



**NEW STUDY SHOWS
IN A BATTLE BETWEEN HOPE AND FEAR,
HOPE WINS!**

Historically, hope has been called the belief that good things will happen in the future. However, in the social sciences, hope is more about the ability to generate alternative pathways toward one’s goals and believing in one’s capabilities to achieve those goals.

And the research says that people who are high in hope experience overall greater life satisfaction, said Ron Cox, Oklahoma State University Extension marriage and family specialist, and director of the OSU Center for Immigrant Health and Education.

“This particularly important for immigrant families or those living in mixed-status immigrant families, some of whom may not have appropriate documentation, or they have family members without appropriate documentation,” Cox said. “The chronic fear that arises from the threat of either themselves being deported or having a loved one being deported creates the kind of toxic stress that diminishes mental and physical health and promotes the initiation of substance use as a means of coping.”

Although little research has studied the relationship between fear of deportation and substance use among Hispanics, there are numerous studies demonstrating the strong connection between stress and alcohol, tobacco and other drug use among all groups, not just immigrants.

“Hispanic children of detained or deported parents report higher levels of psychological distress than those with parents who were permanent residents or had no contact with the Immigration and Customs Enforcement,” Cox said.

This is concerning on several fronts. First, the consequences of underage alcohol, tobacco and other drug use are a major health concern in the United States.

“There are more deaths, illness and disabilities in this country from underage use of alcohol, tobacco and other drugs than from any other preventable health condition,” Cox said. “Research indicates 15.2% of people who began drinking by age 14 eventually developed alcohol abuse or dependence compared to 2.1% of those who didn’t drink until age 21 or older.” According to a report from the U.S. Department of Health and Human Services, the annual economic impact of substance misuse is estimated to be \$249 billion for alcohol misuse and \$193 billion for illicit drug use.

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**TULSA COUNTY
EXTENSION**



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If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

NEW STUDY SHOWS... BATTLE BETWEEN HOPE AND FEAR... Continued

Strengthening Oklahoma Families/Tulsa County

Second, the Hispanic population is one of the fastest growing of any ethnic group in the U.S., and predominantly so for individuals under the age of 19. Hispanic youth make up 26% of all U.S. children. It is estimated that 37% of the U.S. population will be comprised of immigrants and their children by 2050, most of which will be of Hispanic heritage. Because the vast majority (85-90%) of these children are U.S. citizens, policies that promote fear among immigrant populations have staggering implications for the nation's future workforce and economic productivity.

However, a new study by Cox and his colleagues shows that there is hope. He said that as expected, Hispanic immigrant youth reporting fear of deportation have increased levels of stress and those youth with increased levels of stress also report more alcohol, tobacco and other drug use.

“What was surprising, however, was that for individuals reporting higher levels of hope, their hope completely offset the effects of fear of deportation on their perceived stress,” he said. “In other words, in a battle between hope and stress, hope wins. What is exciting about this finding is that hope is a teachable characteristic.”

This might help explain why in a different study published in the October 2021 issue of The American Journal of Drug and Alcohol Abuse, Cox and his team found that Hispanic youth in the Unidos Se Puede (United We Can) program had no significant increases in drug use from the 7th to the 10th grade.

Several other research teams have also found hope to be a malleable factor that can help improve youth mental health. Programs geared toward increasing hope and other aspects of positive thinking can help prevent mood disorders among youth of all ethnicities. The limited studies that have been done suggest that youth who have higher levels of hope are more likely to attempt to manage life's adverse events, and the good news is that they are often successful.

“Without research leading to innovate solutions to prevent or delay the initiation of alcohol, tobacco and other drugs, health disparities will likely widen for the Hispanic population,” Cox said. “Funding programs that increase hope may be one of those solutions.” Source: Trisha Gedon

**FCS WORKSHOP
BARN QUILT PAINTING
SATURDAY, AUGUST 12TH
9 AM TO NOON
COST \$30**

Pre-registration and Payment
Required by 8-4-23

Return this form with check payable to:
Tulsa County OSU Extension, Attn: FCS,
4116 E. 15th Street, Tulsa, OK 74112-6198

Name:

Address:

Phone:

Email:

For more information go to www.oces.tulsacounty.org

Or call 918-746-3706



SPARKLING BLUEBERRY LEMONADE

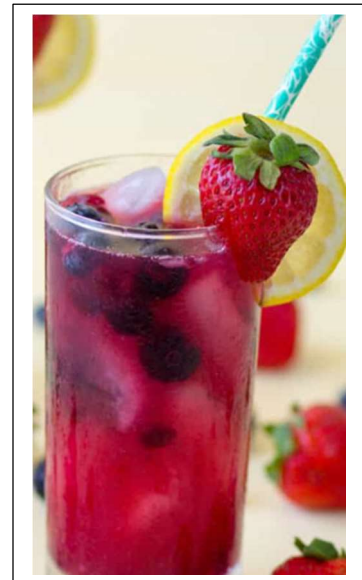
SERVINGS: 8

INGREDIENTS

- 1 cup fresh blueberries
- ½ cup granulated sugar
- 1 cup freshly squeezed lemon juice
- 3-4 cups sparkling water/club soda
- Garnish: fresh blueberries and lemon wedges

