



The Power of Dairy Foods

The beginning of a new year is a great time to set some personal goals. Your goals could be developing a financial plan, setting aside designated family time or taking steps toward better health. If you are going to focus on better health, take note of the power of dairy foods. Dairy is an important component of a healthy diet.

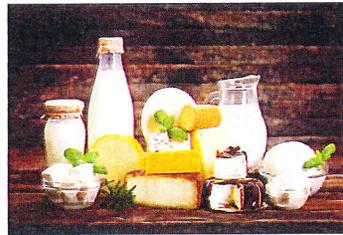
The amount of dairy foods you need to eat depends on your age and it can vary between 2 and 3 cups each day, and even more if you're very physically active. Typically, 1 cup of milk, yogurt or calcium fortified soymilk; 1.5 ounces of natural cheese or 2 ounces of processed cheese is considered a cup from the dairy group. When choosing dairy products, fat free and low fat are good options.

However, not all dairy products are created equal. Milk and many foods made from milk retain their calcium content, including yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of the dairy group.

Consuming dairy products provides numerous health benefits, especially improved bone health.

Foods in the dairy group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D and protein. Calcium is used for building bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American diets, and consuming 3 cups, or the equivalent, of dairy products can improve bone mass, which is vital as we age.

Diets rich in potassium may help to maintain healthy blood pressure, and foods such as yogurt, cheese, fluid milk and calcium fortified soymilk, provide this much needed nutrient.



In addition, consumers also can find vitamin D in dairy products. Vitamin D helps the body maintain proper levels of calcium and phosphorous, which helps build and maintain bones. Milk and soymilk fortified with vitamin D are good sources of this nutrient, along with yogurt and ready to eat breakfast cereals.

Keep in mind milk is a great source of high quality protein, with an average of 8 grams per cup. Compare that to nondairy milk alternatives that typically have 1 gram or less of protein per cup. Also, as you read the label, keep in mind the sugar listed is not added; rather it's the naturally occurring lactose found in cows' milk.

So, not only are dairy products tasty, those that contain calcium are linked to improved bone health, especially in children and adolescents. Also, consuming these products may reduce the risk of osteoporosis.

To be even more health conscious, switch to fat free or low fat dairy foods as a way to cut down on the consumption of saturated fats and cholesterol. Consuming foods high in saturated fat and cholesterol can have lasting health implications.

Diets high in saturated fats raise the LDL cholesterol levels in the blood. High LDL increases the risk for coronary heart disease. To help keep blood cholesterol levels healthy, limit the amount of saturated fats consumption. Also, high intake of fats makes it easy to consume more calories than needed.

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Major County OSU Extension

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5 Easy Ways to Save Money in 2020



With the new year here, many people have started with their lists of financial resolutions. And chances are, "save more money" is one of them. If you're eager to come out ahead savings-wise in 2020, here are a few easy ways to get there.

1. Follow a budget: you might think budgeting is complicated, but actually, it's one of the simplest money management tactics you can employ. All you need to do to create a budget is list your recurring monthly expenses, factor in sporadic expenses that pop up during the year, like quarterly property tax payments or annual membership renewals, and compare your total spending to your total earnings. If you're not left with room left over for savings, you simply go back through your expense categories and decide which to trim.

2. Bank your raise: it's hard to part with money you're used to spending. But the beauty of getting a raise is that it's more money than you've had coming in before. Therefore, if you score a raise at work, you should have no problem earmarking it for savings rather than spending it.

3. Put your efforts on autopilot: saving money gets a lot easier when you take human error -- or a lack of willpower -- out of the equation. Automating your savings effectively forces you to add money to your bank or retirement account on a regular basis, and once you start doing it, you'll stop missing that cash. You can arrange, through your bank, to have a portion of each paycheck go directly from checking to savings, or sign up for your employer's 401(k) and have a chunk of your earnings allocated to retirement off the bat. Some IRAs have an automatic transfer feature, too, so consider that if you don't have access to a 401(k).

4. Pay off costly credit card debt: the longer you carry a credit card balance, the more money you throw away on interest. If you want to boost your savings next year, stop giving your money away to credit card companies, and instead start keeping it for yourself. If you pay down a chunk of your existing debt, you'll do just that.

5. Eke out extra savings from the IRS: there are immediate tax benefits to funding a traditional IRA, 401(k), or health savings account (HSA). The money you put into any of these accounts is made with pre-tax dollars, and your associated savings are a function of the tax bracket you fall into. If you save, say, \$3,000, in any of these accounts next year, and you're in the 24% tax bracket, that's \$720 in instant savings for you to enjoy. IRAs and 401(k)s come in traditional and Roth varieties, and while Roth accounts offer their own tax-related perks, you won't get that immediate tax break, so keep that in mind when deciding which type of retirement plan to save in. HSAs, meanwhile, are always funded with pre-tax dollars, so you get that instant savings any time you contribute to one.

