

**-Major and Blaine Counties-**

## Having a Vision for Your Child

When parents divorce, it can be a traumatic situation for children. The normal routines and rituals they are used to get disrupted and so many things in their lives are changing all at once. Establishing new routines and rituals can help ease the transition they are experiencing.

As a parent, it's vital to be aware of your child's emotions and how they're responding to these changes in their life, said Katey Masri, coordinator for Oklahoma State University Extension's Co-Parenting for Resilience program.

"Children often respond to divorce in various ways. You and your co-parent know your child best, and it's important for both of you to stay attuned to their needs and help them overcome these new challenges they're facing," Masri said. "The trauma of divorce is hard on children, but parents can help them be resilient and overcome the difficulties."

Obviously, divorce can be hard on children, but it doesn't have to be the end of the world. There are things parents can do to lessen the impact on their child and help guide them toward a bright future. By the same token, it's important to realize there are things parents may do that can make the situation even more difficult, as well.

Masri said having a vision and setting goals is a great way to take control of the situation and help put your children on a positive path.



"It's important to keep in mind you cannot control the actions of your co-parent. However, knowing the path you and your children are on allows you to respond to some of the challenges you're facing," she said. "Child success is predicted by how parents 'parent' after the divorce. A divorce is stressful for everyone involved and can change the way you parent."

It's best to use a balanced style of parenting, which focuses on emotional expression, love and support for the child's needs and their best interests. Establish new routines and rituals as soon as you can in an effort to provide a sense of normalcy for the child while they are still adjusting to the fact their parents are divorcing.

Always be available to listen when your child comes to you and wants to talk. Let them show their emotions and feelings about the divorce.

"Sometimes this can be hard to hear, but allowing them to share what they're feeling is key to helping them bounce back and have a bright future," Masri said.

Balanced parenting also involves firm but appropriate discipline and open conversations about why the child is being disciplined. When parents use balanced parenting, children tend to be responsible, confident, caring and happy individuals.

"We understand co-parenting is can be difficult, but it's important for your child's future," she said.

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Blaine County OSU Extension

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## Mosquito Control

When we are blessed with rain it often brings mosquitos. Over 60 mosquito species occur seasonally in Oklahoma - from March through first frost in November. Remember, any container that will hold water for 5 to 7 days is a potential breeding site for mosquito larvae. One easy way to reduce larval mosquito populations is to drain any unnecessary containers/pools of water which allow mosquito larval development.

- ⇒ You should eliminate larval breeding sites such as discarded tires, beverage cups/litter, and unused children's wading pools.
- ⇒ Residents should clean and replenish pet water and bird bathes every 3 days, clean roof gutters to allow proper drainage, prevent standing water in flower pots, ensure good property drainage, and plug hollow tree stumps.
- ⇒ Water gardens or small fountains should be treated with larvicides or contain mosquito eating fish to prevent emerging adult mosquitoes.
- ⇒ Maintenance of screen doors and windows will prevent adult mosquitoes from entering homes.

More on gardening, insects, & pest management can be found at: <http://www.oces.okstate.edu/gardening-insects>

## Pressure Canner Gauge Testing



Did you know that pressure canner gauges can be tested at the Major County OSU Extension Center? All you need to bring in is the lid with the gauge attached or just the gauge-- and please allow at least one day for testing. There is no charge per gauge for this service.



## Let's Preserve!

Food preservation materials are available through the Major County OSU Extension Center as well. Handouts include several topics on food preservation such as: Peaches, Apricots, Nectarines, Pears, Jellies, Jams, Spreads, Cherries, Fruit Pie Fillings, Sweet Corn, Tomatoes, Apples, Leafy Greens, Peppers, and Snap Beans.

Also available is a booklet with salsa recipes for canning. These salsa recipes have been tested to ensure that they contain enough acid to be processed safely in a boiling water canner. We also have information on preserving many other foods as well.

## HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

**SUNSCREEN IS AN IMPORTANT TOOL**  
in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

**1 in 5** Americans will be diagnosed with skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

**SPF 30 OR HIGHER**

**BROAD SPECTRUM**

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

**WATER RESISTANT**

For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.



