



Family and Consumer Sciences Newsline

Raising an Active Family has Long Term Benefits

One way to describe young children is that they are like sponges. They are constantly absorbing the world around them. This is one reason why it is so important for parents to practice a healthy and active lifestyle.

“By setting a good example for your children when they are young regarding leading an active lifestyle, you can set them on a good course for life,” said Debbie Richardson, Oklahoma State University Cooperative Extension parenting assistant specialist. “Not only is physical activity great for the body, it also provides many opportunities for the family to spend time together.”

More daylight in the evening hours allows parents additional time to fit in beneficial outdoor activities with their children. Moving more boosts energy, promotes sound sleep and builds a lifestyle for parents and their children to stay healthy. Children need physical activity most days and it is important to their overall development.

It is not hard to be active. Simple activities such as playing in the backyard or taking a walk through the neighborhood can get a family moving and enjoying their time together. Richardson suggests setting time aside each day to play or move with your children. “Any amount of time you spend together is beneficial to you and your children. When thinking of activities to do together, make sure to pick out something that appeals to most everyone,” she said. “Change your activities daily so everyone can do something they like.”

Some of the best activities are those that do not cost any money. Mark off a hopscotch court on the driveway or sidewalk. Make a kite out of materials you have around the house. Go to the local park to fly it. If necessary, figure out how to make it fly better. Most dollar-type stores have items such as flying discs, jump ropes and balls of various sizes. Keep a stash of these inexpensive items on hand. If the weather is not cooperating, turn up the music inside the house and dance, dance, dance. It is a great way to burn off energy.

“When the weather is warm, plan a ‘wash day.’ A bucket of soapy water and a sponge are the perfect tools to clean wagons, bicycles and outdoor toys,” Richardson said. “If you have a dog, let it join in on the fun and get a bath in the process.”

For those who have space, gardening can be a wonderful family activity and learning opportunity for children. Research has shown that children who are encouraged to help with a garden are more open to trying new vegetables when they have helped grow them. “If you don’t have a garden, check to see if your area has a farmers market. Visit the various booths or the vegetable aisle in the grocery store and talk about the selections of fruits and vegetables,” she said. “Let your child pick out a new fruit or vegetable to try, along with some old favorites.”

Keep in mind that spending time together as a family does not have to cost much or any money at all. Activities such as these are geared to keep the whole family active and healthy. “You might even want to think of some of the outdoor games you played as a child. The main idea is to make your family closer and more active,” Richardson said. “These are the memories and lifestyles your children will carry on into adulthood and share with their own families.”



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Tips for Preserving Summer’s Bounty

Looking to have more control over the amount of sugar or salt in your food? Or do you have an abundance of fresh fruits and vegetables? Consider preserving your food through a variety of methods such as freezing, canning, or drying.

Freezing

Freezing is the easiest method of preserving food. Make sure your food is fresh because freezing doesn’t destroy the organisms that cause spoilage. In addition, blanch vegetables before freezing to preserve the fresh taste and color.

To blanch, boil or steam a vegetable for a short amount of time and then put it in ice water to stop it from cooking more. Blanching helps destroy microorganisms on vegetables. Make sure you follow the recommended times for blanching vegetables because over blanching can result in the vegetable losing its flavor, color and nutrients.

For fruits, don’t blanch them but use ascorbic acid (vitamin C) to help stop browning and loss of vitamin C. You can buy commercial mixtures of ascorbic acid in stores or try using citric acid or lemon juice, but note that these aren’t as effective.

Canning

This popular method of preserving vegetables and fruits requires caution. Make sure you are using guidelines/recipes since 1988. You have to make sure the appropriate amount of heat is used to kill bacteria in the food. Sealing a jar of food before certain bacteria are killed can make you sick or even kill you. Use only pressure canners, not boiling water canners, for low-

acid foods such as vegetables, meat, poultry and fish, according to OSU Extension and the USDA. Low-acid foods have to be heated at temperatures higher than 212° Fahrenheit (the temperature at which water boils) in order to destroy *Clostridium botulinum*, the bacterium that causes botulism food poisoning. If botulinum bacteria grow inside a sealed jar, it can create a deadly toxin – just a taste of the food could be fatal.

“Don’t use any old recipe when preserving food,” Richert said.

“Contact the Tulsa County Extension Office if you have any questions about preserving food. The *Ball Blue Book* is available for purchase at the Tulsa County OSU Extension Office. You can also check the *Complete Guide to Home Canning* at www.oces.tulsacounty.org. Click on Nutrition, Health, and Wellness, and then Food Safety.

