



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

April 18: Articles to Newsletter Editor

April 24: Stocking Sew Day, Wednesday April 24th at 10am to 12pm and 5:30pm to 7:30pm at the Extension Conference Center.

April 25: 9:30 am Educational Lesson Training, Extension Conference Center.

“Mastering Money Apps: PayPal, Venmo and More” – Julie Selman, Garvin County FSC Educator

Executive Board Meeting 15 minutes following Educational Lesson

May 3: OHCE Spring Achievement Luncheon 11:30 Ext. Conf. Center.

Monthly Group Volunteer Hours Forms Due

Begin planning for the Oklahoma County Free Fair Exhibits at your group meeting.

OHCE Week May 5 - 11

“April is a reminder that life is a beautiful, ever-renewing cycle.”
— e.e. cummings



PRESIDENT'S COLUMN

On Monday, April 8, 2024, a solar eclipse will be visible (weather permitting) across nearly all of North America. In southeast Oklahoma, there will be a path for a total solar eclipse. The eclipses have been a fascination of mine for many years and I have experienced many partial eclipses. I love to sit outside and listen to the birds chirping and animals making noises, then everything get quiet and still for those few minutes, then it slowly returns to the business of the birds chirping and animals making their noise. My husband and I may be one of the thousands that will travel to southeast Oklahoma to view a (totality) total eclipse. We made the box with a pin hole, for safe viewing and then looked at the pavement to see the crest shapes. During a partial or total eclipse, the only safe way to look directly at the partially eclipsed sun is through special-purpose solar filters, such as “eclipse glasses” or handheld solar viewers. Ordinary sunglasses, even very dark ones, are not safe for looking at the sun; they transmit far more sunlight than is safe for our eyes. For more tips on safe viewing, go to Eclipse Safety – Science @NASA. The next total solar eclipse that can be seen in the United States will be August 23, 2044.

PLEASE DO NOT LOOK DIRECTLY AT THE SUN AS THIS CAN CAUSE PERMANENT EYE DAMAGE.

We had a great time at the SE District meeting, the theme was Styling Through the Decades. The room and tables were decorated with fashions from the 1920 to present day. Many great workshops were presented.

Want to remind everyone that May 5-11 is approaching fast. Has your group contacted a local Library for OHCE Week? We need to get flyers or displays ready. If you are making a flyer for your local group don't forget to include the OHCE logo and membership statement on it.

County OHCE President

Gayla Mosteller

CITY OF OKC HOLDING SPECIAL COLLECTION EVENT

The City of Oklahoma City will be hosting a special collection event for unwanted computers, tires, ammunition and prescription drugs on Saturday, April 6, 9:00am-1:00pm at the state fairgrounds. This event is for OKC residents only, and you must bring a current City of OKC water bill stub to prove residency. Enter the fairgrounds from May Avenue, at Gate 5 on Gordon Cooper Boulevard. Syringes, liquids, inhalers, and televisions will NOT be accepted.

APRIL VETERANS' ITEMS TO COLLECT

- Combs
- Shampoo
- Conditioner
- Dental Floss

OHCE STOCKING PROJECT REPORT

Sew Day – April 24th

By Dee Dee Shepherd

We have purchased Red, Green, Blue, and White felt for the stockings. I have scheduled the Extension Conference Center for Wednesday April 24th at 10am to 12pm and 5:30pm to 7:30pm, to cut stockings. We will have plenty to do for those that want to participate. Please bring scissors (and make sure your name is on them). It's all hands on and everyone that can help is welcome. We are here to help if you need help getting started. If you have extra embellishments to share, please bring them for those that are just getting started on the stockings. See you there.

Scissor Tales Quilt Guild QUILT SHOW
By Beverly Kirk

YOUR HELP IS NEEDED

Our guild quilt show is about two months away! We need a group or individuals to VOLUNTEER working with Arlene SCARONI, Vice President. Here's a brief to-do list.

Raffle Ticket/Chair and Team

***Coordinate the printing and distribution of raffle tickets:

***Coordinate volunteers to sell tickets:

***Collect money for raffle tickets

***Secure all raffle ticket stubs of sold tickets.

***Supervise the sale of additional tickets at the June 21 and 22, 2024 Quilt Show:

***Maintain detailed records of tickets sold/money collected and report this to STQG Treasurer Evelyn Spriggs on assigned schedule.

