



Hughes County Connection

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June 1, 2006

Children Very Susceptible to Heat Exhaustion

As the weather continues to get warmer, children typically head outside for some fun in the sun.

With the typical heat and humidity Oklahoma's weather offers, a person's need for fluids dramatically increases.

The intake of plenty of fluids is necessary to prevent dehydration.

Children are more at risk of heat exhaustion than the average adult. Children have larger body surface areas in relation to the amount of water in their systems. On warm, humid days, children need liquid every 15 to 30 minutes when they are playing outdoors. If you're planning a trip to the park or another outdoor activity, be sure to take along plenty of liquids.

Water is the best source for replacing fluids. Sodas and other drinks with caffeine should be avoided because they act as diuretics and lead to more dehydration.

Parents, coaches, camp counselors and kids themselves need to be aware that when the temperature is above 95 degrees, children and adolescents have markedly lower exercise tolerance than adults. Children are even more susceptible to heat stress when hotter temperature are combined with higher humidity levels.

Children need time to become acclimated to warmer climates. Gradually increase their level of exposure over time and make sure they are well hydrated before going outside.

-Continued on page 2-

Inside this issue:

Children & Heat Exhaustion	1
Summertime Fruit Snacks	3
4-H Day Camp	4
Summer Gardening Tips	6
Calendar of Events	7

Leaders Training

"Home Safety & Self Defense"

May 31, 2006 @ 2 pm

Hughes County Courthouse

Commissioner's Conference Room

Fruit Makes an Excellent Summertime Snack

As the weather begins to warm up it can mean one thing... school is out for thousands of children across the state.

Many of these children will be in self-care during a parent's regular work day. While children are at home alone, it is a good idea to provide them with healthy food choices throughout the day.

Fruit is a great option as part of a healthy meal or as a snack. When a parent isn't there in person to supervise food choices, it's important to provide good-tasting, healthy choices for children.

To help ease the grocery bill, purchase fruit that is in season because not only is it at its peak flavor, it is also less expensive.

Keep in mind that fruit choices don't always have to be the fresh variety. Canned fruit in water or juice rather than syrup, or dried fruit will add some variety to a child's snacking options. Also, whole or cut-up fruits are a better choice than 100 percent fruit juice for the dietary fiber benefits.

To increase potassium intake, select fruits such as bananas, prunes, dried peaches and apricots, cantaloupe and honeydew melon.

It is a good idea to make fruit consumption as easy as possible. Keep a bowl of whole fruit on the table, counter or refrigerator. When time allows, cut up various fruits and store in the refrigerator in individual serving sizes. If time is a factor, consider convenience when shopping and buy pre-cut packages of fruit. Keep in mind that pre-cut packages of fruits are more expensive, but may be worth the trade-off in time savings.

Many fruits taste great with a dip or dressing. Low-fat yogurt or pudding as a dip for fruits such as strawberries and melon can be very appealing. Older children can make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Parents need to make sure their children know how to operate the blender and are comfortable with them using the appliance without parental supervision. Also, peanut butter spread on apple slices can be a tasty treat.

Breakfast is a great time to incorporate fruit into a healthy diet. Top a bowl of cereal with sliced bananas, strawberries or peaches, or small, whole berries, to add a new flavor twist. Blueberries can be added to pancake batter to add a serving of fruit.

For lunch or supper, skewer cubes of melon, pineapple chunks, grapes, berries and other fruits to make fruit kabobs for a fun side dish. Many restaurants now offer fruit and 100 percent fruit juice with kids' meals instead of fries and a soda.

It is important for parents to set a good example for children by eating fruit very day with meals or as a snack.

To help children become more receptive to trying various fruits, let them pick out a new fruit variety or two during your next trip to the grocery store. Many children don't eat enough fruit and incorporating more fruit servings into a child's diet is just one way to help them lead a healthier lifestyle.

