



# Family And Consumer Science

Kingfisher County OSU  
Extension Service



Oct.-Nov. 2005

## Obesity as a Public Policy Issue

Over the past 25 to 30 years, the number of obese adults and overweight children has doubled. Studies indicate the health consequences of being obese or overweight are taking a toll on health care costs, as well as being attributed to a number of premature deaths.

Is obesity a public concern? Members of the American Association of Family and Consumer Sciences believe it is, said Sue Williams, Oklahoma State University Cooperative Extension Service public policy specialist.

“Addressing the issues of obesity and being overweight presents some very serious and challenging public policy questions,” Williams said. “In an effort to address these concerns, a public policy deliberation guide is being developed and will be used to conduct deliberative forums across the United States.”

Members of AAFCS responded to a survey and they overwhelmingly expressed great concern regarding the obesity epidemic that is facing the nation. Based on survey responses, the AAFCS drafted the deliberation guide that included three possible public policy directions for addressing the obesity issue.

“Participants were asked to carefully consider the public policy choices presented in the draft guide and provide input to enhance the three approaches presented,” she said. “Summit participants provided a wealth of input that was used to revise the guide.”

The three approaches are “Prevent the Obesity Epidemic,” “Change Our Lifestyle” and “Protect Your Pocketbook.”

Some things that must be considered when trying to combat obesity are the influences the public faces regarding diet and life.

“It comes as no surprise that food prices and income have a direct correlation to how people eat,” she said. “Other factors include convenience, family structure, age, health status, knowledge and lifestyle. If there were policies in place that targeted these factors, there could be some success in reducing obesity. However, if other factors remain unchanged, success is likely to be limited.”

The “Sizing Up America: Public Policy Deliberation Guide” will be used to conduct deliberative forums across the country. The forums are designed to help participants agree on common ground on the issues of obesity. Keep in

mind, however, that a deliberative guide does not provide answers to challenging questions, but instead provides a framework to help people consider a variety of policy directions designed to address the problem.

Williams said that in any legitimate public action, action must be based on the voice of the public. The public’s voice is obtained by carefully considering what people think about any given issue, as well as how they want to address it. Public deliberation is a means for citizens to make tough choices about the basic purpose and direction for their community and country. They can help define the fine line between personal choice and public policy.

“Health insurance companies have been offering discounted rates for non-smokers. How long will it be before they begin offering discounts to people who fall within certain weight limits? These are things to consider when talking about public policy and obesity.”

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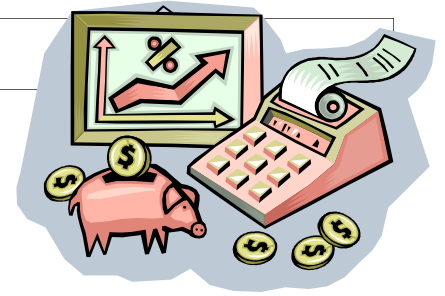
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# SAVINGS TIPS



## Grandparents , Youth & Money

### Why is it important for children to understand about personal finance/money management?

- Parents and grandparents must get educated about money management if they want to pass on effective financial lessons and skills to their children and grandchildren. The Parents Youth and Money Survey (PYMS) found that most youth say they learn all they know about money and credit from watching their parents. Scary thought?
- Too many students are graduating from high school with no understanding of the basic principles of earning, saving, budgeting, debt, and investing. PYMS found that 75% of students could take a money course, but less than 10% do. Make money your child's number one elective!
- If we don't start teaching our young children the importance of responsible money management today, they may not have the skills or knowledge level they need to handle their own finances when they become adults.
- As in any life lesson, start teaching them early to help instill positive financial values and attitudes in your children -- this can be the foundation for a lifetime of financial security (e.g., so they don't incur debts, take advantage of compound interest, etc.).

