I'd like to help the environment but my travel coffee mug stinks

The disposable coffee cup. Have you ever really thought about it? Probably not. Yes, they are convenient. Coffee tastes great out of a nice, clean cup. However, disposable coffee cups have a detrimental impact on the environment.

It is estimated that Americans dispose of billions of paper and foam cups each year, said Ilda Hershey, Oklahoma State University Cooperative Extension assistant state specialist, solid waste management programs.

Unfortunately, a very small percentage of disposable cups are made from recycled materials. In addition, no recycling programs in the U.S. accept soiled foam cups for recycling. Paper coffee cups are typically coated with plastic, which makes them difficult to recycle or compost.

It is not only the cups that are a problem. Adding to the volume of disposable cups are the endless plastic lids and paper sleeves that come with most cups, or the practice of stacking two cups to contain hot liquid. It all adds up to a lot of waste. Hershey said 2.17 million tons of paper and plastic cups and plates were discarded in 2007.

The production of paper or foam cups involves the harvesting or extraction of virgin materials, the manufacture and distribution of the cups along with disposal. Although there are adverse effects through manufacturing ceramic or glass mugs, it’s a one-time process, whereas disposable must be made repeatedly. In addition, foam cups discarded in the environment last for an undetermined amount of time and eventually break down into smaller pieces that endanger wildlife.

Each year the amount of disposable coffee cup waste increases. How much longer can our environment absorb the resulting waste, pollution and resource and energy use?

Using disposable cups day in and day out is hardly a sustainable practice,” said Gina Peek, Extension consumer and housing specialist. “It’s much more environmentally friendly to use a reusable coffee cup or travel mug. Drinking from a clean, reusable cup will give you the same satisfaction as drinking from a clean disposable cup.”

The Soap and Detergent Association offers some great tips for keeping that reusable cup clean. To clean reusable plastic cups, check to see if it is dishwasher safe. If not, hand wash, but not with abrasive cleaners. These can scratch the cup and make it more likely to remain stained. Instead, soak the cup in a water and bleach solution to get rid of all odors and stains.

Consumers can clean the cups with a paste of baking soda and water. Rinse your cup after each use and wash it as soon as possible. If you can’t get your day started without a cup of joe in the morning, consider using a reusable cup. This will go a long way to reducing the number of disposable coffee cups that find their way into our already overcrowded landfills.
Organizing Your Records: Where to Store Important Documents

Households should be viewed as miniature businesses. A systematic plan for keeping track of important papers can save hours of anxious searching and can help preserve peace and harmony, as well as make it easier to cope with emergency situations.

**Fireproof Box or Filing**
- Automobile Titles
- Birth Certificates
- Citizenship Papers
- Death Certificates
- Education Degrees
- Marriage Document
- Legal Documents
- Property Deeds
- Military Documents
- Stock/Bond Certificates

**Cabinet at Home**
- Cancelled Checks
- Recent Tax Records
- Insurance Policies
- Living Will
- Power of Attorney
- Original Will

**Attorney/Relative/Friend**
- Burial Instructions
- Living Will
- Power of Attorney
- Trust Documents
- Will (copy or original)
- Copy of Personal and Professional Directories

**Personal Property**
- Inventory
- Mortgage Papers, Title

**Fat Facts and Eating Suggestions**

**Monounsaturated Fat**
- Good for you – light gold to green, flavorful oils from plant products
- Try some olives
- Spread on the peanut butter
- Snack on almonds
- Eat more avocados
- Cook with olive, canola, sesame or peanut oil

**Polyunsaturated Fat**
- Not-so-bad for you – light and transparent oils from plant products and fish
- Snack on seeds
- Eat fish twice a week
- Try nuts, especially, especially walnuts
- Add ground flaxseed to foods
- Use Omega-6 oils sparingly

**Saturated Fat**
- Not-so-good for you – fats are solid at room temperature and generally found in animal-based foods
- Remove skin from poultry
- Go easy on butter
- Choose lean meats and trim off visible fat
- Drink skim milk
- Try low-fat cheeses

**Trans Fat**
- Bad for you – these are hydrogenated fats in processed foods
- Read the label – the FDA requires companies to list trans fat content on the Nutrition Facts Label
- Avoid deep-fried foods
- Read snack labels
- Cut back on crusts
- Count your cookies
- Pace yourself on pastries
Pork Fajitas with Mango
(Makes six servings)

1 T lime juice
1 tsp. cumin
1 lb. pork tenderloin, trimmed and cut into ½-inch strips
Cooking spray
1 bell pepper, red, cut into strips
1 bell pepper, green, cut into strips
1 cup onion, thinly sliced
3 garlic cloves, minced
1 T soy sauce, lower sodium
½-tsp. sugar
8 tortillas, whole wheat
1 ½ cup mango, diced
¾ cup sour cream, fat free

1. COMBINE lime juice, cumin and pork in a medium bowl. Toss well to coat. Let stand 5 minutes.
2. HEAT a large skillet over medium-high heat. SPRAY with cooking spray.
3. ADD pork to pan; SAUTÉ 4 minutes until done. REMOVE from pan.
4. ADD peppers and onion. COOK 6 minutes or until tender. ADD garlic and pork; COOK FOR 1 MINUTE.
5. ADD soy sauce and sugar. COOK FOR 1 MINUTE.
6. WARM the tortillas and SERVE the pork mixture with tortillas, mango and sour cream.