Please contact Arlene SCARONI if any OHCE group or persons can help us make this quilt show successful!!!!!! MANY, MANY THANKS! Email is ibaahilha.yanash@gmail.com or call (405) 439-6258

..... "Give it, give it all, give it now!" (Ann Dillard

**OHCE Spring Luncheon
Friday May 3rd
Social Committee
By Kathryn Wells**

The social committee is working on the Spring Luncheon scheduled for May 3, 2024, at the Extension Center. Our theme will be **OHCE Goes to the Movies**. Each group will pick a movie theme and decorate their table for that theme. This will be a Potluck luncheon. There will be movie trivia for each table. Please email Connie Graham, Social Committee Co-Chair, how many are attending from your group, no later than April 26th at surfjamesgraham@yahoo.com.

The Social Committee visited about refreshments for the monthly leader lesson/meetings and decided to ask each group if they would provide snacks /healthy finger foods for 15 to 20 people following the schedule below. The snacks/finger foods are just that and not a meal. It could be as simple as cookies, cheese and crackers, or fruit (just examples). Our hope is to bring more members to each meeting for learning, fun and fellowship.

April	NW Seekers, Bits & Bytes, & Learn Create and Share
May	Genealogy
June	Flourish & Grow
July	Scissor Tales
August	Modern Homemakers
September	New Beginnings
October	NW Seekers, Bits & Bytes, & Learn Create & Share

**IN MEMORIAM
By Jan Beattie**



LAST CALL!!

If your group has lost a member this year and haven't yet notified me, this is the last call. They will be remembered at the annual Memorial Service on May 3rd at the spring Awards and Achievement Luncheon. *To date, I have received the notice of three deaths:*

Sue Robinson (Las Amigas/Will Rogers group)

Goldie Jones (Soldier Creek/New Beginnings group) and

Martha Fields (Modern Homemakers group)

I appreciate your assistance. If you have any special memories or photographs, please email them to me at jankb80@sbcglobal.net or bring them to the April Educational Lesson. Thank you.

RESOURCE MANAGEMENT

By Susan Hart



HOT PRESS RELEASE --- STOP THE PRESSES. (I love saying that, makes me feel like Lois Lane)

SAVE THE DATE!



Oklahoma Beautiful's EARTH FEST is Saturday, April 20 with interests for the whole family.

Hear OKC's Chelsea Days, folk band Compost Adjacent, and female group Dear Daisy performing on the main stage throughout the day.

Bring your curiosity and questions to the four classes and over 40 vendors present.

See You There!

A Reminder to bring your reimagined items for the 'Celebrate your Creativity and Inspire Others' display at the April 25 Leader lesson on Mastering Money Apps.

If your item is too bulky, how about a photo of your creation? Resource Management is not just about our environment and reducing landfill trash. It is also our personal environment. How about showcasing tricks and tips that save you time, or stretch the use of an item?

We are waiting to learn from you and be inspired to improve our lives.

CHECK YOUR CREDIT REPORT

By Valerie DeBoer

Being aware of our financial health is very important. Previously, we had only been able to request a credit report once a year from each credit bureau: Experian, Equifax, and Transunion. Because of increased fraud during the COVID-era, the web site annualcreditreport.com encouraged consumers to check our credit more frequently. They have increased our free access to credit reports to one report once a week from each credit bureau. They have now made the policy permanent. Self-monitoring our credit is a good way to maintain and improve our financial health by finding fraud and credit report errors.

Annualcreditreport.com also lets us freeze and lock our credit report. Just be sure you remember your password. Another feature of the site is disputing credit report errors. Even if there are no errors the site allows us to add explanations up to 100 words. So, remember to check your credit history at annualcreditreport.com on a regular basis to help avoid financial problems.

annualcreditreport.com/requestReport/landingPage.action

3 steps to your free online credit reports

- 1. Fill out a form**
Fill out one form to request one, two, or three credit reports
[Request your credit reports](#)
- 2. Pick the reports you want**
Request your credit reports from Equifax, Experian or TransUnion.
- 3. Request and Review your reports online**
Before you get your credit reports, you will answer a few more questions. These questions are meant to be hard. You may even need your records to answer them. They are used to ensure that nobody but you can get your credit information.
If you can, save or print your credit reports so you can review them later.
For information on how to obtain your credit report in Braille, Large Print, and Audio Formats please visit the [Accessibility Page](#).
You repeat this step for each credit report

Annual Credit Report.com

The only source for your free credit reports. Authorized by Federal law.

