



Help Children Understand Their Feelings During Parents' Divorce

Going through a divorce can be stressful for parents. It is also stressful for the children. While parents need to take care of and manage their personal stress, they also need to be mindful of the emotions their children are feeling.

Katey Masri, manager of [Oklahoma State University Extension's Co-Parenting for Resilience](#) program, said children of all ages may experience different emotions during this time.

"It's not unusual for parents to notice significant behavioral and emotional changes in their children, especially within the first year after a divorce," Masri said. "While some of these issues will resolve with time, the child's sense of loss and emotional trauma can last for many years."

It's important for parents to put their own feelings aside and make themselves approachable to their children. Parents often get caught up in their own stress and distraction and may not realize the children don't want to reach out to them. Masri encourages parents to actively invite their children to express themselves and let them know it's safe to talk about their feelings.

"Sometimes a child's emotions are directed at the parent, and that can be tough to hear as the parent," she said. "It also can be hard to hear children express good things a co-parent does, but it's important for children to express their emotions."

An activity that can help children express their feelings is talking about the day's high and low points. Encourage children to talk about the lowest part of their day but be sure to follow that up with having them talk about the best part of the day, too.

It can be beneficial, especially for younger children, to name their emotions. There are more feelings than simply happy or sad. Consider making a "feelings" chart to help kids identify their specific emotions.

Masri said dealing with emotions affects people in different ways. Some people may experience physical symptoms such as stomach-aches, headaches or tight muscles.

"Children need to be made aware that their own bodies may react differently in stressful situations. This can help assist them in their ability to cope with the stress earlier and better," she said.

It can be helpful for children to draw their emotions. Another idea to is make paper faces with removable facial features. Make various shapes for eyes and mouths for children to express specific emotions. They also can create a feelings box in which they place drawings or written feelings.



Payne County Extension Office

Address

315 W. 6th Street, Suite 103
Stillwater, OK 74074

Phone

405-747-8320

Email

Dea Rash
dea.rash@okstate.edu

Website

oces.okstate.edu/payne

Social Media

Facebook: /

paynecountyextension

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2023 OHCE FAIR KITCHEN

OHCE FAIR KITCHEN SET-UP, PIE PREPARATION AND CLEAN-UP

Tuesday, August 22nd, Wednesday, August 23rd & Tuesday, September 5, 2023

Fair Kitchen Setup & Pie Filling Prep Day will be Tuesday, August 22nd and

Pie Making & Food Prep Day will be on Wednesday, August 23rd

****Tuesday, August 22nd, we will start at 9:00 a.m. and work until we finish, hopefully by 1:00 p.m. or before.** On Tuesday, after utensils and tools are clean, we will prepare all of the cooked fruit pie fillings so that they can be chilled overnight. (Food Safety!) **Please send three or more members from your group.**

****Wednesday, August 23rd, we will start at 9:00 a.m. and work until we finish, hopefully by 1:00 p.m.** On Wednesday, using ready-made refrigerated pie crusts, we will assemble fruit pies, label, and place in freezers. (Efficiency, Quality & Human Energies!) **At least three people from each group are needed & more is better! Come and stay as long as you can.** Please cover hair with hairspray, cap or hairnet

Bring a sack lunch or individual snacks on both days. ***We will work through lunch until we finish the project.*** Join us for a fun, efficient, and “good to see you again!” day!

Please note the change in what will take place on both food & pie preparation days—we have focused on efficiency, human energies and food safety again this year.

****TUESDAY, September 5th starting at 10:00 a.m. is Kitchen Wrap-Up Day.** On this day, we need your help to put equipment back into the closet and clean up the kitchen. ***In the past, when we've had lots of help, it only took us about 2 1/2 hours!*** Please plan accordingly to have **at least three members** come help with that day, too. Everyone is tired but the work still has to be done! ***When we finish early, we quit early! THANK YOU!! Your help does not go unnoticed!***

It takes lots of hands to do all of the work before, during and after the fair **so it is imperative that we have members from ALL GROUPS to help with the clean up, preparation and wrap-up days, so please have members from your group come and help on ALL (3) WORKDAYS!, this year more than ever!**

Fair Kitchen Shift Supervisors Needed!

As you know, the Fair Kitchen is THE primary source of Payne County OHCE income and allows us to proudly offer multiple scholarships and support Payne County 4-H above and beyond most counties in Oklahoma. **In order to continue giving at the level we do, we need everyone's help!**

There are 5 days in the fair kitchen along with 2 prep days and 1 clean-up day. All six local groups have members committed to entries, education booths and personal obligations so we are all stretched thin.

