



PAYNE COUNTY
EXTENSION

NOVEMBER 2024

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

Behavioral Connection Between Mental Health & Substance Abuse

What influences the choices people make? Biological, social, psychological and behavioral aspects come into play.

Ty Gregson, [Oklahoma State University Extension](#) opioid and substance misuse assistant specialist, said all behavior, even what most would consider to be an unwise choice, makes sense in context.

“It may sound unreasonable that behavior makes sense in context, but it actually means people don’t often do things that are destructive, unhealthy, unwise, risky or dangerous without reason,” Gregson said. “Behaviors are in response to something they don’t know how to resolve and often are destructive when people are the most at loss or overwhelmed. In other words, destructive behaviors are made as an attempt to solve a problem.”

There are three main issues people try to resolve through destructive behavior such as substance abuse: fitting in, finding relief and feeling wanted.

Gregson said relationships are a key part of development for teens and young adults. While discovering identity and relationships, individuals interact with other to try to discover this information while trying to fit in.

“When attempting to fit in, people may experience peer pressure. Do they succumb to peer pressure because they don’t know better, haven’t been taught other ways or are looking for help but haven’t found it? This can be an issue when there’s pressure to engage in risky behavior as adolescents are still learning,” he said.

Those who experience anxiety, depression or physical pain are searching for relief. Because these are common uncomfortable experiences, Gregson said people often attempt to eliminate the discomfort as quickly as possible. While understandable, the choices for quick relief may come with unfortunate consequences.

“While they work initially, our bodies become tolerant of most substances. This creates an unhealthy pattern because the body requires a larger dose to feel relief,” he said. “This pattern can be scary and destructive in finding relief.”

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](https://www.facebook.com/paynecountyextension)

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(yes, it's one word)
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PAYNE COUNTY OHCE NEWS



2025 OHCE Achievement Day

OHCE Achievement Day will be held on **Tuesday, January 21, 2025 at 11:00 a.m. in the Community Building at the Expo Center.**

Mark your calendar and plan to attend!

LEADER'S LESSON THIS MONTH

doesn't happen because December is a free month for you to plan a program of your choice!

LEADER LESSON for January 2025

will be mailed out to lesson leaders instead of having a leader lesson on in early December.

"Clutter Management & Decluttering Tips" will be the perfect topic to start off the new year!

RULES FOR PHOTOGRAPHY CONTEST

Photo must be of an OHCE activity and members, in color, with photo no larger than 5 X 7 inches.

Photography must be taken by an OHCE member during the previous year.

Mount photo on mat board no larger than 5x7 inches, do not attach to a folder.

LABEL should be placed on the back of the mat board: include name, county, and district. Also place a label with a caption briefly describing the activity pictured and place on front of the matting. Photos become the property of OHCE for promotional purposes. Photos judged on photography skills. All photography entries are due to the Extension Office by Friday, January 3, 2025 at 4:30 p.m.

ALL REPORTS ARE DUE FRIDAY, JANUARY 3, 2025

Forms for state reports and award book applications can be found online at:
ohce.okstate.edu

Secretary's packets, including participation forms, new secretary books and other materials will be available for pickup at the Extension Office soon. Award forms will be available soon and they are due on **Friday, January 3, 2025 at 4:30 p.m.**, along with the secretary's books, participation forms, and all the rest. **Every group needs to fill out these forms.** If you need more forms, information, or help, let me know.

Payne County OHCE will give cash prizes for the top three outstanding award books in each project area on both the LOCAL LEVEL and the COUNTY LEVEL to encourage more participation in this area!!

First place award is \$10.00; Second place award is \$7.50; third place award is \$5.00.

Applications for ***outstanding OHCE Member, Rookie Member, Young Member and Heart of OHCE*** will be available soon.

Please nominate someone from your group for every category and encourage them to start working on their application now. **Each group has members who deserve to be recognized for what they do.** Applications are due **Friday, January 3, 2025 at 4:30 p.m.**

THANK YOU!!!

for providing all the delicious baked snacks for "Say YES to FCS" (Family & Consumer Sciences) Day. Everything was delicious and the students and adults appreciated your generosity!!

