

# STRENGTHENING OKLAHOMA FAMILIES



## FAMILY AND CONSUMER SCIENCES

JULY 2024

### 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.

### Payne County Extension Office

#### Address

315 W. 6<sup>th</sup> 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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Easy Fruit Salad

# 2024 OHCE FAIR KITCHEN

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

**Monday, August 19th, Tuesday, August 20th, Wednesday, August 21st  
& Tuesday, September 3rd, 2024**

Fair Kitchen Setup & Pie Filling Prep Day will be **Tuesday, August 20th** and  
Pie Making & Food Prep Day will be on **Wednesday, August 21st**

2024 Fair Kitchen Cleanup & Setup will be **Monday, August 19<sup>th</sup> at 9:00 a.m.**; Pie Filling Prep Day will be **Tuesday, August 20th at 9:00 a.m.**; Pie Making & Food Prep Day will be on **Wednesday, August 21<sup>st</sup> at 9:00 a.m.**

**\*\*Monday, August 19th**, we will start at 9:00 a.m. and work until we finish, hopefully by 1:00 p.m. or before.

**\*\*Tuesday, August 20<sup>th</sup>**, we start at 9:00 a.m. to 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 21st**, 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. 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 each day. 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 3rd** 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 attend.

## Easy Fruit Salad

2 c. chopped fresh pineapple

3 medium kiwis, peeled, halved & sliced (1/4-inch)

1 c. seedless red grapes, halved

1 c. orange segments

1 medium crisp, sweet apple (Gala or Pink Lady), cubed

2 T. fresh lime juice

Combine pineapple, oranges, kiwis, apple, grapes & lime juice in a large bowl. Let stand for 5 minutes, tossing occasionally, before serving. Refrigerate in an airtight container for up to 3 days.

**Nutrition Facts: (6-1 cup servings):** 79 calories; sodium 2mg; total carbohydrate 25g; dietary fiber 4g; total sugars 19g; protein 1g; vitamin C 73mg; calcium 32mg; potassium 248mg

<https://www.eatingwell.com/recipe/7996799/easy-fruit-salad/>

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

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

The Tuesday kitchen schedule is from 9:00 a.m. to 7:00 p.m. Wednesday through Saturday. The kitchen will open at 8:00 a.m. and close at 9:00 p.m. on those days. Kitchen staff who will be opening the kitchen must arrive at least 30 minutes prior to opening times. For all shifts, please arrive at least 30 minutes early to receive assignments and allow time to talk with the member whose shift you will now be covering. There are workstation instructions located at each table/location. When you arrive, please read over these carefully. These will help you know your duties and the necessary equipment for your station. This year EVERYONE is responsible to WASH and RETURN ALL of their work stations utensils. There will NOT be a dishwasher position. That position will monitor the wash sink to be sure it is ready; clean customer tables and trays and lend a hand when the Supervisor needs help.

### **FAIR KITCHEN SUPERVISOR ORIENTATION:**

If you volunteered to be a Fair Kitchen Supervisor, the training will be held on Wednesday, August 21<sup>st</sup> at 1:30 p.m. in the fair kitchen.

### **FAIR KITCHEN CASHIER ORIENTATION:**

If you volunteered to be a Fair Kitchen Cashier, the training will be held on Wednesday, August 21<sup>st</sup> at 10:00 a.m. in the community building. Vina is currently recruiting cashiers so if you are available and can handle money and make change well, please let Vina know when you can help with this important job.

Thank you in advance for your dedication and hard work!

### **FAIR KITCHEN SHIFTS AND SUPERVISORS:**

Mickey will begin the process of contacting outside volunteers to fill any open fair kitchen shifts as soon as she has received each group's schedule. The goal is to have the open slots filled by July 19th. We will bring each group's schedule to the Summer County Meeting on July 23<sup>rd</sup>. Each group's schedule will show the name(s) of the outside volunteer(s) who have offered to work the open shift(s). If there are ANY remaining open shifts, your group will have time to find someone to work that shift.

As of this time, all Kitchen Supervisor slots are filled. Kitchen Supervisor training will be held on Wednesday, August 21<sup>st</sup> at 1:30 p.m. in the fair kitchen.

Mickey Wolff, Fair Kitchen Committee Chair; Donna Cook, Fair Kitchen Manager; Dee Porter, President

## **Baked Parmesan Tomatoes**

4 tomatoes, halved horizontally  
1 tsp. chopped fresh oregano  
4 tsp. extra-virgin olive oil

1/4 c. freshly grated Parmesan cheese  
1/4 tsp. salt  
Freshly ground pepper to taste

Preheat oven to 450 degrees. Place tomatoes cut-side up on a baking sheet. Top with Parmesan cheese, oregano, salt & pepper. Drizzle with oil. Bake until the tomatoes are tender, about 5 to 15 minutes.