- Home
- All about credit reports
- Request yours now!**
- What to look for
- Protect your identity
- Frequently asked questions
- Contact us



Free weekly online credit reports are available from Equifax, Experian and TransUnion. Credit reports play an important role in your financial life and we encourage you to regularly check your credit history.

[Request your free credit reports](#)

Spot identity theft early. Review your credit reports.

Suspicious activity or accounts you don't recognize can be signs of identity theft. Review your credit reports to catch problems early.

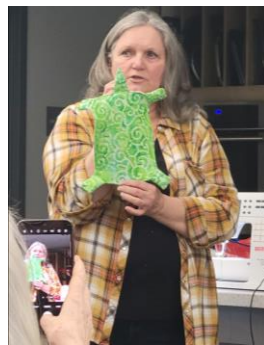
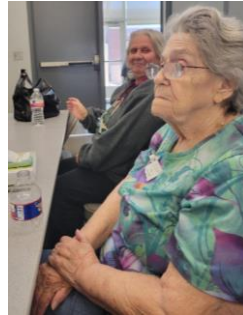
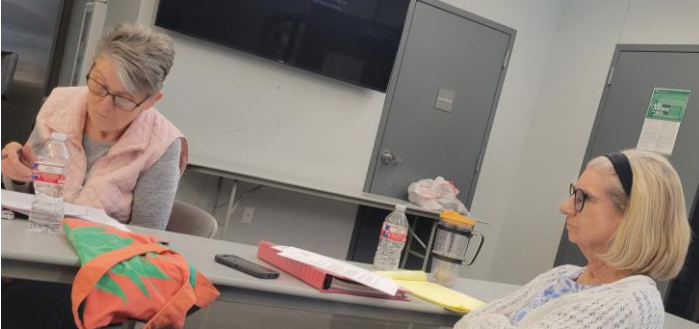
[Learn more about Identity Theft](#)



NEWSLETTER EDITOR By Dee Dee Shepherd

THANK YOU TO EVERYONE WHO IS SUBMITTING PICTURES, STORIES, AND ARTICLES. The newsletter is a great place to tell members thank you for the hard work they have done (WE SEE YOU).

I wanted to put some pictures from our leader lesson Ultra-Processed Foods, and our craft project after the meeting. A big Thank you to Taylor for the lesson, it was very informative and fun. And Thank you to Gayla for the turtle mop and face pad lesson. So easy to make and I hope everyone that makes one brings it to the next meeting to display. HINT HINT.



Please send pictures of you and your mother or children to share in the May newsletter for Mother's Day. Email me at Deeshep147@aol.com.

HEALTHY LIVING

By Kathryn Wells

We had a very creative turnout for the Healthy Living meeting after the leader lesson today. The committee shared ideas on what we can do that falls under Healthy Living. We talked about growing vegetables using alternatives to planting in the ground. For example, if you lived in an apartment or didn't have enough space for a garden. We are working on members walking in groups before or after meetings. Working at events that need volunteers for people that do marathons etc. Offering more information on healthy eating and habits. Apps that are out there to help us.

Please submit your healthy recipes to Lisa or us so we can get them into the newsletter. Let's see what you got. We will start including this information in the newsletters, and if you have ideas, please let me know. We are in this together.

Thank you everyone who attended the Social Committee and Healthy Living meeting. Your ideas and contributions were beneficial to forming activities that our groups can benefit from. I am very excited to start working on these projects with you.

Cultural Enrichment

By Jan Beattie Co-Chair

As the short days of winter expand to embrace the warmer temperatures of March and April, festivals and events throughout the state prepare to welcome us to their celebrations of spring. From homegrown street fairs to lively Western heritage jubilees, opportunities for spring events in Oklahoma will provide the inspiration for a getaway to some of the finest events in the region.

Festival of the Arts - in downtown Oklahoma City April 25-28

This massive artistic bonanza set in the middle of the city's bustling downtown area celebrates visual, culinary, and performing arts. Join over 750,000 visitors at this annual festival to peruse booths filled with artistic masterpieces ranging from photography and sculpture to jewelry and oil paintings. Enjoy the great food and entertainment also!

Tulsa Botanic Blooms - 3900 Tulsa Botanic Dr. through April 24

Stroll through one of the largest bulb displays in the state, surrounded by over 200,000 tulips, daffodils, hyacinths, crocuses and other spring-flowering bulbs. Held from mid-March to April, Tulsa Botanic Blooms also includes a variety of all-ages activities throughout the season. Enjoy live music on select nights, bring the kids to create crafts or unwind in the gardens with an evening picnic.

