



Newsline

Healthy eating plan can fit into holiday schedule

Food is one of the pleasures of the holiday season. Just because a person is trying to maintain a healthy eating plan does not mean holiday parties should be avoided.

The secret to fitting a healthy eating plan into holiday festivities is moderation and balance, said Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition education specialist.

"It's not a good idea to go on a 'diet' during the holidays. You're simply setting yourself up for disappointment," Hermann said. "Instead of trying to lose weight, just try to maintain your weight. Also, if you know you'll be attending a party later in the evening, try eating lower-calorie meals earlier during the day. This way you can enjoy the party foods without overdoing your calorie intake for the day."

Hermann also suggests eating a small, low-fat snack such as fruit or a bagel before heading out to a holiday party. This will help take the edge off your hunger and help you maintain your willpower.

Once you arrive at the buffet, do not head straight for the food tables. Take some time to greet the host or hostess and mingle with friends.

"You should also get something to drink and settle into the festivities before eating," she said. "Avoid drinks containing alcohol because they are just empty calories. Opt instead for a glass of sparkling water with lemon. This drink contains zero calories and is light and refreshing."

To avoid unconscious nibbling, socialize away from the buffet table. Conversation can take your attention away from the food and can easily lead to over indulging.

Although the array of holiday foods may be tempting, make just one trip to the buffet table. Make sure to choose the foods you really want and keep portions small. In addition, choose some lower-calorie foods such as raw vegetables or fresh fruit.

Hermann said broiled shrimp with cocktail sauce or lemon is a good choice. Go easy on fried appetizers, cheese cubes or other "not-so-healthy" choices.

"If possible, bring a healthy dish of your own, but be sure to check with the hostess first," she said.

In party situations that involve a sit-down dinner versus a buffet, make your first helping small. That way if you do take second, the total amount should be about the same as a normal portion size.

Hermann said one of the key things to keep in mind is holiday foods and parties are not an all-or-nothing situation. Do not deprive yourself of special holiday foods or feel guilty when you eat them.

"When it comes to planning your own holiday parties and meals, make substitutions that will lower the fat content of your food selections," she said. "Your guests probably won't know the difference. However, if you have a special holiday food that just wouldn't be the same prepared any other way, simply prepare it as you would normally and take a smaller portion. Sometimes just a taste can satisfy your craving."

For those who find that they have over indulged at a party, step up the exercise. Try to get at least 30 minutes of vigorous physical activity on most days of the week.

"Be sure to keep in mind that sharing food is part of the holidays. Enjoying holiday meals or parties with family and friends doesn't mean you have to abandon your healthy food habits," Hermann said.



All Long-Distance Travel Raises Clot Risk

By Phyllis McIntosh, 11/8/06

We've all heard that sitting for hours on long flights increases the risk of blood clots in the legs. But a new study finds that traveling for more than four hours by any means—road, rail, or air—doubles the risk of blood clots that can lead to serious conditions known as deep vein thrombosis, pulmonary embolism, or both. The risk was even higher for certain groups, including women taking oral contraceptives (which themselves increase the risk of clots) and people who were obese or taller or shorter than average.

In deep vein thrombosis (DVT), a blood clot forms in a deep vein usually in the lower leg or thigh, where it can break off and travel through the bloodstream to the heart. From here it may be pumped into the arteries of the lung, causing a condition known as pulmonary embolism (PE). Symptoms of DVT include pain or tenderness, swelling, and redness in one leg; PE causes sharp chest pain that worsens with deep breathing, and shortness of breath.

In the latest study, Dutch researchers analyzed data on more than 1,900 people under 70 who had a first blood clot—either DVT, PE, or both. They found that the risk of clots was greatest in the first



week after travel, then declined gradually.

Women taking birth control pills had 20 times greater risk when traveling by car, bus, or train—but 40 times higher risk when flying. When traveling by car, bus or train, obese travelers faced a 10-fold greater risk. People taller than six foot three had five times higher risk, possibly because they are cramped in their seats, the researchers suggest.

For people shorter than five feet three, there was a five-fold increased risk when traveling by plane, probably because their feet may not touch the floor, which causes extra compression on the veins behind the knees. Seats in cars, on the other hand, are generally lower and more adjustable, the researchers note.

Overall, air travel posed a somewhat higher risk of blood clots, which suggests that low oxygen levels in planes may also play a role, especially for people already vulnerable from sitting immobile for long periods, the scientists conclude.

