



FAMILY AND CONSUMER SCIENCES

Newsline

August 2007

TEXAS COUNTY

<http://countyext.okstate.edu/texas>

Farmer's Markets Offer Bountiful Selections of Fruits and Vegetables

Putting in a vegetable garden can be hard work. For those Oklahomans who savor the flavor of tasty treats from the garden, but do not necessarily want to go to all the hard work a garden requires, there is an alternative.

The local farmer's markets around the state offer a wide variety of vegetables during the growing season, said Barbara Brown, Oklahoma State University Cooperative Extension Service food safety specialist.

Currently there are 32 local farmer's markets registered with the Oklahoma Department of Agriculture, Food and Forestry. Of those, 28 participate in the Oklahoma Grown program. This means all of their products are produced in Oklahoma.

"Consumers can really benefit from shopping at a farmer's market because the markets tend to have a wide variety of fresh, high quality produce," Brown said. "Not only do consumers benefit, but the farmers benefit as well. They are able to sell directly at the local markets, which reduces distribution costs and increases their profit margin. In addition, selling directly to consumers allows farmers to let their produce ripen longer before harvesting and they can get it to market faster."

This helps ensure consumers get the freshest flavor possible, as well as more nutrition. Fruits and vegetables sold in grocery stores are usually harvested much earlier to allow for shipping and distribution.

Brown suggests the following tips to get the most from a trip to the local farmer's market:

*Go early. Consumers will get the best selection and quality when the market first opens. However, if you like to haggle prices, shop later in the day when vendors will be more likely to negotiate.

*Take your own bag. Farmer's markets do not

usually provide shopping carts, so bring your own bag or basket to carry your purchases.

*Browse before buying. Do an initial walk through of the market to find out what is available. Take time to sample and compare the offerings of different vendors. Be sure to ask when foods were picked.

*Take time to talk with farmers as they can often provide information regarding the differences among varieties of a certain fruit or vegetable, how to select produce and how to prepare or preserve produce.

*Although it is tempting, try not to overbuy. Most farmer's markets are usually held on a regular basis. Instead of purchasing more food than you likely can consume, plan to visit your farmer's market more often so that you can purchase and eat food while it is the freshest.

*Try something new. Delicious new fruits and vegetables not available at corporate supermarkets often can be found at farmer's markets. Try something new at each visit.

*Make it a family affair. Farmer's markets offer a great way for children to learn how food is grown and what it looks like in an unprocessed state. Let your child pick one or two fruits or vegetables to try.

*Plan to go straight home from the farmer's market. Leaving fresh produce in a hot car can wilt it. Bring a cooler in which to place purchases if you cannot head directly home.

"Make sure you wash your hands and the produce you've purchased before you eat it," Brown said. "Most produce at farmer's markets hasn't been pre-washed. If you can't resist that fresh peach or plum before you get home, find a place to wash it."

BEAT THE HEAT WITH A WATERMELON TREAT

Summer's Freshest Pick

Thumping and selecting the perfect melon at the local produce stand, chilling it to perfection, slicing a big wedge and devouring the dark, juicy fruit, and wiping the excess juice from your chin with the sleeve of your shirt. And of course, who could resist the seed-spitting contest? Talk about childhood fun!

Health Benefits

Most people agree that eating watermelon is one of the best summer activities. However, you may be surprised to learn that such a sweet treat is equally beneficial to your health. The antioxidant lycopene is a plant chemical that gives certain foods (watermelon, tomatoes, red grapefruit, and guava) their red color. Part of the large class of plant compounds called carotenoids, which help protect and preserve body cells from oxidation and damage, lycopene may reduce one's risk of prostate cancer and protect against heart disease.

Watermelon Selection & Storage

Follow these 3 easy steps to choose a perfect melon every time:

1. Choose a firm, symmetrical fruit that is free of bruises, cuts, and dents.
2. Pick up the melon, it should feel heavy. (A good watermelon is 92% water.)
3. The underside should have a creamy yellow spot where the melon sat on the ground and ripened in the sun.

