



# Newsline

## Helping children cope with the deployment of a parent

Being a parent is a challenging job under the best of circumstances. Military families often face even more challenges when one parent is deployed or is facing deployment.

There are thousands of families across the country, and Oklahoma, who are dealing with the impact of military deployment, said Debbie Richardson, Oklahoma Cooperative Extension Service parenting assistant specialist.

"Being separated from a parent is difficult for children of all ages," Richardson said. "Children experience a parent's departure with feelings of intense loss. No matter how hard the remaining parent tries to maintain a sense of normalcy, the child's feelings need to be acknowledged and addressed."

Keep in mind there are three distinct stages in the cycle of deployment. Different issues and needs can arise from each stage.

The first stage is the Pre-Deployment Stage. During the pre-preparation period, children can experience stress and confusion. These emotions often stem from the stress they perceive in adults.

"This is especially true for families who haven't ever experience long-term separation from a parent," she said. "For children, their whole world seems to be turned upside down as the adults are making preparations for the deployment."

The second stage is the deployment phase. Families often deal with feelings of loss, grief and fear. The remaining caretaker struggles with his or her own grief, as well as those feelings of the children, all while taking on new duties and responsibilities of the home.

"Some children, despite the fact that they have been told the reason for the deployment, may feel guilty thinking that it's something they did that resulted in their parent leaving," Richardson said. "As the family acclimates to their new lifestyle, the

sense of separation and loss remains constant. Providing special support for children is critical at this time."

The third stage of the deployment cycle is the reunification phase. The reunion of the family unit is typically met with feelings of great joy.

However, as the excitement fades, the family may be faced with mixed emotions.

Children generally feel happy their parent is safely returning, but they may have trouble instantly reconnecting with the parent. From a child's perspective, their life is once again disrupted as they must now get used to having the family all together once again.

Richardson said a major challenge for both the children and the parents is to establish some stability for the family with respect to routines, roles and responsibilities.

Stressors in a relationship that existed before deployment can resurface and can come as a surprise given that the family has waited the reunion with such excitement.



"While the returning parent feels that life should simply pick up where they left off when the deployment began, it's important that the returning parent realizes these emotions are perfectly normal," she said. "The returning parent must realize the child has become older and perhaps more independent. And, both the parent and the child must keep in mind that the relationship must be modified to meet who they are currently, not who they were when the deployment began. Although everyone involved was eagerly anticipating the reunification of the family, it will take some time before things get back to normal."

## Healthy Travel

On the road again? Keep yourself feeling your best *by Sid Kirchheimer, MediZine's Healthy Living, Second Quarter 2007*

**R&R:** Add to those two promising letters the reality of too much fun, sun and food—not to mention the vagaries of travel—and the vacation that's supposed to renew body and soul may end up actually taxing the body. "The increased stress of getting to your destination, and sometimes even being there, can exacerbate health issues," says Rick Kellerman, M.D., president of the American Academy of Family Physicians and chairman of family medicine at the University of Kansas at Wichita. Need a vacation from travel-related health troubles? Try these tips:

### Take regular breaks

It's important to stroll the airplane aisle or highway rest stop periodically to prevent the blood in your legs from pooling. Another good reason to get moving: "Sitting in a car or plane all day can make you constipated," says Dr. Kellerman, "but you can prevent that with exercise. Even moving around for just a few minutes is helpful."

### Pack produce

and other high-fiber foods, says Dr. Kellerman. "You're more likely to prevent stomachaches and other gastrointestinal problems by having family members eat the way they do at home. When you get hungry and pull off the road, head to the local grocery instead of a fast food joint."

### Get your ZZZs

To head off jet lag, try to schedule your flight as follows: When heading east, fly early; when heading west, fly late. This long-practiced flying strategy ensures the least disruption to the body's normal sleep-wake cycle.

### Wet your whistle

On a flight, you're in an environment that's even more arid than the Sahara desert. And

aridity causes general dehydration and drying out of the tender skin and mucous membranes in the nose and throat. "A good rule of thumb is to drink at least 16 ounces of water before leaving and 8 ounces of water every hour while flying," suggests G. Richard Olds, M.D., a travel disease specialist and chairman of medicine at the Medical College of Wisconsin in Milwaukee. Fruit juice is also a good choice; cola, tea and coffee aren't (the caffeine they contain may have a diuretic effect). Are you visiting a hot climate? A sports beverage can replenish sodium and potassium that are lost in sweat.



