

STRENGTHENING OKLAHOMA



**GARFIELD COUNTY
EXTENSION**

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 is 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.

Garfield County OSU Extension

Address

316 E. Oxford
Enid, OK 73701

Phone

580-237-1228

Email

Joy Rhodes
joy.rhodes@okstate.edu

Website

<http://oces.okstate.edu/garfield/>

Social Media

Facebook: Garfield County OSU Extension Family & Consumer Sciences

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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."

Butter Board Class

Are you curious about the latest trend in entertaining? Joy will present a Butter Board workshop Wednesday June 21 at noon. We will learn about this interesting trend and construct 2-3 boards for the participants to munch on.

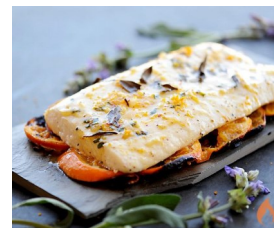
Cost is \$5. Pre-register by June 15 by calling 580-237-1228.



Citrus-Grilled Halibut-3 Servings

Ingredients:

- 1 pound halibut (or comparable white fish such as haddock), skinned
- 4 cloves chopped garlic
- 2 lemons
- 2 limes
- Freshly ground pepper (1/2 teaspoons; to taste)
- Nonstick cooking spray (or olive oil if you prefer)



Preparation:

Heat the grill to medium-high. Spray a large piece of aluminum with nonstick cooking spray or coat with olive oil and turn it up along the edges. Cut the lemons and limes in half and squeeze all the juice into a large measuring cup, remove any seeds. Peel and chop the garlic. Then, whisk the juices, garlic, and pepper together. Pour about one-quarter of the mixture into the aluminum foil; place the fish on top, and then pour the rest of the liquid over the fish. Loosely wrap it up, folding over the foil to keep the moisture in while grilling but with enough openings for the juice to mostly evaporate. Grill for about 5 minutes on one side and then open the foil to flip the fish once mid-way through, for a total of 10 to 15 minutes until cooked through (time will vary depending on grill temperature and thickness of the fish).

Nutritional information (per serving)--182 calories
3.5 g fat (0.5 g saturated fat), 32 g protein, 5 g carbohydrate

Skewed Teriyaki-Pineapple Chicken-5 Servings

Ingredients:

- 1 lb boneless, skinless chicken breast
- 1 cup teriyaki sauce or marinade (extra needed for basting while grilling)
- 1 ½ cups fresh pineapple (cut into large chunks) or 1 can pineapple chunks
- Skewers



Preparation:

Cut uncooked breasts into pieces (large bite-sized) and place in zip-lock bag or storage container. Add teriyaki sauce and marinate at least 1 hour (preferably in the refrigerator overnight). Remove chicken from marinade. Discard this marinade and use fresh for basting while grilling. Skewer approximately two pieces of chicken for every one chunk of pineapple. If using wooden skewers, make sure to moisten them before skewering to minimize burning while grilling. Grill, rotating every few minutes, for about 15 minutes, or until chicken is cooked through; do not overcook.

This dish is excellent served with brown rice and freshly grilled green veggies such as snow peas or broccoli.

Nutritional information (per serving)
220 calories--3g total fat (less than 1g sat fat), 14g carbohydrate, 32g protein

Source: Strong People Strong Bodies-website

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OHCE Annual Meeting July 9-11, 2023

The theme for this year's event is "Piece by Piece Together Again." The registration is all inclusive; one price includes registration, Friendship Banquet, and lunches on both Monday and Tuesday. Early registration is available now through June 22 for \$125 and after that date will be \$150. Registration will be online only at www.orangehub.okstate.edu Agriculture Conference Services - OHCE. Or follow the link on the OHCE website. However, if you have a problem, please contact Ag Services at OSU or I will assist you. Hotel reservations will be at the Hilton Garden Inn-Airport, located at 801 S. Meridian, Oklahoma City. The hotels number is 405-942-1400. The hotel is located just across the parking lot from the convention center. Please call direct, not online, and mention the code OHCE when reserving your room. Room reservations are available to make now. Deadline for room reservations is June 22. Please see the Summer Outreach for room details and costs.

There will be a Sunday tour of the First Americas Museum. Cost for the tour is \$20 and has limited availability. A bus will leave from the south side of the Convention Center at 3:00 pm Sunday.

Monday will begin with registration, the First-Timers session at 7:30 a.m., the Voting Delegate Orientation at 8:00 a.m. and the Hostess Meeting at 8:30 a.m. The Business Meeting will begin at 9:00 a.m. and include election of officers to fill the following offices: President Elect, Vice President and Treasurer Elect. Remember your county has two voting delegates and there will be reserved seating for them. More details are listed in the Summer Outreach newsletter.



GARFIELD COUNTY
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CPR Certification Training

**Two CPR Certification classes will be held on
Wednesday, June 7th.**

Classes will be held at the Garfield County OSU Extension Office Conference Room

- ◆ The cost is \$20 and class size is limited to 10 per class.
- ◆ Be sure to call (580) 237-1228 to reserve your spot in this class.
- ◆ Please make checks payable to: Stephens County Extension



OHCE News & Notes

OHCE Leader Lesson



The Leader Lesson for your July meeting will be held June 28, 2:00 pm in the Conference Room. The topic is "Encouraging Motivation in Others". Lindy will be presenting the lesson this month. Be sure and invite a friend to attend our educational lessons and learn more about OHCE.

OHCE Board Meeting



The OHCE County Executive Board will **meet Monday, June 5, 9:30 am**. We will be working on upcoming events and activities as well as the County Fair. Be sure and check out registration and hotel information for the upcoming State OHCE meeting, July 9-11.

Quilt Block Workshop

Jeanne Davidson will be teaching a class on the Drunkard's Path quilt block. She will have all the materials prepared for you to construct a 20 x 20-inch block.

Bring your sewing machine and a neutral-colored thread as well as sewing supplies. There are some machines here at the office to use if yours is not portable.

Your finished block can be finished as a table topper or the base for a larger quilt. Cost is \$15. Class will be held Friday, June 25, starting at 10 am.

Call the office by June 16 so there is time to prepare the kits.

**Please make checks payable to
Jeanne Davidson**

Quilt Blocks



CPR Classes-June 7

Two separate CPR classes will be held at the Garfield County OSU Extension Office Wednesday, June 7. Cost is \$20 and includes your CPR card and all training. Megan Monteith from Stephens County will be instructing the classes. The morning class is 10-12 and an afternoon class is 1-3 p.m. We have spots available, please call and reserve your chair.

Honoring
JUNETEENTH

Garfield County OSU Extension Office will be
Closed on Monday, June 19th, 2023

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Joy Rhodes
Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or joy.rhodes@okstate.edu at least two weeks prior to the event.



Garfield County Cooperative Extension Service
Oklahoma State University
316 E. Oxford
Enid, OK 73701

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Dates to Remember

- June 5– OHCE Board Meeting 9:30 AM
- June 7– CPR Class 10 AM—12 PM and 1 PM—3 PM
- June 19- Garfield Co. OSU Extension Office Closed– Juneteenth
- June 28– Leader Lesson 2 PM
- July 4– Garfield County 4-H Office Closed
- July 9-11– OHCE State Meeting, Embassy Suites
- July 26th– Leader Lesson, 2 PM



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