




EXTENSION

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FOR IMMEDIATE RELEASE:

OSU Extension and OHCE Inc. invite you to text your best friend and join us for a virtual Valentine's party. The theme for the free event is "Friendship" because when you get right down to it, friends are truly essential to our happiness. This virtual event will take place on Thursday, February 10, 2022, 7pm via Zoom.

The weather may be cold, but who cares? There's no need to dress up, have a date, or even leave the house for this party. All you need is access to Zoom. Just go to your favorite app store and download Zoom to your mobile device or visit zoom.us to download to your computer.

Donna Jung, Family and Consumer Science (FCS) Extension Educator from Canadian County, will teach us how to make our own bath bombs. This is one of the hottest craft trends going and what a perfect Valentine's gift for your BFF!

Remember how fun it was to trade Valentine's with everyone in your class? Connie Wollenberg, McClain County Extension, will demonstrate techniques for handmade Valentine cards. We challenge everyone to send Valentine's to at least five good friends this year. Take the opportunity to tell your friends how much they mean to you.

We need a decadent dessert for Valentine' Day, so Dea Rash, Payne County FCS Educator will show us how to prepare a beautiful Valentine Trifle featuring heart-shaped strawberries. Share with your BFF or keep it all to yourself. It's up to you.

OSU Extension is also proud to present an educational lesson by OHCE member from Tulsa County, Dolores Williams. Dolores will share "Getting our Hearts Right - Three Keys to Better Relationships." Leader Lessons, such as this one, are staples of OHCE group meetings and always contain unbiased, science-based information from Oklahoma State University.

There are several ways to register for this virtual Valentine event. One is to find our event page on Facebook. Search for "Valentine's Day with Friends." This [bit.ly](https://bit.ly/OHCEfriends) link will take you directly to the registration form: bit.ly/OHCEfriends. Or, you can find the link on the Beckham and Washita Counties' OSU Extension FCS Program Facebook page.

OHCE (Oklahoma Home and Community Education) is a county-based, statewide organization with a unique relationship with OSU Extension. Together, OHCE members and County Extension Educators work to make local communities more resilient by addressing local issues with science-based information from Oklahoma State University. OHCE members also have a lot of fun learning together and serving their communities through various community service projects. You can learn more about OHCE at their website: ohce.okstate.edu.

For additional information, contact Kristy Spalding, Beckham and Washita Counties' FCS Extension Educator, at kristy.spalding@okstate.edu or 580-928-2139 for Beckham County Office or 580-832-3356 for Washita County Office.