### Go the distance with germ warfare

You don't need to vacation in Mexico to experience Montezuma's revenge. "The farther you travel from home, even within the U.S., the more likely you are to be introduced to unfamiliar germs," says Dr. Olds. "That increases your chances of respiratory illness, loose stools and other germ-caused infections." So take precautions: "If you're traveling

cross-country or even across several states, you may want to pack some over-the-counter cough syrup, sore throat lozenges and an antidiarrhea medication," Dr. Olds says. And if you're cruising to South America, bear in mind that summer is the flu season there. You should be protected if you had a flu shot the previous fall or winter.

### Shun the Sun

Whether you're traveling to the beach, mountains or woods, your skin needs to be protected the same way: with a sunscreen that has a high SPF (30 and up). Apply it to exposed skin areas about half an hour before heading outdoors—that's enough time for the sunscreen to swing into action. And use at least two tablespoons per application. Reapply sunscreen every two hours throughout the day and immediately after you've gotten wet or have been sweating.

## Heat in Parked Cars Can Be Deadly for Children

Although it can be tempting for parents and other caregivers to leave young children in a car while they run into the store for a quick errand, it can be a deadly mistake.

The temperature in a parked car, even one with the windows rolled down, increases rapidly, said Debbie Richardson, Oklahoma State University Cooperative Extension Service parenting assistant specialist. This can still occur on relatively mild days with temperatures in the 70 or 80 degree range.

“When the outside temperature is 80 degrees, the inside of a vehicle can reach deadly temperatures of 125 degrees within an hour. If it is 93 degrees outside, the internal car temperature can jump to 125 degrees in just a matter of minutes,” Richardson said. “When left in a hot vehicle, a young child’s core body temperature can increase three to five times faster than that of an adult. This extreme heat can cause permanent injury or death.”

In the last 10 years, there have been at least 324 children nationwide, most of whom were age 3 and younger, died after being left in a hot vehicle. A number of these tragedies have occurred in Oklahoma.

Extreme heat affects infants and small children disproportionately. Heat can quickly overwhelm the body and affect the body’s ability to regulate temperature.

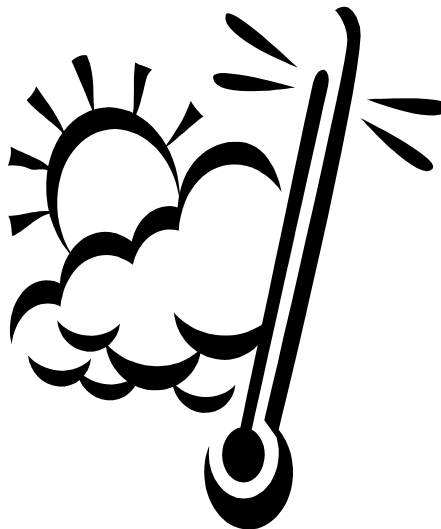
“When parents and caregivers get home from running errands, check to make sure all children are out of the car,” she said. “As tempting as it may be to leave a sleeping child in the car while you unload groceries or other packages, it simply isn’t safe to do so.”

To help prevent heat-related deaths and injuries in the car, follow these suggestions:

- Never leave a child in an unattended car, even with the windows down.
- Teach children not to play in or around cars.
- Always lock car doors and trunks, even at home.
- Be ware of child-resistant locks. Teach older children how to disable the driver’s door locks if they unintentionally become entrapped in a vehicle.
- Check to make sure all children leave the vehicle when you reach your destination.
- Do not overlook sleeping infants or toddlers. Get in the habit of checking the back seats. Put a note, sign or object near the driver’s seat as a reminder.
- Watch children closely around cars, particularly when you are loading and unloading.
- Make sure you check the temperature of the car seat surface and safety belt buckles before restraining children in the car. These can easily cause skin burns.

Use a light covering to shade the seat of your parked car.

“If a child is left in a hot car for any dangerous amount of time, the first thing to do is call 911 for help,” Richardson said. “Take the child out of the car and if he is alert, give him some cool water. If he’s not breathing or has no pulse, administer CPR until emergency help arrives. The heat in Oklahoma can be extreme, so it is vital for parents and caregivers to be aware of the possible dangers a child can face if left unattended in any vehicle.”



# Oklahoma Centennial

Oklahoma is celebrating its 100th anniversary of statehood this year. Because most people think of the stage play "Oklahoma!" when they hear the state's name mentioned, citizens are attempting to update the state's image by sharing interesting state facts with others as we celebrate our Centennial.

Oklahoma is not only the home of Ado Annie and Aunt Eller from "Oklahoma!" but of the parking meter (invented in OKC) and the shopping cart (invented in Ardmore).

