



FAMILY AND CONSUMER SCIENCES

Newsline

September 2007

TEXAS COUNTY

<http://countyext.okstate.edu/texas>

Portion Distortion Can Cause People to Eat More Than They Need

Bigger is not always better, especially when it comes to portion size. Over the past 20 to 30 years, portion sizes have grown dramatically.

In fact, portion sizes have gotten so big they result in our losing track of how much we eat, said Deana Hildebrand, Oklahoma State University Cooperative Extension Service nutrition specialist.

For example, a person may think she just had a bagel for breakfast, when in reality she had a bagel large enough to serve two or three people.

“Consumers have gotten so used to seeing larger portion sizes, both at home and at restaurants, that when they see a normal sized portion, it seems very small,” Hildebrand said. “One reason portion sizes have gotten larger over the years is that dinner plates and bowls are made larger these days. We fill our plate full and presto – we have portion distortion. Rather than just eating until we are full, most of us simply eat the amount of food that is put on the plate. Adults are not the only ones to succumb to portion distortion. Children are affected by it, too.”

Eating more calories than are needed results in weight gain. Eating just 100 calories too many each day can add 10 pounds per year. Years ago, a hamburger from a fast food restaurant contained about 2.8 ounces of meat and just over 200 calories. Today’s fast food hamburgers weigh approximately 4.3 ounces and contain 310 calories.

If consumers want smaller portions when eating out, Hildebrand suggests sharing large entrees with a friend. Another strategy is to put half of the portion in a takeout container before you start eating and having that portion for another meal. Also, children’s menus feature smaller portions.

“Keep in mind there is a difference between

portion size and serving size,” she said. “A portion is what you serve yourself or what a restaurant gives you. In reality, a portion is usually larger than a serving size. To help determine the right amount of food to consume, check the Nutrition Facts on the packages of all foods.”

One way to help visualize serving sizes is to compare it to something else. The palm of the hand is about the same size as 3 ounces of meat. The thumb or a domino is the size of 1 ounce of cheese. An ounce of nuts is a small handful. A large handful equals about 1 ounce of shredded cheese.

A baseball is the size of 1 cup of leafy, raw vegetables, a medium apple or orange, a cup of ready-to-eat cereal, 1 cup of yogurt or a cup of cooked, dry beans.

Keep in mind that serving sizes for children are generally about half the size of an adult serving.

Hildebrand said another way to keep a handle on portion sizes is to look at how much space specific foods take on your plate. Half of a dinner plate should be filled with fruits and vegetables; a quarter with whole grains and a quarter with meat, fish, poultry or cooked dried beans.

“It’s important for consumers to know that there aren’t any ‘bad’ foods out there. It’s more about how much we eat, not what we eat. Reading labels, recognizing appropriate portion sizes and eating a wide variety of foods in moderation will help ensure a healthy lifestyle,” Hildebrand said. “By following the USDA MyPyramid and keeping portion sizes under control, you can still have that occasional treat to satisfy your sweet tooth.”

Choosing a Long-Term Care Facility

Taken from Area Agency on Aging

Do you think that your family member can't live at home any longer? You've added a hand rail on the front steps and grab bars in the bathroom. You made plans for a home health aide to come to the house every day. You arranged for help with meals, and you visit every day. But now you wonder if staying at home is the best choice. Where do you go for help? Sometimes the need for help grows over time and sometimes an injury or illness requires a prompt decision in finding 24-hour care.

There are two kinds of senior living facilities based on how much help is needed: Assisted living facilities and skilled nursing facilities or nursing homes. An assisted living facility can give someone as much help as needed with daily living, but offer only some nursing care or none at all. People often live independently in their own unit. The place provides meals and house cleaning, offers interesting things to do, and takes residents wherever they need to go, like the doctor or the shopping mall. They can also provide help with bathing, dressing and taking some medications, if needed.

If you or your relative becomes very frail or suffers from the later stages of dementia, more care could be needed. A nursing home or skilled nursing facility may be necessary if someone needs round-the-clock

nursing care, might wander away without supervision, needs help with meals, bathing, personal care, medications and moving around, needs more help than the current caregiver can possibly give or cannot live alone. These places supply 24-hour services and supervision, including medical care and some physical, speech and occupational therapy, to people living there. They might also offer other services such as social activities and transportation. As a rule, the rooms are for one or two people. Some places want residents to bring some special items from home to make their rooms more familiar. Some even allow a pet or make it possible for couples to stay together.