**ONE OUNCE OF SUNSCREEN**, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



To learn more visit [SpotSkinCancer.org](http://SpotSkinCancer.org)

## Canning Headspace Guidelines

**Headspace is the space from the top of the jar to the food or liquid in the jar.**

**Correct Headspace Guidelines -- As a general rule:**

1. Leave 1-inch headspace for low-acid foods, vegetables and meats.
2. Leave 1/2-inch headspace for high-acid foods, fruits and tomatoes.
3. Leave 1/4-inch headspace for juices, jams, jellies, pickles and relishes.

### Why is it important?

**Too little headspace --** Some foods, especially starchy foods, swell more than others and require additional headspace. If too little headspace is allowed, as food boils inside the jar it may be forced under the lid, leaving residue on the sealing surface and possibly preventing the lid from sealing.

**Too much headspace --** The jar may not seal properly because the processing time is not long enough to drive the air out of the jar. And the food at the top of the jar may discolor.



# Major County OHCE *News and Notes*



## Lesson Leader Trainings

Each member was mailed the lesson materials for your July meetings- "Immunizations and Vaccines: Benefits, Risks & Effectiveness". This was a district mail-out lesson. The Lesson Leader Training in July (for your August meetings) will be Friday, July 23 at 10:00 a.m. at the fairgrounds. The lesson topic is "Family Mealtime: 10 Minutes to the Table". Please make plans to attend if you are able.

## State OHCE Meeting

Full details about the OHCE State Meeting are in your Summer 2021 Outreach newsletter. The meeting is set for August 1, 2 & 3 at the Champion Convention Center, 803 S. Meridian in OKC. The theme is "Hit a Home Run with OHCE". Registration is all inclusive; one price includes registration, the Friendship Banquet and lunches on Monday and Tuesday and is \$120 through July 16; after that it is \$140. Registration is online only at:

[www.orangehub.okstate.edu](http://www.orangehub.okstate.edu)

The hotel is just next to the conference center, the Hilton Garden Inn-Airport at 801 S. Meridian. Make reservations at 405-942-1400.

Please call if you need help registering and to let Dana know that you plan to attend.

## Major County Fair

The 2021 Major County Fair is scheduled for September 9, 10 and 11 (Thursday, Friday and Saturday). Are you getting your entries ready? Fair books should be available the first full week of July,

## Check us out on Facebook!

There is information in this newsletter for some upcoming programs that may interest you so be sure to check them out! For updates/announcements, check out and "Like" our page on Facebook: *Major County OSU Extension*

Also, visit our website and add it to your favorites:

<http://extension.okstate.edu/major>

## Thank You!

Thank you to those that helped make the OHCE Week promotional event Tea Party and Fashion Show happen and to those that attended! We had a great crowd and everyone enjoyed the evening.

## County Planning Meeting

Our next County Planning Meeting will be Wednesday, July 14 at 10:00 a.m. at the fairgrounds. We will discuss the county fair, the concession stand at the county fair, the state OHCE meeting, and more. Please plan to attend.

## Quilt Block Challenge

The 2021 Quilt Block Challenge is underway! Come by the OSU Extension Center and pick up your kit/kits for completing a block or blocks. Also, tickets are ready for pick up so you can take donations for chances to win the 2020 quilt. The 2020 quilt will be given away at the county fair.

## 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 own your own. Please call if you need any assistance getting entered.

## Statement for Meetings and Events

OSU no longer mandates the use of masks or social distancing. Keep these guidelines in mind for meetings and events: Limitations on the number of participants have been lifted. Face coverings and social distancing are not mandated by OSU for any events. Make hand sanitizers and face masks available at all events for those who choose to use them. Professional courtesy should be exhibited toward all participants with respect to their personal choice to wear a mask. Local ordinances at venues should be followed.

## 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. And remember these hours are beneficial in our reporting efforts statewide!