The electric guitar also was invented in Oklahoma, by a Beggs musician named Bob Dunn. The first "Yield" sign was installed in Tulsa.

The Environmental Protection Agency recognizes Oklahoma as having the most diverse terrain of any state in the nation. The state, according to EPA, boasts 11 distinct eco-regions.

The state has more man-made lakes than any other state, which give us more than a million surface-acres of water and 2,000 more miles of shoreline than the Atlantic and Gulf coasts combined.

The Sooner State has produced more astronauts than any other state in the union. Owen Garriott is an Enid boy, of course, while Tom Stafford is from Weatherford, Shannon Lucid from Oklahoma City, William Pogue from Okemah and the late Gordon Cooper from Shawnee.

Oklahoma is home to the Amateur Softball Association and Hall of Fame, a world class zoo in OKC and more F4 and F5 tornadoes than any other state.

Oklahoma is the third-largest gas-

producing state in the nation and ranks fourth in the production of wheat, cattle and calves, fifth in the production of pecans, sixth in peanuts and eighth in peaches.

The state's colors are neither OU's crimson and cream nor the orange and black of OSU but green and white.

Oklahomans practice 73 major religions. The largest is the Southern Baptist Convention, with nearly 1,600 church and more than 960,000 members.

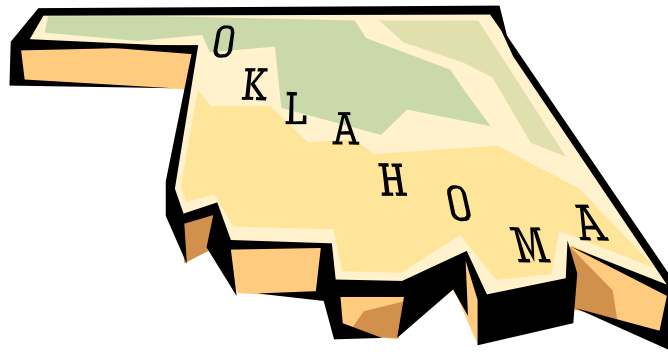
Oklahoma gave birth to Dick Tracy (cartoonist Chester Gould is a native of Pawnee) and Donald Duck (Clarence "Ducky" Nash, the original voice of Walt Disney's Donald, grew up in Watonga).

Oklahomans have survived the Dust Bowl, any number of killer tornadoes, the 1995 bombing of Oklahoma City's Alfred P. Murrah Federal Building and various oil booms and busts. Oklahoma is populated by people who are caring, giving, hard-working, patriotic and fiercely independent. Oklahoma is a good place to live, work and play.

The challenge in this, our centennial year, is to make the rest of America aware of what Oklahoma has to offer, besides "beautiful mornings," "fringe-laden surreys" and "a girl who cain't say 'no'".

The official statehood celebration will be in November. In the meantime, individual cities are re-staging various events associated with statehood and the settling of Indian Territory which eventually became our state.

It's a great time to be an Oklahoman!



## *HCE News & Notes*

Fair Book- Corrections are as listed in **BOLD print**:  
Page 51. Should have read 20 H x 15 W-we will accept  
any floral arrangement 20 x 20 and under.

### **Monday August 27**

4-6 p.m. Take entries-Exhibit Building open  
to accept entries for Tuesday morning

### **Tuesday 28th**

8-9 a.m. Entries for HCE Groups  
8-9:30 a.m. Entries for Open Class  
8 a.m.-1 p.m. Entries for Paintings and Photography  
10 a.m. Judge HCE Exhibits & Open Class Exhibits  
2 p.m. Judge Paintings and Photography  
**6:00 p.m. Pie Auction in Exhibit Building (Farmhand  
Olympics will be on Monday).**

9 p.m. Buildings Closed

### **Wed. 29th**

8 a.m. Exhibit Building Open  
9-10 a.m. Entries for Floriculture/Flowers  
10:30 a.m. Judge Floriculture/Flowers  
9 p.m. Building Closed

### **Thursday 30th**

8 a.m. Exhibit Building Open  
2:30 p.m. 4-H Consumer Judging Contest  
**6:00 p.m. Style Show & Cookie Container Silent Auction  
It will be later in the day since children are in school.**  
6:30 p.m. Exhibit Bldg closed-prepare release of exhibits  
7:00 p.m. Exhibits Released (Exhibit Building)

HCE County Cookbook are in! Cost-\$12.00. Make  
checks payable to Kingfisher Co. HCE. Can be checked  
out by club or individual. These cookbooks will be avail-  
able at the Kingfisher County Free Fair.

