

# Family And Consumer Sciences



Kingfisher County OSU Extension  
Service



August 2005

## Identity Theft Is a Growing Problem

Identity theft continues to be a problem for many people across the country. A 2003 survey by the Federal Trade Commission (FTC) estimated that almost 10 million Americans discovered they had been victims of identity theft during the previous year. A growing number of victims – approximately 31 percent – were young people under the age of 29.

Teens who have been victimized may not even realize it until they apply for their first driver's license or credit card, said Joyce Jones, Oklahoma State University Cooperative Extension Service personal finance specialist. Identity theft can take many forms. Thieves may use other people's personal information to open new credit card accounts and take out loans, or use their name when being charged with a crime, renting an apartment or obtaining medical care. Identity theft can also involve misuse of existing accounts such as credit cards, checking and savings accounts and telephones.

Identity theft costs both businesses and consumers. The 2003 FTC survey estimated that identity theft cost businesses, including financial institutions, almost \$50 billion last year. When identity thieves misused

someone's personal information, estimated losses to businesses averaged \$2,100 for existing accounts and \$10,200 for new accounts and other fraud.

Consumers who were victims of identity theft estimated their average losses at \$500 in addition to a considerable amount of time.

According to Consumer Sentinel, a consumer fraud and identity theft complaint database maintained by the FTC, 1,973 identity theft complaints were reported in Oklahoma between January and December 2004. The most common types of complaints dealt with credit cards, bank accounts and phones or utilities. Oklahoma City reported the highest number of identity theft complaints with 418 victims.

"Teens need to become more aware of the importance of keeping personal information safe," Jones said.

Some tips for parents include:

Check to see if there is a credit report on your teen and look for unauthorized accounts and requests for cards, especially if your teen is getting unsolicited credit offers in their name or unfamiliar account statements.

If your teen has bank accounts, credit cards or other financial accounts, be sure they check statements frequently for fraudulent activity.

Teens should password-protect cell phones, financial accounts and computers, using a combination of letters, numbers and symbols. Remind teens to protect credit cards and checkbooks at all times.

Stress to your teens the importance of not giving out personal information on the phone, through the mail or over the Internet unless they are absolutely sure they are dealing with a legitimate representative of a reputable company or organization. Have teens safeguard their personal information. Shred documents that contain personal information.

For more information about avoiding identity theft, see the FTC Web site at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft). Being knowledgeable about identity theft, and taking precautions at an early age, can help ensure teens won't be identity theft victims later on.

*This Newsletter is published bi-monthly by the Kingfisher County OSU Extension Center Home Economics Program 101 South Main RM 13 Kingfisher, OK 73750 (405) 375-3822.*

*This Newsletter is given for educational information to the interested citizens of Kingfisher County.*

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## WHOLE GRAINS ON THE RISE

### ***“Latest Dietary Guidelines Recommend “Make half your grains whole.”***

In the aftermath of the low-carb diet trend, grains are making a comeback. In fact, *whole* grains are finally receiving some well-deserved recognition. Research has clearly shown that eating a diet rich in whole grains is associated with significant health benefits, including reduced risk of heart disease, certain types of cancer, and type 2 diabetes, and may also help in weight management.

The evidence of the benefits of whole-grain foods was so convincing that the 2005 Dietary Guidelines for Americans went beyond the previous 2000 guidelines and now urge consumers to consume at least *three* servings of whole grains per day on the basis of research that links the greatest health benefits to three servings of whole-grain foods. For younger children the recommendation is to gradually increase whole grains in their diets as they grow. Regardless of age, all Americans should strive to get at least half their grains as whole grains. Most Americans currently consume less than a single serving of whole grains daily.

“With the decline of low-carb diets, grains are slowly coming back to the plate,” says Julie Jones, a professor of nutrition at the College of St. Catherine in St. Paul, Minn. “This is a great opportunity to educate the public about choosing whole grains for at least half of their servings of grain foods.”

