

Strengthening Oklahoma Families



Family and
Consumer Sciences

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October 2012

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October is National Disability Employment Awareness Month

The month of October is a time to honor the various contributions of America's workers who, despite living with conditions that impact their abilities, continue to contribute to the economic and social development of communities across our state, as well as the country.

National Disability Employment Awareness Month (NDEAM) is a national campaign to raise awareness about issues confronting those citizens who live with disabilities but maintain the desire to work. This year's theme is *"A Strong Workforce is an Inclusive Workforce: What Can YOU Do?"*

This group of citizens is a viable part of our workforce. Observing NDEAM is a call for organizations such as OSU Cooperative Extension to recognize the importance of employment for all of our citizens, regardless of age, circumstance or condition. It is also a call for us to reduce barriers and increase opportunities for all Oklahomans where we can through the use of assistive technology, which can be any number of devices, tools, equipment or services designed to promote safety and avoid further injury.

One important Oklahoma resource is AgrAbility, a U.S. Department of Agriculture project designed to help farmers, ranchers and their families continue to work despite living with conditions such as arthritis, hearing loss, low vision, a recent injury or just the normal wear and tear of aging.

Oklahoma AgrAbility is located on the OSU campus and has been serving agricultural families with education, networking and direct on-the-farm assistance for more than 10 years.

The staff do on-farm visits, access recommendations for better ways to reduce injury and link the family with available resources to fund solutions.

For additional information about AgrAbility, please contact them at 888-885-5588 (voice/tty) or email at ability@okstate.edu. The website www.agrability.okstate.edu is another great source of information about ways to keep farm and ranch families working successfully.

Dr. Johnston said the history of disability employment in the United States has been an every-changing one as we continue to recognize and celebrate the contributions of a more inclusive workforce.

Recognizing disability employment dates back to 1945 when Congress enacted a law declaring the first week of October as National Employ the Physically Handicapped Week. In 1962 the word 'physically' was removed in an effort to expand the understanding that there are employment needs and contributions of individuals with all types of disabilities. Since then we have worked to recognize people first and then whatever the disability may be. The week-long observance was changed to a month-long observance in 1988.

The Office of Disability Employment Policy assumed responsibility of ODEAM and has worked to expand its reach and scope ever since.

It's important to keep the term disability in mind because this can mean a wide range of conditions, such as arthritis, that aren't necessarily visible or obvious to others,

In communities across the country, employers, schools and organizations are encouraged to participate in this monthly celebration.

Source: Jan Johnston, Oklahoma State University Cooperative Extension gerontology specialist.

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Protect Native Money



The National Congress of American Indians (NCAI) has launched a national campaign – ***Protect Native Money*** – to address the short and long term needs for financial education and consumer protection in the Native American community. The need for this campaign arose due to recent individual and tribal trust fund settlements, with a total of \$3 billion to be paid out by mid-2013. The *Keepseagle* and *Cobell* class action legal settlements with the federal government have both been settled and will start lump sum payouts to individual recipients before the end of 2012. The more immediate payouts in these two settlements amount to more than \$2 billion to individual recipients; check amounts may be \$50,000 or more. In addition, 41 recent tribal trust settlements, totaling more than \$1 billion, have been settled and payouts have either already been made or are due shortly, with another estimated 60 tribal settlements to be resolved.

NCAI has found that some people are offering to make loans or do other business with tribal members who will receive payments from the legal settlements. Here are some tips to help tribal members avoid being taken advantage of and scammed:

- * Sit down with your family before receiving your settlement and determine what to do with this money. Determine your immediate needs first (such as buying clothes for the kids and paying off credit card bills), and then create a list of long-term needs and wants. This way you remain in control of your financial situation and are less likely to be influenced by others.
- * Set up savings/investment accounts to keep the money for long-term goals. Use legitimate financial institutions. Bank accounts are insured by the FDIC up to \$250,000. Be wary of “friends” who want to invest your money for you – if it sounds too

good to be true, it probably is. Remember Bernie Madoff?

