



Kingfisher County OSU Extension Service

# FAMILY AND CONSUMER SCIENCES



OCT-NOV 2004

## HOMEWORK IS AN ESSENTIAL PART OF THE EDUCATIONAL PROCESS

With schools all across Oklahoma back in session, many teachers already are making homework assignments.

Developing a plan of action that deals directly with homework is one way to help ensure a student's success, said Debbie Richardson, Oklahoma State University Cooperative Extension Service assistant child development specialist.

While some children just breeze right through homework assignments, homework can be a battle for some students. "One of the keys in dealing with homework is establishing rules and sticking with them.

With the busy schedules of both parents and children, it can be difficult to find time for homework when dealing with other extra-curricular activities. However, homework time should be established in the same manner that families have dinner time and bedtime."

If parents and children expect homework on a daily basis, it is easy to work it into the routine. Some children may work best in the afternoon right after school. Other children may need to unwind for a while before

tackling homework assignments.

Homework should be approached with a positive attitude. Create a space where homework can be completed with few distractions. It is a good idea to have all homework supplies children will need to complete their assignments. Keep a box with pencils, glue sticks, rulers, paper, crayons and other supplies nearby. Homework can be completed in a timelier manner when all the needed supplies are at hand.

As much as parents want their children to succeed, they have to keep in mind that doing the homework is not a parent's job.

No matter how much your child struggles, he or she won't learn if you do the work for them. It is important for parents to check over all homework assignments and have the child correct any mistakes. Try to turn mistakes into positive learning opportunities.

By about fifth grade, students should be showing signs of independence when it comes to homework. That does not mean parents should not be involved, but they should not try to micro-manage either. Learning to

work independently is part of the whole learning experience. However when students do not complete assignments, they need to learn to deal with the consequences.

Richardson said parents should talk with the teacher if their child is struggling with a particular assignment.

"Sometimes just a short note to the teacher is helpful," she said. "Other times it could be helpful for parents and teachers to meet face to face to talk about the problem the student is facing. If a child is struggling, try to get to the bottom of the difficulty as quickly as possible. In addition it's important to encourage your child to always do their best. Praise all papers and projects your child brings home. Let your child know their education is important to you and you'll do everything you can to help ensure they are as successful as they can possibly be."

*This Newsletter is published monthly by the Kingfisher County OSU Extension Center—Home Economics Program, 101 South Main Rm 13 Kingfisher, OK 73750 (405) 375-3822.*

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# CLEANING MATTERS

## Low carbohydrate diets

### CLEANING FOR GOOD HEALTH

#### WARDROBE LONGEVITY

##### *The secret's in the wash!*

There's nothing like the look and feel of brand-new clothes. But, beware: Poor laundry practices can make clothes look old before their time. To avoid this, The Soap and Detergent Association presents some tips for helping clothes maintain that fresh, new look!

**Read and follow garment care labels.** It's the key to preserving the look of your clothes. Some garment care labels now use symbols instead of words. You can find this guide to symbols at : [www.cleaning101.com/laundry](http://www.cleaning101.com/laundry).

**Read and follow laundry product directions and use the right amount of detergent for your load.** Too little detergent can affect cleaning power. Too much detergent can leave a residue that makes clothes look gray and dingy.

**Sort clothes by color.** Separate whites or white-background prints, pastels in solids and prints, medium and bright colors in solids and prints, and dark colors. This way, darker, brighter colors won't discolor whites or light-colored fabrics.

**Use only the recommended bleach.** Garment care labels will tell you whether you can use only color-safe bleach, chlorine bleach, or no bleach at all.

##### ***Research supports what moms always believed!***

Once again, studies support what public health researchers and generations of mothers have believed for decades—cleaning and disinfecting help protect against the spread of germs, particularly among children.

In a recent study conducted by the University of Arizona, researchers monitored the health of more than 1,000 children in participating day-care centers over a 10-week period. Here's what they found out...

#### **Cleaning=Improved Health**

Half of the centers followed their normal cleaning procedures. This typically included less regular daily cleaning or spot cleaning of common surfaces such as door handles and light switches. The other half followed a routine with specific recommendations for daily and weekly cleaning, using disinfectant or bleach.

At the end of the 10-week period, kids in the latter group were less likely to experience a range of health problems, including ear-aches, upper respiratory illnesses (colds and flu), and diarrhea. In addition, the children were less likely to receive prescriptions for antibiotics.