Planning for long-term care is not easy. People's needs change over time. So do the rules about programs and benefits. What someone qualifies for may change from one year to the next. There is some help. The following resources are on-line. If you or your relative doesn't have a computer, there may be one at your local library, the computer lab at the OSU Extension office or your local senior center. Also, each state has a Long-Term Care Ombudsman. They have information and may be able to answer questions about a place you are considering. The ombudsman is also available to help solve problems that might come up between a nursing home and the resident or the family. The ombudsman for your area can be reached by calling 1-800-658-2844.

Senior Info-Line is 1-800-211-2116.

Agricultural Families Need Health Insurance

Need five good reasons why your family should have health insurance?

1. Agricultural workers are in the top ten of the most dangerous jobs. Loggers, construction workers and truck drivers are up there as well. What makes it a dangerous occupation is moving parts, jumping down from machinery and equipment, working in silos, working under equipment on jacks, and the other potential places for falling. Tangles with livestock and vehicular accidents also happen. Augers and hay balers have claimed many human limbs. Chemical exposure is also a threat. You get the picture . . .
2. A simple injury, birth of a child, or chronic illness can be a large financial burden. Insurance may not cover everything, but it can help.
3. Almost everything about farming is an added hazard: Lack of sleep, being in the same environment 24/7 not far from the home place, sun/heat exposure, chemical exposure, dust exposureNeed there be more reasons?
4. Farm families need to stay healthy. You have to take care of yourself to take care of others. Your livelihood often depends on the ability to contribute to manual labor.
5. People are more likely to go to the doctor if they have insurance coverage. Preventative care and early intervention are generally best for fighting diseases and other health issues.

Some educational materials on insurance are available through the National Ag Risk Education Library at <http://www.agrisk.umn.edu/>

Click on Ag Risk Library, Human, then Life, Disability, Long Term Care Insurance.

More Thing to Do to Cut Costs

We all are feeling the fuel price crunch. So, if fewer times around the field and to town are not enough cost cutting, then here are a few other things to try to cut costs.

Phone Service

Phone plans are changing more rapidly these days and with the use of cell phones, the options for communication are endless. Evaluate your phone usage. Check on family plans that share minutes. Don't overload on minutes, but make sure you have enough to cover your call volume. Perhaps limiting phone usage would be beneficial to the family. Only have the features that you need. If you aren't going to listen to voice messages, then why have that feature available?

Home Energy Use

Check your home energy use. One way to do this is to get a home energy audit. Some gas and utility companies will do this for free or a reasonable charge. If they don't offer this service, they may be able to refer you to a professional energy audit service. This might be beneficial if you have an older home, old windows, or a lot of doors. These are areas where energy are mostly frequently lost. Evaluate any energy audit suggestions for cost versus long-term savings.

If the timing of your energy usage can be shifted, you may want to look into using "load management" programs with your electric utility provider. By using energy in off-peak hours, you get a discounted rate.

Simple things like shutting off the lights and appliances in rooms when no one is in the room can result in savings. You can use the newer florescent light bulbs to reduce energy consumption (and save some time not having to replace light bulbs so often).

If shopping for new appliances, look for the Energy Star label on home appliances. They are rated for better energy efficiency. Refrigerators, ovens, air conditioners, and dryers can be big energy users. If you are looking at a new water heater, you may want to consider the tankless water heaters. Again the initial cost is more, but the savings potential may be worth the investment.

Limit your laundry and dishwasher to full loads. Wash clothes early in the morning and when you are able, hang clothes to air dry. Keep dryer lint filters clean. Clothes will dry faster with less risk for fire.

Food for Thought

With increased fuel costs, come higher food costs. Groceries and food preparation can be big ticket items. It takes preparation and some forethought to make grocery shopping economical.

If you have adequate storage space and are a good plan-

ner, you can shop in fewer trips. Fewer trips mean less wear and tear on the car, less gas, and more time for you!

Plan meals ahead using the sales ads. Clip coupons for items you use and won't substitute generic brands. Of course, generic is one way to save money on some items. Never buy in bulk if you aren't able to use it all. Find someone with whom to share. Throwing out food is not a cost saver.

If purchasing things that are able to be frozen such as meat, vegetables, etc, buying in bulk can make sense. Canning or vacuum sealing will help you to preserve food.

