



OKLAHOMA COOPERATIVE  
EXTENSION SERVICE

January/February 2024

## STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News



### February is National Cancer Prevention Month

Cancer is a diagnosis no one wants, but it was a reality for nearly 2 million Americans in 2023, not including non-melanoma skin cancer. What's more, more than 600,000 will die from the disease.

Research shows that more than four out of 10 cancers can be attributed to preventable causes, said [Diana Romano, Oklahoma State University Extension](#) associate specialist.

"Things that are within our control include smoking, excess body weight, physical inactivity and excessive exposure to the sun, among others," Romano said. "Not using tobacco is one of the most effective ways to prevent cancer. When it comes to preventing skin cancer, it's vital to protect your skin from ultraviolet radiation, including indoor tanning devices."

To help prevent cervical cancer, consider the human papillomavirus, or HPV, vaccine. This vaccine has also been shown to help prevent head, neck and anal cancers, as well as many cases of liver cancer.

About 20% of the diagnosed cases of cancer are related to being overweight, poor diet, alcohol intake and not being



physically active. Being overweight or obese can increase a person's risk for 15 types of cancer. However, being physically active can help reduce the risk of nine types of cancer. Maintaining a healthy weight and eating a well-balanced diet are things within a person's control that can help lower the risk of developing cancer.

Romano said a diet rich in vegetables, fruits, whole grains and beans is a healthy way to help prevent some cancers. These foods are high in fiber and people should consume at least 30 grams of fiber each day.

"While fast foods can be convenient, they are typically high in saturated fat. Combo meals come with a carbonated beverage, which adds more sugar to your diet," she said. "If you can't give up sugar, try to limit sugary drinks and sweet treats just for special occasions."

Not only should you limit sugars, but also alcohol. Red meat, including beef, lamb and pork, should be limited to three servings per week, for a total of 12 ounces. Avoid or consume very little processed meats such as hotdogs, bacon and salami.

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## STEPHENS COUNTY OSU EXTENSION OFFICE

### Address

2002 South 13th Street  
Duncan, Oklahoma 73533

### Phone

580-255-0510

### Email

brenda.gandy@okstate.edu

### Website

<http://www.oces.okstate.edu/stephens>

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## Brenda Gandy-Jones

Extension Educator

FCS/4-H/CED

Stephens County

## Ways to reduce your cancer risk



**Do not smoke** or use any form of tobacco



**Avoid too much sun,** use **sun protection**



**Make your home smoke-free**



**Reduce indoor and outdoor air pollution**



**Enjoy a healthy diet**



**Be physically active**



**Breastfeeding** reduces the mother's cancer risk



**Limit alcohol intake**



**Vaccinate your children** against Hepatitis B and HPV



**Take part in organized cancer screening programmes**

### Continued from page 1

Physical activity is important to overall health, and Romano said pre-school-age children need at least three hours of physical activity each day to enhance growth and development. School-age children and adolescents should try to get in 60 minutes or more each day, as well as take part in bone-strengthening exercises at least twice per week.

“Adults should strive for 150 minutes or more of physical activity each week, along with bone-strengthening exercises twice a week,” she said. “This can be broken up into small segments of time to fit into people’s busy schedules.”

Oklahomans are familiar with the intensity of the sun, so it’s important to protect your skin from ultraviolet exposure. This can be done by limiting sun exposure, especially between 10 a.m. and 4 p.m.; wearing clothing that covers arms and legs; wearing a wide-brimmed hat; wearing sunglasses; and applying a 15 SPF or higher sunscreen every day, even in the winter.

“Talk to your doctor about the various ways you can help prevent a cancer diagnosis through available vaccines, healthy eating, physical activity and UV exposure,” Romano said. “There are many things in our lives that are beyond our control, but there are steps that can be taken to help cut the risk of developing cancer.”

###

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## Food safety in a power outage

If there’s one thing Oklahomans know about it is dicey weather that can cause power outages. There’s something else Oklahomans know about ... the importance of being prepared.

As we come into the season of freezing weather and possible ice storms that can render entire towns without electricity, [Christi Evans, Oklahoma State University Extension](#) assistant food safety specialist, has some tips for both before and during an outage.

“As in most circumstances, being prepared ahead of time is important. Consumers who don’t have an appliance thermometer in both the refrigerator and the freezer should purchase them now,” Evans said. “Refrigerators should run at 40 degrees Fahrenheit or below, while the freezer should be set at 0 degrees Fahrenheit or below. Knowing and monitoring the temperature in the refrigerator and freezer will help determine if food is safe after the power goes out.”

