

HCE WEEK May 6-13

“Each One Reach One”

Beaver Co OHCE Spring Council

May 9th

Beaver Methodist Church
9:30 am Registration

Each group is asked to bring 2 door prizes.

The Business meeting will include Membership Recognition, Committee Reports, and Business Discussions. At Noon will be a Pot Luck Luncheon featuring Oklahoma grown foods. The official state meal consists of chicken-fried steak, barbecue pork, cornbread, biscuits, sausage and gravy, grits, corn, black eyed-peas, fried okra, squash, strawberries, and pecan pie.

To highlight our theme, “Oklahoma Heritage”, our guest speaker for the May 9th meeting is E.J. Phillips, a writer, published author, and Memoir Workshop facilitator who is a former Beaver resident. Many of you will remember her as Erma Mann. E.J. will talk with us about a storytelling project, “*Through Our Grandmother’s Eyes*,” which is co-sponsored by the Woodward Public Library and the Woodward Centennial Committee in conjunction with Oklahoma’s statehood centennial celebration.

Please invite a friend to attend this special presentation!

Items Needed for 4-H Youth Summer Workshops

Beaver County youngsters will once again benefit from workshops put on by the Extension Office and we would like to recycle some items from you. If you could donate any of the following “gently used” items, please bring them by the Extension Office by May 31st.

- Denim Jeans
- Hardback Books (about 7-9 inches tall)
- Long Zippers



Thanks for thinking “Green”



June Leaders Lesson:
Family Reunions



10:00am Extension Office
May 17, 2007



This newsletter is published monthly by the Beaver County OSU Extension Office, PO Box 339, Courthouse, Beaver, OK 73932 (580) 625-3464, and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

Liz Gardner-McBee
Extension Educator,
Family & Consumer Sciences/4-H Youth Dev.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert E. Witson, 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 as a cost of \$20.09 for 220 copies. This publication was printed at Beaver County OSU Extension Service in Beaver, Oklahoma.



Beaver County Cooperative Extension Service
Oklahoma State University
111 W 2nd ST
PO Box 339
Beaver OK 73932



BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

Newsline

MAY 2007

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

Walk This Weigh Beaver County



The Beaver Health Awareness Partnership has organized a walking competition for Beaver and the surrounding communities. *Walk this Weigh Beaver County* is focused on getting people up and moving. The kick-off event will be May 21st at the City of Beaver Walking Trail at 6:30 PM. There will be a 2-mile walk and all

participants will be able to receive their information for the competition and goody bag and pedometer.

Registration forms are included on page 3 of this newsletter. Please submit your individual and/or team registration forms to the OEDA Area Agency on Aging, 330 Douglas Ave., P.O. Box 668, Beaver, OK 73932. All registrations submitted by May 11th will receive a t-shirt at the kick-off event. Registrations will still be accepted after May 11th until the kick-off event on May 21st, but those participants will not receive a t-shirt.

The month long competition will run from May 21st through June 21st. The competition will consist of two categories: individual and team. For the team category, each team will be comprised of 4 persons and the team with the most minutes of walking at the end of the month will receive prizes. For the individual category, the high individual will be given a prize, in addition any participant who has accumulated at least 900 minutes of walking throughout the month will be entered in a drawing for a prize. All those participating on a team are automatically entered for the individual category as well. It’s not easy to find an activity that appeals to young and old alike but it is possible; walking is an ageless activity. In addition to being an excellent

aerobic activity, walking can be done by almost everyone regardless of physical fitness or age. There is no age limit to participate in *Walk This Weigh Beaver County*. Many people are more likely to engage in physical activities when they exercise in groups. The other group members are concerned with their well-being and will remind them about attending exercise class. Families, businesses, schools, churches, and city employees are encouraged to participate in this event.

Physical activity such as walking is important for people of all ages. Children and adolescents need weight-bearing exercise for normal skeletal development, and young adults need such exercise to achieve and maintain peak bone mass. Older adults can improve and maintain strength and agility with regular physical activity. This can reduce the risk of falling, helping older adults maintain an independent living status. Regular physical activity also increases the ability of people with certain chronic, disabling conditions to perform activities of daily living. Regular physical activity also:

- Increases muscle and bone strength.
- Increases lean muscle and helps decrease body fat.
- Aids in weight control and is a key part of any weight loss effort.
- Enhances psychological well-being and may even reduce the risk of developing depression.
- Appears to reduce symptoms of depression and anxiety and improve mood” (Healthy People 2010).

If you have any questions about *Walk This Weigh Beaver County*, please feel free to contact one of the following committee members: Liz Gardner-McBee, Ext. Educator at 580-625-3464; Lynn Madsen, OEDA AAA at 580-625-4531; Alissa Schlessman, Beaver Co. Memorial Hospital at 580-625-4551; Jolena Graves, Beaver Co. Health Dept. Health Educ. or Lana Shaffer, Turning Point Field Consultant, Health Dept. at 580-921-2029.