All travelers, whatever their mode of transportation, should get up and move around frequently or at least do leg exercises in their seats to reduce the risk of clots.

Source: Public Library of Science - Medicine

Give a Gift of Fitness

It's the holidays. Give the gift of fitness to someone you love. Here are some great gift ideas to keep you and others motivated to get and stay in shape this year:

Fitballs: These can strengthen the abdominals, knees and back. They can also be used with any stretching program. Find these balls at many discount and sporting good stores or do a search on ebay or google. Most balls come with instructions.

Step Counters: My favorite pedometer has calories, steps taken and distance. Order from walking expert Robert Sweetgall at www.creativewalking.com. You can receive a guide that will tell you everything you need to know to get walking.

Hand or leg weights or resistance bands: Having weights or resistance bands available in the home will help your loved ones fit resistance training into their routine. Even 5-pound weights can help people increase their strength. Increasing strength makes it easier to do daily activities.



Class registration: Give a gift certificate for an exercise class. Sign yourself up at the same time and have fun exercising together. Try water exercise, pilates, yoga or any other class you might be interested in.

Exercise clothes and shoes: Running shorts, shoes, socks, bicycle shorts or fun tops are a great gift. Many of the discount stores like Target and Walmart now carry good exercise clothing. There are many companies that specialize in exercise clothing.

Home exercise equipment: Give a gift certificate for exercise equipment. Be available to help your loved one choose the best exercise equipment to use in their home. A basic treadmill with a continuous duty motor of 1.5 horsepower is a good purchase.

One-day pass to a health club: Give a one-day pass to a local health club. This would give a non-exerciser the opportunity to check it out for one day. They may end up joining.

Source: Communicating Food for Health, November 2007

Seasonal Affective Disorder

By Robert A. Barnett

When the sun sets earlier, I feel sluggish and a little blue. What can I do? On November 4th, when Daylight Saving Time ended nearly everywhere in the United States, darkness began descending earlier in the day. For millions with Seasonal Affective Disorder (SAD), the darkness is emotional, too. You may feel irritable, withdrawn, sad. But unlike depression, SAD only strikes when days get shorter, says psychiatrist Gary L. Malone, M.D., medical director of behavioral health at Baylor All Saints Hospital in Fort Worth, TX. "You're more likely to oversleep and overeat—especially when it comes to carbohydrates—whereas with depression the sleep cycle is usually shortened and often there's an avoidance of eating," says Dr. Malone. "But the main difference is that with SAD, light therapy works well, more than 50 percent of the time."

What is light therapy? "It is treatment with a special kind of light in your home—light that brightens up a whole room, as if the sun were shining through the window," says Dr. Malone. "You do it in the morning, and in the evening, so you extend the day for two to four hours. It works well for SAD, but you need to do it every day, in the morning and when you come home. You need to be rigorous in using it."

"Unfortunately, it's not covered by insurance," he adds. "But it's not terribly expensive. You can order these devices from catalogues such as Sharper Image or Brookstone, or from the Internet."

How can you tell if you have SAD and not something else? "Well, a lot of people don't like winter," says Dr. Malone, "since you can't do as much. And

some people get depressed then. So it's important to talk with your family doctor if you have symptoms—it might not be SAD, in which case you may benefit from seeing a psychiatrist." For his own patients, Dr. Malone may ask if the shortening of the days in winter has a particular meaning—if, for example, it's an anniversary of a death, or another potential depression trigger that's unrelated to SAD. "In general," he says, "if you try light therapy and it doesn't work, you may have something else. Remember—depression is always caused by something."

Who gets SAD? "It's only been diagnosed in the last 20 years," he notes, "so we don't know everything we'd like to, but there does seem to be a genetic component. It's also more common in women than men—from about 60 to 80 percent of people with SAD are women. One theory holds that SAD elicits its pretty adaptive behavior—if you live in a far northern climate, surrounded by, say, several feet of snow drifts in the winter, you sleep most of the time, and when you're up, you're hungry. That's adaptive. But it's not adaptive in modern society."

Are there treatments other than light therapy? "With SAD, psychotherapy may work a little, and some medications work better, but light therapy works even better," says Dr. Malone. He will sometimes prescribe an SSRI-type antidepressant for his patients who have SAD. "But if I were in New York City, or Boston or Minneapolis," the Texas-based doctor adds, "and a patient had SAD symptoms every year when the time changes, I would start light therapy immediately. I'd say, 'Try this, and come back and see me in two weeks.'"



