March/April 2010


A big tax refund check is the financial event of the year. If you plan ahead, you can use your refund to solve problems and meet goals. It can help when everyone in the family talks about what to use your check for and agrees on it — but as the adult in the family, you get to decide what to do.

Even young children can learn there are limits to what the family can afford. Let them dream a little, but don’t be afraid to say no. They appreciate limits, even if they don’t say so. Look at this list of ideas, add your own, make your choices and enjoy your refund!

- Pay or catch up on utilities
- Open an emergency savings account at the credit union
- Pay off payday loans
- Get a new TV
- Buy new glasses
- Get new clothes
- Fix your car
- Get a car with better mileage
- Pay off your cell phone
- Get your hair done
- Weather strip doors and windows
- Buy compact fluorescent light bulbs to save on utilities
- Make a deposit on an apartment with better utilities
- Get renters insurance
- Pay back a friend or family member
- Pay your rent
- Take a vacation
- Insulate your house
- Get a massage
- Make household repairs
- Get a computer
- Pay medical bills
- Buy an energy-efficient stove
- Give yourself a well-deserved night on the town
- Pay the baby sitter
- Pay insurance bills
- Get new shoes
- Go to the dentist
- Buy toys
- Get a cell phone contract
- Buy furniture you need
- Stock up on non-perishable food and paper goods
- Buy an energy-efficient refrigerator
- Get a new lawn mower
- Take your kids to the movies

Source: Brenda Procter, M.S., state specialist, Personal Financial Planning, University of Missouri Extension,
Changes in Tax Credits Put Extra Money in Your Pocket

The American Recovery and Reinvestment Act of 2009 created several credits and deductions for the average taxpayer and expanded on several of the current tax benefits being offered. Many of the tax changes have been outlined below. One thing you should note is the difference between credits and deductions. Credits reduce tax liability and deductions reduce taxable income. If you are given the choice between taking a credit or deduction for a particular tax benefit, usually the credit will give you more bang for your buck.

The **First-time Homebuyers Tax Credit** which was scheduled to end November 30, 2009 has been extended to April 30, 2010. Homebuyers must have a binding contract to purchase before May 1, 2010. The purchase must be completed by June 30, 2010. The credit can only be taken once the purchase has been completed. The credit has been expanded to include long-time homeowners. Current home-owners (who have lived in their home the last five of eight years) who purchase a new primary home will be eligible for a credit up to $6,500. This credit can be taken on IRS form 5405.

One of the most popular credits for low to moderate income tax filers is the **Earned Income Tax Credit** (EITC). The credit has expanded to include families with three or more children. The maximum credit has increased to $5,657 for families claiming three or more children. Income limits have also temporarily increased for tax years 2009 and 2010. See [Schedule EIC](#) for more information.

The **Child Tax Credit** and the **Additional Child Tax Credit** are still around this year. The Child Tax Credit is the nonrefundable credit that can only be used up to a taxpayer’s tax liability. The Additional Child Tax Credit, a refundable credit, continues to kick in where the Child Tax Credit ends. In the past, some low-income taxpayers were not eligible for the Additional Child Tax Credit because of the minimum income limits that applied. This year, the minimum has been lowered to $3,000, which allows more low income filers to qualify. For more information on both credits, visit the [IRS website](http://www.irs.gov) and check out form 8812.

The **Residential Energy Credit** is back. Homeowners may be able to claim 30% of the cost of certain energy efficient improvements such as windows, doors, insulation, water heaters, heat pumps, air conditioners and certain roofs. The credit is limited to $1,500.

The **Education Credit** has a few changes going on this year. The American Opportunity Credit replaces the Hope Credit as we knew it. This new credit can be taken for the first four years of college, unlike the old Hope Credit that only allowed the first two years of college expenses. The new Hope Credit is set aside for students attending schools in a Midwestern disaster area. The complete list of cities included in this credit is on the IRS website. The Lifetime Learning Credit is still available for students who don’t fall in either of the first two categories. Income limits have increased to allow more tax filers to qualify for the credit. The maximum credit has increased to $2,500 per student. For specific guidelines, see IRS form 8863.

The **Making Work Pay and Government Retirees Credit** is a new refundable credit that gives tax filers up to $400 (or up to $800 for married filing jointly). Most taxpayers have already received their credit in the form of an increase in take-home pay; the withholding tax tables were adjusted to provide immediate access to this credit. Two income households and taxpayers who have more than one employer need to make sure that the correct amount is being withheld from their paychecks. Otherwise, they will likely receive a lower refund or potentially owe this tax season. This credit is taken on Schedule M. Use the [IRS Withholding Calculator](http://www.irs.gov) to determine your correct withholdings.

