With tax season behind us, Oklahomans may not be ready to delve into more paperwork. But creating an estate plan is well worth the time and effort.

Some Oklahomans may feel that since they do not own property, have children or are simply young, they do not need an estate plan.

However, it is important to develop an estate plan or update an existing one, no matter what your personal circumstances are, said Sissy Osteen, Oklahoma State University Cooperative Extension resource management specialist.

An estate plan is essential for anyone over the age of 18. Because regulations governing estate plans routinely change, it’s important to keep current with those changes. It’s always a good idea to consult professionals to help you develop the initial arrangement or review the one you already have. Make sure the attorney is one who specializes in estate planning. You also may need to contact a certified public accountant and a financial advisor.

Topics that should be discussed with your financial professionals include making a will, charitable contributions, how to transfer wealth to reduce estate taxes, establishing a guardian for minor children, setting up a trust to manage money for minor children, durable power of attorney and health-care directive (should you become incapacitated) and settling your estate.

Another idea to consider is setting up a joint checking account with one of your children or a trusted friend so bills could be paid should you become unable to do so.

Making gifts of money, land or other valuables is one way to reduce the size of your taxable estate.

Individuals may gift up to $12,000 per year to anyone and the giver will not have to pay tax on the gift.

For example, you and your spouse each can give $12,000 to each child, for a total of $24,000. If a child is married, you could give $24,000 to the spouse as well. In addition, a gift could be given to each grandchild for $24,000. However, this situation does not occur for most people.

It is a good idea to make note of what you want to do with other valuable or sentimental items such as jewelry, furniture or family heirlooms.

Discuss your estate plan with your spouse, children, parents or others who may be affected.
Estate Planning

This will help avoid any surprises when they are emotionally distraught due to your death. It also helps these individuals understand the reasons behind the details in your will or trust document.

Leave a letter of instruction for how you want things to occur. It might be the only way you can ensure your wishes are granted.

This letter also will help in the decision-making process during what could possibly a stressful time for family members and friends.

Every adult age 18 and older should have a will, durable power of attorney and a health-care directive. Death and disability are no respecters of age. Something can happen at any time without warning.

For more information on estate planning, contact your local OSU Cooperative Extension Service office.

Discover Lean Beef

Calorie for calorie, beef is one of the most naturally nutrient-rich foods. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000 calorie daily diet, yet it’s an excellent source of protein, zinc, vitamin B-12, selenium and phosphorus, and a good source of niacin, vitamin B-6, iron and riboflavin.

Follow these tips to ensure your family gets the nutrients they need with beef:

♦ Most steaks can be cooked on the grill, under the broiler or in a skillet in 30 minutes or less. Sprinkle with your favorite seasoning or even top with a dollop of blue cheese. It’s ready in no time.

♦ 95 percent lean ground beef crumbles make a quick addition to casseroles, pizzas, soups, chilis and stews. Cook and freeze crumbles in small portions to use at a later time.

♦ Cook your lean beef pot roast ahead of time. Shred and store it in the freezer or refrigerator. Use it to make quesadillas, tortilla soup, or stuffed bell peppers.

♦ Leftover steak? Slice it into thin strips and add it to a salad to make an entrée or top it with spinach and tomato slices on whole grain bread for a hearty sandwich.

♦ Quickly stir-fry beef with frozen vegetables and add your favorite stir-fry sauce. Serve with brown rice for a nutty flavor and an extra boost of fiber.

Szechuan Beef Stir-Fry

2 beef shoulder center steaks (Ranch Steaks)  
Cut 3/4 inch thick (8 oz. each)
1 pkg. (10 oz.) fresh vegetable stir-fry blend
3 Tablespoons water
1 clove garlic, minced
1/2 cup prepared sesame-ginger stir-fry sauce
1/4 teaspoon crushed red pepper
2 cups hot cooked rice or brown rice, prepared without butter or salt
1/4 cup dry-roasted peanuts

1. Combine vegetables and water in large non-stick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.

2. Meanwhile cut beef steaks into 1/4-inch thick strips.

3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef and garlic; stir-fry 1 to 2 minutes or until outside of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.

4. Return all to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes. Spoon over rice. Sprinkle with peanuts.

Source: BeefItsWhatsForDinner.com
Mojo Beef Kabobs

1 lb. boneless beef top sirloin steak, cut 1-inch thick
1 teaspoon coarse grind black pepper
1 large lime, cut into 8 wedges
1 small red onion, cut into 8 thin wedges
1 container grape or cherry tomatoes (about 10 ounces)

Mojo Sauce
1/4 cup fresh orange juice
1/4 cup fresh lime juice
3 Tablespoons finely chopped fresh oregano
3 Tablespoons olive oil
2 Tablespoons finely chopped fresh parsley
1 teaspoon ground cumin
1 teaspoon minced garlic
3/4 teaspoon salt


2. Cut beef steak into 1-1/2 inch pieces; season with pepper.

3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.

4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium rare to medium doneness, turning occasionally.

5. Serve kabobs drizzled with sauce.


Source: BeefItsWhatsForDinner.com

Farmers Market Fun

Farmers’ Market Factoids:
- On average, the produce sold at the Farmers’ Market travels only 50 miles.
- Produce sold in the grocery store travels about 2,000 miles.
- The Farmers’ Market offers colorful and fresh produce that may help you stay healthy and strong all year long.
- On average try to eat about 2 cups of fruit and 2 1/2 cups of vegetables every day (for a 2,000 calorie diet).
- The U. S. Department of Agriculture (USDA) estimates over 1 million people visit the Farmers’ Market weekly!

