

**July 13, 14 & 15, 2008 State OHCE Meeting**

When the OHCE Board realized the traditional state meeting dates would have members and Extension staff coming in for the meeting on the Sunday evening of July 4<sup>th</sup> holiday weekend, they decided to delay 2008 State Meeting by one week so members and staff could enjoy family time and celebrating the holiday without a conflict.

**Quilt Tickets**

Let's get out and promote the Beaver County OHCE Centennial Quilt. It is a handmade quilt that features **The Road to Oklahoma** block in shades of blue and yellow. The quilt will be given away on October 13. Tickets are available from Charlene or contact the Extension Office.

**Lost and Found**


The Oklahoma Wheat Commission is missing copies of the Oklahoma Wheat Contest Winners booklets from the past. There's no record when the contest started. They only have 1978, 1981, 1999, 2002, 2003, 2004, and 2006 booklets. Do you have copies you'd be willing to part with or at least let me copy and send to the Wheat Commission? The Centennial has everyone realizing the value of keeping items for historical references. I hope you can help!

**Reminder:** Elect Group Officers and Committee Members. Due by October 1st in County Extension Office.

**UPCOMING EVENTS**

- October 5 Elder Fair (Friday this year)
- October 8 OHCE Fall County Council  
*Theme: Oklahoma Past Present and Future*
- October 13 Fall Extravaganza  
*Road to Oklahoma Centennial Quilt Drawing*
- October 20 Beaver's Panhandle Centennial Celebration
- November 16 Oklahoma's Centennial State Holiday

Oklahoma State University, U.S. Department of Agriculture, State and Local governments cooperating. Oklahoma State University, in compliance with Titles VI and VII of the Civil Rights Acts of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a veteran in any of its policies, practices, or procedures. This publication was printed at Beaver County OSU Extension Service in Beaver, Oklahoma at a cost of 4 cents per page for a total cost of \$17.84.



**Beaver County Cooperative Extension Service**  
**Oklahoma State University**  
 111 W 2nd ST  
 PO Box 339  
 Beaver OK 73932

**Country Store**

During the Beaver County Free Fair, OHCE has a country store as a fund raiser. Members are asked to contribute candy, baked goods, canned items, or homemade crafts to fill the shelves. Tickets for the Road to Oklahoma Quilt will be on sale there too.


**Work Schedule:**

<b>Thursday</b>	(Set Up).....Clearlake
<b>Friday</b>	2:00pm to 4:30pm .....Anthony 4:30pm to 7:00pm .....Logan
<b>Saturday</b>	11:30am to 3:00pm .....Balko

**What's New in Home Appliances?**

The Leader's Lesson on appliances will be held on Wednesday, September 26th, at 10am in the Extension Office.

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 Sciences/4-H Youth Dev.



**BEAVER COUNTY FAMILY AND CONSUMER SCIENCES**

*Newsline* **September 2007**

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

**BEAVER COUNTY FREE FAIR 2007**



**—Schedule of Events—**

Pre-entries are due by Friday, August 31<sup>st</sup> to the OSU Extension Office, Courthouse Basement, or will be taken online thru Wed., Sept. 5<sup>th</sup> at [beavercountyfairgrounds.com](http://beavercountyfairgrounds.com). Exhibit tags will be pre-printed so that all one needs to do is attach to exhibit and bring to the "fair" Thursday.

**Saturday, September 1**  
 Pits & Grand Stand Open.....5:00pm  
 Stock Car Races.....7:00pm

**Thursday, September 6**  
 Exhibits not pre-entered will be taken in All Departments Except Livestock.....9:00am-8:00pm  
 Commercial Exhibitors set up in Comm Bldg.....9:00am-8:00pm  
 4-H Quality of Standards Judging Contest.....4:00-9:30pm

**Friday, September 7**  
 All entries judged except Livestock.....9:00am  
 Commercial Exhibitors must be set up.....2:00pm  
 Commercial & Exhibit Buildings Open.....2:00-7:00pm  
 Horse Show Entries.....4:30pm  
 Horse Show.....5:00pm  
 Queen Contestant Interviews.....6:00pm