Healthful Gift Ideas:

Here are some delicious and healthful food gift ideas:

- ◆ Basket of fruit—arrange a basket of fruit including apples, pears, oranges and dried fruits.
- ◆ Apples in a pot—arrange a 3 pound bag of apples in a crock pot. Include this recipe: Rinse, core and quarter apples and place in crockpot with 1/2 cup water, 1/2 cup sugar and 1 tsp cinnamon. Cook on low for 6 hours or until soft. Mash and refrigerate until ready to serve.
- ◆ Variety of flavored vinegars—these are great for salads, vegetables and rice dishes.
- ◆ Healthful cookbook
- ◆ Large salad bowl with utensils and dried herbs.

What a difference a century makes!

- ◆ The average life expectancy was 47 years.
- ◆ Only 14% of the homes had a bathtub and only 8% had a telephone.
- ◆ There were only 8000 cars and only 144 miles of paved roads.
- ◆ The average was 22 cents per hour.
- ◆ More than 95% of all births took place at home.
- ◆ Only 6% of all Americans had graduated from high school.
- ◆ Sugar cost 4 cents a pound and eggs were 14 cents a dozen.

Oklahoma Trivia: Former State Governors

Questions:

- ◆ How many of Oklahoma's 25 former governors were born in Oklahoma or Oklahoma Territory?
- ◆ Who was the first Republican governor?
- ◆ Who was Oklahoma's youngest governor?
- ◆ Has Oklahoma impeached any governors? How many?
- ◆ Which governor served two non-consecutive terms?



TERM	NAME	PARTY	COMMENT
1907-1911	Charles Nathaniel Haskell	Democrat	Born in Ohio on Mar. 13, 1860. Died in Muskogee, OK on Jul. 5, 1933. Interment at Greenhill Cemetery, Muskogee. Haskell County is named for Oklahoma's first state governor.
1911-1915	Lee Cruce	Democrat	Born on Jul. 8, 1863 near Marion, KY. Died on Jan. 1, 1933 in Los Angeles, CA. Interment at Rose Hill Cemetery in Ardmore.
1915-1919	Robert Lee Williams	Democrat	Born on Dec. 20, 1868 in Brundidge, AL. Died on Apr. 10, 1948 in Durant, OK. Interment at Highland Cemetery in Durant.
1919-1923	James Brooks Avers Robertson	Democrat	Born in Keokuk County, IA on Mar. 15, 1871. Died in Oklahoma City on Mar. 7, 1938. Interment in Oak Park Cemetery in Chandler.
1923	Jack Callaway Walton	Democrat	Born on a farm near Indianapolis, IN on Mar. 6, 1881. Died on Nov. 25, 1949. Interment at Rose Hill Cemetery in Oklahoma City. Served from Jan 8, 1923 to Nov. 19, 1923. Impeached.
1923-1927	Martin Edwin Trapp	Democrat	Born on April 18, 1877 in Robinson, KS. Died on July 26, 1951 in Oklahoma City. Interment at Fairlawn Cemetery in Oklahoma City. Completed term on impeached Governor Walton.
1927-1929	Henry Simpson Johnston	Democrat	Impeached
1929-1931	William Judson Hollaway	Democrat	Born on Dec. 15, 1888 in Arkadelphia, AR. Died on Jan. 28, 1970 in Oklahoma City. Interment at Rose Hill Cemetery in Oklahoma City. Completed term of impeached Governor Johnston.
1931-1935	William Henry Murray	Democrat	Born on Nov. 21, 1869 in Collinsville, TX. Died on Oct. 15, 1956 and is buried in Tishomingo, OK
1935-1939	Ernest Whitworth Marland	Democrat	Born on May 8, 1874 in Pittsburgh, PA. Died on Oct. 3, 1941. Buried in Ponca City.
1939-1943	Leon Chase Phillips	Democrat	Born on Dec. 9, 1890 in Worth County, MO. Died March 27, 1958 in Okemah. Buried in Weleetka
1943-1947	Robert Samuel Kerr	Democrat	Born near Ada, Indian Territory on Sept. 11, 1896. Died Jan. 1, 1963. Buried at his birthplace near Ada. First Oklahoma born state-governor



Oklahoma Trivia!



