

# Strengthening Oklahoma Families



Family and Consumer Sciences

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## School Is Out So What Are Your Kids Doing This Summer?



“A blend of structured and unstructured activities was my mother’s answer to ‘School is out and I’m bored!’” said Laura Hubbs-Tait, Oklahoma State University Cooperative Extension parenting specialist. “That advice is still good today.” Structured activities reassure children used to the structure of school. Some unstructured time allows children to learn what it feels like to be bored and to discover creative and interesting activities to stop boredom. Contemporary children unthinkingly turn to smart phones, computers and other electronic media when bored. Thus, parents should consider requiring some unplugged, turned off and disconnected time – where only face-to-face interactions, reading and creative activities are allowed. Appropriate summer activities will vary by children’s age. For preschoolers, continued enrollment in preschool, mother’s day out, Early Head Start or quality child care programs offer safe opportunities to play with friends and to continue learning over the summer. Public libraries provide free story times for preschoolers, often followed by additional activities. “The Tulsa Public Library system, for example, includes bilingual (English-Spanish) and English-only story times,” Hubbs-Tait said. “Museums and zoos frequently offer summer programs for children of all ages, usually for a fee.” For those moments when parents must turn to the internet for activities, there are many online sites parents can visit to increase children’s skills and abilities. For shape, number, sorting, pattern and letter games, go to <http://www.sesameworkshop.org/sesamestreet/?scrollerId=games>.

Oklahoma is home to working farms that offer summer field trips and day camps. Summer also is the classic time for swimming lessons and the adventures of out-of-town sleepover camps. For parents who must leave school-age children at home for some part of the long days of summer, Hubbs-Tait said it is crucial to have clear rules, daily home activities and chores, regular monitoring by phone and unannounced drop-ins by parents to make sure that all is going well and children are safe.

Hubbs-Tait recommends parents implement one of the suggestions of “Active Parenting, 4th Edition,” a parent education curriculum used in Oklahoma counties by Extension educators. Have your child learn a skill to teach you. “Kids can pick a skill or you can pick one together. It can be something they can learn in 4-H, at a craft or sewing center, at soccer camp or online. Then, set a time for your child to teach you,” she said. “Make sure you are ready to be a willing learner and very appreciative of your child’s beginning teaching skills.”

Parents of school-age children also need to be aware of the importance of internet safety. Although internet safety is a year-round issue, increased hours of unsupervised time in summer mean parents may need to be more vigilant. Make sure your home computer internet browser is not set to “delete browsing history on exit. If the checkbox for delete is not checked, parents can regularly check their child’s browsing history. Parents may also want to purchase software that blocks children and teens from accessing websites with inappropriate content. Similar options are available for smart phones and parents should consult with their phone service provider. For teens not yet ready to hold a job, there are volunteer opportunities in most communities. Teens can volunteer in hospitals, for Habitat for Humanity, with animal shelters or humane societies, at summer camps for children, with sports programs for children with special needs and in nursing homes. Some counties have teen court programs in which teen volunteers serve as bailiffs or jurors or train to be defense and prosecuting attorneys. The 13- to 18-year-old volunteers learn about the legal system and serve a pivotal role in this intervention program for adolescent offenders. Parents who need more information about summer opportunities for children can call their local OSU Extension office for suggestions

### Inside Your Issue:

<b>Recipes Galore</b>	<b>2</b>	For parent-child activities, educational games and narrated stories, Hubbs-Tait recommends <a href="http://www.ziggyzoom.com">http://www.ziggyzoom.com</a> and <a href="http://pbskids.org/lions/">http://pbskids.org/lions/</a> .
<b>OHCE President Notes</b>	<b>3</b>	On each site parents should help children make age-appropriate selections. “Some games are for preschoolers and some are for school-age children,” she said. “I recommend parents be with their children for some of the time while they are working on activities on educational websites because of the importance of parental engagement, as well as supervision of internet activity.”
<b>Recipe</b>	<b>4</b>	For school-age children, the range of programs and opportunities is more extensive than it is for preschoolers. YMCAs and YWCAs offer summer programs, as do community and children’s theatre groups, churches and synagogues, parks and recreation departments, scouting and Camp Fire groups and state and local universities.
<b>Upcoming Events</b>	<b>3</b>	Oklahoma parents and children are very fortunate because



**Find Below Great / Easy Recipes From CNEP Cookbook** Source: *Cooking with CNEP*  
 If you would like a free cookbook **"Cooking with CNEP"** please call our office.