**Saturday, September 8**  
 Livestock Entries.....8:00-9:00am  
 Antique Tractor Show In Place.....9:00am  
 Kiddie & Fair Parade.....11:00am  
 Commercial & Exhibit Buildings Open.....11:00am-6:00pm  
 Free Hotdog Feed.....11:30am-1:00pm  
 (sponsored by OSU Extension Office & Beaver County Fairboard)  
 Jr & Open Beef Show (Brady Show Arena).....12:00 noon  
 Immediately Followed by Bucket Calf, Sheep, Goats & Swine  
 (Livestock released at conclusion of Swine Show)  
 Queen Horsemanship.....1:00pm  
 Release Exhibits & Premium Money Presented.....3:00pm  
 Ranch Rodeo Meal (First Security Bank).....4:30pm  
 Parade of Queen Contestants & Crowning.....4:30pm  
 Saddle donated by Bank of Beaver  
 Immediately followed by Ranch Competition & Bull Riding

**PIE BAKING CONTEST**  
 Prizes: 1<sup>st</sup>-\$7.00; 2<sup>nd</sup>-\$6.00; 3<sup>rd</sup>-\$5.00 Overall Champion \$10.00  
 Pie will be sold by Beaver County 4-H or OHCE (exhibitor's preference) at \$1.50 per slice or \$8.00 per pie directly following judging. Individuals may enter one pie in each of the lots (recipe must accompany the pie).  
 \*Cream Pie \*One Crust Pie  
 \*Two Crust Pie \*Pecan Pie

**MUFFIN MANIA CONTEST**  
 Prizes: 1st-\$7.00; 2nd-\$6.00; 3rd-\$5.00  
 Open to any exhibitor 18 and under. Can use any recipe from scratch or mix. Display 3 muffins on a disposable plate in zip-lock bag.  
 \*8 Years Old & Under \*9-12 Years Old \*13-18 Years Old

**RECYCLED CONTEST**  
 Prizes: 1<sup>st</sup>-\$7.00; 2<sup>nd</sup>-\$6.00; 3<sup>rd</sup>-\$5.00  
 Exhibit must be made from a recycled product such as a can, cardboard, cardboard box/container, paper, old window, old door, jar, etc. Exhibit will be judged on creativity, use your imagination.  
 \*Adult Division – 16 & Older \*12-15 Years  
 \*9-12 Years \*8 Years & Under

**DECORATED/PAINTED CLAY POT CONTEST**  
 Prizes: 1<sup>st</sup>-\$7.00; 2<sup>nd</sup>-\$6.00; 3<sup>rd</sup>-\$5.00  
 Must be own design. Can use paint, stencil, stick-ons, etc. Use your imagination. Must use terra cotta clay pot(s), any size.  
 \*Adult Division – 16 & Older \*12-15 Years  
 \*9-12 Years \*8 Years & Under

**LARGEST GARDEN PRODUCE**  
 Prize.....\$4.00  
 String Bean, Beet, Carrot, Cantaloupe, Cucumber, Honey Dew Melon, Onion, Okra, Pepper, Potato, Pumpkin, Radish, Rhubarb, Squash, Tomato, and Watermelon



**OKLAHOMA WHEATHEARTS' BREAD BAKING CONTEST\***

**BALL/KERR FOOD PRESERVATION AWARDS\***

**\*For complete rules, see fair book or contact the Ext. Office.**

## Tips for Packing Away Your Summer Clothes

Proper storage helps keep your wardrobe in peak condition

Summer ends earlier in some parts of the country than in others. But when the days start to get chilly, it's time to think about putting away the summer clothes.

