



Kingfisher County OSU Extension Service

FAMILY AND CONSUMER SCIENCES



April-May, 2004

Child abuse continues to affect Oklahoma families

Child abuse continues to be a problem in Oklahoma and the United States. Children all over the nation suffer every day from physical, sexual and emotional abuse and neglect.

While many people believe the main forms of child abuse are physical and sexual, neglect is by far the most commonly confirmed form of child abuse in the United States, said Debbie Richardson, Oklahoma Cooperative Extension Service child development specialist.

“Neglect is the failure of a parent or caretaker to provide for a child’s basic needs and care in an age-appropriate manner. This includes necessary food, clothing or shelter, protection and supervision, medical care, education, failure to provide emotional care permitting the child to use alcohol or other drugs, or abandon-

ment,” Richardson said. “While neglect is often an act of omission, it can be just as harmful as intentional physical maltreatment.”

Between 1998 and 2002 in Oklahoma, an average 14,500 cases of child abuse or neglect per year were confirmed. More than 75 percent were cases of neglect. In addition, more than 50 percent involved children under the age of six. An average of 43 children died each year due to maltreatment and more than half were infants.

“Unfortunately, child abuse in the form of neglect receives significantly less attention than other forms of abuse,” she said. “This may be in part due to neglect being more difficult to identify. Child abuse in all forms knows no boundaries. Children from all communities, races, ethnicity and socioeconomic backgrounds are af-

ected by abuse and neglect.”

Some signs of neglect include a child who has poor school attendance, begs or steals food or money, lacks medical or dental care or other interventions for disease or injury, has poor hygiene or severe body odor, lacks sufficient clothing for the weather, has taken on adult responsibilities for the family, or is lethargic or constantly tired.

Obviously these situations don’t always mean a child is being neglected. Sometimes cultural values, the standards of care in the community and poverty may be contributing factors. This would indicate the family is in need of information or assistance.

The Oklahoma Cooperative Extension Service provides parent education programs and resource information in all counties.

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FCS/4-H

OSU Extension Center

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the truth about high protein Low carbohydrate diets

High protein diets are not new. In fact, high protein, low carbohydrate diets have been around since the 1970's. Many people turn to these diets for help in losing weight. But it is important to ask yourself these questions: Do high-protein, low carbohydrate diets work? Are they safe?



High protein diets promote ketosis. High protein, low carbohydrate diets work by promoting ketosis. When stored fat is broken down too fast, a condition called ketosis occurs. Ketosis is caused by not eating enough carbohydrate and it can lower the appetite and cause weakness, constipation, nausea, vomiting and dehydration. When your body is dehydrated, you may suffer from headaches, feel tired, weak, or dizzy.

High protein diets stress the kidneys. High protein diets can put strain on the kidneys. Your kidneys will have to work harder than usual to flush out the extra protein in your body. High protein diets are not recommended for people with diabetes or kidney problems.

High protein diets only promote temporary weight loss. When you are first on a high protein diet, you will lose weight fast, but most of the weight lost is actually due to

water loss, not body fat. If you continue to lose weight on a high protein, low carbohydrate diet, it is probably because you are eating fewer calories. In the long run, the weight loss does not last. Many people who lose weight start eating the way they used to eat and actually gain all the weight back and sometimes they gain back even more than they lost.

High protein diets are low in important nutrients and fiber. High protein, low carbohydrate diets are not good for health in the long run. Foods limited on high protein diets, like whole grains, vegetable, and fruits, have vitamins, minerals and other nutrients that can help reduce your risk of diabetes, heart disease, cancer and other health problems.

High protein diets are high in fat. High protein, low carbohydrate diets are usually high in fat, saturated fat, and cholesterol. Most nutrition and health experts recommend a diet that is low in fat, saturated fat, and cholesterol to reduce your risk of heart disease and some types of cancer.

High protein is bad for the bones. High protein, low carbohydrate diets cause your body to lose calcium. Losing calcium weakens the bones and increases the risk of osteoporosis and fractures.