Please discuss at your local group meeting about having 2 members volunteer to supervise 2 shifts or co-supervise a shift during fair hours. **All** are qualified and your input and years of experience are valuable. If your group works together well, you are welcome to supervise the members in your group.

Consideration, cooperation and working toward a mutual goal is all that is needed for us to continue to impact Payne County in a positive manner. Please contact Mickey Wolff (405)612-2296 or mickey1044@sbcglobal.net to choose your kitchen supervisor date(s) and shift(s) on a first come, first choice basis.

IT'S OHCE FAIR KITCHEN TIME!! PLEASE DO YOUR PART

It seems impossible but fair kitchen time will be here before you know it.

Tuesday kitchen schedule is from 10:00 a.m. to 7:00 p.m. Wednesday thru Saturday the kitchen will open at 8:00 and close at 8:30 p.m. **Kitchen staff who will be opening the kitchen must arrive at least 30 minutes prior to opening times. For all other shifts, please arrive at least 15 minutes early to receive assignment and allow time to talk with the member who's shift you will now be covering. This helps with a smooth transition from shift to shift. Kitchen Shift Supervisors should arrive at least 30 minutes early to meet with the out-going Shift Supervisor.**

* Remember that daily supervisors and cashiers are not included in your group's regular shift count.

* If you would like to serve as a daily supervisor, contact Mickey Wolff, Fair Kitchen Committee Chairman. If you would like to serve as a cashier, contact LeeAnn Barton, Treasurer. Their phone numbers are listed in the yearbook. **These duties will be in addition to working your two required shifts in the kitchen. There will be a training session/orientation for both cashiers and shift supervisors.**

* A meal with a **\$7.00 limit** will be provided for each 3-hour shift worked. The ticket is to be used for the worker's food only, not other family members. **If your food purchase exceeds the \$7.00 limit, you must pay the difference.** Drinks (tea, lemonade and coffee only) are free while you are working.

* If the shifts are too long, you may want to split them with someone.

* **Who can you recruit to work in the kitchen?** Adult child or grandchild, spouse, neighbor, friend, college students are good options. People who need to do community service hours --- Dea will be glad to write them a letter documenting the time they worked and what they did to volunteer.

If you (or your replacement) have any physical limitations or health concerns (i.e., can't lift, can't stand for a long period of time), **please** note those on the fair kitchen work schedule sign-up sheet.

*Thank you in advance to your dedication and hard work!

Mickey Wolff, Fair Kitchen Committee Chairman; Donna Cook, Fair Kitchen Manager; Pat McNally, President

Strawberry Fruit Salad

I made this recipe at the Stillwater Farmers' Market and it is easy and delicious! Enjoy!

2 T. honey	6 cups hulled fresh strawberries, halved (or quartered if large)
2 T. lemon juice	2 cups fresh blackberries
¼ cup finely chopped fresh mint	

Whisk honey and lemon juice in a large bowl. Add strawberries and blackberries; gently toss to coat. Let stand at least 30 minutes and up to one hour. Stir in mint just before serving. Serves 8 (3/4 cup servings)

Nutrition Facts (per serving): 70 calories; total carbohydrate 17g; dietary fiber 4g; total sugars 12g; added sugars 4g; protein 1g; total fat 1g; Vitamin A 207IU; Vitamin C 77mg; folate 40mcg; sodium 3mg; calcium 35mg; iron 1mg; magnesium 24mg; potassium 252mg

<https://www.eatingwell.com/recipe/253056/strawberry-fruit-salad/>

2023 PAYNE COUNTY FAIR

AUGUST 28-SEPTEMBER 2, 2023

(RELEASE ENTRIES on Tuesday, September 5th from 3:00 to 6:00 p.m.)

AGAIN THIS YEAR: OHCE fair entry sheet in each category will be completed by each local group and then brought to the fair on entry day. (No pre-entries are required before the fair this year.)

To expedite the entry process, you will need to have your local group's exhibits for each OHCE section listed on the entry sheet (clothing, home & family, canning.)

NEW THIS YEAR: Each local group will have their own table to bring their entries to the fair entry area and they need to make sure the entries are listed correctly on the entry sheets, make sure that exhibits are tagged correctly, etc. before bringing them to the OHCE Superintendents for official entering.

I will get entry sheets for each OHCE category (clothing, canning, home & family & plants & flowers) to group Presidents so you can work with your members to decide who is going to enter what items.

We will print entry tags for your entries and you will attach them to your group's entries when you come to the fair on Monday, entry day, from 9:00 a.m. to 2:00 p.m.