Compared to most fruits, watermelon should be stored at a warmer temperature -- about 55°F -- since temperatures too low can cause chill damage. After 2 days at 32°, the flavor will be "off", and the melon will lose color and become pitted. Whole melons will keep for 7-10 days at room temperature. Once a melon is cut, it should be wrapped and stored at 37-39°F.

Watermelon-Strawberry Smoothie

1 - 1½ cups seeded watermelon, diced
1 cup lemon sorbet or sherbet
8 frozen whole strawberries
1 tablespoon lemon juice
Place all ingredients in a blender. Blend until smooth.
Makes two 1-cup servings.

Watermelon Parfait

½ cup low fat granola
1 cup seedless watermelon, cut into small chunks
1 (6 oz) carton of low fat vanilla yogurt
1 banana, sliced
Almond slivers

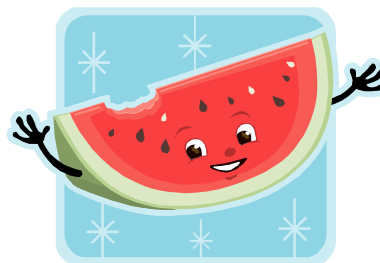
In 2 tall glasses, layer the following:

Layer 1: granola
Layer 2: watermelon
Layer 3: yogurt
Layer 4: banana slices
Repeat Layers 1-4.
Garnish with slivered almonds.
Makes two servings.

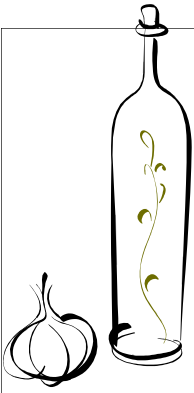
Watermelon Fire & Ice Salsa

3 cups seeded and chopped watermelon
1 tablespoons chopped cilantro
1 to 2 tablespoons Jalapeno peppers
½ cup green peppers
2 tablespoons lime juice
1 tablespoon chopped green onion
½ tablespoon garlic salt

Combine all ingredients and mix well. Cover and refrigerate at least 1 hour.



Much Ado About Marinades



If you haven't been using marinades because your menu planning begins about 45 minutes before dinner is served, don't despair. A brief 30-minute marination will impart flavor to chicken and keep it moist while it cooks.

Making a marinade is equally easy. Simply combine an acid, a fat and spices. Vinegar, lemon juice, fruit juice, milk, yogurt and wine are excellent acids. Use any cooking oil for the fat (but remember, olive oil tends to congeal in the refrigerator). Then add your favorite seasonings --- be generous because the flavor will diminish considerably.

A few handling tips to keep in mind: always marinate in the refrigerator, and never reuse the marinade for basting or as the base for a sauce (unless you vigorously boil it first). And don't marinate in an aluminum pan -- it might react with the acid. Plastic bags work well and you'll only need about half the amount of marinade.

Here are three marinating techniques to get you started. Each makes enough for approximately four servings of chicken.

Easy

¼ cup light soy sauce, 1 tablespoon sesame oil, 1 garlic clove (minced), 1 teaspoon ginger and ½ teaspoon minced parsley leaves.

2 tablespoons prepared mustard, 2 tablespoons oil, ¼ cup soy sauce, 4 teaspoons honey, 1 tablespoon lemon juice and ¼ teaspoon ground ginger.

¼ cup oil, 1 tablespoon lemon juice, ½ teaspoon rosemary and ½ teaspoon thyme.

Easier

Marinate chicken in your favorite bottled salad dressing. Just pour it on and allow to marinate for a minimum of 30 minutes.

Easiest

Try Tyson Holly Farms Savory Solution™. These preseasoned chicken products give you maximum flavor and moistness with the ultimate convenience. They're available in your choice of cuts -- boneless breasts, ready to grill skewers and chicken breast strips -- and delicious flavors like Teriyaki, Chile-Lime, Italian and Lemon Herb.

Why Does Angel Food Cake Fall Out of the Pan?

