



Kids Are Out of School ... Now What?

While children are enjoying their summer vacation from school, it can be a challenging time for parents.

“I remember my parents and other parents in my neighborhood balancing summer residential camps with road trips, neighborhood activities (backyard baseball games, bike rides, preparing for the 4th of July parade), and swimming lessons until we were old enough to volunteer for church and community organizations,” said Laura Hubbs-Tait, [Oklahoma State University Extension](#) parenting specialist. “My favorite summer when my own children were in preschool and early elementary school was the one when I elected to teach at night, so that I could have all day every Friday with my children to take advantage of the zoo, the public library and the carousel at our favorite park.”

What can Oklahoma parents do in Summer 2022? First, check out summer camps offered by your OSU County Extension [county office](#) and sign up your children now. Camp options offered this summer by Extension include a week-long gardening day camp as well as other options that vary by county. These may include STEM camps, outdoor skills camps, cooking camps and sewing camps.

Local churches, schools and mom’s day out programs offer day camps as do YMCAs and other community organizations. Some day camps are focused on preschool and kindergarten and others are focused on grades 1-6. For example, the Science Museum of Oklahoma in Oklahoma City has camps for younger children as well as camps for children in elementary school. The Sam Noble Museum in Norman features programs for children aged 5-11 and one camp for 12- to 14-year-olds.

And don’t forget about camps offered by the two state universities. Oklahoma State University offers STEM camps on campus in Stillwater. Some options are available in other locations (restricted to local residents). Examples include:

- [Engineering Adventure](#) for grades K-5 or 3-5: Camps in Stillwater are full, but there are openings in Ardmore (dates to be decided) and Oklahoma City (July 11-14, K-2nd and 3rd–5th).
- [STEM Robotics Adventure](#) for 6th-8th grades, July 26-28 (OSU-Stillwater)
- [STEM Automation and Robotics Discovery](#) for grades 9th-12th, June 27-July 1 (OSU-Stillwater)

Tulsa County Extension Office Address

4116 E. 15th Street
Tulsa, OK 74112

Phone

918-746-3721

Email

stacey.jones11@okstate.edu

Website

www.oces.tulsacounty.org

Social Media

Facebook: [TulsaCountyOSUExtension](#)

Twitter: [twitter@osuextension72](#)



TULSA COUNTY
EXTENSION



In this issue:

- ❖ Kids Are Out of School...Now What?
- ❖ Welcome... new Administrative Assistant
- ❖ Tax Deductible Donations to Charities
- ❖ Oklahoma Vegetable of the Month: Green Beans with Green Bean and Tomato Salad
- ❖ OHCE News & Updates

If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3700. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Kids Are Out of School ... Now What? continued

Strengthening Oklahoma Families/Tulsa County

- [STEM in Oklahoma](#) for grades 6th-8th at Hamm Institute in Oklahoma City, June 21-24
- [STEM Engineering Discovery](#) for Girls grades 9th-12th at OSU-Stillwater, June 27-July 1
- The University of Oklahoma offers a [mini college day camp](#) for 1st-6th graders on the OU-Norman campus.
- OU also offers options for 6th–8th graders, a [geology academy](#) June 26–July 1
- For 9th–12th graders, OU offers several [summer academies](#) with different academies offered to different grades: Many academies (e.g., meteorology) include on-campus housing and are open to high schoolers across the state.
- OU also offers [reading programs](#) for all ages and grade levels.

For more options for summer academic programs for 8th- to 12th-grade students at state, regional and private universities and colleges, please check out https://www.okcollegestart.org/High_School_Planning/summer_academies/summer_academies_full_list.aspx.

Don't forget about academic camps offered by local community colleges. These are offered in many communities throughout Oklahoma:

- [Rose State College](#) offers six camp options for 1st through 12th graders that include aerospace, geoscience, rockets, meteorology, chemistry, drones, archery, rock climbing, and movie making
- Oklahoma Panhandle State University offers [Panhandle Protégés Summer Academy](#) focused on Science, Technology, Engineering, and Mathematics (STEM) for 10th-12th grade students from underrepresented groups to increase their future academic success

Many community colleges and state and regional universities also offer sports camp options during the summer.