No matter what news channel Oklahomans watch, the weather professionals on the local news will keep residents informed with up-to-date severe weather forecasts. In the event of severe weather, Evans suggests checking the refrigerator to see if any items such as meat, poultry or leftovers can be moved to the freezer. Frozen foods will keep longer when the power goes out.

It’s a good idea to have ice and ice packs on hand which may be useful later on to help keep foods cold.

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## 10-Minute Table Runner Class-

**February 24, 2024 from 9:00am -12:00 (noon)**

Stephens County Fairgrounds Conference Center

Registration Fee \$20, Includes your pattern expert Instruction and more tips and tricks. Participants will need to bring two coordinating fabrics and thread to match. You will need your sewing machine, good fabric scissors and basic sewing supplies.

Our Extension Master Sewing volunteers invite you to get creative and brighten up the table with a

colorful, extraordinary runner. This is a beginning level sewing project that anyone can enjoy. Kay, Gina, Brenda and Linda are eager to provide leadership and instruction to complete this quick project. These table runners are ideal for those times when you need a quick gift, or you just need a simple splash of color on your dining table. The table runner is the project that you will enjoy making again and again throughout the year.

### Materials List:

1. Theme Print: 10"-12" (1/3 yard) of theme print, width of fabric (WOF).
2. Coordinating Fabric: 18" (1/2 yard) of coordinating fabric for back/border (WOF).
3. Decorative buttons

Note: Fabrics must be the width of the Fabric (WOF). Most fabrics are sold on a bolt 45" wide. For this pattern we need one strip- (1/3 yard ) 12" wide and 45" long and one strip (1/2 yard) 18"wide and 45" long.

To register contact the OSU Extension Office at 2002 S. 13<sup>th</sup> street Duncan, OK. Register now to reserve your space. Class size is limited to 10 participants. Registration fee must be paid in advance to reserve your space. Checks and cash are accepted payment by mail or in person. Registration will close by February 16<sup>th</sup>. Questions call 580-255-0510.



# Leader Trainings Ahead

**February 20,2024 9:30 am**

**Stephens County Fairgrounds**

**Garden Seed Preservation ~ Jerri Heilman**

To save seeds is **to preserve food culture**. Heirloom crops wouldn't exist if it weren't for the gardeners who meticulously grew and saved seeds.

**March 12, 2024 9:30 am**

**Stephens County Fairgrounds**

**Johnny Cakes ~ Tara Brown**

Why do they call them johnny cakes? These thin, fried cakes are made with cornmeal, and their history goes back to the early Native Americans. While the origin of the name remains uncertain, many historians believe they were called 'Shawnee cakes' by the Pawtuxet Indians, and English settlers mispronounced it as 'jonnycakes.'





# West District OHCE Meeting (South Region) “A Pleasant View with OHCE”



## Host Counties: Canadian, Custer, and Grady

**Tuesday  
March 19, 2024**

**Pleasant View Mennonite Church  
94948 N 2450 Road, Hydro OK**

**MEETING REGISTRATION : \$25 DUE BY MARCH 1, 2024  
LATE REGISTRATION: \$30—NO LUNCH GUARANTEED**

District Meeting registration is due to Stephens County Treasurer Kristin Clinkenbeard by OHCE Council Meeting - Feb 27th. All members are encouraged to attend District Meetings. They always provide great learning opportunities. There are several talented presenters, timely topics on the program, and we get to meet OHCE Members from all over the South West! Individual OHCE members should pay their registration to their local treasurer. Local Treasurers will then submit a complete list of registrants and one check for \$25 per person attending. If you have any questions please feel free to call the extension office 580-255-0510.

### **TUESDAY– MARCH 19TH– 8:30 A.M.**

- ♦ Registration/Refreshments
- ♦ Business Meeting/Awards
- ♦ State OHCE Business Report
- ♦ State Conference Update
- ♦ President's Message
- ♦ Numerous OHCE State Committee Sessions in the morning
- ♦ Door Prize Winners Announced

### **WORKSHOPS**

- ♦ Communication & Facilitation Skills
- ♦ Picnics, Potlucks and Church Dinners
- ♦ Good and Unhealthy Stress
- ♦ The Power Went Out: Is my food still safe?
- ♦ OHCE Membership Recruitment Tips
- ♦ Zen Tangle
- ♦ Drug Dangers
- ♦ Native Plants
- ♦ Stay Strong, Stay Healthy
- ♦ Food Demonstration
- ♦ Native American Culture
- ♦ Embroidery Workshop

### **Pre-Conference Activities on Monday, March 18th, 2024, 6 P.M.—8 P.M.**

3000 Logan Rd, Weatherford, OK

Stafford Museum Tour and Scavenger Hunt with light refreshments.

