



**PAYNE COUNTY
EXTENSION**

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

JANUARY 2025

Kickstart the Year with Realistic Health Goals

With the last few notes of Auld Lang Syne still echoing through the air, many Oklahomans are planning to start the new year with goals of better health and self-improvement. From exercise videos to health-tracking apps, many forms of assistance and support are available.

To best set oneself up for success, set specific measurable, achievable and relevant goals, said [Janice Hermann, Oklahoma State University Extension](#) nutrition specialist.

"Everyone has lofty goals at the beginning of the year, but are they attainable? If they aren't, it will be easy to get off track and give up," Hermann said. "Instead, set smaller, intentional goals such as losing 10 pounds in three months. This is an achievable goal. When you have success with your goals, it makes it easier to continue on the right path."

Weight-loss programs based on restrictive diets and unrealistic weight goals have largely been shown to be unsuccessful. Most people who lose weight on restrictive diets tend to regain the weight. No single food plan is magical, and no specific food must be included or avoided to achieve your goals. Remember, the best approach is a moderate reduction in dietary calorie intake combined with a moderate increase in

calories expended through physical activity.

What is reasonable weight loss for adults? Over a year, it's about 10% to 15% of body weight. For someone weighing 250 pounds, a 10% loss is 25 pounds, or about a half pound per week for a year. Even modest weight loss can improve blood glucose, blood pressure and blood lipids, all of which can reduce the risk of cardiovascular disease and type 2 diabetes.

"The people most successful at weight management have fully incorporated healthful eating and physical activity into their daily lives," she said. "Staying on task and being organized helps, too. Plan and schedule exercise time. Also, meal planning and prepping can help ensure you're making healthier food choices."

People who combine healthy eating with regular physical activity typically lose more fat, retain more muscle and regain less weight. Even if your eating habits aren't the healthiest, participating in regular physical activity can reduce abdominal obesity, lower blood pressure, lower insulin resistance and improve cardiorespiratory fitness.

Hermann said weight management is a matter of calories in vs calories out.

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Kickstart the Year with Realistic Health Goals (Continued from Front Page):

If calorie intake is the same as calorie usage, a person's weight will stay the same. If fewer calories are taken in than are burned, weight loss occurs. And, if calories consumed are more than calories burned, weight gain occurs.

Check out the USDA's [MyPlate](#) for tips on healthy eating. There is so much information for various stages of life, including infants, toddlers, preschoolers, kids, teens, young adults, women who are pregnant or breastfeeding, adults, older adults and families. Information is also available in Spanish. In addition, OSU Extension offers [health-related information](#) online.

Hermann said it's important to remember to never give up on your goals.

"You're going to fall off the wagon from time to time. Don't worry because you can get right back on track," she said. "Managing weight isn't a sprint – it's a steady, life-long journey. Remember to focus on healthy eating and activity instead of losing weight."

Black-Eyed Peas with Slab Bacon

Servings: 6—1 cup servings

1 lb. dried black-eyed peas
¼ lb. slab bacon, cut into ½-inch slices
6 large cloves garlic, thickly sliced
4 c. water
1 large sprig thyme
1 tsp. salt
½ tsp. ground pepper

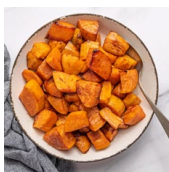


Pick over black-eyed peas to remove any stones. Place the peas in a large bowl with cold water to cover them by 2 inches. Soak for at least 4 hours or overnight. Drain.

Fry bacon in a large pot over medium heat until fat is rendered. When the bacon is crisp, add garlic and cook, stirring, until lightly browned, 1 to 2 minutes. Add water, thyme, salt, pepper and the soaked peas; bring to a boil. Cover, reduce heat to low and cook, stirring once or twice, until tender, about 45 minutes. Serve hot with cornbread, rice or both.

To make ahead: Cover and refrigerate for up to 5 days

Nutrition Facts: (per 1 cup serving): 333 calories; total fat 9g; saturated fat 3g; cholesterol 13mg; sodium 526mg; total carbohydrate 46g; dietary fiber 8g; total sugars 5g; protein 20g



Maple-Roasted Sweetpotatoes

<https://www.eatingwell.com/recipe/252258/maple-roasted-sweet-potatoes/>

Servings: 12—1/2 cup servings

In this healthy side dish recipe, sweet potatoes are tossed with maple syrup, butter and lemon juice and roasted until tender and golden brown. The delicious glaze that forms on these maple-roasted sweetpotatoes transforms this ultra-simple dish into something sublime.

