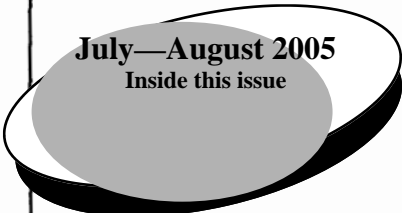




Family and Consumer Sciences Newsline

OSU Extension—Tulsa County
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Summer Savings Tips for the Home

The dog days of Oklahoma summers have arrived! The heat can take the toll on families, homes and cooling bills. Here are Some simple tips to help with energy savings:

- Set your thermostat no lower than 78 degrees when you are home. You can reduce cooling cost 3 to 5 percent for each degree above 78 degrees.
- Clean and replace filters regularly. A dirty filter will increase cooling costs and reduces the efficiency of the air conditioner.
- Don't obstruct air registers with furniture, carpeting or drapery.
- Keep heat-producing appliances away from the thermostat. They produce heat which causes the thermostat to register a higher temperature and makes the air conditioner run more than necessary.
- When leaving your home for four hours or more set the thermostat between 82 and 85 degrees F.
- Close the drapery and shades on the sunny sides of your home.
- Use ceiling fans, window or oscillating fans when rooms are occupied.. Fans don't actually cool the air but they make people feel more comfortable because they cool the skin.
- Try to use the conventional stove and oven less during the hottest time of day (between 3 and 7 p.m.).
- Replace incandescent lights with florescent lights. If this is not possible, reduce the wattage of light bulbs in lamps and light fixtures. This reduces the amount of heat the air conditioner has to remove.
- Use dimmer switches with lights.
- Wash full loads of dishes in the dishwasher and air dry.
- If using a dehumidifier, operate it at a higher setting. A setting too low will cause it to run more than necessary.
- Clean coils on the refrigerator, remove lint from the dryer, dust the lights, clean debris in/on the air conditioning unit, change the filter on the AC unit and defrost the freezer. This will help the equipment last longer and save energy.
- When purchasing new appliances choose an energy-efficient model. Look for the ENERGY STAR and EnergyGuide labels. ENERGY STAR is a program of the U.S. Department of Energy and The Environmental Protection Agency designed to help consumers identify energy-efficient appliances and products.

Source: <http://lancaster.unl.edu/home/Articles/2005/WarmWeatherTips.htm>

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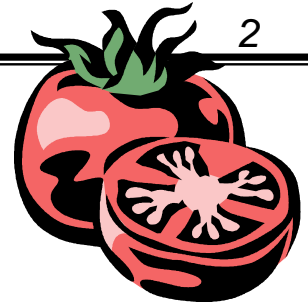
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Canning and Freezing Tomatoes

Improperly canning tomatoes has caused some cases of botulism poisoning in recent years. Botulism comes from dangerous toxins that are produced when *Clostridium botulinum* spores grow in low acid foods. Tomatoes may be canned using the Hot Water Bath method, the Pressure Canning method or they can be frozen or dried.

Tomato selection: Use only firm, ripe tomatoes that have no spoiled parts or mold. Tomatoes harvested from dead vines are low in acid. They can be eaten fresh or frozen, but do not can tomatoes from dead vines.

Processing method: The USDA modified canning guidelines in 1988. Make sure you are using proper processing methods developed since 1988. If your grandmother had a favorite recipe, that is fine, but you should modify the processing times according to charts developed since 1988.

Added ingredients: Do not add any ingredients beyond those given in a recipe. Adding other vegetables can lower the acidity and change the processing time.

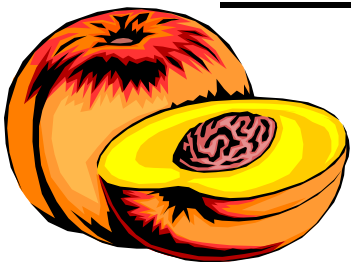
Freezing tomatoes: To freeze tomatoes, remove skins. Leave whole or cut into desired pieces by dicing or quartering. Place in freezer container leaving 1/2 inch of head space. Label and freeze.

Canning Tomatoes Program

July 19 @ 5:30 p.m.
OSU Extension Center
4116 E. 15th Street
Tulsa, OK

Boiling Water Bath Method

Whole or halved tomatoes packed in water	Hot or raw pack	Pints	40 minutes
		quarts	45 minutes
Whole or halved tomatoes packed in juice	Hot or raw pack	Pints	85 minutes
		Quarts	85 minutes
Whole or halved tomatoes without added liquid	Raw pack	Pints	85 minutes
		Quarts	85 minutes
Crushed tomatoes without added liquid	Hot pack	Pints	35 minutes
		Quarts	45 minutes
Tomato juice	Hot pack	Pints	35 minutes
		Quarts	40 minutes



Why peaches are good for you *

One medium peach has only 40 calories and no fat. It provides 8 percent of your

daily requirement for fiber and 10 percent of your daily requirement of Vitamin C.

Buying and storing peaches *

Avoid bruised or discolored peaches. Green color indicates immaturity. Shriveling at the stem end or excessive softening are indications of overripe peaches. Choose bright, fresh-looking peaches. Skin color should be creamy or yellow with varying degrees of red blush or mottling, depending on the variety. Ripe peaches should yield to gentle palm pressure.