### Relationship between grandparents and grandchildren:

- Most grandparents, especially caregivers, say it is important to their own personal satisfaction that they teach a grandchild about a hobby, topic, or activity in which they are interested. (AARP grandparents study)
- When asked how useful it would be to receive information on a variety of "how to" topics, 54% of grandparents and 60% of care giving grandparents cited savings/investments as very or somewhat useful.
- In addition, 54% of grandparents and 63% of caregiving grandparents mentioned information on financing education as very/somewhat useful.
- The relationship between grandparents and grandchildren is a strong one, and it involves frequent interaction.
- Grandparents spend money on their grandchildren and provide for them in a variety of ways.
- But grandparents also have hopes for their grandchildren's futures, and part of that means seeing the children succeed on their own.
- Grandparents need to be given tools and resources they can use to help them teach their grandchildren become more self-sufficient and money-savvy.
- Learning about the importance of saving and economic security from their Nanas and Papas is one valuable lesson grandchildren can carry with them throughout their lifetime.
- Children yearn for close relationships with adults, especially extended family.
- Grandparents can play a very active and positive role in helping children cope with issues that arise in their daily lives.
- Grandparents have the practical and hands-on experience and often the time to spend with grandchildren to teach them the "fundamentals of life" (which includes financial education).

### Influence of grandparents:

- Experts say that with parents working and the rising rate of divorce, grandparents can act as a "constant" in their grandchildren's lives.
- There is also the issue of adult children moving back into their parents' home – result is a multigenerational household. Grandparents will definitely have a very hands-on role in teaching the children life lessons.

## SAVINGS TIPS CONTINUED.....

- Studies show children who have a good bond with their grandparents tend to show great respect for their own parents.
- Grandparents can enrich their grandchildren's lives by teaching them of earlier times and ways of living.
- Grandparents can also play a role in helping and advising their own adult children about important topics that should be discussed with their children (such as money).

### **Tips for grandparents—ways to contribute to your grandchildren's financial well-being:**

- Introduce the concept of money to your grandchildren as soon as they are able to count.
  - Teach them the difference between needs, wants, and wishes. Teach them to respect the value of money.
  - When giving them, consider giving money in amounts that can be put towards savings (e.g., five \$1 bills, spend \$3, save \$2).
  - Consider opening a savings bank account or a money market mutual fund account in both your name and your grandchild's.
  - Take advantage of money "teachable moments" when you spend time with your grandchild.
  - Set an example by being thoughtful in your own saving and spending habits – you are their role models.
- The Youth & Money Survey found that 72 percent of students turn to relatives besides their parents for financial information – grandparents are included in this group!



### **Gardeners May Find Fall Leaves Beneficial**

With the hot summer temperatures a thing of the past, many people are eager to enjoy the fall weather. The cooler weather brings with it many new colors in the landscape. One aspect of fall that may not be desirable is a lawn covered with leaves.

There are other options of disposing of fall leaves besides bagging them and putting them on the curb to be taken to the local landfill. Not only do the leaves take up valuable landfill space, but gardening enthusiasts are missing out on a valuable garden resource.

Using the leaves as mulch in perennial beds is an economical option for gardeners. Rake the leaves into the beds, but be careful not to smother the plants with a pile of leaves that is too deep. Large leaves such as those on a sycamore tree may be too big to use as mulch.

Another way gardeners can be environmentally friendly is to compost the leaves. This process does not have to include expensive composting containers.

For a less time-consuming activity, mow the leaves. This is a fairly quick and easy way to clear your yard of fall leaves. The leaves should be dry in order for this method to work. Also, try to mow the leaves before they pile up too deep. The chopped leaves return valuable organic matter and nutrients to the soil.

Consumers also can capture the chopped leaves in the mower bag attachment and then distribute the leaves where needed. Individuals who have many trees that result in a large amount of leaves on the ground may want to invest in purchasing or renting a vacuum shredder to help with leaf disposal. This piece of machinery works much quicker than a regular leaf blower.

Be sure the leaves are dry before attempting to shred or chop them. Damp leaves will most likely clog gardening tools such as shredders, blowers or choppers.

If you notice any diseased or infected leaves on your property, don't use them as much. Diseases can overwinter in the leaf mulch and reinfect plants the following year."

Source: David Hillock, OSU Extension Consumer Horticulturist

# HCE News and Information



January 24, 2006 is the due date for member awards and group project awards (Annual HCE Member,

**Rookie, Young Member, and Heart of OHCE.** Make plans to select members to represent your group now. We are encouraging members to help write the awards for those applying for these awards. Our county has many deserving recipients, we need to be represented on the local, district, and state level. Your club President will have the forms or you can go to the OHCE website to download the form.

I challenge each club to apply for one award!

## COUNTY FAIR

The County Fair was a success. My personal thanks is offered to each superintendent. There is no way a county fair could run efficiently without your willingness to serve. Thanks so much! Let them know you appreciate them too!