Nutrition Information: 180 calories, 2 g. fat, 40 mg. cholesterol, 280 mg. sodium, 30 g. carbohydrates, 3 g. fiber, 16 g. protein.

Dessert Nachos

3 whole wheat tortillas
Water
1 T. sugar
1 tsp. cinnamon
2 cups strawberries, chopped
1 T. orange juice
½ T. sugar substitute
8 oz. yogurt, vanilla, low fat
½ cup coconut

Directions for Dessert Nachos

1. HEAT the oven to 350°F. CUT the tortillas into triangles (8 pieces). LAY them on a baking sheet.
2. COMBINE 1 T. sugar and 1 tsp. cinnamon. BRUSH tortilla chips with water.
3. SPRINKLE cinnamon/sugar mixture over tortilla chips and bake for 12 minutes or until crisp.
4. COMBINE the chopped strawberries, orange juice, and ½ T of sugar substitute. MIX well.
5. When chips have cooled, TOP with strawberry sauce, yogurt and coconut.

Nutrition information: 240 calories, 5 g. fat, 5 mg. cholesterol, 280 mg. sodium, 44 g. carbohydrates, 5 g. fiber, 6 g. protein.

The above recipes courtesy of Chickasaw Nation Nutrition Services at www.getfreshcooking.com

June Cooking Shows

The Chickasaw Nation Nutrition Center in Purcell will host the following June cooking shows:
*June 8, 7:00 p.m.; June 10, 10:00 a.m. and 12:00 p.m.—Color Me Healthy: Super Foods.
*June 15, 7:00 p.m. and June 17, 10:00 a.m. and 12:00 p.m.—Feeding the Future: Developing Healthy Habits.

Upcoming OSU Extension Programs

♦ June 14, Butterfly Gardens, 10:30 a.m., Blanchard Library, led by Wes Lee.
♦ June 30, Patio Water Gardens, 10:00 a.m., Purcell Library, led by Wes Lee.
♦ July 21, Fall Gardening, 10:00 a.m., Purcell Library, led by Wes Lee.
♦ July 21, Canning and Preserving from the Garden, 10:00 a.m., Purcell Library, led by Mickey Simpson.
♦ July 27, Enrich Your Life Senior Conference, 8:00 a.m.—2:00 p.m., First Baptist Church, Newcastle.
75th Annual OHCE State Meeting, July 18-20, 2010
Clarion Convention Center, Oklahoma City

Oklahoma Home and Community Education will celebrate their diamond anniversary at their annual meeting, July 18-20, in Oklahoma City. Sunday evening kicks off with an optional fun night of games, buffet and entertainment by the Sweet Adelines of Oklahoma City. Monday will start off with two Learning Sessions, followed by lunch. The annual Business Meeting is scheduled for Monday afternoon, with the Friendship Banquet Monday night. Tuesday morning is Awards, then lunch and a third Learning Session.

All registration information can be found in the Summer OHCE Outreach which all members should have received in late May. To avoid paying a late fee, registration should be received by July 2, 2010.

Senior Conference—July 27, 2010—Registration Fee $7.00

I hope everyone has marked their calendars for July 27 – the day of our “Enrich Your Life” Senior Adult Conference. Included with this newsletter is a conference flyer and registration form. The conference, to be held at the First Baptist Church in Newcastle, is sponsored by McClain County OHCE, the McClain County OSU Extension Service and First Baptist Church Newcastle.

This conference is for all senior adults, friends and family of senior adults and people working with senior adults, so invite your spouses, family members and friends. Let’s take advantage of this opportunity to show everyone the kind of quality programs OHCE is involved with.

All McClain County OHCE clubs are asked to bring three dozen baked items for morning snacks and provide a door prize worth $15-20. The door prize can be brought to the July Leaders’ Training on June 17.

Senior Conference can be used in lieu of your July meeting for perfect attendance purposes. Clubs can also opt to use the Senior Conference for their July meeting.

Congratulations are extended to the following groups and individuals who received awards at Spring Council.

60 Year Members: Ellen Carroll, Mary Garrett, Velma Little (all are charter members of Stealey).

60 Year Club: Stealey.

OHCE Week Thanks

A special thank-you goes out to OHCE members who led workshops and helped with the Cinco de Mayo celebration May 4-7. We reached over 357 persons. Those assisting were:

⇒ Pot Painting Workshop—Kate Morgan, JoAnn Wood, Mary Eggleston.
⇒ Healthy Mexican Foods Demonstration—Peggy Christian, Peggy Howard.
⇒ Crocheting and Knitting Workshop—Phylis Linker, Martha Schrader, Peggy Christian, Velma Little, Jo Kelly and Ruth Kelly.
⇒ Cinco de Mayo Celebration—Peggy Howard, Kay West, Anita Ballard, Bert Mathis, Jo Kelly, Phyllis Horn, Bonita Brakefield, Peggy Christian, Phyllis Linker and Myrtle Yates.