Unripe peaches should be stored on the countertop in a closed paper bag. Ripe peaches should be kept refrigerated. Peaches continue to ripen after harvest.

Microwave Breakfast Cobbler*

- 2 cups fresh peaches, sliced and drained
- 2 cups fresh pears, halves and drained
- 1 cup (6 ounces) prunes, pitted and halved
- 1 teaspoon orange peel, grated
- 1 1/2 cup granola cereal, low-fat
- 1/3 cup orange juice

In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel and orange juice. Top with granola. Microwave on HIGH 6 minutes. Let stand 2 minutes. Spoon into bowls. Serve with plain yogurt if desired. Makes 4 to 6 servings.

Nutrition information: 274 calories; 3g of fat; 0mg cholesterol, 7g fiber; 3mg sodium

*Nutrition information and recipe courtesy of aboutproduce.com



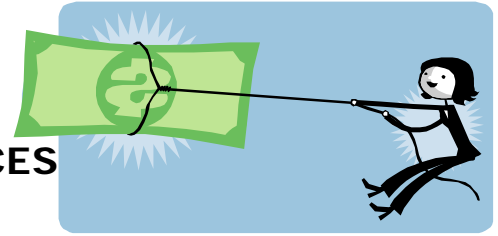
DO YOUR HOMEWORK BEFORE BUYING APPLIANCES

Purchasing a major appliance is a major decision and a huge expense. To ensure satisfactory return on your invest-

ment, comparison shop before each appliance purchase.

The following pointers can help ensure your satisfaction with appliance purchases:

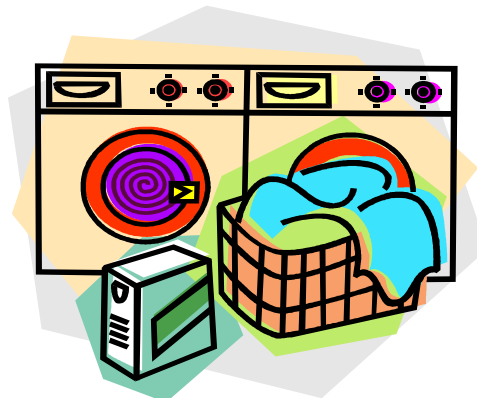
- **Ask your dealer for specification sheets** from several manufacturers who build the types of appliances you plan to purchase. Compare available features, designs and capacities;
- **Read the warranty** before finalizing your decision. Does the warranty cover the entire product? Only certain parts? Is labor included? How long does the warranty last?
- **Ask you dealer for the appliance's use and care manual** and read it carefully before you buy the appliance. The dealer should have available manuals from the floor models. Reading the manuals will help you ask pertinent questions, tell you how the product operates and inform you of any special care the product needs;
- **Decide which features you will really use.** Consider the possibility of adding features at a later date, such as installing an icemaker in a refrigerator;
- **Decide what capacity or size your family requires.** For example, when purchasing a room air conditioner, know the dimensions of the room you want to cool and the number of windows, so you



can select a model with sufficient cooling capacity;

- **Check the space available for the appliance** to make sure you select the right size unit and make sure halls and doorways allow clearance for entry and installation;
- **Establish the cost of delivery and installation** -- are they included in the appliance's price?
- **Make sure authorized factory service is readily available** in your area for the brand you select;
- **Check the product's design carefully to make sure it meets your needs** and accommodates your habits and favorite cookware. Compare the designs of different models and brands;
- **Compare price in relation to convenience and service**, which will vary by model. Price tends to increase as features are added; and
- **Avoid overloaded circuits** by making sure your house has adequate electrical service for the appliance. Check for adequately grounded, three-hole receptacles.

Source: Federal Citizen Information Center



Making Time for Work and Play



Making Time for Work and Play Quiz

On a scale of 1—5, rank your response to the following statements.

Scale: 1=never; 2=sometimes; 3=half the time; 4=often; 5=always

1. I spend my time doing the things (people, work, other activities) most important to me.

1 2 3 4 5

2. My personal life is in balance.

1 2 3 4 5

3. I feel good about my personal life.

1 2 3 4 5

4. My work/volunteer life is in balance.

1 2 3 4 5

5. I feel good about my work/volunteer life.

1 2 3 4 5

6. My spiritual life is in balance.

1 2 3 4 5

7. I feel good about my spiritual life.

1 2 3 4 5

8. My physical level is in balance.

1 2 3 4 5

9. I feel good about my physical level.

1 2 3 4 5

Stress Handling Tips

Getting a handle on the stress in your

life will help you make time for work and play and feel good about your general well-being.

- Locate the sources of stress
- Work off the effects of stress physically
- Maintain a healthy lifestyle
- Talk with someone you trust about your concerns or problems
- Accept what you cannot change
- Organize what you can, without being a perfectionist and unduly hard on others
- Realize that you do not control the emotions or behavior of others; you influence others
- Avoid self-medication and the misuse of alcohol and drugs
- Make time for recreation and for having fun
- Do something for others
- Take one thing at a time
- Compromise. You don't always have to have it done your way. Agree to disagree.
- Get away from it for a while (this can be done on a tight budget with limited time.)
- Don't create more stress by saying something that should be left unsaid to someone you love.