For more information about changes in tax deductions for 2009 tax year, visit the [Plan Well, Retire Well](http://www.retrewell.uiuc.edu/News.aspx) website and read [Tax Deductions and More Can Save You Money](http://www.irs.gov) For a complete list of tax law changes or for additional information on tax-related topics, visit the [IRS website](http://www.irs.gov) or consult your tax professional.

**Source:** Kimberly Nute-Jones, Consumer and Family Economics Educator, Cook County Unit, University of Illinois Extension.
Financial Spring Cleaning

With spring approaching, many people engage in “Spring Cleaning,” where they clean out the clutter that has accumulated during the winter months. This is also a good time to “air out” your finances as well. If you have had some major life events since the last time you examined your financial life, you might discover some dusty financial accounts that you have forgotten.

As people age, they accumulate checking and savings accounts. One of the first tasks involved with moving to a new location is to setup accounts with local financial institutions; however, people often forget to close down the accounts at the place they moved away from. Similarly, married couples often start new joint checking and savings accounts, but leave their old accounts from their single years open. Savers interested in the highest interest rates move their money around as they chase after the highest yielding accounts. Often-times, they leave their old accounts open either through neglect or on the chance that the account may again be an interest rate leader.

The accumulation of dusty accounts also happens with retirement accounts. Employees will change jobs and leave their old 401(k) or 403(b) with their old employer. Employees that find themselves to be quickly climbing the corporate ladders between companies may find themselves with several retirement accounts, each having different rules and investment options. Keeping tabs on each of these accounts and maintaining an overall picture can be daunting.

What are some of the problems with leaving accounts open? First, it makes recordkeeping much more complicated. Receiving multiple statements in the mail at the end of each quarter or month can strain simple recordkeeping systems, especially if the accounts hold negligible amounts of money. Furthermore, multiple accounts can cause headaches at tax time. If you receive an interest statement showing that you earned $25 in interest after you’ve filed your tax return, you will have to amend your return with the complicated and costly 1040X. The $25 interest may cost you upwards of $150 in additional tax preparation fees. Second, you may be charged inactivity fees if your account shows no activity. These fees, ranging from $5 to $10 per month, may slowly eat away at your account balance, until your account turns negative. Thirdly, it may cause headaches for your heirs. If you have a hard time keeping track of your accounts, imagine what your heirs will feel as they try to untangle your financial situation.

So, what to do? Take some time to shake out the dust and breathe new life into your financial plans. Step back and examine your entire financial situation:

- Are you meeting the goals you’ve set for yourself financially? If you haven’t set any goals, now might be a good time to set some after you’ve organized your financial life.

- If you have multiple old checking and saving accounts, decide if you really need them and close the unneeded accounts. Consolidate your accounts so that your financial situation becomes easier to manage and less stressful.

- If you have multiple retirement accounts, you might want to consider rolling them into your current employer’s retirement plan or into your own retirement account at an independent financial institution.

- Take some time to update your net-worth statement, as well as to review your will and other end of life documents. If situations have changed since the last time you updated the documents, draft and sign new documents reflecting your current situation.

Taking care of these details now will likely make the financial aspect of your life less stressful for you throughout the year.

Hard-Boiled Egg Safety for Spring Celebrations

If you're planning an Easter egg hunt or cooking eggs for your Passover Seder, USDA has important advice to help you keep your family safe from foodborne illness throughout the Spring celebrations.

Eggs play a key role in Spring religious holidays. Hard-cooked eggs for Easter and Passover celebrations should be prepared with care.

If you plan to eat the Easter eggs you decorate, be sure to use only food grade dye. (Some people make two sets of eggs - one for decorating and hiding, another for eating. Others use plastic eggs for hiding.) For an Easter egg hunt, avoid cracking the egg shells. If the shells crack then bacteria could enter and contaminate the egg inside. Also, hide eggs in places that are protected from dirt, pets and other bacteria sources and keep hard-cooked eggs chilled in the refrigerator until just before the hunt. The total time for hiding and hunting eggs should be no more than two hours. Then be sure to refrigerate the "found" eggs right away until you eat them. Eggs found hours later or the next day should be thrown out — not eaten!

