



FAMILY AND CONSUMER SCIENCES

Newsline

September 2008 Blaine County OSU Extension Service, 212 N. Weigle, Watonga, OK 73772 580-623-5195

Refuel your body with a healthy breakfast

When you think about breakfast, compare your stomach to the gas tank on your car. After driving a long distance, a stop at the gas station gets you back on the road.

After sleeping for eight to 12 hours, your stomach is empty and needs to be refueled, said Deana Hildebrand, Oklahoma State University Cooperative Extension Service nutrition specialist.

"Breakfast provides the body with much needed nutrients and energy," Hildebrand said. "The brain needs energy to think clearly and muscles need energy for physical movement. This is why the habit of eating breakfast is important to children as well as adults."

Research has shown a relationship between eating breakfast and school performance. Students who participated in a school breakfast program had improved school attendance and decreased tardiness. These students were at school early enough to eat breakfast, which improved school attendance. Therefore, these students were in the classroom in the morning when subjects such as reading, language arts and math are frequently being taught.

Hildebrand said eating breakfast also contributes to improved dietary quality.

"Total nutrient intake for the day is usually higher for people who eat a morning meal. Children who eat breakfast at school, compared to those who don't eat breakfast or eat breakfast at home, eat more fruit, drink more milk and consume a wider variety of foods," she said.

Skipping breakfast on a regular basis can result in undernourishment. Research consistently found that undernourished children who started eating breakfast showed improvement in school performance, more so than children who were not undernourished.

In a blinded, cross-over experimental study of 10-year-olds, boys who ate a highly nutritious breakfast made fewer errors on number checking, addition and creativity than when they consume a breakfast of

lower nutritional quality. Girls also had fewer errors in addition.

There are a number of excuses people give for not eating breakfast, including not being hungry early in the morning.

"If this is you or your child, start with something light such as 100 percent juice or a piece of whole wheat bread or crackers," she said. "Later in the morning have a piece of string cheese, hard-boiled egg or yogurt."

If you find yourself running short of time in the morning, keep quick-to-fix foods on hand, or prepare some "grab and go" foods when you have more time. Some quick breakfast ideas include portions of ready-to-eat cereal mixed with dried fruit and nuts in small bags, instant breakfast mix with low-fat milk in a to-go cup, whole grain bagel and peanut butter or a cheese sandwich. Prepare foods ahead when time allows on weekends or evenings. Hard-boiled eggs will keep in the refrigerator for up to one week. Prepare a batch of bran muffins for quick, on-the-go breakfasts. Remember that cooked foods should be refrigerated or frozen within two hours of cooking.

"Breakfast doesn't necessarily have to be traditional breakfast foods. Leftover vegetable pizza, crackers and cheese, fruit smoothies, a sandwich, cheese or peanut butter toast, soup or leftover macaroni and cheese are good choices," Hildebrand said. "Pair one of these with some fruit, 100 percent fruit juice or low-fat milk and you're off to a great start for the day."

Be sure to check out the breakfast program at your child's school. School breakfast meals are planned to meet one-quarter of the Recommended Dietary Allowance of key nutrients for school-age children. Call your local school district for more information.

2009 HCE LESSON SELECTIONS SURVEY

In each list below, select your top 3 choices and return by Sept. 30, 2008 to the Blaine County OSU Extension Office, 212 N. Weigle, Watonga, OK 73772.

Family Issues

- Tick Tock, Don't Stop (Time Management)
- Environmental Hazards We Live With
- Understanding County Government
- Medical Myths – Busted!
- Families Making a Difference
- Reading Road Signs (driving refresher)
- Preparing for a Natural Disaster
- Information on Dementia
- Changes during the aging process
- Trends Affecting Families
- Impact of Technology on the Family

Economic Well-Being

- Prevent & Clean up ID
- Small Steps to Wealth
- Who Gets Grandma's Yellow Pie Plate?
- Living "Green" the Easy Way
- Understanding Medicare & Medicaid
- Guarantees & Warranties
- Complete a Home Inventory
- Coupon Saavy
- Should You Buy Organic?
- Internet Shopping
- Finances & Your Marriage

