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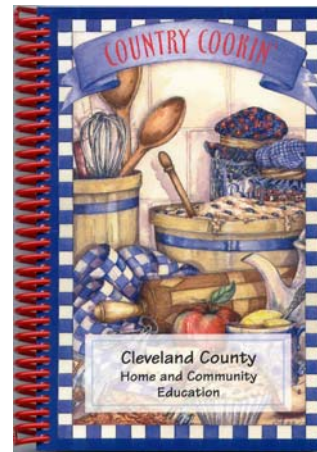
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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert E. Whitson, Director of Oklahoma cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President, Dean, and Director of the Division of Agriculture Sciences and Natural Resources and has been prepared and distributed at a cost of \$36.40 for 175 copies.

Susan Moffat

## 2005 "Country Cook'n" HCE Cookbook

Give your friends and family a gift to cherish for years. Come by the Extension office and pick up a 2005 "Country Cookin'" Cookbook. Home and Community Education (HCE) members donated their favorite recipes to create this 276 page cookbook. Each recipe is a tried and true family favorite. Some of these recipes will be familiar and others will be different than any you have ever made. You may buy as many cookbooks as you wish for the price of \$12.00 each.



## Reminders



- ⇒ Co. Holiday Feb. 18th
- ⇒ Leader Lesson Feb. 28th, 1pm "Are You Techno Savvy"
- ⇒ Cleveland Co. Spring Livestock Show Feb 26th—29th
- ⇒ Co. Holiday March 21st
- ⇒ Leader Lesson March 27th, 1pm "Preserving Family History"
- ⇒ Dist. OHCE Meeting March 28th, Simmons Center, Duncan, OK



## FAMILY AND CONSUMER SCIENCES

# Newsline

Cleveland County  
February 2008

### Emergency water supply essential during storm season

Many Oklahoma residents have already met with the wrath of Mother Nature this winter as an ice storm slammed into the state and left a path of destruction in its wake.

While news reports indicated treacherous weather was on its way, some residents were unprepared.

When preparing for most types of emergencies, you need to think about your water needs. In any disaster situation, clean drinking water should be a top priority. When advanced warning of a storm is given, it's important to store several days' worth of water. We're still in the midst of winter storms and there's still the possibility of more ice storms that could cut power to parts of the state. In addition, tornado season isn't that far off either.

In some cases, when the electricity goes off, residents on the city water supply may still have water. Those who are on a water well will most likely be without water..

Oklahomans should store at least one gallon of water per person per day. A normally active person needs to consume at least two quarts of water each day as drinking water. A good rule of thumb is to have at least three days' worth of water stored in the event of an emergency. Remember that this amount does not include what may be needed for food preparation, personal hygiene and pets.

A person can minimize the amount of water the body needs by reducing activity levels and staying cool.

The safest way to store water is to purchase commercially bottled water and store it in its original, unopened container until needed.

If Oklahomans choose to prepare their own containers for water storage they can buy food-grade water storage containers from surplus or camping supply stores. These containers need to be thoroughly cleaned before filling with water. Those who choose to recycle containers for water storage should opt for two-liter plastic soft drink bottles, not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacteria to grow in the water stored in them. Cardboard containers that once contained milk or juice are apt to leak and are not designed for long-term storage. Glass containers are easily broken and heavy.

Follow these steps to store water in plastic soda bottles: Thoroughly clean the bottles with dish-washing soap and water, rinse completely. Make a sanitizing solution by stirring one teaspoon non-scented liquid household chlorine bleach into one quart of water. Swish the solution in the bottle so it touches all inside surfaces. Clean the inside of the bottle cap. Rinse the container with clean water.

Fill the bottles to the top with regular tap water. If the water has been commercially treated from a water utility with chlorine there is no need to add anything else to the water to keep it safe to drink. If the water comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with fingers.

Store the containers in a cool, dark place and replace every six months. Put a date on the outside of the filled container so you'll know when it's time to replace it.