I must admit, this has happened to me. It is a sickening sight to watch a foam cake fall out of the pan when inverted to cool. While it may still be edible, it doesn't look very pretty. So why does this happen?

- Used a non-stick or greased tube pan. Be sure the pan is free of any grease. The cake needs to stick to the pan. These cakes must be fat free!
- Cake is underbaked. The oven could be at the wrong temperature or just not baked long enough.
- Be careful when handling the pan from the oven to inverting for cooling. Do not press on the bottom of the 2-piece pan which can dislodge the cake from the sides of the pan.
- Recipe could be out of balance. Too much sugar can make it too moist which can cause it to fall.

PANTRY CHECKLIST

To make meals in a hurry, you may want to stock your pantry with some of the following items. Feel free to add or cross off items to suit your cooking habits and family's tastes.

<u>DRY GOODS</u>	<u>Canned/jarred goods</u>	<u>REFRIGERATED ITEMS</u>
<p>Baking</p> <ul style="list-style-type: none"> • Baking chips (butterscotch, milk chocolate, semisweet, white, etc) • Baking chocolate squares (semisweet, unsweetened, white) • Baking cocoa • Baking powder • Baking soda • Biscuit/baking mix • Canned frosting • Coconut • Corn syrup • Cornstarch • Cream of tartar • Dried fruit (apples, apricots, cranberries, raisins) • Extracts (almond, mint, vanilla) • Flour (all-purpose, bread, whole wheat) • Food coloring • Gelatin • Honey • Instant pudding • Marshmallows • Milk (evaporated, sweetened condensed, powdered) • Mixes (brownie, cakes) • Mixes (muffin, quick bread, etc) • Nonfat dry milk powder • Nonstick cooking spray • Nuts (almonds, pecans, walnuts) • Oil (olive, vegetable) • Pie filling • Quick-cooking oats • Quick-cooking tapioca • Salt • Shortening • Sugar (brown, confectioners', granulated) 	<p>Seasonings</p> <ul style="list-style-type: none"> • Applesauce • Beans (black, kidney, etc) • Broth (beef, chicken) • Cream soups • Fruits • Green chilies • Ketchup • Mushrooms • Olives • Peanut butter • Salsa • Sauces (Alfredo, process cheese, spaghetti, taco, etc) • Tomatoes (diced, paste, sauce) • Tuna <p>Seasonings</p> <ul style="list-style-type: none"> • Bouillon granules • Hot pepper sauce • Onion soup mix • Taco seasoning • Vinegar (cider, red wine, white) • Worcestershire sauce <p>Starches</p> <ul style="list-style-type: none"> • Bread (pita, sandwich, buns) • Crackers (butter-flavored, graham, saltines) • Croutons • Dried beans (pinto, kidney, navy) • Dry bread crumbs • Noodle mixes • Pasta (egg noodles, macaroni) • Rice (instant, long grain) • Rice mixes • Stuffing mix 	<p>REFRIGERATED ITEMS</p> <ul style="list-style-type: none"> • Butter • Cream cheese • Eggs • Grated Parmesan cheese • Jelly • Juices (apple, lemon, orange, etc) • Maple syrup • Mayonnaise • Milk • Minced garlic • Mustard (Dijon, yellow) • Pickle relish • Refrigerated biscuits, crescent rolls, pizza dough • Salad dressings (Italian, ranch) • Shredded cheeses (cheddar, Mexican blend, mozzarella, etc) • Sour cream • Soy sauce • Tortillas (corn, flour, whole wheat) <p>FROZEN FOODS</p> <ul style="list-style-type: none"> • Bread dough • Chicken breasts • Fruits • Fruit Juices • Ground beef • Meatballs • Pasta (ravioli, tortellini, etc) • Pastry shells • Pizza • Pork chops • Potatoes (French fries, tator tots, hash browns) • TV Dinners • Vegetables (broccoli, corn, hash browns, medleys, spinach, etc) • Whipped Topping

Are Escalloped and Scalloped the Same Technique?