Eggs also play an important role on the Seder plate during Passover celebrations. If that egg sits out at room temperature for more than two hours, it should not be eaten. Since the hard-cooked eggs that are usually served to each person as part of the special dinner are meant to be eaten, keep those hard-cooked eggs refrigerated until ready to serve.

When shell eggs are hard-cooked, the protective coating is washed away, leaving open pores in the shell where harmful bacteria could enter. Be sure to refrigerate eggs within two hours of cooking and use them within a week. Check your refrigerator temperature with an appliance thermometer and adjust the refrigerator temperature to 40°F (Fahrenheit) or below.

For egg safety - to stay healthy and avoid foodborne illness — USDA advises:

- Always buy eggs from a refrigerated case. Choose eggs with clean, uncracked shells.
- Buy eggs before the "Sell-By" or "EXP" (expiration) date on the carton.
- Take eggs straight home from the grocery store and refrigerate them right away. Check to be sure your refrigerator is set at 40°F or below. Don't take eggs out of the carton to put them in the refrigerator -- the carton protects them. Keep the eggs in the coldest part of the refrigerator — not on the door.
- Raw shell eggs in the carton can stay in your refrigerator for three to five weeks from the purchase date. Although the "Sell-By" date might pass during that time, the eggs are still safe to use. (The date is not required by federal law, but some states may require it.)
- Always wash your hands with warm water and soap before and after handling raw eggs. To avoid cross-contamination, you should also wash forks, knives, spoons and all counters and other surfaces that touch the eggs with hot water and soap.
- Don't keep raw or cooked eggs out of the refrigerator more than two hours.
- Egg dishes such as deviled eggs or egg salad should be used within 3 to 4 days.

If you have a question about meat, poultry or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline or 1-888-674-6854, TTY: 1-800-256-7072.

You can call the year-round hotline Monday through Friday from 10 a.m. to 4 pm. EST (English or Spanish). Listen to timely recorded food safety messages at the same number 24 hours a day. Check out the FSIS Web site at http://www.fsis.usda.gov. E-mail questions can be answered by mphotline.fsis@usda.gov

Ten Strategies to Eat More Vegetables

Vegetables should be an important part of your daily diet because they offer a lot of nutrients and health benefits. Here are some tips to help you eat more vegetables.

1. Plan some vegetable main dishes each week like stir fry or soup.
2. Add vegetables to pizza, thicken soups and stews with cooked, pureed vegetables like potatoes, and add chopped vegetables to spaghetti sauce.
3. Choose vegetables as snacks. Sliced carrots travel well and can be eaten on the run.
4. Plan to eat salads as main dishes each week.
5. Add some flavor! Eat a dipping sauce or low-fat dressing with raw vegetables. Try roasting vegetables for a richer, sweeter flavor.
6. Let your kids help. Kids can choose vegetables they like and be involved in preparing them at home.
7. Remember your beans! They add new flavors, colors and textures to salads and other dishes.
8. Make it easy - have precut vegetables available at work and home.
9. Try frozen vegetables when fresh vegetables are not in season.
10. Visit your local farmer’s market to get good buys. You might learn about vegetables you haven’t tried!

Ten Strategies to Eat More Fruits

Fruits should be an important part of your daily diet because they offer a lot of nutrients and health benefits. Here are some tips to help you eat more fruits.

1. Make fruits accessible. Put a fruit bowl on the table or counter and keep cut fruit in an easy-to-reach container in the refrigerator.
2. Make it easy - have precut fruits available at work and home.
3. For extra flavor, color or texture, add fruits to dishes like mandarin oranges to a tossed salad or pineapple to pizza.
4. Use fruit for your dessert choice. A juicy orange or baked apple makes a great ending to a meal.
5. Choose fruits as snacks. Apples, oranges and dried fruit travel well and can be eaten on the run.
6. Let your kids help. Kids can choose fruits they like and be involved in preparing them at home.
7. Be creative! Cut fruit and put it on a stick for a tasty kabob or make a refreshing fruit smoothie.
8. Top it off. Use fruit as a topping for pancakes, waffles, cereal or ice cream.
9. Eating canned fruits is a good alternative when fresh fruits aren’t in season.
10. Visit your local farmer’s market to get good buys. You might learn about fruits you haven’t tried!

Source: Ellen Schuster, M.S., R.D., associate state specialist, curriculum & staff training coordinator, Family Nutrition Education Programs, Nutritional Sciences, University of Missouri Extension

OSU Extension Service Master Gardener Volunteers are available to answer YOUR gardening questions

Mondays & Thursdays 12:30 – 4:30 p.m.
March through October

Bring your questions and samples to the
OSU Extension Service, 2204 Fourth Street, Tillamook
Or call 842.3433
Good consumers take the time to understand the products and services they are buying. Whether you are talking about buying a house, car or health care, the quality and value of your purchase should be an important consideration.