Bottom line. Be wary of diets that promise a quick fix or sound too good to be true. Aim for the long-term plan. Your best bet for permanent weight loss and good health is to:

- 1) Choose high fiber, low-fat food like fruits, vegetables, whole grain, beans, low fat dairy products and lean meats, poultry and fish;
- 2) Limit high calorie snack foods, like cookies, cakes, pastries, crackers, potato chips and snack chips;
- 3) Watch how much food you put on your plate and
- 4) Increase your activity throughout the day.

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Hce information and news

HCE County Association Meeting

Congratulations to everyone who received an award at our county meeting in March. We were happy to honor : Kim Richter-Heart of HCE, Kathrina Drakorklakis-Young HCE Member, Irene Garrett-HCE Member of Year, and Suzanne Stephens-HCE Rookie. Turned into State OHCE for judging were the Happy Homemaker's Healthy Living project book and Life Stories from Ina Smith and Peggy Trent. We also honored Florence Sigl and Evelyn Fry with 50 year member pins.

Placing in Secretary's Books were:
1st-Surprise, 2nd-Omega, 3rd-Happy Homemakers, 4th-Plainview, and 5th-Alpha.

Scrapbook winners were:
1st-Friends of the Heart, 2nd-Apron Annies, 3rd-Surprise.

Standards of Excellence:
1st-Happy Homemakers, 2nd-Surprise, 3rd-Apron Annies, 4th-Alpha.

Leader Lessons

The lesson for May will be "Finances and the Suddenly Single." The leader lesson will be presented Thursday, April 22nd, 12:30 p.m. at Extension Meeting Room. This lesson was presented at the District meeting in Guymon. Bring a friend to these lessons. There is always room for one

more!

There is not a lesson scheduled for June (no Leader Lesson in May) Plan with your group to have a family get-together or other special activity.

OHCE week is May 2-8. Make plans in April to have a special celebration or activity to honor our association.

40th Anniversary Celebration

Everyone is invited to join the Happy Homemakers HCE group as they celebrate their 40 year anniversary (see insert) Please come and join them on May 3, 2004 from 4-6 p.m. at the Courthouse.

District Meeting 2005

Thanks to everyone who donated to the baskets for the silent auction in Guymon. Over \$400 was raised to help fund our meeting in 2005. March 22, 2005 in Fairview has been tentative selected. Be on the lookout now for workshop leaders, guest speakers, etc.

2004 District Meeting

We had four members from

Kingfisher County that attended the District meeting in Guymon March 27. They were Ina Smith, Kim Richter, Jeanne Mackey and LaVada Yost.

An exciting time was had by all. Kim Richter presented a workshop at the meeting.

Craft Show

Everyone is invited to the Surprise HCE craft show Saturday, April 10. A variety of activities will be held in Hennessey. The craft show will held along with the Prairie Quilt show at 115 South Main. A Oldies Tractor show and parade will also be held that day. The parade will begin at 2:00 p.m. Come out and join the fun on Saturday, April 10.

Lesson Ideas

It is now time to give us your ideas. We will be working on next year's lessons very soon. If you know of a topic that you think would be good for a Leader Lesson, please let me know. Make a list at your next meeting and send it to the Extension Office by April 23. A ballot will be distributed in May so lesson selection can be conducted. Thanks for all of your help.

OKLAHOMA PROVEN SELECTIONS

As the weather begins to warm up around the state, many gardening enthusiasts are itching to get outdoors and work on their landscapes.

A plant evaluation and promotion program at Oklahoma State University that began in 1999 can help gardeners in selecting plants, trees, and shrubs that will grow well in the state's diverse climate, said Lou Anella, Associate Professor in the Department of Horticulture and Landscape Architecture.

Each year, the Oklahoma Proven program selects four types of plants that are known to grow well in Oklahoma's climate and soil types. In previous years, more general plants were selected, but this year's selection are a bit more bold, and in some cases, new to the horticulture industry in Oklahoma.

