



Gearing up for Fall Home Energy Management

Oklahoma residents know they'll be running the air conditioner and fans in their homes for several more weeks, but that doesn't mean fall energy management preparations should be put off.

Nearly half of the energy used in your home goes to heating and cooling, said Gina Peek, [Oklahoma State University Extension](#) housing and consumer specialist and interim associate dean.

"Making smart decisions regarding your home's heating and cooling system can have a big impact on utility bills. A few simple steps around the home can pay big dividends when the weather cools down," Peek said. "Think back to the deep freeze Oklahoma experienced in February this year and remember how your utility bills reflected the increased energy usage."

The easiest and least expensive way to increase system efficiency is to change the air filter regularly. Check it once per month and change it, at minimum, three times per year.

"A dirty filter slows down air flow and makes the system work harder to keep you warm or cool," said Scott Frazier, OSU Extension energy management specialist and associate professor in the [department of biosystems and agricultural engineering](#). "A clean filter also will prevent dust and dirt from building up in the system, which could lead to a costly repair or an early system failure."

Just like people go to the doctor and get a yearly checkup or schedule their vehicle for a tune-up, it's important to do the same for your HVAC system. In the fall, check all gas or oil connections, gas pressure, burner combustion and heat exchanger. Improper connections can be a fire hazard and can contribute to health problems.

Frazier said a smart thermostat is a great investment for homeowners to help lower utility bills.

"A smart thermostat lets you control the home's heating and cooling temperature settings from a smart device such as a cell phone, tablet or computer," he said. "These thermostats are Wi-Fi enabled, which allows access to its temperature and other features through an app downloaded on your smart device."

Another option is a programmable thermostat that allows homeowners to set the temperature for different times of the day. For example, the heat can be set to automatically turn down to a specified temperature when everyone goes to bed and automatically turn up in the morning.

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FAIR KITCHEN UPDATES AND REMINDERS

All of the important information about the fair kitchen, including the worker schedule, was in last month's newsletter to be sure to check it out.

Please make a list (**name and phone number**) of who is working each shift when your group is scheduled to work and turn the list into the Extension Office by **Friday, August 13th at 4:30 p.m.**

The list of workers will be available in the kitchen for the Daily Shift Supervisors.

If you would like to be a **Daily Shift Supervisor**, please let **Debbie Zetterberg, Fair Kitchen Committee Chairman**, know as soon as possible. Debbie's number is (405)612-3733. There are plenty of opportunities to serve in this important fair kitchen role.

If you sign up to be a **Daily Shift Supervisor**, please plan to attend the Daily Shift Supervisor kitchen orientation meeting which will be held on **Monday, August 16th at 1:00 p.m. in the Expo Center Kitchen**. *If you are on the fence about being a shift supervisor, call Debbie who can help find you an easy shift & make sure you are comfortable with the position.*

Fair Kitchen Work Schedule: Please make sure **ALL** of the shifts assigned to your group are filled. That may mean that your members will need to work more than one shift or recruit additional non-OHCE member volunteers. The worker schedule is scaled down as much as possible and the kitchen cannot be run without all shifts completely filled. **THANK YOU!!** for going the extra mile to make the fair kitchen fundraiser a success!

*Plan to come and help prepare the kitchen and make pies and prepare other food for fair week on **Tuesday, August 17th and Wednesday, August 18th**. Details are in last month's newsletter.*

HOW YOUNG CAN FAIR KITCHEN WORKERS BE?

If your club must get help from additional volunteers for their fair kitchen shifts and you want to use teenagers, **they must be 14 years old or older** to work in the kitchen. *In addition, they need to be mature and responsible and ready to work.*

You can only have a maximum of (2) teenagers on each shift—the rest of the workers must be adults 18 or older. There are only certain jobs that teenagers can do (serving food, washing dishes, getting pies, etc.) They will not cook burgers, use knives, etc.

While teenagers can certainly be helpful filling in the gaps, please get teenagers to work only after you have exhausted all of your options to secure adult workers.

Home Energy Management (continued from front page)

Another area to check on is the ductwork in the home.

The ducts that move the air often can be big energy wasters.

Sealing and insulating ducts can significantly improve the efficiency of your air system. Start with the ductwork that runs through unheated/uncooled parts of the home such as the attic, crawl spaces and garage, then move to heated/cooled spaces in the home.

If your heat and air system is older or simply isn't heating and cooling effectively, have it evaluated by a professional, Peek said.





PAYNE COUNTY OHCE NEWS



PAYNE COUNTY FAIR REMINDERS

AUGUST 23-28, 2021

(RELEASE ENTRIES on Tuesday, August 31st from 3:00 to 6:00 p.m.)

ENTERING YOUR OHCE EXHIBITS IS GOING TO BE DIFFERENT THIS YEAR.....please be patient, flexible and understanding as we implement this new system to continue to keep you safe this year.

NEW THIS YEAR: OHCE fair entries must be PRE-ENTERED at the Extension Office by Friday, August 13th at 4:30 p.m.

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. **You must turn in your group's completed OHCE entry sheets into the Extension office by FRIDAY, AUGUST 13TH by 4:30 p.m.** We will then print entry tags for those 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. (If you have minor changes in your entries, they can be adjusted on entry day.)

OHCE ENTRY DAY will be on MONDAY, August 23rd 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 23rd.

Note that this is a day earlier for OHCE entering & judging than in previous years.

