

OHCE

Sew Thoughtful Workshop

Clearlake OHCE has agreed to sew another denim quilt top on **February 11th** following their regular meeting at 9:30am at Clearlake Community building. All are welcome to attend and to help sew on bedding for the Adopt-a-Room Project. Gently used (or new) children's books are needed for this project too. I'll take your donations at the Extension Office. For more details, contact Virginia Jett.

Leaders Lesson: One Meat: Five Meals—Five Flavors

The lesson will be presented as a lunch and learn on Wednesday, **February 20th**, in the Fair Building. Please bring a sack lunch and a friend to learn ways to use planned-overs and your freezer to take the hassle out of meal planning. Please RSVP at 625-3464.

Beaver Co. Youth Stock Show is only Mon, February 25, 2008.

Each club is asked to provide 2 pounds of browned hamburger, 1 large pan of brownies and rice krispy treats cut into 3-inch squares and wrapped in plastic wrap. Each club needs to have a worker at the concession stand by 9am for all day (perhaps until 7pm); several members may split the shift if desired. Profits from the stock shows help to provide awards for 4-H contests. Thanks in advance for providing this service.

Remember Feb. 27th

Please help get an audience for Barbara Brown's "Eating for a Healthy Heart" on Feb. 27th at NOON. She will be coming from Stillwater just for this program to help us with strategies for combating heart disease. Dr. Brown is an excellent presenter and a down-to-earth, wonderful person. Her meetings are always informative, practical, and fun. I'm sure you'll learn something and be glad you came! Bring a sack lunch and several friends.

NW District OHCE Meeting--Saturday, April 5th



The District meeting will be held at Ponca City High School on April 5th with Registration & Refreshments at 8:15 AM and Business Meeting Called to Order at 9:00 AM. Morning Sessions include: Presidents' Session,

Treasurers' Session, State OHCE Project: Just Let Them Know We Care! District Lessons: Clutter's Last Stand and Forming Community Coalitions, Recruitment & Making Local Brochures, Organic Gardening, Standing Bear: Native American Civil Rights Leader, and Genealogy.

Luncheon Menu: Turkey, Brisket & Baked Ham, Scalloped Potatoes, Salad, Dinner Roll, Cookies. After lunch are "Tours on the Move" (1:00-3:30) or two afternoon session. One tour is a Ponca City Driving Tour via van with a guide; minimal walking required. The other tour is Marland Mansion Walking Tour (an elevator is available in lieu of stairs.) Tours on the Move are \$6 each, filled on first registration received basis.

Afternoon Sessions include: Trunk Showing of Today's Quilts, "Make & Take" Scrapbooking Project (\$1 at the door), Beginning Computer Use, Fun Dances, Quick & Easy Decorating, Genealogy, Decoupage Plates, Dressing Up Foods with Garnishes, Intermediate Computer Use, Italian Cooking, and Home Fire Safety.

Pre-registration of \$13 includes most sessions & the luncheon. (Late registration is \$18.) "Tours on the Move" are an additional \$6. **Registration is due to Treasurer, Charlene Marshal, by March 7th.** More details are available in the Ext. Office.

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BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

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

Eating for a Healthy Heart

Noon Lunch and Learn
Wednesday, February 27
Beaver Co. Fair Building



There is good news that a healthy diet doesn't mean sacrificing delicious meals. Dr. Barbara Brown, OSU Food Specialist, will be here to present a *Lunch and Learn* program, "Eating for a Healthy Heart". The program begins at noon in the Fair Building Dining Room.

If a great journey begins with small steps, so does the quest for a healthier diet. For example, when cooking with canned vegetables you can reduce the sodium by draining the liquid from the vegetables in a strainer, then rinsing them with tap water before proceeding with the recipe. Learn more changes you can make to modify recipes to lower fat, cholesterol, sugar, and salt and increase fiber and calcium--all while making food that the family will actually eat.