Norman Music Festival - downtown Norman April 25-27

Whether you love the smooth sounds of indie pop or prefer the sharper tones of rock-'n-roll, there is a sound for every ear at the Norman Music Festival. Attracting over 100 bands from every genre, visitors to this musical treasure trove in the heart of Norman enjoy endless live performances on multiple outdoor stages.

Dogwood Days Festival – downtown Idabel April 5-7

Embrace the beauty of the blooming trees in Idabel with a trip to the city's annual Dogwood Days Festival. An event that epitomizes spring, Dogwood Days features live entertainment, craft vendors and plenty of children's games. Bring the kids for a scavenger hunt or enjoy browsing through Main Street sidewalk sales. After an afternoon in Idabel, load up the car and take a short journey north towards Beavers Bend State Park for a spectacular, peaceful drive along dogwood-lined roads.

Red Fern Festival – Tahlequah Main St. April 25-27

Fashioned after the classic children's novel *Where the Red Fern Grows*, which was set in Tahlequah, the Red Fern Festival entertains visitors with hound dog field trials, children's games from the 1930s, a vintage car show and country food vendors. Tour locations from the novel, enjoy live music performed throughout the event and don't miss the showing of the movie.

89ers Days Celebration – downtown Guthrie April 22nd

Celebrate the birth of Guthrie and the Land Run of 1889 by attending the city's much-loved 89ers Days Celebration. Home to stunning Victorian-era brick architecture, the city of Guthrie pulls out all the stops during the month of April by rolling out the Western-themed red carpet for locals and visitors alike. Attend an 1889-style baseball game, witness as wagons, buggies and horses snake their way through downtown in the annual parade, or hot-foot it over to the 89er Rodeo for calf roping, barrel racing, bull riding and more. Visitors to this Oklahoma event will also enjoy an arts and craft show, carnival food vendors and themed window displays throughout the town.

Azalea Festival – Honor Heights Park, Muskogee April 5 – May 3

Considered one of the top spring festivals in the South, it glorifies the beauty of the season with events centered around the city's Honor Heights Park, home to over 40-acres of blooming azaleas, tulips and wisteria. Take a leisurely drive on curved roadways around the park to experience the springtime charm of the area, take a carriage ride through the colorful blooms and enjoy a myriad of activities in downtown Muskogee. Visitors from around the world come to this annual festival for a parade, food vendors, classic car shows, live entertainment and more.

Spring Traders Encampment – Woolaroc Ranch in Bartlesville April 12-13

Take a trip back to Indian Territory of the 1820s through 1840s and immerse yourself in the lives of pioneer trappers and traders as skilled and costumed re-enactors present live history demonstrations, old-fashioned craft tutorials and a variety of Western goods and wares for sale. Celebrate the Western heritage of the state as you browse the grounds filled with hundreds of tents and teepees while munching on tasty snacks and authentic chuckwagon food.



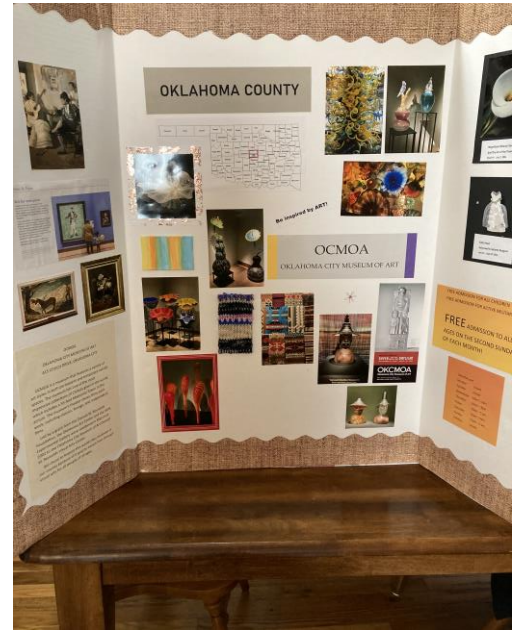
Cultural Enrichment Poster Contest

By Jan Beattie



The State Cultural Enrichment Committee sponsored a poster contest again this year. The theme was to highlight places of interest in our local communities. We have a winner from Oklahoma County!