## Summer Food Program

Thank you the groups and individual members who have helped so far with the Summer Food Program at the Fairview City Library. Also thank you to those that are signed up to help at a later time. There have been some challenges along the way, but hopefully it is fulfilling the purpose of feeding nutritious lunches to those that might not otherwise have access to them. This program runs through the month of July.

2021

# Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities  
and a brief Educational Program  
that focuses on a Self-Improvement Topic*



**One hour sessions from 12:00 to 1:00 p.m.**

**Major County: at the Fairgrounds in Fairview**

**Blaine County: at the Watonga Public Library**



## **Watermelon Door Hanger & “Brain Activity”**

Monday, July 26 in Major County

Tuesday, July 27 in Blaine County



## **Americana Porch Sign & “Tuning Into the Times”**

Tuesday, August 24 in Blaine County

Wednesday, August 25 in Major County

## **Pumpkin Tulle Wreath and “Sleep”**

Tuesday, September 28 in Blaine County

Wednesday, September 29 in Major County



**Bring your own lunch and come take part in these programs.  
\$10.00 fee per person per session to cover the cost of supplies.**

**Register by calling either the Major County or the Blaine County OSU Extension Center.  
(Major County- 580-227-3786/Blaine County- 580-623-5195)  
RSVP at least one week prior to the session you plan to attend.**

Food Handlers:  
**Food Safety Training**



Choose from one of these remaining 2021 dates:

**-August 26    -October 28    -December 9**

**-2:30 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 classes presented by Major and Blaine Counties OSU Extension. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register by the Monday 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 & Major County Extension Director  
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension  
500 E. Broadway, Suite 3 Courthouse  
Fairview, Oklahoma 73737  
580-227-3786 (phone)  
580-227-4786 (fax)

Blaine County OSU Extension  
212 N. Weigle, Suite 101 Courthouse  
Watonga, Oklahoma 73772  
580-623-5195 (phone)  
580-623-5242 (fax)

## CREATIVE COOKING WORKSHOP

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



**Saturday, August 14** at the Major County Fairgrounds, Fairview

**Foil Pack Meals - Sheet Pan Dinners - Dump Cake Magic**

**Time: 10:00 a.m. to 2:00 p.m.**

**Fee: \$15/per person**

**Please RSVP and pay the fee by August 6. Contact your OSU Extension Center:**

Alfalfa County–580.596.3131 Blaine County–580.623.5195

Major County–580.227.3786 Woods County–580.327.2786

# JELLY ROLL LAP QUILT WORKSHOP



Thursday, July 15, 2021

9:00 a.m. start time

Blaine County Fairgrounds in Watonga

Participants will complete a lap quilt made with jelly roll fabric strips.

(Fabric will be a variety of prints and colors.)

Fee is \$60 and includes snacks, drinks and lunch.

Participants will need to bring your own sewing machine, extension cord, fabric scissors, straight pins, measuring tape, iron & ironing board.

**Please RSVP and pay the fee no later than Monday, July 12.**

**Contact the Blaine County OSU Extension Center with questions.**

**580.623.5195**

**[dana.baldwin@okstate.edu](mailto:dana.baldwin@okstate.edu)**

*Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating.  
The OSU Extension Service offers its programs to all eligible persons regardless of race, color, national origin,  
religion, sex, age, disability, or status as a veteran, and is an Equal Opportunity Employer.*



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

### 2021 Class Session

## October 7, 14, 21, 28 at the Major County Fairgrounds in Fairview

Participants must attend all four classes in a session to complete the program.

Classes will consist of group discussions, video presentations, and hands-on activities.

*Dana Baldwin, Major and Blaine County OSU Extension Educator-FCS/4-H & Major County CED is the program facilitator.*

**Fee for the class is \$30.00 per participant per entire session.**

Please pre-register 3 business days prior to the session.

(at least 4 people must be pre-registered for the classes to be held)

**If interested, complete and return the bottom portion of this flyer with the class fee to the Major or Blaine County OSU Cooperative Extension Center.** If you have questions, please call 580.227.3786 (Major County) / 580-623-5195 (Blaine County).

