



### Sunscreen is a Must Year-Round to Protect Skin

Summer is officially here, and that means people will be spending more time in the great outdoors. To help ensure skin safety in the sun, it's a good idea to be vigilant with sunscreen. With so many types available, choices are difficult. And what do those numbers really mean?

Smart sun-lovers know that sunscreen will help protect them and their families from sunburn and reduce the odds of skin cancer. How they use such products – in conjunction with other protective measures – makes a big difference, said Gina Peek, Oklahoma State University Extension housing and consumer specialist.

“Not only can a sunburn be painful, it also causes early skin aging,” Peek said. “Sunscreen is an effective tool we have to help keep our skin protected as long as it is used properly. One application before leaving the house to spend hours in the sun simply won't cut it.”

Peek said research indicates sunscreen users overall still get sunburned frequently, which may be due to products not being used frequently enough, inadequate quantities, or applying and reapplying protection too late. Staying outdoors longer and not wearing protective clothing are key considerations as well, as is the time of day.

“The sun is stronger in the middle of the day compared to early morning and early evening hours. Your risk of sunburn is higher at mid-day,” she said.

To help cut down the risk of exposure, a broad-spectrum sunscreen with a sun protective value of at least 15 should be used. The SPF value indicates the level of sunburn protection provided by the product; the larger the number, the stronger the shield.

It's also important to follow directions on the package for correct application and how often the sunscreen should be reapplied. Typically, sunscreen should be reapplied at least every two hours, and more often for those who are in and out of the water or sweating.

Peek said enough sunscreen should be used to cover a person's entire face and body. An average-size person needs at least one ounce of sunscreen to do the job, which is about the amount needed to fill a shot glass.

Retail shelves are stocked with many sunscreen forms, including lotions, creams, sticks, gels, butters and sprays, all of which may have different application directions. The words, “broad spectrum,” on a label refer to chemicals that provide the widest range of protection from types of ultraviolet (UV) radiation.

“Remember to apply sunscreen to all exposed skin, including ears, nose, lips, back of the neck, hands and the tops of your feet,” she said. “Also, use it along the hairline, as well as areas of the head that are exposed by balding or thinning hair.”

Peek said people often have sunscreen leftover from the previous year. However, it is a good idea to check the label for an expiration date. Expired sunscreen should be thrown away because there is no assurance it is still a safe product to use.

In addition to using sunscreen appropriately, there are other sun-protective measures that can be taken. For example, wear lightweight, light-colored long-sleeved shirts, pants, sunglasses and wide-brimmed hats to minimize sun exposure. Consumers may think long sleeves during the summer would be uncomfortably warm, but modern light-weight materials can be quite comfortable.

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# There will be NO OPEN, OHCE OR 4-H EXHIBITS AT THE 2020 PAYNE COUNTY FAIR

After visiting with local group Presidents who have been in contact with their local group members, the consensus is that most groups do not want to have OHCE exhibits or educational booths at this year's fair due to the COVID-19 virus pandemic.

Therefore, I am writing to let you know that Payne County OHCE fair entries and educational booths will not be happening at the fair this year. All open class exhibits have been cancelled as well and Payne County 4-H exhibits will be entered and judged but will not be on display for viewing. The north exhibit hall will be closed for this year.

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

Let me know if you have any questions or need more information. Thank you for your flexibility and understanding during these unprecedented times. Please continue to take care of yourself and stay safe and healthy. Wear a mask, wash your hands, don't touch your face and get out and take a walk and enjoy the sunshine when you can. Call and check on each other and if there's anything I can do to help you or anything I can get you if you cannot get out, please don't hesitate to let me know.

## OHCE LEADER LESSON & EDUCATIONAL PROGRAM

### “GUT HEALTH”

OHCE leader lesson & educational program will be taught on **Tuesday, August 11th at 2:00 p.m. via ZOOM**. Here's the Zoom link for the meeting:

<https://dasnr.zoom.us/j/96560798228>

I'll also email the link to OHCE members when it gets closer. The public is welcome to attend.

### Sunscreen: Ask the Expert

The Skin Cancer Foundation recommends a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended outdoor activity. **Regardless of the SPF, though, it's important to apply one ounce (two tablespoons) 30 minutes before going outside and reapply it every two hours or immediately after swimming or sweating.**

<https://www.skincancer.org/blog/ask-the-expert-does-a-high-spf-protect-my-skin-better/>

## Sunscreen is a Must (continued from front page)

“Families will be spending a lot of time together this summer, whether in the backyard, riding bikes, hiking or a variety of other activities,” Peek said. “Using sunscreen properly is just one way to help keep your family safe on all of their adventures.”