“Make sure you follow all recommended procedures carefully to keep your food and yourself healthy,” Richert continues. If you are using a pressure canner with a dial gauge, it is important to have it checked for accuracy annually. This is a free service provided by our office. Call 746-3703 to schedule an appointment.

Drying

Drying is the oldest method of preserving food and involves removing water from food by circulating hot air through it, which prohibits the growth of enzymes and bacteria.

For foods that contain vitamin A such as carrots, sweet potatoes and peppers, make sure that they are stored in dark places because vitamin A is light sensitive. For drying foods, a dehydrator is recommended because foods that are not completely dried can become moldy. In preparing your food to be dried, you may have to blanch, steam or pre-treat it. A nonmetal bowl is best for pre-treating fruits and vegetables to

Lettuce Leaves Perfect for Spring Salads

Lettuce is one of the earliest known vegetables, dating back 25 centuries when it was placed on the banquet tables of Persian kings. It is believed to be native to the Mediterranean. In Egyptian times, it was sacred to the fertility god, Min. For Greeks and Romans it was thought to make one sleepy. One particular aspect of lettuce that sets it apart from any other vegetable is that you can only buy it in one form, fresh.

This is the perfect time to find a variety of locally grown fresh lettuce leaves available at the Farmer’s Market.

There are five general types of lettuce. These “greens” comprise the major types of lettuce used in salads today:

- 1. Crisphead (iceberg); 2. Butterhead (Boston , Bibb) 3. Cos (Romaine)
- 4. Leaf (bunching) and 5. Stem.

Clean lettuce before storing; drain it so that too much water is not on the leaves. Lettuce can be kept two to three weeks if stored properly and assuming it was in good condition prior to storing.

Lettuce contributes a useful amount of Vitamin A, Vitamin C, iron, calcium and other vitamins and minerals to the diet. The darker the leaf, the more nutrients are available. Adding lettuce to a sandwich not only makes it taste better, but also improves digestion for most people. Raw lettuce is also helpful to dental health.

Farmer’s Market Salad

Serves 8

6 – 7 cups of mixed salad greens
 1 cup fresh strawberries, sliced
 4 green onions, chopped
 1 Tbsp fresh cilantro, chopped
 ½ cups toasted nuts (pecans, walnuts, or almonds)
 ¼ cup bacon bits
 ½ cup shredded parmesan cheese
 ½ cup Vinaigrette salad dressing

Mix first 6 ingredients together. Toss with salad dressing just prior to serving and garnish with shredded cheese. Serve chilled.

Top 10 Tips for Getting Through Tough Economic Times

- 10 Don't sell your stock unless you have to!
- 9 Avoid moving in with your mother-in-law. Beef up that emergency savings fund!
- 8 Try brown-bagging it.
- 7 Don't put all your eggs in one basket.
- 6 If you don't see it, you can't spend it.
- 5 Don't wait to jump on the band wagon. Be in the stock market before it starts to go back up.
- 4 Oklahoma State Parks make nice summer vacation destinations.
- 3 Did you say yard sale?
- 2 Don't buy it unless you really, really need it.
- 1 The government is not going to bail you out – take control of your own financial fitness!

What Credit Reports Reveal

Your credit report reveals details about your financial behavior, such as:

- Payment performance
- Length of credit history
- Types of credit used
- Total outstanding debt
- Total credit available
- Judgments or liens
- Bankruptcy or foreclosure

Credit reports are compiled by national credit-reporting agencies, also known as credit bureaus. The typical credit report contains four types of information:

Personal or Identifying Information

- Your name
- Telephone and Social Security numbers
- Date of birth
- Current and previous addresses
- Current and previous employers
- Salary and occupation (not found on all credit reports)

Public Information

- Liens
- Lawsuits
- Judgments
- Collection activities
- Child support

Credit or Account Information

- List of accounts and account numbers
- Name of creditor, date account opened
- Outstanding balances
- Monthly payment amounts
- Type of debt, e.g., credit card, mortgage
- Payment history

Inquiries

- List of who has recently requested your credit report (limited to past two years)
- How often you have applied for credit (two year limit)
- Names of companies that have reviewed your report (initiated by you)

Not included in a credit report is information about a consumer's race, religion, medical history, personal lifestyle, political preferences, criminal record, or information not related to credit.

Credit history information, both good and bad, remains on your report for seven years with the exception of bankruptcy, which remains for 10 years. The clock begins ticking at the date of last action per account, such as last payment, closing, or charge-off by a creditor. When negative information in your file is accurate, only the passage of time removes it.