This year's Oklahoma Proven selections include the Shantung Maple, Winter Jasmine, Autumn Sage, and Firebush. Selections from previous years can be found on the Oklahoma Proven Web site at

<http://oklahomaproven.org>.

The Shantung Maple is a drought tolerant, small to medium-sized tree, that is great for under power lines or in residential landscapes where there is not room for a large tree. It grows quickly, but typically only to about 30 feet high. The leaves are star-shaped and usually emerge with an attractive purple tinge. This Asian native can have excellent fall color ranging from yellow to orange or red.

Winter Jasmine requires very little care and is easily rejuvenated by cutting it to the ground every three to five years. Often mistaken for forsythia, Winter Jasmine flowers as early as December before its glossy green leaves are formed. It can be pruned and used as a hedge. If it is not trimmed, it will arch gracefully forming a four foot high mound spreading up to seven feet.

Native to Oklahoma, Autumn Sage is a heat and drought tolerant perennial that starts blooming in the spring, but blooms mostly in

the autumn as other flowers in the garden begin to fade. It forms a two to three foot mound and attracts hummingbirds and butterflies to the garden.

The cultivar 'Pink Preference' is being promoted this year, but all cultivars of Autumn Sage are excellent plants.

Firebush is native to Central and South America. While it is actually a tropical tree when grown in the Deep South, it is used as a heat tolerant annual in Oklahoma. The lush green foliage produces a dense mound over three feet high in full sun. Interesting orange-red flowers and the reddish tinge on the leaf petioles add even more appeal.

All of the Oklahoma Proven selections will be available at local nurseries. Each will have signage indicating they are 2004 Oklahoma Proven selections.

Give one of these selections a try in your garden this spring.

SPRING CLEANING

Spring cleaning makes our homes look great? It also creates a healthier environment—particularly if anyone in the household suffers from allergies or asthma, says The Soap and Detergent Association.

What are Allergens?

The common allergens in our homes (animal dander, cockroaches, dust/dust mites, mold/mildew, and pollen) are a serious problem for people with allergies and asthma. Allergens are often airborne and may be widespread, making them difficult to avoid.

They collect in bedding, furniture, carpeting, and wherever there is warmth and moisture. If they are not removed,

they will accumulate, causing an even greater threat.

Cleaning Removes Allergens

When done properly, cleaning removes or reduces common allergens. When done regularly, cleaning stops allergens from accumulating, which helps minimize allergy and /or asthma symptoms.

While cleaning is important, simple acts of cleaning, vacuuming, and dusting stir up the air and increase the level of allergens in the immediate vicinity.

Minimize Reactions

Be label wise. Read and follow product label directions. They tell you the proper amount

of product to use and special precautions.

Explore your options. If fragrances are a concern, look for products without scents.

Air it out. Open a window or turn on a fan to ventilate.

Spray smart. Don't spray directly on surfaces, spray on a cloth first; then clean.

Divide and conquer. Divide housecleaning into small tasks spread out over several days. This can minimize exposure to allergens and cleaning products.

Source: *Cleaning Matters: March-April 2004*
The Soap and Detergent Association

bread ties

Did you know that bread has different colors of bread ties? Yes, they do. Do you know what the colors mean? Do you wonder which is the freshest or softest? You can tell by the color of the ties. Each color represents the day of the week the bread was made. Did you know that bread is delivered fresh to the stores five days a week?

Monday, Tuesday, Thursday, Friday and Saturday.

Each day has a different color twist tie. They are:



Monday-Blue
Tuesday-Green
Thursday-Red
Friday-White
Saturday-Yellow

So if today were Thursday, you would want a red twist tie, not white which is Friday. The colors go alphabetically by color. It is easy to remember. So the next time you go to the grocery store buy bread, using this method.



DATES TO REMEMBER:

April 9—Office Closed-Easter Holiday

April 10—Surprise HCE Craft Show-Hennessey

April 22—Leader Lesson at Courthouse-12:30

May 2-8—OHCE Week

May 3—Reception at Courthouse-4-6p.m.

May 31—Office Closed-Memorial Day

July 18-20-OHCE State Meeting-Oklahoma City