If you're intent on saving more money in 2020, know that it doesn't have to be a painful endeavor. Keep at it, and with any

Quality Time with Family



How to spend time with family, and why it's important:

1. Listen and Talk: Listening and talking to one another opens communication channels, making children feel more comfortable to go to their parents with issues. If they feel they can come to you, they won't feel they have to deal with it alone. If your child comes to you with an issue, make sure that they know you are listening. Stop whatever else it is that you might be doing and give them your full attention. Everyone needs to feel that they are being listened to and, no matter how trivial, are respected and addressed. The better communication you have with your child, the more likely they are to come to you when a more serious problem arises.

2. Fix and Improve Things: What may seem like a mundane task to you will be an exciting opportunity to explore and create. It also makes the task more entertaining for parents, as you get a fun perspective on the tasks you don't really want to do. Fixing and building things with your kids helps to develop their sense of achievement and self-worth. It also establishes a relationship of trust between child and parent. The more trusted a child feels, the less likely they are to act in ways which could lose that trust.

3. Cook Together: Cooking can be another task which can feel time-consuming, but it is a great way to spend quality time with your children. Not only will they find the fun in everything, but it will also help develop their exploration with food. Children feel pride in what they have made themselves. Take the opportunity to try something new and see if cooking it themselves will encourage your kids to eat different foods. Cooking is a skill that will set your children up for life. Alongside this confidence, they will also be ready for the day they finally fly the nest.

4. Play: All children love to play. Children make friends at school mostly from playing with them and creating imaginary games. The imagination they use to create and play these games helps them to develop their creativity and solve problems. Although we may not always understand their rules, getting involved at their level shows that you are a friend as well as a disciplinarian. When you inevitably lose, it shows that you are human that nobody is truly perfect.

5. Plan Trips Together: Get your children to help plan days out and family trips away. Give them a few options with educational value and ask which one they would prefer to do. When planning vacations or road trips, show them the activities on offer. That way, you're helping them to grow their brain through cultural and educational activities, but also showing that their opinion is valuable to you and within the family. Children who feel valuable are much more likely to voice opinions and listen to others opinions.

The importance of spending quality time with family is huge. Not only to build confidence and knowledge but also to make memories and become closer as a family unit. Remember that it is not about the amount of time you spend with your children, but the activities you take part in to make the most of the time that you have together. The key is to stay consistent and regularly make time for each other.



Major County OHCE *News and Notes*



Lesson Leader Trainings

The Lesson Leader Training for January (for your February meetings) will be held on Friday, January 24 at 10:00 a.m. in the Exhibit Building at the Major County Fairgrounds. The lesson is "Meal Prepping" with Susan Holliday, Alfalfa/Woods County FCS/4-H Educator as the presenter.

The Lesson Leader Training for February (for your March meetings) will be held on Friday, February 28 at 10:00 a.m. in the Exhibit Building at the Major County Fairgrounds. The lesson is "Going Green in Your Home".

County Planning Meeting

The next County Planning Meeting is scheduled for Monday, January 13 beginning at 10:00 a.m. in the Exhibit Building at the Major County Fairgrounds. Items on the agenda will include discussion of the Winter Association Meeting, County Food Show, 2nd Grade Coloring Contest and more. Jot it down on your calendar and make plans to join us!

2020 Yearbooks and Secretary Books

Your 2020 yearbooks have been given to your group President for distribution. Also, Secretary books for 2020 were given out at the Fall Association Meeting in October.

State Officer/Committee Nominations

Nominations are due February 1 for state offices, committee chairs and committee members. Those interested should contact Dana by January 20 so forms can be completed. Yes, you can do this!

Hostess & Leader Sheets

Reminder— 2020 Hostess & Leader Sheets are due to the OSU Extension Center by January 1! Make sure everyone has the opportunity to be a lesson leader and a meeting hostess.

NW District OHCE Meeting

With this letter is a flyer regarding the West District (north region) OHCE Meeting to be held on Thursday, March 26 at the Major County Fairgrounds in Fairview. Since we are a host county, let's get all of our members there! The meeting begins at 8:30 a.m., the registration fee is \$20.00 and is due no later than March 9 to the Major County OSU Extension Center. We are also planning a 50's Fun Night on Wednesday at a cost of \$10.00 for those coming in the evening prior. Make plans to attend! We will discuss more about our duties at the County Planning Meeting.

