

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## Technology: Friend or Foe?

Technology – friend or foe? The advancement in technology has had a big impact on families across Oklahoma and beyond. The constant availability and influx of information at our fingertips can be a good thing when students are doing research for a school assignment, a parent is looking for a quick recipe to feed the family on a busy night or a person simply wants to relax with a fun game of Words with Friends.

But what about the downside? While offering many benefits, it's vital to be aware of technology's potential negative impacts, said [Matt Brosi, Oklahoma State University Extension](#) family science specialist.

"We must find a balance in the use of technology because it can have negative effects on individuals and within families," Brosi said.

Research shows technology can affect individuals in various ways, including reduced attention span, social isolation, mental health issues, sleep disruption, addiction and dependency, decreased physical activity, privacy concerns and information overload.

Brosi said it's important to employ strategies that will help minimize the impact of technology to promote healthier habits.

"Parents must set boundaries and limits not only with their children but with themselves," he said. "Establish specific times during the day when technology is off-limits, such as mealtimes or an



hour before bedtime. Consider a designated screen-free day each week. Boundaries will help reduce dependency on devices and improve mental health."

Engage in mindfulness and meditation to help manage stress and improve focus. Apps such as Calm and Headspace can be useful tools for guided meditation. Something else to consider is turning off notifications. This may help staying focused and reduces the urge to constantly check the phone and other devices.

Technology has been known to affect a couple's relationship. Brosi said engaging in technology separately can lead to feelings of disconnection and frustration.

"A couple's opportunities for communication and intimacy are reduced when one partner is engrossed in screen time for large periods of time," he said. "Technology certainly can be a source of entertainment and relaxation, but it's important for couples to balance its use with activities that promote emotional and physical intimacy. Set boundaries for using technology

### 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

### In this issue:

**Technology: Friend or Foe?**

**Upcoming Craft Workshops**

**Garfield Co. Fair**

**Fair Sitters Schedule**

**Fair Seminars**

**Fall Association Mtg.**

**Cultural Enrichment Tour**

**Cookies for VAF**

**Leader Lesson**

**Board Meeting**

**Dates to Remember**



**GARFIELD COUNTY  
EXTENSION**

*Continued from page 1*

zones in the home.”

Although it is highly popular, there is little, if any, evidence that social media is safe for kids. Youth today are in a national mental health crisis and the Surgeon General has called for warning labels to highlight the potential dangers of social media platforms on developing brains and adolescent mental health.

“Children can easily encounter harmful material on social media platforms, including bullying, sexual content and violence,” Brosi said. “The American Psychological Association has issued several recommendations to help parents protect their children from the potential dangers of social media.”

Parents should closely oversee their children’s social media activities and maintain open conversations. Implement time restrictions to help reduce potential dangers.

It’s vital for parents to increase their social media literacy. Because platforms change constantly, parents should be aware of what’s available and communicate with their children about potential risks and guide them on how to safely navigate online spaces.

Don’t be afraid to use parental controls and privacy settings to help shield children from inappropriate content that could lead to harmful interactions online.

Brosi also encourages parents to promote healthy social media practices such as putting away devices an hour before bedtime to prevent disruptive sleep. Also, encourage kids to be physically active. This will help children maintain a balanced lifestyle and minimize negative effects on mental health.



## Upcoming Craft Workshops

Joyce and Shirley have planned a couple of fun workshops. The first will be a Fall Themed craft held Friday, September 27, 9:30-noon. Class size is limited to 10 so if you are interested, sign up and pay by September 20 so material can be ordered. Make checks out to Shirley Clark. Bring a hair dryer, all other supplies will be provided to complete this craft for a cost of \$15.

The second day will be a holiday themed workshop Friday, November 1, 9:30-noon. More information on that class in the next newsletter.



## Garfield County Fair

The Garfield County Fair is fast approaching. You may bring your open class, OHCE, Baking, and Flowers exhibits to the fairgrounds starting Wednesday Sept 5, from 9 am until 6 pm. OHCE, Foods and Flowers may be brought to the fair Thursday morning but must be in place by 11 am. Check the current fair book for more information.

When leaving your Food Exhibits, please mark the tag if the exhibit can be sold in the OHCE Country Store. Markers will be available at the check-in area. Use a Green for YES and a Red for NO.

The OHCE Country Store is the county fundraiser for the Scholarship fund. Recently this has been the only fundraiser that the county has done. Please support it in any way possible. You may also bring homemade goodies, jellies, jams, etc. in addition to the baked goods donated after judging.

Entries for the Special Contests-Chocolate, Pie, and Best of Wheat do not have to be pre-entered. Bring these items to the fair 30 minutes before the contests. Thursday at 6 pm is the Chocolate Contest, Pies are Friday at 10 am and Best of Wheat Saturday at 1 pm. Check the fair book for details on specific classes for these entries.