The cost is \$5 and is due with meeting registration.

### **Designated Conference Hotels**

#### **\$107/Night**

**Holiday Inn Express**  
3825 E. Main St.  
Weatherford, OK 73096  
(580) 744-0400—Room Block: OHCE  
RESERVE YOUR ROOM BY  
FEBRUARY 29, 2024

#### **\$89.99/Night**

**Comfort Inn & Suites**  
1311 E. Main St.  
Weatherford, OK 73096  
(580) 772-9100—Room Block: OHCE  
RESERVE YOUR ROOM BY  
FEBRUARY 29, 2024

## Garden Path 3-Yard Quilt Class – April 26 or 27<sup>th</sup> 2024 from 9:00am – 4:00pm.

Stephens County Fairgrounds Conference Center

Registration Fee \$15, Includes your pattern and Instruction.

Participants will need to bring 3, 1 yard cuts of fabric, matching thread and a rotary cutter. Plan to bring a sack lunch so we can work through lunch. This is a one-day class, choose which day you want to attend.

Our Master Sewing Volunteers have chosen this delightful pattern to create a generous- sized quilt using just 3 yards of fabric to make the top, borders, and binding. Finished size is 45" X 63. This project is for intermediate skill level individuals who have sewn before and are comfortable using a rotary cutter.

This class will be filled with tips and secrets that make coordinating and purchasing quilt fabrics easier than ever. If you are looking for economical projects for gifts this is the class for you.



Each quilt uses a simple formula that makes selecting Fabric as easy as 1,2,3! One quilt requires 3, 1-yard cuts of coordinating fabrics. This can be a Light, Medium and dark; a large, medium, and small print, or a focal fabric with one dark and one medium tone.

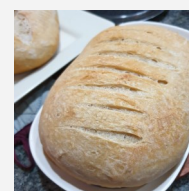
To register contact the OSU Extension Office at 2002 S. 13<sup>th</sup> street Duncan, OK. Register now to reserve your space. Class size is limited to 12 participants. **Registration fee must be paid in advance to reserve your space. Checks and cash are accepted payment by mail or in person.** Registration will close by April 19<sup>th</sup>. Questions call 580-255-0510

You will have so much fun making your first 3-yard quilt you won't want to make just one!

## Sourdough Starter Workshop – March 6 & 9<sup>th</sup> 9-11am

**Stephens County Fairgrounds Conference Center- Registration fee \$10.00**

Curious about sourdough? This workshop will review the basics of sourdough starters and the baking process, how do you maintain your starter? How do you feed and mix? What happens during the fermentation process and the benefits of shaping and scoring bread? If you have ever wanted to ask these questions, this workshop is for you. This process is simple enough for anyone at any culinary skill level to make and enjoy. Each participant will leave with their own sourdough starter and instructions on how to keep it alive for years to come.



To register contact the OSU Extension Office at 2002 S. 13<sup>th</sup> street Duncan, OK. Register now to reserve your space. Select which day you want to participate. Class size is limited to 20 participants. **Registration fee must be paid in advance to reserve your space. Checks and cash are accepted payment by mail or in person at the extension office.** Registration will close by March 1, 2024. Questions call 580-255-0510

Stephens County  
OHCE Spring Council

*Candy Kisses*

February 27, 2024

*Hosted by : Oak College*

**OHCE Spring Council Meeting**  
**February 27, 2024 9:30am**  
**hosted by Oak College**

OHCE members and guests are encouraged to attend. Our business meeting begins at 9:30am. Agenda items include committee reports (all committee chairs are asked to provide a written report to the county Secretary for minutes), old business, new business, and awards recognition.

**OHCE Luncheon** - Immediately following the business meeting. Members are asked to bring a pot luck dish or dessert of their choice to share.

**OHCE District Meeting 2025** – Stephens, Comanche and Jefferson County OHCE Members will host the West-Southern Region District Meeting. We are asking Local OHCE Groups to donate items for a silent Auction as a fundraiser during the 2024 District meeting. Funds will be used toward hosting the 2025 Dist. Meeting. Please bring donated Items or baskets to the OHCE Council meeting on Feb. 27, 2024.

Linda Heilman is looking for volunteers to serve on the committee to plan this meeting.