**More than Just Fiber** Consumers typically associate whole grains with fiber and may mistakenly believe they can leave out whole grains if they get their fiber from other foods. “Whole grains are much more than a vehicle for fiber,” says Joanne Slavin, a professor of nutrition specializing in whole-grain foods at the University of Minnesota. “Actually, a whole-grain food, such as bread or cereal, is not always a significant source of fiber.”

Research demonstrates that the health-promoting benefits of whole grains are attributed to more than just fiber. Slavin explains that these health advantages are largely associated with the “package” of nutrients in whole grains. In addition to providing fiber, whole-grain foods provide vitamins, minerals, literally hundreds of phytonutrients, including phytoestrogens, antioxidants, polyphenols, and beneficial enzyme inhibitors. Phytonutrients are substances in plant-based foods with physiologically active components that have functional health benefits. “The individual components of whole grains have an additive and synergistic effect. It’s the combination and interactions between components that we believe provide the protection against disease. Whole grains are an example of how the whole (grain) is often greater than the sum of its parts,” says Slavin.

The fiber content of different whole grain foods can vary considerably, between 0.5 and 4 grams of fiber per serving, depending on the food category and serving size. Grain foods with more than 4 grams of fiber usually contain an isolated fiber source, such as bran, and may not be considered whole grain.

Yet, nearly all consumers and even many health professionals are not aware that whole grains deliver as many, if not more, phytochemicals and antioxidants as do fruits and vegetables, says Jones. “In addition, some of the phytonutrients in whole grains are unique to grains and cannot be obtained by eating only fruits and vegetables.”

**Finding Whole Grains** If the product contains whole grains the ingredient statement will list it under names such as *whole* wheat flour, *whole* oats, or *whole* grain corn. Hint: look for the phrase “whole grain” or “whole” before the grain’s name and look for this to be the first ingredient. While this method is useful, foods made with several different whole grains noted further down on the list of ingredients may also qualify as a whole-grain food. If there are many whole grains listed, the product is probably whole grain even if the first ingredient is a refined grain. Some descriptive words in the product’s name, such as stone-ground, multi-grain, 100 percent wheat, or bran, do not necessarily indicate that a product is whole grain. Words to look for include “whole grain” or “100 percent whole wheat.” Even so, it’s wise to look beyond the product’s name. The color of the product does not signal whole grain. Bread is often brown because molasses or caramel coloring has been added. Many whole-grain products, like cereals, are light in color. Despite popular beliefs, whole-grain foods are not dry or gritty. Some whole-grain foods may be more dense with a pleasant “nutty” flavor.

Whole grains are the entire seed of plants and are more than just fiber. Whole grains may be eaten whole, cracked, split, flaked, or ground. Most often, they are milled into flour and used to make breads, cereals, pasta, crackers, and other grain-based foods. A whole grain can be a single food, such as oatmeal, brown rice, barley, or popcorn, or an ingredient in another food such as bread or cereal. Whole grains include whole wheat, whole oats/oatmeal, whole-grain corn, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa, and sorghum. Other less common whole grains include amaranth, emmer, faro, grano (lightly pearled wheat), spelt, and wheat berries. *For children, whole-grain cereals are the number one source of whole grains.*

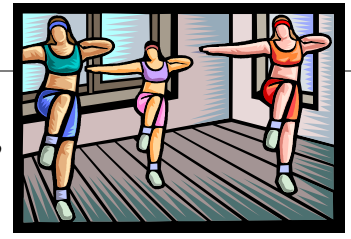
**Whole Grains Linked to Better Health** ***Heart Disease***—Evidence clearly points to an association between consuming whole grains as part of a low-fat diet and lower risk of heart disease. Low-fat diets rich in whole-grain foods tend to decrease LDL cholesterol and triglycerides.

***Diabetes***—Increased intake of whole grains and fiber in combination with a low-fat diet has been associated with managing risk factors accompanying diabetes. Whole grains appear to improve glucose responses and decrease insulin sensitivity.