Are there areas that you would like to change in your life? If yes, what are they?

How will you make these changes?



**Jo's
Notes**

Are you working on entries for the Tulsa County Free Fair scheduled for August 7 to August 10, 2005.? These hot summer days are a perfect time for staying inside where it is cool and working on projects. I hope we have a lot of entries from OHCE-TC. The entry forms and tags are available at the Extension office.

The 2005 OHCE State Meeting is in Oklahoma City July 10 – 12. Your County officers, County Chairmen, and FCS Educator, Charlotte Richert, are planning to attend the meeting on the 11th.

Reminders and looking ahead:

- July 8 Family Literacy Committee Meeting
1:00 p.m. — OSU Extension Office
- July 10 – 12 OHCE State Meeting in Oklahoma City
- July 15 9:00 a.m. to 5:00 p.m. Serger Blanket
Workshop at International
Linen Registry
- July 26 Leader Training
Tulsa County Extension Office for
State lesson—10:00 a.m.
- July 26 TCFE Superintendents Lunch and
Meeting—12:00 noon
- August 7-10 Tulsa County Free Fair
- September 1 Groups turn in money for 4-H Gatesigns
- September 5 Labor Day— office closed
- September 22 Leader Training — Owasso
- September 30 Membership Dues to group treasurer

Jo Harkrider
OHCE-TC President 2005

Free Tickets to Library Summer Reading Program Night Available at Area Libraries

It's a home run for reading! The Tulsa Drillers, Oklahoma's NewsChannel 8 and State Farm are teaming up to treat kids and teens to a free night at the ballpark for reading books and visiting the library this summer.

"Library Summer Reading Program Night" is scheduled for Friday, Aug. 12. The Drillers will play the San Antonio Missions starting at 7:05 p.m.

Free general admission tickets to the baseball game are available at all Tulsa City-County Library locations. The Drillers ticket office will upgrade the general admission tickets to reserve seats for \$1.50 or box seats for \$3.50. To upgrade your ticket, visit the Drillers Box Office at 15th and Yale.

Buddy Bookworm, the library's summer reading program mascot, will greet youths at the stadium gate, sign autographs and throw out the first pitch. NewsChannel 8 anchors and reporters will hand out free Drillers aluminum lunchboxes to the first 1,500 kids age 14 and younger to arrive at the ballpark. Gates open at 6:05 p.m.

This special event is brought to you by the Tulsa City-County Library, Oklahoma's NewsChannel 8, State Farm and the Tulsa Drillers.

Help Buddy and Hornsby cheer the Drillers to victory. Pick up your free ticket to the game at your neighborhood library. For further ticket information, call the Drillers at 744-5901. For more information about the summer reading program, call the Tulsa City-County Library at 596-7977 or click on www.tulsalibrary.org.

Remember to bring new and gently used children's books to the Tulsa County Free Fair for the Book Drive.



ATTENTION ALL HCE MEMBERS – THE SILENT AUCTION NEEDS YOU!!!

We need lots of items that can be sold at this year's Silent Auction at the Tulsa County Free Fair. Many groups are planning to organize their items at their July Meeting.

If possible, please pick up bid sheets at the extension office and fill in the description line, **ONLY**, for each grouping of items or each item to be in the auction. Also, bid sheets will be available at the fair at the Silent Auction Table. Bring your items to the fair when you check in your fair entries on Sunday, August 7, 2005. We're hoping for at least 25 items from each Group. Bidding for

items will begin on Monday, August 8 at 4:00 p.m. Monies from the past auctions have helped to pay for a party for the HCE Members to celebrate HCE Week and, also, have helped 4-H and the HCE Scholarship Fund.

If you have any questions, contact Kathy Erwin at 918/445-1665

Home and Community Education Membership Tea

Do you know someone who would like to find out more about getting involved in the Tulsa County Home and Community Education Groups?

Invite them to the Membership Tea during the Tulsa County Free Fair.

Refreshments and Information will be served on Tuesday, August 9 at 3:30 p.m. in the Lower Level of Exchange Center I.

Source: Wanda Moore

Tulsa County Free Fair Superintendents Luncheon Meeting Set

Tulsa County Free Fair Superintendents should come to a luncheon meeting on Tuesday, July 26 at 12:00.

Come to the OSU Extension Center. We'll be finalizing details and needs for the county fair. If you have questions, please call Rena Holland or Judith Gillmore.

Source: Rena Holland and Judith Gillmore



Sincerely,

Charlotte L. Richert

OSU Extension Educator-Tulsa County

This newsletter is published by OSU Extension Service/Tulsa County Family and Consumer Sciences Department. Information about Oklahoma Home and Community Education (OHCE) groups may be obtained by contacting Tulsa County Extension, 4116 East 15th St., Tulsa, OK 74112, 918-746-3703 or log onto: www.oces.tulsacounty.org

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