



### 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, said Diana Romano, Oklahoma State University Cooperative Extension assistant specialist. “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,” Romano said. “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.

Romano said 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,” she said. “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.”

Romano reminds us that 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.

## Okfuskee County Extension Office

### Address

P.O. Box 107  
1201 E. Columbia, Suite A  
Okemah, OK 74859

### Phone

918-623-0641

### Fax

918-623-0103

### Email

janelle.maples@okstate.edu

### Website

<http://oces.okstate.edu/okfuskee>

### Social Media

Facebook: OkfuskeeOSUFCS

## In this issue...

### Page 2:

Cooking with Barbara Brown:  
“Pasta e Fagioli”

### Page 3:

Family and Consumer Science  
Programming

### Pages 4 :

OHCE Events and Activities...

\*Executive Meeting & Lesson

“Cooking Under Pressure

\*OHCE Spring Meeting

And Lesson: “Houseplants and  
Succulents”

\*N.E. District OHCE Meeting

### Page 5:

\*6 Things Happy Couples Say to  
Each Other”

\*Love Yourself First

The Power of Dairy Foods, continued from page 1



“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,” she said. “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.

Romano said 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,” she said. “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.”

**From the Kitchen of...**  
*“Cooking with  
 Barbara Brown”*



Try this traditional Italian soup for those cold winter days...

**Pasta e Fagioli**

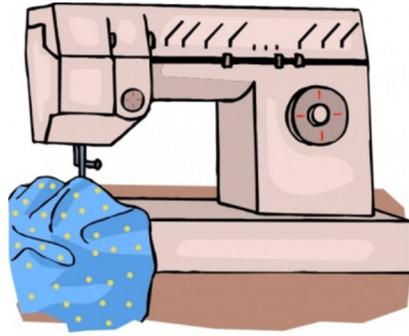
- 3 tablespoons olive oil
- 1 cup chopped onion
- 1 cup carrot, peeled and chopped
- 1 cup celery, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 1 teaspoon dried Italian seasoning
- 6 cups reduced sodium chicken broth\*
- 1 cup peeled, chopped fresh tomatoes or diced canned tomatoes
- 2 cups ditalini pasta or broken pasta such as fettucine (8 ounces)
- 3-1/2 cups cooked cannellini or Great Northern beans or 2 15-ounce cans, drained and rinsed
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper



1. Heat the oil in a large pot over medium-high heat. Sauté onion, carrots and celery 3 to 4 minutes, until soft and onions are translucent but not browned. Add garlic, crushed red pepper and Italian seasoning. Sauté 1 minute longer.
2. Add broth and chopped tomatoes. Bring to a boil. Add pasta and continue to cook at a strong simmer until pasta is al dente.
3. Add beans and cook 2 minutes. Turn off heat and stir in parsley, salt and pepper.
4. Serve drizzled with extra virgin olive oil or with grated Parmesan cheese sprinkled on the top.

\*If desired replace the low sodium chicken broth with vegetable broth. Serves 6—8

<b>Nutrition Facts</b>	
Serving Size 1	
Servings Per Recipe: 1	
Amount Per Serving	
<b>Calories 379</b>	
<b>% Daily Value *</b>	
<b>Total Fat</b> 8g	<b>12%</b>
<b>Saturated Fat</b> 1g	<b>5%</b>
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 195mg	<b>8%</b>
<b>Carbohydrate</b> 62g	<b>21%</b>
<b>Dietary Fiber</b> 12g	<b>50%</b>
<b>Protein</b> 16g	
Potassium	<b>24%</b>
Calcium	<b>12%</b>
Iron	<b>25%</b>
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	



## 2020 Sewing Basics Workshop Series...

Thursday, January 30th, 2020  
and

Thursday, February 27th, 2020  
5:30 – 8:30 p.m.

Okfuskee Co. OSU Extension Center, 1201 E. Columbia, Okemah

The focus of these next few workshops is a continuation of quilting, piecing, and needlework techniques.

There is no registration cost for the program. However, participants must register for the program at least two days before each workshop is being held to ensure adequate handouts and supplies.

Register by calling the  
Okfuskee County OSU Extension Center at 918-623-0641.

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### Co-Parenting for Resilience

OVERCOMING THE CHALLENGES OF DIVORCE



The Okfuskee County OSU Extension offers its Co-Parenting for Resilience class for divorcing parents with minor children. Class is scheduled for Tuesday, February 11th, 2020, from 12:30—4:30 p.m. at the Okfuskee Co. OSU Extension Center. The cost to attend is \$35. To register for Co-Parenting for Resilience or for more information about the class, contact the Okfuskee County Extension office at 918-623-0641/0642 or go to [www.coparenting.okstate.edu](http://www.coparenting.okstate.edu). Registration must be received at the Okfuskee County Extension office at least three business days prior to the start date.