4-H Day Camp (pre-registration is required)

Monday June 5, 2006

AGES 9-11

8 am	Sewing	Pillowcase
	Photography	Take pictures of pillowcase construction, print, and mount
1 pm	Sewing	Chef apron
	Poster	Fuel Your Engine & Bonus for Your Bones (poster based on cheeses of another country or countries)

Tuesday June 6, 2006

AGES 12-14

8 am	sewing	Skirt or shorts with waistband
	Photography	Take pictures of clothing construction, print, and mount
1 pm	sewing	Continue construction
	Poster	Investigating Traditions (poster based on foods from another culture)

Wednesday June 7, 2006

AGES 15-19

8 am	sewing	Lined skirt or pants
	Photography	Take picture of clothing construction, print, and mount
1 pm	sewing	Continue construction
		Party Healthy (educational display on celebration from another culture including foods used in that celebration)

-Continued on page 5-



Heat Exhaustion continued from page 1

The following tips can help children avoid heat cramps, heat exhaustion and head stroke:

- Dress children in light-colored, lightweight and loose-fitting clothing on hot days.
- Schedule vigorous activities and sports for the coolest part of the day. Take rest breaks in shady or cool areas.
- Protection from the sun is essential. Hats and sunglasses can help block out sun. A sunscreen with a rating of at least 15 SPF is recommended.
- Gradually increase time spent outdoors to get a child's body used to the heat.
- Have children take frequent drink breaks. They can "wet down" or mist themselves with a spray bottle to avoid becoming overheated.
- On very hot and humid days, skip the outdoor play and take part in fun activities indoors.
- If your child has a medical condition or is taking medication, consult the child's physician for further advice for preventing

Heat-related illnesses. Children are less likely to feel thirsty during prolonged play and exercise. Some children simply do not want to take the time to stop and get a drink of water. It is important for parents and caregivers to remind children to take a break every now and then.

Outdoor activities can provide children with multiple activities that are both fun and healthy. Taking precaution against heat-related illnesses can ensure the fun will last all summer long.

HCE Membership Drive

June 13, 2006 @ Campfire Kitchen from 10 am till 2 pm

If you are interested in joining Hughes County HCE, drop by Campfire Kitchen @ 4th Street & Echo. Current HCE members will be there to tell you about the programs we have going on in our communities.



Leaders Training

"Thunder from Down Under-Australia"

June 23, 2006 @ 2 pm-Hughes County Courthouse

Commissioners Conference Room

Unable to attend this session? It will be offered again at the following OSU Extension Offices:

June 19 @ 10 am—Sulphur, OK

June 19 @ 2 pm—Ada, OK

June 20 @ 10 am—Shawnee, OK

June 20 @ 2 pm—Wewoka, OK

Hughes County Horticultural Tour

June 15, 2006 from 1 to 5 pm

Come see the many different horticultural crops grown in Hughes County.

Tour is open to the public.

Tri-County 4-H Summer Camp

June 19-21, 2006

Robber's Cave State Park

Wilburton, OK

Summer Gardening Tips

We all know that gardening as a whole can get a bit overwhelming, especially during the summer months. Here are a few things you should remember to do which will make the outdoors more enjoyable for you and your family.

Fertilize azaleas after blooming is complete. Be sure to use fertilizer made especially for acid-loving plants. To fertilize roses, follow the package directions and make sure to place the fertilizer in a small circle around the plant without touching the stem. Also, spray roses with a fungicide on a weekly basis to prevent black spot and other fungal diseases. As for annuals, fertilize 7 to 10 days after they have been transplanted, then monthly from there on out. As always, remember to water in fertilizer shortly after applying it as it and herbicides will degrade in the sunlight if exposed for too long.

If your area is lacking sufficient rainfall, it is safe to use the sprinkler as long as water rationing is not in effect, to apply one inch per week. As a reminder, keep those newly planted seeds, trees, and shrubs moist in order to encourage strong root systems before the summer heat gets too bad. When mulching, wait till the soil begins to dry out before applying.

After climbing roses are finished blooming, remove any dead, damage or old canes at ground level. Deadheading, the removal of spent blossoms, is an important pruning procedure which lets the plant spend strength on producing more blossoms instead of making seed. Pinch back mums for a fuller bush and more blossoms next fall and continue pinching until July 15th. Spring flowering shrubs should be pruned after they are done blooming.

Annual bedding plants can be set out at this time in order to provide summer color. Some good summer bulbs are cannas, dahlias, elephant ears, and gladiolas. Fruits and vegetables which might be planted at this time are watermelon, cantaloupe, cucumber, eggplant, okra, and sweet potatoes. When the soil has warmed up it's time to plant such things as zinnias, periwinkles, marigolds, portulacas, and other heat loving plants. Also, sow pumpkin seeds in mid-June so they will be ready for Halloween harvest.

