

Upcoming Events

- May 6—Senior Citizen Rally Day, 9:00 am —1:00 pm, Orange County Convention & Expo Center
- May 15—Backyard Basics—Honeybee Biology, 10 am, Texas A&M AgriLife Extension Office, Free
- May 20—June 10—Green Thumb Series: Keeping Your Plants Healthy! 7 CEU's offered, 10 am Texas A&M AgriLife Extension Conference Room. \$30 per person.
- May 22—Strawberry Jam Canning Class, 10:00 am, Texas A&M AgriLife Extension Office, Free.
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 pm @ The Orange County Convention and Expo Center—Open to Public
- Texas Master Naturalist: On even months the meeting is on the 3rd Thursday, 6:00 pm, The Orange County Convention and Expo Center— DuPont Room. Open to Public



Welcome to Orange County Christina & Fallon!

See Page 2!!

Feeling Good



45th Annual Senior Citizens Rally Day

Tuesday, May 6, 2014

Orange County Convention and Expo Center

11475 F.M. 1442 Orange

9 a.m. till 1 p.m.

Schedule of Events
9 am to 11 am Health Fair
10 to 11:15 am Bingo
11:15 to 1 pm Entertainment, Invocation ,
Free Lunch and Awards

See Page 3



Honeybee Biology



Come see an actual Beehive
so bring long sleeves, wide
brimmed hat, gloves, and a
veil if you have it!

See Page 13

FREE!!
Thursday
May 15, 2014
10 am

Strawberry Jam Canning Class

FREE!

Thursday

May 22, 2014

10:00 am

Texas A&M AgriLife Extension Office

11475 FM 1442

Orange, TX

Green Thumb Series

Keeping Your

Plants Healthy!

Tuesdays

May 20, May 27, June 3, June 10

10:00 am

7 CEU's offered

See page 4

Meet Your 2 New County Extension Agents

Fallon Foster Family & Consumer Sciences

Dear Orange County,

Hello my name is Fallon Foster, I am the new Family & Consumer Science (FCS) County Extension Agent who replaced Paula Tacker. I grew up in Beaumont, TX where I attended the University of Lamar for a Bachelor's of Science degree in Community Health. I am currently working on my Master's degree in promotions of health. I began in Orange County as Paula Tacker's Intern which became an opportunity to work as the Better Living for Texans Program assistant, I then accepted a job as a Nutrition Educator at the Southeast Texas Food Bank where I was promoted to Child Programs Coordinator, which I was involved with the Back Pack Program and School Tools. I love working with the public. I'm so excited to be the new FCS Agent and look forward to being involved with the Orange County Community.

Fallon Foster

Christina Perez 4-H & Youth Development

Hello Orange County 4-Hers, adult leaders, and volunteers. As some of you all may now know I have taken over Marie's position and will now be serving as your new county extension agent for 4-H. I was born and raised in South Texas and was active in the local 4-H and FFA. I have a Bachelors degree from Texas A&M University and a Masters degree from The University of Tennessee. I am looking forward to meeting each and every one of you in the months to come. 4-H is a wonderful organization with many opportunities to grow inside and outside of 4-H, and I am glad to be a part of helping make that all possible.

My goals are to educate, support, and provide youth with new and current 4-H activities at the local, district, and state level, helping them grow in their 4-H career. Another goal is to reach out and engage new and current adult leaders, volunteers and 4-Hers to the 4-H Program.

Feeling Good



45th Annual Senior Citizens Rally Day

Tuesday, May 6, 2014

Orange County Convention and Expo Center

11475 F.M. 1442 Orange

9 a.m. till 1 p.m.



Lions Eye Bank of Texas
WANTS all your old/unused
eye glasses



Schedule of Events

9 am to 11 am Health Fair

10 to 11:15 am Bingo

11:15 to 11:45 am Guest Speaker

11:45 Invocation, FREE lunch,
Awards and Entertainment

Transportation Bus will be available at designated locations in Vidor and Orange.

Call the Extension Office by MAY 1st for reservation 882-7010.

For additional information contact the
Texas A&M AgriLife Extension Service
Orange County
409-882-7010



TEXAS A&M
AGRI LIFE
EXTENSION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Keeping Your Plants Healthy!

