



FAMILY AND CONSUMER SCIENCES

Newsline

October/November 2007

Creek County

Halloween does not mean nutrition is out the window

The leaves have fallen from the trees and the grass no longer has a green hue. Pumpkins are decorating porches around the neighborhood. The candy aisle at the grocery store is fully stocked with a variety of treats. This can mean just one thing...Halloween is right around the corner.

For many children, Halloween not only means deciding what they want to dress up as, it also means a bag full of candy.

There are parents who may be concerned about the amount of candy their child receives while trick-or-treating, said Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition education specialist.

“From a child’s perspective, the more candy the better,” Hermann said. “This is a great time for parents to take this moment and turn it into a learning opportunity about nutrition. Children will be excited when they come home with their plastic pumpkin or goody bag filled to the brim. As a parent, you play a key role in helping your children understand the importance of good nutrition and how special treats such as Halloween candy can fit into a healthy eating plan.”

Parents can avoid handing out sugary treats by opting for healthier choices.

“Instead of stocking your treat bowl with sugar-laden goodies, try handing out individual packs of crackers, trail mix, or nuts,” she said. “Small boxes of raisins, mini bags of microwave popcorn or cereal, sugar-free gum or mini juice boxes also make great treats. If you can’t resist the urge to hand out candy, try miniature candy bars or other small candies.”

It is OK for children to have small amounts of candy as long as they are eating a variety of healthy foods from the MyPyramid.



Hermann said parents can involve children in food choices by having them help with meal planning and shopping.

For those who wish not to hand out food of any type, try giving away pencils, erasers or even pennies.

“Once you have the candy at home after trick-or-treating, sort through it and throw away anything your child doesn’t like,” she said. “After that, portion the candy into small bags. This will help your child visualize how much candy can be consumed each day. If your child ends up with more candy than can be consumed in a short amount of time, consider freezing it for a treat at a later date. Chocolate candies such as M&Ms could be added to a batch of cookie dough or brownies.”

Hermann said it is important for parents and children to keep in mind that candy is not necessarily ‘bad’ for children.

“Learning to enjoy all foods in the MyPyramid in the right portions can make healthy eating much easier,” she said. “All of your efforts in feeding your children nutritionally and educating them on healthy choices won’t go out the window with one night of trick-or-treating. Enjoy the treats and have a safe and happy Halloween.”



THANK YOU ~ THANK YOU ~ THANK YOU

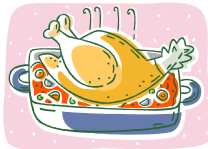
A big hands up for all the volunteers that put on the Creek County Free Fair! The sisterhood and brotherhood of HCE is fantastic!

* * *

NEW GROUP TIME

The Timberlake HCE Group has a new meeting date and time, the 1st Monday of each month @ 7:15 PM. Contact the president if you plan to attend as locations vary.

* * *



“10 STEPS TO A PERFECT TURKEY”

November starts the holidays and what better way to wow your guests at Thanksgiving with a perfect turkey! Here are 10 easy steps to a perfect turkey!

1. If turkey is frozen, thaw in the refrigerator or cold water. When ready to cook, remove the wrapper. Pre-heat the oven to 325° F.
2. Remove the neck from the body cavity and the giblets from the neck cavity. Drain the juice, rinse and blot cavities and outside with paper towels.
3. Just before roasting, stuff the neck and body cavities lightly, if desired. Turn the wings back to hold the neck skin in place. Return legs to tucked position, if untucked. No trussing is necessary.
4. Place the turkey, breast side up, on a flat rack in an open roasting pan about 2 inches deep.
5. Insert an oven safe meat thermometer deep into the lower part of the thigh next to the body, not touching the bone.
6. Brush the skin with vegetable oil or spray with butter flavored non stick cooking spray to prevent skin from drying. Further basting is unnecessary.

7. Wash preparation utensil, wash surfaces and hands in hot soapy water following contact with uncooked turkey and juices.
8. Roast at 325° F for approximate cooking times see roasting time schedule listed below. When the skin is light golden about 2/3 done, shield the breast loosely with lightweight foil to prevent overcooking.
9. Check for doneness ½ hour before turkey is expected to be done. Turkey is fully cooked when the thigh’s internal temperature is 180° F, the thickest part of the breast should read 170° F, and the center of the stuffing should be 160° F.
10. Let turkey stand for 15-20 minutes before carving.

Open roasting pan time schedules, based on 325° F.