## HCE SUPERINTENDENTS

**Food Preservation:** Doris Brehm, Kim Ritcher **Culinary:** Linda Fisher, Chris Knecht, Donna Lann

**Food Volunteer:** Glenda Inman, Judy Dune, Shirla Geis

**Clothing:** Jan Wittrock, Debbie Winters **Home Management:** Nancy Striegl, Ina Smith, Cody Brinkmeyer

## OPEN CLASS

**Homemaking:** Florence Sigl, Betty Farrell, Theresa Wilczek

**Genealogy Volunteer:** Claudia Meyer, Eva Ryan **Photography:** Tammy Matthews, Cindy Wilczek

**Clothing:** Rosemary Winters

**Art:** Bethel Hackett, Sue Miller

**Culinary:** Cheryl Bullis, Linda Wilcox **Canned Products:** Irene George, Pauline Kelly **Floriculture:** Carolyn Flood **Wine:** Kenny Bengs

## THANK YOU Fair Board

**Secretary  
Jeannie Boevers  
for helping  
with my first  
County Fair!**



## MOST TOTAL POINTS

1st	Loyal Neighbors	3353.40
2nd	Happy Homemakers	1940.00
3rd	Plainview	1465.10
4th	Surprise	1465.09

**WHEAT HEART—Ina Smith**

## KERR BALL CANNING

Best of Pickled Food—Esther Skaggs

Best of Spread—Irene George

Soft Spread—Flo Hellwege

Pickles—Jane Baker

Vegetables—Pauline Kelly

Fruits—Dot Miller

## COMPLETE FAIR EXHIBIT

Apron Annie's, Friends of the Heart, Omega, Happy Homemakers, Loyal, Alpha, Hennessey Farmerettes, Surprise, Loyal Neighbors, and Plainview.

## FRIGHT NIGHT CARNIVAL

Oct 29, 6-8 p.m. Kgfr. County Fairgrounds Exhibit Building—Haunted House/Prizes/Games



## PIE AUCTION

**RAISED**

**\$123.00**

## SILENT COOKIE CONTAINER



raised \$201.00 for 4-H. Many thanks to all contributing!

## FAIR CHANGES

♦ **Superintendents Needed--**If you would like to be a Fair Superintendent or volunteer to help a Superintendent, please call the office.

♦ We have added a few categories, and eliminated ages of children in the sewing categories.

♦ We would like to encourage sewing, so we have changed Clothing to read Clothing & Home Décor.

♦ We have added simple items to encourage sewing. New areas: curtains lined/unlined, curtains made from sheets, table cloth, sofa pillow, blouse/skirt, skirt/lined/unlined, pants/slacks, long dress, apron, and recycled garment.

♦ Okra is being added back to the canned goods, and a milled wheat category for breads.

♦ All pies will go to the 4-H club.

♦ Ceramics—Display of 3 or more techniques and miscellaneous.

♦ Photographs of the current year. And must be framed/matted and ready to hang.

♦ Genealogy was very well represented this year and spent club money to help provide a judge. A migration map is being added to that area.

## CAN'T WEIGHT TO WALK!

Be sure to call in your steps to the office. One of the best ways to improve your mental and physical health is to walk! Lead by example! Find someone to walk with you!



## VALUE OF LIFE

If you had a bank that credited your account each morning with \$86,400 that carried over no balance from day to day, allowed you to keep no cash in your account, and every evening canceled whatever part of the amount you had failed to use during the day, what would you do? Draw out every cent, of course! Well, you do have such a bank, and it's called time. Every morning it credits you with 86,400 seconds. Every night it rules off as lost whatever of this you have failed to invest to good purposes. It carries over no balances. It allows no overdrafts. If you fail to use the day's deposit, the loss is YOURS.



## OSU Resource Management Specialist

Sissy Osteen will be coming to Kingfisher, Nov. 8th at Kingfisher Regional Hospital.

- ⇒ **Stretching your budget without it stressing you!**
- ⇒ **How to improve your credit rating and the pitfalls of credit!**

**11:00-12:15 OR 12:30-1:30 (KRH Employees)**

**2:00- 3:30 (Open to the Public)**

- ⇒ There may be a few available openings in the earlier classes. Please call the Ext. office to sign up for each time.

### Call the office if you are interested in the following:

Tour the Noble Foundation to learn about benefits/risks of fertilizers, pesticides, and drinking water.

Okla. Bombing Memorial/Brick town, Cowboy Hall of Fame, or Tulsa Wild Oats Natural Marketplace.