Compost things like coffee grounds, vegetables, and grass clippings. You won't have as much trash and you can mulch your garden and flowers with it. If you are dedicated to gardening, this is another way to provide food for the family (and perhaps lower costs).

Insurance

Insurance can be costly, but the purpose is to create a safety net in the case of problem. Check with your insurance agent (s) to make sure you have adequate coverage and that it includes essentials that a farm family needs (disability, liability, auto, health, and home owners). Making sure you have things adequately covered is the tough part when balancing premium costs.

Make sure that your coverage is not excessive. An old pickup that wouldn't be worth fixing shouldn't have full coverage with a small deductible, but should carry liability insurance.

Clutter to Cash

It's time to get rid of that extra stuff that is taking up space and could earn you some money. "Trash, sell, or keep" is a good way to do a quick sort. This includes the extra machinery and equipment sitting in the yard. Choose a venue for disposal that best suits your needs. A yard sale, Internet auction, or local consignment auction may be feasible. Weigh the associated costs such as advertising and sales fees. For large items that have been depreciated, don't forget that there may be a tax consequence associated with a sale. Visit with your accountant if you have farm equipment and machinery to sell.

Be an Advocate

Challenge your family on ways to save money. Making it a family effort will encourage participation more than will dictating changes. You may find some creative ways of saving you hadn't considered. Belt tightening doesn't have to be all negative. Ask family computer geniuses to find websites that help comparison shop for items (for example, Bizrate.com). Look for other ways to save money. Use advice only from reputable sources -- anyone can put up a website and appear to be reputable.

Decoding Weather Warnings

There's potentially vital health information in those confounding and confusing weather boxes and indexes. If you understand the facts, you'll be prepared for whatever the wind blows your way.

POLLEN COUNT

How it's measured -- Counting centers use microscopes to count grains of pollen, says Mike Seidel, a meteorologist for The Weather Channel. Then the pollen-count level is categorized (green, yellow, orange, or red) for each type of pollen (mold, grass, tree or weed).

When you feel it -- People with allergies will feel symptoms when the count tips into the yellow range.

What to do -- Because pollen counts are highest from 2 a.m. to 10 a.m., don't sleep with your windows open, advises Dr. Pamela A Georgeson, president of Kenwood Allergy and Asthma Center in Chesterfield Township, Michigan. Run the air conditioner to filter allergens. Before bed, take a shower to remove pollen that may be sticking to you.

Where to look -- Refer to the American Academy of Allergists and Immunologists site at aaaai.org to find pollen-counting centers near you.

AIR QUALITY INDEX

How it's measured -- AQI is a

composite of five pollutants, including ground-level ozone. It's keyed to a number from 0 to 500 and a color chart: green, yellow, orange and red.

When you feel it -- AQI is usually higher in the late afternoon and early evening in the warm months of the year. At the yellow and orange levels, people with respiratory ailments are more likely to feel symptoms. "Some people have described the symptoms like getting a sunburn inside your lungs," says Dr. Norman H. Edelman, of the American Lung Association.

What to do -- Some doctors may suggest taking an extra dose of medication on high days, but you should check with yours to see if that's a good idea.

Where to look -- Go to airnow.gov.

ULTRAVIOLET OUTLOOK

How it's measured -- The UV outlook tells how much sunburn-causing radiation is coming from the sun to your shoulders. Based on a scale of 0 to 10+, the UV outlook is ranked from low (0-2),

moderate (3-5), high (6-7), very high (8-10), and extreme (10+).

When you feel it -- When the UV outlook reaches the high levels of 6 to 7, alerts go out. However, if you have fair skin, your potential for burn begins even in the moderate range, notes Dr. Mary P. Lupo, a dermatologist in New Orleans.

What to do -- "The most effective protection against UV is with products with mexoryl," Lupo says.

Where to look -- The Weather Channel offers hourly UV outlooks. check it out at weather.com

HEAT INDEX

How it's measured -- The heat index measures how hot it feels based on air temperature and moisture in the air. It has four warning levels; caution, extreme caution, danger, and extreme danger.

When you feel it -- The heat index is usually highest between 4 and 5 p.m.

What to do -- Drink fluids, even if you don't feel thirsty. If you plan on being outside doing strenuous activity, do it when the index is lowest, usually early in the morning around sunrise.

Where to look -- The National Weather Service charts the heat index calculator from their Web site at nws.noaa.gov.

