



Family and  
Consumer Sciences

# Strengthening Oklahoma Families

Blaine County OSU Cooperative Extension Service

212 N Weigle – Watonga OK 73772

580-623-5195 FAX: 580-623-5242

[blaineco@watonga.com](mailto:blaineco@watonga.com)

Website: [www.oces.okstate.edu/blaine](http://www.oces.okstate.edu/blaine)

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August - 2009

## Driving Distractions

Several large-scale, naturalistic driving studies (using sophisticated cameras and instrumentation in participants' personal vehicles) conducted by the Virginia Tech Transportation Institute (VTTI), provide a clear picture of driver distraction and cell phone use under real-world driving conditions. Combined, these studies continuously observed drivers for more than 6 million miles of driving.

VTTI's research showed that text messaging, which had the highest risk of over 20 times worse than driving while not using a phone, also had the longest duration of eyes off road time (4.6 s over a 6-s interval). This equates to a driver traveling the length of a football field at 55 mph without looking at the roadway.

VTTI's recommendations (based on findings from research studies):

- ❖ Driving is a visual task and non-driving activities that draw the driver's eyes away from the roadway, such as texting and dialing, should always be avoided.
- ❖ Texting should be banned in moving vehicles for all drivers. Texting has the potential to create a true crash epidemic if texting-type tasks continue to grow in popularity and the generation of frequent text message senders reach driving age in large numbers.
- ❖ "Headset" cell phone use is not substantially safer than "hand-held" use because the primary risk is associated with both tasks is answering, dialing, and other tasks that require your eyes to be off the road. In contrast, "true hands-free" phone use, such as voice activated systems, are less risky if they are designed well enough so the driver does not have to take their eyes off the road often or for longer periods.
- ❖ All cell phone use should be banned for newly licensed teen drivers. Research has shown that teens tend to engage in cell phone tasks much more frequently, and in much more risky situations, than adults. Thus, studies indicate that teens are four times more likely to get into a related crash or near crash event than their adult counterparts.

Source: Blacksburg, VA., July 27, 2009

<http://www.vitti.vt.edu/PDF/7-22-09-VTTI>

**August 27, 28 & 29, 2009**

**Program and Events  
Blaine County Fairgrounds - Watonga, Okla.**

**THURSDAY**

- 4:00p.m. - Entries by Exhibitors - THURSDAY Evening
- 4:00p.m. - Livestock Entries Weigh-in By Superintendents
- 6:30p.m. - Entries close for non-livestock exhibits
- 8:00p.m. - All livestock Entries must be in place, including Poultry & Rabbits
- 9:00p.m. - Exhibit Room Closes

**FRIDAY**

- 7:30a.m..... Non-livestock Entries by Exhibitors Livestock Entries must be entered on Thursday Eve.
- 8:00a.m..... Commercial exhibits open
- 9:00a.m..... Judging of Cattle Exhibits
- 9:00a.m..... Judging of Poultry & Rabbits Exhibits
- 10:00a.m..... All exhibits must be in place
- 11:00a.m..... Judging of Home & Community Education, 4-H, Agricultural, & Open Class
- 2:00p.m. .... Judging of Goats Exhibits Sheep to follow at completion of Goats
- 4:00p.m. Blaine Co. Elected Officials Watermelon Feed
- 6:00-7:00pm - Practice for Tractor Driving Contest
- 7:00p.m. .... Tractor Driving Contest
- Op.m. .... Bucket Calf Show
- 6:00p.m. .... Entries to Pet Show, Arena Building
- 6:30p.m. .... Pet Show
- 6:30p.m. .... Judging of Homemade Ice Cream
- 7:00p.m. .... Ice Cream served
- 7:30p.m. .... Cake Auction, Foley Bldg
- 9:00p.m. .... Exhibit Room Closes  
& **Release of Poultry & Rabbits ONLY**

**SATURDAY**

- 7:00a.m..... Judging of Swine Exhibits
- 8:00a.m..... Commercial & Fair Exhibits open
- 9:00-12noon .... 4-H Consumer Judging Contest, Foley Building
- 1:00p.m. ... Entries for Pie Baking Contest Taken
- 2:00p.m. .... Judging of Pie Baking Contest
- 3:00p.m. .... Most Man Appealing Pie Contest, Foley Building
- 6:00p.m. .... Entries to Youth Horse Show
- 6:00p.m. .... Non-Livestock Entries Released
- 7:00p.m. .... Youth Horse Show

**Blaine County Fair**

Our County Fair will be held August 27-29. Refer to the schedule above for activities & special events being held during the fair. Be sure and bring your entries and help out your group as well as enter in the Open Class. Fair catalogs are available in the Extension Office or around town at various businesses.