INSTRUCTIONS

1. For the blueberry simple syrup, combine the blueberries, sugar, and a cup of water in a small saucepan.
2. Bring to a boil and simmer for 5 minutes until the sugar is melted and the blueberries are starting to burst. Remove from heat and pass the syrup through a fine sieve. Let syrup cool before using.
3. In a large pitcher, mix the blueberry syrup with the fresh lemon juice. Add in ice, fresh blueberries, and lemon wedges. Top off with sparkling water and mix to combine. Enjoy immediately!



Source:

<https://youtu.be/jpqKTbCP7tA>
Stacey Jones—Family and Consumer
Sciences Educator
OSU Extension Center Tulsa County
Provided by CNEP Coordinator
Kimberly Cripps

NUTRITION INFORMATION: YIELD: 4 SERVING SIZE: 1

Calories: 366 | Carbohydrates: 19g | Protein: 29g | Total Fat: 20mg | Saturated Fat: 5g
| Trans Fat: 0g | Sodium: 1044mg | Sugar: 8g

Family and Consumer Sciences

The FCS Programming continues with food preservation. Last month a Jelly making class was completed with a hands-on demonstration.



For more information call the
Tulsa County OSU Extension Center
@ 918-746-3706 or go to
www.oces.tulsacounty.org





Rent Rule of Thumb vs. The 50/30/20 Rule



The 30% rule of thumb for rent isn't the only way to approach budgeting for your rent. You may consider an alternative, like the 50/30/20 rule instead.

The [50/30/20 rule for budgeting](#) is fairly straightforward. With this method, you spend:

- 50% of income on necessities, or "needs"
- 30% of income on "wants"
- 20% of income on savings and debt repayment

This rule won't tell you exactly how much you should spend on rent each month. But it can help you determine guidelines for how much of your income to allocate toward essentials vs. [discretionary spending](#). For example, if you take home \$4,000 a month, then no more than 50% of that, or \$2,000, should go toward housing, utilities, and other essential expenses. You could then spend 30%, or \$1,200, freely on your wants, and then 20%, or \$800, could go toward saving or paying down debt.

Whether it makes sense to use the 30% rule or the 50/30/20 rule for budgeting for rent comes down to your financial situation. If you don't have any debt, for instance, then you may be able to afford more than 30% of your monthly income on rent. Or if you live in a housing market where rent prices are high, paying more could simply be mandatory.

On the other hand, you may be angling to spend the least amount possible on rent each month so you can pay off debt or grow your savings. Do the math for your situation using both the 30% rule and the 50/30/20 budgeting rule so you can compare options for spending on housing so that you maximize opportunities to save. Source: [Rule of Thumb: How Much Should You Spend on Rent? \(thebalancemoney.com\)](#)



Tulsa County Resources

Times can be difficult for many here in Tulsa County. If you find yourself in need of emergency housing, you can always call one of the resources that we have below. Here is a list of the emergency shelters in Tulsa County.

Center of Hope (Salvation Army)	918-582-7201
Domestic Violence (DVIS) Crisis Line	918-743-5763
John 3:16	918-587-1186
The Spring - Women & Children	918-245-4075
Tulsa County Emergency Shelter	918-596-5591
Tulsa Day Center Emergency Center	918-583-5588





TULSA COUNTY FREE FAIR

July 18-21, 2023

SageNet Center, Expo Lower Level,
Tulsa County Fairgrounds



It's COUNTY FAIR time!!!
Did you know Tulsa County
has a Free Fair?
We would love for everyone in
Tulsa County to participate!!!

<https://youtu.be/mTBtrc7GtA4>

Watch our Channel 6 Fair Interview
with Extension Educator, Stacey Jones



Tulsa County Free Fair Schedule of Events

2023

Tuesday, July 18	4:00 – 7:00 pm	Entries taken for indoor Exhibits and Table Setting Contest Set-up
Thursday, July 20	10:00 – 7:30 pm	Exhibits Open OHCE Gift Shoppe Opens Entertainment and Demonstrations Educational Kids Activities
	9:30 am	Poultry and Rabbit Show Check-in
	10:00am	Poultry and Rabbit Show
	10:00am-2:00pm	Kids Farm Zone
	5:30-6:30	Cupcake Wars
	5:30-7:30	Family Activity Night
	7:30	Doors Close
Friday, July 21	10:00 – 7:00 pm	Sage Net Expo Lower Level OHCE Gift Shoppe Opens Community Resource Booths Entertainment and Demonstrations
	10:00am-12:00pm	Kids Farm Zone
	2:00-4:00pm	OHCE Membership Tea and Scholarship Presentation
	5:00-7:00	Kids Corn Hole Tournament, Ice Cream and Silent Auction
	7:00-8:00	Indoor Exhibits Checkout

To access fair entry info/requirements, use the QR code above, or link below:

[Tulsa County Fair Open Class Exhibits \(okstate.edu\)](https://okstate.edu)



OHCE LEADER LESSONS

Start thinking about Leader Lesson Ideas! What topics are you interested in and what would you like to learn more about? It's time to choose our new lessons and we need suggestions from our Tulsa County Members! Please submit your top 3 Leader Lesson Ideas to Stacey Jones, during our Tulsa County Free Fair! Look for a box provided to collect these ideas. We will tally the results and our top suggestions will advance!