Source: University of Nebraska, [Extension Publications](#) Index: Financial Management, Credit and Debt, Issued January 2009

Get Involved in Children's Activities

By Katie L. Reim

Summer provides the perfect time to step back and discuss school-year schedules. It is important that parents and grandparents realize their involvement with their child is vital and contributes to success.

A home that encourages learning and supports positive physical, mental and emotional development can help a child succeed. Summer can provide the opportunity to test out different organizations and activities with children.

Debbie Richardson, Oklahoma State University Cooperative Extension parenting assistant specialist, said decades of research show that children with involved parents have better grades, are more motivated, and greater confidence.

"Demonstrating a strong interest in your child's life can help your child understand how education relates to life in practical ways, such as exploring local history, handling money, developing hobbies and making decisions," Richardson said. "Tie learning to the kinds of activities and interests they enjoy."

All children learn differently. It is important to know and understand if a child responds better to visual, verbal or written methods. They may also learn better by performing a task, by interacting with others or physical movement.

"More often than not, what your child expects to happen causes greater anxiety than what actually takes place," she said. "It is important that a child feels loved and appreciated even when mistakes are made. They must be assured that because they are criticized or fail at something one time doesn't mean they will always fail or continue to be scolded."

During the school year children can lose motivation to learn for several reasons. Perhaps the work that is beyond a student's ability level threatens their sense of being capable and adequate. Feeling competent is a basic human need. It may be below their ability as well. If you find that your child is "bored" often, then taking the summer to enhance their learning could be key to school success.

Health is a major contributor to overall success. Richardson suggests eating less junk food, incorporating more physical activity, getting enough rest and learning how to manage stress. All these can boost a child's wellness and help him or her have better school days. The "Kids Cooking School" will teach children how to make simple meals and snacks. The cost is \$15.00. To register call or log onto www.jenkscommunityed.com and click on "culinary." You can call 299-4415 x2247.

The following tips are some ways to help your child succeed:

- Regularly talk with your child and listen to their thoughts and feelings.
- Set high but realistic expectations and goals.
- Build your child's self-esteem and confidence by recognizing success.
- Keep your child healthy - ensure they get enough rest and eat nutritious foods.
- The home is the first classroom. Parents are the first teachers - support learning at home.
- Communicate and stay connected with your child's school.
- Encourage exploration and discovery at home and in the community.
- Help your child develop a circle of friends and good, healthy relationships.
- Keep your child safe at home, school and the neighborhood.
- Participate in community service activities.

If you are interested in learning more about creating a home and community to build a successful family, then consider joining the Oklahoma Home and Community Education groups in Tulsa County. Call 746-3703 to find out more. There is an annual fee of \$16.00 to join. Children and grandchildren of OHCE members in Tulsa County could be eligible for college scholarships too! Visit the "Tea" on Saturday, July 25 at 2:30 pm.

Kids Cooking School Set

Date: Thursday, June 18, 2009

Cost: \$15.00

Location: Jenks High School
Sooner Building

Pre-registration required by
June 15

Call 299-4415 x2247 or

logon to:

www.jenkscommunityed.com



*Kathy's
Notes*

On Tuesday, June 16, from 10:00 am - 2:00 pm, there's going to be a Membership Drive event for OHCE. The Membership Committee, headed by Wanda Moore, has planned a Fun & Games Day at the

Extension Office as a way to encourage Members to bring their friends, who are prospective members, to have fun and learn more about OHCE. Members, please bring a covered dish for lunchtime. Some of the games we will play are BUNKO, Dominoes, Cards, and Board games. Be sure to call and invite your friends early to give them time to "Save The Date".

June 30th is the deadline for turning in a Scholarship application to the Literacy Committee for OHCE members or their relatives who qualify. Please pick up applications at the

The "Fun and Games" day is planned for June 16 at the Extension Office. The time is 10:00 A.M. to 2:00 pm. All members are invited. If you have a friend or an acquaintance who would like to learn more about HCE, this will be a perfect time to invite her. Bunco and other games will be available. Members only will need to bring a covered dish. Coffee and tea will be furnished. This should be a fun day so plan to attend. Please give your Committee Membership Chairman the number in your group who plans to come to the "Fun and Game" day by June 9, 2009 so the committee can make the arrangements. Call Wanda at 627-4306. Thanks.

Note: Please bring in bottle water or soda lids to the "Fun Day" event. We hope to see you there.