Maple Roasted Sweetpotatoes are sure to be a hit at your holiday meal. Antioxidant- and fiber-rich sweetpotatoes get a coat of buttery maple syrup that soaks into the chunks of sweet potato as they roast, completely infusing them with the classic maple flavor. A touch of lemon juice in the maple butter helps cut through some of the sweetness, while a pinch of salt enhances all the flavors.

Despite their name, [sweetpotatoes](#) are a low-glycemic food loaded with fiber, vitamins and minerals—including vitamin A, which is great for healthy vision and a strong immune system. The low-glycemic factor and fiber combo means sweetpotatoes are less likely to spike your blood sugar.

[Pure maple syrup](#) comes from the sap of the maple tree. When consumed in moderation, maple syrup can certainly be part of a healthy, varied diet. It even provides some nutrition—carbs to give you energy, and manganese, a mineral that activates the enzymes in your body that are responsible for breaking down carbohydrates to make them available to use as fuel.

2.5 lbs. sweetpotatoes, peeled & cut into 1.5-inc pieces

1/3 c. pure maple syrup

2 Tblsp. butter, melted

1 Tblsp. lemon juice

½ tsp. salt

Freshly ground pepper to taste

Preheat oven to 400 degrees F. Arrange sweetpotatoes in an even layer in a 9x13 baking dish. Combine maple syrup, butter, lemon juice, salt & pepper in a small bowl. Pour the mixture over the sweetpotatoes & toss to coat. Cover & bake the sweetpotatoes for 15 minutes. Uncover, stir & cook, stirring every 15 minutes, until tender & starting to brown, 45 to 50 minutes more.

Nutrition Facts: (per ½ c. serving): 92 calories; total fat 2g; saturated fat 1g; cholesterol 5mg; sodium 119mg; total carbohydrate 18g; dietary fiber 2g; total sugars 9g; added sugars 5g; protein 1g; vitamin C 12mg; calcium 32mg; iron 0mg; potassium 294mg

To make sweetpotatoes ahead, prepare recipe as directed above; cool completely, then cover and refrigerate sweetpotatoes for up to one day. Just before serving, reheat at 350 degrees F until hot, about 15 minutes.



Payne County Home & Community Education

JANUARY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New Year! Office Closed	2	3 OHCE Awards & Reports Due at 4:30 PM	4
5	6	7 10:00—OHCE Executive Board Meeting	8	9 Lunch Bunch Rising Star	10	11
12	13 Cimarron Valley Floral Valley	14 Elm Grove	15	16 Cherokee	17	18
19	20 Office Closed Martin Luther King Jr. Holiday	21 11:00 OHCE Achievement Day & Leader Lesson	22	23	24	25
26	27	28	29	30	31	

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PAYNE COUNTY OHCE NEWS



OHCE AWARDS & REPORTS ARE DUE ON FRIDAY, JANUARY 3, 2025!

Due on Friday, January 3rd by 4:30 p.m. (note the time) to the Extension Office are:

- ⇒ Secretary's book (there are no state report forms so you have to tell **everything your club did in the summary pages in the back of the book**)—please submit your Secretary books with the information for the months that you did meet reporting what your local group members did.
- ⇒ All award forms & reports, Life Stories & Photography entries
- ⇒ 50, 60, 70 year members' names
- ⇒ Memorials for members who passed away in 2024
- ⇒ Perfect Attendance (list members on a sheet of paper and clip to inside front of Secretary's book)
- ⇒ Refer to last month's newsletter, state handbook or contact me if you need information or help with your award entries and forms. Outstanding member forms have been given to 2024 local group Presidents but if you need another copy, let me know and we can get you one.