Each local group received \$20.00 as a token of appreciation for providing the treats. They were a big hit & everything was delicious!



NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Cimarron Valley Floral Valley Veterans' Day Holiday—Office Closed	12 Elm Grove	13	14 Lunch Bunch Rising Star	15	16
17	18	19	20	21 Cherokee	22	23
24	25	26	27	28 Happy Thanksgiving Office Closed	29 Thanksgiving Holiday Office Closed	30

Payne County Home & Community Education, Inc. News is published monthly by the Payne County OSU Cooperative Extension Center Family & Consumer Sciences Program, 315 W. 6th, Suite #103, Stillwater, OK 74074. To subscribe: call 405-747-8320. Subscriptions are \$7.50 as a part of the dues of the Payne County Home & Community Education.

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Editor:

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

Continued from front page:

Feeling wanted is a combination of fitting in and finding relief. People build attachments with others. Healthy attachments can lead to a strong sense of self, good social skills, reduced anxiety and improved cognitive development. When attachments aren't as strong, there can be behavioral problems, difficulty forming/maintaining relationships, struggling to focus, anxiety and engaging in risky behaviors. Gregson said people want to be loved, seen and appreciated, and when that need isn't being met, some people make poor choices to get relief or to be seen.

People must begin to recognize when and how they are using destructive or unhealthy behaviors to manage their feelings in order to find long-lasting solutions.

"Finding people who only want the best for you is important, along with finding people you can trust to share how you're feeling," he said. "It's vital to have people in your life who are willing to help you make the choices that will help you reach your potential. Healthy relationships also allow you to be that kind of person for someone else. Our goal is to be the people who provide safety, acceptance and support so all people can feel like they can reach their full potential." For more information or training on these principles, contact Gregson at 405-744-3152.

2025 OHCE Newsletter Mailing List Update

I will soon be making the mailing labels for mailing paper newsletter copies for the 2025 OHCE newsletters. If you want to change your preference from 2024, ***please let me know by December 2, 2024. We want you to have a paper newsletter if you want one. You only need to contact us if you want to receive your newsletter differently than you do right now.***

NOTE: Everyone who listed an email address on your membership card will receive the Payne County OHCE newsletter via email.

If you don't want to receive the county newsletter electronically, let me know and I can remove your email address from the roster, and you won't receive any Payne County OHCE information via email. If you want to still receive county OHCE reminder emails, you can just delete the county newsletter email when you receive it.

You will only receive the state OHCE Outreach newsletter via email if you listed an email address on your membership card and marked **YES** on your enrollment card. If you have questions, let me know.

LET'S HAVE 100% PARTICIPATION FOR AWARDS!!

I challenge each club to nominate *one member per group* for **outstanding member, outstanding rookie member, outstanding young member, and heart of OHCE awards.**

I also challenge each group to submit an award book in at least one of the following categories: **Cultural Enrichment, Family Issues, Healthy Living, Membership, and Resource Management.** We can also have some **county award book entries** if members from different groups want to help put one together. *Complete award book guidelines are online at ohce.okstate.edu*

Last but not least, let's have **lots of Life Story and Photography entries. I know you all have lots of stories and photographs that would make great entries!!!**

If you need more forms, information or help, please let me know. All award nominations are due on **Friday, January 3, 2025 by 4:30 p.m. Because these are competitive, no late entries will be accepted.**

Old-Fashioned Sweet Potato Casserole

<https://www.eatingwell.com/recipe/182547/traditional-sweet-potato-casserole/>

Serves: 16 (Serving Size: about 1/3 cup)

Thanksgiving isn't complete without a homemade sweet potato casserole. We like to sprinkle chopped pecans on top along with the marshmallows for a bit of texture.