Both of these cooking techniques are quite similar to each other. Both use a sauce and are baked with a crumb topping.

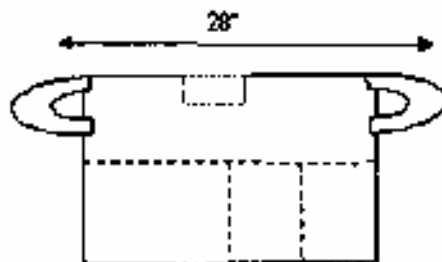
A scalloped dish, such as potatoes, has thin layers of potatoes alternated with a sauce and topped with bread or cracker crumbs.

An escalloped dish, such as meat or seafood, has thin, whole pieces of meat and covered with the sauce and crumbs. The meat may also be layered with the sauce. Escalope is French for scallop.

WHEELCHAIR TOTES

Materials

- Bag (cut 2) 18" x 18"
- Velcro 2"
- Handles (cut 2) 13½" x 3"
- Pocket (cut 1) 7½" x 18"



Instructions

NOTE: All seam allowances are ½".

- Sew pocket to one side of bag, if there is enough fabric. Make division for pens/eyeglasses. Stitch 4½" for eyeglass section and 1½" to 2" for pens/pencils.
- Sew side seams and bottom edge. (Double stitch, if not using heavy thread.)
- Serge side seams, top edge and bottom.
- Angle corners 1½". (**DO NOT CUT OFF**).
- Fold down top edge ¼" and topstitch.
- Sew handles ½" onto each side seam. Stitch diagonally for strength.
- Sew 2" Velcro into the center (inside edge) of top using diagonal stitching.

NOTE: Actual bag needs to measure 28" from the end of one handle to the other end. Handles should be 1" to 1½" wide.

What are Probiotic and Prebiotic Foods?

Let's take a quiz! Can you answer these questions? (Answers on back page)

1. A product containing live microorganisms in sufficient number to alter the microflora in a compartment of the body (stomach, intestine, or other) and thereby exert a beneficial health effect. This describes a
 - a. probiotic
 - b. prebiotic
 - c. synbiotic
2. A product containing both live microorganisms and non-digestible food ingredients that selectively stimulate growth of bacteria in the large intestine. This describes a
 - a. probiotic
 - b. prebiotic
 - c. synbiotic
3. A product containing a non-digestible food ingredient that produces health benefits by selectively stimulating the bacteria in the colon. This describes a
 - a. probiotic
 - b. prebiotic
 - c. synbiotic

Examples of foods for each of these include:

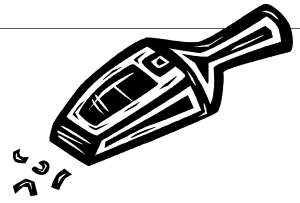
Probiotic-Yogurt and acidophilus milk

Prebiotic-contains insulin and oligofructose. They are used commercially to add fiber to foods without adding bulk. Specific foods include oatmeal, flax, barley and other whole grains; onions, kale and other greens, lentils, beans and other legumes; and berries, bananas and other fruits.

Synbiotic-A combination of both probiotic and prebiotic foods.

REAL SIMPLE---SPEED CLEANING

The 19 - Minute Method to a Clean House!



Ready ... set ... clean!

Consult this handy guide for the **best time-saving tips and techniques** for cleaning the entire house, top to bottom, in just 19 minutes.

You'll find a room-by-room breakdown, including an everyday to-do list and length of time you should spend per room. By using this speed cleaning method, your house will always remain sparkling ----and your bigger cleaning jobs will seem less daunting.

BATHROOM: 2 minutes daily

Cleaning the bathroom each day should take no more time than flossing your teeth.

- Wipe out the sink (30 seconds)
- Wipe the toilet seat and rim (15 seconds)
- Swoosh the toilet bowl with a brush (15 seconds)
- Wipe the mirror and faucet (15 seconds)
- Squeegee the shower door (30 seconds)
- Spray the entire shower and curtain liner with shower mist (15 seconds)

BEDROOM: 6½ minutes daily

Make your bed right before or after your morning shower. A neat bed will inspire you.

