

## OHCE NEWS

OHCE State Meeting will be July 8-10th at the Clarion Hotel in OKC. On-site registration is for the meeting only, no meals.

Barbara Patzkowsky is the Northwest District Heart of OHCE Winner. The state winner will be announced at the Friendship Banquet. Good Luck Barb!

We received word that Beaver County Reports all won awards at the state level. I will reveal the official placings next month.

Thanks for your donations of items for the Ambassadors Silent Auction. All proceeds fund Ambassador grants.

Thanks to those who volunteered to make the sunbonnet decorations for the state meeting.

Thank you, OHCE, for your financial support as a sponsor the Walk This Weigh Beaver County contest. Over 200 citizens participated.

### Fair Books

Fair Books are being printed. Come by the Extension Office for a copy and start planning your entries.

### Upcoming Events

July 2 Basket Donations due  
July 4 Courthouse Closed; Independence Day  
July 5-7 Quad County 4H Camp @ Camp Gibson  
July 8-10 OHCE State Meeting OKC  
July 31 Lesson training

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### Leader's Lesson

Buying USA is the State Lesson. The lesson will be on **July 31** at 10am in the Extension Office

### Lessons and Workshops Ideas Needed

Please send your list of lesson and workshop suggestions to the office ASAP. A master list will be compiled and voted on during the fair in September.

### Special Thanks

*Whenever volunteers are needed, I know that OHCE members will be there to help. Thanks to Mary Evans, Virginia Jett and Linda Moeller for helping teach 15 youth how to cook at the Youth Dairy Cooking School. Lots of good food was made and devoured!*

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## BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

# Newsline

JULY 2007

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

## Measure Up While Taking Off

Weight/overweight is a favorite topic today. About 30 percent of all Americans are over-weight, causing obesity to be the No. 1 malnutrition problem. Today diets, food items, pills, and exercise equipment are big business. It has been estimated Americans spend \$2 billion a year on schemes and items with weight loss the ultimate goal.

The best way to lose pounds is to eat smaller servings of a balanced diet selected from a variety of foods. The object is to reduce calories to bring about healthful weight loss and to provide adequate nutrients for good health. A desirable pattern of total calories is 40-60% from carbohydrates; 30-40% from fat; and 10-15% from protein.

Plans for calories between 1,200 and 1,500 are most generally used by adults for weight loss. To lose weight one must use calories from the body. This can be done by consuming fewer calories; increasing activity; or a combination of fewer calories and greater activity.

### The Rule of Thumb for Reduction Diets:

1. The diet should supply all nutrients from the Recommended Dietary Allowances (RDA) with a reduction in the number of calories.
2. The diet should establish good eating habits which would be easy to follow and would maintain permanent weight control.
3. The diet should encourage the use of foods, not vitamin or mineral supplements, to obtain essential nutrients.
4. The food should be easily obtained both at home and away from home.
5. The diet should be satisfying, eliminating between meal hunger and tiredness.

I hope you found this information interesting. The source for this article was my Cimarron County Newsletter dated **January 1985!**

The scope of the problem has greatly increased; however, solutions to the problem have not really changed. Despite the public health gains in recent years, more Americans are overweight than ever before.

It's now estimated that more than half (up to 2/3) of the adults in the U.S. are overweight, and the number of overweight children and teens has doubled in the past decade. The weight loss business is now as high as 40 billion dollar industry

People who are successful at losing weight and keeping it off tend to share four common behaviors.

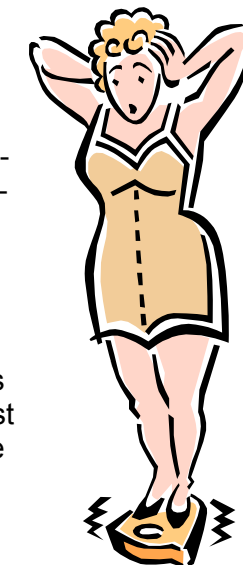
1. They eat a low-calorie, low-fat diet.
2. They monitor themselves by weighing in frequently.
3. They are very physically active.
4. They eat breakfast. Eating breakfast every day is contrary to the typical pattern for many overweight people when they try to lose weight.

Many people eat little or no breakfast and a light lunch. In the late afternoon and evening they are hungry and that is when they eat most of their calories. People who are successful at losing weight have changed that pattern.

The first step is to set a realistic goal. Studies show that people improve their health with just a 5 to 10% weight loss. Even that amount can improve blood pressure and help control diabetes and high cholesterol. Then plan to lose weight gradually, no more than one-half to two pounds a week.1

Continued on page 2

1Source: Bren, L., Losing weight: start by counting calories, FDA Consumer, 4/2002 accessed at <http://www.cfsan.fda.gov/~dms/fdweigh3.html>



Continued from page 1.

With so many messages about how to lose weight, consumers often become confused as to what to do. Successful and healthy weight loss comes down to managing calories – eating fewer calories and/or burning more calories. But since counting calories can be a challenge the American Dietetic Association has some simple tips that can make it a little easier.

**Portion Management:** You can enjoy your favorite foods, just in moderation. To do this you need to become aware of the amount of food you eat at different times such as breakfast, lunch, dinner and snacks.

**Write It Down:** To get an idea of how much you eat, try keeping a food diary for a few days. Write down everything you eat and drink, including the portion sizes. This will help you spot those “hidden” calories.

**Get and Idea of Portion Sizes:** To help you get an idea about what are recommended portion sizes, read food labels to see what a serving size is. To help you visualize what a serving size is, use measuring cups to measure out this amount of food. After you do this a few times you will be able to visualize on your own how much to eat.

**Go Ahead and Snack:** It’s okay to have some of your favorite “fun foods,” just in moderation. Try dividing larger packages into smaller portions or try some other snacks such as fat-free yogurt or fruit cups.