Congratulations to Linda Steele from the New Beginnings group. She entered her creative poster showcasing the Oklahoma City Museum of Art. She was awarded 3rd place in the SE District competition. Amazing job, Linda! Linda also wants us to be aware that the museum is offering free admission on the second Sunday of each month. April 14 is the next free admission. Children and active military are always free. The featured display will be *Magnificent Beauty: Georgia O'Keeffe and the Art of the Flower*. This is a wonderful opportunity for all of us to enjoy lovely art and take in some of the other attractions available to us in the downtown Oklahoma City area.



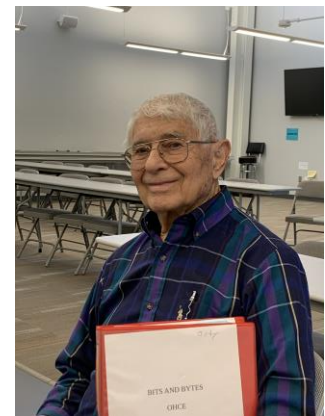
BITS AND BYTES COMPUTER GROUP

By Kathy Fetters

The Bits & Bytes Computer Group met March 25th at the Extension Center. We had 8 members present, in person and via ZOOM. Bill James presented a program on *Microsoft Copilot for Windows 10/11*. This program is available for free on all Windows 10 and 11 computers, and its icon can be found in the bottom far right corner on the taskbar. Bill demonstrated some amazing things it can do using AI, including writing poetry, drawing animals, and writing about any subject you pick.

Our member of the month is Jody Smith. Jody is the husband of our President Pat Smith. Jody has 3 children, 4 grandchildren and one great grandchild. Born in Chickasha, Oklahoma, Jody worked for Western Electric before retiring after 32 years and also retired after serving 30 years in the Oklahoma Army National Guard. He has been a member of OHCE for 9 years and in addition to OHCE is a member of The Telephone Pioneers of America and active in his church. Jody says his favorite thing to do is "tinker around and fix things".

Our next meeting will be by April 22nd at 1:30 p.m. at the Extension Center and all are invited.



SCISSOR TALES

By Beverly Kirk

Good Friends who Quilt!

Good friends bring out the best in us! They understand us, they cry with us, they shop with us! No matter the age span: we are girlfriends who quilt together! While threading the needle and snipping a loose thread: we share similar dreams and simple sorrows! Our fabric squares are taught to be laid RST ... that is: right sides together! Simply a way for US GIRLS to continuously seek and celebrate the best among ourselves as quilters!

Consider the continuous soothing hum of a sewing machine. Whether it's a digital high-tech model or a vintage 99K Singer electric model..... Something creative begins to flow from our body, mind, and soul! We can trust and relax and choose to move forward like a spring flower opening to the sun!

We quilt! We love and survive! If you ask lifelong friends why they are friends ...they seem to hold back a sensible explanation and say with a smile "we just are!" If you ask a Scissor Tales Quilt Guild (STQG) member, why they quilt "We just do". Keep smiling!



MODERN HOMEMAKERS

By Burchie Smith

Modern Homemakers met with a smaller number because two were ill, one out of town, and two we couldn't reach. We still had a good meeting with much discussion about the SE district meeting and how great it was and wish more of our group could have attended. We will be busy making Christmas stockings in the coming months. Two of our members plan to help cut out the stockings. We had a long discussion about the different groups helping with lunches and snacks at the meetings and will help any way we can. Mary Watson gave a great inspirational poem. Next meeting is April 11, 2024; second Thursday in April.

GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group met Wednesday, March 20th, at the Oklahoma County Extension Center. We had 14 members and one visitor present. Our visitor, Theresea McGregor had visited last month and after the meeting Wednesday she joined our group. She had learned about our group through the Channel 4 special that highlighted Sandi Maness and her presentation on funerals last month.

President Jan Beattie continued the theme on deceased ancestors with *Jan's Genealogy Quick Tip: Tips for Finding Deceased Ancestors in Newspapers*. All of Jan's Genealogy Quick Tips can be found on our website: ohcegenealogy.com.