- Make the bed (2 minutes)
- Fold or hang clothing and put away jewelry (4 minutes)
- Straighten out the night table surface (30 seconds)

LIVING ROOM: 6 minutes daily

Let gravity work for you. Dust from top to bottom, and save the vacuuming for last.

- Pick up crumbs and dust bunnies with a handheld vacuum (1 minute)
- Fluff cushions and fold throws after use (2 minutes)
- Wipe tabletops and spot-clean cabinets when you see fingerprints (1 minute)
- Straighten coffee-table books and magazines. Throw out newspapers. Put away CDs and videos (2 minutes)

KITCHEN: 4½ minutes daily

In the time it takes to brew a pot of coffee, you can get through your everyday list.

- Always start with the sink. Wipe down after doing the dishes or loading the dishwasher (30 seconds)
- Wipe down the stove top (1 minute)
- Wipe down the counters (1 minute)
- Sweep, Swiffer, or vacuum the floor (2 minutes)

MORE QUICK TIPS

Take off your shoes every time you enter the house. Tracking creates 80% of the dirt in your home.

- Put brushes, combs, and toothbrushes in the dishwasher for a quick way to clean and disinfect
- Microfiber cloths are a must for household chores. With their densely-woven fibers, they catch about 95% of all household bacteria without chemicals
- Use your blow dryer to remove dust from lampshades and delicate curtains

JUICY BURGERS

The key to juicy grilled hamburgers rests with three things:



1. The right meat. As ground beef grills, the solid fat it contains melts. Some of the fat is retained in the patty, while the rest drips off.

Juicy hamburgers start with ground beef that is 80-85% lean. Leaner beef (90% lean or more) has too little fat to stay moist during grilling without additional moisture. Fattier ground beef shrinks more during grilling, squeezing out moisture and causing grill flare-ups that char the patty.

Fresh ground beef stays juicier than frozen beef, which tends to be drier when thawed and loses even more moisture during grilling. If frozen meat is your only option, use a hamburger recipe that calls for some liquid, such as eggs, soy sauce or tomato juice. Use about $\frac{1}{4}$ cup liquid for each pound of meat.

2. Correct mixing method. If your hamburger recipe requires ingredients other than seasoning, place the ingredients in a bowl and crumble the ground beef over them before lightly mixing. Gently form the meat mixture into $\frac{3}{4}$ -inch-thick patties. Overmixing or forming tightly packed patties leads to dry hamburgers.

3. Proper grilling technique. Before lighting the grill, lightly oil the grate to prevent the patties from sticking. Grill burgers over medium-hot heat for 5 to 8 minutes on each side, turning once with a spatula. Your burgers will be juicy and moist when an instant-read thermometer placed in the center of the patty reads 165°F.

Resist the urge to press on the burgers as they grill. It may make you feel like a pro, but a pressed burger is a dry burger!

The Notorious Nut

Nuts have long been shunned as a high-fat, high-calorie snack. But research shows that nuts are actually packed with health-protective phytochemicals, protein, fiber and many other important nutrients. Just make sure to limit your portion to one handful.

Nuts have certainly acquired a bad reputation. They have been deemed high in fat and calories, and have been deliberately avoided by those wishing to maintain a healthy weight. But nutrition experts affirm that, beneath their hard shells, nuts defy these common stereotypes. When you discover how many vitamins, minerals, phytochemicals and antioxidants are stuffed into such a small space, it's a shame that nuts are often underestimated.

Wellness in a Shell

Like all plant foods, nuts contain no cholesterol. The high fat content of nuts is actually a blessing, because it is largely monounsaturated fat (the healthy type of fat that does not raise blood cholesterol). Oil-roasted nuts have about the same fat and calories as dry roasted varieties. Since the oil is not hydrogenated, there is no "trans-fat," which tends to behave like the unhealthy saturated fat.