## The Shadow Rule

An easy way to tell how much UV exposure you are getting is to **look for your shadow**:

If your shadow is taller than you are (**in the early morning and late afternoon**), your UV exposure is likely to be lower.

If your shadow is shorter than you are (**around midday**), you are being exposed to higher levels of UV radiation. Seek shade and protect your skin and eyes.

<https://www.epa.gov/sunsafety/uv-index-scale-0>

Sometimes when you ask a question, you realize it's the wrong question. **Maybe the better question would be, “What is the best overall strategy to protect my skin?” Here's the answer: It's important not to rely on high-SPF sunscreens alone.** No single method of sun defense can protect you perfectly. Sunscreen is just one vital part of a strategy that should also include seeking shade and covering up with clothing, including wide-brimmed hats and UV-blocking sunglasses.

<https://www.skincancer.org/blog/ask-the-expert-does-a-high-spf-protect-my-skin-better/>



# Blueberry Basics



In addition to their sweet, delectable flavor and visual appeal, blueberries are jam-packed with good nutrition. They're a convenient little berry – use them at home in baked goods, pancakes, salads, smoothies and sauces, or, simply rinse and eat – no peeling, pitting or slicing needed!

## How to Buy Blueberries

Fresh blueberries are available year-round. You can buy North American blueberries from April through October, and South American blueberries from November through March. The peak season for fresh blueberries runs from mid-June to mid-August. Like fresh blueberries, frozen, canned and dried are never out of season.

When purchasing fresh blueberries, look for firm, plump, dry berries with smooth skins and a silvery sheen. Containers with juice stains indicate that the fruit may be bruised.

## How to Store Fresh Blueberries

Refrigerate fresh blueberries as soon as you get them home, in their original plastic pack or in a covered bowl or storage container. Wash berries just before use. Use within 10 days of purchase.

## How to Freeze Blueberries

The secret to successful freezing is to use berries that are unwashed and completely dry. Discard berries that look bruised or shriveled. Place the berries, still in their original plastic pack, in a re-sealable plastic bag. Or, transfer berries to freezer containers or resealable freezer bags. The berries will freeze individually and you can remove just the portion you need. Remember to rinse them before using.



## BLUEBERRY SERVING SUGGESTIONS



Add blueberries to your favorite muffin recipe—about 1 cup for each batch of 12 muffins. Gently stir in the blueberries at the end (unthawed, if frozen).



Dot pancake batter with blueberries as soon as batter has been poured on the griddle.



Layer blueberries with flavored yogurt and granola cereal in a tall glass.



Sprinkle blueberries and chopped walnuts over dressed mixed salad greens.



Serve blueberries with yogurt or a scoop of cottage cheese.



# Blueberry Salsa

[https://www.recipegirl.com/wprm\\_print/59871](https://www.recipegirl.com/wprm_print/59871) (shared from Southern Living)

## Ingredients

- 2 cups fresh blueberries, chopped
- 1 cup fresh blueberries (left whole)
- 1/4 cup freshly squeezed lemon juice
- 3 tablespoons chopped fresh cilantro
- 2 medium seeded and minced jalapeño peppers
- 1/3 cup diced red bell pepper
- 1/4 cup chopped onion
- 1/2 teaspoon kosher salt
- tortilla chips, for dipping (not included in Nutrition information)

## Instructions

In a large bowl, carefully combine all ingredients.

Cover and chill until ready to serve. Serve with tortilla chips.

## Notes

- Nutritional information includes salsa only (1/4 cup per serving), but not the chips

## Nutrition

Serving: 1 serving (1/4 cup) | Calories: 26kcal | Carbohydrates: 6g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 98mg | Potassium: 53mg | Fiber: 1g | Sugar: 4g | Vitamin A: 181IU | Vitamin C: 14mg | Calcium: 1mg | Iron: 1mg



## **BLUEBERRY NUTRITION FACTS**

**Here's the skinny on blueberry nutrition. These little berries are packed with health!**

- ♦ One cup of blueberries is a serving and a one cup serving is 80 calories
- ♦ With 3.6 grams of fiber per serving, blueberries help you meet your daily recommended intake of fiber
- ♦ Blueberries contain naturally occurring sugars and fiber which are both carbohydrates
- ♦ Blueberries contribute vitamins and minerals, including Vitamin C, Vitamin K and manganese, making them a good choice to help meet nutrient needs

<https://www.blueberrycouncil.org/blueberry-nutrition/blueberry-nutrition-facts/>

## **FABULOUS HEALTH BENEFITS OF HOUSE PLANTS**

- Plants can help fight colds: This is due to their effect of increasing humidity levels and decreasing dust.
- Plants can remove airborne contaminants: Plants can remove pollutants including VOCs that cause headaches, nausea, and more.
- Plants can make you happy: Studies have shown that patients who face a garden view often recover more quickly.
- Plants can improve your mental health: Caring for a living thing can help when you're depressed and lonely, giving you a purpose in life.
- Plants can decrease your blood pressure: People with plants in their homes have less stress, and plants have been known to contribute to lower blood pressure.