SPECIAL NOTE: You can enter items that you had ready for the 2020 fair in this year's fair WITH THE EXCEPTION OF CANNING/FOOD PRESERVATION which must be canned after the 2020 Payne County Fair.

Canning labels for your jars have been put in your group's lesson leader packet or they can be picked up at the Extension Office or you can get them when you drop off your pre-entry sheets or when you bring your entries on entry day.

Exhibits made prior to 2020 may not be entered.

OHCE Plants & Flowers will be entered on Thursday, August 26th from 8:30 a.m. to 11:30 a.m. on the regular schedule for all plants & flowers.

OHCE fair entry sheets have been given to local group Presidents. Let me know if you have questions or need more information. The new system will be different this year but I hope that it will work smoothly and efficiently. Thank you for participating in the 2021 Payne County Fair!

Be sure to sign up for your group's educational booth by Monday, August 2nd!

May OHCE Month Promotion Winner

CONGRATULATIONS!! to LUNCH BUNCH OHCE who submitted a portfolio of their May OHCE Month activities! They will receive a \$50 award!!

OHCE LEADER LESSON & EDUCATIONAL PROGRAM

“Promoting Diversity & Inclusion”

This State OHCE leader lesson & educational program will be taught on **Tuesday, August 10th at 2:00 p.m. in person at the Extension Office and via ZOOM.**

I'll email the link to OHCE members when it gets closer. Lesson leaders are encouraged to attend either in person or via Zoom.

Payne County OHCE Scholarship Winners

CONGRATULATIONS! to the 2021 Payne County OHCE Scholarship Winners!

Jessica Werner graduated from Perkins-Tryon High School and plans to attend Northern Oklahoma College in Stillwater and study Agricultural Science with a Business Option.

Maci Robison graduated from Stillwater High School and plans to attend Northern Oklahoma College in Stillwater and study Nursing.

Okra with Tomatoes

4 garlic cloves, sliced	3 T. olive oil
4 c. okra pods, halved lengthwise	1 small onion, cut in wedges
1 pint cherry tomatoes, halved	1 T. apple cider vinegar
Salt & Pepper to taste (optional)	

Sauté sliced garlic cloves in olive oil over medium heat until golden. Add okra and onion. Season with salt and pepper and cook until the okra is tender and bright, 10 to 12 minutes. Add cherry tomatoes; cook until tomatoes are just bursting, about 3 minutes. Finish with apple cider vinegar.

Serves: 12

Nutrition Information (per serving): 66 Calories; 4g Fat; Trace Saturated Fat; 2g Monounsaturated Fat; Trace Polyunsaturated Fat; 0mg Cholesterol; 8g Carbohydrate; 3g Dietary Fiber; 2g Protein; 97mg Sodium; 282mg Potassium; 61mg Calcium; 1mg Iron; Trace Zinc; 20mg Vitamin C; 605IU Vitamin A; .1mg Vitamin B6; 0mcg Vitamin B12; .1mg Thiamin; Trace Riboflavin B2; 65mcg Folicin; 1mg Niacin

Recipe prepared for Stillwater Farmers' Market, July 14, 2021
Dea Rash, Ext. Educator, FCS/4-H Youth Development, Payne County
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Healthy Mexican Street Corn

6 medium ears sweet corn, husks removed
½ c. light sour cream
¼ c. light mayonnaise
1 tsp. garlic, minced
¼ tsp. chili powder
¾ tsp. salt
1 tsp. lime zest from fresh lime
1 T. lime juice from fresh lime
½ c. feta cheese, crumbled
½ c. fresh cilantro, chopped
1 tsp. crushed red pepper

Heat grill to 400 degrees F. Clean grates once it is heated. Add a small amount of cooking oil to grill. To make sauce, in a bowl, whisk together sour cream, mayonnaise, garlic, salt, chili powder, lime zest and lime juice. Set aside.

Grill corn by placing husked corn directly on grill grates. Grill corn for about 3-5 minutes or until kernels begin to turn golden brown and look charred. Turn over and repeat. When all sides are browned, remove corn from grill onto a plate.

Using a pastry brush, coat each ear of corn with sour cream mixture. Sprinkle with crumbled feta cheese then sprinkle with crushed red pepper and cilantro.

Serves: 6

Nutrition Information (per serving): 150 Calories; 6g Fat; 2g Saturated Fat; 5g Protein; 22g Carbohydrate; 2g Dietary Fiber; 7g Sugar; 14mg Cholesterol; 451mg Sodium; 289mg Potassium; 87mg Calcium; 1mg Iron; 7mg Vitamin C; 483IU Vitamin A

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Editor...

Alma Raab

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Payne County Home & Community Education AUGUST 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Cimarron Valley Pine Vale	2—Leader Lesson—CAB Elm Grove	2—Fair Kitchen Clean- up & Pie Filling Prep Day	9—Pie Making Day	Floral Valley Lunch Bunch Rising Star	4:30—Pre- entries & Shift Schedules DUE/Extension	
15	16	17	18	19	20	21
1—Daily Shift Supervisor Orientation Meeting/Kitchen	8:30—Fair Kitchen Clean- up & Pie Filling Prep Day	9—Pie Making Day	Cherokee			
22	23	24	25	26	27	28
9 to 2—OHCE Entries & Booth Setup/Expo 6—OHCE Judging	8—Open Class Entry Day	Open Class Judging	8:30—Plants & Flowers Entries 2—Plants & Flowers Judging			
29	30	31				
		10—Fair Kitch- en Wrap-Up 3-6—Entry Release Day				