**Fair Kitchen**

Our fair kitchen manager for this year is Valerie Garrett. Each group will need to furnish five (5) pies and one other dessert (i.e. brownies, cake, cereal treats, etc.) Please bring desserts before noon, if possible.

**HCE Fair Kitchen Work Schedule**

Thursday, August 27th

4 – 8:30 p.m. - 1 member from each group

Friday, August 28<sup>th</sup>

8a.m. – 12noon - 2 members from each group

11a.m. – 3p.m. - 2 members from each group

3 – 8:00 p.m. - 2 members from each group

Saturday, August 29<sup>th</sup>

8am – 12noon - 2 members from each group

11am – 3pm - 2 members from each group

3-6:30 p.m. - 2 members from each group

**The Country Store**

HCE members are asked to bring items to sell at the Country Store. Items that sell well include fresh garden produce, cookies, rolls, jelly, etc. Please have items packaged in ready to eat portions, produce in bags and items priced. All of the proceeds from the Country Store assist in funding the scholarships that are awarded to high school seniors from Blaine County each year.

**Fair Cake Auction**

Once again Blaine County HCE members will be holding their annual cake auction fundraiser. We are counting on our HCE cake bakers to help make this event a success. The auction will be Friday, August 28<sup>th</sup> at 7:30 p.m. Cakes need to be delivered by 6:30p.m. that evening. A cake entered in the fair can also be used in the auction. Just tell the superintendents, if it is to be auctioned when you are entering the cake. Please tell our local businesses about this auction that raises monies to be used on Fair Premiums.

## County Executive Planning Meeting

To help make planning for our upcoming events this fall, the Executive Members should plan to meet on Thursday, August 27<sup>th</sup> at the Fair Building. We will meet for a short time at 7 p.m. Bring your calendars so dates can be set for our events. County officers and local officers are encouraged to attend.

## HCE Leader Lessons

Enclosed in this letter is the ballot for 2010 Lessons. Please take some time to mark your ballot with your personal selections and return to the Extension Office.

### August & September lessons

Our lesson for September is "Money on the Bookshelf". This lesson is a handout and will be available for pickup at the fair or the Extension Office. The lesson for October will be presented on September 24<sup>th</sup>, 10 a.m. at the Blaine County Fairgrounds. Topic is "Duct Tape, Baling Wire & WD-40".

## State OHCE Meeting Report

Seven members of Blaine County OHCE attended the State Meeting in July. Blaine County was presented a cash award for the "Most Members Present at State Meeting for Small County Membership".

## Election of Local HCE Officers & 2010 Enrollment

Officers & dues for the upcoming 2010 year will be due to the Extension by October 1<sup>st</sup>. To help in uniformity, everyone will be asked to fill out an enrollment form this year. Forms will be included in the Leader Lesson information. Dues for 2010 are \$11.00. (County: \$3.50; State: \$7.50)

## Dr. Eileen St. Pierre - Presentation

Dr. Eileen St. Pierre, OSU Family Financial Specialist, will be speaking Tuesday, September 15<sup>th</sup>, 2:00 p.m. at the Watonga City Library. She will be discussing "What's in the Stimulus Package for Me" and Basic Financial tips for everyone. All ages are welcome to attend this presentation.

## OHCE Leadership Training

OHCE will have a Leadership Training October 1, 2009 at the Clarion Convention Center in Oklahoma City. County and Local officers are encouraged to attend. Registration is \$15 and due no later than Wednesday, Sept. 2<sup>nd</sup> to Patsy Sinclair, Treasurer. If you have any questions, just call the Extension Office.

This newsletter is one way of communicating educational information to the citizens of Blaine County in the area of Family & Consumer Sciences. For free subscriptions, contact the Extension Office at 580-623-5195. The information given 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 Oklahoma Cooperative Extension Service is implied. This information was produced at a cost of 1 cent per page for a total of \$10.00.

*Joy Rhodes, Editor*

*Blaine County*

*Extension Educator, Family & Consumer Sciences*

## Picture Perfect Meringue

Few dishes have the "wow" effect of a picture perfect meringue pie. Meringue is made of egg whites whipped into a foam which is stiffened and sweetened by sugar.



Weeping and shrinking are two common problems. Weeping occurs when water seeps between the pie filling and meringue. Shrinking happens when meringue pulls away from the crust.

Here are some tips to make the perfect meringue:

- Use eggs at room temperature
- Put the meringue on the pie while the filling is still hot
- Brown meringue in the oven at 400 degrees for 5-8 minutes, watching closely to prevent burning
- Keep bowls and utensils clean of oils or fats

## Homemade Ice Cream Contest

August 28, 2009 – 6:30 p.m.

Thanks to user-friendly ice cream makers, making your own cool, delicious (and light) summer treat is easier than ever. Follow these simple steps.