## **MORE BENEFITS OF PLANTS**

- Plants can reduce carbon dioxide: During photosynthesis, plants draw carbon dioxide from the air. Removing this substance can help prevent drowsiness from elevated levels.
- Plants can prevent allergies: Exposing children to allergens, such as plants, early in life can help them build a tolerance and immunity to the allergen. It works like a custom allergy shot, naturally.
- Plants can make you brain work better: Potted plants and flowers can improve your idea generation, mood, and more.
- Plant can clear congestion: Eucalyptus in particular can help clear phlegm and congestion from your system. In fact, eucalyptus is often found in congestion remedies.

## **AND JUST A FEW MORE!**

- Plants can stop your headaches: Filing you home with plants can decrease or eliminate headaches. With plants, you're much less likely to be breathing the kind of stuffy, stale air that contribute to headaches.
- Plants provide clean air: In addition to filtering chemicals, plants also put out clean air, improving the air quality around them.
- Plants are natural humidifiers: Instead of buying a humidifier to soften the air, just bring in a plant or two.
- Plants can improve your sleep: Having plants in your bedroom will increase the oxygen in the air.

OHCE Leader Lesson  
Payne, Creek, Pawnee & Osage Counties  
August 2020  
Written by Mickey Wolff & Pat Kerns  
Payne County Master Gardeners & Payne County OHCE Members



**PAYNE COUNTY  
EXTENSION**

## Tips for Successful House Plants

1. Yellowing plant leaves can signal problems. Most people see them and automatically think the plant must need water. But it can also signal that the plant has had too much water, or is low on nutrients or light.
2. When purchasing a plant do not throw away the tag that comes with it. Reading this tag can give much needed information as to how to keep your plant healthy and happy. (If there was no tag: you can research the plant on the internet to find out what makes it healthy and happy.)
3. As to watering, either purchase a water meter, or insert your index finger an inch deep into the soil. This will tell you if the soil is dry, or not. A meter can be purchased for less than \$10 and it would leave little to guess.
4. Proper watering should be done from the top till it runs out the bottom onto the tray. Do not let the plant stand in water for more than an hour.
5. Some plants with hairy or fuzzy leaves, like African violets and Chocolate Soldier, do not like their leaves to get wet. It's best to water these type plants from the bottom, or set them in a pan with shallow water and let them have an hour to soak up the water they need.
6. Other plants do like misting, especially in the winter when the heat is on.
7. If the tips of the leaves turn brown, or have maybe curled, the plant may not like the Chlorine in the water. You can let the water stand overnight to let the chemicals dissipate.
8. If you should find that you have over watered by accident. Remove the plant from the pot and place it on several layers of newspaper to let it dry out. This may help it to recover.
9. If the plant is located by an air register, or a window, it can make a difference on the amount of time between watering.
10. Some plants and succulents differ on the amount of water needed. Some like it damper than others. Succulents usually prefer it dryer. Some constantly damp, while others prefer to dry out before watering. (If you research your plant you will determine which water condition it prefers).
11. Light can also make a difference on how well the plant will acclimate to a location. Read your tag to see if low light is enough. Most home locations only have low or moderate light at best. If you bring in a plant that is acclimated to outside it will probably drop leaves till it adjusts to the new location. A plant that needs high light will probably be slow to grow even if placed in a south or west window.
12. Before fertilizing be sure to read your tag and the label on the fertilizer for the amount of fertilizer the plant likes. If not available most plants will do well with half strength. If it is a flowering plant it will usually take the full amount recommended on the label of the fertilizer. If you like to fertilize every time you water, use only half strength. If crusty residue builds up on the pot edge then you are using too much fertilizer.
13. Most plants can benefit from being re-potted every 2 to 3 years. But some like being pot bound. See if the tag gives you any clues. If not, do some on-line research to find out what conditions the plant likes.
14. If you purchase a plant and the roots are hanging out the bottom of the pot that is a clue it is time for a new pot. When repotting only purchase a pot 1 to 2 inches bigger than the previous pot. Try to remove some of the old soil and unravel the roots, especially if they have circled in the soil. Water well after repotting.
15. Look for signs of insects when purchasing a plant because you do not want to infect any other plants you may already have. Mites are very small but the tell-tale sign is a very fine web like a spider would make, and the leaves may be mottled. Mites are very hard to get rid of with out insecticide, but try taking it to the sink and using the sprayer to flush them off. Repeat this for several days.
16. Scale are hard bodied small round or egg-shaped insects. They appear as small bumps on the stem or leaf. They can be removed by mashing them on the stem and also especially the underside of the leaf.
17. Mealy bugs are the most easily seen. They are small white masses mostly in the crevices where the leaves and stem meet. They make white fuzzy masses when they lay their eggs. These can be removed with a toothpick, if you are persistent.
18. If, or when, using an insecticide for use inside, please follow the directions on the label. Use only as a last resort.
19. NEVER use an insecticide labeled for outside.

