



# Beaver County

Family and Consumer Sciences

## Newsline

August 2006

*\*Beaver County OSU Extension Office \* Box 339 Beaver OK 73932 \* Courthouse \* 580-625-3464*

### Hidden Dangers in Your Car

Most of us don't think twice about unrestrained cargo



Experts say that many injuries and deaths aren't the result of the collision, but of unrestrained cargo, pets, or passengers. People use their cars like a second home with things stowed on the dash, in the front seats, on the floorboards, and unsecured in the cargo area. Considering increased speed limits (many cars exceeding speed limits), in a crash, objects could turn into deadly projectiles. A can flying out of a grocery sack could become a lethal weapon; even a cell phone can fracture a skull!

In a study of 74,000 two-car collisions, researchers determined that risk of death for belted front-seat occupants rose 400 percent when someone in the back was NOT wearing a seat belt. "A front-seat passenger becomes a crude air bag

for the person in the back," say Charles Hurley of the National Safety Council.

- **All Passengers Buckle Up.** While 49 states have seat belt laws, only 15 require rear seat passengers to buckle up. It may not be the law of the land but it should be the law in your vehicles! But being buckled in is not enough.
- **Keep the Dash Clear.** Utilize all secured storage spaces already in your car: the glove box or center console compartments.
- **Secure Cargo.** Use the seat-back compartments and door pockets. Don't pile things on the floor higher than the back seat. Use you car's safety features. But remember, the cargo net in cars are generally meant to hold items during normal driving, not in crashes. Use heavy rope, cords, or cargo straps to secure items or get a cargo barrier that's been crash tested and will bolt into the frame of your auto.
- **Teach your Teen to Be Safe.** According to the American Automobile Association (AAA), teenage drivers account for only 7% of the driving population but are involved in 14% of fatal crashes. Traffic crashes are the #1 cause of death and injury for people ages 15-19. Problems which contribute to the high crash rate of young drivers include: driving inexperience, lack of adequate driving skills, risk taking, poor driving judgement and decision making, alcohol consumption and excessive driving during high risk hours (11PM-5AM).

The average household takes over 2300 car rides a year. Be smart and consider the potential dangers and travel safe.

Source: Readers Digest 2006

**Driving Back To College?** Save some green and help the environment at the same time: Slow Down! Gas mileage usually decreases rapidly at speeds above 60 mph. You can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.20 per gallon for gas. Less gas consumption also helps put out less fuel emissions and decreases the need for fossil fuels. [Cost savings are based on an assumed fuel price of \$2.91/gallon.] Observing the speed limit is also safer. Source: <http://www.fueleconomy.gov>



**Kids Sick?** Children’s Hospital in Boston has a new “*My Child Has...*” website. Input your kid’s symptoms (coughing, sneezing, stomachache, etc.) and get info on common illnesses, tips on preventive care and explanations of treatments and tests. Try it at [www.childrenshospital.org](http://www.childrenshospital.org)

### Milk Matters



Ages 11-15 are a time when fast-growing bones need calcium. So calcium is especially important during the tween and teen years, when bones are growing their fastest. Unfortunately, fewer than one in ten girls and only one in four boys, ages 9 to 13, are at or above their adequate intake of calcium. This lack of calcium has a big impact on bones and teeth.

Some researchers suspect that the rise in forearm fractures in children is due to decreased bone mass, which may result because children are drinking less milk and more soda, and are getting less physical activity.

Help prevent osteoporosis later in life. Osteoporosis is a condition that makes bones weak so they break more easily. Bones rely on calcium they store to stay strong throughout life. But, the "bone bank" for storing calcium is only open for a short time. Tweens and teens can help prevent osteoporosis by filling their bone banks with calcium when they are young, so that their bones can use it throughout life.