**Fast Facts:** Ice cream is a frozen custard (or milk mixture) with air whipped into it. The custard or mix, especially for light ice cream, is a delicate balance of dairy products, sweetener, flavorings, and sometimes eggs. Each plays an important role in the overall outcome.

**Lighten-Up Tip:** A substantial amount of half-and-half combined with two percent reduced-fat milk produces delicious lower-fat ice cream with velvety smooth texture and rich flavor.

### 1. Equipment

The most important piece of equipment is an ice-cream maker. You've got a couple of options:

**Bucket freezer:** Yields the best results because salt lowers temperature to freeze the ice cream below 22 degrees (soft-serve consistency) so ice cream is firm. These are especially good for light ice creams, which tend to have a lower freezing point because of their higher sugar content. **Countertop machine:** Convenience (requires no salt or ice) and good for small batches. If you have space, keep the freezer bowl stashed in the freezer so you can make ice cream any time.

### 2. Salt

While tabletop models rely strictly on a freezer bowl filled with a coolant, traditional bucket-style freezers require rock salt and ice. Salt lowers temperature to freeze ice cream below 22 degrees (soft-serve consistency), so ice cream is firm, even straight from the churn.

### 3. Mix

Ice cream is a frozen custard (or milk mixture) with air whipped into it. The custard or mix, especially for light ice cream, is a delicate balance of dairy products, sweetener, flavorings, and sometimes eggs. Each plays an important role in the overall outcome. In this step, you heat the milk, and combine the egg yolks and sugar separately. Sugar

may cause the milk to curdle if heated, and the egg yolks may coagulate, if exposed to extremely high temperatures. Gradually add half the hot milk to slowly heat the egg mixture.

### 4. Cool

It's important to completely cool the ice-cream mix before freezing it. Accomplish this quickly by placing the pan in a large ice-filled metal bowl. Or simply make the mix in advance and refrigerate, a process known among professionals as aging. Aging involves chilling the mix for four to 24 hours, allowing the proteins to swell and bind with the water molecules, which makes for a creamier product.

### 5. Freeze

If you're using a bucket freezer, make sure to use plenty of salt. We recommend coarse rock salt because it will not slip easily between the ice or drain through the cracks of the bucket. Use crushed ice, which puts more of the surface area of the ice in contact with the brine. (This maintains lower temperatures in the freezer.) If not specified by the manufacturer, use about one cup of rock salt to every eight to 10 cups of ice.

### 6. Ripen

Ripen the ice cream by transferring it to a freezer-safe container. This is the time to fold in cookies, candies, or sauces, such as caramel. Work quickly so the ice cream does not begin to thaw. And remember, less stirring is better, especially with the sauces. If you stir too long, the sauce will not ribbon or swirl through the ice cream. Once transferred to the freezer-safe container, let it stand in the freezer at least one hour or until firm.

### 7. Soften

Let the ice cream stand at room temperature for about five to 10 minutes to soften slightly after it ripens. This allows it to soften, so it will scoop more easily. If it's still frozen solid, heat the scoop under hot running water, pat it dry, and scoop.

### Enjoy Your Favorite Flavor

Once you learn the basic technique, the flavor possibilities are endless. Best of all, when you make your own, you can control the quality of the ingredients and the texture of the final product.



# 2010 HCE LESSON SELECTIONS SURVEY

In each list below, select your top 3 choices and return by Sept. 11, 2009 to the Blaine County OSU Extension Office, 212 N. Weigle, Watonga, OK 73772

## Family Issues

- Living With Diabetes
- Environmental Hazards We Live With
- Understanding County Government
- Medical Myths – Busted!
- Families Making a Difference
- Reading Road Signs (driving refresher)
- Genealogy & Creating a Family Tree
- Impact of Technology on the Family
- Trends Affecting Families

## Resource Management

- Wills vs Trusts
- Thriving in Challenging Times
- Small Steps to Wealth
- Creative Ways to Give Money
- What is Your Money Personality
- Agri-Tourism
- Internet Shopping
- Educator's Choice of Current Topic

## Healthy Living

- Rib-ticklin BBQ
- Berries are B-ery Good for You
- Healthy Heart Cooking
- Sugar Substitutes
- Diet with Dairy Foods
- Obesity in a Bottle
- Hawaiian Culture & Cuisine
- Guiltless Desserts
- Whole Wheat Bread Baking

## Cultural Enrichment

- Quilting with Charm Packs, Jelly Roles, Fat Quarters, Etc
- Famous Women in History
- Beading & Jewelry Making
- Strength Building for Seniors
- Pretty Fingers & Toes (nail care)
- Crayon Appliqué
- Photos on Fabric Projects
- Cosmetic Procedures, Are they Safe?
- Educator's Choice of Current Topic

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)