All nuts are low in carbohydrates and high in fiber and protein. They vary in nutrients, but among them you will find good sources of folate, thiamin, niacin, phosphorous, zinc, magnesium, copper, manganese and boron.

Certain nuts have unique cancer-fighting properties as well. All nuts contain flavonoids, antioxidants that hinder the cancer process. Just one Brazil nut gives you the recommended daily allowance of selenium, another antioxidant. Walnuts and pecans provide ellagic acid, a phytochemical that may inhibit cancers of the lung, liver, skin and esophagus. Peanuts contain resveratrol, a phytochemical linked to lower risk for heart disease and cancers of the colon, prostate and breast.

"Sometimes You Feel Like a Nut"

A serving size of nuts is one ounce--about a handful. Since the nutrient-density of nuts is so high, this small portion is enough to provide you with a substantial amount of many vitamins and minerals.

(continued to next page)

GETTING TO KNOW YOU!



FRIENDLY NEIGHBORS DONATE BLANKETS

In observance of OHCE Week, May 6-12, the Friendly Neighbors group made and donated several fleece blankets in a variety of colors to the Morton County Care Center. Lunch was ordered in and enjoyed by members: Wanda Oswald, JoAnne Haar, Linda Hiser, Brenda Higgins, and Marsha Barnes. Their guest, Karen Stavig, also enjoyed lunch and helped in making the blankets.

OHCE Week was also observed by sending the Yarbrough Board of Education, administration, and faculty, flowers and a bunch of goodies, to thank them for their dedication and hard work for the children of the community.

Pictured making the presentation are JoAnne Haar, vice-president, Lynette Schrauner, administrative assistant, Brenda Higgins, treasurer, Wanda Oswald, president, Linda Hiser, secretary and Ruby Bultman, employee.

(continued from "The Notorious Nut")

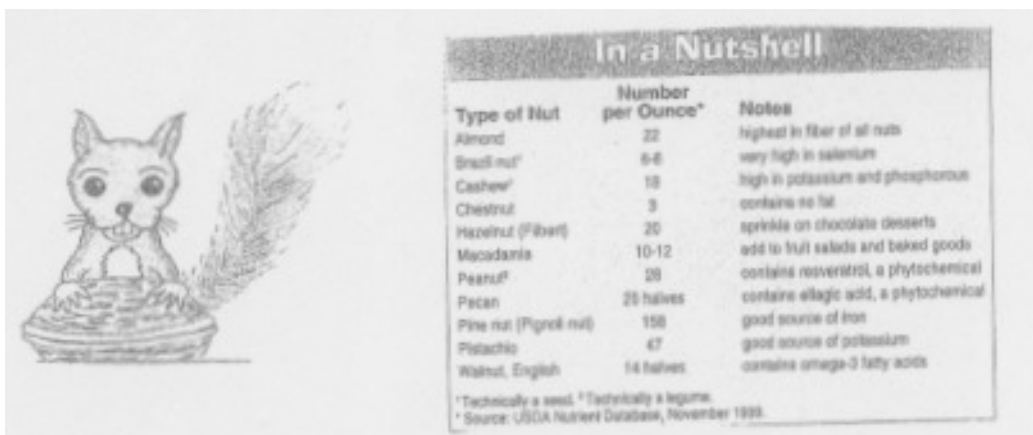
It's important to stop after one handful. A second helping will simply contribute more calories than most of us need. While this means that munching your way through a bag of macadamias is not a good idea, it makes nuts an ideal condiment.

Add a few nuts to your favorite foods for a nutritional boost and a delicious twist. Mix chopped walnuts or hazelnuts into breads, muffins and pies, or sprinkle chopped, unsalted peanuts over frozen yogurt. Substitute nuts for some of the croutons in salads. In the morning, add a few almonds or cashews to your bowl of yogurt or cereal. Try combining peanuts, cashews and pistachios with dried cranberries, apricots and raisins for a healthful, filling trail mix.

Experiment with nuts in more exotic ways, too. Many Asian noodle dishes are flavored with peanut sauce. Or toss toasted nuts into a homemade stir-fry. Make a pesto sauce for pasta using walnuts or pine nuts.