Membership Committee

JUNE

Display Case - Candleliters

- 14 Flag Day
- 16 Game Day for OHCE Members and Prospective Members
- 30 TC-OHCE Scholarship Applications due
- TBA Registration for State OHCE Meeting

JULY

Display Case - Casa La Mia

- 3 Extension Office Closed
- 12-14 OHCE State Meeting, OKC
- 15 Groups turn in money for 4-H Gate signs
- 22-26 Tulsa County Free Fair
- 24 September Leader Lesson training during Fair

AUGUST

Display Case - Valley View

- 18 Leader Training 10:00 am Owasso for October, November 2009 and January 2010
- 31 Board Meeting 10:00 am OSU Extension

Thanks to the Promotions Committee for all of their hard work on the fabulous HCE week party "Down on the Farm". Everyone had a great time and enjoyed the decorations, food, fun, Barn Door Prizes, and Farm activities.

The Trolley Art tour was a "Sold Out" event. Everyone enjoyed seeing unique "Art" in and around Tulsa. Thanks to the Cultural Arts Committee which is chaired by Evelyn

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 74112-6198 918-746-3703 or log onto:

www.oces.tulsacounty.org

“Farm to You” Example of Oklahoma Cooperative Extension Service

By Katie L. Reim

You may have heard of the Oklahoma Cooperative Extension Service, but you may not know the scope of the activities that OCES provides.

According to the U.S. Department of Agriculture, Extension means reaching out and extending resources of the Land Grant Universities to solving public needs through non-formal, non-credit programs.

Simply put, OCES county offices, as part of the Division of Agricultural Sciences and Natural Resource's commitment to Oklahoma communities, involve having county based Extension educators working side-by-side with residents to address local issues and concerns.

“An example of a recent cooperative project is *Farm-to-You*. Through multiple partners the timely issue of poor eating and sedentary lifestyles among Oklahoma's youth and the need to educate them on the importance of eating healthy and being physically active are addressed,” said Glenn Muske, Oklahoma State University Cooperative Extension interim associate dean, assistant director, family and consumer sciences. “The *Farm-to-You* response to these issues is an interactive educational exhibit with supplemental classroom materials which address these concerns.” This program shows the meaning and results the Oklahoma Cooperative Extension programs have had in the past, today, and will have in the future. More information about *Farm-to-You* can be found at: <http://www.farmtoyou.okstate.edu/>.. You can also go online at <http://fcs.okstate.edu/publications/focus/Focus%20April%2009.pdf> for a report on *Farm-to-You* activities.

“With nearly 1,400 elementary students being reached each month, *Farm-to-You* is a perfect example of how cooperative education on community-identified priority issues can improve the quality of life of Oklahomans of all ages,” he said. “The project highlights just one of the varieties of ways that OCES is working toward improving the lives of Oklahoma citizens.”

Programs focus on increasing opportunities for agricultural enterprises; natural resources and environmental management; food, nutrition, health and safety education; and youth, family and community development.

Tulsa County Free Fair 2009 Schedule of Events

Wednesday, July 22

4:00 - 7:00 pm

Entries taken for Indoor Exhibits and Table Setting Contest Set-up

Thursday, July 23

8:30 am

9:00 am

4:30 pm

Indoor Exhibit Judges Orientation

Indoor Exhibit Judging

Central Park Hall Opens to the public

OHCE Silent Auction Begins

Community Resource Fair

Diabetic Cooking School

Central Park Hall Closes

4:30 - 6:30 pm

6:30 pm

8:00 pm

Friday, July 24

9:30 am

Central Park Hall Opens

Community Resource Fair

“Farm to You” Activity

Benefits of WD 40, Duct Tape, Vinegar, and Bailing Wire” program

Green Country Watercolor Society Demo

Window Box Gardening Demo

Basketfest Demo

Quilt Sampler Presents . . .

Quick & Easy Flower Arranging Demo

Annual Bluegrass Ice Cream Festival

Central Park Hall Closes

1:00 - 3:00 pm

5:30 - 7:30 pm

8:00 pm

Saturday, July 25

9:30 am

Central Park Hall Opens

Dog Show check-in

Community Resource Fair

Green Country Watercolor Society Demo

“Just Stringing Along” Demo

Wheathearts Breading Contest

“Chef ‘n Stuff” Demo

Almost Homemade Contest

OHCE Members Tea & Entertainment

“Flattering Fashion with Fun & Flair” by Zella’s

OHCE Scholarship Presentation

Basketfest Demo

4-H Alumni Reunion & Dinner (RSVP for dinner)

OHCE Silent Auction Ends

Central Park Hall Closes

3:30 pm

5:30 pm

6:30 pm

8:00 pm

Sunday, July 26

2:00 - 4:00 pm

Exhibits released

For more information click on: www.tulsacounty.org/freefair/