***Cancer***—Whole-grain foods may reduce the risk of cancer by a variety of mechanisms. Fiber and certain starches found in whole grains ferment in the colon to help improve gastrointestinal health. Whole grains also contain antioxidants that may help protect against oxidative damage. Some scientists believe that other substances in whole grains may affect overall hormone levels and possibly lower the risk of hormone-related cancers like breast cancer.

**Weight management**—Studies show that people who eat whole grains in place of fattier foods tend to weigh less and typically gain less weight over time than those who do not. In addition, whole grains may help to satisfy hunger for longer periods, resulting in people eating less.

# Avoiding the Frailty Trap



**Losing muscle mass increases with age. But the good news is that simple, regular exercises to rebuild strength can help at any age and prevent frailty. Staying active also reduces your cancer risk.**

As we age, there is a tendency to relax and avoid exertion. Sometimes it's because declining muscle strength makes physical activity more difficult. Many people also believe that nothing can be done about frailty. However, research has shown otherwise: Our muscles repair themselves and perform best with regular exercise and healthy eating, even among the frail elderly.

Muscle strength naturally declines by 15% every decade after age 50. After age 70, the loss of strength is 30% per decade. This loss of muscle mass with normal aging is called "sarcopenia."

## **Scientists think several factors contribute to sarcopenia:**

- Nerve cells decrease in number with age, stimulating muscle tissues less. The result is decreased muscle size and functioning.
- Levels of growth hormones, like estrogen and testosterone, diminish with time. These hormones may affect the size, strength and vitality of muscles.
- A poor diet without enough protein, vitamins, minerals or calories from healthy foods can adversely impact muscle tissues.
- Lower activity levels over time resulting less muscle mass, especially when there is a decrease in weight bearing exercise.

## **Why Muscles Matter**

If our strength declines, it becomes more difficult to lift objects. Even a bag of groceries may be too much. In one study, 40% of women aged 55-64 could not lift 10 pounds. The same weight proved too much for 65% of the women aged 75-84.

Muscle mass serves health in other ways, too. Without adequate muscle mass, our sense of balance declines. It becomes difficult to walk, climb stairs or even stand up. Falling and serious injuries like broken or fractured bones become more of a hazard. That's when muscle strength can make the difference between living independently or ending up in a nursing home.

At the very least, good muscle tone can improve posture. Another important bonus is that even at rest, muscles burn calories—and the more muscle one has, the more calories are used. On the other hand, if muscle mass decreases, our bodies use energy at a slower rate. With a slower metabolism, there's a tendency for body fat and weight to grow. In turn, over-weight increases risk of diabetes and some cancers. The risk of osteoporosis also rises because losing muscle give less structural support to your bones, which become thinner.

## **Resist Frailty with Strength Training**

It's never too late to slow and possibly reverse muscle loss with strength training, also called "resistance" training. In one study of nursing home residents, 10 weeks of progressive strength training improved the strength of the thigh and lower leg muscles by an average of 113%.

Before you begin a resistance training regimen, check with your doctor. Although it's important not to overdo it at first, challenge yourself after a week or so to make progress. Note that gaining muscle shows up on the scale, so if you see a slight weight gain after you begin resistance training, it may be due to muscle instead of fat.

The American College of Sports Medicine (ACSM) recommends buying "free" weights that you can grip or strap onto your ankles easily, starting at a few pounds for each leg or arm. As they grow easier to lift, add a pound or two every few weeks, making sure the new level tests your capacity to lift and lower them eight times in a row without badly stressing your muscles. When picking weights up from the floor or putting them down, bend your knees and use your legs to support your weight; don't bend at the waist only, because you might strain your back.

Last but not least, give your muscles a day off between weight-lifting sessions. Resistance training every other day lets muscles have important time to recover and build up for the next time you work them out.

# HCE News and Information

## LEADER LESSONS

The lesson for September can be picked up at the office. The topic is "Living with Diabetes."

The lesson for October will be offered Thursday, September 22 at 12:30 p.m. at the OSU Extension office. The topic is "Preserving Family Heirlooms." Kathy James from Garfield County will be presenting the lesson.