Awards, and More Awards

In addition to the awards that were due on December 20 (Member of the Year, Rookie of the Year, Young Member, Heart of OHCE, Secretary's Book, and Years of Service) which will be given on February 20 at our Winter Association Meeting, there are other items that individuals and groups can apply for on the state level. They are:

Local and County Award Book Reports (each county may enter one report book in each category: Cultural Enrichment, Family Issues, Healthy Living, Leadership Development, Membership, Resource Management and each local group may enter one report in the same categories).

Life Story Essays (entries must be written by an OHCE members).

Instructions for these items have been given to group Presidents and are available (as well as assistance in completing them) from Dana at the OSU Extension Center. All items are due to the OSU Extension Center no later than Thursday, January 23 so they can be submitted together by the state deadline. Let's get some recognition for all of your hard work!

Winter Association Meeting

The 2020 Winter Association Meeting will be held on Thursday, February 20 in the Exhibit Building at the Major County Fairgrounds. Registration will be at 10:00 a.m. and the general session will begin at 10:30 a.m. Lunch will be pot-luck and each group is asked to provide at least one meat dish. Group duties are as follows:

A.M. Refreshments & Decorations— Busy Bees
Devotion/Mixer & Entertainment— Orion Homemakers
Meal Coordination— Cheyenne Valley

Coloring Contest and County Food Show

Committees consisting of at least one member from each group will be needed to conduct the 2nd Grade Coloring Contest that focuses on the importance of eating fruits & vegetables and the annual County Food Show on February 17. Details will be discussed at the January 13 County Planning Meeting. A flyer with details about the County Food Show is included with this letter.

Upcoming Workshops/Programs

Check out the inserts in this newsletter for upcoming workshops/programs that you or someone you know may be interested in attending: Eat Healthy, Be Active Workshops, Back to Basics Workshops, and the Active Parenting program. Please share with others.



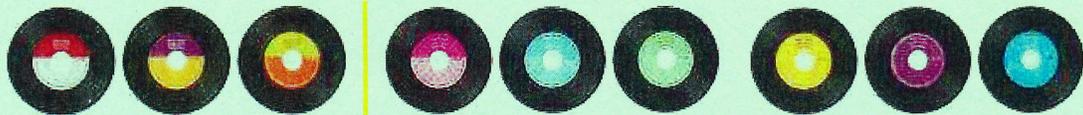
West District OHCE Meeting (Northern Region) MARCH 26, 2020

Host Counties: Blaine, Major & Kingfisher

ROCK 'N' ROLL

with OHCE

Major County
Fairgrounds,
Expo Center
808 E Highland
Fairview



**MEETING REGISTRATION: \$20 DUE BY MARCH 19, 2020
TO THE OSU EXTENSION CENTER**

MAKE CHECKS PAYABLE TO: "MAJOR COUNTY OHCE"

THURSDAY ~ MARCH 26TH ~ 8:30 A.M.

HIGHLIGHTS

- ❖ Coffee/Registration/Silent Auction
- ❖ Business Meeting/Call to Order
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ *Recognition of Award Winners*
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prizes & Silent Auction Winners Announced

WORKSHOPS

- Backyard Poultry
- Monarch Butterflies
- Photography
- Spring Wreaths
- Bees & Honey
- Diabetes
- Aging
- AARP
- Annuals & Perennials
- Small Business Information
- Active Listening

DESIGNATED CONFERENCE HOTEL

Block of rooms reserved for Wed., March 25th

Best Western Plus, Fairview – (580) 227-2880

802 N. Main, Fairview

Queen Standard-\$96/room - Queen Suite-\$118.15

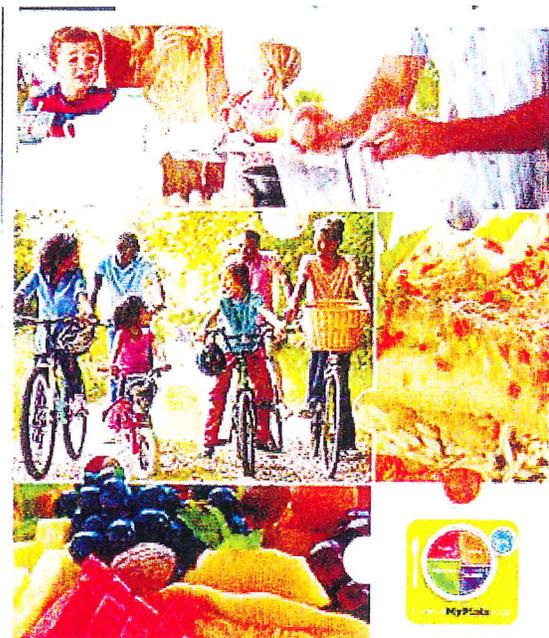
**A block of 15 rooms are being reserved under West
District OHCE until February 25th!**

Call the hotel today to reserve a room!



