



Kickstart the Year with Realistic Health Goals

By: Trisha Gedon, OSU Sr. Communications Specialist



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. If calorie intake is the same as calorie usage, a person’s weight will stay the same.

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TULSA COUNTY
EXTENSION



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If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Kickstart the Year with Realistic Health Goals... Continued

Strengthening Oklahoma Families/Tulsa County

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."



2025 Tax Brackets and Tax Rates

The IRS has [announced](#) the annual inflation adjustments for the year 2025, including tax rate schedules, tax tables and cost-of-living adjustments.

These are the official numbers for the tax year 2025—that tax year begins January 1, 2025. These are *not* the numbers that you'll use to prepare your 2024 tax returns in 2025 (you'll find those official 2024 tax numbers [here](#)). These are the numbers that you'll use to prepare your 2025 tax returns in 2026.

If you aren't expecting any significant changes in 2025, you can use the updated numbers to estimate your liability. If you plan to make more (or less) money or change your circumstances—including getting married, starting a business, or having a baby—consider adjusting your withholding or tweaking your estimated tax payments.

Tax Brackets and Tax Rates

There are seven tax rates in 2025. They are: 10%, 12%, 22%, 24%, 32%, 35% and 37% (there is also a [zero rate](#)). Here's how those break out by filing status: (We have shown a few of the tax brackets below for your convenience. Please check out the link at the end of this article for the complete list of tax brackets.)

Single Taxpayers

2025 Official Tax Brackets

| If Taxable Income Is: | The Tax Due Is: |
|-----------------------|---|
| 0 - \$11,925 | 10% of taxable income |
| \$11,926 - \$48,475 | \$1,192.50 + 12% of the amount over \$11,925 |
| \$48,476 - \$103,350 | \$5,578.50 + 22% of the amount over \$48,475 |
| \$103,351 - \$197,300 | \$17,651 + 24% of the amount over \$103,350 |
| \$197,301 - \$250,525 | \$40,199 + 32% of the amount over \$197,300 |
| \$250,526 - \$626,350 | \$57,231 + 35% of the amount over \$250,525 |
| \$626,351 and over | \$188,769.75 + 37% of the amount over \$626,350 |

Table: Kelly Phillips Erb • Source: IRS • Created with Datawrapper

Married Taxpayers Filing Jointly

2025 Official Tax Brackets

| If Taxable Income Is: | The Tax Due Is: |
|-----------------------|---|
| 0 - \$23,850 | 10% of taxable income |
| \$23,851 - \$96,950 | \$2,385 + 12% of the amount over \$23,850 |
| \$96,951 - \$206,700 | \$11,157 + 22% of the amount over \$96,950 |
| \$206,701 - \$394,600 | \$35,302 + 24% of the amount over \$206,700 |
| \$394,601 - \$501,050 | \$80,398 + 32% of the amount over \$394,600 |
| \$501,051 - \$751,600 | \$114,462 + 35% of the amount over \$501,050 |
| \$751,601 and over | \$202,154.50 + 37% of the amount over \$751,600 |

Table: Kelly Phillips Erb • Source: IRS • Created with Datawrapper

Tax Brackets and Tax Rates... Continued

Heads Of Household

2025 Official Tax Brackets

| If Taxable Income Is: | The Tax Due Is: |
|-----------------------|---|
| 0 - \$17,000 | 10% of taxable income |
| \$17,001 - \$64,850 | \$1,700 + 12% of the amount over \$17,000 |
| \$64,851 - \$103,350 | \$7,442 + 22% of the amount over \$64,850 |
| \$103,351 - \$197,300 | \$15,912 + 24% of the amount over \$103,350 |
| \$197,301 - \$250,500 | \$38,460 + 32% of the amount over \$197,300 |
| \$250,001 - \$626,350 | \$55,484 + 35% of the amount over \$250,500 |
| \$626,351 and over | \$187,031.50 + 37% of the amount over \$626,350 |

Table: Kelly Phillips Erb • Source: IRS • Created with Datawrapper

Trusts And Estates

2025 Official Tax Brackets

| If Taxable Income Is: | The Tax Due Is: |
|-----------------------|---|
| \$0 - \$3,150 | 10% of taxable income |
| \$3,151 - \$11,450 | \$315 + 24% of the amount over \$3,150 |
| \$11,451 - \$15,650 | \$2,307 + 35% of the amount over \$11,450 |
| \$15,651 and over | \$3,777 + 37% of the amount over \$15,650 |

Table: Kelly Phillips Erb • Source: IRS • Created with Datawrapper

Top Marginal Tax Rates

Your marginal tax rate determines what you pay when you receive the next dollar of income—it represents the highest tax rate you pay for the year. For the tax year 2025, the top tax rate is 37% for individual single taxpayers with incomes greater than \$626,350 (\$751,600 for married couples filing jointly).

