With the summer days arriving, many Oklahoma families are making plans to hit the pool or local lake in an effort to stay cool.

If the plan includes being around a body of water, make sure you take precautions, especially with young children, said Debbie Richardson, Oklahoma State University Cooperative Extension parenting assistant specialist.

Accidents around water can occur very quickly. In fact, most drowning victims were out of their parents’ sight for less than five minutes. Children, especially those less than 5 years old, are vulnerable to submersion injuries because they haven’t developed the knowledge, reasoning, understanding, physical strength and coordination to recognize their risks and how to handle themselves in water. Drowning is the second leading cause of accidental death among children ages 1 to 14.

Most children under the age of 5 do not know how to swim. Even if a child that age has taken swimming lessons, it should never be assumed the child would be able to save himself in the event of an emergency situation.

Richardson pointed out that young children are dependent upon adults who know how to maintain a safe environment around the water and also know rescue and resuscitation methods should the need arise.

While swimming pools, oceans, ponds and lakes pose a danger for children under the age of 5, any collection of water can be risky.

Any place water can gather, such as a bucket, basin or sink can be dangerous. However, bathtubs and swimming pools pose the greatest risk for children 5 years old or younger in Oklahoma.

The Oklahoma State Department of Health reports that between 1988 and 2006, a total of 2,153 Oklahomans suffered a fatal or hospitalized submersion injury. Of those, 1,518 victims died. Children between the ages of 0 and 4 accounted for 591 submersions, including 125 bathtub and 289 swimming pool submersion injuries.

Richardson said it is important for everyone to keep in mind that drowning can occur in a variety of circumstances – during water recreation or when a child is left unsupervised for even seconds in the bathtub or around the home with access to pools and hot tubs.

A child can drown in as little as one inch of water, and drowning is usually quick and silent. A child will lose consciousness two minutes after submersion, with irreversible brain damage occurring within four to six minutes.

Every home with a pool should have layers of protection in an effort to keep children safe. These layers include placing a barrier around the pool to prevent access, using pool alarms, closely supervising every child and being prepared in the event of an emergency. Keep safety equipment by the pool.

Pool fences or surrounding walls should be a minimum of four feet high and completely surround the pool. Gates in the fence or walls need to be self-closing and self-latching. Also, the handles on the gates should be out of the reach of small children.

Remember that even small wading pools can be dangerous for children who are not properly supervised. Children should be supervised at all times.
Summer Energy & Money Saving Tips

Use Air Conditioning & Fans Wisely
- Use a fan with your window air conditioner to spread the cool air through your home.
- Use a programmable thermostat with your air conditioner to adjust the setting warmer at night or when no one is home.
- Don’t place lamps or TVs near your air conditioning thermostat. The heat from these appliances will cause the air conditioner to run longer.
- Replace incandescent bulbs with compact fluorescents.
- Air dry dishes instead of using your dishwasher’s drying cycle.
- Use a microwave oven instead of a conventional electric range or oven.
- Turn off your computer and monitor when not in use.
- Plug home electronics, such as TVs and VCRs, into power strips and turn power strips off when equipment is not in use.
- Lower the thermostat on your hot water heater. 115 degrees is comfortable for most uses.
- Take showers instead of baths to reduce hot water use.
- Wash only full loads of dishes and clothes.
- Use cold water to wash your clothes.

Shade Your Windows
- Sunny windows can make your air conditioner work two to three times harder.
- Install white window shades, drapes or blinds to reflect heat away from the house.
- Close curtains on south- and west-facing windows during the day.
- Install awnings on south-facing windows. Because of the angle of the sun, trees, a trellis or a fence will best shade west-facing windows.
- Apply sun-control or other reflective films on south-facing windows.
- If you want to replace your windows, consider the new double-pane windows with spectrally selective coatings.

Weatherize
- Air leaks can waste energy dollars year-round.
- Caulking and weatherstripping will keep cool air in during the summer.
- Add insulation around air conditioning ducts when they are located in un-air conditioned spaces such as attics, crawl spaces and garages.
- If you see holes or separated joints in your ducts, hire a professional to repair them.
- Check to see that your fireplace damper is tightly closed.

Roasted Summer Vegetables
Ingredients:
- 3 zucchini
- 2 eggplant
- 1 lb. green beans
- 6 new potatoes
- 1/2 cup olive oil
- 1 tsp. salt

Instructions:
1. Preheat oven to 375°F. Cut zucchini into 2-inch chunks. Cut eggplant into 2-inch chunks. Trim tips from green beans. If potatoes are large, cut into halves.
2. Arrange vegetables, if possible, in a single layer in a large baking dish.
3. Drizzle oil over vegetables in baking dish; sprinkle with salt.
4. Cook until vegetables are brown, about 15 minutes. Remove eggplant. Cook remaining vegetables about 20 minutes longer.