## ELECTION OF OFFICERS, DUES AND DONATIONS

Your September or October meeting is the time to elect officers for the upcoming year and collect dues and donations. Donations for Pennies for Friendship, Nickels for Leadership and Norma Brumbaugh scholarship can all be included in one check with the breakdown shown for each amount. Dues and these donations will need to be turned in to the county treasurer by October 22.

*Officers names* will need to be turned into the OSU Extension Office as soon as elected. This will help us as we start the next year-book.

County dues are \$7.50 and State dues are also \$7.50. (TOTAL \$15) Make checks out to KINGFISHER COUNTY HCE. If you have any new members, please see that they fill out a membership form. We need this for our county and state mailing lists for newsletters.

## REMINDER!

A mill to grind wheat was purchased by HCE funds and is avail-

able for check out. Mid Oklahoma Coop is carrying cleaned wheat in plastic pails, yeast, dough enhancer, vital wheat gluten, tofu and honey.

## KINGFISHER COUNTY FAIR, SEPT 7-10



The Kingfisher County fair books are now in the office. Please come by and get some for your group if you haven't already.

Set up will be Sept. 7th and we will begin to receive entries from 4-6 p.m. that evening.

### Entries-Thursday Sept. 8th

8:00-9:00 a.m.-OHCE

8:00-9:30 a.m.-Open Class

8-1 p.m.-Paintings and Photography

### Entries-Friday Sept. 9th

9-10 a.m.-Floriculture/Flowers

## KINGFISHER COUNTY FREE FAIR EVENTS

### Wednesday Sept 7th

4-6 p.m.-Exhibit Building Open to take entries.

### Thursday Sept 8th

10:00 a.m.-Judge OHCE Exhibits

10 a.m.-Judge Open Class Exhibits

2:00 p.m.-Judge Paintings and Photography

6:30 p.m.-Pedal Tractor Pull

7:00 p.m.- HCE Pie Auction

(All proceeds will be donated to the KF County 4-H organization)

7:00 p.m.-Farm Hand Olympics

9:00 p.m.- Building Closed

### Friday Sept. 9th

10:30 a.m.-Judge Floriculture/Flowers

### Saturday Sept. 10th

5:00 p.m.-OHCE/4-H Style Show & Cookie Container Silent Auction

6:30 p.m.-Exhibit Building Closes

7:30 p.m.-Exhibits released

I look forward to seeing all of the exciting entries and exhibits at the Kingfisher County Fair. I hope that everyone will be making plans to exhibit and attend this great event.

**SEE YOU AT THE FAIR!!!**

## FALL COUNTY COUNCIL

Omega will be hosting the Fall County Council on October 4th beginning at 12 noon. We want to extend this invitation to the public. If you bring a guest be sure and bring extra food or have them bring a side dish.

The speaker will be Oklahoma Highway Patrolman, Brad Shepard. He will talk about "Self Defense" for women. The business meeting will follow the luncheon.



**BE SURE AND BRING A GUEST!**

# YOUR COMMUNITY NEEDS YOU!

## SHOW YOUR PRIDE & MAKE YOUR MARK IN HISTORY



In 2007 Oklahoma will celebrate 100 years of statehood. Chisholm Trail Museum is celebrating this occasion by publishing Vol. II of Pioneers of Kingfisher County. As with the first volume published in 1976, the new volume will be compiled of stories submitted by YOU about your family and county.

In the 29 years since Volume I, new generations of the pioneers have emerged. To bring the colorful history of our county up-to-date, the stories of these new "settlers" are needed as well as missing stories of the original 89ers. The two volumes of Pioneers of Kingfisher County will be important tools for genealogists, history researchers and students.

Story submissions can be up to a thousand words long and can include three photos from which two will be chosen for publication. More than one story can be submitted. All stories will be cross-checked with Vol. I to avoid duplication. It is important that stories and pictures include as much detail as possible—complete names, occupations, dates of arrival, birth, death, from where people emigrated, why they came and colorful anecdotes. Although most stories will be of families, we want to encourage the stories of institutions such as churches, schools, buildings, and organizations. Photos (originals if possible) should include pertinent information and dates. Photos will be returned after publication of the book.

