



Family and Consumer Sciences

Strengthening Oklahoma Families

Kingfisher County Cooperative Extension Service
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Shed unwanted holiday pounds with small, consistent steps

You simply could not resist the silky smooth eggnog. The holiday party buffet table required more than one trip from end to end. Decadent sweet treats could be found everywhere.

Now that the holiday season is over, the ribbons and bows have been disposed of. Unfortunately, all those special treats have left you with a special gift – an extra few pounds that you wish you could return as easily as that sweater from Aunt Mary.

Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist, said it can be relatively easy to gain three or four pounds over the holiday season.

“While three or four pounds may not sound unreasonable, the bad news is that any extra weight gained during the holidays is typically not lost during the rest of the year,” Hermann said. “Research indicates that although the few pounds that many people gain between Thanksgiving and the beginning of the year will usually accumulate from year to year and can lead to serious health problems later in life. Deciding to lose those unwanted holiday pounds by a eating healthy diet and exercising is the first step to getting in shape after the holidays.”

It is important to take small and consistent steps to gain control over your weight and take charge of your health. If you are not normally an active person, do not start training like an Olympic athlete.

Hermann said that doing too much too soon is just setting yourself up for failure.



The best approach is to begin slowly and increase your efforts over time.

Hermann said one great strategy to help you lose weight and improve your health is to add more fruits and vegetables to your diet.

“Fruits and vegetables are low in calories, but as an added bonus, they also supply your body with much-needed vitamins, minerals and antioxidants,” she said.

Another strategy to consider is cutting about 800 calories per week from your diet. This can be done either by eating less or exercising more.

Of course, the best thing is to combine less consumption with more exercise. When combined with exercise, eating smaller, healthier portions of food is a weight-loss method that is sure to pay off.

Just 20 to 30 minutes of exercise performed three or four days per week is sufficient to achieve noticeable improvements in your health.

“If time is a constraint, break that 30 minute block of time down into manageable blocks of 10 to 15 minutes,” Hermann said. “When performed regularly, small segments of exercise are just as beneficial. Remember, you didn’t gain those extra pounds overnight, so they aren’t going to disappear overnight. Small, consistent steps are the key to shedding those unwanted holiday pounds.”

NW District OHCE Meeting

“Ride on in to 2010—with OHCE!”

NW District OHCE Meeting

Friday, March 26
First United Methodist Church
811 East Elm, Fairview OK

Arriving the day before??
Local Tours offered March 25th!!

Pre-registration for tours is required, however all tours are FREE!

Tours A & B meet at Major County Fairgrounds at 3:00 PM. Transportation will be coordinated. Ask County Educator for more details!

Tour A: Plymouth Valley Cellars (1 hour tour)

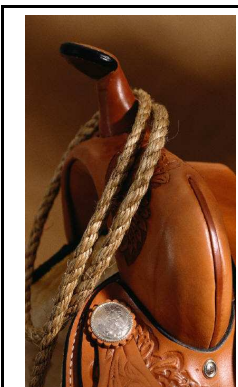
Experience a growing sector of Oklahoma’s Agri-Tourism industry; learn about grape cultivation & wine production just six miles outside of Fairview!

Tour B: Quilts & History (2 hour tour)

Learn Fairview & Major Co. history; visit with a national quilt lecturer on quilts & history at a converted school house!

Tour C: Downtown Fairview Walking Tour

Browse a unique downtown—gift shops, bulk foods store & more; see a renovated art deco City Auditorium, local art; take a break with specialty coffees, smoothies, homemade pie or candy!



To sightsee on the way to Fairview:

Visit the Sod House Museum (SH 8 near Cleo Springs), enjoy the scenic Gloss Mountains 5.5 miles west of Orienta on US 412, &/or visit Indian Creek Village Winery 3 miles west of Ringwood on US 412.

Evening of March 25th: Dinner and Bunco at the Major Co. Fairgrounds!! 4-H will prepare dinner; enjoy “Bunco,” a progressive dice game where players move from table to table! **6:00 to 8:00 PM.**

Pre-registration required. Cost \$7.00



OHCE Business Meeting & AM Session Topics

OHCE County & District Awardees will be recognized and official business conducted. Officer training & OHCE committee sessions planned for the morning include:

- **Awards & Reports.....***Awards Committee*
- **ICE for Emergencies.....***Healthy Living*
- **Counted Cross Stitch...** *Cultural Enrichment*
- **Increasing Membership.....***Membership*
- **Money Munchkins!....***Resource Management*
- **Presidents’ Session..***Co President & Educator*
- **FCS Educators Session.....***County Educators*
- **& Two State OHCE Lessons!**

Luncheon speaker

“The New Generation in Sewing”

Randa Parrish, Prairie Quilt, Hennessey OK

Afternoon sessions / offered twice!!:

- **Self Defense for Women**
- **Basics of Digital Photography**
- **Basic Floral Design**
- **Floral Decorating All through the Home**
- **Pruning Ornamentals in the Landscape**
- **Is Tai Chi for Me?**
- **Making Your Own Greeting Cards**
- **Re-lube Your Body & De-Stress Your Life**

Registration due by: March 11 to: HCE Treasurer, Ina Smith, or the Kingfisher County OSU Extension Office

Cost for OHCE Meeting/March 26th: \$13.00 if received by March 11; afterward \$18.00

Skin Care Basics

Ways to Maintain Youthful Skin as the Years Pile Up

Exfoliating means to remove dried skin cells from the surface of the skin. The root word is “foliage” as in tree leaves.