OHCE ENTRY DAY will be on MONDAY, August 28th from 9:00 a.m. to 2:00 p.m. All entries except plants & flowers must be entered, tagged & in place by 2:00 p.m.

OHCE Open Judging will be held at 6:00 p.m. on Monday, August 28th.

OHCE Plants & Flowers will be entered on Thursday, August 31st from 8:30 a.m. to 11:30 a.m. on the regular schedule for all plants & flowers.

Let me know if you have questions or need more information. Thank you for participating in the 2023 Payne County Fair!

2023 OHCE EDUCATIONAL FAIR BOOTH RESERVATIONS

If your group plans to make an educational booth, look on page 53 of your yearbook for more information. Sign up for a booth by Tuesday, August 1st by calling the Extension office or emailing Dea at dea.rash@okstate.edu. Your group will receive \$25 for setting up an educational booth.

Your booth can be set up on MONDAY, AUGUST 28th anytime from 9:00 a.m. to 6:00 p.m. Your booth must be completely set up by 6:00 p.m. Note that this is a different day to set up your booth than in previous years. No OHCE educational booths will be set up on Tuesday.

IMPORTANT CLASS CHANGE IN OHCE & OPEN CLASS CANNING

Based on the most current canning/food preservation guidelines, ***Picante Sauce*** can no longer be entered in the fair. Therefore, on page 45 of your yearbook, ***ONLY Salsa*** will be accepted for entries in class #3. This change has been made in the 2023 fairbook for both OHCE and Open Class Canning.

2023 Payne County Family Committee Report Senior Care Project (submitted by Kathie Tanner)

Letters were mailed to local group Presidents & Committee Members containing information for making adult bibs, lap blankets, and hand warmers. In the letter, each local group was asked to collect and distribute items to their facility of choice.

CHANGE OF PLANS ANNOUNCEMENT!

In the interest of ensuring we have an equal distribution among our care facilities this Fall, the plan has been altered as follows:

- ◆ Each local group should bring everything you have completed for distribution to the Fall County Meeting on October 17, 2023 @ 10:30 a.m. at the Payne County Expo Center Community Building.
- ◆ All items will be collected (pictures will be taken as they are brought in). Please bring a list of items and the number of each item made with you.
- ◆ The items will then be divided amongst the six (6) local groups for distribution to our Payne County care facilities. Bring boxes or bags for your local group's share of items.
- ◆ Each local group will also collect Stress Bottles and Paper Booties to fill with goodies and distribute.
- ◆ Every group's members will have their picture taken before they leave.
- ◆ Committee Members will determine the number and kinds of items to be distributed and which local groups will deliver items to each facility. There are approximately eleven (11) care facilities in Payne County.

Distribution may begin in late November and continue through December. Please remember to send Kathie Tanner, County Committee Chair, a copy of the pictures you take when items are delivered along with notes of the facilities visited and who is in the pictures for our County Report.

By taking these steps toward distribution of our labors of love there will be a more equal distribution to the Seniors of our communities and
**Payne County OHCE will continue to
*Make a Difference.***

2023 OHCE Silent Auction Fundraiser at the County Fair (submitted by LeeAnn Barton)

Last year's Silent Auction was a huge success, and we are preparing for our second Silent Auction. As your Local Groups brainstorm ideas for Auction items, look at some of the highlights from last year:

- **The highest selling items were a refinished vintage side table, an autographed professional charcoal drawing of Pistol Pete, and a collaboration of gift cards donated by two local groups. Some items had only 1 bid, others had 12.
- **We had 10 themed gift baskets; the average sale price was \$76. Also donated were 2 quilts, one sold for \$80 and one for \$135. Ann Barrows' iris collection was a big hit with 12 bids and \$135 sale price. There were 4 decorative wreaths that each brought \$50.

To maximize our space this year, **PLAN** on members entering baskets, quilts, wreaths, and furniture pieces as Fair entries. That will leave table space for items such as the iris, gift cards and donated art pieces for the display tables.

Ask businesses you frequent and art galleries to support OHCE with a tax-deductible donation! Let's nudge the community we serve to get involved.



Parents' Divorce (continued from page 1):

For older children, use conversation starters to explore feelings. Examples include "Sometimes I worry about ..." or "I'm feeling sad because ..." Another option is to read age-appropriate books about children and emotions.

Being more aware of children's emotions may require parents to be more aware of their own feelings. Divorce brings a wide range of emotions that shouldn't be ignored. Seek professional help if necessary. For more information about children and feelings surrounding divorce, check out OSU Extension fact sheet [T-2389](#).

