



# **STRENGTHENING OKLAHOMA FAMILIES** *-Major and Blaine Counties-*

## **New Study Shows in a Battle Between Hope and Fear, Hope Wins!**

Historically, hope has been called the belief that good things will happen in the future. However, in the social sciences, hope is more about the ability to generate alternative pathways toward one's goals and believing in one's capabilities to achieve those goals.

And the research says that people who are high in hope experience overall greater life satisfaction, said Ron Cox, Oklahoma State University Extension marriage and family specialist, and director of the OSU Center for Immigrant Health and Education.

"This particularly important for immigrant families or those living in mixed-status immigrant families, some of whom may not have appropriate documentation, or they have family members without appropriate documentation," Cox said. "The chronic fear that arises from the threat of either themselves being deported or having a loved one being deported creates the kind of toxic stress that diminishes mental and physical health and promotes the initiation of substance use as a means of coping."

Although little research has studied the relationship between fear of deportation and substance use among Hispanics, there are numerous studies demonstrating the strong connection between stress and alcohol, tobacco and other drug use among all groups, not just immigrants.

"Hispanic children of detained or deported parents report higher levels of psychological distress than those with parents who were permanent residents or had no contact with the Immigration and Customs Enforcement," Cox said.

This is concerning on several fronts. First, the consequences of underage alcohol, tobacco and other drug use are a major health concern in the United States.

"There are more deaths, illness and disabilities in this country from underage use of alcohol, tobacco and other drugs than from any other preventable health condition," Cox said. "Research indicates 15.2% of people who began drinking by age 14 eventually developed alcohol abuse or dependence compared to 2.1% of those who didn't drink until age 21 or older."

According to a report from the U.S. Department of Health and Human Services, the annual economic impact of substance misuse is estimated to be \$249 billion for alcohol misuse and \$193 billion for illicit drug use.

Second, the Hispanic population is one of the fastest growing of any ethnic group in the U.S., and predominantly so for individuals under the age of 19. Hispanic youth make up 26% of all U.S. children. It is estimated that 37% of the U.S. population will



be comprised of immigrants and their children by 2050, most of which will be of Hispanic heritage. Because the vast majority (85-90%) of these children are U.S. citizens, policies that promote fear among immigrant populations have staggering implications for the nation's future workforce and economic productivity.

However, a new study by Cox and his colleagues shows that there is hope. He said that as expected, Hispanic immigrant youth reporting fear of deportation have increased levels of stress and those youth with increased levels of stress also report more alcohol, tobacco and other drug use.

"What was surprising, however, was that for individuals reporting higher levels of hope, their hope completely offset the effects of fear of deportation on their perceived stress," he said. "In other words, in a battle between hope and stress, hope wins. What is exciting about this finding is that hope is a teachable characteristic."

This might help explain why in a different study published in the October 2021 issue of *The American Journal of Drug and Alcohol Abuse*, Cox and his team found that Hispanic youth in the Unidos Se Puede (United We Can) program had no significant increases in drug use from the 7th to the 10th grade.

Several other research teams have also found hope to be a malleable factor that can help improve youth mental health. Programs geared toward increasing hope and other aspects of positive thinking can help prevent mood disorders among youth of all ethnicities. The limited studies that have been done suggest that youth who have higher levels of hope are more likely to attempt to manage life's adverse events, and the good news is that they are often successful.

"Without research leading to innovate solutions to prevent or delay the initiation of alcohol, tobacco and other drugs, health disparities will likely widen for the Hispanic population," Cox said. "Funding programs that increase hope may be one of those solutions."

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## Keeping Food Safe in the Summer

Did you know that you are more likely to get food poisoning (foodborne illness) during the summer months than any other time through the year? Do you know why? According to the USDA, bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm, humid summer months. Given the right environment, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.



Second, outside activities increase. More people are cooking outside at picnics, barbecues, and on camping trips. The safety controls that a kitchen provides — thermostat-controlled cooking, refrigeration, and washing facilities — are usually not available. Here are four simple steps to safer food in the summertime.