Some extra tips in order to have a fruitful summer are to make use of organic materials such as compost, wash tools and sprayers after each use, and weed your gardens and beds frequently. Also, avoid walking in the garden when the soil is wet as this increases the spread of diseases from plant to plant. Be aware of bagworms as they can be most effectively controlled the first week in June. Soil samples should be taken and tested every three to four years if you haven't taken one recently. Set your lawn mower height at 1 1/2 inches and apply one inch of water per week for warm season grasses such as Zoysia or Bermuda, and set at 2 inches and water 2 to 3 inches per week for cool season grasses such as Fescue or Kentucky Bluegrass. Also, do not fertilize your cool season grasses during June, July, or August. If you want to place your indoor plants outside, do so slowly. First, place them in a shady protected area for a few hours at a time, gradually increasing their outdoor time. This is because the sun and wind will make plants require more water and fertilizer.

Looking to attract hummingbirds? Here's an easy way to mix their food. Fill a feeder with one part sugar and four parts water. Heat until sugar is melted. Never use honey or food coloring. Change the mixture out every 3 to 5 days, so that unhealthy mildew will not form.

More gardening tips can be obtained by calling the Hughes County office of the Oklahoma Cooperative Extension Service at (405) 379-5470, by obtaining a copy of OSU Extension's Tulsa Master Gardeners Gardening Journal, or by obtaining a copy of OSU Extension Fact Sheet # 6004.

Leaders Training

"Home Safety and Self Defense"

May 31, 2006 @ 2 pm

Hughes County Courthouse

Commissioner's Conference Room

HCE Volunteers Needed

June 5-9, 2006 from 8 am to 5 pm

Hughes County Fairgrounds

I am in need of adult volunteers to assist with our 4-H Day Camp. If you love to sew, crochet, or can do crafts give Susan a call at 379-5470.

Hughes County Cattlemen's Association Cowboy Camp & Ranch Tour

July 7 & 8, 2006

Will be held at Leon Adams' Ranch

Stuart, OK

4-H Day Camp *continued from page 4*

Thursday June 8, 2006

ALL AGES

All Day

Leather Craft, Nutrition Posters and Displays, Bead Craft, Diorama, Fine Art (water color), Fabric Craft (crocheted), Puppet, Fabric Craft (doll or animal), Ceramics (stained)

Friday June 9, 2006

Will be finished @ NOON

AGES 9-14

8 am

Jelly making for open class and Youth Ball Kerr

AGES 15-19

8 am

Jelly Making for 4-H entry and Youth Ball Kerr

Contact the OSU Ext. Office @ 379-5470 for a class supply list and to pre-register and bring a lunch and something to drink as they will not be provided

June

1— County Record Books due @ the Hughes County Extension Office

1-3— Oklahoma Junior Preview Show @ the Payne County Exposition Center in Stillwater, OK

5 & 6— Southeast District Horse Show @ the Hardy Murphy Coliseum in Ardmore, OK

5-9— 4-H Day Camp @ the Hughes County Fairgrounds (fair exhibits will be prepared)

19-21— 4-H Tri-County Summer Camp @ Robber's Cave State Park in Wilburton, OK

26—Tulsa State Fair Lamb Nominations @ the Garfield County Fairgrounds in Enid, OK (7 am—noon)

27— Tulsa State Fair Lamb Nominations @ the Grady County Fairgrounds in Chickasha, OK (7 am—noon)

28—Tulsa State Fair Lamb Nominations @ the Tulsa State Fairgrounds in Tulsa, OK (7 am—noon)

July

6—Tulsa State Fair Goat Nominations @ TBA (7 am—noon)

7—Tulsa State Fair Goat Nominations @ Tulsa State Fairgrounds in Tulsa, OK (7 am—noon)

7 & 8—Hughes Cty. Cattlemen's Assoc. Cowboy Camp & Ranch Tour @ Leon Adams' Ranch in Stuart, OK

18—Core III Leader Training @ HHS Seminar Center (mandatory for all 4-H leaders and volunteers)

18-20—Animal Science Field Days @ OSU in Still water, OK

22—State 4-H Volunteer/Leader Conference @ OSU in Still water, OK (registration is \$30 before July 1st, after \$40)

28— 4-H Day Camp @ TBA

August

16-19—Hughes County Free Fair @ the Hughes County Fairgrounds



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