	<u>Unstuffed</u>	<u>Stuffed</u>
10-18 lb.	3-3 ½ hr.	3 ¾-4 ½ hr.
18-22 lb.	3 ½ -4 hr.	4 ½-5 hr.
22-24 lb.	4-4 ½ hr.	5-5 ½ hr.
24-29 lb.	4 ½-5 hr.	5 ½-6 ¼ hr.

For additional holiday cooking tips check out the following websites or contact the OSU Extension Office @ 379-5470:

- www.butterball.com
- www.cookinglight.com
- www.cce.cornell.edu/suffolk/FCSprograms/holiday_meals/holiday.htm

Diabetic recipes for the holidays are also available upon request from your local Extension Office.

* * *

40 FOOT PECAN PIE

At our HCE Annual picnic Donna Smith was questioned about her involvement in making the world’s largest pecan pie. For your enjoyment.....here is the recipe!

Dough:

- 2777 lb. flour
- 138 lb. powdered milk
- 1666 lb. shortening
- 69 lb. water
- 138 lb. salt

Filling:

- 10828 lb. sugar
- 7782 lb. corn syrup
- 678 lb. margarine

68 lb. vanilla
84 lb. salt
3044 lb. pecans
64280 eggs

This is the recipe used by the faculty and students of Oklahoma State University, Technical Branch, Okmulgee, when they set the new World's Record in 1989 for the World's Largest Pie. It required a pan 40 feet wide and 4 inches deep and two cement mixers to mix the filling. The crust dough was made in batches over a one week period and fitted together at the baking site in Okmulgee, Oklahoma. A picture of the pie and its bakers can be seen in the 1990 edition of the Guinness Book of World Records.



SAFE SURFING – KEEP YOUR CHILD PROTECTED WHEN ONLINE

Social online communities are very popular and evolving among today's youth. With all this connectivity how can parents be sure their child is "safe" when they go online? Debbie Richardson, Oklahoma State University Cooperative Extension assistant parenting specialist said just like any safety issue, it is important to talk to your children and grandchildren about your concerns. "Make sure you take advantage of the resources to protect them from potential dangers," she said. "And be sure to keep a close eye on their activities."











The Children's Online Privacy Protection Act requires web sites to explain their privacy policies and get parents' permission before collecting or using a child's personal information. This includes name, address, phone number or social security number. In addition, this law prohibits a site from requiring a child to supply more personal information than needed to play a game or contest. Richardson said even though there are laws to protect children, the best protection is done by the parent. By talking to children about the potential online dangers and monitoring computer use, children will surf the net safely.

Chat rooms are a virtual online community where a chat session takes place. They are usually set up according to interest or subject. "Since people can communicate to each other alone or in a group, chat

rooms are very popular with children and teens," Richardson said.

When your child posts a message to chat rooms it reveals their email address to others. The threats with chat rooms are the online predators who are exploiting children to give them personal information. Oftentimes predators pose as teenagers in chat rooms. Since many children have been taught not to give out their personal information, predators persuade children to call them and with caller ID the offenders automatically have the child's phone number, she said.

If your child is spending long hours online (especially at night), if there are phone calls from people you do not know or unsolicited gifts arriving in the mail, these are signs your child may be a target of a predator. Quickly turning off the monitor when you walk into the room, withdrawing from family life and an unwillingness to discuss online activities are other signs you need to monitor your child's online activity. Richardson suggests the following steps for getting involved with your child's online activities:

-  Be computer literate and learn how to block offensive material.
-  Keep the computer in a common area, where you can monitor your child.
-  Share an email account with your child so you can monitor messages.
-  Bookmark your child's favorite sites for easy access.
-  Spend time online together to teach your child suitable online manners.
-  Do not let your child enter private chat rooms. Block them with safety filters provided by your internet provider.
-  Monitor your credit card and phone bills for unknown account charges.
-  Encourage your child to tell you if they receive a message that is uncomfortable, confusing or threatening.
-  If your child experiences an uncomfortable online exchange, take him or her seriously.
-  If you or your child receives threatening messages, forward these to your internet service provider.

"If parents take an active role in their child's internet activities, they can ensure their children are benefiting from the many good things it has to offer," Richardson said. "This can be done without being exposed to the potential online dangers.)

**CO-PARENTING THROUGH
DIVORCE**

**October 18, 2007 ~ 5:00 – 8:00 PM
OSU Extension Center Conference Room**

**HEALTHY OKLAHOMA
NUTRITION CLASS FOR PARENTS**

**November 5 – 9, 2007 ~ 6:00 – 7:00 PM
OSU Extension Center, 17806 W. Hwy 66
Kellyville, OK**

Peeking those picky appetites and juggling nutrition can be a trying task as a parent! In this series we will be covering nutrition and childhood tantalizing recipes in the areas of snacks, quick meals, lunches, fast foods and breakfast. Cost is \$5.00 per person. \$5.00 per person covers lesson materials, laboratory supplies and handouts. Pre-registration deadline is November 1st. Contact # 224-2192.