Tuesdays

May 20, May 27, June 3, June 10

10:00 am

Texas A&M AgriLife Extension Office

\$30 per person per series covers all classes and materials. Please call the Extension office if you are interested so we can plan for the class materials.

409-882-7010

7 CEU's
including hrs in
Integrated Pest
Management

Topics:

Weeds

Beneficial Insects and Insect Pests

Other Health Challenges in the Environment

Fungal Diseases on Plants

Integrated Pest Management and Pesticide Uses

Strawberry Jam Canning Class

FREE!!

Thursday

May 22, 2014

10:00 am

Texas A&M AgriLife Extension Office

11475 FM 1442

Orange, TX



4-H NEWS



Orange County Livestock Show

October 10-11, 2014



Reminders:

Stay Connected to Orange
County Livestock Show by
liking us on Facebook!



- Tag-In: July 12 at livestock show barn in Mauriceville from 8 am-12pm
- Chicken pick up: August 14 at Vidor High School (ag building) from 4pm-6pm
- Rabbit entry deadline: September 12
- Entry forms and rules and guidelines will be available at the extension office May 12

Are you planning on showing chickens at the Orange County Livestock Show?

All 4-H'ers who are interested or think they may want to show poultry at the Orange County Livestock Show in October must contact the 4-H office. Minimum order of 10 chickens at \$20 (\$2 each). Additional chickens are ordered in increments of 5. You will not be purchasing your chickens now but we do need to know your amount.

Hello 4-Her's!!!!

Tractor Supply is a HUGE supporter of 4-H so let's show our support to them (while benefiting 4-H).

April 23 through May 4th is the Paper Clover Campaign time at Tractor Supply through out the state of Texas. Your local Tractor Supply Store is asking for 4-H's support/help in selling \$1 clovers between now and May 4th. As a club or family you can set up a table and sell clovers. You can go on Saturday, Sunday or any day during the week after school.

Interested???? Please contact the office or call Tractor Supply in Orange and speak with Derrick and he will set you up.



State Fair of Texas

Swine Validation

If you want to show swine at the State Fair in Dallas this year, it is time to order tags. Tags are \$8 each. Tag orders and money are due to the 4-H Office by 5:00 pm Tuesday, **April 29th**. Make checks payable to Orange County 4-H.



4-H NEWS

SUPPORT YOUR LOCAL 4-H

Mighty Pirates 4-H will be having a BBQ Fundraiser Saturday, May 3, 2014 starting at 10 am. They will be set-up in the Cross-roads Shopping Center Parking Lot in Vidor. Bring your appetite for some pulled pork and link sandwiches, drinks and chips. Sandwiches are \$3 and a meal is \$5.



19th Annual Houston County 4-H Shooting Sports Invitational Shoot and Whiz Bang Qualifier

Friday June 13th and Saturday June 14th

<https://docs.google.com/file/d/0B623ZTPaCTeqSXFkbmVGtkZnaUU/edit?pli=1>



Market Poultry Workshop

May 31, 2014

This workshop provides an excellent opportunity to "hear the experts" and work alongside Texas' major poultry judges. Educational activities include in-depth discussion on: brooding, management, sanitation and feeding programs and selection broilers and turkeys. There will be "hands on" practice in early culling and selecting, handling your birds during the show and "putting together" show pens. The workshop will be held in College Station, Texas at the Pierce Pavilion. Onsite Registration Starts 8am with the workshop being from 8:30-3pm. Register online at agriliferegister.tamu.edu. Cost is \$50 person or family, \$8 person optional lunch, kids under 10 eat free. Onsite or Late (after 5/16) registration \$75 person or family.



2014 Poultry Institute for Youth

Sponsored by U.S. Poultry and Egg Association

The 2014 Poultry Institute for Youth will be held Sunday, June 15 through Tuesday, June 17 at Texas A&M College Station. The institute is a 3 day camp for students with an interest in the poultry industry. Students will attend mini lectures taught by Texas A&M staff on topics such as anatomy, embryology, immunology, nutrition and processing. Students will also participate in field trips to a commercial layer facility and a local processing facility. If you are interested in attending call the 4-H office at 882-7010.

4-H NEWS

Volunteer Workshops Online

May 5 and 6

Join Texas 4-H for the second series of 4-H Strong Virtual Volunteer Workshops. Each workshop is designed to get you pumped up to make the best better for the youth of Texas.

