

## HCE 2005 LESSON SELECTIONS

In each list below, select your top 3 choices and return by May 25<sup>th</sup> to the Kingfisher County OSU Extension Office, 101 S. Main, Room 13, Kingfisher, OK 73750

### Resource Management

- Flea Market Finds
- What to Look for in Cutlery?
- Preparing HCE Awards/Applications
- Tax Deductions & Tax Tips
- Ways to Serve in Your Community
- Stress Management
- Computer Basics for Beginners
- New Ideas for Home Painting Projects
- No-Sew Window Treatments

### Healthy Living

- What is a Carb?
- Cooking with Cranberries
- Cooking up "Good" Fats
- Chocolate!!!
- Appetizers & Party Snacks
- Hot Ideas for the Indoor Grill
- Strawberries
- Sugars & Other Sweeteners
- Quick & Easy Dinners
- Dangerous Dietary Supplements
- Basics of Home Canning

### Family Issues

- Fighting Fair
- Buying & Making Gifts for Children
- How to Find Your Early Ancestors
- Childhood Obesity, A Family Approach
- Taking A Family Road Trip
- Road Rage
- Stress Relievers
- Preserving Family Heirlooms
- Helping Your Child with Schoolwork

### Cultural Enrichment

- Butterfly Gardening
- Growing, Drying & Cooking Herbs
- Quilting for Beginners
- Women In History
- Lap Quilting
- Planning for the OKCentennial
- Tasty Table Centerpieces
- Purse Making
- Horticulture for Oklahoma
- Today's Hair & Make-up Tips

### County HCE Trip

Would you be interested in a county HCE trip?    Yes    No

Would you be interested in serving on a committee to organize a trip?    Yes    No

If yes, rate the following in order of preference for any trip you would consider taking.

- Guthrie Historical Tour & Picnic (one day)
- Oklahoma City Trip (one day) Bricktown, Crystal Bridge, etc)
- Ride train and visit Ft Worth Historical Stockyards District (overnight trip)
- Branson, MO and Silver Dollar City (two night trip)

### County HCE Project Ideas

Check ideas you would support. This is a survey only, not a vote!

- Antique Appraisal
- Quilting Workshop
- Purse Making Workshop
- Spring Home & Garden Tour



## Newsline

Kingfisher County OSU Extension Center, 101 S. Main, Rm 13, Kingfisher, OK 73750 405-375-3822

### Summertime Snacking Can Be Fun and Healthy

When school is out for the summer, many parents are faced with a houseful of hungry children. Parents of older children who may stay at home during the day while the parents work also will be dealing with children preparing their own snacks during the summer months.

Smart and healthy snacking can bridge the gap between meals, said Barbara Brown, Oklahoma Cooperative Extension Service food specialist.

"When snacking is done properly it can keep your whole family energized," Brown said. "The trick is to avoid foods that are high in fat, processed foods and foods that offer little nutritional value. Whether your children are riding bikes, playing sports, swimming, or tend to participate in inactive pastimes like reading, television, playing video games or using the computer during the summer months it's important to keep healthy snacks on hand."

Fruit, string cheese, low-fat yogurt, cereal bars, graham crackers, goldfish crackers, pretzels, light microwave popcorn and low-sugar fruit or fudge bars are quick and easy snacks.

One of the key elements of snacking, as well as eating regular meals, is keeping an eye on portion size. Take the time to prepare single-serving snacks. Put single servings of acceptable snacks such as grapes pretzels in the snack size zipper bags. Making single-serving snacks readily available can help eliminate a "free for all" over a large back of chips or crackers.

"Many snacks such as yogurt, crackers, cheese sticks and applesauce can be purchased in single-serve size. These types of products are

especially handy for families who are always on the go, however they will cost more," she said. "In addition, it's important for parents to set a good example when it comes to snacking. Older children may ride their bicycles to the local convenience store and purchase snacks that aren't healthy. By modeling good food choices, children are more likely to make wise choices for themselves."

When it comes to choosing a snack, encourage children to pick fruits or vegetables first. There is a wide variety of fresh produce available during the summer months. Fruit smoothies are an option for getting in several servings of fruit per day.

Another idea is peanut butter on rice cakes, apple slices, celery sticks, pretzels or crackers.

A selection of fruit, coupled with wooden skewers can make great tasting fruit kabobs for children. Vanilla yogurt makes a fun dip for the fruit. Fresh vegetables also can be used with a healthy dip. Keep in mind that younger children will need adult supervision when putting the fruit or vegetables on the skewers.

While the kitchen can get a good workout during the summer months, make sure children get a workout as well.

Exercise goes hand-in-hand with healthy eating. Try to encourage some type of physical activity for at least 30 minutes every day.

