

Parents Who Invest In Themselves Reap Dividends

When a couple goes through a divorce, each parent may have feelings of grief, loss, anger or anxiety. To help suppress those feelings, some people try to stay busy but this can add additional stress.

One of the best medicines for parents experiencing divorce is self-care, said Katey Masri, manager of Oklahoma State University Extension's Co-Parenting for Resilience program.

"While self-care may feel selfish or even impossible, it's one of the best gifts you can give yourself and your children," Masri said. "When a parent invests in themselves, it means they're taking the time to care for themselves. Think of it as depositing money in the bank and earning interest. Each deposit, whether it be for your physical, emotional or mental health, is an investment in yourself."

It's important for parents to balance their health. One way to quickly boost your mood is to exercise. Exercise naturally produces positive hormones that can lower stress and anxiety while boosting physical, emotional and mental health. Getting enough quality sleep and eating a well-balanced diet are two more factors that affect health.

Masri said being there for your children is vital, as is socializing with a group of people with shared common interests.

"Expand your social circle and sign up for a class or workshop to learn something new," she said. "When times are hard, it can be easy to isolate yourself and become overwhelmed by negative feelings. Being around others with similar interests will do wonders for your emotional health."



Research has shown that meditation is another proven technique to lower anxiety, stress and depression. It also improves physical health. There are several ways in which a person can meditate, including smartphone apps, online videos and other free resources.

Masri also noted the importance of focusing on the positive aspects of your life. Find value and appreciation in the things you have instead of focusing on what you don't have or have lost. Practicing gratitude is one of the most powerful, cheapest and easiest ways to increase happiness. Gratitude can be found in the most minute moments, and the more a person looks for it, the easier it becomes to recognize. Challenge yourself to find three different things for which to be grateful every day.

Most people don't think twice about being kind and compassionate to others but remember to treat yourself with the same love and kindness shown to others. "The ability to truly love another person begins with the ability to truly love yourself," she said.

Part of self-care is bringing out your inner child with play. If you watch children play, it's easy to see the joy they're experiencing. Play brings joy and stress relief and builds connections in relationships. Make a list of things that bring you joy and select one when negative feelings challenge your motivation.

"Parenting is hard work and can bring feelings of joy and accomplishment. Being kind and compassionate to yourself will help you become the best parent possible," Masri said.

Major County OSU Extension Center

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Major County OSU Extension



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Home Organization Tips with Safety in Mind

Home organization is not only a way to make your living space more comfortable and functional, but also a way to protect your health and safety. Many household items, especially things like medicine, batteries, and cleaning products, can pose hazards if they are not stored and used properly.

Here are some tips on how to organize your home with safety in mind:

- Keep cleaning products out of reach of children and pets. Store them in a cabinet and never leave them unattended or open.
- Follow the instructions and warnings on the labels of cleaning products. Use them only for their intended purposes, and do not mix them with other products, as this could create dangerous chemical reactions. Dispose of empty or expired containers safely, following local regulations.
- Organize your cleaning supplies by category and frequency of use. For example, you can group together products for the kitchen, bathroom, laundry, floors, windows, etc. You can also store the products you use regularly in a caddy or basket, and the ones you use occasionally in a separate cabinet or box.
- Use labelled, matching baskets to store things up and out of sights of children and in their original containers while still looking organized and stylish.
- By following these tips, you can keep your home organized and clean, while also reducing the risks of accidents, injuries, or illnesses caused by improper handling of cleaning products.



Kitchen Organizing for Healthier Meals and a Healthier Mind

Do you feel that an organized space lowers anxiety? If so, you're not alone, in fact 60% of respondents to a survey said cleaning lowered their stress and anxiety. And one of the more chaotic places in the home that could probably use some organization is the kitchen. In addition to lowering anxiety, a tidy kitchen can make cooking more enjoyable and lead to healthier meals.

A well-organized kitchen makes it easier to access the ingredients and tools you need. When your pantry and fridge are neatly arranged, you can quickly see what you have and use fruits and vegetables while they're still fresh. This helps you make use of what you have and cut down on food waste, as well as saving money.

In addition, reducing kitchen clutter can inspire you to cook more often. You'll have more room to get creative and this can translate to more homemade meals, which are typically healthier than takeout or pre-packaged options.

Kitching Organizing Steps:

- Start by decluttering your countertops and cabinets. Decide what you use often enough to keep out and find a place to store the rest. Donate or toss items you no longer use.
- Once you've removed what you don't need, organize the rest. Invest in storage solutions like baskets, shelf labels, and drawer dividers. Just remember that things like cleaning products should always be stored in their original containers.
- Clean out your pantry and fridge to keep everything fresh and easily accessible. Create a schedule to do this process regularly.