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FAMILY & CONSUMER SCIENCES CALENDAR

All events will be held at the OSU Extension Office unless noted

Please observe that some event dates have been changed

JULY:

- 4 Independence Holiday – Extension Office Closed
- 5 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 6-30)
- 10-11 OHCE State Meeting in Stillwater
- 18-21 Tulsa County Free Fair @ the SageNet Center-Expo Bldg. Lower Level @ Tulsa County Fairgrounds
- 21 OHCE Membership Tea, 2 pm to 4 pm, @ Tulsa County Free Fair
- 27 OHCE Bunco, 10 am – Noon


AUGUST:

- 2 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 7-31)
- 9 Workshop 1 pm: Pressure Canning (class full/closed)
- 12 Workshop 10 am: Barn Quilt Painting (pre-registration required)
- 23 OHCE Leader Lesson Training, NE Tech Center, 1901 N Hwy 88, Claremore
- 24 OHCE Bunco, 10 am-Noon
- 28 “After the Fair” Meeting @ 1 pm

SEPTEMBER:

- 4 Labor Day Holiday – Extension Office Closed
- 6 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 9-1)
- 11 OHCE Treasurer’s Budget Meeting @ 1 pm
- 11 President’s Quarterly Meeting Zoom @ 7 pm
- 15 OHCE Board Meeting Zoom @ 7 pm
- 18 OHCE BUSINESS MEETING & FUN DAY! @ 10 am-all day
(Election of Officers-Luncheon-OPEN TO EVERYONE!)

NO BUNCO IN SEPTEMBER-DUE TO TULSA STATE FAIR



**CHANNEL 6
COOKING CORNER**

July 26
August 30
September 27

@ Noon

**Presented By:
Stacey Jones
Tulsa County FCS Educator**

OHCE UPDATES



OHCE
Week
Pics!



Rt 66
Mother
Road
Market



Detweiler
Farm
Amish
Luncheon

Oklahoma Home and Community Educators would like to thank all the Tulsa County Commissioners for recognizing OHCE week May 7th to 13th at their weekly commissioners meeting.

The NE District Representative for OHCE and the OHCE Advisor for Tulsa County let people know about the organization by following up the week with an interview on Channel 6... [OHCE Week 2023 - YouTube](#)



OHCE UPDATES



SHOUT OUT FROM ELAINE

Tulsa County OHCE President

FAIR – FAIR – FAIR!



Can you believe that it's almost here!

Whenever I said that I wished something would happen faster than my childhood impatience demanded, my mom would say, "Don't wish your life away." So, I have tried to enjoy the people and places in front of me. My OHCE family has really helped me.

HOWEVER, I am a planner by nature, and I can't help but make a list (or two or three) for future plans. July is full of lists because there is just so much going on. Once we get back from the State Meeting in Oklahoma City we jump right into the Tulsa County Free Fair.

How are your fair projects coming along? Try to enter one more project this year than you did last year. There are so many categories, and I am sure you all shine in a couple of them. It will be fun to see what you have created. Be sure to share the information about the fair with a friend.

Elaine Egan



Tulsa County Family Issues

JULY/AUGUST 2023 FAMILY ISSUES

In 2023 we are supporting the Tulsa County Emergency Shelter which provides temporary quarters for families and helps them move into their own homes.

We are collecting items throughout the year to present to shelter representatives at our Christmas Luncheon in December. Keep a box in your closet to collect your items. This month we will collect **SHAVING CREAM OR LOTION**

JULY/AUGUST FAMILY ISSUES TOPIC

Participate in community service projects.

Look around your community – there are lots of summer time activities sponsored by local groups. They work hard to provide quality programming and entertainment for you. Your community probably has an on-line calendar of events. Take a moment to review the calendar so you don't miss out on something fun or inspirational.

Family Issues Team



OHCE UPDATES



Stress relief from laughter? It's no joke!

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered.



Let's get healthy and laugh!
Charline Romine
Healthy Living Committee Chairman

OHCE New Group Begins!!!



The "Darling Dysfunctional Divas" is our newest OHCE Group! The new group will be meeting in the Sperry area. Any Tulsa County residents interested in more information about OHCE should contact the Extension office for more information!



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Family and Consumer Sciences
Tulsa County OSU Extension Service

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