



Strengthening Oklahoma Families

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.

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. 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.

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. 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 (*cont pg 2*)

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Improving Indoor Air Quality- from The American Cleaning Institute

One topic that has gotten more attention lately is the quality of the air in our homes. This became even more important when the pandemic hit and we were spending even more time in these spaces. Air quality is particularly important for those with allergies, since one common allergen is dust. That is why it was a key topic of discussion during the American Cleaning Institute's Discover Cleaning Summit, held in partnership with Good Housekeeping.

Air purifiers are available for home use and can help to filter out air pollutants. Allergens like dust can also be kept to a minimum through cleaning.

Panelist Lenny Sciarrino shared the importance of using proper fabrics to dust and clean, like cotton rags instead of a feather duster. Dr. John Ryan went on to talk about the extra issues that come with pet dander. The panel also talked about "damp dusting," whether you should vacuum before or after you dust and the need to focus on preventing buildup.

You can visit <https://bit.ly/3ue48kz> to watch this session as well as the other sessions from the Summit. And get more information on cleaning to minimize triggers for allergies and asthma at the ACI website, at <https://bit.ly/3W2pxJz>.

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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 shows that there is hope. 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. 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*, states 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. Funding programs that increase hope may be one of those solutions.

For Tops in Nutrition, Shop Farmers Markets

What's your biggest obstacle to healthful eating? Perhaps you think fruits and vegetables are too expensive or just don't like the way they taste. Your local farmers markets can help you overcome these barriers.

In many cases, food at the farmers market is more affordable and it is locally grown and naturally ripened. Taste is a key deciding factor in our food choices and delicious, fresh produce can help us eat the recommended amounts of fruits and vegetables.

Talk to the Farmer

Farmers markets are wonderful places to find ideal specimens of your favorite summer foods such as tomatoes, berries, beets and herbs, but market-goers will find joy in discovering new foods as well. And when you encounter a new fruit variety or heirloom vegetable you've never seen before, you're in the right place to find out more about it — you can ask the farmer who grew it! Ask them for recommendations on preparing and serving the food.

Talking to the farmers also is a great idea if your goal is to buy locally or organically grown foods. Some farmers say they use organic methods, but choose not to submit to the process required to legally use the term; some farmers use a mixture of organic and conventional methods; some farmers make absolutely no claim to being organic; and some small organic farmers are permitted to call themselves "organic" but are not "certified organic." If these are important factors to you, be sure to ask farmers how they grow their food.

What's in Season?

To find your local markets and learn what your local farmers are harvesting right now, consider using websites such as LocalHarvest.org and Local Food Directories. Even experienced farmers market patrons will benefit from these resources.

How to Shop

While many markets have sellers offering items such as free-range eggs, fresh breads and pastries, local honey, grass-fed beef and fresh-cut flowers, be sure to stock up on produce. Also, be mindful of food safety and pay attention to the vendors' food safety practices as you shop. For example, all meat and dairy products should be in a cooler with ice.

There are a couple strategies to get the best results out of farmers markets depending on your purpose. If you want your pick of the most beautiful, photo-quality produce imaginable, you'll need to arrive before the crowds. If you want deals, however, go ahead and sleep in. Sometimes sellers offer discounts for produce remaining at the end of the day.



JUNE

seasonal produce list

VEGETABLES

Carrots
Celery
Cucumbers
Eggplant
Garlic
Green Beans
Onions
Radishes
Summer Squash
Swiss Chard

FRUITS

Apples
Apricots
Avocado
Bananas
Blueberries
Cherries
Figs
Melons
Nectarines
Plums
Rhubarb
Strawberries
Tomatoes

Chicken Ratatouille, serves 4

- 1 Tbsp Vegetable oil
- 4 medium Chicken breast halves, skinned, fat removed, boned and cut into 1-inch pieces
- 2 7-inch Zucchini, unpeeled and thinly sliced
- 1 small Eggplant, peeled and cut into 1-inch cubes
- 1 medium Onion, thinly sliced
- 1 medium Green pepper, cut into 1-inch pieces
- ½ lb Mushrooms, fresh, sliced
- 1 (16 oz) can Tomatoes, whole, cut up
- 1 clove Garlic, minced
- 1 ½ tsp Dried basil, crushed
- 1 Tbsp Fresh parsley, minced
- Black pepper to taste

Instructions

1. Heat oil in large non-stick skillet. Add chicken and saute about 3 minutes (or until lightly browned).
2. Add zucchini, eggplant, onion, green pepper and mushrooms. Cook for about 15 minutes.
3. Add tomatoes, garlic, basil, parsley and pepper. Continue to cook for about 5 minutes or until chicken is tender.
4. Serve.

Nutrition:

Calories 270

Calories from Fat 23

Total Fat 7g, 11%

Saturated Fat 2g, 10%

Cholesterol 75mg, 25%

Sodium 240mg, 10%

Total Carbohydrate 21g, 7% Dietary Fiber 8g, 32%

Protein 32g, 64%

Shared Parenting Time: Quantity equals Quality

Children deserve the opportunity to be loved by both of their parents and should not be caught in between parents who do not know how to get along. Research shows children who have healthy relationships with both parents do better later in life. Shared parenting time provides children with more opportunities to develop deep, lasting bonds with both parents.

Have you and your co-parent thought about shared parenting time? In shared-parenting arrangements, also known as joint custody, children spend 30 percent to 50 percent of their time with each parent, which creates more opportunities for the child to have meaningful experiences with both of their parents. The good news is that shared parenting is not only possible, it actually works!

Quality time between children and parents is often spontaneous and cannot always be planned. Consequently, increasing the quantity of time a child spends with both parents will increase the amount of quality time in the relationship.

Quality time includes opportunities for teaching and sharing values with our children. For example, helping with homework or teaching your children through discipline helps create a strong parent-child relationship, which is what every child longs for and needs for healthy adjustment following divorce.

Research shows that except in extreme cases where it is unsafe to do so, shared parenting benefits the child and the parents. However, shared parenting may not be an option for everyone. For example, in situations where one parent is deployed in the military or is gone for long periods of time due to work responsibilities, other custody arrangements may be a better fit for the circumstances. The safety of your child is the most important aspect to consider when creating a parenting plan. In situations when your child's safety is a concern, it may be best to seek legal help in determining the right parenting plan for your child.



OHCE NEWS

The OHCE Public Relations and Recruitment Committee is excited for this years 2023 State OHCE meeting and especially the silent auction! Everyone whether a bidder, donor, or even just a volunteer, make this event possible and we couldn't do it without you!

We are always wanting to grow our wonderful Ambassador organization. Any donations starting from \$10 and up will get you a membership position with Ambassadors. A Donation of \$25 and up will get you eligible to apply for grants. We will have forms available for you to join at this year's state meeting.

The 2023 State Meeting will be held July 9-11 at the Champion Convention Center in Oklahoma City. Check our Spring Outreach for details!

Upcoming Events:

May 19	Memorial Day, Extension Office Closed
June 15	Executive Meeting @ 9:30, County Officers and Local Presidents
June 15	Leader Lesson @ 10:30: Crochet, Beginner Basics
June 19	Juneteenth, Extension Office Closed
July 9-12	State OHCE Meeting, OKC



Family & Consumer Sciences helps 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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