A FRENCH CULINARY TERM

Mirepoix (cuisine)

From Wikipedia, the free encyclopedia

Mirepoix is the French name for a combination of onions, carrots and celery (either common Pascal celery or celeriac). Mirepoix, either raw, roasted or sautéed with butter, is the flavor base for a wide number of dishes, such as stocks, soups, stews and sauces.

These three ingredients are commonly referred to as aromatics.

TOO MUCH ZUCCHINI? Here's another way to use the surplus---

Zucchini Pancakes

Prep: 20 minutes Stand: 15 minutes Cook: 4 minutes Makes 30 pancakes

4 to 5 medium zucchini (about 1½ lbs)

¾ tsp salt

4 eggs

1 clove garlic, minced

¾ cup all-purpose flour

½ cup grated Parmesan cheese

1 Tbsp finely chopped onion

¼ tsp ground black pepper

Dairy sour cream (optional)

1. Trim and coarsely shred zucchini (about 5 cups). In bowl toss zucchini with salt. Place in colander. Place plate on top; weight with cans. Drain 15 minutes; discard liquid.
2. In a bowl beat eggs and garlic. Stir in flour, cheese, onion, and pepper just until moistened (batter will be lumpy). Stir in zucchini just until combined.
3. For each pancake, spoon 1 heaping tablespoon batter on hot lightly oiled griddle or skillet, spread to 3-inch circle. Cook over medium heat 2 to 3 minutes on each side or until pancake is golden brown. Keep pancakes warm while cooking remaining pancakes.
4. Serve topped with sour cream. Or cool, layer in freezer container with waxed paper, and freeze up to 3 months.
5. To reheat, preheat oven to 425°F. Place frozen pancakes in single layer on greased baking sheet. Bake, uncovered, 8 to 10 minutes or until hot and slightly crisp.

Nutritional Analysis: 62 calories, 2 g fat (0 g sat. fat), 58 mg cholesterol, 180 mg sodium, 6 g carbohydrates, 4 g protein,
Daily Values: 4% vitamin A, 10% vitamin C, 4% calcium, 4% iron

100 CALORIES TO HALT WEIGHTGAIN

Researchers theorize that the upward trend in the number of overweight Americans is caused, on average, by an imbalance of only 100 extra calories per day (1). Eliminating this 100-calorie imbalance by eating a bit less and getting a bit more physical activity each day may hold the line on weight gain for many people. This can be accomplished in an almost unlimited number of ways. Below are several ideas on how people can start to trim and burn about 100 calories a day.

Five ways to trim 100 calories from food:

✓ Swap an 8-oz regular soft drink for a diet soft drink.

✓ Drink 2 cups of fat-free milk instead of 2 cups of whole milk.

✓ Use 1 teaspoon of mustard or ketchup or 1 tablespoon of fat-free mayonnaise in place of 1 tablespoon of regular mayonnaise.

✓ Split a small bag of French fries with a friend.

✓ Slice a typical piece of apple pie about one-third smaller.

Five ways to burn 100 calories through physical activity (Physical activity and walking estimates based on a 150-pound person):

✓ Pedal an exercise bike for 13 minutes.

✓ Practice some fast dance steps for 16 minutes.

✓ Work in the garden for 18 minutes.

✓ Walk briskly for 22 minutes (3.5 mph).

✓ Clean the house for 25 minutes.

Five food and foot power combos to cut 100 calories:

✓ Eat five fewer potato chips and walk for 6 minutes.

✓ Eat ¼ cup less of spaghetti with tomato sauce and walk for 11 minutes.

✓ Top toast with 2 teaspoons of apple butter instead of 2 teaspoons of butter and walk for 11 minutes.

✓ Spoon out 3 tablespoons less of mashed potatoes and walk for 13 minutes.

✓ Skip (2) half-and-half coffee creamers in coffee and walk for 15 minutes.

Source: Taken from Family and Consumer Sciences Hotline

How Good Is Your Balance?

They say that falling in love is wonderful . . . but falls of any other kind can be perilous. They're the top cause of injury-related deaths in Americans over age 65. The best way to slash your risk of falls is to address the medical ills that often underlie them.

Muscle weakness: The ankles and thigh muscles of frequent fallers were much weaker than those of similar non-fallers in a recent study of nursing-home residents. The remedy: exercises that improve strength and balance. They also lower your risk of fracture if you do topple.