Ingredients

- 2 ½ pounds sweet potatoes, peeled and cut into 1-inch cubes
- ¼ cup packed brown sugar
- ¼ cup unsalted butter, softened
- 1 ½ teaspoons salt
- ½ teaspoon vanilla extract
- ½ cup finely chopped pecans, divided
- Cooking spray
- 2 cups miniature marshmallows

Directions

1. Preheat oven to 375°F.
2. Place the sweet potatoes in a Dutch oven, and cover with cold water. Bring to a boil over high heat. Reduce heat to medium-high, and simmer, undisturbed until the sweet potatoes are very tender, 15 to 20 minutes. Drain; cool slightly, about 5 minutes.
3. Place potatoes in a large bowl. Add ¼ cup sugar, ¼ cup butter, 1 ½ teaspoons salt and ½ teaspoon vanilla. Mash sweet potato mixture with a potato masher. Fold in ¼ cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining ¼ cup pecans; top with marshmallows.
4. Bake at 375°F until golden and bubbling around the edges, about 20 minutes, tenting with aluminum foil that's been lightly sprayed with cooking spray (to prevent the marshmallows from sticking to it) if needed to prevent burning.

Nutrition Facts: Calories 126; Total Carbohydrate 19g; Protein 1g; Total Fat 5g; Saturated Fat 2g; Cholesterol 8mg; Sodium 252mg; Calcium 22mg



LIFE STORY ESSAY RULES

Entries must be placed in a 3-brad paper folder with **pockets** for 8 ½ X 11 paper. Information is needed in the following order: **Life story, name of author, address, county, district, & year written in the upper right-hand corner of the label on to the folder.**

The essay must be on a typewriter or computer using **Times New Roman font 12 size and double-spaced with a 1-inch left hand margin. It should be 1-3 pages in length. Do not include photographs, clipart, or news clippings.**

All life essays submitted must include the **signed Life Essay “Release Form” statement by the author giving OHCE the right to read publicly and publish without further financial compensation to the author.** I have release forms at the Extension office. **Life story essays are due on Friday, January 3, 2025 at 4:30 p.m.**

I know there are some great stories you have to share.....I encourage you to write them down!

Sweetpotatoes

Sweetpotatoes (yes, sweetpotatoes is one word), often called “dirt candy,” are a nutritional powerhouse. Unlike the white or Irish potato, which is a tuber, the sweetpotato is a root vegetable and offers a different nutrient profile rich in Vitamin A and Vitamin C as well as calcium and potassium. They support immune function and promote healthy skin.

The high fiber content in sweetpotatoes aids in digestion and helps maintain stable blood sugar levels. They also contain antioxidants like beta carotene which can help protect cells from damage and reduce inflammation.

The potassium content supports heart health by helping regulate blood pressure. They are low in calories yet high in nutrients making them a great addition to a balanced diet.



2025 OHCE MEMBERSHIP UPDATE & Lesson Preview

The 2025 Payne County OHCE membership roster has been submitted with **94 members!** **THANK YOU!** to all local group Treasurers for getting the new enrollment cards completed and submitted by the deadline. It made my job so easy!

There are lots of educational, exciting, fun things planned for Payne County OHCE in 2025 so it is going to be a great year!

Here are just a few of the lessons that will be presented this year: Sensational Salads, What's in Your Cabinet?, Hints for Better Communication, Tell Your Story with Photography, and more. Your 2025 yearbook will have the complete list of lessons.

2025-2026 PAYNE COUNTY OHCE OFFICERS

The following officers were elected at the Payne County OHCE Fall County Meeting:

Donna Cook, President-Elect for 2025
& President for 2026-2027
Jana Comer, Secretary for 2025-2026

2025-2026 Payne County OHCE Officers

Delpha Whitefield, Cimarron Valley
President for 2025

Donna Cook, Cimarron Valley
President-Elect for 2025

Kathie Tanner, Lunch Bunch
Vice-President for 2025-2026

Jana Comer, Lunch Bunch
Secretary for 2025-2026

Vina Spickler, Lunch Bunch
Treasurer for 2025

Pat McNally, Cherokee
Parliamentarian for 2025

Elizabeth McLain, Lunch Bunch
Chaplain for 2025