Our speaker for March was Vehoae (Shirl) Yancey. Vehoae is an author, historian and speaker who has a deep interest in non-revisionist history and primary documents. She loves to research in original documents and used those skills in the books she has written, *Conscience: Breaching Social Amnesia* and a historical novel, *Pahutchae's Pouch*. Her topic on Wednesday was *The 1950 Census: Information and Genealogical Pointers*. Her talk covered many aspects of the 1950 census and some of what we might expect in the next census. She loves to look at all the details around the census, not just the questions asked by the census taker, but the training involved and some of the studies conducted as part of the census that year. For example, if you had a relative born in the first three months of 1950 there was a special form parents were asked to complete about that child. There was also a special census of Native Americans in 1950. Her handout included lists of useful Federal websites for genealogists and a list of primary document resources.



Our speaker next month is Phyllis Davidson who will present *How to Write Your Personal Family History* on April 17th at the Oklahoma County Extension Center at 10:00 a.m. Join us and bring a friend

NEW BEGINNINGS (3 E's and Soldier Creek) By Dee Dee Shepherd and Susan Hart

We're preparing our group for the Solar Eclipse and wanted to share and duplicate Susans adventure from 2017 as practice for Oklahoma's April 8 Solar Eclipse.



Adventuring on a scientific mission with an Extension Master Gardener friend, we found our way to a remote Walmart parking lot outside of Hiawatha, Kansas. We found a spot in the crowded parking lot next to a group of scientists and researchers from Texas. They kindly informed us of the dangers awaiting us and offered protection. Foil hats would thwart alien attempts to vacuum human brains during the eclipse. We accepted their offer, knowing that being prepared is a must. No question, Texas has creative scientific minds and advanced extraterrestrial research.



The man in the middle of the photo was a Walmart employee who thoughtfully turned off the parking lot lights, so all who had gathered there could have the best experience as daylight vanished.



Susan Hart and Dee Dee Shepherd demonstrated how to wear the glasses and the hat at the Leader Lesson in March. Stay safe and protect your eyes. Please call us if you need help making your hat or finding glasses.

SE DISTRICT MEETING REPORT

Seven Oklahoma County OHCE members and OHCE Advisor, Lisa Hamblin, traveled to Atoka last month for the SE District OHCE meeting. The night before the meeting, everyone had dinner together at Reba McIntire's new restaurant, Reba's Place, and some toured quilt shops and other attractions in the area earlier in the day. Oklahoma County had several members recognized during the meeting, including:

- Oklahoma County Member of the Year, Kathryn Wells
- Oklahoma County Heart of OHCE, Kay Holzman
- Linda Steele, 3rd Place in the Cultural Enrichment Poster Contest
- Gayla Mosteller and Ruby Berg, new Master FCS Volunteers

Door prizes were won, interesting workshops were attended, and everyone had a great time! Mark your calendars for next year's meeting in Sulphur on March 11, 2025!



Our next meeting will be on April 8th at 10 a.m. (We will gather those that wish to walk at 9 am to walk before the meeting and plan on walking before the Leader Lesson at 9 am on April 25th) – Guests are always welcome. Meetings are at the OSU Extension Center in the Pistol Pete Room, 2500 N.E. 63rd, OKC, OK 73111.

HEALTHY LIVING Recipe of the Month

Mini Pizzas

From [Choose Homemade-onieproject.org/recipes](http://ChooseHomemade-onieproject.org/recipes)

Ingredients:

- Non-stick cooking spray
- 6 whole wheat English muffins
- 1 (8oz) can no-salt-added tomato sauce
- 1 cup shredded part-skim mozzarella cheese
- 8 oz fresh mushrooms, sliced
- 2 bell peppers, diced (any color)
- 2 cups fresh spinach, shredded

Preparation:

- Preheat oven to 400* F. Lightly coat a baking sheet with Cooking spray.
- Cut muffins in half & place on baking sheet. Place in oven & bake 1-2 minutes to lightly toast.
- Evenly spread tomato sauce on each muffin half.
- Top mini pizzas with about 1 TBSP of each topping.
- Bake 8-10 minutes or until muffins are lightly browned & Cheese is melted.
- Let cool 1-2 minutes before serving!

TIPS

Switch it up by using you family's favorite veggies to give it a

Personal touch! The possibilities are endless!

Nutrition Facts		
6 servings per recipe		
Serving size	(220g)	
Amount per serving		
Calories	220	
		% Daily Value*
Total Fat	6g	8%
Saturated Fat	2g	10%
<i>Trans Fat</i>	0g	
Cholesterol	10mg	3%
Sodium	360mg	16%
Total Carbohydrate	31g	11%
Dietary Fiber	5g	18%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	212mg	15%
Iron	3mg	15%
Potassium	448mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		