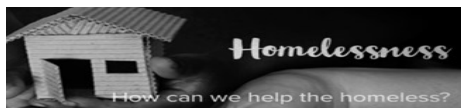


**Line Dance Exercise Class happens on Thursdays starting at 6:00 pm . Dance your way into a healthier lifestyle!!**





## Homeless and Hungry Workshop



### Workshop – February 27 at 12:30pm

Retired Duncan Chamber of Commerce Executive Director, Chris Deal has agreed to provide with an overview of the homelessness and food insecurity in Stephens County. In larger cities homelessness is a visible problem on street corners and tent cities, but is there a similar issue in rural Oklahoma?

Homelessness remains a hidden problem in rural communities. There is a homeless population in Stephens County. Exact numbers have always been elusive with the homeless population, and even more so in rural regions. The count includes those who live in emergency shelters, as well as on the streets. Those numbers are merely a snapshot in time, But the numbers don't include people who are sleeping on couches, living in motels or cramped trailers with other families as homeless.

OHCE members will learn what the needs, and resources available to Homeless individuals and families in our area. Then explore opportunities to be involved in providing services to address these issues.

**Barn Quilt Workshops** – are still so much fun! The last classes were held in November. There were over 25 in attendance. You are all appreciated for your support!

Our next Barn Quilt classes will be Friday March 29, 2024, and Saturday March 30, 2024. from 9:00 am-3:00 pm. Be sure to call the extension office 580-255-0510 to reserve your spot.

The Membership Committee continues to work on our barn quilt trail and the map. We are so excited about all the new acquaintances and potential new OHCE members.



**"Is it *done* yet?"**  
You can't tell by *looking*. Use a **food thermometer** to be sure.

**USDA Recommended Safe Minimum Internal Temperatures**

Steaks & Roasts	Fish	Pork	Ground Beef	Egg Dishes	Chicken Breasts	Whole Poultry
145 °F	145 °F	160 °F	160 °F	160 °F	165 °F	165 °F

**www.IsItDoneYet.gov**  
USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

USDA is an equal opportunity provider and employer. 10/15/2015

### Continued from page 2

"Consumers can make their own ice containers by repurposing empty water or milk jugs by filling them with water and freezing," she said. "These containers can be stored in the freezer to fill space. This will help keep foods safe longer during a power outage. They can also be used in coolers to keep foods cold."

When the power goes out, try to keep the refrigerator and freezer doors shut to maintain the cold temperature inside. If a refrigerator remains closed, it will keep foods at the proper temperature for about four hours. Evans said if the outage is prolonged, refrigerated foods such as meat, eggs, milk, poultry, fish, soft cheeses, salads made with mayonnaise, cooked pasta and other leftovers should be discarded.

Foods in a full freezer should stay safe for up to 48 hours. The time limit is 24 hours for a half-full freezer.

"Be sure to check the appliance thermometer in the freezer. If the food is at 40 degrees Fahrenheit or below or has ice crystals, the food can be refrozen or thawed and cooked," she said. "Check each package of food individually. Any foods that have an unusual odor, color or texture should be discarded. Never taste food to determine if it's safe."

A good rule of thumb to follow is if perishable foods have been kept at 40 degrees Fahrenheit or above for two or more hours, they should be discarded. Evans said this timeframe is cut to an hour when the temperatures are above 90 degrees Fahrenheit.

"Whether it's during a power outage or not, it is important to always wash your hands before handling foods," Evans said. "Foods such as meat, poultry, fish and eggs must be cooked to a safe minimum temperature to help ensure food safety."



**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

Stephens County Extension Office  
2002 South 13th  
Duncan, Oklahoma 73533

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Feb 19-23	Stephens County Junior Livestock Show
Feb 20	OHCE Leader Training 9:30 am
Feb 24	Table Runner Class 9:00 am - Noon
Feb 26	Set-Up for OHCE Spring Council 1:00 pm
Feb 27	OHCE Spring Council Meeting 9:30 am
Feb 27	Homeless and Hungry Workshop 12:30 pm
Mar 6	Sour Dough Starter Workshop 9-11 am
Mar 9	Sour Dough Starter Workshop 9-11 am
Mar 12	OHCE Leader Training 9:30 am
Mar 19	West District OHCE Meeting 8:30 am
Mar 29	Barn Quilt Class 9:00 am-3:00 pm
Mar 30	Barn Quilt Class 9:00 am-3:00 pm
Apr 26	3 yard Quilt Class 9:00 am - 4:00 pm
Apr 27	3 yard Quilt Class 9:00 am - 4:00 pm

Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.

[www.OHCE.okstate.edu](http://www.OHCE.okstate.edu)



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work