Lunch and Learns are presentations held during the noon hour so busy people can attend, eat lunch while learning, and get on their way by 1pm. Feel free to bring a sack lunch while learning how to take better care of yourself and those you love with "Eating for a Healthy Heart" on February 27th. Please RSVP at 625-3464.



Olive Oil—Heart Healthy

According to the FDA, "Limited and not conclusive scientific evidence suggests that eating about 2 tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the mono-unsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day".¹

Researchers say the most benefits are achieved by substituting olive oil for other, artery-clogging fats like butter and animal fat in your diet rather than just adding more olive oil. Olive oil contains about the same amount of total fat grams and calories as other types of fats.²

Extra-virgin olive oil is often called for in uncooked recipes, such as vinaigrettes, where its rich, asser-

tive, fruity flavor can be fully appreciated. For cooking, regular olive oil is often a better choice than extra-virgin; it has a more restrained flavor and a greater resistance to burning. But unlike neutral vegetable oils, regular olive oil still contributes a mild taste with slightly fruity and peppery elements.

Olive oil is produced by combining a chemically refined and very neutral olive oil with virgin or extra-virgin olive oil to boost its color, aroma, and flavor. Olive oil contains only some of the fullness of flavor of extra-virgin olive oil. It is also less expensive. America's Test Kitchen held a blind tasting test of supermarket brands of olive oil; several were extremely bland or as mild as vegetable oil. Their top three choices were DaVinci, Colavita Olive Oil, and Filippo Berio Olive Oil.³

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1. <http://www.fda.gov/bbs/topics/news/2004/NEW01129.html>
2. <http://www.webmd.com/heart/news/20041101/olive-oil-cleared-for-heart-healthy-claim>
3. <http://www.cookscountry.com/tasting.asp?tastingid=278&bdc=3336&extcode=L7NN3BK00>

RECIPES FOR A HEALTHY HEART

Treat your Sweetheart with these Dishes from the American Heart Association.

Herb-Crusted Chicken Breasts

Serves 6; 1 breast per serving

Vegetable oil spray
6 boneless, skinless chicken breasts
(about 4 ounces each), all visible fat removed
1 tablespoon lemon juice
1 teaspoon dried rosemary, crushed
1 teaspoon dried oregano, crumbled
1 teaspoon dried sage, crumbled
1/4 teaspoon cracked black pepper

1. Lightly spray roasting pan or casserole dish with vegetable oil spray. Rinse chicken and pat dry with paper towels. Arrange chicken in pan.
2. Combine remaining ingredients except pepper and rub well on each breast. Sprinkle with pepper. Refrigerate, uncovered, for at least 1 hour. For even more flavor, marinate the chicken overnight.
3. Preheat oven to 350 °F.
4. Bake the chicken, uncovered, for 35 to 40 minutes, or until juices run clear when breasts are pierced with a knife. Serve with any pan juices.

Calories: 134 Protein: 25 g Carbohydrates: 0 g
Total Fat: 3 g Saturated Fat: 1 g Polyunsaturated Fat: 1 g Monounsaturated Fat: 1 g Cholesterol: 62 mg Sodium: 57 mg

Rice and Vegetable Pilaf

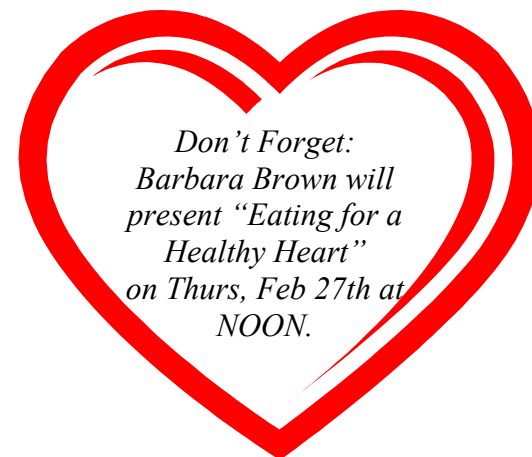
Serves 6

1 cup low-sodium chicken broth
1/2 cup long-grain rice
1 cup chopped fresh mushrooms
1 cup shredded carrots
1/2 cup chopped fresh parsley sprigs
1/4 cup sliced green onions, with tops
1/4 teaspoon freshly ground black pepper