## Fair Sitters Schedule

Friday, September 6	9-Noon—True Honest Workers
	Noon-3 pm—Pioneer Wheathearts
	3-Closing —Domes-ti-cates
Saturday, September 7	Noon-3 pm—Casa La Mia
	3-Closing—Kremlin Home Culture

Duties include providing 3-4 club members to monitor the fair area during your scheduled time. Walking around the area or sitting where you are visible and can watch for issues, etc. Assisting patrons finding the different exhibits and sharing information about OHCE and other contests.





# Fair Seminars

## 2024



*Join us at the County Fair for a series of learning opportunities.*

- **Friday, 10 am** will be our Area Livestock Specialist Dana Zook sharing information on chicken and egg production in your backyard. Come learn all about the care and safety of your chickens at the **Don't Just Wing it-Backyard Chickens**.
- **Friday, 12 noon**, J C. Hobbs, Associate Extension Specialist, Agricultural Taxation and Farm Management topic is **Planning Ahead-What to Consider when Making Your Will**. J C. is knowledgeable about the many aspects of Estate Planning including wills and trusts.
- **Friday, 2 pm**, join Megan Monteith and Kelsy Ratcliff. Kelsey and Megan are Area Extension Health Specialists and will share **Food Preservation Safety Tips**. They will cover home canning, freezing and drying procedures to preserve your food for your families to use.
- **Friday, 4 pm** Rick Nelson, Garfield County OSU Extension Agriculture Educator will discuss the ins and outs of **Fall Gardening**. It is getting close to the time to start planning and planting your fall garden so join Rick for some great tips.
- **Saturday, 10 am** Joy Rhodes, Garfield County OSU FCS Educator will share information about Artisan Bread. Learn the steps to preparing your own homemade yeast breads. Recipes and samples will be available. Learn the steps to creating your own **Homemade Artisan Bread**.
- **Saturday, noon, OHCE** members will demonstrate simple clothing/garment repairs. Join OHCE members in learning how to save your clothing from the trash.
- Strong Dads program coordinators Rob Bodick and Teddy Barker will be sharing about this grant program available in Garfield County. This is a free program for dads which will benefit the entire family. Stop by and learn more about **Building Your Family Relationships, 2 pm Saturday, September 6**.
- **4 pm Saturday** Fair Seminars conclude with **Fabric Stars** by Diane Ford. Learn this wonderful craft for all occasions. Create stars for all holidays. This is a fun activity for any age. Children under 10 must be accompanied by an adult.

All seminars are free and open to the public and will be held in the Coliseum Board Room located on the main entry floor in the Northeast corner. Look for signs to direct you to the location.





# Education Workshops for September

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

## Fall Association Meeting

Join us for the OHCE County Fall Association meeting Tuesday, October 15, 6:30 pm. Hostesses are Kremlin Home Culture. More information will be included in the October newsletter.

## Leader Lesson October Meeting

The lesson for your October meeting will be "Apples, Apples, Apples." Learn about some of the varieties of apples available and some of the delicious recipes that feature apples. This lesson will be presented Wednesday, September 25, 2 pm.



## Cultural Enrichment Tour

The fall OHCE Tour has been planned for Friday, October 11, to the Pawhuska area. A guided van tour of the area including historical locations and information of the *Killers of the Flower Moon* movie will be part of the tour. We will leave 8 am and return in the afternoon. A limit of 19. (The cost is \$30 per person for 1-14 participants and \$27.50 for 15-19) There will be time for shopping and eating in the downtown area of Pawhuska.

## Board Meeting Monday, October 7, 9:30 am

The next meeting for OHCE Board will be Monday October 7, at 9:30. We will be working on the 2025 Yearbook, so bring your additions, corrections and other items to this meeting. The Fair Exhibits for OHCE will be decided at this time so work with your superintendents at the fair for new ideas for 2025.

## Cookies for Vance Air Force Base

We are continuing with our donations of cookies to the Vance Air Force Base each month. For September Kremlin Home Culture will be providing 12 dozen cookies packaged into small baggies of 2-3 cookies each. October will be Pioneer Wheathearts turn. You may bring them to the office on or before the 2<sup>nd</sup> Monday of each month.



This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

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

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>

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](mailto: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

**GARFIELD COUNTY  
EXTENSION**

## Dates to Remember

- Sept. 4-8 — Garfield County Fair
- Sept. 12-22 — Oklahoma State Fair
- Sept. 16 — Stay Strong Stay Healthy
- Sept. 25—Leader Lesson
- Sept. 27 — Fall Craft Workshop
- Oct. 7 — OHCE Board Meeting
- Oct. 11 — Cultural Enrichment Tour
- Oct. 15 — OHCE Fall Association Mtg.



**GARFIELD COUNTY  
EXTENSION**