Medications: Many drugs pack enough sedative power to throw you off balance. Taking four or more prescription drugs is especially risky. And a change of regimen or dosage can increase your fall risk for several days. The top culprits: anticonvulsants, antidepressants, certain over-the-counter antihistamines, drugs for cardiac arrhythmias, diuretics, and sleeping pills.

Vision problems: Cataracts, which impair depth perception, can trigger tumbles--and so, paradoxically, can having cataract surgery or updating your eyeglass prescription. Be extra cautious after undergoing any eye treatment. Wear reading glasses only while sitting or standing still.

Low blood pressure: The head-swimming sensation that results from rising quickly from sitting or lying down reflects a temporary blood-pressure dip (orthostatic hypotension). If severe, it can make you fall. Older people are particularly vulnerable due to cardiovascular disorders or naturally low blood pres-

sure. To assess your risk, ask your doctor for a standing blood pressure reading.

Check Your Balance

It's a good idea to occasionally test your balance. Do this simple two-part exercise with someone standing by to observe you -- and to catch you if necessary. See your doctor if you have trouble doing either of these:

1. Romberg's test: Stand in front of a perpendicular reference point, such as a window frame or room corner. Stand on both feet, heels together and eyes open for 1 minute. Repeat for 1 minute with eyes closed. Your spotter, standing in front of you, can see if you sway in relation to the reference point.
2. Timed up-and-go, using an armchair and a stopwatch: Mark a spot 10 feet (3 meters) ahead of a chair. Then sit down with your back touching the backrest. On "go" stand up, walk to the spot at a normal pace, turn around, walk to the chair, and sit. A time of 8 to 10 seconds is normal; 11 to 19 seconds indicates moderate risk of falling; 20 or more signals high risk.

Don't Trip Yourself

Eliminate such hazards as rugs, tangled electrical cords, and clutter on walkways. Install nightlights, handrails, and grab bars in key places. And wear thin-soled, low-heeled shoes with traction.

Source: Consumer Reports on Health, June 2007

Sweet & White Potato Spears

Prep: 10 minutes Total: 1 hr + 10 min Serves: 8

- 1½ lb sweet potatoes (about 3), cut into spears
- 1½ lb Idaho or russet potatoes (about 3), cut into spears
- ½ cup Zesty Italian Dressing
- ¼ cup 100% grated Parmesan Cheese
- 2 Tbsp. chopped fresh parsley

Preheat oven to 375°F. Toss potatoes with dressing.

Place on lightly greased baking sheet or 15 x 10 x 1-inch baking pan.

Cook 30 minutes. Turn potatoes. Cook an additional 30 minutes, sprinkling with cheese during the last 5 minutes. Sprinkle with parsley.

Hint: cut calories by using reduced fat dressing!

POTATO PERFECT

How do you like your spuds? Mashed, boiled or roasted? Totally versatile, this unassuming root vegetable soaks up any flavor it's cooked with, making it marvelous however you have it. Fall is the perfect time to experiment with different types, shapes and colors of potatoes and the many ways they can be cooked.

Potato Savvy

Five tips for picking, storing and preparing:

1. Choose firm, heavy, well-shaped potatoes.
2. Potatoes are either high, medium or low in starch, and different starches work better for different cooking methods (see "Cooking Know-how" for examples of starch levels for different potatoes).
3. Store potatoes in a dark, cool, dry spot, such as a pantry shelf. Keep separate from onions, which emit a gas that will age potatoes quickly.
4. If potatoes grow sprouts or green spots, cut them out prior to cooking (and cut away the surrounding area), as they taste bitter.
5. As you peel potatoes, place them in a bowl of cool water to prevent browning. Drain well and pat dry just before cooking.

Cooking Know-how

Whatever cooking method you use, choosing the right potato is key to achieving perfectly cooked spuds.