- * Be extremely careful about releasing your bank account numbers or other personal information to others. If you feel you may be a victim of identity theft or fraud, file a complaint with the Federal Trade Commission at 1-877-ID-THEFT. Obtain copies of your credit report at <http://www.annualcreditreport.com> and check for errors and fraudulent activity. If you spot such activity, place a fraud alert on your credit reports.
- * Be wary of people who literally show up on your doorstep offering to do business with you. Examples include new business ventures, roof repair, home remodeling, new furniture or major appliances, or landscaping services. Report suspicious behavior to your local authorities.

Receiving a large amount of money all at once can lead to irrational behavior. To combat this, many financial advisors suggest spending a small percentage of this windfall (no more than 10%) on something you have always wanted like that special family vacation or a flat screen television. Once you get this spending out of your system, you can rationally think about using the money to build a better future for your family.

For more information on the ***Protect Native Money*** campaign, go to <http://www.ncai.org/ProtectNativeMoney>.

For more information on the ***Protect Native Money*** campaign, go to <http://www.ncai.org/ProtectNativeMoney> or contact Dr. Eileen St. Pierre at OSU at 405-744-8072.

Source: Dr. Eileen St. Pierre, Personal Finance Specialist, College of Human Sciences, Oklahoma State University

Time to turn in OHCE Membership



Updated OHCE membership rosters, enrollment cards for new members and officer lists for local groups are due in the Osage County OSU Extension Office by October 12.

Money from membership dues for 2013, “Pennies for Friendship”, “Nickels for Leadership”, and “water for all” are due to County OHCE Treasurer Dee Chambers, by October 12.

Also, a list of County Officers are to be submitted to Dr. Atilas by October 1, 2012.

When you thought I wasn't looking...

- * I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.
- * I saw you make my favorite dessert for me, and I learned that little things can be special in life.
- * I saw you feed a stray cat, and I learned that it was good to be kind to animals.
- * I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.
- * I saw you give of your time and money to help people who had nothing, and I learned that those who have something should give to those who don't.
- * I felt you kiss me goodnight and I felt safe and loved.
- * I saw you take care of our house and everyone in it, and I learned we have to take care of what we have been given.
- * I saw how you handled responsibilities, even when you didn't feel good and I learned that I would have to be responsible when I grow up.
- * I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.
- * I learned most of life's lessons that I need to know to be a good & productive person.
- * I looked at you and wanted to say:
“Thanks for all the things I saw when you weren't looking”.

Building Family Strengths, University of Illinois Extension/4-H Youth Development

Fight Childhood Obesity as a Family

Obesity has become a serious health concern, and the problem is increasing. Childhood obesity has more than tripled in the last 30 years, and now about 20 percent of children ages 6 to 19 are overweight.



Overweight kids face numerous serious health concerns. Obese children are more likely to have breathing problems such as asthma or sleep apnea, joint problems, and psychological problems such as poor self-esteem. They also have less energy and have a harder time concentrating in school. Studies have shown that overweight children are more likely to develop heart disease, Type 2 diabetes, high blood pressure and high cholesterol as adults.

If this trend is not reversed, this generation might be the first to live less healthy lives and die younger than their parents. However, there are steps that parents can take to help prevent childhood obesity and teach their kids healthy habits that will last a lifetime.

It is best to try to eat right and live better as a family. Kids need good role models to learn healthy habits. It's really important that parents not only work with their children to identify ways to be healthy and active but that they model good eating habits as they live alongside their children.

Tips for success include:

- * Let kids feel like they have some control by letting them help with healthy meal planning, shopping and cooking.
- * Serve healthy food in different shapes and sizes to make eating fun.
- * Let them explore vegetables and fruits at the market that are not regularly consumed at home. Take one home to prepare and taste.
- * Bring back healthier habits by establishing family dinner time.

Tailgate parties require safe food handling



Now that school is back in session high school and college campuses around the country come alive with school colors and football games. Tailgating has become a real tradition at Oklahoma Universities. Even some high schools around the state are getting in on the tailgating scene before their football games. It is no secret that the pre-game ritual for many is attending a tailgate party.

These parking lot picnics are synonymous with good food, good friends and good times. A quick glance across any parking lot near the football stadium will find smoke billowing from grills and smokers and folding tables laden with all kinds of tantalizing tailgate treats.