By taking the time to declutter and arrange your kitchen space, you can enjoy the benefits of nutritious homemade meals, reduced stress, and a more efficient cooking process. Happy organizing and happy cooking!

Food Handlers: **Food Safety Training**

Choose from one of these 2024 dates:

-September 26 -November 21

(other dates may 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

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
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension--580-227-3786

500 E. Broadway, Suite 3 Courthouse

Fairview, Oklahoma 73737





Major County OHCE *News and Notes*



Lesson Leader Trainings-

The Lesson Leader Training in July (for August meetings) will be Friday, July 26 at 10:00 a.m. at the fairgrounds. The lesson is *"ABC's of Vitamins"*.

There will not be a Lesson Leader Training in August (for September meetings) since it is a state prepared lesson—your lesson packets for *"Nature and You"* will be ready for pick up by August 16.

The Lesson Leader Training in September (for October meetings) will be Friday, September 27 at 10:00 a.m. at the fairgrounds. The lesson is *"Influential Women in Oklahoma History"*.

Major County Fair- Plans are underway for the 2024 Major County Fair on September 5, 6 & 7. Are you getting your entries prepared? Fair books are available for pick up at the OSU Extension Center. See the flier included with this newsletter as well.

County Planning Meeting- The next County Planning Meeting will be on Wednesday, August 28 at 1:00 p.m. at the fairgrounds. Please plan to attend.

Adult Scholarship- Applications for the Adult Scholarship will be due by Friday, September 13. Forms with eligibility guidelines are available at the OSU Extension Center.

Quilt Block Challenge- The 2024 Quilt Block Challenge is fully underway! Come by the OSU Extension Center and pick up your kit for completing a block— we only have a few left. Also, tickets are ready for available for pick up so you can take donations for chances to win the 2023 quilt that will be given away at the county fair. Let's all pitch in on this project!

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

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

District Planning Meeting— We will be meeting with Blaine and Kingfisher Counties for 2025 District OHCE Meeting planning on Friday, August 9 at 10:00 a.m. in the Kingfisher FEM Lobby at 300 S. 13th in Kingfisher (fairgrounds). I hope to see several of you there.

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 12 to 22.

Fall Association Meeting- The Fall Association Meeting is scheduled for Wednesday, October 9. Please make note of this on your calendar and plan to join us. Full details will be sent out as it gets closer; and if you have a suggestion for a speaker/program, please let me know.

Officers and Dues for 2025— Planning ahead... county and group officer lists for 2025 will be due by October 18 as well as membership forms and dues for 2025. Group Presidents will receive more information as it gets closer.

Master Wellness Volunteer— Would you be interested in becoming a Family & Consumer Sciences *Master Wellness Volunteer*? Trained certified volunteers in this area will work under the direction of the county Extension educator and will assist with and/or lead educational wellness activities. It is a great opportunity to learn and grow in the wellness area while helping educate others of all ages as well. Applications are due August 23. Ask me how this volunteer certification program works!

Workshops and Classes— Make sure and check out the fliers with details about upcoming workshops and classes the next few months available through the OSU Extension Center. There are a variety of opportunities!

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.

For any event/activity listed in the newsletter:

Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact the Major County OSU Extension Center at 580-227-37865 at least two weeks prior to the event.

2024 BACK TO BASICS WORKSHOP

-brought to you by the FCS Extension Educators in Alfalfa, Major and Woods Counties-

-Saturday, August 10 at the Alfalfa County Fairgrounds in Cherokee-

1:00-5:00p.m,

Sourdough Breads



Please RSVP and pay the \$15 fee by August 5.

Contact your OSU Extension Center:

Alfalfa County-580.596.3131

Major County-580.227.3786

Woods County-580.327.2786



Barn Quilt Classes



Dates and Locations

August 13th- Mini Barn Quilt-Cherokee, RSVP by Aug. 8 to Alfalfa County

August 16th- Mini Barn Quilt- Alva, RSVP by Aug. 13 to Woods County

August 20th- Mini Barn Quilt- Fairview, RSVP by Aug. 15 to Major County

August 21st- Full Barn Quilt-Cherokee, RSVP by Aug. 16 to Alfalfa County

Mini Barn Quilts-\$20-includes 12x12 & supplies

Mini Barn Quilt classes will be from 1:00-4:00p.m. at respective county fairgrounds.

Full Size Barn Quilt- \$40- includes 24x24 & supplies

Full Size Barn Quilt class will begin at 9:30 a.m. at the Alfalfa County Fairgrounds



Individuals must RSVP & pay the supply fee by RSVP dates listed to hold their spot to the county specified:

Alfalfa County: 580.596.3131

Major County: 580.227.3786

Woods County: 580.327.2786



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OSU is an Affirmative Action, Equal Employment Opportunity, E-Verify Employer. Persons with disabilities who require alternative means for communication or program information or reasonable accommodation please contact Dana Baldwin at (580) 227-3786 prior to the event.



