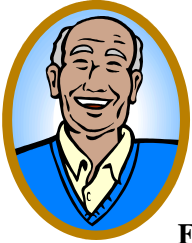




Beaver County *Newsline*

April 2006

**Beaver County OSU Extension Office * Box 339 Beaver OK 73932 * Courthouse * 580-625-3464*



Preserving Memories

There are some things that need to be kept for future generations: family traditions and special memories. Here are ideas on how to save stories and pass on your heritage.

Oral Histories – Make an audio tape or a video tape of a family member. Be sure to label the tapes with names and dates and perhaps a photo of the interviewer and interviewee.



Family Tree – Build your own family tree. Start by asking others in your family for already collected materials such as photos, letters or birth records. Some families keep a notebook with letters, records and a family tree outline. Others use a preprinted form and frame the results. Several computer software packages allow you to design your own family tree.

Time Capsule – Ask each family member to decide on things they will add to the capsule such as a toy, book, school test, newspaper, photos, or list of goals or dreams. Identify each person's item, pack and seal the container and store in a safe dry place until the scheduled opening day.

Family Quilt – Plan your quilt design and choose photos to copy onto the design. Purchase an image transfer or photo transfer solution at a craft or fabric store. Follow the manufacturer's instructions to transfer the photos to a plain white cotton fabric, and then proceed to arrange and sew your quilt.

Living Family Tree – choose a special day and plant a family tree. Perhaps on Arbor Day, a birthday, or an anniversary, gather with your family to plant a tree in your yard. Take a picture of your family beside the tree with the date and everyone's name. Each year take a family picture at the tree on the same date to show the changes in the tree and your family.

T-shirt Quilt – If family members have been involved in sports, theater presentations, charity runs or even vacations, you probably have drawers full of t-shirts. Turn those t-shirts into a quilt you can enjoy everyday. Cut out the front panels to make the centers of quilt blocks. Piece and finish as you would any quilt.

Family Cookbook – If your family has favorite recipes, you might want to assemble a family cookbook collection. You can use a 3-ring notebook that can be decorated with family photos on the cover. Office supply stores sell index dividers and clear plastic sheets for the interior pages. Include favorite of each family member and special stories from your kitchen.

Family Newsletter – With computers and software programs available today, creating a newsletter to share with family and friends is an easy project. Decide how often you want to create a newsletter, who will be included, the size of your mailing list and of course the content.

Grandma/Grandpa Classes – Plan a day or maybe even a week during the summer to spend with each grandchild. Teach a special skill such as making jam, planting a garden, building a birdhouse, or fishing. This is a great way to share knowledge and build understanding and communication between generations.

Celebrate a Blessing Book – Start a family book to celebrate your blessings and you will have a treasure to read when you are blue. The book could be a spiral notebook or handmade journal. Ask everyone to think of a least one blessing a day to write or draw in the book. Keep the book in a spot where family will be reminded to add to it each day.

Family Scrapbooks – Scrapbook is one of the fastest growing hobbies today. There are stores, parties and classes to teach you how to make the most of your family memories. Add words and stories to your photos. Make several albums that feature different themes or make one for each family member.

10 Steps to Energize Your Life



Step 1: Eat Healthy

The most important healthcare decisions you will make throughout your lifetime won't take place at your physician's office or at a hospital. They're made at the supermarket and the restaurant. The healthier the food you bring home, the healthier you'll be.

Step 2: Drink More Water

Drink at least eight, eight-ounce glasses of water each day. One of the reasons people are often tired is because they're dehydrated. If you don't drink enough water, the vitamins you take won't work as they should. Your system needs plenty of water for optimal performance.

Step 3: Lose Body Fat

Almost all of the diet books on the market today promote quick weight loss. But there's a difference between quick, temporary weight-loss and long-term, successful body fat loss. Weight loss that comes off quickly usually is regained even quicker. The three steps to long-term successful body fat loss are: 1. Eat fewer calories, primarily by watching fat and sugar intake. 2. Make physical activity part of your permanent lifestyle. And 3. Throw away the bathroom scale. The scale doesn't tell you the whole story. If you lose fat and gain muscle, the scale might not move as much as you would hope. Fat takes up room, but muscle weighs a lot. You'll think you've failed when, in fact, you're a success. Throw your scale away and buy a tape measure.

Step 4: Eat More Complex Carbohydrates

That's right. Eat more complex carbohydrates, and less simple carbohydrates. What's the difference? Simple carbohydrates are sugars, and the foods that contain them, such as soft drinks and desserts. Complex carbohydrates include whole grain breads and cereals, brown rice, whole fruits and vegetables. Complex carbohydrates are not bad for you, nor fattening, despite what the latest fad diets may say.

Step 5: Get Moving

Physical activity is essential to good health and peak performance. Here's the FIT formula:

Frequency. Exercise three to four times a week. If you're trying to maintain your fitness level; three times. If you have fat to take off your body; at least four times.

Intensity. How hard should you exercise? We don't necessarily count Target heart Rate anymore; just get your heart pumping faster. Second, build up a sweat. You'll perspire if you're exercising at an appropriate level. Third, most importantly, never, never get out of breath during your exercise session. Not for safety, but for efficiency. The body requires oxygen during exercise to burn fat. If you're out of breath when you exercise, you're only burning blood sugar. So slow down, catch your breath, but exercise for a longer time.

Time. Work up to 30 minutes per exercise session.