In the case of health care, higher cost does not necessarily mean better quality. Health care costs can vary greatly depending on type of procedure, where the care is provided (emergency room, outpatient clinic or doctor’s office), and where you live and receive care.

Here are 10 ways to reduce your health care costs while adding value to the quality of your health.

1. **Take good care of yourself.** Eight out of 10 health problems are treated at home. By doing a good job of self-care you can reduce your health care costs.

2. **Practice self-examination and get appropriate health screening.** Work out a schedule for preventive health screening that is appropriate for your age and gender with your health care provider.

3. **Become aware of the health risks of different lifestyle choices** like alcohol and drug use, home and driver safety, and eating habits. The riskier your lifestyle the more likely you are to have health problems.

4. **Know what your medical benefits cover.** You need to know what your benefits are before you can use them appropriately. If you have a managed care plan know about the plan’s grievance procedure and use it if you don’t feel you are getting adequate care.

5. **Take an active role in health care decision making.** Take the time to build a good relationship with your doctor. Making sure that your doctor understands your expectations and needs can result in a more effective treatment plan.

6. **Ask your doctor about the risks of every prescribed medication and medical test.** Also ask what will happen if you choose not to take a drug or have a test. Every test and drug has some risk involved. Your doctor may be able to suggest an alternative that is less risky.

7. **Avoid hospitalization whenever possible.** More than half of all health care costs are for hospitalizations. Consider outpatient services or same-day surgery. Find out if there are alternatives to surgery.

8. **Save the emergency room for emergencies.** It can be two to three times more costly to receive services in an emergency room than in a doctor’s office or urgent care clinic.

9. **Check your hospital and doctor bills carefully.** Billing errors are made. Notify your hospital and health plan promptly if you find errors.

10. **Avoid defensive medicine.** Defensive medicine refers to tests and services performed primarily to protect physicians from possible malpractice suits. Ask lots of questions about why the tests are being done, if they are really necessary and what your options are. You may decide to take a more conservative approach.

_Source: Gail Carlson, MPH, Ph.D., former state health education specialist, Nutritional Sciences, University of Missouri Extension_

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**MARK YOUR CALENDAR**

OSU Extension Service 2010

**SPRING HOME AND GARDEN CLASSES**

Saturday MAY 1ST

Watch for Flyer and Class Schedule

*Coming Soon*

http://extension.oregonstate.edu/tillamook/classes-amp-events
Turn off TV, Turn on a Healthier Lifestyle
Celebrate National TV Turnoff Week – April 19-25

Healthcare costs in this country continue to rise. While federal and state governments struggle to find solutions, we as consumers are faced with an ever-bigger part of our paycheck going to pay for healthcare insurance. So, what can we as individuals do to help hold down healthcare costs and improve our own health? The answer is as simple as turning off your television and getting up and being physically active.

Already, more than one in four adults in the US are obese. With its accompanying health risks, obesity causes an estimated 300,000 premature deaths each year according to the Centers for Disease Control and Prevention (CDC). It is now the number two preventable cause of death in the United States, behind smoking.

Turning off the TV is a great way to improve the health of you and your family. There are two keys to being healthy – physical activity and eating a variety of foods in moderation. Watching less TV can help you with both of these.

Don’t have time to be physically active? You are not alone. As a society, we have created a lifestyle that has removed much of the physical activity from our daily lives. According to the 1996 Surgeon General’s Report on Physical Activity and Health, 60% of Americans do not get enough physical activity to stay healthy and 25% engage in no physical activity whatsoever.

Yet many of us have more time than we think. Children in the US average almost three hours of television each day, and adults average over four hours. Cutting back on television is a great way to find time to play outside, take a walk, or pick up a new sport. According to Dr. William Dietz, Director of the Division of Nutrition and Physical Activity at the CDC, “The easiest way to reduce inactivity is to turn off the TV set. Almost anything else uses more energy than watching TV.” A body in front of the tube is a body at rest.

Not only does watching TV keep you inactive, it also encourages an unhealthy diet. Research shows that the more TV children watch, the more likely they are to snack between meals, consume foods advertised on TV, and attempt to influence their parent’s food purchases. Consequently, the more TV children watch, the more likely they are to be overweight.