#### At Home

Common surfaces at home are breeding grounds for germs. But, following a routine for cleaning and disinfecting these surfaces, can help protect your health. Here's how to clean some common kitchen surfaces:

**Kitchen Counters:** Use a clean cloth or paper towel, hot water, and a household cleaner to remove spills and daily grime. Clean up spills from raw meat juices and raw eggs with disposable paper towels to avoid contaminating kitchen dishcloths. Be sure to thoroughly clean and disinfect these areas.

**Cutting Boards:** Thoroughly clean and disinfect all cutting boards after use. Plastic cutting boards can be disinfected by washing them in the dishwasher. Or, hand wash them in hot, soapy water; rinse, then flood the surface with a solution of 3 TBSP chlorine bleach to one gallon of water. Let the solution sit for several minutes, rinse with water, then air dry.

**Appliances:** Use hot, soapy water to wipe up sills and splatters on the stove, in the microwave, and in the refrigerator as soon as they occur.

Information from the Soap and Detergent Association For more information visit: [www.cleaning101.com](http://www.cleaning101.com)  
Cleaning Matters: Sept/Oct. 2004

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# OHce information and news

## LEADER LESSONS

The lesson for November is "Creative Bread Baking." This will be presented October 28 at 12:30. We will have lots of recipes, samples and ideas. Make plans to attend. The month of December is open for you to plan a holiday get together or special event.

## ELECTION OF OFFICERS, DUES AND DONATIONS

If your group has not already elected officers for the upcoming year, please do so in October. We will be starting soon on the 2005 yearbook and will need this information by October 22. Dues are **\$15.00** (County \$7.50 and State \$7.50)

Also please make your contributions to Pennies for Friendship, Nickels for Leadership and Norma Brumbaugh scholarship at this time. If you have new members, please fill out a membership form. Thanks for all of your help.

## DISTRICT MEETING PLANNING SESSION

We will continue to plan for our District meeting responsibilities with a meeting November 9, 10:00 a.m. in Fairview, at the Fairgrounds. Bring a food dish to share with other members for our lunch.

Plans are already underway for speakers, breakout sessions, decorations and other details. Anyone who is interested in helping is invited to attend with our County Officers.

## 2005 LESSON TOPICS

The lessons for 2005 have been selected and are as follows:  
Jan-Planning for OK Centennial  
Feb-Quilting for Beginners  
Mar-Quick and Easy Dinners  
April-District Lesson (Food Labels or Prevent Child Abuse )  
May-Flea Market Finds  
June-FREE  
July-Fall Gardening  
August-No Sew Window Treatments  
Sept-State Lesson (Diet and Diabetes or Using Humor Effectively)  
Oct-Preserving Family Heirlooms  
Nov-Appetizers and Party Snacks  
December-FREE

## KINGFISHER COUNTY ASSOCIATION MEETING

Hennessey Farmerettes are the hostess group for the Fall Association meeting. It will be held Wednesday, October 27 at 1:30 p.m. in the afternoon. We will install officers, conduct yearly business, and have an educational speaker.

An added treat will be when our Life Story entries each read their story. We will look forward to this feature. We will have a

mini-lesson on our new OHCE project "Can't Weight to Walk." We have ordered pedometers and hopefully they will be available at the meeting for \$4.00 each.

## GINGHER SCISSORS

Once again we will have available at the office order forms for Gingher 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 our order is returned in time for holiday gift giving.

## RETURNING TO BLAINE COUNTY

It has been my pleasure for the past 11 months to work with the wonderful people of Kingfisher County. Due to funding increases at the state level, I will be returning to the full-time FCS/4-H position in Blaine County. I have really enjoyed meeting each and everyone of you. I have also enjoyed working with the Extension Staff in Kingfisher County. Kingfisher County is currently interviewing applicants for this position and hope to have it filled very soon. In the meantime, please feel free to call me with any questions. The rest of the staff will be available to help when needed. Best wishes to each and everyone of you.  
Joy Rhodes, FCS Extension Educator

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# 100 CALORIES A DAY CAN BE...

When you think about weight gain, you probably think about overeating to excess or no physical activity at all. In reality a simple 100 calories a day can make the difference between weight maintenance, gain or loss.

Since a pound of body weight equals 3,500 calories, just an extra 100 calories less per day can result in a 10 pound loss in one year.

