



Family and Consumer Sciences Newsline

Tulsa County Free Fair August 6—9, 2006

OSU Extension—Tulsa County
 4116 East 15th St. ? Tulsa, OK 74112
 918-746-3703(O) ? 918-746-3726 (F)
 Charlotte L. Richert,
 Extension Educator
 Family and Consumer Sciences
www.oces.tulsacounty.org



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The Tulsa County Free Fair is an old-fashioned family good time complete with 4-H, livestock, FFA, Home and Community Education, and Open Class exhibits. The Free Fair has no charge and is coordinated by the Tulsa County OSU Extension Service. For a complete fair schedule and list of entries, you may log onto www.oces.tulsacounty.org or come by the OSU Extension Center, 4116 E. 15h Street, Tulsa.

“What is the point of the county fair?” you ask. Open Class fair co-superintendents Rena Holland and Judith Gillmore agree “It’s Fun!” That’s how the Tulsa County 4-H Fair committee came up with this year’s theme, “*You can Count on FUN at the Fair.*” In this case FUN stands for Fitness, yoU, and Nutrition. This topic has been the focus of many of the Extension Service programs all year long. “This year’s fair brings together fun and *FUN!*” says Charlotte Richert, OSU Extension Educator. Traditionally fair goers check out the exhibits including the indoor items as well as the livestock and small animals. This year, if you visit the fair, you’ll learn trivia about health, nutrition, and wellness while visit the exhibits with FUN Facts! The whole experience of visiting the county fair is interactive. “You may be walking, skipping, jumping or reading, but you’ll be doing something!”

Another frequently asked question is “how is this different than the state fair?” It is a totally different experience! There is no midway. It is about celebrating accomplishments made with exhibits. Preparing exhibits, is a productive way to use time. It helps build family relations and teamwork. There is also the Open Class Exhibit category. If you are a resident of Tulsa County or a member of 4-H, FFA, HCE or a Master Gardener in Tulsa County, you are eligible to enter. There is no entry fee.

“What can I do there?” Besides checking out the exhibits, area non-profit organizations provide hands-on activities which appeal to kids of all ages. There are special demonstrations and contests held.

Remember the fair opens to the public on Monday, August 7 at 4:00 p.m. It is at the Exchange Center

Tulsa County Free Fair
You Can Count on F.U.N.

Entries: Sunday, August 6, 3:30—5:30 p.m.
 Monday —judging, open at 4:00 p.m.
 OHCE Silent Auction opens
 Ice Cream Festival
 Tuesday—special demonstrations
 Summer Iced Tea Party 3:00 p.m.
 Culinary Mystery Cook-off 6:00 p.m.
 Wednesday—special demonstrations
 Pick up exhibits from 3:00—5:00 p.m.

Corn Salad

Dressing:

- 2 teaspoons sugar
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon grated fresh gingerroot
- 1 garlic clove, minced
- 1/4 cup extra virgin olive oil
- ? 2 tablespoons fresh lime juice

Salad:

- 2 cups fresh grilled or roasted corn kernels, removed from cob
- 1/2 cup sliced fresh mushrooms
- 1/4 cup coarsely chopped cilantro
- 1 green onion, chopped
- 2 cups packed fresh baby spinach leaves
- 2 tablespoons finely chopped red bell pepper



1. In a medium bowl combine all dressing ingredients; mix well. Add corn, mushrooms, cilantro and onion; toss to coat. Serve immediately or cover and refrigerate until serving time.
2. To serve, arrange spinach leaves on individual serving plates. Top with corn mixture. Sprinkle with chopped red bell pepper.

Yields 4 servings.

To grill corn on the cob: Soak corn in the husks in cold water for 60 minutes before grilling. This lets the corn steam as it grills, making it more moist. Let a bed of coals burn down until glowing and covered with ash. Place corn on grill and cook, turning several times with long-handled tongs. Cook shucked corn for 3 to 4 minutes, corn in husks 6 to 8 minutes.