As much fun as this can be, these get-togethers also can mean serious food borne illnesses such as E. coli or Salmonellosis if safe food handling practices are not followed. Disease-causing bacteria found in many traditional tailgating foods are the usual culprits.

Most often these bacteria spread when proper hand-washing techniques are not used, when uncooked foods are allowed to cross contaminate foods that are ready to eat, when needed end-point temperatures are not met and when hot foods are not kept hot and cold foods are not kept cold. These issues can be tricky when you're setting up your party in a parking lot.

Washing hands is the single most effective way to prevent the spread of disease-causing bacteria. Hands should be washed with soap and water before handling food or before handling a different food. Keep in mind that hand gels kill the bacteria but they do not remove dirt and dead bacteria.

A hand washing site can be set up at any tailgate party by placing water in an unplugged coffee urn or large insulated drink container with a spigot. Be sure to include soap, paper towels and a container to catch the waste water.

Perishable foods such as meat, poultry, fish, eggs, dairy products, sandwiches with ingredients that need to be kept cold and salads must be kept on ice or in a refrigerator. These foods should not be kept at temperatures above 40 degrees Fahrenheit for more than two hours. If the outdoor temperature is above 90 degrees Fahrenheit, reduce that amount of time to just one hour. Once foods are cooked, they should be kept at 140 degrees Fahrenheit with some type of heat source until they are served or refrigerated.

Pack cold food with plenty of ice or frozen gel packs. Try to avoid cross-contamination by wrapping foods well and storing raw foods separately from ready-to-eat foods.

Another trick to help keep foods cool is to cover coolers with blankets and keep them in the shade to help hold in the cold temperature.

For those tailgaters who opt for takeout foods such as fried chicken, make sure it is eaten within two hours of being picked up. Another option is to purchase the food ahead of time. Allow it to chill in the refrigerator and then store it in a cooler when you take it to your tailgate party.

Cover all food with plastic wrap, aluminum foil or lids, or keep foods and supplies in their original packaging to prevent contamination.

Tailgaters also should make sure garbage cans with plastic liners and lids are available.

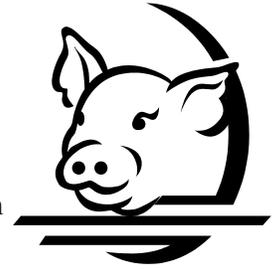
Once the last field goal is kicked and the marching band plays the alma mater, wash, rinse and sanitize all equipment, grills and utensils at home. This will help when it comes time to prepare for another victory at your next tailgate party.

October is National Pork Month

No Man Should be allowed to be President who does not understand hogs”—President Harry Truman

Swine (hogs) have been an agricultural resource in Oklahoma since the 1830's. The Choctaw tribe brought semi-feral hogs with them when the tribe was removed to Indian Territory. This breed is now nearly extinct, although some feral hogs still live in Oklahoma.

White settlers brought domestic swine after parts of the Oklahoma Territory was opened to settlement in the 1890's. By the beginning of the 20th Century, census figures showed over 1.2 million domestic swine in Oklahoma. In 1900, 73 percent of all Oklahoma farms had hogs, averaging almost 16 head per farm. Most farmers raised swine as a subsistence meat supply. Swine numbers declined during the drought years between 1930 and 1940.



In 1991 a new state law was passed, allowing foreign and corporate ownership of land. This was followed by additional laws that made conditions more favorable for corporate hog farm growth. The swine industry began to consolidate and grow rapidly after 1995. The shift was also due to improved access to water from the Ogallala Aquifer, greater access to grain, sparse population and proximity to the West Coast for pork exports.

The swine inventory increased more than 600% between 1992 and 1997. By 2001, hogs were second to cattle as the highest agricultural producer in Oklahoma and production ranked 8th nationally. In 2009, hogs and pigs ranked number 4 of all Oklahoma agricultural commodities, with a value of \$475 million.