"When done correctly, healthy snacking can actually help with weight control and prevent sharp fluctuations in blood sugar," Brown said. "Simply making the snacks healthy and accessible are key elements of a healthy summer."

# Celebrate Fruit and Vegetable Month



**J**une is Fruit and Vegetable Month. This also corresponds to the time of year when the produce section of the store is filled with multitude of fresh selections - corn, tomatoes, melons, berries and more. There is no better time than now to start enjoying more fruits and vegetables. Here are ways to 'dress up' your life for the celebration.

## Get cleaned up

Make room for fruits and vegetables in the kitchen. Clean out your refrigerator so you will have room for more fruits and vegetables. Convert the deli drawer for fruit storage. Use one of the bottom produce drawers for salad and the other for vegetables for the season.

## Dress up with color

Did you know that there are five color groups for fruits and vegetables?

- 1) White/brown
- 2) Yellow/orange
- 3) Purple/blue
- 4) Green
- 5) Red

Try to keep a variety of colors on hand so you can benefit from all of the nutrients and phytochemicals (beneficial plant chemicals) these color groups provide.

## Make plenty of food for your guests

Prepare fruits and vegetables so they are ready for round-the-clock snacking.

- Cube melons and place them in a covered dish in the refrigerator.
- Wash berries and place them in bowls ready to put on cereal and yogurt.
- Tossed salad lasts in a bowl for up to 2 days when it is not dressed.
- Bananas, peaches, plums and tomatoes can be placed on counter in a lovely basket or bowl.
- Shuck corn and wrap in plastic. All you have to do is microwave for 2-3 minutes per ear.
- Keep potatoes, along with fat-free sour cream and low-fat margarine on hand for snacks and meals.

## Fruit and Vegetable Reverse Quiz

Provide the questions to these answers:

- 1) 8 of these berries have more vitamin C than one orange.
- 2) The nectarine is a variety of the peach. Nectarines are smooth while the others are fuzzy. Both are high in vitamin A.
- 3) This vegetable is also a grain.
- 4) This fruit has been used in civilization for a long time and is classified for table, wine or raisins. The red variety has received attention in the press for its heart-beneficial phytochemicals.
- 5) This sweet, delicious melon can be served sliced or cubed for snacks and desserts; best of all, it contains just 80 calories per 2 cups!

- 1) Are strawberries high in Vitamin C?
- 2) What is the difference between nectarines & peaches.
- 3) What is corn?
- 4) What are grapes?
- 5) How do you serve watermelon?

Answers:

## Action Plan for Asthma

*Keeping allergens at bay!*

Asthma is on the rise! In fact, the U.S., it affects more than one child in 20 and accounts for nearly 10 million lost school days per year. For adults, asthma is the fourth leading cause of work loss, resulting in nine million lost workdays in the U.S. each year. Alarmingly, by the year 2020, an estimated 29 million Americans will have asthma.

If you suffer from asthma or have a family member who does, help is here, courtesy of The Soap and Detergent Association. Use these tips to help keep allergens in check.

### What is Asthma?

Asthma is an incurable, inflammatory disorder of the airways. Allergens (tiny airborne particles) are the "triggers" than can set off an asthma episode. They're hidden, but can be life-threatening for asthma sufferers. The five most common allergens are dust mites, animal dander (skin flakes and saliva), cockroaches and their droppings, mold and mildew, and outdoor pollen.

### The Action Plan

Controlling asthma flare-up means enlisting all the help you can get. Start by:

**Visiting your healthcare provider.** Your doctor or clinic can help you figure out which allergens affect the sufferer the most. They can also provide asthma information and help you determine other steps you may need to take - such as removing carpeting from your home, installing special air filters, or limiting exposure to pets.

**Cleaning to remove allergens.** Start with a room-by-room cleaning plan. Your first stop is the room where the asthma sufferer sleeps. Wash bedding and curtains. Dust and vacuum. Clean windowsills and frames. Wet mop the floors, Remove stuffed animals or enclose them in a cabinet. Be sure to visit [www.cleaning101.com](http://www.cleaning101.com) for complete information on "cleaning to control asthma."

**Keeping an asthma diary.** Track asthma episodes to help you pinpoint the triggers.

## Family Ties

*Make "cleaning to control asthma" a family affair*

If you have a family member who suffers from asthma, keeping your home clean is essential. To share this responsibility, make cleaning a family affair! By involving the whole family, cleaning can be done in less time, with more efficient results, says The Soap and Detergent Association. Start with these fun ideas:

- **Create a family calendar.** Make a list of the tasks to be done. Then assign days for completing them. Decorate the calendar with funny notes or cut-outs from magazines.
- **Have a badge bowl** so family members can randomly "draw" their own cleaning assignments for the week.
- **Create pin-on job badges** with whimsical titles like "Captain Clutter", "Super Sweeper," "Vacuum Patrol," and "Deputy Duster." Have family members wear the badges as they clean.
- **Set a timer** and have the family father to report their progress when the timer goes off.
- **Reward the gang** for a job well done with favorite drinks, pizza, or ice cream.