Choosing unsalted nuts will help you avoid added sodium and enjoy the nut's natural flavor. Also, nuts will stay fresh longer if refrigerated or frozen.

Note: If you aren't sure if you have a nut allergy, check with your physician.





OHCE NEWS & NOTES

Texas County

OKLAHOMA HOME & COMMUNITY EDUCATION

August 2007

Leader's Training: "Water Testing" will be the topic presented on Tuesday, August 28th @ 1:30 p.m. in the conference room of the OSU Extension office. Steve Kraich will present this state lesson.

Fair Exhibit Suggestions

Please submit suggestions for the 2008 Panhandle Expo to Arleen or Mary Long by 6:00 p.m. on Tuesday, August 14th. These may be emailed to arleen.james@okstate.edu or bring printed on paper to either person for consideration. Remember that not all suggestions can be used for various reasons.

Pies for 4-H

The 4-H respectfully requests: 3 fruit pies, 1 batch of brownies cut into 3 x 3-inch squares and 1 batch of rice krispie treats cut in 3 x 3-inch squares--all individually wrapped. Please bring when your group comes to work in the Country Store, except for those working on Saturday. For those groups, please bring early in the week!

Fair Exhibit Up-Date Notes:

- **Angel Food Cake**-is to be made from scratch as stated in handbook & fair book --this means no box mixes!
- **Decorated holiday cookies**-exhibitor should make and decorate 3 cookies for any holiday.
- **It's Plum Jelly --not plumb**--just a typo -- can be any type of plum suitable for jelly making.
- **The "fair book"**--failed to delete funky scarf from last year -- the entry is to be a jacket made w/a novelty fabric, lined or unlined.
- **Embellished shirt**-can be denim, but not required.
- **Recipe scrapbook**-will be judged on principals of design -- balance, unity, proportion, use of white space, etc. Also, it is not a requirement that each

recipe have a picture of the finished product -- this was just a suggestion for a way to include photos - - the same is true of a picture of someone making the recipe.

- **OHCE group activity photo**-does not have to include every group member --read details in your county handbook. The reasons for not matting the photo is because the photos will be removed from frame and submitted to the State OHCE Photography Contest. The frame was asked for to help with display, but certainly should compliment the photo.
- **Sunflowers**-exhibitor should have planted & grown the sunflowers. You should not pick flowers from the roadside or someone's field.
- **Creative planter**-needs to be something to use as a planter.

I hope this helps clarify some of the confusion--if not give me a call!

Educational Booth

The theme is "Oklahoma History" --be sure that what you do can be tied to Oklahoma's history in some way -- Mary Long needs to know if your group is doing one, NLT August 6th. Give her a call at (580)652-2544 or email ljlong@ptsi.net

Entry Day--August 14th

1:00 p.m. to 5:00 p.m.

Will have until 6:00 p.m. to organize booth



2007 Country Store Schedule

Wednesday, August 15th

2:00 p.m. - 6:00 p.m. Friendly Neighbors
6:00 p.m. - Closing United Neighbors

Thursday, August 16th

10:00 a.m. - 2:00 p.m. Happy Neighbors
2:00 p.m. - 6:00 p.m. Adams Homemakers
6:00 p.m. - Closing Early Risers

Friday, August 17th

10:00 a.m. - 2:00 p.m. Hardesty Homemakers
2:00 p.m. - 6:00 p.m. Guymon Homemakers
6:00 p.m. - Closing Friendly Neighbors

Saturday, August 18th

10:00 a.m. - 2:00 p.m. Adams Homemakers
2:00 p.m. - 6:00 p.m. Happy Neighbors
6:00 p.m. - 7:00 p.m. Mary Jane/Exhibit
Committee

The Country Store requires two individuals for each shift. If this schedule doesn't work for you -- please trade with another group & let Mary Jane/Arleen know. We must have the store covered!

Funds returned to individual groups again this year. Enclosed are tags for your group to use on your items -- **please, please pre-price your items!!!!** Items will not be accepted until after judging is completed on Wednesday.