The other rates are:

- 35% for incomes over \$250,525 (\$501,050 for married couples filing jointly).
- 32% for incomes over \$197,300 (\$394,600 for married couples filing jointly).
- 24% for incomes over \$103,350 (\$206,700 for married couples filing jointly).
- 22% for incomes over \$48,475 (\$96,950 for married couples filing jointly).
- 12% for incomes over \$11,925 (\$23,850 for married couples filing jointly).
- 10% for incomes \$11,925 or less (\$23,850 or less for married couples filing jointly).

Personal Exemption Amounts

Due to the 2017 tax reform law, there will be no personal exemption amounts in 2025. Personal exemptions used to decrease your taxable income before you determined the tax due. You were generally allowed one exemption for yourself (unless you could be claimed as a dependent by another taxpayer), one exemption for your spouse if you filed a joint return, and one personal exemption for each of your dependents—but that's no longer the case. Notably, this is one of the provisions that could be affected if the Tax Cuts and Jobs Act (TCJA) is allowed to “sunset” or expire at the end of 2025 (as the law is currently written).

Standard Deduction Amounts

The standard deduction amounts will increase to \$15,000 for individuals and married couples filing separately, representing an increase of \$400 from 2024. Married couples filing jointly will see a deduction of \$30,000, a boost of \$800 from 2024, while heads of household will see a jump to \$22,500, an increase of \$600 from 2024.

Standard Deduction Amounts

2025 Official Tax Adjustments

| Filing Status | Standard Deduction Amount |
|--|---------------------------|
| Single | \$15,000 |
| Married Filing Jointly & Surviving Spouses | \$30,000 |
| Married Filing Separately | \$15,000 |
| Heads of Household | \$22,500 |

Table: Kelly Phillips Erb • Source: IRS • Created with Datawrapper

For 2025, the **standard deduction amount for an individual who may be claimed as a dependent** by another taxpayer cannot exceed the greater of \$1,350 *or* the sum of \$450 and the individual’s earned income (not to exceed the regular standard deduction amount).

Tax Brackets and Tax Rates... Continued

Strengthening Oklahoma Families/Tulsa County

Child-Related Adjustments

The **kiddie tax** applies to unearned income for children under the age of 19 and college students under the age of 24. Unearned income is income from sources other than wages and salary, like dividends and interest. Your child must pay taxes on their unearned income in 2025, but if that amount is more than \$1,350 but less than \$13,500, you may be able to elect to include that income on your return rather than file a separate return for your child.

The same “regular” rules apply to earned income. There's a lot of chatter in Congress about making changes to the **Child Tax Credit**, but so far, there's no action. If nothing changes, the maximum amount of the child tax credit that may be refundable will be \$1,700 in 2025. For 2025, the maximum **Earned Income Tax Credit (EITC)** amount available is \$8,046 for married taxpayers filing jointly who have three or more qualifying children—it was \$7,830 in 2024. Phaseouts apply.

Check out the link below for more 2025 Tax Rate information:

The Forbes article includes more about IRS Tax Brackets, Tax Rates, Child-Related Adjustments, Business Income, Alternative Minimum Tax, Capital Gains Rates, Education Related & Student Loans, Health Related, IRAs & Other Retirement Accounts, Federal Estate & Gift Tax, Itemized Deductions, Charitable Donations, Casualty & Theft Losses, Job Expenses and Miscellaneous Deductions.