**LESSON PACKETS READY FOR
OCTOBER**

Leader lesson packets are ready for your October meetings. The topic is "Identity Theft" developed by Dea Rash, Payne County FCS Extension Educator. You won't want to miss this lesson! Find out what the current dangers of identify theft are. The curriculum contains excellent material from federal investigators and other security resources! Packets are available at the OSU Extension Office.

SIMPLE HOME REPAIRS

**by Trinity Brown, Pawnee FCS Educator
October 23, 2007 ~ 9:30 AM**

Creek County OSU Extension Center

This program is open to the public and will be the leaders training for HCE November group meetings.

!!NO LEADERS TRAINING IN NOVEMBER!!

HCE LIFE STORY ESSAYS

DUE OCTOBER 31, 2007

OSU Extension Office

Julia Harwood, County Family Chair

1. The Creek County HCE is once again offering the County Life Story Essay Contest! Cash prizes are given to our top three winners. First and second placing will go on to state level HCE competition!
2. Write about ONE EVENT OR TIME IN LIFE, for the purpose of providing future generations a written picture of life. Spelling and punctuation are not judged, but clarity of ideas is important.
3. Entry must be written by a current OHCE member.
4. The essay must be typed on a typewriter or computer using Times New Roman font 10 or 12 size and doubled-spaced with a 1-1/2 inch left hand margin. It should be at least two full pages, but not exceeding 3000 words in length.
5. Title your essay.
6. Do not include photographs, clipart, or news clippings.
7. All life essays submitted for state judging must include the signed Life Essay "Release Form" statement by the author giving OHCE the right to read publicly and publish without further financial compensation to the author. If you are one of the top two winners we will have this form in the Creek County Extension Office for you to sign.



HCE PHOTO CONTEST ENTRIES

DUE NOVEMBER 30, 2007

OSU Extension Office

Bernice Plum, County Membership Chair

Our state OHCE is conducting a photography contest! All your winning photographers need to enter our county preliminary round. Listed below are the rules for photo entries. Be sure to read closely as they may vary from our annual fair entries a little.

1. Photo must be an OHCE activity, in color with photo no larger than 5 x 7 inches. Please mount photo, do not attach to a folder.
2. Photography must be by an OHCE member during the current year.

3. Each county may submit 3 entries (may or may not be taken by the same person). If we have numerous entries we will have them judged and then the top three ranking entries will be submitted to state to represent Creek County.
4. County name, name of contestant, address and district must be on upper right hand corner of the back of the mounting. *(Hint: Type this information on a label and then stick it to the back and it will look much nicer.)*
5. Photos become property of OHCE for promotional purposes.

* * *

DUES AND MEMBERSHIP FORMS

Dues and membership forms should be in to the office by mid-October so Emma can get a check cut and in to Stillwater by November 1. With this information we will also need a list of your 2008 officers. I have a few group officer lists from visiting your group meetings already, but you might send or call them in again just to remind me! I'm of age now you know. I forget! ☺



PERFECT ATTENDANCE NOMINEES

Creek County HCE is looking for their busy members who made it to a local group meeting every single month this year! Secretaries Donna, Ruth, Bernice, Janice, Mary, Ann, Alice and Patchwork Pals.....TELL US ALL ABOUT IT! A list of perfect attendance members is due in the office November 30th.

* * *

!!!INDIVIDUAL ACHIEVEMENT!!!!

In the middle of our yearbooks is your personal Individual Achievement form. Your awards committee and I want to make sure that your dedication to community service, family and community education and club growth are recognized!!! Take a few moments at your November meeting to total up your participation for the year and turn it into the Extension office by November 30th. If you have any questions where something might fit just call one of the awards committee members or drop by the office and I can help. Your awards committee is made up of all vice-presidents.



OUTSTANDING SECRETARY BOOK

Secretary books from the county council and from each local group should be completed and turned into the Extension office by November 30th. There has been a question as to what months should be covered in the records. Your year covered in the record books should be December 1, 2006 through November 30, 2007.

* * *

LEADERSHIP DEVELOPMENT

October 25, 2007 ~ 9:30 A.M.

Oklahoma City Clarion Hotel

At the 2007 State meeting, voting delegates were notified of plans for the Leadership Training planned for this fall. The meeting will be held at the Clarion Convention Center in Oklahoma City, October 25, with registration beginning at 9:00 a.m.