- 1. Clean: Wash Hands and Surfaces Often.** Unwashed hands are a prime cause of foodborne illness. Wash your hands with warm, soapy water before handling food and after using the bathroom, changing diapers, and handling pets. When eating away from home, find out if there's a source of safe water. If not, bring water for preparation and cleaning. Or pack clean, wet, disposable washcloths or moist towelettes and paper towels for cleaning hands and surfaces.
- 2. Separate: Don't Cross-Contaminate.** Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. When packing the cooler for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.
- 3. Cook: Cook to Safe Temperatures.** Take your food thermometer with you. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer to make sure they have reached the correct internal temperature.
- 4. Chill: Refrigerate Promptly.** Holding food at an unsafe temperature is a prime cause of foodborne illness. Cold, perishable food like lunch meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible. Food left out of refrigeration for more than two hours may not be safe to eat. When the temperature is above 90 °F (32 °C), food should not be left out for more than one hour.

### Food Handlers: **Food Safety Training**

**Choose from one of these 2023 dates:**

**-July 13 -September 14 -November 9**

**(other dates can be scheduled as requested)**

**-3:00 P.M.**

**-Online Format Only- Zoom- (participants will need internet access)**



Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. This is a basic food safety class that will last approximately 1 & 1/2 hours. Anyone currently working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Completion certificates will be given.

Please register at least one week prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator– FCS/4-H & County Extension Director  
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# Blaine County OHCE *News and Notes*



**County Officers Meeting-** County Officers will have their next quarterly meeting on Monday, July 24 at noon at the Watonga Library. See you there!

### **Lesson Leader Trainings-**

The Lesson Leader Training in June (for July meetings) is Thursday, June 22 at 10:00 a.m. at the Watonga Library. The lesson topic is "Living Life Richer".

The Lesson Leader Training in July (for August meetings) is Thursday, July 27 at 10:00 a.m. at the Watonga Library. The lesson topic is "Prepare to Care".

The Lesson Leader Training in August (for September meetings) is Thursday, August 24 at 10:00 a.m. at the Watonga Library. The lesson topic is "Cast Iron Cooking".

**Blaine County Fair-** Plans are underway for the 2023 Blaine County Fair on August 17, 18 & 19. We are working on getting books and promotional fliers prepared.

**Cake Auction-** Don't forget the Cake Auction to be held at the Blaine County Fair on Friday, August 18 at 6:00 p.m.!

**Blankets & Pillowcases-** 25 blankets & pillowcases were given to the Blaine County Sheriff's Office in May for children in need. Thanks to those that helped with this project.

**Check us out on Facebook!** For updates and announcements, check out and "Like" our page on Facebook: *Blaine County OSU Extension*.

**We're on the Web, too!** Check out our website: <https://extension.okstate.edu/county/blaine>

**State OHCE Meeting-** It's not too late to register for the State OHCE Meeting on July 9, 10 & 11 at the Champion Convention Center in Oklahoma City. This is always a good meeting to participate in.

**State Fair-** If you plan to enter items in the State Fair of Oklahoma, the entry deadline is August 15. You will need to take your items to the fair on your own. The state fair dates are September 14 to 24.

**Fall Association Meeting-** The Fall Association Meeting is scheduled for Thursday, September 28. Please make note of this on your calendar and plan to join us. Full details will be sent out as it gets closer.

**Cheese Food Contest-** The 2023 Watonga Cheese Festival is October 14 and we are once again conducting and sponsoring the Cheese Food Contest. This year it will be held at Watonga City Hall and will only be one day with all age groups combined. Be looking for the opportunity to sign up to volunteer and help with the contest.

**Officers and Dues for 2024-** County and group officer lists for 2024 will be due by October 13 as well as membership forms and dues for 2024. Group Presidents will receive more information as it gets closer.

**Volunteer Hours-** Please continue to keep track of your volunteer hours- and thank you to those that have turned in forms. Those have all been recorded on the online site. The hours are beneficial to our statewide reporting efforts.

## **2023 BACK TO BASICS WORKSHOPS**

*-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-*

**-Thursday, August 3** at the Major County Fairgrounds in Fairview-

### ***Pie Making***

**-Thursday, November 2** at the Blaine County Fairgrounds, Watonga-

### ***Holiday Happenings***



***Pie Making Workshop times: 1:00 p.m. to 5:00 p.m. each day — Fee: \$15/per person***

***(Holiday Happenings details will be announced later)***

**Please RSVP and pay the fee no later than the Monday prior to the workshop you plan to attend.**

**Contact your OSU Extension Center:**

Alfalfa County—580.596.3131  
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Blaine County—580.623.5195  
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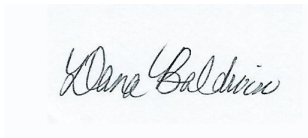


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Newsletter Editor:

*Family & Consumer Sciences as-sists communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.*



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