Active Parenting- 2024 Class

September 9, 16, 23 and 30

6:00-8:00 p.m. at the Major County Fairgrounds in Fairview

For parents and other caregivers where the following topics will be addressed:

- Being an Active Parent
- Building Courage & Self Esteem
- Cooperation & Communication
- Understanding & Redirecting Misbehavior
- Responsibility & Discipline
- Active Parenting for School Success

Fee is \$30.00 per participant (must attend all 4 dates to complete the class).

Please pre-register no later than September 3.

(at least 3 people must be pre-registered for the class to be held)

If interested, contact the Major County OSU Cooperative Extension Center at 580.227.3786

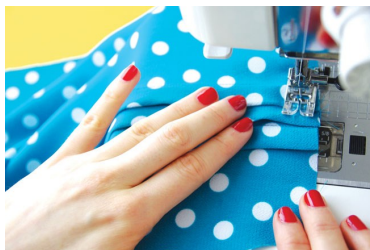
Sewing Workshop

Basic/Beginner Sewing for Adults

Thursday, August 22, 2024

5:00 PM to 8:00 PM

Exhibit Building, Major County Fairgrounds in Fairview



Projects: Kitchen Scarf and Table Runner

\$15 fee per person

**Bring your own sewing machine or one can be provided for you. Space is limited
Register and pay the fee by August 15 at the Major County OSU Extension Center.**

Phone: 580.227.3786 Email: dana.baldwin@okstate.edu

Teaching assistance will be provided by Ashlynn Fast, FCS Extension Master Sewing Volunteer.



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**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**



**Thursday, August 15
6:00PM**

**Major County Fairgrounds
in Fairview**

Pie Making Workshop

Come learn as you make your own double-crust apple pie. A demonstration on single-crust cream pies will be given. Information will be shared on fair judging standards for pies and a recipe book complete with tips and other valuable information will be included.



\$20 fee per participant

**RSVP to the Major County OSU Extension Center by
Monday, August 12th by calling 580-227-3786.**

Brought to you through the Family & Consumer Sciences program at the
Major County OSU Cooperative Extension Service.

Dana Baldwin

Extension Educator, Family & Consumer Sciences/4-H Youth Development and County Extension Director

500 E. Broadway, Courthouse Suite 3 Fairview, Oklahoma 73737
Phone- 580-227-3786 Email- dana.baldwin@okstate.edu

**Supply list for each participant to
bring to workshop:**

- 9" pie plate
- Cutting board
- Vegetable peeler
- Paring knife (to peel, core, slice apples)
- 1 small mixing bowl
- 1 medium mixing bowl
- 2 large mixing bowls
- Pastry blender
- Rolling pin
- Liquid and dry measuring cups
- Measuring spoons
- Large stirring spoon

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2024 Major County Fair

Major County Fairgrounds Fairview, Oklahoma

September 5, 6 & 7

Thursday – September 5th

- 10:00-11:00 AM: OHCE and Volunteers entries received
12:00-7:00 PM: All non-livestock entries received
(bring items with entry tags attached)
12:00 PM: OHCE Concession Stand opens
2:00-7:00 PM: Vendor Booths set-up
5:00-7:00 PM: OHCE Fried Onion Burger Special
5:00-7:00 PM: Poultry entered and tested
5:30 PM: Horse Expo
7:00 PM: Poultry judged

Friday – September 6th

- 7:30 AM: OHCE Concession Stand opens
9:00 AM: Vendor Booths open
9:00 AM: Judging of all non-livestock entries
9:00 AM: All livestock must be in place
10:00 AM: Livestock Judging Contest
11:00 AM: Sheep Weigh-In and Cards due
11:30 AM: Goat Weigh-In and Cards due
12:30 PM: Special Needs Livestock Show
2:00 PM: Sheep Show followed by Goat Show
4:00 PM: Poultry released
5:00-7:00 PM: OHCE Indian Tacos Special
5:00 PM: Swine Weigh-In and Cards due
6:00 PM: Beef Weigh-In and Cards due

Saturday – September 7th

- 7:30 AM: OHCE Concession Stand opens
10:00 AM: Vendor Booths open
10:00 AM: Swine Show, Bucket Calf Show
following Swine Show
12:00-1:00 PM: Free Lunch
1:00 PM: Beef Show
2:00-4:00 PM: All Exhibits Released

NOTICE:

Exhibitors must either be a resident of Major County, attend a school in Major County, be a bonafide member of a Major County 4-H Club, FFA or FCCLA Chapter or an OHCE Group or reside in a Major County school district.