1. Wash or dry-clean everything—even if you think the item is clean. Any "invisible" stain left in a garment can darken and set, causing permanent discoloration. In addition, any food residue left in the garment may attract bugs that can harm the fabric.
2. Make any needed repairs. Take care of things like missing buttons, broken zippers and split seams so garments will be ready to wear come springtime.
3. Do not iron or starch items before putting them away. Ironing may set any pale or invisible stains, making them impossible to remove when they show up next spring. As for starch and fabric finishes—they may attract hungry insects that are looking for a food source.
4. Store garments in a cool, dark, dry and well-ventilated area, such as a cool closet or airtight chest. Too much heat can cause fabrics to yellow. Too much moisture can promote mildew.
5. Avoid garage and basement storage areas. Emissions from the garage or furnace may produce fume damage, which shows up as discoloration on the fabric. Basements tend to be damp, which may cause mildew and/or a musty smell that can be difficult to remove.
6. Put hanging garments in a cloth or canvas garment bag or cover them with an old sheet. This will protect them from light and dust. Avoid plastic bags; they hold moisture.
7. Use padded hangers to prevent creases and distortion.



<http://www.cleaning101.com>

## Statewide Conference for Women in Agriculture

Discover Oklahoma's Strength, Heart, and Elegance at the fourth annual statewide Women in Agriculture and Small Business Conference on September 20th and 21st at the Moore Norman Technology Center in Oklahoma City. The continuing theme for the conference is to empower the women of rural America by sowing seeds of success. A great line up of speakers, presentations, and exhibits is in store for participants.

Small group breakout sessions designed to help women be successful in their endeavors include agri-tourism, farmer's markets, renewable energy, estate and financial planning, record keeping, time management, web site creation, and availability of USDA programs. The cost is \$50; registration includes breaks, lunches, materials, and Thursday evening "taste of Oklahoma" reception. Each attendee will receive a tote bag and lots of useful information to take home. Over \$1,000 in door prizes will be given away during the conference. For more information, including registration details, see [www.greatplainsrcd.org/wiasb.php](http://www.greatplainsrcd.org/wiasb.php) or contact the Great Plains Resource Conservation and Development office at 580-832-3661

## Fresh Food Storage Tips

Proper storage practices can help you keep foods fresher longer and minimize the risk of foodborne illness. Get acquainted with the basics.

### Fruits

- ◆ Store apples either in the fridge or in a dry storage area slightly below room temperature.
  - ◆ Bananas, pears, pineapples, melons and avocados ripen quickly at room temperature. Once the fruit is ripened to your preference, store them in the fridge to maintain ripeness level.
  - ◆ Berries spoil quickly, so it is best to use them soon after purchasing. Store in the refrigerator spread into an even layer on a tray or in a shallow container and uncovered. Remember not to rinse or wash until just before use.
- ◆ Grapes keep best in a perforated plastic bag, which is how most grocery stores sell them. Simply refrigerate grapes in the original packaging to maintain freshness.



### Vegetables

- ◆ Eggplants keep best at room temperature in dark places, such as a pantry or cupboard. One sliced, rub the exposed flesh of the eggplant with lemon, cover with plastic wrap and store in the fridge.
- ◆ To extend the life of lettuce and other leafy veggies, wash and dry them, tear the leaves from the stems and place in a sealed plastic bag with paper towels to absorb extra moisture and keep them from wilting.
- ◆ Store broccoli like flowers by trimming the stems and placing them in a vase of cool water in the refrigerator. Be sure the stems are mostly submerged and the broccoli should last up to two weeks in the fridge.
- ◆ Keep potatoes and onions in a dark, dry and cool storage area.
- ◆ Artichokes, asparagus, beans, broccoli, cabbage, cauliflower, spinach and summer squash should be kept refrigerated in a sealed plastic bag.
- ◆ Cut the tops off of beets, turnips and carrots before refrigerating in a sealed plastic bag or container.
- ◆ Store fresh corn in the fridge, unhusked.
- ◆ Refrigerate mushrooms on a tray or in a shallow container spread into an even, single layer covered with damp paper towels.
- ◆ Tomatoes are similar to fruit when it comes to storage. Keep unripe tomatoes at room temperature. Place in the fridge to slow the ripening process when desired and after slicing.

### Other Fresh Items

- ◆ Keep bread stored in a drawer or cupboard. If you do not intend to use the bread for more than five days after purchase, store it a sealed plastic bag in the freezer, not the fridge.
- ◆ Keep milk and eggs on the shelves in the fridge, not in the side-door storage surfaces, where it tends to be warmer.
- ◆ Store tofu submerged in water in a plastic container. The tofu will keep for 3-4 days if the water is changed daily.