- Camps at Southeastern Oklahoma State University may be found here: <https://www.se.edu/summercamps/>
- Baseball camps at Panhandle State University may be found here: <https://opsuaggies.com/news/2022/4/14/aggie-baseball-summer-camp.aspx>
- Basketball camps at Southwestern Oklahoma State University (SWOSU) may be found here: https://swosuathletics.com/documents/2022/5/2/Fundamental_Day_Camp_Flyer_2022.pdf
- Volleyball camps at SWOSU may be found here: <https://www.swosuvolleyballcamps.com/>
- Oklahoma Christian University offers many different sports camp options. Soccer camps may be found here: <https://www.ussportscamps.com/soccer/nike/nike-soccer-camp-oklahoma-christian-university#detailsContentTarget>

In addition to all the selections from colleges and universities listed above, many public-school districts are offering enrichment programs as well as programs to recover credits. Examples of such programs are as follows (and please check out your local public school):

- [Tulsa Public Schools](#): https://tulsaworld.com/news/local/education/tps-preparing-for-day-camp-style-summer-school/article_b8ac084c-bc1e-11ec-a7b8-0bb382908230.html
- [Edmond Public Schools](#)
- [Norman Public Schools](#)
- [Sapulpa Public Schools](#)

Parks and recreation departments in some communities are also offering day-camp style summer school programs. Check out these two options and then communicate with the department in your local community.

- [Shawnee Parks and Recreation Department](#)
- [Oklahoma City Parks and Recreation Department](#)

“Be sure to ask your children or teens lots of questions every day about what they’ll be doing before they head out, and what they did during the day when they get home,” Hubbs-Tait said. “Ask what they enjoyed and what they learned. Ask them what they would like to repeat and what they would prefer not to repeat.”

When things are not going well, be empathetic and patient. If you think that the moment is appropriate, you can mention your own challenging or lonely moments at camp.

“More importantly, you can ask them to look around and see how other children or teens seem to be struggling and to identify what they can say or do to help the children or teens who do not seem to be enjoying their summer experiences. They may tell you that the other children feel better and so do they,” she said.

Source: [Kids Are Out of School ... Now What? | Oklahoma State University \(okstate.edu\)](#)

Say “Hello” to our new Administrative Assistant!



Hello! My name is Debbie Owens. I just started my position here on June 13th.

For the last nine years, I worked at the Boston Avenue Weekday School. While working there, I worked several different positions. I was everything from lead teacher to curriculum director.

I have two grown children and better than that I have two adorable grandbabies. Spending time with my grandbabies is my favorite thing to do! I like to do scrapbooking and enjoy teaching the Wednesday night children’s group at my church. Reading historical fiction, hiking, and watching Netflix are some of the things that I do in my spare time.

My favorite colors are aqua and navy blue. Chocolate and cheesecake are my favorite foods! I love decorating for the holidays and can’t wait to see the OHCE Holiday Luncheon.

I am excited to be a part of the OSU Extension team. I look forward to working with everyone and assisting wherever I can!

Tax Deductible Donations to Charities

Charitable donations are the most recommended method for disposing of good to excellent condition unwanted clothing and household textiles. Charity shop resale generates the greatest revenue with the least amount of labor. The donor receives a tax deduction for the value of the item, according to the Internal Revenue Service (IRS) valuation system. The charity is able to resell the item after sorting, hanging, and pricing. Charities use sales revenue to fund programs such as purchasing new clothing for needy school-aged children or teenage mothers, or funding local drug and alcohol rehabilitation programs.

The type of garment and condition of the used clothing affect the tax-deductible amount and the resale value of the item—both of which are based on the fair market value. The IRS defines fair market value as the price that good or excellent condition clothing would sell for on the open market, with both the buyer and the seller having a reasonable amount of knowledge about the items. Table 1 reveals the following retail prices for good condition, used merchandise at a Tulsa, Okla., charity resale shop.

Table 1. Average Resale Shop Clothing Prices

Donated Clothing Item - Thrift Store Average Price Tag

Men's jeans 10
Men's woven shirt 4
Women's knit tops 3
Bridal Dress 100

Donated Clothing Item - Thrift Store Average Price Tag

Children's shorts or tops 2
Girl's dress 4

Consumer Options for Disposing of Unwanted Clothing and Household Textiles

Not recommended

- Landfills
- Avoid throwing out any textiles, since even those that might be considered rags may have some use and value.
- Textiles, even biodegradable natural fibers, do not easily degrade under landfill conditions due to lack of sunlight and oxygen.
- Incineration: Contributes to air pollution

Recommended

- Garage sales: Good market for used clothing
- Resale shops: Good market for unique used items. Resale shops may buy the item outright or offer a consignment plan.
- Charities

Best choice for clothing donations and it is tax deductible (get receipt).