Put calcium on the menu at every meal. One way to make it easier for tweens and teens to get enough calcium is to serve low-fat or fat-free milk and other calcium-rich foods throughout the day. When low-fat or fat-free milk is the main beverage for meals, tweens and teens will choose it more often. Young and old should eat a diet rich in calcium. Try these easy ideas for including calcium throughout the day:

- Add low-fat or fat-free milk instead of water to oatmeal and hot cereal.
- Drink a glass of orange juice with added calcium.
- Add low-fat or fat-free cheese to a sandwich.
- Have a glass of low-fat or fat-free milk instead of soda.
- Try flavored low-fat or fat-free milk such as chocolate or strawberry. It has just as much calcium as plain.
- Have a cup of low-fat or fat-free yogurt or frozen yogurt.
- Have pizza or macaroni and cheese.
- Add low-fat or fat-free milk instead of water to tomato soup.
- Make a smoothie with fruit, ice, and low-fat or fat-free milk.
- Try some pudding made with low-fat or fat-free milk.
- Dip fruits and vegetables into yogurt.
- Have some low-fat or fat-free string cheese.
- Make a salad with dark green, leafy vegetables such as spinach or bok choy.
- Serve broccoli or cooked, dry beans as a side dish.
- Top salads, soups, and stews with low-fat shredded cheese.

Source: <http://www.nichd.nih.gov/milk/milk.cfm>

### Corn-Zucchini Bake

|                                                 |                                                                  |                                                              |
|-------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------|
| 2 cups sliced zucchini                          | 2 ¾ oz slices Weight Watchers reduced-fat Swiss cheese, shredded | ¼ cup (3/4 oz) grated Kraft House Italian or Parmesan cheese |
| 1 cup water                                     |                                                                  | 1 tsp dried parsley flakes                                   |
| ½ cup chopped onion                             | 1/3 cup (1 ½ oz) Kraft shredded reduced-fat Cheddar cheese       |                                                              |
| 2 eggs, beaten, or equivalent in egg substitute | 3 tbs (3/4 oz) dry bread crumbs                                  |                                                              |
| 2 cups frozen whole-kernel corn, thawed         |                                                                  |                                                              |

Preheat oven to 350 degrees. In a covered medium saucepan, cook zucchini in water until tender, about 15 to 20 minutes. Drain and mash zucchini with fork. In a skillet sprayed with butter-flavored cooking spray, sauté onions until tender. Add mashed zucchini, eggs, corn and cheese. Mix well to combine. Pour into an 8 x 8-inch baking dish sprayed with butter-flavored cooking spray. In a small bowl, combine bread crumbs, House Italian cheese, and parsley flakes. Sprinkle on top of zucchini mixture. Lightly spray with butter-flavored cooking spray. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Let stand 5 to 10 minutes before serving.

#### Serves 4 – Each serving equals:

**HE:** 1 ¾ Protein (1/2 limited), 1 ¼ Vegetable, 1 ¼ Bread  
236 Calories, 9 gm Fat, 15 gm Protein, 24 gm Carb., 437 mg Sodium, 2 Fiber

**DIABETIC:** 2 Meat, 1 Vegetable, 1 Starch

“Healthy Exchanges Cook Book” by Joanna M. Lund

## Good Study Habits



Perhaps the most important skill your child can learn in school is how to study effectively. By learning how to take notes, read for content, actively listen and study for exams, your child will not only achieve more in school but she'll take these skills with her to college and into her career. Bad study habits, on the other hand, interfere with learning. If your daughter loses confidence in her abilities as a student, the resulting insecurity might cause her to limit her future options in college or the workplace.

Clearly, it's in the best interest of your children to teach them good study skills--but changing bad habits can be challenging. Some children have no difficulty letting go of their bad habits; others consistently fight any change. Either way, with the right techniques and plenty of perseverance, it is possible to transform a study-phobic child into an organized, efficient student.

A Time and a Place Good study habits begin with an appropriate time and place for study. Setting a routine time for study is key. Find a time that fits both your schedule and your child's. Study time may need to be flexible in families in which parents aren't home when kids come home from school; however, some general rules can guide you in setting a proper time and place.

Does Your Child Need a Schedule? How responsible is your child? If he accomplishes homework independently and studies in a timely manner, there's no need for you to specify a time for study. On the other hand, if he hasn't studied enough, you should help him structure his time. The amount of time will vary with their grade and school requirements. Elementary school children should study from 15 minutes to one hour; middle school children need one to two hours; and high school students require between two and three hours each evening.

