabeth Witt,

Pushmataha County OSU Extension’s

**NEW** Agriculture and 4-H Educator

Friday, January 12th

1-3pm

OSU Extension Office Antlers
For more information on Nutrition classes contact Amanda Alford (580)298-5563.

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**Nutrition Facts**

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<th>6 servings per recipe</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
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<td>2% Daily Value*</td>
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<tr>
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<tr>
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**Ingredients:**
1 cup onion, chopped (1 medium onion)
1 cup bell pepper, chopped (1 medium bell pepper)
1/2 pound lean ground beef
1/2 cup salsa
1 package (9.5 ounces) corn muffin mix
1/3 cup plain Greek yogurt or light sour cream
1 can 14.5 ounces diced green chilies, undrained
1 egg

**Instructions:**
1. Preheat oven to 350°F.
2. Heat a skillet over medium heat. Spray with nonstick cooking spray. Cook onion, bell pepper, and ground beef until beef is cooked through, about 6 minutes. Stir in salsa. Stir in cheese, if desired.
3. Spray an 8 inch pie plate with nonstick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate.
4. Mix corn muffin mix, yogurt or sour cream, green chilies, and egg until combined. Spread on top of the meat and vegetable mixture.
5. Bake until corn muffin topping is golden brown and set, about 30 minutes.

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**WALK YOUR WAY TO FITNESS**

Walking can be done almost anywhere and all you need is comfortable shoes and clothes. These tips will help you feel (and look) better during and after your walk.

- Keep your head erect and back straight. Let your arms swing loosely at your sides.
- Stay relaxed, breathe deeply, and take comfortable steps.
- Always land on your heel and roll forward, finally pushing off the ball of your foot. Make sure your toes point straight ahead.
- Always warm up and cool down with five minutes of slow walking.
- Stretch slowly after your walk to improve flexibility and reduce the likelihood of sore muscles.
- Monitor your speed with the talk test. If you are too breathless to talk, you are going too fast.
- Walk safe. Watch for dogs, cars, and bicycles. Face oncoming traffic. Do not assume drivers see you.
- Compete only with yourself. Focus on steadily improving your own performance, not walking farther or faster than someone else.

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**Guidelines for a Sample Walking Program**

No one can tell you exactly how far or how fast to walk at the start, but the following guidelines can help you develop a plan for making walking a regular habit. If you have been inactive for a long time, give yourself time to get into shape. Build up slowly using these guidelines as goals—otherwise you might be tempted to push yourself too far too quickly so that walking for exercise stops being enjoyable. Walk for the suggested amount of time 3-4 times a week, with a day of rest in between.

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<th>Cool Down (walk slowly)</th>
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Adapted from “Exercise and your Heart,” National Institutes of Health (1997)
This newsletter is one way of communicating educational information to the interested citizens of Pushmataha County.

www.oces.okstate.edu/pushmataha