Healthy Living

- Rib-ticklin BBQ
- Cooking with Rice
- Healthy Heart Cooking
- Cooking with Sugar Substitutes
- Diet with Dairy Foods
- Sweet Inspiration for Holiday Baking
- 30-minute Meals
- Small Steps to Health
- Pressure Cooker Cooking
- Crockpot Cooking
- Eating Out Healthy

Cultural Enrichment

- Butterfly Gardening
- Digital Photography
- Antique Appraisal
- Bird Identification
- Pretty Feet (foot care)
- Oriental Culture & Cuisine
- Move It or Lose It (armchair fitness)
- What's New in Oklahoma Gardening
- Photos on Fabric Projects
- Cosmetic Procedures, Are they Safe?
- Parliamentary Procedure
- Water Gardens

List topics below for extra workshops you would like to see offered by OSU Extension. (i.e. quilts, purses, basic sewing, flower arranging, nutrition, food preparation, etc)



EXHIBITS SURVEY

PLEASE RETURN BY SEPTEMBER 30, 2008

Return to: Blaine County OSU Extension Service, 212 N. Weigle, Watonga, OK 73772

NAME: _____ (optional)

List items you believe were successful in 2008 and you would like to see repeated in 2009:

List items you believe could have been more successful in 2008, if minor changes had been made. Suggest changes for those exhibits for 2009:

List items you think should be discontinued altogether for 2009:

List ideas for new items for 2009:

Other suggestions for planning, conducting or evaluation of the fair:

Easy Salted Peanut Chews

Sandra Maddux

1 pouch (1 lb. 1.5 oz). peanut butter cookie mix
3 tablespoons vegetable oil
1 tablespoon water
1 egg
3 cups miniature marshmallows
2/3 cup light corn syrup
1/4 cup butter or margarine
2 tsp vanilla
1 bag (10 oz.) peanut butter chips
2 cups crisp rice cereal
2 cups salted peanuts

1. Heat oven to 350 degrees. Spray bottom of 9x13-inch pan with cooking spray.
2. In large bowl, stir cookie mix, oil, water and egg until soft dough forms. Press dough in pan using floured fingers.
3. Bake 12 to 15 minutes or until set. Immediately sprinkle marshmallows over crust; bake 1 to 2 minutes longer or until marshmallows begin to puff.
4. In 4-quart saucepan, cook corn syrup, butter, vanilla, and chips over low heat, stirring constantly, until chips are melted. Remove from heat; stir in cereal and nuts. Immediately spoon cereal mixture evenly over marshmallows. Refrigerate 30 minutes or until firm. For bars, cut into 9 rows by 4 rows.

(Skip the cooking spray and line pan with foil for quick cleanup and easy bar removal. For a different flavor, try milk chocolate or semisweet chocolate chips for the peanut butter chips.)

Web Source: Better Crocker® .com – Cookie Mix recipes



German Chocolate Bars

Alma Rehlen

Bottom Layer:

1 – German Chocolate Cake Mix
1 cup quick oatmeal
1 cube butter, softened
1 egg

Top Layer:

8 ounces cream cheese
2 eggs
1 pkg (16 oz.) coconut-pecan frosting

Preheat oven to 350 degrees. With a fork, mix together cake mix, oatmeal, butter, and egg until crumbly. Set aside two cups of mixture. Press rest of dough into a greased 9 x 13-inch pan.

In a separate bowl, beat together cream cheese and eggs until smooth. Mix frosting into cream cheese mixture. Spread over crust. Sprinkle reserved oatmeal mixture over cream-cheese layer. Bake 40-45 minutes or until done.

Source: 101 Things to Make With a Cake Mix

Hot Pizza Dip

6 ounces light cream cheese
1/2 cup light sour cream
1 teaspoon oregano
1/2 cup pizza sauce
1 cup shredded low-moisture, part-skim Mozzarella cheese
1/4 cup diced red peppers
1/4 cup sliced green onions
1/2 cup grated Parmesan cheese
Whole wheat bread sticks or crackers

Combine cream cheese, sour cream and oregano in bowl; stir until smooth. Spread cream cheese mixture evenly into 9-inch pie plate or quiche pan. Top with pizza sauce, Mozzarella cheese, peppers and onions. Sprinkle with Parmesan cheese. Bake at 350 degrees for 10 minutes, or until cheese is melted. Serve with whole wheat bread sticks or crackers.