Take action to improve your health and the health of your family. Here are some TV-turnoff tips:

- Keep the TV off during meal times.
- Engage in physical activity as a family.
- Move your TV to a less prominent location.
- Designate certain days of the week as TV-free days.
- Remove the TV set from your child’s bedroom.
- Hide the remote.
- Don’t worry if children say they are bored. Boredom passes and often leads to creativity.

Because children are influenced by what parents do, it is important that whatever effort you make to be more physically active or watch less TV is done as a family. In this supporting context, turning off the TV becomes a family effort, a way to bond and spend time together. Start with my TV-Turnoff Tips – and then be sure to turn on life.

Source: James E. Meyer, Nutrition Specialist, Ralls County, University of Missouri Extension
Tips to Help Children in a World That Is Critical of Body Size

1. Create an environment where children learn to feel good about themselves.
   - Help children recognize what they are good at and make opportunities for them to develop these skills and talents.
   - Introduce children to different hobbies, sports, neighborhood and community activities, and the arts.
   - Encourage children to pursue what they enjoy and what makes them feel good about themselves.

2. Help children learn how to deal with teasing and bullying.
   - Teach children strategies to avoid reacting to unkind words and actions.
   - Role play/practice with children how they can use the strategies.
   - Talk about calmly walking away from peer provocations.
   - Help children develop positive I-messages: "I'm going to ignore these words because I know they are not true. I'm a good kid, I'm good at swimming, social studies, and writing letters to my cousins, and I have a best friend, Alicia, who likes me just the way I am."

3. Set and maintain limits on the amount of time that children spend watching TV/movies, and playing video/computer games.
   - Limit screen time, outside of homework, to 2 hours or less per day.
   - Work together to select television shows and movies that everyone likes and that portray what is important to you.
   - Make watching television and movies a special activity, not a routine activity.
   - Keep the television turned off during meals and when no one is watching it.
   - Maintain television-free bedrooms.

4. Keep track of the visual media children see.
   - Limit the number of fashion, glamour, and muscle building magazines in your home.
   - When children see images of female and male bodies that are unusually thin or overly muscular, talk about how media images are created with special techniques.
   - Explain that different kinds of bodies have different strengths.
   - Help children recognize that taking care of their bodies allows them to do what they like.

5. Give children the experiences needed to enjoy healthy foods and beverages.
   - Plant a garden and teach children where fruits and vegetables come from.
   - Teach children the basics of food preparation.
   - Involve children with menu planning.
   - Avoid soda and sugary beverages.
   - Munch on fruits and vegetables between meals instead of fatty, sugary, and salty snacks.

   - Purchase mostly healthy foods and beverages.
   - Eat a well-balanced, nutritious diet.
   - Plan regular meals and snacks.
   - Enjoy physical activity and active play daily.
   - Avoid dieting and withholding food for punishment.
   - Eat when hungry and stop eating when full.
   - Make mealtimes pleasant and relaxed.

Sources: Sara Gable, Ph.D., state specialist & associate professor, Human Development & Family Studies, Human Environmental Sciences Extension, University of Missouri; Melinda Hemmelgarn, M.S., R.D., former nutritional sciences specialist, College of Human Environmental Sciences, University of Missouri; Vera Massey, nutrition and health education specialist, Central Missouri Region, University of Missouri Extension
Teens and Technology: Sexting

Sexting — text messages or images sent with cell phones and computers — is an alarming new trend among teenagers. Some teens consider sexting a harmless flirtation, but it’s becoming a serious problem. Teens have been embarrassed, harassed, expelled from school and even convicted on charges of child pornography for sending and receiving such items.

In a new study conducted by the National Campaign to Prevent Teen and Unplanned Pregnancy, 22% of teen girls between the ages of 13-19 have sent or posted nude or semi-nude photos of themselves, and 39% of all teens have reported sending sexually suggestive messages. More than two-thirds of teens sending these messages say the content is intended for their boyfriends or girlfriends, but teens also report sending images to someone they wish to date or someone they met online.

Many teens do not realize that once they hit the send button, they lose control over those images or messages. Nearly half of the teens in this study reported that it is common for messages to be shared among friends. 75% of the teens say they believe sharing these messages can have negative consequences. The majority, however, say they participate in sexting because it is “fun or flirtatious” or because they want to send someone a “sexy present.”

Parents need to know that there are real consequences for sexting. In many states, sending nude images of someone under the age of 18 is considered pornography and kids are facing serious consequences for sending sexual images. As a parent, there are several things you can do to help your teen make smart texting choices.