[http://www.plasticsinfo.org/s\\_plasticsinfo/sec\\_level3\\_collapsed.asp?CID=577&DID=2067](http://www.plasticsinfo.org/s_plasticsinfo/sec_level3_collapsed.asp?CID=577&DID=2067)

## Be a Doubting Thomas

Wives' Tales, Folklore, or Urban Legend: a lot of rumors and just plain lies are spread by word of mouth and even faster with this new communication tool called the internet. One of the fastest ways to fan the fire is to forward on emails. Most hoaxes get passed on because they sound plausible so few take the time to verify the stories first. Often real people and institutions are cited in these myths but without any legitimacy.

Try a little detective work before you believe everything you read. Several on-line resources are strictly geared to proving or disproving these urban legends. One of the most reliable is [Snopes.com](http://Snopes.com); however, it is not to be considered the ultimate authority on any topic. Consider it as a reliable reference because the sources used to prove or disprove a story are listed. FYI: the name, Snopes, comes from William Faulkner stories of the Snopes' family who were harmful and malicious—much like gossip.

### Here's my scoop on a recent email urban legend: Is Plastic Safe When Frozen or Heated?



Stories about the dangers of chemicals leaching from plastic into microwaved food have circulated on the Internet for years. As a result, the Food and Drug Administration continues to receive inquiries from concerned consumers.

Consumers can be confident as they heat meals or leftovers in the microwave that the FDA carefully reviews the substances used to make plastics designed for food use. These include microwave-safe plastic coverings that keep food from splattering and microwave-safe containers that hold frozen dinners. Even microwavable popcorn bags, which look like paper, actually contain a metalized plastic film that allows them to reach high temperatures so the corn can fully pop.

Under the food additive provisions of the Federal Food, Drug, and Cosmetic Act, new substances used to make plastics for food use are classified as "food contact substances." They must be found safe for their intended use before they can be marketed.

"It's true that substances used to make plastics can leach into food," says Edward Machuga, Ph.D., a consumer safety officer in the FDA's Center for Food Safety and Applied Nutrition. "But as part of the approval process, the FDA considers the amount of a substance expected to migrate into food and the toxicological concerns about the particular chemical." The agency has assessed migration levels of substances added to regulated plastics and has found the levels to be well within the margin of safety based on information available to the agency. The FDA will revisit its safety evaluation if new scientific information raises concerns.

One chemical called diethylhexyl adipate (DEHA) has received a lot of media attention. DEHA is a plasticizer, a substance added to some plastics to make them flexible. DEHA exposure may occur when eating certain foods wrapped in plastics, especially fatty foods such as meat and cheese. But the levels are very low. The levels of the plasticizer that might be consumed as a result of plastic film use are well below the levels showing no toxic effect in animal studies.

Other claims have asserted that plastics contain dioxins, a group of contaminants labeled as a "likely human carcinogen" by the Environmental Protection Agency. "The FDA has seen no evidence that plastic containers or films contain dioxins and knows of no reason why they would," Machuga says.

Machuga says that consumers should be sure to use any plastics for their intended purpose and in accordance with directions. If you don't find instructions for microwave use, you should use a different plate or container that you know is microwave-safe. Such containers are made to withstand high temperatures.

For example, carryout containers from restaurants and margarine tubs should not be used in the microwave, according to the American Plastics Council. Inappropriate containers may melt or warp, which can increase the likelihood of spills and burns. Also, discard containers that hold prepared microwavable meals after you use them because they are meant for one-time use.

Microwave-safe plastic wrap should be placed loosely over food so that steam can escape, and should not directly touch your food. "Some plastic wraps have labels indicating that there should be a one-inch or greater space between the plastic and the food during microwave heating," Machuga says.

Always read directions, but generally, microwave-safe plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels are safe to use. Covering food helps protect against contamination, keeps moisture in, and allows food to cook evenly. Never use plastic storage bags, grocery bags, newspapers, or aluminum foil in the microwave.