The epidermis, or outer layer of skin, goes through a process of reproduction and maturation. Cells at the bottom of the epidermis, basal cells, produce daughter cells, which move up through the epidermis. Later, hardening, or cornification, of the cells take place. As new cells come to the surface, the old cornified cells shed.

The cornified layer’s function is to act as a barrier between self and world, keeping moisture inside the body and foreign substances outside. When cornified cells remain on the surface, the skin looks dull and flaky. Exfoliation refers to the process of removing these cells.

Exfoliating products can be abrasive sponges such as loofahs, chemicals such as Alpha Hydroxy Acids, or scrubs such as ground nuts, shells, or salt in a moisturizing base. Even a washcloth or towel can be an exfoliant.

Mild exfoliation can help your skin look moist and shiny, but harsh exfoliation should be avoided. Too much exfoliation can disrupt the barrier function of your skin, leaving you more susceptible to dryness, sunburn and other skin problems.

¹Epidermis: The outermost, protective layer of the skin. The epidermis starts above the dermis layer with the living basal cells that transform as they migrate up and eventually become the cornified, nonliving layer of cells—the stratum corneum— at the surface.

²Basal cells: Basal cells are found at the base of the epidermis. Once formed, basal cells transform and migrate to the surface of the skin where they eventually slough off. This entire process of cell turnover typically takes about 28 days in healthy adults.

³Cornification: As skin cells migrate up through the skin from the basal layer they transform. Cornification is the flattening and hardening of the skin cells as they move into the topmost layer of the skin, the stratum corneum. Cornified skin cells are comprised primarily of protein (keratin) and water. Since they no longer metabolize, these skin cells are no longer living.

4 Keys to maintaining healthy skin

- Wear sunscreen and sunglasses to prevent premature aging from unnecessary sun exposure.
- Stop smoking. Smoking causes premature skin aging and gives the skin a peculiar yellow cast.
- Minimize stress. Stressed people look older than those who manage stress effectively.
- Sleep, eat and exercise wisely.

Sea Salt Skin Scrub

Sea Salt

Base Oil (baby, almond, olive, or massage oil)

Fragrance oil

Vitamin E oil capsules, optional

Small jar with lid which seals well

Wooden spoon or stick for stirring

Pour sea salt into jar to approximately 3/4 full; add base oil to cover salt. Add fragrance oil to personal preference. Puncture Vitamin E capsules and squeeze contents into mixture. Stir well to combine.

To use, stir well to distribute salt. Moisten skin with warm water. Apply with fingertips and gently rub in circular motions. Do not use excessive pressure. Rinse well and pat dry with clean soft towel.

Clever Flower Arranging Ideas

Branch out. You don’t have to use flora foam or marbles to hold your arrangement. You can use tree branches to form the backbone to support more delicate stems. Tip: If your branches are alive and leafy, scrape the bottoms, then split them up the center a couple of inches to aid water absorption.



Like Tulips? To make tulips more exotic, put your thumb under each petal and fold it back with your fore finger. The flipped petals will now resemble camellias.

Every side matters. It is easier to arrange a bouquet on a lazy susan because you can turn the vase and see the display.

Wish your roses would last longer?

Wrap the flowers in brown packaging paper to protect them, then snip a quarter inch off the stems and place them in one inch of boiling water. The shock forces air out of the stem. Leave roses in place until the water turns tepid. Then cut stem again and transfer to cool water.

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PAM—Yes, good ol' cooking spray helps tropicals such as bird of paradise, ginger or Haliconia last longer. The spray seals the pores of the flower and prevents it from drying out. Lightly spritz each bloom once, from about 12 inches away. It will also make the flower shiny.

Ponytail holder. The same elastic that secures your or your daughter's hair will also keep flowers in place. Choose clear elastic and put it around the stems about 4 inches below the top of blossoms.

Snipping. Stay away from scissors. For a clean cut, it is best to snip stems with garden clippers or a sharp knife. Scissors can cause stems to crack which causes the blooms to not get water and will die soon after.

Got Hydrangeas? Put each blossom face down in room temperature water and let them soak for 20 minutes. Then shake the flowers out and remove foliage so the leaves will not hog all the vase water.

Just add bleach! No flower food? No problem! A few drops of Clorox will serve the same purpose as it prevents bacteria—one of the main purpose of other additives.

Cheap flowers. Quality buds in bulk are available at stores that sell in bulk. Check them out!