- **Boil:** In a heavy saucepan, cover potatoes with water. Bring to boil, reduce heat, cover and simmer 20 minutes or until fork tender. Uncover and drain immediately. **Best potatoes to use:** Low starch new potatoes, red potatoes or medium starch all-purpose, such as Yukon gold.
- **Mash:** In a saucepan, mash boiled, drained potatoes with a masher or ricer. Gradually add milk until fluffy and smooth. Add butter, salt, pepper and other seasonings to taste. **Best potatoes to use:** High starch Idaho or russet, sweet or all-purpose, such as Yukon gold.
- **Bake:** Wash skin and pierce with a fork several times to allow steam to escape. Bake at 400°F on oven rack or baking sheet for 1 hour until fork tender. **Best potatoes to use:** High starch Idaho or russet, sweet or all-purpose, such as Yukon gold.
- **Roast:** Heat oven to 425°F. Toss cut-up potatoes with enough olive oil to coat lightly. Season with salt and pepper and any fresh or dried herbs, such as parsley, rosemary or thyme. Arrange in even layer on shallow baking pan. Roast 20 to 40 minutes or until tender, stirring occasionally. **Best potatoes to use:** Low starch new potatoes, red potatoes, sweet or all-purpose, such as Yukon gold.
- **Microwave:** Pierce skins; place on paper towel or microwaveable plate. For two or more potatoes, arrange narrow ends toward the center. On HIGH, cook 1 medium potato 4 to 6 minutes, 2 potatoes 6 to 8 minutes and 3 potatoes 8 to 12 minutes. Turn halfway through cooking. Let stand 5 minutes and check with fork. If necessary, cook 1 to 2 minutes more.

Serving Suggestions

- For an easy potato salad, mix ¼ cup each --- mayonnaise and Balsamic Dressing, toss with 1 lb warm quartered, cooked potatoes and sliced celery. Top with 2 tablespoons bacon bits.
- Top 4 baked potatoes with 1 tablespoon each --- chopped fresh chives and sour cream. For a more substantial option, top with ½ cup cooked veggies and garnish with 1 tablespoon bacon bits, shredded cheese or Italian Dressing.
- Toss 1 lb boiled, lightly buttered potatoes with ½ cup 100% grated Parmesan cheese and 1 tablespoon chopped fresh parsley.
- For extra creamy mashed potatoes, stir 4-oz softened cream cheese into 1 lb. mashed potatoes.



OHCE NEWS & NOTES

Texas County

OKLAHOMA HOME & COMMUNITY EDUCATION

September 2007

2008 Fair Exhibits

Foods & Sewing (choose 5)

1. Any small, cherry type tomatoes, 6
2. Create a cookie -- start with a cake mix, 3
3. Peach cobbler, 2 crust, 8x8" clear glass pan
4. Dill pickles, spears, quart
5. Croissants, 3
6. Chocolate sheet cake, iced -- 15¼ x 10¼ x ¾" jelly roll pan
7. Suckers, hard candy, 3 any size
8. Children's or adult's costume, one or more pieces, any size
9. Corduroy skirt and vest, lined or unlined, any size
10. Sewn fabric neck scarf, any length

Home Environment & Cultural Arts (choose 5)

1. Kitchen curtain with appropriate rod
2. Gift basket - \$15 limit (contents only) any occasion, receipt (s) required
3. Recycled denim throw -- at least 45" wide
4. Crocheted snowflake ornaments, 3
5. Pillow with appliquéd top, any size
6. Counted cross-stitch picture -- no larger than 14" x 14"
7. Embellished sweater
8. Dish garden
9. Covered clothes hanger, any medium
10. Potpourri -- 1 pint

Educational Booth -- "See the Future"

Note: "See the Future" will be the title you will use -- the booth will focus on vision and eye care or function!

Please review the above list and write down any and all questions you have of the items. If you have a reason why an exhibit listed should not be on the list, we would like to hear those as well. Please send your questions or comments **in writing** to Arleen James at

arleen.james@okstate.edu or P O Box 320, Guymon, OK 73942 or to Mary Long at ljlong@ptsi.net or Rt 1, Box 39A, Optima, OK 73945 prior to October 1st, the sooner the better. A report will be presented at the Fall Organizational Meeting for approval.

THANK YOU AND CONGRATULATIONS!

The booths looked very nice as did each of your exhibits. Keep up the good work!

Winners for 2007:

Exhibit:

Early Risers - 1st

Booths:

Guymon Homemakers - 2nd

Friendly Neighbors - 3rd

Happy Neighbors & Hardesty Homemakers - 4th

Adams Homemakers - 5th

Congratulations on a job well done!

How wonderful! We had six of the seven possible **Educational Booths** --- they all looked great -- hope to see all of the groups with an educational booth next year!

Congratulations, again!

Adams Homemakers - 1st

Happy Neighbors - 2nd

Early Risers - 3rd

Hardesty Homemakers - 4th

Guymon Homemakers - 5th

United Neighbors - 6th

Many thanks for all the goodies at the Country Store. I couldn't believe how quickly many items moved. We may want to think of limiting Rice Krispie Treats and Brownies next year, as two other organizations also sell those.