Exhibits must be made, grown, or raised by the person entering them. If an article has been entered in a previous Major County Fair, it is not eligible to compete in the 2024 Major County Fair.

4-H & FFA livestock exhibitors: to be eligible for the 2025 Major County Jr. Livestock Show Bonus Auction you must enter at least one animal, *or* two exhibits in the 4-H or FFA non-livestock division (whichever organization you are a member of), *or* participate in the livestock judging contest and enter one exhibit in the 4-H or FFA non-livestock division (whichever organization you are a member of).



PRE-ENTRY/EXHIBIT INFORMATION:

ALL exhibits must be pre-entered! Pre-entry is required and will be received anytime between 8:30 a.m. to 12:00 p.m. and 12:30 p.m. to 5:00 p.m. Monday, August 12 to Friday, August 30 at the OSU Extension Center located on the first floor of the Major County Courthouse in Fairview. Pre-entry forms must be submitted by 5:00 p.m. on Friday, August 30. You may mail pre-entry forms to be received at this time as well. Use the pre-entry forms provided with fair books.

For *non-livestock* exhibits, you will be notified when your entry tags are printed and they must all be picked up from the OSU Extension Center by 5:00 p.m. on Wednesday, September 4. Entry tags will not be printed for livestock or poultry.

There is also an online entry option- details for that will be posted on the Major County Fairgrounds and Major County OSU Extension Center Facebook pages by August 12.



Orion Homemakers OHCE will have a concession stand.
Breakfast- Pancakes & Sausage, Biscuits & Gravy
Lunch and Dinner- Hamburgers, Hot Dogs, Baked Potatoes,
Chicken & Noodles, Walking Tacos, Homemade Pies/Cakes.
Opens Thursday at 12:00 PM; Friday & Saturday at 7:30AM
Thursday Night Special-Fried Onion Burgers

PICK UP A FAIR BOOK

at the OSU Extension Center in the county courthouse.

It will also be online at:

<https://extension.okstate.edu/county/major>

For ENTRY AND GENERAL INFORMATION

580-227-3786 (OSU Extension) or 580-227-7209 (Fair Board Secretary)



Just In Time Parenting Newsletters



Our free parenting newsletters are written by parenting experts (who are parents themselves!). They are designed so that information that's relevant to your child is automatically delivered to you *just in time!*

Just in Time Parenting brings quality, research-based information to you at the time it can be most useful and make the biggest difference in your lives.

Over the past 30+ years, Cooperative Extension faculty in land-grant universities have developed and evaluated an unusually parent-friendly series. Capitalizing on the "teachable moment", monthly "just in time" newsletters are delivered -- keyed to the age of each of your children.

These newsletters start at the pre-natal stage and go through age 5. Each newsletter is 8 pages in length.

Cooperative Extension has a well-established track record in delivery information parents find useful.

You can receive these newsletters FREE from the Major County OSU Extension Center by contacting Dana Baldwin, Extension Educator-FCS/4-H & CED at 580.227.3786. Call now to get started!



EXTENSION

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OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills.
- To develop leadership potential.
- To provide community service opportunities.



Members are involved in programs including:

- Arts and crafts and volunteering for county fairs,
- Helping raise reading skills of youth in Oklahoma,
- Preserving our history and celebrating the roles that families have played in our communities,
- Providing both youth and adult scholarship programs,
- Nutrition and health programs for both youth and adults,
- Family well-being programs,
- And many more.



A member belongs to:

- ⇒ Their local OHCE group
- ⇒ Their county OHCE association
- ⇒ The state OHCE association
- ⇒ Country Women's Council of USA (CWC)
- ⇒ Associated Country Women of the World (ACWW)

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.htm>

OHCE Groups in Major County:

Busy Bees- President- Debby McKee, 580-227-6007

(meets 2nd Thursdays at 6:00 pm)

Cheyenne Valley- President- Gail Farrand, 580-227-0611

(meets 1st Thursdays at 1:30 pm)

Orion Homemakers- President- Joyce Suenram, 580-764-3338

(meets 2nd Tuesdays at 4:30 pm)



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Major County OSU Extension Center
500 E. Broadway, Courthouse Suite 3

OKLAHOMA COOPERATIVE EXTENSION SERVICE Fairview, Oklahoma 73737

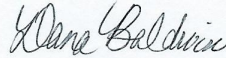
Oklahoma Home & Community Education, Inc. (OHCE) is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.

www.OHCE.okstate.edu



Family & Consumer Sciences assists 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.

Newsletter Editor:



Dana Baldwin

Extension Educator-

Family & Consumer Sciences/4-H Youth Development
& County Extension Director

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