Step 6: Improve Your Immune System

The stronger your immune system, the less likely you are to catch every "bug" making the rounds. First, get a flu shot. Second, exercise about 30-minutes, four times per week. These are two simple steps that will boost your immunity.

Step 7: Eat Breakfast

We tell our children they need to eat breakfast. We need to take our own advice! It's just as important for adults as well. Getting a healthy breakfast will help you perform and feel better all day long. And it boosts your metabolism too.

Step 8: Lower Your Blood Cholesterol

Healthy adults should ideally have a total blood cholesterol level of 150 or less. The “official goal of 200 is too liberal. The average person who suffers a heart attack has a cholesterol reading of only 204 at the time of the attack. The worldwide average blood cholesterol level is only 165. Don’t be satisfied with a cholesterol reading of 200.

Step 9: Eat Frequently and Lightly

Try this schedule; Eat breakfast, have a small snack around mid-morning, then lunch, followed by a mid-afternoon snack and, finally, dinner. Just spread out the same number of calories you’re eating now. You’ll probably have more sustained energy than if you just eat two or three large meals a day.

Step 10: Go To Bed!

Adults around the world, especially in industrialized countries, are not getting enough sleep. If you want to operate at peak performance, you can’t compromise in this area. Lack of sleep can make you irritable, and impair your motor skills. It decreases your ability to think, to make decisions, and to be creative. Lack of sleep can lead to increased stress hormones, increased blood pressure and increased risk of cardiovascular disease. The average person does best on 8 ¼ hours per night.

Remember, perfection is not the goal. You don’t have to get everything right all the time. You don’t have to exercise seven days a week, or eat perfectly every day. You can have dessert! It’s how often and how much of anything you do that makes and impact on your health.

Get moving and eat a lower animal fat, higher fiber diet. It’s that simple. Healthy people are better able to utilize their minds and bodies and are energized to perform at optimal levels. If you want to obtain peak performance, take care of your health—your most valuable asset.

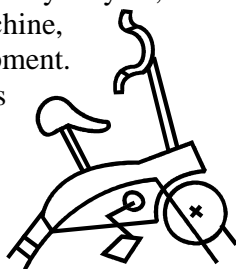
Source: David L Meinz, MS, RD, FADA, CSP @ www.TheEnergyExpert.biz

Breaking More Barriers to Fitness

Barrier: I’m uncomfortable about the way that I look when I exercise.

Most importantly, don’t get down on yourself! Start off solo, without the distraction of another person.

- ✓ Consider investing in a stationery bicycle, treadmill, stair-climbing machine, or other home exercise equipment.
- ✓ Choose some exercise videos to use in the privacy of your home. As you become healthier and more at ease with exercising, your self-confidence will benefit as well. .



Bottom line: Forget about how you look as you exercise. Remind yourself what a great favor you’re doing for your cardiovascular health, or focus on how much stronger you feel after a workout. Praise yourself for improving your stamina and making a commitment to lifelong fitness.

Barrier: I’m too lazy to exercise.

Are you setting your mental bar too high? Maintain realistic expectations for yourself. If the mere thought of a morning jog makes you tired, try these thoughts on for size instead:

- ✓ Never underestimate the power of momentum. For starters, take a walk around the block. Don’t give up if you feel worn out. Take another walk around the block tomorrow. Eventually, you’ll no longer feel worn out. That’s progress!
- ✓ Work with your nature, not against it. Plan your activity for times of the day when you tend to feel more energetic — or at least not quite so lazy.
- ✓ Schedule exercise as you would schedule an important meeting or appointment. Block off times for physical activity, and make sure your friends and family are aware of your commitment. Ask for their encouragement and support.

Source: www.mayoclinic.com





OHCE NEWS

NW District Meeting was held in Woodward on March 21st. Beaver County was well represented by Claudine Knight, Lois Reddick, Joyce Bensch, Sue Grose, Emma Zielke, Mary Evans and myself. Several of the ladies tried their “feet” at line dancing. Exercise lasts a lifetime!

Fall Council is May 9th. The theme is “In Line with Women’s Health”. Sue Grose will present the program on Women’s Health Issues and may even lead us in a line-dance or two. Start looking for a healthy recipe that you can bring for the health conscious pot-luck dinner. Check the yearbook for your club’s duties.

OOPS. I mixed up the state lesson with the district lesson in the yearbook so the two will be switched. The Leaders Training on Walking was presented at the NW District meeting. That means that the lesson for May will actually be “Walking” and the August lesson will be “Recycling”. I am sorry for the mix-up.

The Leaders Lesson on Walking will be held at the Extension Office on Friday, April 21st at 9:30 am. Joyce Bensch, Beaver County Walking Chairman, will help present the information.

Please remember to keep track of your steps and turn them in monthly to Joyce.

THANKS! OHCE—Beaver County provided wonderful refreshments and a great lunch to over 50 people at the Child Care Providers Seminar on March 25th. Many thanks for all your efforts!

Thanks also to the HCE members who donated new and gently-used supplies for the Literature Based Activities Workshop at the Child Care Providers



Seminar. Your recycling efforts provided us with paper, shoe boxes, and magazines. These things were transformed into educational tools that will help day care children learn about losing a tooth, how to tie their shoes, and recognizing items that could be poisonous. Thanks so much.

Don’t forget Cow Chip Celebration going on April 8-15, 2006.

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