



OKLAHOMA COOPERATIVE
EXTENSION SERVICE

STRENGTHENING OKLAHOMA FAMILIES

-Major County-

Tips to Help Reduce the Risk of Cancer

No disease is 100% preventable, and cancer is no exception. Nearly 2 million people in the United States are diagnosed with cancer each year. Research shows that four out of 10 types of cancer are attributed to preventable causes, including smoking, excess body weight, physical inactivity, alcohol intake and excessive exposure to the sun.

There has been a 32% decline in overall cancer mortality in the U.S. between 1991 and 2019 that is attributed to the reduction of smoking and advances in early detection of some cancers. Unfortunately, some of the major cancer risk factors continue to be high.

Nutrition and physical activity: Eating healthy and being physically active are two ways to lessen the risk of certain cancers.

Many people in Oklahoma do not consume enough vegetables, which are high in fiber and micronutrients, and low in calories. We need to eat a variety of vegetables – the more colors we add to our plates, the better.

Experiment with salads and other vegetable recipes. Add sauteed peppers and onions to grilled chicken for an extra kick of flavor. Add broccoli, cauliflower and shredded carrots to salads made with a variety of greens. When grilling chicken, make extra that can be used to enhance a healthy main-dish salad the next day. Consider meatless meals that include eggs, beans, legumes, or tofu.

Limit sugar and alcohol consumption, as well as processed meats such as hotdogs and some lunchmeats.

Kids can be picky eaters but letting them pick out a new fruit or vegetable each week can help them expand their palate. Also, incorporate whole wheat pasta when making spaghetti or pasta salad.

With warmer weather on the horizon, make it a point to get more physically

active. Children can play in the yard or at the park after school. Families can ride bikes together or go on a nature walk. Pre-school-age children should get at least three hours of physical activity per day to enhance growth and development. Older children need 60 minutes per day, along with muscle and bone-strengthening exercise three days per week. Adults benefit from at least 150 minutes of physical activity per week.

Eliminate tobacco use: The most preventable cause of cancer is the use of all tobacco products. Research shows that smoking is associated with the development of 17 different types of cancer. Although cigarette smoking has been on a steady decline, it still exposes people to many harmful chemicals that can lead to cancer development.

Skin cancer: With the weather warming up, many people will be spending more time outdoors. It is essential to protect the skin from dangerous ultraviolet rays to reduce the risk of skin cancer. The rays are strongest between 10 a.m. and 4 p.m. and outdoor time should be limited during that time.

If you must be outside, wear light-colored clothing that covers your arms and legs, and wear a wide-brimmed hat. Apply an SPF 15 or higher sunscreen regularly to all exposed skin.

Skin cancer, which is the most common type of cancer, is primarily found on areas of exposed skin, including the scalp, face, lips, ears, neck, chest, arms, hands, and legs. If you see any new spots on your skin, irregular borders on a mole or other skin irregularities, get them checked by your doctor.

Cancer-causing infections: Persistent infection with bacteria, viruses, and parasites increases a person's risk for several types of cancer. About 3% of all cancer cases are attributable to infection with pathogens. Talk to your doctor about available treatments and vaccines to decrease the risk of certain cancers.

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Major County OSU Extension



In this issue:

Page 2

Financial Spring Cleaning

Food Handling: Food Safety Training

Page 3:

OHCE News and Notes

Active Parenting

Page 4:

Back to Basics Workshops

L.E.A.D Program

Page 5:

2025 Quilt Block Challenge



Financial Spring Cleaning

Spring is a good time to declutter and refresh our daily lives. Our homes and our financial plans need regular maintenance to ensure they continue serving us well.

What should you keep?

Tax returns and paperwork should be kept for at least seven years in case of IRS inquiries. Investment and loan records should be kept for their duration plus seven more years to ensure access to any historical financial information.



What to throw away?