Source: [IRS Announces 2025 Tax Brackets, Standard Deductions and Other Inflation Adjustments-Article By: Kelly Phillips Erb Forbes Staff](#)

[IRS Announces 2025 Tax Brackets, Standard Deductions And Other Inflation Adjustments \(forbes.com\)](#)

PETE'S PEPPER POPPERS

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County

INGREDIENTS:

- 1 (14-oz) package of puff pastry, thawed
- 1 (8 oz) block of cream cheese
- ½ cup of pepper jelly



INSTRUCTIONS:

1. Preheat oven to 375. Grease 2 (24- cup) mini muffin pans with cooking spray. On a clean work surface, spread puff pastry and cut into 24 pieces. Place each piece in prepared cups.
2. Bake pastry until just light golden and puffed, about 12 minutes. Let cool slightly.
3. Cut cream cheese into 24 pieces. Press a piece of cream cheese into the center of each puff pastry, separating pastry in center as needed. Top each with about 1 heaping teaspoon pepper jelly.
4. Continue to bake bites until puff pastry is golden brown and cream cheese is warmed through, 8-10 minutes more. Let cool 10 minutes before serving.

Serves: 12

Nutritional analysis per serving:

| | |
|----------------------|-----------------------|
| Calories: 258 | Carbohydrates: 17.9 g |
| Total Fat: 19.2 g | Sugars: 2.5 g |
| Saturated Fat: 7.3 g | Protein: 3.8 g |
| Sodium: 139 mg | |

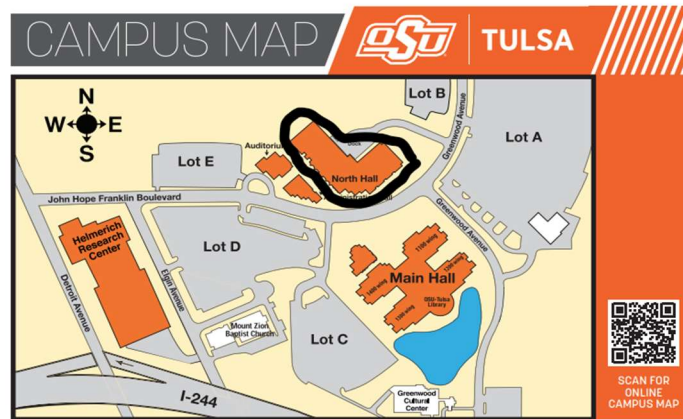
Check out our Channel 6 Cooking Corner demonstration by clicking the link below:

<https://youtu.be/mZKpC9nxy7g>

Co-Parenting for Resilience

OSU-TULSA COUNTY EXTENSION IN-PERSON CLASSES

OSU Tulsa Campus, North Hall #104
700 Greenwood Avenue
Tulsa, OK 74106



Spring 2025 Class Schedule:

Classes are offered once per month
on the following Tuesdays from 9 a.m. to 1 p.m.:

February 4th

March 4th

April 1st

May 6th

CLASS COST: \$40
(Cost with OSU or Tulsa County I.D. \$20.25)

PRE-REGISTRATION REQUIRED

To Register or for more Information
Please call or come by:

Tulsa County OSU Extension Center
4116 E. 15th Street
Tulsa, OK 74112-6198
918-746-3706

FAMILY & CONSUMER SCIENCES CALENDAR

All events will be held at the OSU Extension Office unless noted

Please observe that some event dates may have been changed

WORKSHOPS & ALL CLASSES - PRE-REGISTRATION REQUIRED - Call: 918-746-3706

February:

- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa Campus (pre-register by 1-31-25)
- 17 President's Day – Extension Office Closed
- 21 OHCE NE District Meeting – Money Due from each Group to the County Treasurer


March:

- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 2-28-25)
- 13 "Marmalade" Workshop, 9 am, \$20, limit 8 (pre-register by 3.7.25)
- 14 OHCE Game Day! Please RSVP to Linda @ 918-639-3090, by the 10th.
- 25 OHCE NE District Meeting @ Meridian Tech Center -South Campus- 3025 S. Division Street, Guthrie
- 25 OHCE "BUNCO for a Cause", 6:30 p.m. @ Bailey Education Foundation, 10502 N. 110th E. Ave., Owasso
(More info: Shari @ 918-408-6918 and RSVP by the 24th to: amanda@baileyeducationfoundation.com)
- 27 "Easy Jelly" Workshop, 9 am, \$20, limit 8 (pre-register by 3.21.25)



April:

- 1 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 3.28.25)
- 18 Good Friday – Extension Office Closed
- 16 "Mixed Pickles" Workshop, 9 am, \$20, limit 8 (pre-register by 4.11.25)



**CHANNEL 6
COOKING CORNER**
February 26
March 26
@ Noon
Presented By: Stacey Jones
Tulsa County FCS Educator

It's that time of year again... watch for new FCS Workshops... and get registered soon!