Fair Feedback Survey

Here's your chance to let us know ideas for the 2009 County Fair. This survey is a way to share ideas and comments before work begins for next year. It would be helpful to let us know what you liked and what could be improved. The survey is included in this newsletter. Return your survey by September 30 to the Extension Office and the fair committee will have a chance to go over them and make suggestions for 2009. A special thank you is extended to our fair superintendents. Their extra work and dedication to the county fair is what makes the fair a success.

Included in this letter are two recipes from the fair. These were requested by many members to be shared in this letter. Thanks to Alma Rehlen and Sandra Maddux for sharing.

District & State OHCE Meeting Dates

In planning for the upcoming year, place these two dates on your calendar. Our NW District Meeting will be held Thursday, March 19, 2009 in Guymon. The State OHCE meeting will be held July 12-14, 2009 at the Clarion Convention Center in Oklahoma City.

Leader Lessons

Leader Lesson for October will be held September 25th, 10 a.m. at the Blaine County Fairgrounds, Foley Building. Our topic is "Gambling, The Risk and the Odds". We will be exploring our current gaming situation in Oklahoma as well as repercussions from gambling and associated addictions.

Paula Post will be presenting the November lesson. It will be presented on October 23rd, 10 a.m. at the fairgrounds. The topic is "Grandmother's Remedies that Actually Work." As always, guest and potential new members are invited to attend these educational meetings.

Organizing for 2009

It hardly seems possible; however, the year 2009 will be arriving shortly! Some of our preparations include County HCE dues. Please have your local officer names to the Extension Office by October 1st. Also, include your membership dues of \$11.00 each; Pennies for Friendship contribution; Nickels for Leadership and Norma Brumbaugh Scholarship to the County Treasurer, Patsy Sinclair, by this date.

Also, included in this letter is the lesson selection survey for 2009, Please fill it out and return to the Extension Office by September 30th.

Blaine County Fall Association Meeting -Tuesday, September 16th

Make plans to join members from throughout the county for our meeting on Tuesday, September 16th. We will start with registration at 5:30 p.m. with the meeting to begin at 6:00 p.m. Each group is asked to assist with the potluck meal. Duties include:

Domestic Engineers

Main Dish (meat or casserole)

Jolly Workers

Vegetables and/or salads

Pleasant Valley

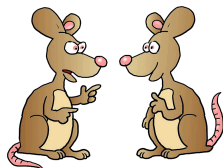
Desserts

Duties for this meeting are:
Decorations – Pleasant Valley
Hostess – Domestic Engineers
Registration – Jolly Workers

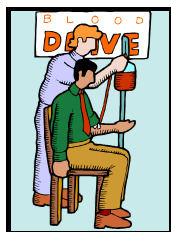
Our business meeting will be conducted following our meal.

Watonga Cheese Festival

October 10 & 11, 2008



The Cheese Festival will return on October 10 & 11, 2008. Once again HCE members will be asked to assist with the **Cheese Food Contest that will be held in the City Hall Auditorium. Signup forms for working will be available at the Fall Association Meeting. Also, entry forms will be available at the fall meeting.** The new cheese festival cookbook is being printed and will be ready as an incentive prize for entering this year's contest (one book per person entering).



Blaine County OHCE Blood Drive

Don't forget about the blood drive scheduled for Tuesday, September 23rd, 11:30-6:00 p.m. Each HCE club is requested to furnish 5 dozen homemade

cookies to the fairgrounds by 11:30 a.m. Contact Patsy Davis, if you have any questions.

Ethanol-Gasoline Blends

Maybe you have seen the signs at the pumps that state that the fuel may contain up to 100% ethanol. Is this a cause for concern? Here's some facts!

- ❖ Approximately ½ of the gasoline sold in the US contains up to 10% ethanol. (E10)
- ❖ Blends vary from low levels, about 5% ethanol to high-level blends up to 85% ethanol.
- ❖ There are a number of factors that influence fuel economy including temperature, head wind, road conditions, traffic congestion, driving speed, acceleration rate, wheel alignment, tire pressure, running the air

conditioner in Oklahoma's 100+ degree days and others. It is difficult to accurately measure a decrease in fuel economy based on ethanol when other factors have an influence also.