Quick Cuisine

You may be busy walking daily with *Walk This Weigh Beaver County* and need some ideas for speedy meals.

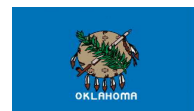
These meals are healthy, cost less than fast food, and are easy to make when you have little time to cook.

- Fill pita bread halves with a mixture of canned chicken or tuna, cream of mushroom or chicken soup, and two cups of frozen mixed vegetables (thawed). Heat and serve.
- Top a big green salad with chili beans and cheese. Serve with whole wheat bread or cornbread.
- Make homemade mini pizzas. Heat whole wheat bread or tortillas topped with tomato or pizza sauce, sliced vegetables (fresh or thawed) and cheese. Serve with fruit or banana pudding.
- Spread tortillas with refried beans (fresh or canned), then top with corn and cheese. Heat. Serve with salsa.
- Scramble some eggs. Add cooked vegetables and your favorite sauce or seasoning. Serve over whole wheat toast, tortillas, cornbread or pasta.
- Top whole wheat bread with canned tuna or chicken, diced tomatoes and/or peppers, and sprinkle with cheese. Heat until cheese melts.
- Make a meal of a hearty soup, sandwiches and fruit for dessert.

To save time:

- Cook double or triple the amount you'll need for one meal. Put extra food in the fridge and use it for other meals within two days, or freeze it for later use.
- Make soups, stews or casseroles on the weekend and freeze for later.
- Do some tasks (like making a salad, or cooking pasta or ground meat) a few hours before or a day before your meal.
- Make no-cook meals. Toss cold cooked pasta and cold peas with canned tuna or chicken and a small amount of reduced fat mayo or salad dressing.
- Broil, stir-fry, or microwave foods—baking takes longer.

From Quick, Tasty Meal Ideas from the National Agricultural Library @ http://www.nal.usda.gov/wicworks/Sharing_Center/SC/meals_quick.pdf



You're Doin' Fine, Oklahoma!

Watermelon Declared State Vegetable

On April 24, 2007, Gov. Brad Henry signed the bill making watermelon Oklahoma's official vegetable, ending the controversy on whether watermelon is a fruit or vegetable. The watermelon, *Citrullus lanatus* or *Citrullus vulgaris*, is a member of the *Cucurbitaceae* or gourd which are classified as vegetables. Watermelon are native to the Kalahari desert of Southern Africa. Oklahoma's official fruit is the strawberry.

Watermelon is 92% water and 8% sugar. Early explorers used them as canteens. Watermelon does not contain any fat or cholesterol and is an excellent source of vitamins A, B6 and C, and contains fiber, potassium and lycopene. Scientists have found that watermelon contains more of the health-promoting compound lycopene per serving than any other fresh fruit or vegetable. Lycopene gives watermelon and tomatoes their red color and is thought to act as a powerful antioxidant that may help to reduce the risk of age-related diseases.

Every part of the watermelon is edible, even the seeds and rinds. Americans eat over 17 pounds of watermelon each year. Watermelons are available all year. The natural sweetness of watermelon makes it a favorite anytime of the year. It is a perfect addition to a salad, salsa, or cool drink. Top chunks of sweet watermelon with fruit flavored sherbets or sorbets.

Once picked, watermelon will not ripen easily. If unripe, try putting the whole melon in paper bag un-refrigerated. This sometimes works to ripen them. Watermelons can be kept for short periods of time, up to 2 weeks, uncut at room temperature. Wash watermelon with soap and water before cutting. Once cut, package what is not eaten in closed plastic containers or bags and put back in the refrigerator.

Sources: <http://www.ok.gov>
<http://agweb.okstate.edu/fourh/aite/index.html>,
<http://www.fruitsandveggiesmatter.gov/month/watermelon.html>



WALK THIS WEIGH BEAVER COUNTY

REGISTRATION FORM

(Registration Due by May 11th to be eligible for a T-shirt)
 (All Registrations Due no later than May 21st at the Kick-Off Event)

_____ Individual Individual Name: _____
 T-Shirt Size: S M L XL 2X

_____ Team Member Team Name: _____

_____ Business / Organization _____

Mailing Address: _____
 Telephone _____
 Street / P.O. Box _____ City / State / Zip Code _____

Team Members:

Captain _____ Member #2 _____
 T-Shirt Size: S M L XL 2X T-Shirt Size: S M L XL 2X

Member #3 _____ Member #4 _____
 T-Shirt Size: S M L XL 2X T-Shirt Size: S M L XL 2X

Print form, fill in and return to:
 OEDA-AAA
 Attn: Lynn Madsen
 P.O. Box 668
 Beaver, OK 73932

OR E-Mail to:
oedoinfo@ptsi.net

Walk This Weigh Beaver County
"Kick Off" Event
 Date: **May 21st – 6:30 PM**
 Location: **Beaver Walking Trail**

Families, individuals, organizations, businesses, and churches are invited to participate!
This is a month long walking program for all ages.
Categories: Individual and Team