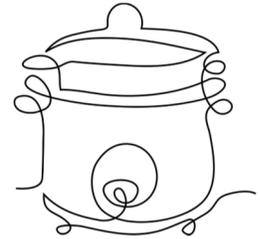
*Okfuskee County OHCE ... Ready for the New Year!?*

*9 a.m., Tuesday, January 21st*

*Okfuskee Co. OSU Extension Center Conference Room,  
1201 E. Columbia, Okemah*

*Lesson: "Cooking Under Pressure"*

*10:00 a.m., — Okfuskee County OHCE Executive Board Meeting  
(The Executive Board consists of county elected officers, local presidents,  
and standing committee chairs)*



**\*\*Note\*\*** All individual, local group and county awards are due at the OHCE Executive Board Meeting, Tuesday, January 21st. This includes project applications, Rookie, Young Member, Member and Heart of OHCE award applications. Forms may be found on the State OHCE website:  
<https://humansciences.okstate.edu/fcs/ohce/>



*Okfuskee Co. OHCE Spring Meeting,  
Tuesday, February 18th, 2020  
(Snow/Ice Date—February 25th)*

*Location: To Be Determined*

*Registration begins at 9:30 a.m.  
Business Meeting begins at 10 a.m.*

*Program at 11:00 a.m. —*

*"Houseplants and Succulents"*

**\*\*At 11:30 a.m., enjoy a potluck luncheon by OHCE members (Okemah OHCE is hosting and furnishing entrees, Paden OHCE is furnishing sides and salads, Clearview OHCE is furnishing desserts and breads)**

**\*\*Note\*\***Members —please come with ideas for workshops and tours for 2020!

*Northeast District OHCE Meeting  
Tuesday, March 31<sup>st</sup>, 2020  
1<sup>st</sup> Christian Church, Miami  
Theme: "OHCE: A Timeless Treasure"*



Do you like several and varied workshops to attend? Do you like to meet and fellowship with other OHCE members from across the district? Do you like to take "road trips" to visit other parts of Oklahoma? If so, you may be interested in attending the 2020 Northeast District OHCE meeting. Those OHCE members interested in attending the 2020 Northeast District OHCE meeting must have their registration fees and names submitted to Pat Ley, Okfuskee County OHCE treasurer  
**NO LATER THAN TUESDAY, FEBRUARY 18TH!**  
More information will be forthcoming at your local meetings regarding registration costs, tentative workshop topics, etc.

Thanks to the University of Arkansas Extension Service for the following information!

# 6 THINGS HAPPY COUPLES SAY TO EACH OTHER



"The strongest couples understand the role verbal communication plays in a relationship and how regularly exchanging words of encouragement, validation and empowerment can solidify their bond."



"I'm here for you."

"Couples who consistently remind each other that they have each other's backs are more capable of taking on whatever challenges life throws their way."



"Thank you."

"Couples in the happiest relationships express their gratitude for one another often. They don't just wait for Valentine's Day or a birthday to acknowledge all their partner does; rather, they're in the habit of saying 'thank you' for the everyday stuff all year round."



"Can I help you with that?"

"The happiest couples are independent people, but never forget that they are also teammates. If you sense your partner is overwhelmed, step in and ask if there's anything you can do to lighten their load."



"I'm sorry."

"Acknowledging a mistake and the impact it had on your significant other keeps you connected and moving forward together," said Kurt Smith, a therapist who specializes in counseling men. "Without this correction, hurt feelings can fester and build."



"I feel..."

"Recognizing your own feelings and sharing them with your partner can help you process whatever you're going through and bring the two of you closer together. It may be easier to express positive emotions like joy, but it's important to open up about negatives ones, like frustration, sadness and shame, too."



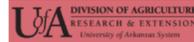
"I would like it if..."

"You can't expect your partner to read your mind, no matter how close the two of you are or how many years you've been together. Couples in healthy relationships are able to speak their minds and ask for what they want and need from their partner."

Arranged by Jewell Miller

Adapted from "11 Things The Happiest Couples Say to Each Other All The Time" by Kelsey Borresen at huffpost.com

To read all 11 sayings and get more detailed information, visit [https://www.huffpost.com/entry/happy-couples-say-to-each-other-relationship-habits\\_1\\_5c5b2f2be4b00187b557a7f2?fbclid=IwAR2XD\\_S5176hsP6nh4ZZRreiraxg78YS-KujSHsvSclwM8OpZ\\_OctXBUpel](https://www.huffpost.com/entry/happy-couples-say-to-each-other-relationship-habits_1_5c5b2f2be4b00187b557a7f2?fbclid=IwAR2XD_S5176hsP6nh4ZZRreiraxg78YS-KujSHsvSclwM8OpZ_OctXBUpel)



By Ashley Foster

# LOVE YOURSELF FIRST



5 Daily Self-Love Tips

## 1. LOOK FOR SUPPORT.



You don't have to be alone. Surround yourself with people who can encourage you on down days and celebrate with you during the up days.

## 2. HAVE A MANTRA.



What can you say to inspire and help you love yourself, daily? Meditate on it. The first few times you try meditating may be frustrating. But keep trying and focus on your breathing.

## 3. TAKE TIME FOR YOURSELF.



Take a warm relaxing bath before bed, or read your favorite book in the morning. You can't expect to love anyone else if you don't love yourself first.

## 4. BE OPEN.



Making yourself vulnerable to love and have true connections is difficult. We sometimes spend years building up walls to block out pain. Set aside time to connect with your partner or a close friend.

## 5. LET GO.



We can't control every aspect of our lives. When we try, it says we don't need help. Practice daily control-releasing exercises. For example, the next time you feel like your day is going wrong, stop, take a deep breath and release your perceived controls.





OKLAHOMA COOPERATIVE  
EXTENSION SERVICE

Okfuskee County Cooperative Extension Service  
Oklahoma State University  
P.O. Box 107  
Okemah, OK 74859-0107



*Oklahoma Home & Community Education, Inc. 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](http://www.OHCE.okstate.edu)*



*Family & Consumer Sciences helps 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.*



**“Like (Follow, or Share)”** our Okfuskee County Family & Consumer Science Facebook page!  
**Okfuskee County OSU Extension FCS  
or OkfuskeeOSUFCS**

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