Food Safety & Storage at the Farmers’ Market

⇒ Go straight home after leaving the Farmers’ Market. Leaving fruits, vegetables, meat and eggs in a warm car can cause food safety problems.

⇒ Store bananas, melons, onions, potatoes, tomatoes and winter squash at room temperature.

⇒ Avoid placing produce in a closed plastic bag on kitchen counter. Produce will not last as long.

⇒ Refrigerate produce in plastic bags with small holes so it can “breathe”. This will keep in the moisture and allow air to flow in and out.

⇒ Some fruits give off a gas that shorten the life of vegetables and some vegetables give off odors. To prevent this, store fruits in one drawer and vegetables in another one.

⇒ When washing produce do not use soap! Use water and rub with your hands or a clean brush.

⇒ Wash your hands before working with produce.

Source: www.getfreshcooking.com
A WESTERN theme will be featured at the 2009 State OHCE Meeting to be held July 12-14 at the Clarion Convention Center, just south of I-40 on Meridian, in Oklahoma City. The Sunday night event will be held at the Western Heritage Center and Cowboy Hall of Fame. Monday and Tuesday will follow a similar schedule as past meetings with the Business meeting on Monday morning, the Friendship Banquet on Monday evening and the Awards Program on Tuesday morning. The registration fee is $15.00 with extra fees for the theater, luncheons and Friendship Banquet.

All registration information can be found in the OHCE Outreach which all members should have received in late May. To avoid paying a late fee, registration should be received by June 30, 2009.

Water for All

One of the state goals for the Cultural Enrichment and Healthy Living programs is participation in a project entitled "Water for All". This project assists communities all over the world help themselves by providing grants for clean water projects. Water wells will provide drinking water and irrigation for vegetable gardens for many communities and reduce the burden on the women and children that haul the water.

OHCE is continuing to raise money for drilling wells in Africa. One thousand dollars will drill one well, and with nearly 5000 members statewide, five wells can be drilled if each member will donate just one dollar.

Please send your club’s contribution to McClain County OHCE Treasurer Peggy Howard; 1613 North Judy; Purcell, OK 73080. The deadline is August 1, 2009.

4-H Quilt Completed

A hearty thank-you is extended to everyone who worked on the 4-H Quilt. It is now completed and will be donated to McClain County 4-H to be auctioned or raffled off as a 4-H fundraiser.
Fall Tour

The Cultural Arts Committee will be planning a fall tour for McClain County OHCE members and guests. At Spring Council, each county group was given a voting form with four possible tour choices—Guthrie, Norman, Arcadia and Tulsa. If your group has not returned their form, please do so as soon as possible so the tour planning can begin.

Looking for a good gift idea?

Green Cookbooks Available

The State OHCE Green Cookbook makes a great birthday, wedding or Christmas gift. They are still available at the Extension Office for $10.00 each.

Blanchard & Washington Clubs—60 Year Clubs

Pictured for the Blanchard OHCE Club are: Kathy Langley, Evelyn Ogden, Peggy Hill, Onetia Staton and Georgia Montgomery.

Pictured for the Washington OHCE Club are: Mary Isbill and Phyllis Linker.

Congratulations to our 50 Year Members:
Onetia Staton, Blanchard and Inez Vandaveer, Blanchard

June Cooking Shows

The Chickasaw Nation Nutrition Center in Purcell will host the following cooking shows in June:

June 2, 7:00 p.m., and June 5, 10:00 a.m. and 12:00 p.m.—Color Me Healthy: Super Foods.
June 9, 7:00 p.m., and June 12, 10:00 a.m. and 12:00 p.m.—Feeding the Future: Developing Healthy Habits.
## McClain County Cooperative Extension O.S.U. Calendar

### June, 2009

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<td>Washington Busy</td>
<td>Town &amp; Country District 4-H Horse Show</td>
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<td>7</td>
<td>8</td>
<td>9 Cole Jr. 4-H Record Book Judging, 5:00 pm</td>
<td>10 Washington Cooking Workshop, Byars, 9:30 a.m. to 2:00 p.m.</td>
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<td>14</td>
<td>15</td>
<td>16 Blanchard</td>
<td>17</td>
<td>18 HCE Leaders' Training, Room 111, Courthouse, 1:30 p.m.</td>
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<td>21</td>
<td>22</td>
<td>23 4-H Sewing Workshop, Byars</td>
<td>24</td>
<td>25 4-H Washington, D.C. Focus Trip (6/25 to 7/5)</td>
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<td>29</td>
<td>30 Registration due for State OHCE Conf. 4-H PVC Mtg., 6:30pm</td>
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### July, 2009

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<td>Holiday, office closed</td>
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<td>5</td>
<td>6</td>
<td>7 Washington Busy Tri-County 4-H Camp; Faxon, OK</td>
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<td>Washington</td>
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<td>12</td>
<td>13 Stealey Fair Board, 7 pm</td>
<td>14 Cole</td>
<td>15</td>
<td>HCE Leader Lesson, 1:30 p.m.</td>
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<td>19</td>
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<td>21 Blanchard CARE Meeting, 8:30 a.m.</td>
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<td>State 4-H Roundup Orientation</td>
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July Leader Lesson Set for June 18

The July lesson on *Going Green* will be taught by Nicole Moore, Cleveland County Extension Educator, FCS, and will teach unique ways to reduce, reuse and recycle everyday items in your home. The lesson will be taught in Room 111 at the Courthouse and will begin at 1:30 p.m.

No August Leader Lesson

A leader lesson will not be taught in July to give club members a chance to prepare fair exhibits.