The Timer Technique If your child isn't used to spending time studying, use a timer and hold her to a specified and agreed upon amount of time. If she says she's completed all of her homework far before the allotted time is up, have her use the remainder for review, organizing notes or doing extra reading for future book reports or for pleasure. Remind your kids that the timer and prescriptive study times are only a temporary measure to help them manage their study time independently. For children who love to read, permitting them to do pleasure reading during study time may be counterproductive. Writing or math study could complete their study time. Inform them that when their achievement habits improve, you'll be more flexible and allow them to set their own study schedule.

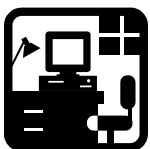
After-School Relaxation There should be a break immediately after school for children to have a snack

and some physical and social activity. Children often believe they should use that break to watch television. However, television will put them into a passive mode, and they're unlikely to want to stop watching to begin studying. It's better to insist that television follow study and homework. Your children may say, "But I need to relax after school." Assure them that they will get to relax. Exercise is both relaxing and energizing and more appropriate after a day of sitting in school. Certainly, having time to chat or clown around or play is appropriate for after school, but television is not.

After-Study Fun In determining the right time for study, keep in mind that kids need something to look forward to after study. If possible, at least part of children's study time should take place before the evening meal, leaving time for play or television after study. If the study time is set late in the evening, study will be less efficient and there won't be time afterwards for play. With only bedtime to follow, kids aren't motivated toward efficiency. Homework or study may also become an excuse to stay up late if it is scheduled just before bedtime. (For some reason unknown to adults, few children enjoy going to sleep!) They often look for ways to stay up as long as adults are awake.

CREATE A STUDY SPOT Having a designated study place is equally important for helping children learn efficiently. A desk in your child's own room, with a STUDENT AT WORK sign posted on the door, is ideal. Many kids have desks, although they may be cluttered with junk. If kids don't have their own rooms, there are other good alternatives: the kitchen, dining room or basement are reasonable places as long as no one else is in the same room, and the kids are out of listening and viewing range of the TV while they're studying.  
Source: <http://jas.familyfun.go.com>

**FirstGov for Kids** at <http://www.kids.gov/>



If your child is confused by a computer question, stumped on a science, or had heartburn over a history question, this site has some great links to help with homework - it may even help get it finished faster! The U.S. government interagency Kids' site was developed and is maintained by the Federal Citizen Information Center. It provides links to Federal kids' sites along with some of the best kids' sites from other organizations all grouped by subject.

For Newsline back issues, go to: [http://countyext.okstate.edu/beaver/monthly\\_newsletters.htm](http://countyext.okstate.edu/beaver/monthly_newsletters.htm)

**Recipes Wanted:**

For various upcoming programs, I would like your help in compiling tested and recommended recipes for **zucchini or squash, quick breakfast dishes, and holiday inspired creations**. If you have any you'd like to contribute, please send them to the Extension Office or email them to me at:

[elizabeth.mcbee@okstate.edu](mailto:elizabeth.mcbee@okstate.edu)

## OHCE NEWS



**OHCE State Conference** Mary Evans, Sue Grose, Virginia Jett, Linda Moeller, and I attended the OHCE Annual Meeting in OKC. Thanks to all of you who donated items for Beaver County's door prize contribution. We donated a second basket to the Ambassador's Silent Auction. Once again, the highlight for me was watching Beaver County OHCE win awards at the state level! Virginia accepted the award for 1st Place Local Winner in Resource Management. Linda accepted the 1st Place County Award for Cultural Enrichment.

Virginia received training on the State Lesson "Recycling". She in turn has already used the information for the August Leader's Training. At the lesson, she also taught us how to make some crafts by recycling items. Thanks Virginia.

**Training** There will be no Leader's Training for September so you can put your time and efforts into County Fair preparations.

**2007 HCE Lesson Topics** You've one last chance to submit the topics that you are really interested in. Remember in 2007, Oklahoma will be celebrating 100 Years of Statehood. Do you have any suggestions that may go along with that?

This newsletter is published monthly by the Beaver County OSU Extension Office, PO Box 339, Courthouse, Beaver, OK 73932 580-625-3464, and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

Liz Gardner-McBee, Extension Educator,  
Family & Consumer Sci./4-H Youth Development



Beaver County Cooperative Extension Service  
Oklahoma State University  
111 W 2<sup>nd</sup> ST  
PO Box 339  
Beaver OK 73932