**Be sure to invite family & friends to the fair!**

### Leader Lessons

August 23 Water Tasting  
September 27 Say the Right Thing  
**October 26 Trim the Tree (FRIDAY not Thurs-  
day)**  
**October 25th State Leadership Training-OKC**

### 2008 Leader Lesson Ideas

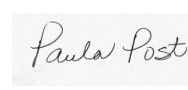
Please vote which lessons you would like to have  
next year. Mail or fax the OSU Ext. office by Aug. 31st.

### **ELECTION OF OFFICERS, DUES AND DONATIONS**

Your Sept./Oct. meeting is the time to elect officers  
and collect dues and donations. Donations for Pennies  
for Friendship, Nickels for Leadership and Norma  
Brumbaugh scholarship can be included in one check  
with the breakdown shown for each amount. Officers  
names, dues, and donations need to be turned in by  
Oct. 10th.  
County dues are \$15.00. Make checks payable to Kf.  
Co. HCE. New members will need to fill out a member-  
ship form. We need this for our county and state mail-  
ing list.

**Fall County Council** will be in October and hosted by  
Apron Annies. Date, time and speaker will be posted in  
the next newsletter and newspaper.

**OHCE State Meeting**-Mary Jo Bullis received an  
award for resource management. In attendance:

 Peggy Trent, Ina Smith, Cody Brink-  
meyer, Donna Lann, Carrie Lenhart  
and Loretta Kretchmar.

Sincerely,

Paula Post

# 2008 HCE LESSON SELECTIONS SURVEY

In each list below, select your top 3 choices and return by August 31, 2007 to the Kingfisher County OSU Extension Office, 101 South Main, Kingfisher OK 73750

## Family Issues

- Tik Tock, Don't Stop (Time Management)
- Family Thera-Play (quality family time)
- Environmental Hazards We Live With
- True Colors (personality profiles)
- Medical Myths – Busted!
- Midwives for the Soul
- Grandmother's Remedies that Actually Work
- Memory Improvement
- Preparing for a Natural Disaster

## Healthy Living

- Cooking with Rice
- Coffee Gourmet
- Cheeses & How To Use Them
- Good Fat, Bad Fat
- Sugars and Sugar Substitutes
- Getting to Know Tomatoes
- Spice Up Your Recipes
- The Buzz About Honey
- 4 Ingredient Recipes

## Economic Well-Being

- Investment Basics
- Buying USA Products
- Understanding Effects of Drugs & Meth Labs
- Convection Oven or Conventional Oven
- Understanding Medicare & Medicaid
- Guarantees & Warranties
- Money Habits
- Coupon Saavy
- Thrifty Fashions
- Should You Buy Organic?

## Cultural Enrichment

- Sewing Shortcuts
- Digital Photography
- Flower Arranging
- Herbs and Their Uses
- Flower Pot Gardening
- Window Treatments, Curtains, Etc
- Move It or Lose It (armchair fitness)
- Plant Propagation
- Kitchen Shortcuts & Tips
- Photos on Fabric Projects

List topics below for extra workshops you would like to see offered by OSU Extension. (i.e. quilts, purses, basic sewing, flower arranging, nutrition, food preparation, 1 day trip idea, etc)

- 1.
- 2.
- 3.

**Would anyone be interested a video camera class. I just recently bought one for under \$25. It is really neat to talk/see family and friends on the computer screen. Call the office if you are interested!**

## **HELP, I LOST MY CELL PHONE!** (by: Jennifer Wismuller, Moneytalk)

Whether or not you've signed up for your service provider's insurance plan, take these steps to protect yourself:

1. Suspend service. Call your carrier's hotline the minute you notice your phone is missing. That way, you won't be charged for calls you didn't make. (You can find the number on the company's Web site or on your bill.)
2. Get a new phone as fast as possible so that you can reactivate your service quickly. Why hurry? New charges cannot be incurred during a suspension, but you must continue to pay all monthly fees--service, taxes, etc--for the remainder of your contract.

### TIPS ON INSURANCE

1. If you have lost phone coverage, file a police report quickly. All four of the major service providers--Cingular, Sprint Nextel, T-Mobile, and Verizon Wireless--require you to have this document (plus a small mountain of other paperwork) before you can get another phone.
2. Consider skipping insurance altogether. First of all, there's no guarantee that the replacement unit you'll receive will be as good as the phone you lost. Then, there's the cost. Most insurers charge \$4 to \$6 in monthly premiums, and deductibles are between \$35 and \$110. Most likely, you can get a new phone with plenty of features for less than the annual cost of insurance, plus the deductible.