To roast corn on the cob: Preheat oven to 450 degrees. Peel back corn husks, leaving them attached at the base of the ear, then remove and discard silk, then rewrap corn with husks. Place corn in a roasting pan, cover loosely with aluminum foil, and roast for 8 to 10 minutes.

Nutrition Facts		
Servings per recipe: 4		
Amount Per Serving		
Calories 213	Calories from fat 126	
		% Daily Value
Total Fat 14g		22%
Saturated Fat 2g		10%
Cholesterol 0 mg		0%
Sodium 156mg		6%
Carbohydrate 22g		7%
Dietary Fiber 3g		19%
Protein 3g		10%
Vitamin A: 34%	Vitamin C: 38%	Folacin: 16%
Calcium: 3%	Iron: 6%	Potassium: 10%

Source: Modified from original source: <http://www.greengiant.com/recipes/>

Provided by:

Barbara Brown
 Food Specialist
 OSU Cooperative Extension Service
 Stillwater, Oklahoma 74078-6141

Establishing a spending plan is essential to financial management

Get Smart Money Management Class
 July 28- 12:30—4:30 p.m.
 OSU Extension Center, 4116 E. 15th Street, Tulsa
 Cost \$30.00 individuals; \$50.00 couples

For many Oklahomans it seems there is “too much month left at the end of the paycheck.” While this can be said in jest, not having enough money to meet basic financial needs is no laughing matter.

It is essential to establish spending and savings plans in order to gain control of your finances, said Sissy Osteen, Oklahoma State University Cooperative Extension Service resource management specialist.

“Planning for spending is a financial practice that many consumers fail to do and this can lead to frustration with money matters and overuse of credit,” Osteen said. “Putting together a spending plan is like putting together a ‘financial puzzle.’ The important pieces of the puzzle are income, expenses, reserve accounts and credit use.”

The first step in establishing a financial plan is to determine exactly how much money is available. Sources of income include any combination of take home pay, tips, Social Security, retirement, public assistance, alimony, child support, veterans’ benefits, unemployment, interest and dividends, student loans, income tax refunds or other sources of income that are regular. Do not include overtime pay and other sources of income that are not regular or reliable.

When determining how much income is available, figure the net amount, not the gross amount. The net amount reflects actual available cash after deductions have been made.

“To plan for spending, consumers need to know where the money is going,” she said.

When determining monthly expenses it is es-

sential to be realistic. Expenses include rent or house payment, home repairs and maintenance, utilities, groceries, meals away from home, toiletries, baby supplies such as diapers and formula, allowances for children, school expenses, barber and beauty appointments, gasoline, car maintenance, insurance, medical, clothing, dry cleaning, gifts, newspaper and magazine subscriptions, vacations, pets, contributions, entertainment, child care or child support and miscellaneous.

After expenses are determined, determine how much

money is needed in a reserve account. This account is made up of all expenses that are paid out irregularly like auto insurance, gifts, vacations, home maintenance, etc. It is one of the most important elements in making a spending plan work and is the part that most consumers overlook. The reserve account is used for paying quarterly, semiannual or annual bills such as insurance and taxes. Without it, individuals tend to use credit to cover these expenses.

“Savings is the most important part of expenses and should be figured first,” she said. “Oftentimes when finances are tight, consumers find it hard to save any cash for future spending or to put into a reserve or emergency fund.”

Families need three to six months of their living expenses set aside in an emergency account to bridge the gap in cases of unforeseen crises.

When making a written financial plan, be sure to include credit use. Misuse of credit can be costly. Consumers should not spend more than 15 percent of their monthly income on credit payments.

“All financial plans will need some adjustments. These adjustments will make those ‘puzzle pieces’ fit together more easily,” Osteen said.

Source: OSU Cooperative Extension Service, Dr. Sissy Osteen, Family Resource Specialist.