Join Us for OHCE Achievement Day on January 21st

We will have our annual **Achievement Day** on Tuesday, January 21st at 11:00 a.m. at the Expo Center Community Building. Our meeting will include business and awards, including the outstanding member, rookie member, young member, heart of OHCE, participation awards, recycling award, and 50, 60, 70-year members for 2024. Memorials will be given for those who have passed away in the past year, and we will have installation of our new officers. **All 2024 and 2025 officers need to be in attendance.**

Bring a covered dish or two for sharing—**please make sure that each dish you bring will serve 12 or more.** We will have many special guests for this meeting so we need to have plenty of food. OHCE is known for knowing how to prepare delicious meals so bring your best side dishes and desserts! Some meat will be provided by OHCE but main dishes are also welcome. I will send a hostess group letter, but here are the hostess groups and their responsibilities: **Registration/Door Prizes: Cimarron Valley; Decorations: Rising Star; Set Up/Clean Up: Floral Valley** **The February Leader lesson will follow Achievement Day.**

Resource Management Committee Kicks Off 2025

The OHCE Resource Management Committee will be working with county members to support Lost Creek Safari in 2025. We will be making 5 types of donations: baby kangaroo pouches, tennis ball/knotted sock rings, tied or hemmed fleece blankets, square-knot macramé toys, and seed-sickles for the parakeets.

For the first project, local groups or individuals may sign up at Achievement Day and pick up supplies to make tennis ball/knotted sock toys. Also available at Achievement Day will be "seed-sickles" (with instructions) for the birds. These will be collected and delivered to Lost Creek Safari before Spring Break. Watch for updates in future newsletters!

Tips for Managing New Year's Resolutions and Staying Mindful in 2025

<https://news.vt.edu/articles/2024/12/tips-for-managing-new-year-s-resolutions-and-staying-mindful-in-.html>

As they ring in 2025, many people will be thinking about how to reset goals and make lifestyle changes. Individuals often set challenging resolutions and then tend to lose motivation as time progresses. Instead of making a resolution, Virginia Tech behavioral psychologist [Samantha Harden](#) suggests a different approach in the new year.

"I recommend throwing out the adage of a New Year's resolution," says Harden, an associate professor and [Virginia Cooperative Extension](#) specialist in the [College of Agriculture and Life Sciences' Department of Human Nutrition, Foods, and Exercise](#). "Resolutions, as we think of them today, are designed to fail. They promote extreme change all at once versus lasting, meaningful adjustments."

If you want to set goals for the new year, Harden says it's important to self-reflect and be honest with yourself about what goals are realistic to achieve.

"The most important thing is to change your mindset about where you are, what's feasible, what's realistic, and what environmental support you need to get you there," she says.

To help keep these goals feasible and realistic, Harden recommends honing in on what aspect of your life needs improvement most: mental health, hobbies, finances, social interactions, spiritual well-being, or physical health? When you focus on that area of improvement, you can set short-term goals for something soon and long-term goals for something this time next year, and find the "why behind your why."

"First, it's important to remember that it's nearly impossible to have all 'in balance' at the same time and over time," Harden says. "Second, the data and experiences suggest that just visualizing or sharing with others isn't going to get us to our intention. For me, I am a physical activity researcher who often can't prioritize my own physical well-being. Why? Because I'm afraid that if I'm not working around the clock, I'll lose my job, won't be able to pay my bills, and then I catastrophize my way out of mental well-being, hobbies, and social connection."

Harden says all of these aspects of life are interrelated and that the "why behind the why" can be something as simple as wanting to age well, have a healthy heart, or be confident in your clothes and body. "Don't let someone else tell you your why is superficial or that it lacks virtue," she says. Other strategies that individuals can take to incorporate health and well-being in the new year include setting personal goals, self-monitoring, accountability, shared problem solving, friendly competition, and working to improve interpersonal relationships by communication and receiving feedback from a coach, friend, Extension agent, smartwatch/device, or trusted other.

When it comes to establishing healthy habits, Harden says mindfulness is a powerful tool, but she stresses that it is important to remember that this is an ongoing practice, not a perfect practice.

"While mindfulness does take determination, it's one of reflection and connection, one that results in transformation through acceptance rather than fixation on the 'more or less' imperfections in one's life, body, or bank account," she says.

Don't forget, she says, that many people face setbacks at one point or another while working to achieve their goals. "We have different seasons of life, so nurture them and get the healthy habits to fit within them rather than see them as additional," Harden says. "We have to acknowledge and accept that there will be ebbs and flows when working toward goals. Remember, it's all about perspective, and that can keep you going day after day, month after month, year after year."