Making changes in food intake that equals 100 calories is very simple, try—

- One cup of whole grain cereal instead of two
- Tomato slices, lettuce

Water is one of the things your body needs every day to be healthy. Many people tend to overlook water when they think about what they can do to get healthy and stay healthy. Most people know they need good food, rest and exercise for health, but often forget that they also need to get enough water.

Your body will send signals when you are thirsty that

leaves and pepper strips on a sandwich instead of mayonnaise

- Two cups of skim milk per day instead of two cups of whole milk
- A cup of low-fat, sugar free yogurt, instead of a doughnut
- A glass of water flavored with a lemon instead of a soft drink

In addition to making small changes in food intake, make small changes to increase your physical activity like—

- Take a fifteen minute brisk walk at lunch

- Park your car farther away from your work place and walk
- Climb the stairs instead of taking the elevator

A healthy lifestyle, including regular physical activity with an eating pattern chosen for variety, balance and moderation can make all the difference for maintaining a healthy weight.

Keep some of these ideas in mind as we start the OHCE “Can’t Weight to Walk” program for the next 3 years. A few changes can make a world of difference.

## wellness with water

can be overlooked. Thirst is the first sign, but as people age, they may not feel thirsty. Lack of water is one of the most frequent reasons people over 65 go to the hospital.

After thirst may come dry mouth, headache, and fatigue. Without enough water, you may feel tired, nauseous, and not very hungry. You may also feel confused and not be able to think straight. You may feel dizzy and weak as your need

be for water becomes more severe.

It is a good habit to drink water even before you feel thirsty. Most people need to drink 8 cups of water or water-based beverages every day. If you exercise, you will need more. Getting in the habit of drinking more fluids may take time, so increase the amount you drink slowly and soon you’ll be drinking what you need.

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## Thanksgiving turkey: top ten questions

1. *What is the best way to thaw a turkey?*

Refrigerator thawing is recommended. If time is short, submerge turkey in cold water and keep changing the water every 30 minutes. It is not recommended to thaw a turkey at room temperature.

2. *How do you recommend handling a turkey so it's safe to eat?*

Follow food safety guidelines. Thaw in the refrigerator or cold water, keep fresh turkey in a refrigerator, prevent juices from dripping onto other foods and cook by the "use by" date on package.

3. *What's the best way to roast a turkey?*

Place thawed or fresh turkey, breast up, on a flat rack in a shallow pan. Insert oven-safe thermometer. Brush or rub skin with oil and roast at 350 degrees F. Roast an unstuffed 10-18 lb bird for 3-3 1/2 hours.

4. *Where does the meat thermometer go?*

The tip of the meat thermometer should be placed in the thigh muscle just above and beyond the lower part of the thigh bone, but not touching the bone.

5. *How can leftover turkey be stored safely?*

Within two hours of roasting, remove stuffing from turkey and carve the meat off the bones, then store in refrigerator or freezer. It can be safely stored in the freezer for up to two months.

6. *How do you know when a turkey is done?*

A turkey is done when the meat thermometer reaches 180-185 degrees F deep in the thigh and juices should be clear.

7. *What do you need to do to a turkey just before roasting it?*

Remove the wrapper, remove the neck and giblets, drain juices and blot dry with paper towels. Stuff if desired and insert oven-safe thermometer. Follow roasting directions on package.

8. *What's the proper way to stuff a turkey?*

It is a matter of personal preference as to whether to stuff or not to stuff the bird.

9. *Should I buy a fresh or frozen turkey?*

Selecting a fresh or frozen bird is your choice.

10. *Is it necessary to baste a turkey?*

No. Basting throughout the roasting process is unnecessary. Pouring juices over the skin while it roasts will not make the meat juicier. The liquid penetrates only about 1/8 to 1/4 of an inch beneath the skin and most of the juice will run off into the pan. Opening the oven door periodically to baste a turkey can cool the oven and might lengthen the roasting time. Before roasting, lightly coat the skin with oil to prevent drying.

Resources: *Butterball Cooking Turkey Tips: Top Ten Turkey Questions*



Call the Butterball Turkey Talk-Line after Nov. 2 at 1-800-323-4848 for more help from specially trained home economists.



## **DATES TO REMEMBER:**

**October 11—Office Closed, Columbus Day**

**October 27—KF County Fall Association Meeting,  
1:30-Fairgrounds**

**October 28—Leader Lesson “Creative Breads” 12:30**

**November 9—Planning session for District Meeting  
in March—Major County Fairgrounds**

**November 11—Office Closed, Veteran’s Day**

**November 25-26—Office Closed, Thanksgiving**