Taking Care of the Family Business

1. Determine exactly how much money you have available, regularly.
2. Identify your expenses. Be realistic.
3. Establish how much is needed in a reserve account? This includes expenses that are paid irregularly like insurance, gifts, vacations, and back to school expenses, home maintenance.
4. The Savings account is the most important part of expenses and should be figured first. Three to six months of living expenses should be set aside for an emergency account.
5. No more than 15% of your monthly take home income should be committed to credit payments.
6. Get the whole family involved in this process. It is important for children to know that a home and family has expenses and must be managed.
7. Discuss ways to increase income and/or reduce expenses if necessary.
8. Once you identify these items, then you can develop a plan and make adjustments as needed.

As the weather continues to get warmer, children typically head outside for some fun in the sun.

With the typical heat and humidity Oklahoma's weather offers, a person's need for fluids dramatically increases.

The intake of plenty of fluids is necessary to prevent dehydration, said Youmasu Siewe, Oklahoma State University Cooperative Extension Service health education and family development specialist.

"Children are more at risk of heat exhaustion than the average adult," Siewe said. "Children have larger body surface areas in relation to the amount of water in their systems. On warm, humid days, children need liquid every 15 to 30 minutes when they are playing outdoors. If you're planning a trip to the park or another outdoor activity, be sure to take along plenty of liquids."

Water is the best source for replacing fluids. Sodas and other drinks with caffeine should be avoided because they act as diuretics and lead to more dehydration.

Parents, coaches, camp counselors and kids themselves need to be aware that when the temperature is above 95 degrees, children and adolescents have markedly lower exercise tolerance than adults. Children are even more susceptible to heat stress when hotter temperatures are combined with higher humidity levels.

Children need time to become acclimated to warmer climates. Gradually increase their level of exposure over time and make sure they are well hydrated before going outside.

The following tips can help children avoid heat

Children are very susceptible to heat exhaustion



cramps, heat exhaustion and heat stroke:

- ♥ Dress children in light-colored, light-weight and loose-fitting clothing on hot days.
- ♥ Schedule vigorous activities and sports for the coolest part of the day. Take rest breaks in shady or cool areas.

♥ Protection from the

sun is essential. Hats and sunglasses can help block out sun. A sunscreen with a rating of at least 15 SPF is recommended.

- ♥ Gradually increase time spent outdoors to get a child's body used to the heat.
- ♥ Have children take frequent drink breaks. They can "wet down" or mist themselves with a spray bottle to avoid becoming overheated.
- ♥ On very hot and humid days, skip the outdoor play and take part in fun activities indoors.

If your child has a medical condition or is taking medication, consult the child's physician for further advice for preventing heat-related illnesses.

Siewe said children are less likely to feel thirsty during prolonged play and exercise. Some children simply do not want to take the time to stop and get a drink of water. It is important for parents and caregivers to remind children to take a break.

"Outdoor fun can provide children with multiple activities that are both fun and healthy," Siewe said. "Taking precaution against heat-related illnesses can ensure the fun will last all summer long."



Jo's
Notes

The OHCE State Meeting will be July 9-11 in Oklahoma City, OK. Several from Tulsa County are planning to attend. I always look forward to going to the meeting and the workshops.

Since, we are combining the July/August Newsletter I'd like to remind you that we have elections of officers at the September Business Meeting. We will be electing the President and Secretary for the 2007-08 terms. If you have a nominee for either of these offices please contact Evelyn Carter, Vice President, and chairman of the Nominating Committee.

The requirements as stated in the **OHCE-TC Constitution Article V – Officers and Their Election, Section 2: Eligibility.** Each officer of OHCE-TC shall be an active member of a local group and shall have served as a local group officer, or an OHCE-TC committee chairman within the past four years. If possible, the officers shall be selected from different local groups and shall represent different areas of the county. In case an officer resigns, becomes disqualified or fails to perform the duties of the office, the executive committee shall declare the office vacant and appoint a successor to complete the unexpired term except that the vice president shall succeed to the office of president and the executive committee will appoint a successor vice president. No officer shall be elected to the same office for two successive terms.