OHCE UPDATES



Bring a "Large" can of Cream of Mushroom or Cream of Chicken Soup & get an extra ticket for a drawing for each can you bring!

We are collecting these for "The Merchant" a group that feeds the homeless in our community. This will support a very specific need that they have at this time. Thank you!!!

OHCE GAME DAY!

Friday, March 14, 2025
1 – 3 p.m.

OSU Tulsa County Extension Auditorium
4116 E. 15th Street, Tulsa, OK 74112

RSVP by 3.10.25: to Linda @ 918-639-3090



WEARING OF THE GREEN!



OHCE UPDATES



SHOUT OUT FROM DEBORAH

Tulsa County OHCE President



Greetings - OHCE Tulsa County Members,

Happy New Year to you all! By the time you read this, we have had our January 15TH OHCE Tulsa County Business Meeting. We have heard all the exciting upcoming events and community service projects planned by our groups and committees.

I hope to see you at Game Day on March 14TH, 1 - 3 p.m. Be sure to bring a friend! And I hope you can attend "Bunco for a Cause", which benefits our scholarship program, on March 25th, 6:30 p.m., at the Bailey Education Foundation in Owasso. I also hope to see you at the OHCE Northeast District Meeting on March 25th at the Meridian Tech Center, South Campus, in Guthrie. The district meetings are always very informative and it's fun to see our friends from other counties. (See articles in this issue for more info on all these events!)

Many thanks to you all for your community service projects and promoting OHCE in our communities. ~ Deborah

PLEASE JOIN US FOR

Bunco for a Cause

With the Bailey Education Foundation and Oklahoma Home & Community Education (OHCE) of Tulsa County

Benefiting our OHCE Scholarship Fund

\$20 to play!! Silent Auction!

Exciting Prizes & Refreshments

Tuesday - March 25th, 2025 at 6:30 PM

10502 N 110TH EAST AVE, OWASSO

For more info call Shari Munroe at 918.408.6918

RSVP by 3/24 to amanda@baileyeducationfoundation.com
Bring a \$10 Walmart Card to be entered in a special drawing

These will go to the Tulsa County Transitional Living Center

Extra - Wear Flowers!

FAMILY ISSUES

TULSA COMMUNITY RESOURCES:

Did you know nearly 14% of Tulsa County residents do not have access at times to enough food for a healthy life? That is about 90,000 of our neighbors. You can be a resource by knowing what organizations help meet this need. **Consider donating food or your time** to the following (these are a sampling of groups taken from the OSU Extension website under Tulsa Resources.)

Bixby Outreach Program

(918) 366-9226

Broken Arrow Neighbors

(918) 251-7781

Caring Community Friends-Sapulpa

(918) 224-6464

Owasso Community Resources

(918) 272-4969

Sand Springs Community Services

(918) 245-5183

Skiatook Emergency Assistance

(918) 396-1137



OHCE UPDATES



2025 NE District Meeting

Tuesday, March 25, 2025

Meridian Technology Center
3025 S. Division Street
Guthrie, Oklahoma 73044



REGISTRATION/MONEY DUE
TO YOUR GROUP TREASURER
BEFORE: 2.21.25

THIS YEAR'S THEME: "OHCE SPRING CLEANING – HEART AND HOME"

REGISTRATION FEE: \$25 (Includes: morning refreshments, lunch, and other fees associated with the meeting.)

MEETING TIME: Registration begins at 8:30 a.m., with Business Meeting beginning promptly at 9:30 a.m.

LUNCH: Catered by *Granny Had One*, from Guthrie, OK. Menu includes grilled, sliced chicken, scalloped potatoes, green beans, salad, and a dessert. It will be delicious! Please **indicate any food allergies** on your registration form, so that accommodations can be made for you!

POSSIBLE WORKSHOPS: *Working with Food Pantries *How Walkable is your Community? *Historical Dress Making *Starting a Side Hustle *Financial Readiness for Caregiving *Lasagna Gardening *Quilting *Social Care Farming/CareHome *Helpful Workshops given by OHCE Officers *AND – Several MAKE AND TAKES!

THERE WILL BE A FUNDRAISER FOR THE 2026 NE DISTRICT MEETING AND A SILENT AUCTION... SO BRING \$\$\$

Bring a bag to carry your items as bags will not be distributed this year.

Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



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Family and Consumer Sciences
Tulsa County OSU Extension Service

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