50's NIGHT OUT! – Baked Potato & Salad Bar \$10 – 6 p.m.

Driving in Wednesday night and would like to visit with other OHCE members? A Baked Potato & Salad Bar will be available at the Major County Fairgrounds, Exhibit Building, 808 E Highland, Fairview (Please turn in with your meeting registration.)



Eat Healthy, Be Active Workshops

Eat Healthy, Be Active workshops are based on the USDA Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. Each of these six 1-hour workshops includes a lesson, hands-on activities, videos, food sampling and handouts. Information is appropriate for all ages. Choose the workshop(s) you would like to attend.

Join us at 5:30 P.M. at the Major County Fairgrounds in Fairview:

-Tuesday, February 11

Workshop 1:

Enjoy Healthy Foods that Taste Great

-Thursday, February 20

Workshop 2:

Quick, Healthy Meals and Snacks

-Tuesday, February 25

Workshop 3:

Eating Healthy on a Budget

-Thursday, March 5

Workshop 4:

Tips for Losing Weight & Keeping it Off

-Tuesday, March 10

Workshop 5:

Making Healthy Eating Part of Your Lifestyle

-Thursday, March 19

Workshop 6:

Physical Activity is Key to Living Well

\$5.00 fee per workshop per person.

Please register and pay at the Major County OSU Cooperative Extension Center one week prior to each workshop. You will received the greatest benefit by attending all 6 workshops.



EXTENSION



Programs presented by:

Dana Baldwin

Major County Extension Educator

Family & Consumer Sciences/4-H Youth Development

and County Extension Director

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E-mail: dana.baldwin@okstate.edu

MAJOR COUNTY FOOD SHOW

MONDAY, FEBRUARY 17, 2020

Entry Time: 5:30 – 6:30 p.m.

Judging 6:30 p.m.

Exhibit Building at the Major County Fairgrounds in Fairview, Oklahoma

CLASSES:

5-8 YEAR OLD

1. No Bake Cookies** (3, any kind, with recipe)
2. Edible Creature* (see note below)

9-11 YEAR OLD

3. Muffins** (3 muffins, with recipe)
4. Edible Creature* (see note below)

12-14 YEAR OLD

5. Battered Coffee Cake** (no yeast, entire cake, with recipe)
6. Rolled Sugar Cookie** (no icing, 3, with recipe)

15-19 YEAR OLD (not a H.S. graduate)

7. Yeast Dinner Rolls** (3 rolls, with recipe)
8. Enhanced Cake** (using cake mix & other ingredients, with recipe, entire cake, no icing, any shape)
9. Brownies** (3 – 3x3 inch squares, with recipe)

OPEN CLASS (Any of above age groups may also show in any of the following classes.)

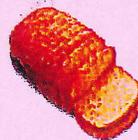
10. Snack (Using ingredients from each food group)
11. Decorated Cut-Up Cake** (cut to create shape, animal, etc. Evaluated on design and neatness.)
12. Quick Bread** (1 standard loaf of pumpkin, banana, etc. with recipe)
13. Bread Machine Bread** (any kind – 1 standard loaf, with recipe)
14. Yeast Cinnamon Rolls** (3 rolls, no icing, with recipe)

*Edible Creature is evaluated on uniqueness of design and variety of foods used, and is a “creature” of some type made up of chosen food and food items. Include a description of your “creature” on a 3x5 notecard.

** All foods must include a recipe written on a 3x5 notecard.

TABLE SETTING CONTEST – Must be Formal, Use a Theme

- TS1 Ages 5-8
TS2 Ages 9-11
TS3 Ages 12-14
TS4 Ages 15-19 (Not a H.S. graduate)