Unless needed for tax reasons, throw out old bills and receipts. Store monthly statements digitally or dispose of them after comparing them with annual summaries. Expired contracts and warranties can be discarded. Shred all sensitive documents prior to disposal to prevent identity theft.

Organize filing systems.

Important files like birth certificates and insurance policies should be kept in secure, fireproof, and waterproof locations. Digitizing records is also safe and effective. Scan records to create backups kept on password-protected cloud-based services or external hard drives. Password managers are also useful and secure tools for online accounts.



Review your finances.

Prevent outdated files and financial strategies from piling up by reviewing your finances often. Check your credit report regularly to catch any inaccuracies, errors, or signs of identity theft early.

This spring, take the time to look over and organize your finances to better manage and help pave the way for a secure financial future. Just like a clean home brings peace of mind, organized finances can help provide economic security and control, setting you up for future financial stress.

Food Handling: Food Safety Training

Choose from one of these 2025 dates:

-May 14 -July 8 -September 16 -November 12

(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 Handling: Food Safety classes offered by Major County OSU Extension. This is a basic food safety class that will last approximately 1 hour. Anyone currently working in any capacity with food service and/or cooking regularly 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

- dana.baldwin@okstate.edu
- 580-227-3786
- Major County OSU Extension
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737



Major County OHCE *News and Notes*



Lesson Leader Trainings: There will be no lesson training in May since June is a FREE month. Enjoy an activity with your group members!

The lesson training for June (for July meetings) will be Friday, June 20 at 10 a.m. at fairgrounds. The lesson is *Aging with a Purpose*.

The lesson training for July (for August meetings) will be Friday, July 18 at 10 a.m. at fairgrounds. The lesson is *Health Benefits of Plants &* Trees*.

OHCE Week Proclamation with County Commissioners: this will be on Monday, May 5 at 9 a.m. in the clerk's office in the county courthouse. Come share with commissioners what your groups are doing and show your appreciation to them for supporting OSU Extension and OHCE.

County Planning Meetings: The next meeting will be on Monday, May 5 (changed from Wednesday, May 7) at 10 a.m. at the fairgrounds. July's meeting will be on Wednesday, July 2 at 10 a.m. at the fairgrounds. Make plans to join us.

Volunteer Hours: keep turning in your monthly hours!

Bake Sale: county fundraiser on Friday, May 9 starting at 9:00 a.m. , downtown Fairview. Flyers are available now.

OHCE State Meeting: registration is now open for the OHCE State Meeting that is set for July 13, 14 & 15 at the Champion Convention Center in OKC. Registration details are on the Major County OSU Extension Facebook page or available from Dana.

Ag Safey Day and Senior Symposium & Reality Check: Thank you to everyone who volunteered your time at these events and for donations for the lunches. You are appreciated!

OHCE Week and Promotional Event: 2025 OHCE Week is May 4 to 10. Our annual promotion event– a tea, will be on Tuesday, May 6 beginning at 6:00 p.m. at the fairgrounds. See details on page 6 of this newsletter. Please invite guests! Groups are responsible for setting up for the number of members and guests they will have. Busy Bees bring desserts, Cheyenne Valley bring fruit and vegetables trays, and Orion Homemakers bring sandwiches.

Upcoming Programs: check out pages 2 through 6 of this newsletter with details on upcoming workshops and educational programs.

Quilt Block Challenge: the 2025 challenge will begin on May 1. See page 7 of this newsletter for details.

Cookies and/or Fruit for 4-H Camp: 4-H Camp is June 25, 26 & 27. If your group would like to donate cookies and/or fruit, please bring them to the OSU Extension Office by June 24.

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](https://extension.okstate.edu/county/major)

Follow-up Meeting: we will meet to evaluate and discuss the 2025 District OHCE Meeting on Friday, May 30 at 9:30 a.m. at the fairgrounds in Fairview.



Active Parenting - 2025 Class Sessions

June 9, 16 , 23 and 30 and October 7, 14, 21 and 28

Classes will meet from 2-4:00 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 for the class is \$30.00 per participant per entire session.