**Include Some Activity:** Using some calories everyday in physical activity can go a long way in helping you to manage weight.



Make your calories count by choosing a wide variety of healthful foods. Get the nutrients you need first by including whole grains, fruits, vegetables, lean meat, low-fat or fat-free dairy foods. Pay attention to your portions, drink plenty of water, and add regular physical activity to provide a healthy balanced lifestyle.

### Could You Pass?



To become a naturalized US citizen, candidates must pass a test of their knowledge of US history and government. Below are sample questions from the US Citizenship and Immigration Services. How well would you do?

1. How many stripes are there on our flag?
2. What do the stripes on the flag represent?
3. Who makes the Federal laws in the United States?
4. How many voting members are in the House of Representative?
5. What is the supreme law of the United States?
6. What were the original 13 states?
7. What were the 13 original states of the US called before they were states?
8. Who said, “Give me liberty or give me death”?
9. Who was the main writer of the Declaration of Independence?
10. When was the Declaration of Independence adopted?
11. When was the Constitution written?
12. Who wrote The Star-Spangled Banner?
13. Name the amendments that guarantee or address voting rights.
14. Where does freedom of speech come from?
15. What kind of government does the US have?
16. What is the most important right granted to United States citizens?

#### ANSWERS

1. There are 13 stripes on our flag.
2. The first 13 states.
3. Congress
4. There are 435 voting members in the House of Representatives.
5. The Constitution.
6. Virginia, Mass., Maryland, RI, Connecticut, NH, NC, SC, NY, NJ, Georgia, Delaware and Pennsylvania.
7. Colonies
8. Patrick Henry
9. Thomas Jefferson
10. July 4, 1776
11. The Constitution was written in 1787.
12. Francis Scott Key
13. 15, 19, 24, 26 am
14. The Bill of Rights
15. Republic
16. The right to vote.

Source: <http://www.uscis.gov>

## Do You Have a Spider Infestation?

Spiders are common in homes during warm weather, although they can be found indoors any time during the year. Their numbers usually peak during late summer and fall, when they are sometimes found indoors searching for winter hibernation sites.

Since spiders are predators, they don't infest anything. Apparent sudden increases in population are really just temporary increases in activity, usually connected with mating. Nearly all spiders are harmless and beneficial.

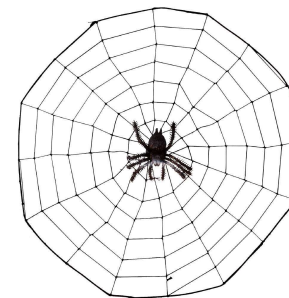
Spider control is usually challenging. It is difficult to eradicate all spiders from a home. It is also unnecessary. Properties located in areas favorable to spiders, such as by rivers, lakes, or fields, are more likely to have large numbers of spiders.

Tolerate spiders whenever possible. Because of their beneficial nature, they are very important to the environment. When tolerance is not possible, use an integrated approach using nonchemical methods supplemented with chemical means to reduce spider numbers.

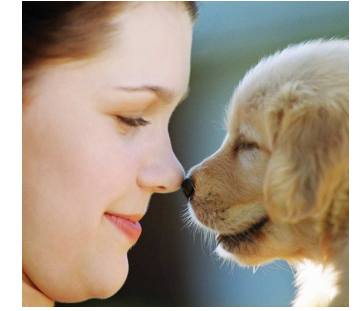
If for some reason a situation does arise where spiders must be eliminated from an area, pesticides are definitely not the way to go. An honest, properly trained exterminator should tell you this. Spiders do not react as strongly to "residual" insecticides as insects do; these chemicals will kill the spiders contacted directly by the spray, and that's about all. Spiders are highly mobile and quickly repopulate any area from which they have been eliminated. And spider egg sacs are relatively impervious to pesticides.

Sticky traps remove many more spiders than typical pesticide treatments, and have the added advantage of neither polluting the environment nor making your home toxic. But an even better technique is to physically exclude spiders from the space where you don't want them, by sealing gaps, cracks and openings of all kinds.

Sources: <http://www.washington.edu/burkemuseum/spidermyth/myths/amputate.html>  
<http://www.extension.umn.edu/distribution/housingandclothing/DK1033.html>



## Don't Let Cleaning Go to the Dogs



Having a dog or cat in the household calls for more vigilant cleaning, particularly if there are family members who suffer from asthma or allergies.

- **Vacuum regularly.** If your pet sheds heavily, or if a family member is highly allergic, you may need to vacuum as often as once a day.
- **Use an upright vacuum or a canister style with a power nozzle.** They pick up two to six times as much dust from a rug as canisters without a power nozzle.
- **A synthetic carpet with a stain-resistant finish is a better choice than one with wool or cotton fibers.**
- **If your pet has a favorite chair or corner of the sofa, cover the chair/sofa with a washable blanket or throw.** Launder the blanket/throw frequently. Have multiple covers so that one is available while the other is in the wash.
- **Use a fabric refresher** to keep your sofa or love-seat smelling fresh after Fido leaves the room.
- **A comfy pet bed may help cut down on "pet napping" on the furniture.**
- **Declare some areas off-limits to your pet** – particularly the bedrooms of those who suffer from allergies or asthma.

**Brush your cat or dog frequently.** If possible, do it outside, away from those with allergies. When you're finished, wash your hands with soap and warm water. Store cleaning products in a locked cabinet or out of reach of curious pets. Don't leave any type of cleaning liquid out where pets might be tempted to take a drink. As a kindness to your pet, send him to another part of the house while you're cleaning. Not only is it safer, but the activity and the noise of the vacuum can upset your best friend.

<http://www.cleaning101.com/cleaningmatters/newsletter/dogs.cfm>