MAJOR COUNTY FOOD SHOW RULES

1. Contest is open to **ALL MAJOR COUNTY STUDENTS, AGE 5-19** in public, private, or home schools.
2. Exhibits must be labeled with contestants name, age, school and school classification.
3. **All exhibits must include recipes** (with the exception of the edible creature) and be the work of the exhibitor.
4. **NO MIXES** allowed (except class 7).
5. Only one (1) entry per class, per person.
6. **ENTRIES SHOULD BE REMOVED FROM THE BAKING PAN AND DISPLAYED ON A PAPER PLATE, PLASTIC BAG OR PIECE OF CARDBOARD** – in other words, something disposable.
7. **Exhibits will be evaluated at 6:30 p.m. February 17th.** Exhibits will be placed in blue and red ribbon groups with outstanding exhibits named as the judge chooses. (Entries are accepted from 5:30-6:30 p.m.)
8. All exhibitors are encouraged to be present for the judging. Exhibits must be picked up following the judging of the entire show. Anything not picked up will be discarded.
9. All exhibitors' names will be entered in a drawing to be held during the judging. Exhibitors' names drawn may receive cash or prizes. Must be present to win!
10. **TABLE SETTING CONTEST GUIDELINES:** Participants will set up a formal place setting (on a card table – bring your own) including a table cover (cloth or placemat), appropriate flatware, dishes, glass or cup for beverage (whatever is needed) for the exhibit. Plan the menu and place a written menu on the table. (Put the exhibitor's name and age on the back of the menu.) Be creative! **Exhibitor must set up table in front of the judge and may be asked questions by the judge about their setting.**

The Major County Food Show is sponsored yearly by the
Major County Association of Oklahoma Home and Community Education (OHCE).



For information contact the OSU Extension Center at 580-227-3786.



MAJOR COUNTY EXTENSION

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ACTIVE PARENTING™

4th edition



For parents and other caregivers where the following topics will be addressed:

- Being an Active Parent
- Cooperation & Communication
- Responsibility & Discipline
- Building Courage & Self Esteem
- Understanding & Redirecting Misbehavior
- Active Parenting for School Success

2 sessions offered in 2020

Session 1 Classes: March 16, 2, 30 and April 6, 13, 20

Session 2 Classes: August 3, 6, 10, 13, 17 and 20

Classes will meet from 6:00 p.m. to 8:00 p.m.
at the Exhibit Building at the Major County Fairgrounds in Fairview.

Participants must attend all six classes of a session to complete the program. Classes will consist of group discussions, video presentations, and hands-on activities. Dana Baldwin, Major County OSU Extension Educator-Family & Consumer Sciences/4-H Youth Development & County Extension Director is the program facilitator.

Fee for the program is \$30.00 per participant per entire session.

Please pre-register 1 week prior to first date of each session (March 9 or July 27).

(At least 4 people must be pre-registered in order for a session to be held.)

If interested, complete and return the bottom portion of this flyer with program fee to the Major County OSU Cooperative Extension Center. **If you have questions, please call 580.227.3786.**

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age disability or status as a veteran and is an Equal Opportunity Employer.

Yes, I plan to attend the **Active Parenting** program!
Enclosed is my \$30.00 program fee, payable to "OSU Extension Center".

Name _____ Address _____

Phone Number _____ Number & Ages of Children _____

Return 1 week prior to first date of session attending (March 9 or July 27):

Major County OSU Cooperative Extension Center
500 E. Broadway, Courthouse Suite 3
Fairview, OK 73737



EXTENSION



OKLAHOMA COOPERATIVE
EXTENSION SERVICE

2020 “BACK TO BASICS” WORKSHOPS



Brought to you by OSU Cooperative Extension Centers in Alfalfa, Grant, Major and Woods Counties.

-Saturday, February 8: “Jelly Roll Quilt”

At 9:00 a.m. at the Major County Fairgrounds in Fairview.

Participants will complete a lap quilt made with jelly roll fabric. Fee is \$50 and includes lunch. Bring your own sewing machine, fabric scissors and straight pins.

Watch for more details to come on the following workshops:

-Wednesday, June 10: “Canning Basics- Fruit”

At the Major County Fairgrounds in Fairview.

-Saturday, August 15: “Introduction to Cheesemaking”

At the Alfalfa County Fairgrounds in Cherokee.

-Thursday, November 5: “Holiday Happenings”

At the Woods County Fairgrounds in Alva.

Please **RSVP** and pay the fee no later than one week prior to the workshop that you plan to attend. Contact the OSU Extension Center in your county:

Alfalfa County—580.596.3131

Grant County—580.395.2134

Major County—580.227.3786

Woods County—580.327.2786



Oklahoma Home & Community Education, Inc. (OHCE) is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.
www.OHCE.okstate.edu



Family & Consumer Sciences assists communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.

Newsletter Editor:

Dana Baldwin

Extension Educator-

Family & Consumer Sciences/4-H Youth Development
and County Extension Director

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This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources, was printed at no cost to the taxpayers of Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources and has been prepared and distributed at a cost of \$192.00 for 120 copies.

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