**Nutrition Facts: (4 servings):** 86 calories; total fat 6g; saturated fat 2g; cholesterol 4mg; sodium 387mg; total carbohydrate 6g; dietary fiber 2g; total sugars 3g; protein 3g; vitamin C 17mg; calcium 58mg; iron 0mg; potassium 304mg

<https://www.eatingwell.com/recipe/249254/baked-parmesan-tomatoes/>

# 2024 PAYNE COUNTY FAIR

**AUGUST 26-31, 2024**

**(RELEASE ENTRIES on Tuesday, September 3rd 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.)

**AGAIN THIS YEAR:** Each local group will have their own table in the building 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 26th 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 26th.**

**OHCE Plants & Flowers** will be entered on Thursday, August 29th from 7:00 a.m. to 1:00 p.m.—note the extended time for entries this year. Each OHCE group will have one table outside to get your entries organized before bringing them into the building to enter. The tables will be first come/first serve. This year, they will be further away from the Exhibit Hall doors to keep from impeding the flow of traffic for those entering open class plants & flowers.

On both entry days, please unload entries from your car then park your car before working on your group's entries.

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

## **2024 OHCE EDUCATIONAL FAIR BOOTH RESERVATIONS**

If your group plans to make an educational booth, look on page 54 of your yearbook for more information. Sign up for a booth by Thursday, August 1st by calling the Extension office or emailing Dea at [dea.rash@okstate.edu](mailto:dea.rash@okstate.edu). Your group will receive \$25 for setting up an educational booth.

**Your booth can be set up on MONDAY, AUGUST 26th 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.

### **NEW! Master Wellness Volunteer Program**

Individuals interested in health and wellness are being sought to become **Master Wellness Volunteers**. These individuals will work with Payne County OSU Extension and the FCS Extension Educator, Dea Rash, to provide information that will help Oklahomans make informed decisions, enhance their quality of living and meet unique challenges affecting their families, farms, communities and the economy.

“OSU Extension has so much research-based information about healthy living to offer that can make a difference in the lives of all Oklahomans,” said Suzette Barta, Coordinator of the Master FCS Volunteer programs, “The volunteers will play a vital role in sharing information about safe and healthy cooking, diabetes prevention, exercise, mental health, financial planning and more. We want to build bridges that will help provide this valuable information to more people.”

Applicants selected for the Master Wellness Volunteer program must be Master Family and Consumer Sciences Volunteers or become one immediately, or be a certified 4-H volunteer who has reviewed certain lessons from the Master FCS Volunteer training.

Training requires 25 hours of instruction consisting of a six-hour in-person orientation; six weekly 90-minute Zoom lessons; five core subject training videos; and five hours of internship. **The in-person training will take place October 22, 2024 in Kingfisher County.**

Once training is complete and individuals become Master Wellness Volunteers, they are encouraged to assist with or potentially lead educational wellness activities in their county, volunteering at least 25 hours over the next year. Volunteers will need to engage in 10 hours of continuing education over the next year.

The cost of the program is \$50 and includes a meal at the Oct. 22nd training. **Applications are available at the Extension Office and are due to the Payne County Extension office by August 16, 2024.** For additional information, contact Dea Rash at 405-747-8320 or email Dea at [dea.rash@okstate.edu](mailto:dea.rash@okstate.edu).

### ***Parents Who Invest in Themselves Reap Dividends (continued from front page):***

“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.

**OHCE SUMMER MEETING**  
***TUESDAY, JULY 23rd 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 23rd 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.**

Hostess groups are:  
Registration: Elm Grove  
Decorations: Cimarron Valley  
Set Up & Clean Up: Lunch Bunch

**NEW HOURS FOR PAYNE COUNTY OSU EXTENSION OFFICE**  
Effective Thursday, August 1, 2024, the Payne County OSU Extension Office hours of operation will be adjusted to ***8:00 a.m. to 4:30 p.m. each day.*** The office will be open during the lunch hour except for occasional instances when Educators and staff are conducting educational programs.

**LEADER LESSON for August Meetings is:**

**Tuesday, July 23rd at 5:30 p.m. at the Expo Center**

The Leader Lesson is ***"How to Be a Good Worker Bee"*** 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 23rd at the Expo Center Community Building.**

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 ***"Nature & You"***

The leader lesson will be held at **2:00 p.m. on Tuesday, August 6th at the Extension Office.**

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

**Baking Supplies Project by Healthy Living Committee**

We have received some donations but this worthwhile project is still going on! Plan to bring your baking items donations to the Extension Office or bring them to the **Summer County Meeting on Tuesday, July 23rd. At the county meeting, we will take pictures of all of the donations received before they are donated to Our Daily Bread at the end of July.**

**Items Needed**

2 lb. bags or 5 lb. bags of sugar or flour  
Cinnamon  
Brown Sugar  
Baking Soda  
Baking Mixes (cake mix, brownie mix, cookie, mix, etc.)

Vegetable Oil  
Vanilla  
Powdered Sugar  
Baking Powder  
Other baking supplies are also welcome