## Hidden Ways to Help Your HEART

The **good news** about heart disease—America's No. 1 killer—is that a healthy heart is within everyone's reach. You know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check. **But there are more ways to boost heart health:**



**DON'T SKIP BREAKFAST.** Most heart attacks occur between 7 a.m. and noon—possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky... and less likely to clump together and block a vital artery.

**LIGHTEN UP.** People who overreach to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

**MEET THE "A's".** You may have heard about the antioxidants—vitamins A, C and E, and beta-carotene—that appear to slow plaque formation in the arteries.

**KICK TOBACCO IF YOU ARE USING IT.** Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

**GET OFF THE COUCH.** Sedentary living—not high cholesterol—is one of the greatest risk factors in heart attack deaths. **Tip:** Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with kids. Live longer!



### 4H Club Project

**Emily Morrow, Heart 4-H Club,** is conducting a service project to collect the following items; stocking hats, mittens, tooth brushes, toothpaste, men and woman's socks and underwear. Items will be donated to the City Rescue Mission in Oklahoma City. Items can be dropped off at the extension of-fice beginning Friday, February 1st—Friday, March 7th. If you have any questions feel free to email Emily at [wsmorrow@juno.com](mailto:wsmorrow@juno.com).

### Military Support State Project

There will be a workshop at the district meeting for the Military Support State Project. We need a volunteer to attend this workshop and bring an item(s) to be donated so packages can be sent to our military. Also, if you have name(s) of someone personal in the Mid-East please bring their complete mailing address, there will be a drawing to send one of them a box from our district. Patterns for the HUGS cooling ties & a list of care package needs are available at the extension of-fice or online at [OHCE.ORG](http://OHCE.ORG) under state project.

**We need two volunteers to pick up and present the Leader Lessons on a county level at the District Meeting.** Topics for these lessons are "Forming Community Coalitions" and "Clutters Last Stand". Please contact Susan Moffat if you are interest in volunteering.

### Are you Techno Savvy



**Thursday**  
**February 28, 1:00 p.m.**  
**Nancy Michael, OSU**



Melba Crowley's address is incorrect under Robinson club in the yearbook. Please contact Johnnie at the extension office for her correct address. Sorry for the misprint Melba!

### HCE NEWS

- Please provide a number of members planning to attend the April Council catered meal.
- Money on the Bookshelf.
- Achievement score sheets due Feb. 1st.
- Secretary books due Feb. 1st.
- Cleveland Co. Spring Livestock Show Feb. 26th—29th.
- If your group would like to use the North Classroom for your monthly group meeting, please contact the extension office at 321-4774. The room is booking up quickly.



## OHCE Information

District OHCE Meeting: March 28th—Simmons Center, 800 Chisholm Trail Prkwy, Duncan  
Registration: \$15.00, mail to Gerhua Eady, 9601 Vermillion, Norman, 73026 no later than **March 5th**.  
This years theme is "Along the Trail". Come and experience this one of a kind, multi-sensory presentation and a diverse collection of memorabilia artifacts and hands on exhibits.

### Workshops planned include:

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| Military Support (State Project, requested that members bring an item to be mailed to military service personnel) | Garnishing & Kitchen Gadgets             |
| Organic Gardening   | Floral Designs                           |
| Cancer Detection  | Buying and Sell on E-Bay                 |
| Banking Today   | Scrapbooking with your Computer          |
| Diabetes  | T-shirt Quilts                           |
| Decide your Quality of Life   | and more                                 |
| Advanced Directive  | Country Budgets (Treasurer)              |
| I'm County Historian, What am I supposed to do?   | President's Stand Up (Presidents)        |
| How to Make County Recruitment Brochures (Membership)   | Visual Journaling—small fee for supplies |
| Embroidery Do's & Don'ts  |  |

**Gina Flesher, a motivational/humorist speaker will portray her "Many Hats of Today's Women"**