Talk to your kids

- Ask them what kind of messages they send.
- Let your teen know what is suitable and what is inappropriate or illegal.
- Talk to your teen about the consequences of sending sexual images or messages.
- Let your teen know they can’t control what happens to a text once it is sent. Encourage them to make good choices about what images and content to include in their text messages.
- Talk to teens about your values on sexual activity.

Monitor the use of technology

- Keep technology in a central room in the home, especially at night.
- Know what Web sites your teen frequents and who they text.
- Install software with parental controls and block inappropriate sites.
- Become friends with your teen on all their social network forums.
- Be in control of all passwords and protections for the cell phone.

Source: Kim Allen, Ph.D., MFT, former director, Center on Adolescent Sexuality, Pregnancy & Parenting, former state specialist, Human Development & Family Studies, University of Missouri Extension

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This newsletter prepared by: Nancy Kershaw, OSU Extension Agent Tillamook & Clatsop County Family and Community Development and Tillamook County 4-H Youth Development.

Layout & Design: Nancy Kershaw, OSU Extension Agent, Sherry Vick, Office Specialist
**Grab-And-Go Box**

We live in an area prone to earthquakes and tsunamis that could require evacuation, so consider creating a grab-and-go box. Use a durable, sealed waterproof box or backpack. Put in copies of everything that is in your emergency file, and add other important papers. The list of information in the box is so extensive because it is meant to help your family rebuild if your house gets destroyed or you don’t have access to it for a long period.

- Medical prescriptions, including eyeglasses, and copies of children’s immunization records
- Copies of all insurance cards and policies
- Copies of the back and front of your credit cards
- Cash or traveler’s checks for several days’ living expenses (credit cards may not work), including rolls of quarters (banks might not be open for several days)
- List of bills and when they are due and copies of the tax form 1040 for the last three tax years
- Copies of your home inventory (The list of everything you own with serial numbers and purchase prices with the photographs and video you made)
- Copies of any wills, durable powers of attorney, deeds, marriage certificates, military discharge papers, divorce papers and birth certificates


**FCE Study Groups Plan Lessons**

The **April study group lesson** will be Better Balance, Better Bones, Better Bodies. Learn strategies to prevent falls, slow bone loss and improve functional health with age. Study groups meet in Tillamook and Clatsop Counties and welcome visitors and new members. Contact the person below for more information about meeting place.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Study Group</th>
<th>Contact Person</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Wed</td>
<td>10:00 am</td>
<td>Clatsop County</td>
<td>Terry Pellissier</td>
<td>503-717-0751</td>
</tr>
<tr>
<td>2nd Mon.</td>
<td>10:30 am</td>
<td>Nehalem Bay</td>
<td>Jan Markle</td>
<td>503-368-6166</td>
</tr>
<tr>
<td>2nd Tues.</td>
<td>10:00 am</td>
<td>South Tillamook Co.</td>
<td>Onnie Beyer</td>
<td>503-965-6587</td>
</tr>
<tr>
<td>2nd Wed.</td>
<td>10:30 am</td>
<td>Kilchis</td>
<td>Evelynn VonFeldt</td>
<td>503-377-2019</td>
</tr>
</tbody>
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**Extension Study Groups Plan Spring Festival**

The Tillamook Extension Study Group members are invited to the annual Spring Festival on **Thursday, May 6th**, at the Latimer Quilt & Textile Center in Tillamook, beginning at 9:30 a.m. with coffee and registration, followed by a tour of the Tillamook Quilt Trail. Cost for the program will be $10 which includes the bus tour, lunch and time to explore the Quilt & Textile Center. Pre-purchase of tickets is required since we need to reserve the bus and purchase lunches. Tickets for the tour and luncheon are available from the Extension Study Group Advisory Council member in each group. Contact Nancy Kershaw, 842-3433, for more information.

**Spring Calendar**

March 31  Study Group Advisory, 10:30 am, OSU Extension Service, Tillamook
April 9  Donations accepted for 4-H rummage sale, 1-6 pm, Fairview Grange, Tillamook
April 10  Tillamook County 4-H rummage sale, 9 am-3 pm, Fairview Grange, Tillamook
May 1  Spring Home/Garden Classes, 9 a.m., OSU Extension Service – **More Information Coming Soon**
May 6  Extension Study Group Spring Festival, 9:30 am, Latimer Quilt & Textile Center, Tillamook