Judging Day

Your attendance during judging day is a privilege afforded to our organization, as a learning tool -- therefore, we must follow rules!

- 1) There is to be no talking during judging -- this means among yourselves or to the judge--even if the judge seems to be asking a question about an item--there should be no responses!
- 2) Failure to comply with this rule will result in you being asked to leave.
- 3) If we cannot follow this rule then we will be forced to remove this privilege!

Fall Organizational Planning Meeting

Thursday, August 16th @ 9:00 a.m.

Early Risers & Happy Neighbors need to have a representative or two present to plan. We need program ideas, place to have it, etc-- all planned out- to go into the September newsletter.

Lessons for 2008

Vice Presidents of all local groups are encouraged to attend on Tuesday, August 7th at 2:00 p.m. in the conference room at the Extension office to select lessons for 2008. We will not ask for individual votes this year. Topic selections will be from ideas submitted and some gathered from other sources. If you truly want a specific topic covered, please let Arleen know prior to noon on August 7th.

OHCE Leadership Training

Sheila Ely, Leadership Development Ch (580-444-2604)

October 25, 2007

Clarion Convention Center in OKC

There will be ONE Leadership Training meeting this fall for county officers and leaders. ***Reserve October 25th on your calendar.***

The meeting will be at the Clarion Convention Center in OKC (where we have the state meetings). Registration will begin at 9:00 a.m. with the program starting at 9:30 a.m.

More information will follow as plans are developed by OHCE State Leadership Development Committee.

All county officers are encourage to make plans to attend!

Commemorative Bricks

Sequita O'Neal (Phone: 580-443-5641)

Time is whizzing by toward our State Birthday Party! ***Please continue to send your orders for county, club or in memory of BRICKS.*** By purchasing a Brick or Bricks other organizations or individuals will not be placed in our OHCE location.

Remember, each brick can have 3 lines and contain 14 letters on each of them. Send your orders to Sequita O'Neal, 13540 S. Bee-Emet Rd., Milburn, OK 73450. Our Bricks will all be in place by November 2007 in time for the birthday celebration!

If you have any questions, please call or email at sdoneal@Wilnet1.com Cost is \$35.00. Keep those orders coming in!

ONCE BLAST FROM THE PAST

Local Club Officers
1955

President Wilma Gossen
 Vice - Pres. Joy Wall
 Sec. Sarah Voth
 Treas. Ruby Bieles
 Reporter Hacci Smith

Other Members

Bertah Mae Johnson
 Ida Kirkhart
 Evelyn Campbell
 Ina Dorman
 H. sonil Drake
 Emma Lee Silbert
 Nettie Houston
 Irene Johnston
 Mae Harrison

Eldena Martens
 Nellie Ruozza
 Jessie Stebans
 Verian Schraeder
 Rena Strait
 Mena Shyrock
 Effie Dean



Chicken Dinner And Bazaar Today

Daily Times News Service
 ADAMS, OKLA. — The annual Farm Women club bazaar, with proceeds going into the park building fund, was held here today. Chicken dinner with hot biscuits was served for \$1.
 The club met Tuesday in the home of Mrs. Ray Johnson with Mrs. John Campbell as co-hostesses. Mrs. Lewis Wall was lesson leader. She was assisted by Mrs. Harris Gossen. Visitors were Mrs. Howard Hill, Mrs. Miller and Mrs. John Goss and six.
 Next meeting will be Dec. 20 at the home of Mrs. Eugene Martens in Hooker. Gifts will be exchanged. The club women will entertain their husbands at a dinner in the Woodwood cafeteria in Liberal Dec. 2.

GROUP NAME _____
ITEM _____
PRICE _____
MADE BY _____

GROUP NAME _____
ITEM _____
PRICE _____
MADE BY _____

GROUP NAME _____
ITEM _____
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Answers to quiz:

1. a
2. c
3. b

Arleen James, Texas County
OSU Extension Educator
FCS/4-H & CED

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