Swine, Pig and Hog Facts:

- * Female swine are called sows. Sows give birth to litters of pigs twice a year. Each litter usually has eight to 12 baby pigs. Giving birth to baby pigs is called farrowing.
- * Baby pigs appear very greedy when they are competing for food from their mothers. For this reason the words “pig” and “hog” have come to be associated with greedy behavior.
- * In some areas hogs would be turned out to find their own food. On Manhattan Island, New York, the hogs rampaged through grain fields until farmers were forced to build a wall to keep them out. The street running along this wall became Wall Street.
- * Pork provides protein, B-vitamins and thiamin to our diets. Pork has three times as much thiamin as any other food. Thiamin changed carbohydrates into energy.
- * Insulin and about 40 other drugs and pharmaceuticals on the market are made from pigs.
- * Pig heart valves have been used to replace damaged human heart valves.
- * Pig fat has been used in the making of week killers, chalk, cosmetics, floor wax, crayons & antifreeze.
- * Pigs do not overeat. They eat until they are full. Pigs are also smart animals.
- * Soldier pigs have gone to war and served as mine sniffers in battlefields.
- * The saying “living high on the hog” started among enlisted men when the U.S. Army gave enlisted men lower quality cuts of pork while the officers receive the top loin cuts.
- * During the War of 1812 barrels of pork were shipped to U.S. troops. Each barrel was stamped “U.S.” and it was quickly said that the “U.S.” stood for Uncle Sam. This is how “Uncle Sam came to represent the U.S. Government.
- * Today's swine producers are very careful about what they feed their animals. Modern hogs eat corn, wheat and soybean meal. Vitamins and minerals are added to improve health.

Source: *OK Ag in the Classroom & Mayda, Chris, “Hog Industry,” OK Historical Society's Encyclopedia of Oklahoma History & Culture*

Enjoy the following recipes that will fill the kitchen with smells of Fall.

Hot Gingered-Apple Cider



- 4-1 inch by 4 inch strips of orange rind
- 8 whole cloves
- 6 whole allspice
- 4 3 inch cinnamon sticks
- 1-1 inch piece of fresh ginger, peeled
- 1/3 whole nutmeg (use a large knife to cut off the portion in one chunk)
- 1 gallon apple cider (pasteurized)

Place the first six ingredients on an 8 inch square double-layered cheesecloth. Gather edges of cheesecloth and tie securely.

Place cheesecloth bag and cider in a large stock pot.

Cover and heat over medium-high heat just until mixture is about to boil. Remove lid and reduce heat to medium-low or low. When mixture is no longer close to boiling, replace lid and simmer for 30 minutes.

Remove cheesecloth bag. Serve hot. This recipe does well in a slow cooker. Yield: 1 gallon.

Old Fashioned Potato Pan Rolls

Prepare potato mixture below and set aside:

- 1/4 cup instant mashed potato flakes
- 1/4 cup milk
- 1/4 teaspoon salt
- 1/2 cup water
- 1 Tablespoon butter



Ingredients:

- 1-1/2 teaspoons salt
- 1 cup milk
- 2/3 cup shortening or margarine
- 1/2 cup sugar
- 1/2 cup warm water (105-115 degrees)
- 1 package active dry yeast
- 2 eggs
- 6 to 7 cups sifted flour

1. Heat milk until bubbles form around the edge. Remove from the heat.
2. Add shortening, sugar, salt and mashed potatoes.
3. Stir until shortening is melted and cool to lukewarm.
4. Add eggs and 3 cups of the flour. Beat until smooth.
5. Add flour until stiff enough to make a soft dough.
6. Turn out on a floured surface and knead for 10 minutes.
7. Place in a greased or buttered bowl turning once to coat the top.
8. Let rise in a warm place for 1-1/2 hours or until doubled in size.
9. Punch down and divide into three (3) parts. Divide each piece into 12 rolls and arrange in three (3) greased 9" pans.
10. Cover with a towel or plastic wrap that has been sprayed with cooking spray and let rise 1 hour.
11. Bake for 20-25 minutes in preheated 400 degree oven.

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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, 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 Agricultural Sciences and Natural Resources and has been prepared and distributed at a cost of 30 cents per copy. October, 2012.

FCS Strengthening Oklahoma families is published bi-monthly by the Osage County OSU Cooperative Extension Service, 628 Kihkah, Second Floor, Pawhuska, Ok 74056.

This newsletter educates and informs citizens of Osage County.

Signed: _____

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