Remember 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.
## McClain County O.S.U. Cooperative Extension Calendar
### June, 2010

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<td>1 4-H Teen Outing, Frontier City</td>
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<td>3 Town &amp; Country HCE, 2:00 p.m.</td>
<td>4 SW District Horse Show, Duncan</td>
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<td>6</td>
<td>7</td>
<td>8 Cole HCE Youth Food Preservation Wksp, Purcell</td>
<td>9 Washington HCE</td>
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<td>Stealey HCE Fair Board Meeting, 7 pm, Rm 111</td>
<td>15 Blanchard HCE</td>
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<td>17 HCE Leader Lesson, Courthouse Rm 111, 1:30 p.m.</td>
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<td>20</td>
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<td>22 Youth Sewing Workshop, Purcell</td>
<td>23</td>
<td>24 Youth Food Preservation Workshop, Wayne</td>
<td>25 Co-Parenting, 9:00 am—12:00 pm</td>
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<td>27</td>
<td>28</td>
<td>Retirement party for Sharon Hardcastle, 2:00-4:00 pm,</td>
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### July, 2010

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<td>1 Town &amp; Country HCE, 2:00 pm</td>
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<td>Happy 4th of July, office closed</td>
<td>6 Quad-County</td>
<td>7 4-H Camp</td>
<td>8 Camp Faith</td>
<td>9 Faxon, OK</td>
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<td>11</td>
<td>12</td>
<td>Stealey HCE</td>
<td>13 Cole HCE</td>
<td>14 Washington HCE</td>
<td>15 No HCE Leader Lesson</td>
<td>16 Senior Conference Registration Due</td>
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<td>18</td>
<td>19</td>
<td>Blanchard HCE</td>
<td>20 Canning Update, Purcell Library, 3:00 pm</td>
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<td>State OHCE Meeting at Oklahoma City</td>
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<td>25</td>
<td>26</td>
<td>27 Senior Conference, Newcastle</td>
<td>28 State 4-H Roundup at Stillwater, OK</td>
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Leader Lesson June 17, 1:30 p.m.

The lesson will be held in Room 111 of the Courthouse and is on Metabolism, Thyroid and Pro-biotics. The lesson leader will be Diana Romano, Extension Educator, Registered Dietician and Farm to You Exhibit Coordinator from Oklahoma County.

No Lesson in July

There will be no Leaders’ Training held in July. August is fair preparation month.

Leaders’ Lesson Ideas for 2011

It will soon be time to select lesson topics for 2011. Please collect ideas at your June and July meetings and submit them to the Extension Office.

This newsletter is one way of communicating educational information to the interested citizens of McClain County. The information given herein is for educational purposes only. Reference made to commercial products or trade names is with the understanding that no discrimination is intended or no endorsement is implied. McClain County FCS Newsline is published bi-monthly at a cost of $35.00 for 162 copies.

Sincerely,

Mickey Simpson
Extension Educator,
Family and Consumer Sciences/4-H
2010 Enrich Your Life Senior Conference

Tuesday, July 27, 2010
8:00 A.M. to 2:00 P.M.
Newcastle 1st Baptist Church

An exciting one-day event to celebrate life as an active senior and to learn new skills to make life even better.

Breakout sessions include:
⇒ Alzheimer’s Facts
⇒ Where’s Your Treasure (Bring antique or other items you would like appraised in this mini “Antiques Road Show”)
⇒ Tough Topics for Your Doctor
⇒ Travel in Oklahoma
⇒ Living with Diabetes
⇒ Vision Care
⇒ Trees & Shrubs for Central Oklahoma
⇒ Fit After Fifty
⇒ Senior Life Options
⇒ Ask A Pharmacist

Keynote Address: “Knee & Hip Replacement”
Dr. James Mitchell, McBride Clinic, Norman

Great Door Prizes

*Visit with organizations and businesses about services for seniors.

*Blood pressure and blood sugar checks available.

*Lunch will be served.

For additional information, call 405-527-2174.
Gold Sponsors
Oklahoma Electric Cooperative
Norman Regional Health System
1st American Bank
Purcell Municipal Hospital
Lifecare Oklahoma
Wilson-Little Funeral Home

Silver Sponsors
Rural Electric Cooperative
McClain Bank
1st National Bank & Trust of Chickasha, Newcastle Branch
United Drugstore, Purcell, OK
Verden Bank, Newcastle Branch

Hosted By
McClain County O.S.U. Cooperative Extension Service
1st Baptist Church, Newcastle

Registration Form due by July 16, 2010
Registration fee of $7.00 includes lunch, snacks and informational sessions.
(Limited to first 200 people)

First Name______________________ Last Name______________________
Address________________________ City____________ State____ Zip Code_______
E-Mail_________________________
Home Phone: ___________________ Alternate Phone: ___________________

Mail form and $7.00 registration check made payable to McClain County Home &
Community Education to:
McClain County O.S.U. Cooperative Extension Service
P. O. Box 1505
Purcell, OK 73080