Leadership training offers officers in the county a learning experience in a one-day session. You will gain expertise in officer duties to do a better job and in turn share training experiences with local groups and members. Planned speakers will present leadership oriented topics. **The keynote speaker is Anna Belle Wiedemann, a former OHCE member, state legislator, OK Mother of the Year, and County Commissioner among so many other things.** The title of her talk is "How Many Octobers Do We Have Left – What's Right With America?"

It is recommended the county council President, Vice-President, Secretary, Treasurer, Membership Chairman and FCS Educator plan to attend. I would also encourage each local club to send at least one delegate to attend. They will allow a total of 10 persons from each county to gain leadership tools. If we need more spaces than this I'll call and see if there are some extra spaces open that were not used by other counties.

In a previous newsletter it was mentioned there would not be a cost for this training, but in order to cover the expense of your leadership materials you will be given and to cover the cost of the catered luncheon, a \$15.00 fee will be charged per person.

So far we have two going. If you are interested in going, contact Joy Van Landingham, HCE county president or the Extension office. Deadline for pre-registration is October 3rd. Make check payable to

OHCE Creek County and then Emma will send one check to cover all that attend.



CREEK COUNTY HCE T-SHIRTS

At our last executive HCE council meeting it was a unanimous decision to get Creek County HCE t-shirts! Colors will be black print HCE logo with Creek County just below it on the right front on pastel colored t-shirts. Shirts are preshrunk 100% cotton. Cost will run around \$12.00. At your October meetings discuss if your group would like to do this. We need the color they want and the sizes they would like. We have two groups so far that have decided and put their order in. You pay for them when they come in.

* * *

QUILT SHOW

This is the schedule for the show. Please let Barbara Weaver (227-7822) know if you can or would like to volunteer to set-up and get ready because we need all the help that we can get!

- Oct. 21st - 2:00 – set-up quilt racks
- Oct. 24th - 9:00-1:00 – take entries & stack quilts
- Oct. 24th - 1:00 - hang quilts
- Oct. 25th - 11:00-5:00 – judging
- Oct 26th - 9:00-5:00 – quilt show
- Oct. 27th - 9:00-4:00 – quilt show
- Oct. 27th - 6:00 - check out quilts

Each HCE group will be required to work a time period of the Quilt Show. The order is as follows:

Quilt Show Work Schedule

Friday, October 26

- 8:45 AM – 10:45 AM -----Kiefer
- 10:45 AM – 12:45 PM -----Tibbens
- 12:45 PM – 2:45 PM -----Kellyville
- 2:45 PM – 5:15 PM ----- Lone Star

Saturday, October 27

- 8:45 AM – 10:00 AM -----Sapulpa
- 10:00 AM – 12:00 PM –Patchwork Pals
- 12:00 PM – 2:00 PM -----Timberlake
- 2:00 PM – 4:15 PM -----Whileaway

As for the Tea Room at the Quilt Show, Barbara has asked each HCE group to bring 3 dozen

homemade cookies or brownies on Oct. 26th. She also needs 3-4 card tables!!! This way we can have a wonderful start to the Quilt Show and great food!

Most importantly – Sell, Sell, Sell, your tickets!!! If you run out of tickets to sell and need more just let Barbara know or drop by the Extension Office. Barbara’s been a great committee chair! Yea...Barbara!



FALL COUNCIL

October 17, 2007 ~ 11:00 a.m.

Creek County Fairgrounds

Autumn is in the air and HCE is in celebration. IT’S A COSTUME PARTY! Dress as your favorite goblin, bring your favorite potluck food and join in the fun! Prizes will be given for the best dressed!!!!

Our guest speaker will be Barbara Belk of the Creek County Literacy Program.

We will also be electing our 2008 President and Treasurer.

Work assignments for Fall Council:

- Set up.....Kiefer
- Registration & Name Tags.....Sapulpa
- Door Prizes.....Tibbens
(Bring 3 each – not over \$8 each)
- Kitchen.....Patchwork Pals

* * *

EXECUTIVE MEETING

There will be an HCE Executive Meeting immediately following Fall Council. If you would like something put on the agenda, please contact Joy at 227-0501.

Creek County Family & Consumer Sciences *Newsline* is published monthly by the following:

Creek County OSU Extension Center
17806 W. Hwy 66
Kellyville, OK 74039 (918) 227-6350

Editor:

Susan Pearson, Extension Educator
Family & Consumer Sciences

OSU, USDA and County Commissioners cooperating. OCES offers its programs to all eligible persons regardless of race, nationality, gender, religion, age or disability.