Hint:
If you have leftovers, chop them, then add a lemon vinaigrette and serve at room temperature for a Mediterranean salad.

Chickasaw Nation Food Shows for August
- Tuesday, August 4, 7:00 p.m., and Friday, August 7, 10:00 a.m. and 12:00 noon, “Shop Once, Eat for a Week”
- Tuesday, August 11, 7:00 p.m., and Friday, August 13, 10:00 a.m. and 12:00 noon, “Feeding the Future: Celebration Life.”
Saturday, September 12:
8:00 a.m.  Swine Show; Bred & Owned; Swine Showmanship.
8:00 a.m.  Poultry Registration.
8:30 a.m.  Dog Registration.
9:00 a.m.  Dog Show.  Poultry Show.  Check-in for Market Goat Show.
10:00 a.m.  Registration for Best Dressed Pet.  Goat Show (30 minutes after Swine Show).
10:30 a.m.  Best Dressed Pet Contest.
11:30 a.m.  Registration for Children’s Barnyard.
12:00 p.m.  Children’s Barnyard Events.
12:00 p.m.  Sheep Show (30 minutes after Market Goat Show); Bred & Owned; Sheep Showmanship.  All building exhibits released.  All livestock released after Sheep Show.  Any exhibit taken home early will forfeit premiums.

Educational Booth Theme—”Let the Community Know We Care”
Each club is encouraged to enter an educational exhibit which should correlate with the theme. The exhibit is to be entered on Wednesday with the other fair entries. See pages 21-22 of the OHCE Yearbook for the criteria for the educational booths and exhibits.

Fair Premiums Increase
Fair premiums have been increased for the 2009 McClain County Fair. HCE premiums are:
1st-$7.00; 2nd-$6.00; 3rd-$4.00; 4th-$3.00 and 5th-$2.00. Quality Booth Awards and Educational Exhibit Awards are:
1st-$35.00; 2nd, $21.00; 3rd-$11.00; 4th-$7.00; 5th-$5.00. Open Class premiums are:
1st-$5.00; 2nd-$4.00; 3rd-$3.00; 2nd-$2.00; 5th-$1.00.
Fair Kitchen Work Schedule

**Thursday, September 10**
- 9:00 a.m.—2:00 p.m.  Washington and Washington Busy
- 2:00 p.m.—8:00 p.m.  Blanchard

**Friday, September 11**
- 8:00 a.m.—2:00 p.m.  Town & Country
- 2:00 p.m.—8:00 p.m.  Cole

**Saturday, September 12**
- 8:00 a.m.—2:00 p.m.  Stealey

Country Store Items Needed
Items are needed to sell in the Country Store. These should be brought on Wednesday. For convenience, please pre-price the items. Remember, each club should assign someone to work in the store during their kitchen work time.

Cookies and Brownies Needed for Fair Kitchen
Each OHCE club is asked to provide three batches of cookies or brownies. Please bring these items pre-packaged, ready-to-sell. In each baggie, place two large cookies, three small cookies, one large brownie, etc. Please bring these baked goods on Wednesday, September 9.

Home-Grown Tomatoes Needed for Fair Kitchen—please bring them on Wednesday.

Notes for McClain County Fair
⇒ It is helpful to have class numbers written on fair entries. Remember, an exhibitor can enter only one item per class.
⇒ There are slight discrepancies between the Fair Book and the *OHCE Yearbook* in the class names for several items—OHCE classes 8016, 8020 and 8025 and Open Class classes 9053 and 9068. Entries meeting the descriptions in both books will be honored.

Oklahoma State Fair Entry Information
Open class entries for the Oklahoma State Fair must be pre-entered by August 15. The entry process is on-line at: [www.oklahomastatefair.com](http://www.oklahomastatefair.com). Some of the departments include: Hobbies, Needlecraft, Baking, Flower & Garden, Ceramics and various contests. Feel free to contact the Extension Office for assistance in entering.

Special Contests at Fair
Remember the special contests at the County Fair including the Cake, Pie and Salsa Contests, Oklahoma Wheathearts and the food preservation awards.

Cake and Pie Entries will be taken on September 10 from 9:00 a.m. to 12:00 p.m. Judging will begin at 1:00 p.m.