OHCE SUMMER MEETING

TUESDAY, JULY 18th at 6:30 p.m.

It's so exciting that we are going to have the Summer County Meeting this year!

Our summer county meeting will be ***Tuesday, July 18th at 6:30 p.m. at the Expo Center Community Building.***

We are again this year going to have a **Summer Salad Supper!**

Please bring a salad and/or dessert.
We need several people to bring main dish salads (chicken salad, taco salad, salads with protein, etc.) We will not have any meat purchased by OHCE.

The program, ***"Be the One! Grow with OHCE"*** will be presented by Pat McNally

Hostess groups are:

Registration: Lunch Bunch

Decorations: Elm Grove

Set Up & Clean Up: Rising Star

It will be so good to enjoy delicious food and fellowship at this meeting!

LEADER LESSON for August

Meetings is:

Tuesday, July 18th at 5:30 p.m. at the Expo Center

The Leader Lesson is ***"Is Your Glove Box Ready for an Emergency?"*** and will be taught by Trinity Brown, Pawnee County FCS Extension Educator.

The leader lesson will be held at **5:30 p.m. on Tuesday, July 18th at the Expo Center Community Building**, in-person only.

If you are the lesson leader, please plan to attend the lesson and the lesson is also open to everyone!

LEADER LESSON for September

Meetings is:

Tuesday, August 8th at 2:00 p.m. at the Extension Office

The Leader Lesson is ***"Families & Mental Health."***

The leader lesson will be held at **2:00 p.m. on Tuesday, August 8th at the Extension Office**, in-person only.

If you are the lesson leader, please plan to attend the lesson and the lesson is also open to everyone!

Welcome, Hannah!

There's a new face at the Extension Office! Hannah Hawkesworth is a native of Bakersfield, Calif., where she and her family raised show pigs for 17 years. Growing up in a valley rich in agriculture production, Hannah's passion for the industry and livestock began at a young age. Her passion for youth development comes from years of experience in livestock show management.

Hannah recently obtained her master's degree in Agricultural Communications at Oklahoma State University. Prior to attending OSU, she obtained her Bachelor of Science in agricultural business from Fresno State University. As a Communications and Marketing/4-H Educator, Hannah will be responsible for sharing the story of Extension with the Payne County community through visual and written communications and assist in providing youth development opportunities to 4-H members. We are excited to have Hannah join the Payne County OSU Extension team!



Greek Tortellini Salad

Fresh cheese tortellini and classic Greek salad ingredients like tomatoes, cucumbers and red onion come together for a fast side dish that's perfect for potlucks, picnics and other casual gatherings.

By **Carolyn Casner** | Updated on July 6, 2018

Prep Time: 20 mins

Total Time: 20 mins

Nutrition Profile:

Egg Free Low Sodium Low-Calorie Nut-Free Soy-Free Vegetarian

Ingredients

10 ounces refrigerated cheese tortellini (2 1/2 cups)

¼ cup crumbled feta cheese

3 tablespoons extra-virgin olive oil

2 tablespoons red-wine vinegar

1 tablespoon chopped fresh oregano

½ teaspoon ground pepper

¼ teaspoon salt

1 cup chopped tomatoes

1 cup chopped cucumber

1 cup sliced spinach

¼ cup chopped red onion

Directions

Step 1

Bring a large pot of water to a boil. Add tortellini and cook until just tender, about 4 minutes. Drain.

Step 2

Meanwhile, whisk feta, oil, vinegar, oregano, pepper and salt together in a large bowl. Add tomatoes, cucumber, spinach, red onion and the cooked tortellini. Toss to coat.

Tips

To make ahead: Refrigerate for up to 1 day.

Nutrition Facts

Per serving: **Serving Size 1 cup** 239 calories; total carbohydrate 25g; dietary fiber 2g; total sugars 2g; protein 8g; total fat 12g; saturated fat 4g; cholesterol 25mg; vitamin a 846iu; vitamin c 7mg; folate 54mcg; sodium 353mg;

calcium 119mg; iron 1mg; magnesium 22mg; potassium 188mg



Payne County Home & Community Education

JULY 2023



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Editor...

Dea Rash
Extension Educator
FCS/4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Cimarron Valley Floral Valley (NEW meeting day)	11 Elm Grove	12	13 Lunch Bunch Rising Star	14	15
16	17	18 5:30—Leader Lesson—Expo 6:30—Summer County Meet- ing—Expo	19	20 Cherokee	21	22
23	24	25	26	27	28	29
30	31	August 1 OHCE Educa- tional Booth Reservations Due				