If you submit a name, please have the permission of the person you are nominating.

Being a county officer is a very interesting and rewarding job. It is not a daunting task; the decisions are cooperative with the other officers, County Committee Chairmen, and Charlotte Richert, Extension Educator- FCS.

Reminders and looking ahead:



June & July
Extension Center Display Case – Casa La Mia.

July 4
Extension Office closed Independence Holiday

July 7
10:00 a.m. Family Literacy Committee Meeting

July 9 – 11
OHCE State Meeting in Oklahoma City.

July 21 –
10:00 a.m. Leader Training at the Extension Office.

July 21
11:30 a.m. Fair Committee Meeting

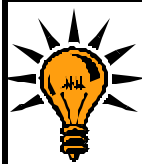
July 21
Serger Quilt making workshop cancelled

August 4
Cathy's last day, retirement

August 6 - 9
Tulsa County Free Fair, Tulsa State Fairgrounds

August 18 – 10:00 a.m. Serger Quilt workshop at the International Linen Registry, Promenade Mall.

Jo Harkrider
OHCE-TC President 2006



IDEAS WANTED

We are looking for ideas for next year's programs. Please e-mail or call Charlotte Richert with ideas by July 7. Her e-mail address is c.richert@okstate.edu or phone number is 746-3721.

**Tulsa County Free Fair
 “Count on FUN at the Fair”
 August 6—9
 Tulsa State Fairgrounds
 Exchange Center I
 Collect and bring
 Children’s books for the
 Family Literacy Project!**

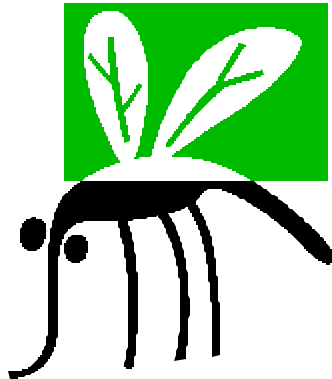
**Home and Community Education Leader
 Training Set**

On Friday, July 21, the Leader Training for Recycling is at 10:00 a.m. at the Tulsa County OSU Extension Center. Please make sure a representative of your group attends.

**Summer Time Insect
 Repellent Ideas**

I’m getting ready to try these tips found about Bounce! Maybe you can try them too. If nothing else, we’ll smell clean and fresh.

- ? The US Postal service sent out a message to all letter carriers to put a sheet of Bounce in their uniform pockets to keep yellow jackets away.
- ? Give them to your kids when they’re playing baseball and soccer, or use them when golfing or gardening. The yellow jackets will just fly around you. And all this time you’ve just been putting Bounce in the dryer!
- ? It will chase ants away when you lay a sheet near them. Add Bounce to your picnics this summer.
- ? Repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.



Source: kathyncaskie.com

County Fair Volunteers Needed

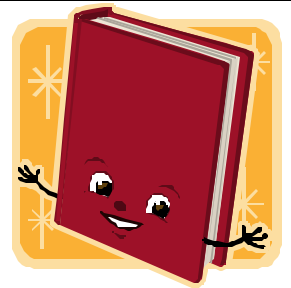
We are recruiting volunteers to help at the Tulsa County Free Fair. Group presidents were sent a sign up sheet, so let them know when you can help!

People are needed to assist with the entry process, read to groups, set up, and clean up. We are needing a superintendent for the Youth Open Division. If you are interested in this or other opportunities, call Rena Holland, Judith Gillmore, or Charlotte Richert.

The county fair committee will meet on Friday, July 21 at 11:30 a.m. Lunch will be provided. We are looking forward to a great year.

**Literacy Project
 Underway**

Can you imagine, never owning your own book? There are young people right here in Tulsa County who never have! Remember to bring gently used or new books to the county fair. The books are donated to the Laura Dester Shelter. Last year we collected 500 books which were greatly appreciated. Let’s try to exceed that number this year!



Sincerely,

Charlotte L. Richert
 Family and Consumer Sciences
 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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