Salsa Entries will be taken Wednesday, September 9, from 2:00 p.m.—7:00 p.m. and Thursday, September 10, from 9:00 a.m. to 12:00 noon. Salsa will be judged on Thursday, September 10, at 1:00 p.m. Remember you will need to bring 2 jars of salsa—one for the judging and one for the 4-H Scholarship Auction.
OHCE State Annual Meeting

McClain County was well represented at the OHCE Annual Meeting held in Oklahoma City July 12-14. Martha Schrader and Peggy Christian served as voting delegates. Others attending were Peggy Howard, Elaine Dahl, Margaret McKinney, Mary Eggleston, Karen Smith, Barbara Waggoner, JoAnn Wood, Phillis Linker, Jenifer Lanzarin, Kathy Langley, Onetia Staton, Inez Vandaveer, Margie Moore and Evelyn Ogden.

McClain County was honored with several awards, which included:

County
- One of three “Most Outstanding Projects” in the state for the Senior Adult Conference
- 1st Place County Healthy Living—Senior Adult Conference
- 1st Place County Resource Management—Recycling
- 3rd Place County Family Issues—Children’s Day at the Fair
- Honorable Mention Cultural Enrichment—Bricktown Tour

Local
- 60 Year Club Awards—Blanchard, Washington
- 3rd Place Local Family Issues, Stealey—Children’s Emergency Care Packages
- 3rd Place Local Healthy Living, Stealey—Bibs for Nursing Homes

Individual
- Jenifer Lanzarin—Southwest District Young Member Award
- Onetia Staton—50 Year Member Recognition
- Inez Vandaveer—50 Year Member Recognition

Onetia Staton & Inez Vandaveer — 50 Year Members
Dues for 2009-10

OHCE membership dues for 2009-10 will be due to Peggy Howard by October 22, 2009. Dues are $9.50 per member ($7.50 state and $2.00 county). One check per club should be submitted. Membership forms will be available at the August Leaders’ Training. There is a new membership form for 2009-10 so please destroy all old forms.

Leadership Training-October 1, 2009

The state-wide bi-annual OHCE Leadership Training will take place October 1, 2009, at the Clarion Convention Center in Oklahoma City. The keynote speaker will be Julie Peter, former Toastmaster District Governor. Her topic will be, “If You are Going to Lead, Lead!” Registration begins at 9:00 a.m.; the cost is $15.00 per person, which includes lunch. All county officers and any others interested in leadership positions are encouraged to attend.

OHCE Fall Tour — September 29

The itinerary for the Fall Tour to Norman is as follows:

8:00 a.m.  Bus pickup at United Grocery parking lot in Purcell
8:15 a.m.  Bus pickup at parking lot of Goldsby Baptist Church
9:00 a.m.  Visit the Crucible Art Foundry and Gallery; watch video; tour gardens and gallery.
10:00 a.m. National Severe Storms Laboratory—tour will be led by a meteorologist and lasts 1 1/2 hours. At the center we will see the School of Meteorology, Observation Desk, Storm Prediction Center and National Severe Storm Center. All attendees will need a photo ID. Lunch on your own at Campus Corner.
1:00 p.m.  Tour Barry Switzer Center at the south end of the OU football field; See Sooner football tradition, the Heisman Trophy Room and lots more.
2:30 p.m.  Sam Noble Museum of Natural History.
Return to Purcell no later than 4:30 p.m.

We need 50 participants for the trip to make. Cost will be $20.00 each which will include driver tip, entrance fees and bus. Mail check to Peggy Howard; 1613 Judy; Purcell, OK 73080 by August 19, 2009.

Fall Council — October 15

Fall OHCE Council will be October 15 in the Fellowship Hall at Union Hill Baptist Church west of Purcell on Highway 39. Council will begin at 10:00 a.m. The featured speaker will be Ginger Hewitt from Pauls Valley. Ginger has judged the photography at our county fair for several years; she will talk about “Photography Tips Using Digital Photography”.

Lunch will consist of a brunch where each participant will make their own “omelet in a bag”. Hostess groups are Blanchard and Washington and are asked to provide fruit and breads (could be sweet rolls, quick breads, muffins, etc.) County Council will provide omelet supplies, drinks and paper products.

Leaders’ Training for November will follow lunch.
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Leader Lesson for September Set for August 20

Identity theft is an increasingly prevalent crime. The lesson taught by Mickey Simpson will provide information to help deter, detect and defend against theft. McClain County’s lesson will be in Room 111 at the Courthouse on August 20, beginning at 1:30 p.m.

Leader Lesson for October—September 17

*Household Hints* is the title of the lesson scheduled for September 17, 1:30 p.m., in Room 111 of the Courthouse. The lesson will be taught by Nicole Moore of Cleveland County and will provide simple tips and tricks to make cleaning and household maintenance a little bit easier.

Leader Lesson on *Preserving Your Legacy* for November

The November Leader Lesson will be taught after Fall Council on October 15.