Programs: Who Moved My Cheese? FISH! Philosophy or True Colors, Alterations/Recycling Clothing, & Simple Curtains.

## State Leadership Conference



Mary Jo Bullis did a great job planning and representing Kingfisher County HCE members at the two leadership training workshops in McAlester and Clinton. Mary Jo also led a workshop called "Catch More in Your Net," how to work with other organizations for better gain and publicity.

Our County President, Kim Richter, served on the leadership committee with Mary Jo and taught a class called, "Tools of the Trade", discussing techniques to using microphones, overheads, and making power point presentations.

Debbie Winters did an officers training lesson for County Presidents. Thanks Debbie and Kim!

Give them a call and let them know we appreciate all their hard work. There are many rewards serving on a State Committee, you might want to consider being one!

Paula Post facilitated the "Who Moved My Cheese" Program at McAlester and Clinton.



## FALL COUNTY COUNCIL

The Omega club hosted the Fall County

Council on October 4th. The Fall decorations were beautiful. We really do appreciate all their hard work & hospitality!

The keynote speaker was Toni Pickle facilitating the popular film, "Everyday Creativity" by DeWitt Jones. The film relayed the message that there's always more than one right answer, how to re-frame problems into opportunities, and to not be afraid to make mistakes.

**Creativity is the ability to look at the ordinary, and see the...**

**EXTRAORDINARY!**



New officers were installed at Fall County Council.

## 2006 COUNTY OFFICERS

President-Kim Richter

Vice President-Donna Lann

Secretary-Shirla Geis

Treasurer-Barbara Yeoman



## GINGER SCISSORS

Once again we will have available at the office order forms for Gingham scissors. There is a considerable discount with a group order. If you are interested, please place your order by November 10. This will insure that your order is returned in time for holiday gift giving.

## Kingfisher Chamber of Commerce Craft Show Nov. 11-12th

## HOLIDAY TOUR OF HOMES

Friends of the Heart will be hosting the annual Holiday Tour of Homes and Cookie Sale on Sunday, December 4th in Okarche. The Tour of Homes is from 5-7 and the Cookie Sale is from 4-7:30 St. John's gymnasium.



## MID-OKLAHOMA COOP

Our Coop has been carrying the organic red wheat, white wheat, SAF yeast, vital wheat gluten, honey, and dough enhancer. They are now taking orders for the BOSCH mixer and Nutrimill.

## Kindergarten Students Make Whole Wheat Pancakes

Kingfisher teachers requested to learn more about milled wheat and Kindergarten students were able to learn kitchen safety, nutrition, and the value of eating healthy by making whole wheat pancakes in their classroom. As you can imagine-we had discussion on how much butter, peanut butter, and syrup to use!



**WHAT TO DO WITH ALL THAT TURKEY!** Buy an extra **big turkey** and cook the carcass several hours to make rich gravies or soup! Use the extra meat for your favorite casserole, enchiladas, fajita, tetrazenni, and how about BBQ turkey on a bun! See how many different flavors you can come up with. Freeze left over meat or casserole for your next quick meal!

### HCE Leader Lesson Schedule-2006

December	De-Clutter Your Life	Paula Post
January 19th	Chocolate Choices	Cathy James
February 23rd	Spa at Home	Paula Post
March 23rd	District Lesson	Paula Post
April 27th	Secret History of Credit Cards	Joy Rhodes
May	Free Month	
June 22nd	Decorating on a Dime	Cathy James
July 27th	Attitude is Everything	Paula Post
August 28th	State Lesson	Paula Post
September 28th	Almost Homemade	Joy Rhodes
October 26th	Wonder Women Doesn't Live Here	Paula Post
November	Free Month	

**REMEMBER TO INCLUDE THE STATE GOALS WHEN PLANNING PROJECTS AND ACTIVITIES!**



### OHCE STATE GOALS

#### CULTURAL ENRICHMENT

Enrich our lives and those around us by studying our culture and the culture of others.

#### FAMILY ISSUES

Educate families to strengthen developmental skills for present and future generations.

#### LEADERSHIP DEVELOPMENT

Encourage leadership development within our organization, home, and community.

#### RESOURCE MANAGEMENT

Increase awareness of issues involved in daily finances.

#### HEALTHY LIVING

Develop and deliver educational programs concerning healthy living for the family.

#### MEMBERSHIP

Recruit and retain membership in OHCE.