Leader's Training

Remember "Water Testing" will be the topic for the September meeting. Steve Kraich will present this lesson on August 28th.

The lesson on "Identity Thief" will be presented on September 25th at 1:30 p.m. in the conference room of the OSU Extension office. I hope to have a guest presenter!

OHCE Enrollment for 2008

Membership dues need to be collected by the local treasurer and sent to the County Treasurer, not later than October 12th. Dues are \$20.00 total, \$7.50 goes to the state and the remainder stays in the county.

New members need to fill out an enrollment form -- returning members do not!

Please let the office know who has moved, dropped out or passed away so that we can keep our records current and up-to-date. Thank you!

Officers for 2008

Elect local officers during September and October. I will hand out a form to complete with your information at the Fall Meeting.

Lessons for 2008

The Vice-Presidents have met and here's the lesson topics for 2008.

January - "Phone Record Safety"

February - "See the Future!" Vision as you age

March - "A Hill of Beans"

April - "Blue Ribbon Pies"

May - "Herb Gardening"

June - District Lesson

July "Pressure Saucepan Cookery"

August - State Lesson

September - "Vinegar, Duct Tape & Milk Jugs"

October - "Heirloom & Other Sewing Tips"

November - "Friendships"

OHCE Leadership Training

Date is October 25th in Oklahoma City. We are allowed to bring 10 members -- so, if you are interested in attending, let Arleen know very soon! All county officers are encouraged to attend this worthwhile training.

2007 Fall Organizational Meeting

The Fall Organizational Meeting has been moved to October 4th. It will be held in the fellowship hall of

the First Christian Church, 8th & Quinn in Guymon. The theme will be "Oklahoma . . . Still Growing". Hostesses will be Early Risers and Happy Neighbors. We'll have a salad luncheon and each attendee is asked to bring a salad to share with others. The hostesses will provide drinks and crackers. Registration will begin at 9:30 a.m. and the business meeting will begin at 10:00 a.m.

Dimes for H₂O Project

Thanks to each group for participating in this worthwhile project. We gave \$158.70 to the State Treasurer.

The following is the breakdown:

United Neighbors - \$33.00

Guymon Homemakers - \$38.00

Early Risers - \$20.00

Hardesty Homemakers - \$25.00

Adams Homemakers - \$22.00

Elderfair-September 14, 2007

Each group is to provide 2 dozen muffins (mini) or donut holes and 2 quarts of apple juice. Please bring these items to the Extension office by 5:00 p.m. on September 13th or to the Disciple Center by 8:30 a.m. on the 14th. We need 6 individuals to assist with preparation for the morning coffee and clean-up. Please let Arleen know if you will be available.

Thank You

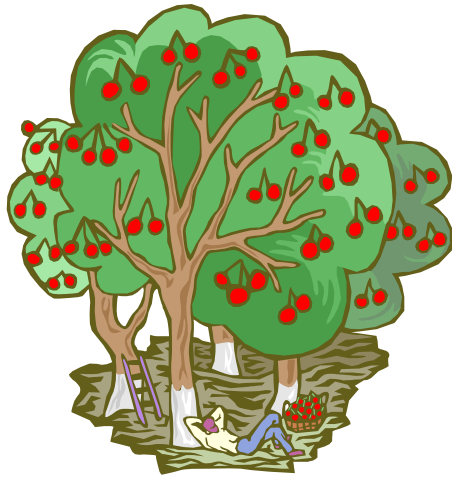
The 4-H members thank you much for the goodies you all provided for the concession stand. Maybe next year we will need to have each group bring a variety -- they had only apple pies to sell on one day, but, again thank you for the support--it is greatly appreciated!

Pennies for Friendship/Nickels for Leadership

Your contributions for these two projects would be appreciated. Send your collected funds to Mollie Mathis by October 12th. Thank you!

HELP NEEDED!

Arleen is *Cooking with Teen MOMS!* She is needing medium sized mixing bowls, cookie sheets, hand mixers, spatulas, rolling pins, and pot holders. If you have any of these items you would like to donate or if you would like to provide funds to purchase --- it would be appreciated. I am in need of 12 of each of the mentioned items. Thank you - these are needed by September 12th!



watch out for
the kids!



Arleen James, Texas County
OSU Extension Educator
FCS/4-H & CED



Texas County OSU Extension
Service will be closed on
Monday, September 3rd for the
Labor Day Holiday!

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