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age disability or status as a veteran and is an Equal Opportunity Employer.

Yes, I plan to attend the **Active Parenting** class!

Enclosed is my \$30.00 class fee, payable to "OSU Extension Center".

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Number & Ages of Children \_\_\_\_\_

**Return at least 3 business days prior to the session you plan to attend:**

**Major County OSU Extension Center  
500 E. Broadway, Courthouse Suite 3  
Fairview, OK 73737**

or  
**Blaine County OSU Extension Center  
212 N. Weigle Ave., Suite 101 Courthouse  
Watonga, OK 73772**



# EXTENSION



# Major County OHCE Quilt Block Challenge 2021

*Guidelines for the 2021 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 2021 Major County Fair on September 9, 10 & 11.

- 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 one fat-quarter of the designated fabric. You must use the designated fabric. 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 can be purchased.)
- Finished quilt blocks should be turned in at the Major County OSU Extension Center no later than 5:00 p.m. on Thursday, September 2, 2021 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 resident 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---1<sup>st</sup>   \$20---2<sup>nd</sup>   \$15---3<sup>rd</sup>   \$10---4<sup>th</sup>   \$5---5<sup>th</sup>

After the fair, the quilt blocks will be made into a quilt and raffled off at the 2022 Major County Fair to benefit the OHCE High School and Adult Scholarships.

## **2021 Fabric Kits are now available!**

-fabric has a mint background with pink, yellow and white spring flowers-





# Major County OHCE Quilt Block Challenge

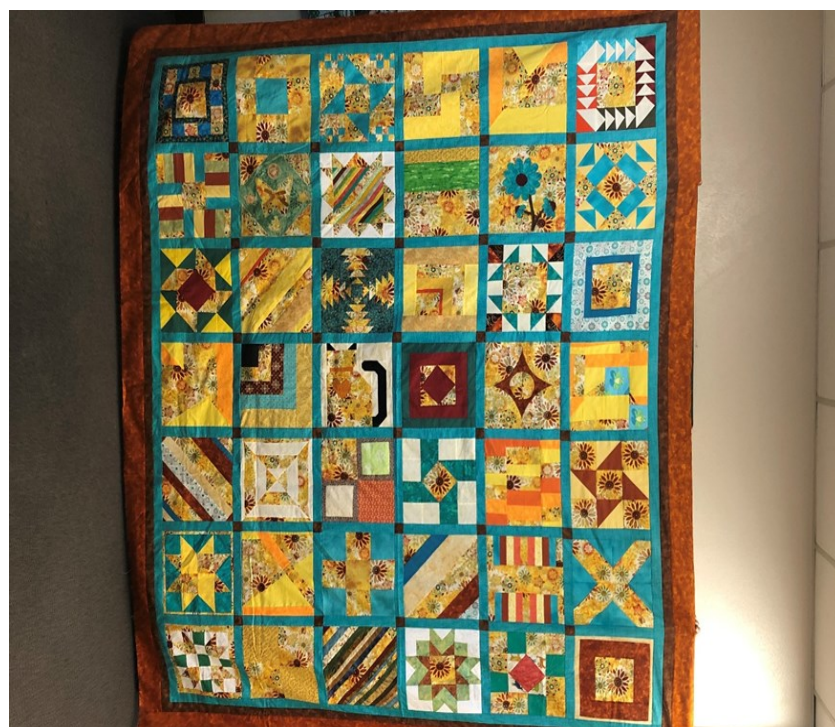
## Win the 2020 Quilt!



Tickets are available now for the opportunity to win the 2020 Quilt Block Challenge quilt!

-Suggested donation per ticket is one for \$1 or six for \$5-

Proceeds will support high school and adult returning student scholarships.



Tickets are available from Major County OHCE members.

Call the Major County OSU Extension Center with questions- 580-227-3786.



**EXTENSION**



**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

Major County OSU Extension Center  
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Fairview, Oklahoma 73737

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*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.*



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[www.OHCE.okstate.edu](http://www.OHCE.okstate.edu)