## Picnic for a Day

*Clean fun without bacteria!*

Picnicking can be fun! But, be sure to keep bacteria from crashing outdoor celebrations by handling foods properly, says The Soap and Detergent Association. If harmful foodborne bacteria are consumed, they can cause foodborne illness. Here are proper food handling tips for *before, during* and *after* your picnic.

**Pre-picnic tips:** Keep hands, utensils, preparation surfaces, and containers for transporting food clean. Use hand dishwashing detergent and hot water to get rid of bacteria. Rinse fruits and vegetable under running water before preparation and packing.

**Picnic in the midst:** Some picnic sites may not have a warm water source - or may not even have running water! So pack your picnic hamper with hand gel sanitizer or a packet of hand-cleaning wipes. Toss in some disinfecting or antibacterial wipes, too, so you can clean off dirty picnic tables and benches.

**Post-picnic how-tos:** If you take along reusable serving utensils and bowls, wash them with hand dishwashing detergent and hot water as soon as you return home.

*Source: Cleaning Matters - The Soap and Detergent Association - May/June 2004*

## De-clutter Your Summer!

*Clean up & make more time for fun*

1. **Junk toss.** Recycle or throw out junk mail immediately. Store "to-be-reads" in a designated box.
2. **Make room.** Make space for necessities by holding a garage sale for old toys and unused electronics, such as VCRs, computers, toasters, etc.
3. **Store it!** Use sealable containers for storing desk materials (pens, staples, paper clips); sewing items (zippers, buttons, threads); picnic cutlery (plastic knives, spoons, forks); cosmetics (lipsticks, nail polish, hair clips).
4. **Out of sight.** Hang cork bulletin boards inside your pantry closet to pin stray notes, bill, and receipts - out of everyone's view.
5. **Trading places.** Designate drawer space for socks; for underwear; for scarves and other accessories, etc.
6. **Hidden décor.** Stash magazines and newspapers in beautiful lidded baskets. And, be sure to recycle or toss out old issues of every month.
7. **Hook it up!** Use baskets, plastic organizers, hooks, and hanging bags to gather clutter. These are great for storing shoes, toys, socks, mittens, and pocketbooks.

For more information, visit: [www.cleaning101.com](http://www.cleaning101.com)

## HCE NEWS

☺ Mark your calendar for the State OHCE meeting to be held in Oklahoma City at the Clarion Convention Center on July 12-13. Details will be forwarded to your local president.

☺ May is a great month to plan a community service activity or group trip for your group to do in June. Remember, there is no leader lesson for June.

☺ Take a few minutes to look over the 2005 HCE lesson topic survey and return to the Extension Office by May 25th.

☺ The leader lesson for July will be presented June 24th by Cathy James at 12:30 p.m. The title is "New Sewing Techniques & Notions." Bring a friend or interested neighbor.

### Historical Society Bricks

The Oklahoma Historical Society Building just south of the Capitol in Oklahoma City, is creating a walkway covered by personalized bricks. OHCE has been encouraged to participate in this project. Each brick costs \$35; maximum is three lines, 14 spaces each line. Each group has the option of purchasing a brick. The order form for this project is available at the Extension Office.

### Looking to the Future - NVON

While attending the CWC/ACWW meeting, the Oklahoma delegates were invited to bring before our state membership the idea of joining the National Volunteer Outreach Network, Inc. (NVON).

NVON is a group of seven states with an organizational structure like OHCE, primarily advised by their state's Cooperative Extension Services. Formed in 1995, NVON states formed a national organization with common goals of promoting a better understanding in the relationships of home, community, state, and nation.

Membership would also give OHCE the opportunity to participate in some international projects cooperatively sponsored by NVON member states. **A minimal annual fee for full state member organizations is assessed, and no individual membership dues.** Your Executive Board may be carefully studying the pros and cons of such a membership and request a recommendations for action at the Spring Board of Directors Meeting. Should a complete investigation find favorable results, a report will be brought to the attention of the delegates of our full membership at the State Meeting in July. Please take the time to look at the web site for NVON before that time to acquaint yourself with their areas of work. NVON web site is: <http://www.nvon.org>.

### Request from the State HCE Chaplain

Our state Chaplain, Ellen Wood, is working on a very positive and upbeat presentation for vespers at this year's state meeting and needs your help. She would like to briefly recognize those OHCE members whom we have lost through death since July 2003. Please send information now, but others can be added through June 2004. Send information to Kingfisher County OSU Extension Office.