TERM	NAME	PARTY	COMMENT
1941-1951	Roy Joseph Turner	Democrat	Born on Nov. 6, 1894 in Lincoln County, Oklahoma Territory. Died on June 11, 1973 in Oklahoma City. Interment at Rose Hill Cemetery in Oklahoma City.
1951-1955	Johnston Murray	Democrat	Born in Oklahoma on July 21, 1902. Died on April 16, 1974 in Tishomingo.
1955-1959	Raymond Dancel Gary	Democrat	Born on a farm between Madill and Kingston, OK on Jan. 21, 1908. Died on Dec. 11, 1993. Buried in Madill Cemetery. First governor born in the state of Oklahoma.
1959-1963	James Howard Edmondson	Democrat	Born in Muskogee, OK on Sept. 27, 1925. Died on Nov. 17, 1971 in Oklahoma City. Interment at Memorial Park Cemetery in Oklahoma City. Youngest governor in the history of the state. He resigned on Jan. 6, 1963 and was appointed as a Democrat to the United States Senate to fill the vacancy caused by the death of Robert S. Kerr.
1963	George Patterson Nigh	Democrat	Born on June 9, 1927 in McAlester, OK. Served nine days, the remainder of Governor Edmondson's term.
1963-1967	Henry Louis Bellmon	Republican	Born in Tonkawa, OK on Sept. 3, 1921. First Republican governor of the State of Oklahoma.
1967-1971	Dewey Follett Bartlett	Republican	Born in Mariett, OH on March 28, 1919. Died on March 1, 1979 in Tulsa. Interment at Calvary Cemetery in Tulsa.
1971-1975	David Hall	Democrat	Born on Oct. 20, 1930 in Oklahoma City. Indicted on extortion and conspiracy charges three days after he left office. Convicted and sentenced to three years in prison. Served 19 months.
1975-1979	David Lyle Boren	Democrat	Born in Washington, D.C. on April 21, 1941. Son of Congressman Lyle H. Boren.
1979-1987	George Patterson Nigh	Democrat	Born on June 9, 1927 in McAlester, OK. Served 9 days, the remainder of Gov. Edmondson's term in 1963. Also served the remaining 5 days of Gov. Boren's term. Began regular term on Jan 8, 1979.
1987-1991	Henry Louis Bellmon	Republican	Born in Tonkawa, OK on Sept. 3, 1921. First Republican governor of the State of Oklahoma for his first term in 1963.
1991-1995	David Lee Walters	Democrat	Born on November 20, 1951 near Chanute, OK in Washita County.
1994-2002	Francis Anthony Keating	Republican	Born in St. Louis, MO on Feb. 10 1944.

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December Leader Lesson

In an effort to help relieve over-scheduling of your time during the holidays, the December Leader Lesson, Memory Improvement can be picked up at the office.

January Leader Lesson

The January Leader lesson, Cheeses & How to Use Them will be presented on Thursday, January 31st, at 12:30p.m. in the Conference Room of the Extension office.

December Deadline

Please check your group's membership history for 10, 25, 40, 50, 60, 65 and 70 year members. This information needs to be turned in so these members can be recognized.

HCE Cookbook

Looking for the perfect Christmas gift for you children and grand children? Be sure and tell your friends about the HCE Cookbook!

January Deadline

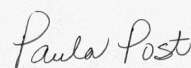
Please note that Secretary's book, Achievement Score cards, OHCE Member Awards, Life Essay, and Photos will be due Tuesday, January 16. Please remember to include the **Participation Sheet** for each state award.

Calendar Dates:

Dec. 18 – Deadline for 10 to 75 year membership
Dec. 25– January 1 – Office closed
Jan. 16 – Award Applications due, Secretary's book, Scrapbooks, Life Essay, and Standards of Excellence.
March (?) Spring County Council TBA
Jan. 31 – Leader Lesson
Feb. 28– Leader Lesson
Mar. (?) Spring County Council
April 5 - NW District Meeting- Pioneer Tech Center, Ponca City
May 4-10 - OHCE Week
July 13-15 73rd Annual OHCE State Meeting, Clarion Hotel, Oklahoma City

Be sure to check the newspaper and email for future specialty classes.

Sincerely,



Paula Post
Extension Educator-FCS/4-H Youth Dev.

A special thank you to Marlene Buck, Garfield County for sharing newsletter information!