### Carrot & Raisin Salad



2 cups shredded carrots  
 1/4 cup crushed pineapple, drained  
 1 tsp. sugar 1/4 cup raisins  
 3 TBS. low-fat vanilla yogurt  
 Mix all ingredients together, refrigerate.

**Nutrition Info:** Calories 80; Fat 0g;  
 Protein 1g; Carbs 19g; Fiber 2g;  
 Sodium 30mg;

### Impossibly Easy Cheeseburger Pie

Non-stick cooking spray  
 1 lb. lean ground beef 2 eggs  
 1 cup onion chopped 1/2 tsp. salt  
 1 cup reduced-fat Cheddar cheese,  
 shredded  
 1/2 cup reduced-fat Baking Mix  
 1 cup fat-free milk

Heat oven to 400 F. Coat 9" pie plate with non-stick spray. Cook ground beef & onion until beef is brown; drain. Stir in salt. Spread in pie plate & sprinkle with cheese. Medium bowl, stir remaining ingredients until blended; pour into pie plate over beef mixture. Bake 25 minutes.

**Nutrition Info:** Calories 240; Fat 9g; Protein 26g;  
 Carbs 13g; Fiber <1g;  
 Sodium 540mg;



### Strawberry-Spinach Salad

1/2 cup sugar Dash paprika 1/2 tsp. prepared mustard 1/2 tsp. Worcestershire sauce  
 1/4 cup vinegar 1/4 cup vegetable oil 1 1/2 tsp. onion, minced  
 1 (9-oz.) bag of fresh spinach 1 pint fresh strawberries, sliced 1/4 cup nuts, chopped  
 Combine all except spinach, berries, & nuts. Blend with fork until blended and sugar melts. Clean spinach and pat dry. Cut off stems and place in bowl. Add sliced strawberries, drizzle dressing lightly to taste over spinach and strawberries. Toss to coat. Sprinkle nuts over top. *This salad is so delicious.*

**Nutrition Info:** Calories 260; Fat 16g; Fat 2g; Protein 4g; Carbs 28g; Fiber 3g; Sodium 140mg;



### Beef Stir Fry

1 lb. lean beef cut into thin strips  
 2 TBS. vegetable oil  
 1 small onion, chopped  
 1 green pepper, cut into strips  
 2 cups fresh or frozen cut vegetables  
 6 cups cooked rice, still hot

Heat oil in frying pan, when oil is hot, add the meat, cook until there is no pink and thoroughly brown. Add vegetables & continue to stir until veggies are tender. Stir **sauce** mixture (below). Pour into skillet with stir fry, cook until sauce bubbles then spoon stir-fry mixture over cooked rice. **YUM**

**Sauce:** 2 TBS cornstarch; dash of pepper, 1-1/2 cups cool water;  
 2 TBS low sodium soy sauce  
 Combine cornstarch & cool water. Stir in other ingredients. Cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

**Nutrition Info:** Calories 420;  
 Fat 9g; Protein 22g; Carbs 62g;  
 Fiber 2g; Sodium 230mg;

### Oatmeal Raisin Muffins

Cooking Spray 1-1/2 cup all-purpose flour  
 1 TBS baking powder 1 tsp. salt 1/3 cup sugar 1/2 tsp. cinnamon  
 1 cup uncooked quick cooking oatmeal 1/2 cup raisins 1 egg  
 1 cup skim milk 1/3 cup applesauce Prepare oven to 400F.  
 Spray muffin tin with cooking spray. In a large bowl, sift (or mix) together flour, baking powder, salt, sugar and cinnamon. Stir in the oatmeal and raisins. In a separate bowl, beat together egg and milk. Add applesauce to milk mixture. Pour milk mixture into flour mixture, and stir only until dry ingredients are wet. Batter will be **LUMPY**. Fill muffin 2/3 full of batter. Bake at 400F for 20-25 minutes. *These muffins are extremely moist.*