Please pre-register no later than one week prior to the first class date of the session you plan to attend.
(at least 3 people must be pre-registered for the class to be held)

If interested, contact the Major County OSU Cooperative Extension Center

580-227-3786

dana.baldwin@okstate.edu

2025 BACK TO BASICS WORKSHOPS

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



-Thursday, July 10: “Biscuits, Jams & Jellies” (\$15 fee)
1:00-5:00 p.m. at the Major County Fairgrounds in Fairview.

-Saturday, August 9: “I Only Have Pies for You” (\$20 fee)
begins at 1:00 p.m. at location TBD in Alva.

-Thursday, November 13: “Holiday Happenings” (\$40 fee)
10:00 a.m.-3:00 p.m. at the Major County Fairgrounds in Fairview

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

Major County-580.227.3786

Woods County-580.327.2786

Persons with disabilities who require alternative means of communication or program information or reasonable accommodations, please contact Dana Baldwin at 580-227-3786 at least one week prior to the program.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions.

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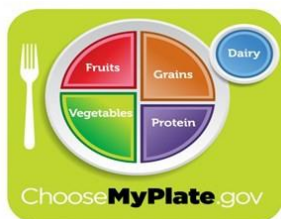
Live well

Eat well

be Active

with Diabetes

***A Program for People with
Diabetes and their Families***



June 2, 9, 16, & 23, 2025 (Mondays)

Time: 5:30 to 7:00 p.m.

Location: Major Co. Fairgrounds, Fairview

Call Now to Register – Space is Limited (Register by May 28)

580-227-3786 (Major County OSU Extension)

This program is open to anyone with type 2 diabetes and their families. The class fee is \$24 per person.

The full program includes four sessions. Each session will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Sessions will also include demonstrations on how to prepare recipes that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack, and dessert recipes.

Presenter: Dana Baldwin, OSU Extension Educator



OSU EXTENSION
**FAMILY AND
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Major County OHCE Quilt Block Challenge 2025

Guidelines for the 2025 Major County Fair



The Major County Oklahoma Home and Community Education (OHCE) Association is sponsoring a Quilt Block Challenge. The winner will be determined by viewer's choice voting during the 2025 Major County Fair on September 4, 5 & 6.

- A \$5.00 participation fee is due when you pick up your fabric kit which is available at the Major County OSU Extension Center, located on the first floor of the county courthouse in Fairview.
- You will be provided two 10" squares of one of the thirty-five designated fabrics (from a layer cake kit). You must use the designated fabric in your kit. You may add any other 100% cotton fabric to complete your block.
- Your block may be of any design (original, traditional, etc.) as long as it measures a 12 ½" x 12 ½" square.
- You may only enter one quilt block per kit. (Multiple kits may be purchased.)
- Finished quilt blocks should be turned in at the Major County OSU Extension Center no later than 5:00 p.m. on Friday, August 29, 2025, so they can be prepared for display at the fair for judging. (They will be displayed in the Exhibit Building.)
- This contest is open to any residents of Major County.
- All quilt blocks become the property of Major County OHCE. If you have questions, please call the OSU Extension Office at 580-227-3786.

PREMIUMS to be paid by Major County OHCE

\$25---1st \$20---2nd \$15---3rd \$10---4th \$5---5th

After the fair, the quilt blocks will be made into a quilt, and donations will be taken for a chance to win the quilt at the 2026 Major County Fair. All proceeds benefit the OHCE High School and Adult Scholarships given annually in Major County.

2025 Fabric Kits will be available starting May 1! →→→

2025 fabric is eighteen different "Route 66" designs from a layer cake kit.



←←← Tickets are also available for the opportunity to win the
2024 Quilt Block Challenge Quilt (1930's Basics theme).
The suggested donation per ticket is one for \$1 or six for \$5
and tickets are available from Major County OHCE members.

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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