**HAPPY GROWING**

OHCE Leader Lesson

Payne, Creek, Pawnee & Osage Counties

August 2020

Written by Mickey Wolff & Pat Kerns

Payne County Master Gardeners & Payne County OHCE Members



**PAYNE COUNTY  
EXTENSION**



# PAYNE COUNTY OHCE NEWS



## OHCE STATE AWARDS & RECOGNITION

Due to COVID-19, the 2020 OHCE State Meeting was cancelled. Had the meeting been held, Payne County would have had lots to celebrate! I will share your well-deserved recognition here.

**DEE PORTER, CHEROKEE OHCE, NORTHEAST DISTRICT  
OUTSTANDING MEMBER**

**PAT McNALLY, CHEROKEE OHCE, NORTHEAST DISTRICT  
HEART OF OHCE**

### Local Group Cultural Enrichment Project

Outstanding Project—Rising Star OHCE, Mickey Wolff (Wreaths Across America)

### Local Group Resource Management Project

3rd Place—Lunch Bunch OHCE, LeeAnn Barton (Privacy Cover Project)

### 50-Year Member Recognition

Connie Walker, Elm Grove

### 70-Year Member Recognition

Geraldine Allen, Cimarron Valley

### 70-Year Anniversary Group Recognition

Elm Grove OHCE (1949-2019)

## NO AUGUST OHCE LOCAL GROUP MEETINGS

Per OSU and CDC guidelines, this is a friendly reminder that no local OHCE group meetings are to be held nor are OHCE events (formal or informal) to be held at this time. Hopefully, more information will be forthcoming soon but the situation on group meetings remains the same as in previous months.

## Payne County OHCE Scholarship Winners

**CONGRATULATIONS!** to the 2020 Payne County OHCE Scholarship Winners!

**Luke Myers** graduated from Perkins-Tryon High School and plans to attend Oklahoma State University and study Biochemistry & Molecular Biology.

**Ralph Sartin** graduated from Stillwater High School and plans to attend Southwestern Oklahoma State University in Weatherford and study Pharmacy.

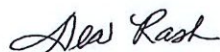


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## Watermelon Fruit Pizza

<http://www.eatingwell.com/recipe/254624/watermelon-fruit-pizza/>

1/2 c. lowfat plain yogurt                      1 tsp. honey  
1/4 tsp. vanilla extract  
2 large round slices watermelon (1" thick) cut from center of  
the melon  
2/3 c. sliced strawberries                      1/2 c. halved blackberries  
2 T. fresh torn mint leaves

Combine yogurt, honey and vanilla in a small bowl. Spread 1/4 c. of the yogurt mixture over each slice of watermelon. Cut each round into 8 wedges. Top with strawberries, blackberries and mint.

**Serves: 8 (2 wedges/serving)**

**Nutrition Facts: (per serving): Serving Size—2 wedges**  
64 calories; 0.6g total fat; 0.2g saturated fat; 1mg cholesterol; 13mg sodium; 237mg potassium; 14.6g carbohydrates; 1.4g fiber; 12g sugar; 1.9g protein 893IU Vitamin A; 22mg Vitamin C; 13mcg folate; 46mg calcium; 1mg iron; 21mg magnesium; 1g added sugar

## Coping with the COVID-19 Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

### Healthy Ways to Cope with Stress

- **Know what to do if you are sick and are concerned about COVID-19.** Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through tele-health services).
- **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories,** including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate; try to eat healthy, well-balanced meals; exercise regularly; get plenty of sleep; avoid excessive alcohol and drug use.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