- ❖ Low-level blends such as E10 are not considered alternative fuels by the US government. All major US automotive manufacturers warranty all vehicle makes and models produced to use E10 or gasoline. Newer vehicles built after 1995 are built and warranted to operate with E10 and should have minimal fuel-related issues.
- ❖ Older vehicles engines might run a risk of degradation of rubber, cork gaskets and exposed magnesium and aluminum surfaces in the fuel system.
- ❖ Ethanol is an effective solvent which can help remove gum and deposits from fuel systems. A drawback is that a dirty fuel system may precipitate old deposits all at once upon use of a blend and clog fuel passages.
- ❖ Ethanol is hydroscopic, meaning it attracts and mixes with water. With a low concentration of water, the alcohol will mix and remove water as the fuel is burned – a good thing. However, if the fuel system has a sealing problem – greater concentrations of water can enter the system, various acids can form with the ethanol which could potentially increase engine wear. This can be a problem for vehicles that set for a long period of time – 3 months or longer. Vehicles used on a constant basis should experience minimal wear contamination problems with E10.
- ❖ More problems may be present with the higher proportion blends, i.e. E85.

It's Okay to Give Things Away

In America, we spend about half our lives accumulating all that we think we need and most of the second half trying to get rid of it. What we actually use on a day-to-day or week-to-week basis is only a fraction of what we have in our homes. This accumulation often takes up precious space and time, and actually adds stress to our lives as we try to manage it all.



KEEP - - GIFT - - SELL - - DONATE - - TOSS

Keep items with which you are not currently ready to part. You love them and use them. Simplifying your life doesn't mean getting rid of everything, but paring down to the favorite things you want to have around, things you need, or those you enjoy using can bring peace of mind.

Most seniors want to simplify everything in their life, from clothing to meals, travel, entertainment, and especially housekeeping. The frustration of not being able to find what we want when we want it makes most of us feel disorganized at best and depressed at worst.

Clutter takes two forms: mental and physical. Mental clutter is made up of those thoughts that continually run through our mind, often reminding us of things we should do or have neglected to do. We're most familiar with physical clutter because we see it around us piled in bedrooms, closets, the kitchen, storage areas – it's everywhere!

Schedule – It Takes Time to Make Time

Which area bothers you the most? Which area would be easier to tackle first? Which area would you feel good about finishing? Schedule one to two hours of time for your project, one day at a time. Set a timer, if you must. Spending long periods of time can be tiring and may be the fastest way to end your cleaning quest.

Small Chunks of Work – Small Chunks of Time

Starting with small steps helps accomplish the greater goal. Choosing an easier task to start on that road to success will give you a deserved feeling of accomplishment. Chipping away at the larger goal, even for an hour at a time, can help keep you from becoming overwhelmed.

Manageable chunks, even if it's a dresser drawer, the coat closet, or china cabinet, will ultimately get you to your goal.

Gift items you want passed on to your family and friends. Why not now! If you've always wanted to your niece to have your china and you're not using it to entertain, this may be the perfect time to 'gift' it to her. Now is the time for your children to pick up things left behind when they launched into the world. Invite them to lunch and to bring boxes. It can be fun to reminisce with them. If they've taken what they want, the rest is yours to sell or donate.

Sell items in an estate sale, garage sale, consignment shop, or auction. First, choose what you enjoy and use. Then, when you're ready, you have several options for selling your items. Remember, the house and its contents are your assets and could contribute a tidy sum to your retirement.

Donate gently used items to others who need them. Do I need it? Want it? Use it? Can someone else get more use or enjoyment from it?

Toss well worn and broken items. You know what trash is. If you wouldn't wear it, buy it, or give it away, toss it.

Decision-Make – Hands and Feet

It's best to enlist help for bigger areas like the basement or attic. You are the decision-maker and your helper is invited to lift, carry, pack, discard or donate.

Store each item in a location you can easily reach. If your holiday decorations are in the attic, find a space in the garage or a closet so you can get to them easily.