**Nutrition Info:** Calories 140; Fat 1g; Protein 4g; Carbs 29g;  
 Fiber 2g; Sodium 312mg

### Peach Cobbler



2 tsp. cornstarch  
 2 TBS. cold water  
 1 (14.5-oz.) can slice peaches,  
 undrained  
 1 cup baking mix  
 2 TBS. brown sugar  
 1/2 tsp. cinnamon  
 6 TBS. skim milk  
 2 TBS. vegetable oil  
 1/2 tsp. vanilla

Heat oven to 400F. Dissolve cornstarch in cold water in a square baking dish. Add peaches with their juice. Stir to distribute cornstarch. Combine baking mix, sugar and cinnamon. Stir in milk, vegetable oil and vanilla. Stir to make a soft sticky dough. Drop dough by teaspoons on top of peaches. Bake for 20 to 25 minutes until baking mix is brown.

**Nutrition Info:** Calories 180;  
 Fat 6g; Protein 2g; Carbs 30g;  
 Fiber 1g; Sodium 250mg.


April was a good month. The Kids' Fair was a wonderful experience. There were 41 booths this year. Approximately 1,000 children and adults were registered. The kids were a joy to watch and it was educating to talk with the parents. I walked around and visited with some of the booths and there is a lot of information and opportunities to make our community better for our children. Thank you to all those who worked the Kids' Fair. There were nine members, kids of members, and 4-Hers who put in a lot of work to make this Fair successful. The follow-up Kids' Fair meeting will be May 13, 8:00 a.m., at the Pittsburg County Health Department.

Coming up on May 10 is our Extension Café to be hosted by Latimer County. We will be meeting at the OSU Extension Center Latimer County. Please be ready to leave the Pittsburg County Extension Center by 9:00 am. We will need to carpool. The lessons will be: Sewing Machine Troubleshooting, Master FCS Volunteer, and New Equipment for Food Preservation. For lunch, Latimer County will be furnishing the main dish and Pittsburg County is to furnish desserts. Let me know if you would be able to make a dessert. Four desserts should be enough. The cost to cover lunch is \$5.

**OHCE Week is May 2-6.** A County project was not planned, but if your group decides to do something, please let me know so that I can report on it.

On a sad note, Marie Johns' son, Bruce, passed from this life on April 16. Let's extend our deepest sympathy to Marie and her family.

*Frances*



**A Note  
from your  
OHCE  
President**



**Ashley Miller, Lindsay Miller, and Makenna Spruce, 4-H Ambassador**



**Elmo and Diana Mairs**



## Yummy Fruit Pizza



**For the Cookie Crust:**

1 large egg white	1/4 cup vegetable oil
Cooking spray	1/4 cup brown sugar, firmly packed
1/3 cup all-purpose flour	1/4 tsp ground cinnamon
	1/4 tsp baking soda
1 cup uncooked quick-cooking oatmeal	

**For the Topping:**

3 oz. fat-free cream cheese, softened      1/2 (6 oz.) container nonfat vanilla yogurt      Fruit for topping the pizza

Prepare oven to 375<sup>0</sup> F. Beat egg white until foamy. Add oil & sugar. Beat until smooth. In small bowl stir together the flour, cinnamon & baking soda. Add to sugar mixture. Stir in oatmeal. Line a baking sheet with aluminum foil & spray with cooking spray. Spread the dough in a 9-inch circle. Bake about 12 minutes. Crust will begin to puff but does not look done. Remove from oven & let cool about 20 minutes. The crust continues to cook while cooling. Use a small bowl to stir together the cream cheese & yogurt until smooth. Cover with plastic wrap & refrigerate until cool. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top. Cut into wedges and serve, or refrigerate up to 2 hours, covered & uncut.

**Nutrition Info:** *Calories 190—Cholesterol 0mg—Sodium 130mg—Total carbohydrate 26g—Dietary fiber 2g—Sugars 14g*

- May 2-6**      **OHCE Week**
- May 10**      4-County Latimer Co Extension Office Wilburton 10 a.m. Ext. Café'. Reminder—we will leave the OSU Ext parking lot at 9 a.m.
- May 13**      **KIDS Fair** follow-up meeting. 8 a.m. at the Pittsburg Co. Health Dept.

*David Cantrell*

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MAY							2016
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

**The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.**



**Helen Keller**