- Avoid contributing excessive amounts of textiles and clothing during disasters.
- Make a plan to donate regularly.
- During disasters, Oklahoma relief agencies may be overwhelmed with donations and unable to process the vast quantity due to time constraints, transportation logistics, and personnel shortages needed to sort, clean and distribute.
- Best to limit donations to non-disaster times.
- Donated clothing must remain dry to prevent mildew and ruin.

Composting

- Zippers, buttons, etc. must be removed; it may be better to donate these items.
- Recommended with natural fibers (cotton, linen, wool, silk).

Recycled Household Textiles and Clothing | Oklahoma State University (okstate.edu)

Source: Celia Stall-Meadows, Gina Peek



OHCE UPDATES



This year... the Membership Committee will be sponsoring monthly events...

"BUNCO for Scholarships!"

Please - BYOD (Bring Your Own Dice!)

Donations will be accepted at the door.

Location: OSU Extension Auditorium

Please mark these dates on your calendars!

7/28 - 10:00 - Noon

8/25 - 10:00 - Noon

No BUNCO in Sept. due to Tulsa State Fair

10/27 - 10:00 - Noon

11/17 - 10:00 - Noon

12/22 - 10:00 - Noon



Tulsa County Family Issues

Elaine Egan



JULY 2022 FAMILY ISSUES

Supporting the Tulsa County Emergency Shelter in June:

Let's collect some DENTAL FLOSS. We will share them at the December Christmas Luncheon.

FAMILY ISSUES TOPIC: COMMUNITY SERVICE PROJECTS

Help your group look for a service project. Try one of these.....

- *Make that first loose tooth special! Make tooth fairy pillows
- *Collect Halloween candy for deployed military service personnel
- *Collect new/unused makeup or hygiene products for domestic violence shelters
- *Collect and donate backpacks or school supplies
- *Volunteer at your local library
- *Foster a shelter animal
- *Organize a book and/or puzzle swap
- *Knit scarves or hats for families in shelters
- *Put together first aid kits for local shelters
- *Make birthday cards for kids in homeless shelters
- *Write letters to seniors in care facilities

Oklahoma Vegetable of the Month:

Green Beans



Green beans are available year-round, with a peak season of May to October. Green beans are also called string beans and snap beans. Green beans were once called string beans because a fibrous string ran along the seam of the bean. The string was noticeable when you snapped off the ends. The snapping noise is the reason for its other nickname. Today they are stingless. Green beans are also available canned and frozen.

Snap beans originated in southern Mexico, Guatemala, Honduras, and Costa Rica. By 1492, they had spread northward to what is now the southwestern United States and then spread eastward from Florida to Virginia. US farmers began breeding the bean around 1890 because of interest in bean varieties with stringless pods.

According to the USDA National Nutrient Database, one cup of fresh green beans (about 100 grams) contains 31 calories, 0 grams of fat, 7 grams of carbohydrate, 3 grams of fiber, 3 grams of sugar and 2 grams of protein.

Green beans are a rich source of vitamins A, C and K and also contain folate, thiamin, riboflavin, iron, magnesium and potassium.

Source: [Oklahoma Vegetable of the Month: Green Beans \(agclassroom.org\)](http://OklahomaVegetableoftheMonth.org)

Green Bean and Tomato Salad

Ingredients

- 1 pound string beans or small haricots verts
- 6 ripe tomatoes
- 1 tablespoon Dijon mustard
- 2 tablespoons red-wine vinegar
- 4 tablespoons finely chopped shallots or green onions
- 1 tablespoon finely chopped garlic
- 4 tablespoons olive oil
- Salt and freshly ground pepper
- 4 tablespoons coarsely chopped basil

Directions

1. Trim ends of beans and leave them whole.
2. Drop beans into a saucepan with salted boiling water. Cook until crisp tender, about 3 to 5 minutes according to the size of the beans. Do not overcook. Drain and let cool.
3. Cut away the core of each tomato, and cut it into wedges.
4. In a salad bowl, add mustard, vinegar, shallots, garlic, oil, salt and pepper and blend with a wire whisk. Add beans and tomatoes, toss well. Sprinkle with basil.