1. In a medium saucepan over high heat, bring chicken broth to a boil. Add rice and cover. Reduce heat and simmer 20 minutes.
2. Remove from heat and let stand 5 minutes. Stir in remaining ingredients. Return to low heat and cook another 5 minutes. Fluff with a fork and serve immediately.

Calories: 70 kcal Protein: 2 gm Carbohydrates: 15 gm Total Fat: 0 gm Saturated Fat: 0 gm Polyunsaturated Fat: 0 gm Monounsaturated Fat: 0 gm Cholesterol: 0 mg Sodium: 18 mg Potassium: 175 mg Calcium: 21 mg

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HEART HEALTHY HABITS

Mom was right: go outside and play, drink your milk, brush your teeth, and get to bed are good habits. They may help keep your heart healthy too.



Exercise

Physical inactivity is a major risk factor for cardiovascular disease, and most Americans are not physically active enough to gain any health benefits. Whether it's included in a structured exercise program or part of your daily routine, all physical activity adds up to a healthier heart. If you can't do at least 30 minutes at one time, you can add up 10-minute sessions throughout the day, at least 5 days a week.

Vitamin D

The same vitamin D deficiency that can result in weak bones now has been associated with an increased risk of cardiovascular disease. In a study, (1,739 Caucasians average age 59) researchers found that those with low blood levels of vitamin D had twice the risk of a cardiovascular event such as a heart attack, heart failure, or stroke in the next five years compared to those with higher levels of vitamin D. These results are intriguing and suggestive but need to be followed up with further study.

Vitamin D comes from two sources, sunlight and food. Food sources of vitamin D include fortified milk, salmon, mackerel, sardines, cod liver oil and some fortified cereals. Be careful with supplements, because high doses of vitamin D can be toxic.

Oral Health

The notion that problems in the mouth cause diseases elsewhere in the body makes sense but has been difficult to prove, explains the Harvard Heart Letter.

Several species of bacteria that cause periodontitis have been found in the plaque in arteries in the heart and elsewhere. This plaque can lead to heart attack. Oral bacteria could also harm blood vessels or cause blood clots. It is also possible that inflammation in the mouth revs up inflammation throughout the body, including in the arteries, where it can lead to heart attack and stroke.

Although we still have a lot to learn, the Harvard Heart Letter notes that it still makes good sense to take care of your teeth. Brush and floss every day, and see your dentist at least twice a year for regular cleanings and oral exams. This will pay off for your oral health, and just may benefit your heart as well.

Sleep

Consider new evidence that points to a link between poor sleep and heart disease. Poor sleep has been linked with high

blood pressure, atherosclerosis, heart failure, heart attack and stroke, diabetes, and obesity. The thread that ties these together may be inflammation, the body's response to injury, infection, or disease.

Sometimes heart disease is a cause trouble breathing, which stems from fluid buildup in the lungs. There's also some evidence that heart failure leads to sleep apnea, a breathing problem that can awaken a person repeatedly throughout the night. Some people have nighttime angina (chest pain), bouts of atrial fibrillation, or palpitations (the sensation of a racing or pounding heart) that disturb sleep.

The Harvard Heart Letter suggests that if you aren't getting enough sleep, you may need better sleep habits like the ones listed below. If these don't work, talk with your doctor about having a sleep evaluation.

- Go to bed and get up at the same time every day.
- Use your bed only for sleeping or sex.
- If you can't sleep, get out of bed.
- Go easy on alcohol and caffeine; avoid nicotine.
- Exercise in the late afternoon.
- Try meditation or other relaxation technique.

<http://www.americanheart.org>
<http://www.health.harvard.edu>