As in the original book, there will be a tribute section where individuals or families can purchase space as a memorial to deceased persons, families, school, church, landmark, organization or businesses.

BE FIRST TO BUY YOUR COPY of this centennial edition of Pioneers of Kingfisher County. Prepublication price is at a reduced price of \$45. Once the book has gone to the publisher the cost will be \$60.

For further information contact the museum at 405-375-5176 or visit [www.KingfisherPioneers@yahoo.com](http://www.KingfisherPioneers@yahoo.com). Submit your story by email to [KingfisherPioneers@yahoo.com](mailto:KingfisherPioneers@yahoo.com) or bring it to Chisholm Trail Museum. Deadline for submissions-September 1, 2005.

### ***Cemetery Project***



Special thanks to Barbara Yeoman, Ina Smith and Cody Brinkmeyer for driving to each cemetery and taking pictures for the Kingfisher Home Community Education Cemetery Indexing Project. Driving directions are also included to each cemetery.

Each library in the county as well as the Kingfisher County Clerks office will have a copy of the Cemetery Indexing Project.

### ***State OHCE Conference***

Several HCE members attended the State OHCE Conference in OKC, July 11-12.

Kingfisher County HCE Members were very excited to once again hear Beverly Prentice (our Spring County Council speaker) as keynote speaker for the luncheon.

Paula Post presented the FISH! Philosophy to the afternoon break out session.

### ***State Officer***

Congratulations to Mary Jo Bullis for being elected State Leadership Development Chair.

Many thanks for representing Kingfisher County!

**Co-Parenting** is a court-referred parenting class for couples divorcing with children. This class is offered monthly at the OSU Extension office. Call for more details.

### ***Volunteer Opportunity***

NODA Area Agency on Aging is offering a free training for potential volunteers. The training will be held at Bank First in Kingfisher on Tuesday and Wednesday August 30, 31 from 11:00 AM till 4:00 PM. Applicants will receive two initial days of training regarding Nursing Home Law and Resident Rights. If certified, applicants will visit a Nursing or Long Term Care Home in their area spending a minimum of two hours per week visiting residents and advocating for the residents when necessary. Applicants who are certified will attend a monthly meeting for on-going training and fill out a simple monthly report. If you have a desire to help, please consider our program. It is estimated that 65% of residents in long-term care never receive a visitor. You can make a real difference to those elders.

Contact Person:

LaJean Kirby, Ombudsman Supervisor

NODA Area Agency on Aging

Phone: 580-237-2236 or 1-800-749-1149



### ***Channel 5 Bread Baking***



There were over 45 Bread Baking Entries. Results for the bread baking contest:

White Bread-Betty Harris

Whole Wheat-Courtney Thomas

Freshly Milled Wheat-Flo Hellwege

Bread Machine-Jeanne Mackey

Sweet Bread-Whitley Starr

Other: Jessica Stangl

### ***Grand Champion:***

Quick Bread-Jo Kochenower

### ***Made in Oklahoma Contest***

Grand Prize: Dawn Ritz

### ***Special Thanks-Road Tour-Bread Baking Contest:***

Ina Smith, Donna Lann, Jeanne Mackey, Rachel Schroeder, Margaret Stangl, Marta Stangl, Jessica Stangl,

### ***Freshly Milled Wheat Bread***

Donna Lann is taking orders for Bread-405-375-4662

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### HCE Leader Lesson Schedule-2005

December	De-Clutter Your Life	Pick up at the office
January 19th	Chocolate Choices	Cathy James
February 23th	Spa at Home	Paula Post
March 23th	District Lesson	Paula Post
April 27th	Secret History of Credit Cards	Joy Rhodes
May	Free Month	
June 22th	Decorating on a Dime	Cathy James
July 27th	Attitude is Everything	Paula Post
August 28th	State Lesson	Paula Post
September 28th	Almost Homemade	Joy Rhodes
October 26th	Wonder Women Doesn't Live Here	Paula Post