Nutrition Facts (Per Serving)

Calories, 200 calories; 14 grams fat; 2 grams saturated fat; 0 grams trans fat; 10 grams monounsaturated fat; 2 grams polyunsaturated fat; 17 grams carbohydrates; 6 grams dietary fiber; 9 grams sugars; 4 grams protein; 778 milligrams sodium;

Makes 4 servings, approximately 1 ½ cups each.

Source: [Green Bean and Tomato Salad Recipe - NYT Cooking \(nytimes.com\)](http://GreenBeanandTomatoSaladRecipe-NYTCooking.nytimes.com)



SHOUT OUT FROM SHARI



Dear OHCE Members,

It's time for the Tulsa COUNTY FREE Fair! Many of you have been working hard on preparing your entries. I look forward each year to seeing all the entries. We have so many talented people in Tulsa County. So, here's my challenge to everyone... When you're out and about ask people if they know about our COUNTY Fair. I found that about 9 out of 10 people I ask have NEVER heard about the Tulsa COUNTY FREE Fair! We have to work even harder to educate our community that there's a Tulsa COUNTY FREE Fair right here at the County Fairgrounds!

Invite them to come and enter in their projects they've been working on since August 1, 2021. Invite them to come see everything on Thursday, July 21st, when it's open to the public. It's always amazing to see all the 4H and Open Class entries. Invite them to attend our Membership Tea on Friday, July 22nd at 2 PM where we present our 2022 scholarship recipients. Tell them about our OHCE Gift Shop and our Silent Auction items! A huge SHOUT OUT to Jean Parks and our Valley View Group for getting everything ready for the Membership Tea! Congratulations to our members for celebrating their 5 - 40 years of OHCE membership. A big SHOUT OUT to Pat Miles from our Knit and Stitch group for reaching her 40 years of being an OHCE member! I'm looking forward to the OHCE State Meeting, July 10-12. Good luck to Ashlee Eller, our very own NE District Rookie of the Year, as she represents Tulsa County and our NE District this year at the OHCE State Meeting!

See y'all at the county fair! Shari

WHAT'S HAPPENING

July:

- 4 Independence Holiday, Extension Office Closed
- 10-12 OHCE State Meeting in Oklahoma City
- 11 Chat and Create @11 am
- 19-22 Tulsa County Fair
- 22 OHCE Membership Tea
- 28 BUNCO @ 10am-12pm

August:

- 3 Trip to Wolaroc @10am
- 8 Chat and Create @11 am
- 22 Chat and Create @11 am
- 24 LL @ 10 am NE Tech Center 1901 N. HWY 88 Claremore
- 28 BUNCO @ 10am-12pm

2022 CALENDAR											
January S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				February S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28				March S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
1 - New Year's Day 17 - Martin Luther King Jr. Day				14 - Valentine's Day 21 - President's Day				17 - St. Patrick's Day			
April S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				May S M T W T F S 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				June S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
15 - Good Friday 17 - Easter				5 - Cinco de Mayo 8 - Mother's Day 30 - Memorial Day				19 - Father's Day			
July S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				August S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				September S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
4 - Independence Day				5 - Labor Day							
October S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				November S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
10 - Columbus Day 31 - Halloween				11 - Veteran's Day 28 - Thanksgiving				24 - Christmas Eve 25 - Christmas			

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

Oklahoma Home and Community Education (OHCE), consists of five groups that meet in and around Tulsa. The groups meet once a month, at various times. The groups meet in at libraries, churches, or community centers. To start or join a group, call the Tulsa County OSU Extension Office at 918-746-3706.



OHCE UPDATES



Tulsa County Resource Management

Time for the Tulsa County FREE Fair!!!!
How can **RESOURCE MANAGEMENT** encourage you to enter something or be a part of this fair?

Dolores Williams
Resource Management
Chairperson



In honor of Memorial Day, OHCE Tulsa County Knit'n Stitch group members Mary May and Deborah McIntyre delivered 8 large grocery bags (nearly 150 pounds) of non-perishable foods to the Coffee Bunker on Friday, June 3, 2022.

Many, many thanks to all who donated to the Coffee Bunker Food Pantry drive that Knit 'n Stitch held at the Tulsa OSU Extension Office during May, 2022

Please visit the Coffee Bunker website:
<https://www.coffeebunker.org>
to learn more about the Coffee Bunker and its many military veteran support services and programs.



Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied.

Family and Consumer Sciences
Tulsa County OSU Extension Service

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs, and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>. This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources, was printed at no cost to the taxpayers of Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources and has been prepared and distributed at a cost of .45 for one copy.