Topics Include:

Leaders 4 Life
Livestock Judging Basics
How to Train 4-H Food Challenge Teams
Summer Camps and Opportunities
Share the Fun
And more!!!!!!!!!!!!!!!!!!!!



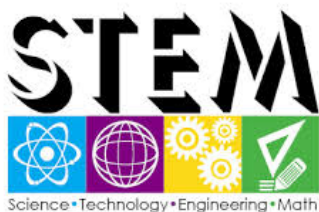
For workshop descriptions, instruction on how to participate and any updates, visit the Volunteer Conference website at:

http://texas4-h.tamu.edu/volunteer_conference

BioFORCE Summer Camp

Are you a high school student interested in science, technology, engineering, and mathematics???

The National Center for Therapeutics Manufacturing (NCTM) at Texas A&M University will be hosting its BioFORCE Summer Academy for interested high school students. BioFORCE is an experiential Science, Technology, Engineering, and Mathematics (STEM) program of the NCTM that provides developmental activities with a focus on the biotechnology and pharmaceutical industries. BioFORCE Summer Academies offer high school students a unique opportunity to learn about cutting-edge research, medical discoveries, and bio-manufacturing, to prepare for college programs in engineering and science, and ultimately, to pursue a career in the biotech or pharmaceutical industries. BioFORCE Summer Academy will accept students from statewide high schools who will have completed the 9th or 10th grade by June 7, 2014. This 4-day residential academy allows the students to get a feel for a college campus by staying in on-campus housing and enjoying university activities. Also, because we have received scholarship funding from the Texas Workforce Commission and Cognizant Technology Solutions Corporation, this camp will be FREE OF CHARGE to all participants.



For more information visit: <http://nctm.tamu.edu/bioforce.html>

4-H NEWS

District 9 & 3 4-H Leadership Lab

June 16-18, 2014

Texas 4-H Center-Brownwood

4-H Use Your Head to Survive

4-H Members if you are interested in attending Leadership Lab, call the 4-H office at 882-7010

2014 District 4-H Horse Show

June 24-26 Bryan, TX

Location: [Brazos County Expo](#)

Entry/Registration Deadline: June 1, 2014

Entry Fee: Varies depending on classes and other show options.

Horse Show letter and rules and guidelines can be found at: <http://d94-h.tamu.edu/eventsandcontests/horse-show/>



2014 State 4-H Horse Show

July 19-26 Abilene, TX

Information can be found at : <http://animalscience.tamu.edu/academics/equine/state-4h-show/>

Texas 4-H Outdoor Challenge

June 27-29, 2014

Ready for an outdoor challenge? Join the fun during the 2014 Texas 4-H Outdoor Challenge competition. This year's competition will be held June 27-29 at the Collin County Adventure Camp in Anna, Texas. Registration is open on 4-H CONNECT from May 1st to May 31st. Cost is \$30 per person for contest and \$100 per person for meals, lodging, and facility expenses. For more information go to: texas4-h.tamu.edu/outdoor or contact the 4-H office at 882-7010.





Honeybee Biology



Come see an actual Beehive so bring long sleeves, wide brimmed hat, gloves, and a veil if you have it!

FREE!!

Thursday

May 15, 2014

10 am

Texas A&M AgriLife

Extension Office

Orange County

Convention & Expo Center

11475 FM 1442

Orange, TX

Bees gather nectar from plants and cause two processes to change nectar into honey.

The sweet crop of honey is the result of lots of bee activity. Come learn about the activities and behavior of honeybees.

Please call the Texas A&M Extension Office at 409-882-7010 if you need more information or have questions.

May is Mental Health Month - Mind your Health

What is mental health? Simply put, mental health is the ability to cope with daily life and the challenges it brings. When a person has “good” mental health, they deal better with what comes their way. By contrast, “poor” mental health—such as feeling overwhelmed by stress—can make even day-to-day life difficult.

Poor mental health can also significantly harm a person’s physical health. For instance, research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.

The good news is there are many healthy choices and steps that individuals can adopt to promote and strengthen mental health—and overall health and well-being.

A healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.

***Family & Psychological Center



Orange County Master Gardener's Horticulture Help line



Sick Tree?

Questions about flowers?

Brown spots in the grass?

Etc...

**Call 409-882-7010
on Tuesdays between
1:00 pm and 3:00 pm
to talk to a Master Gardener.**



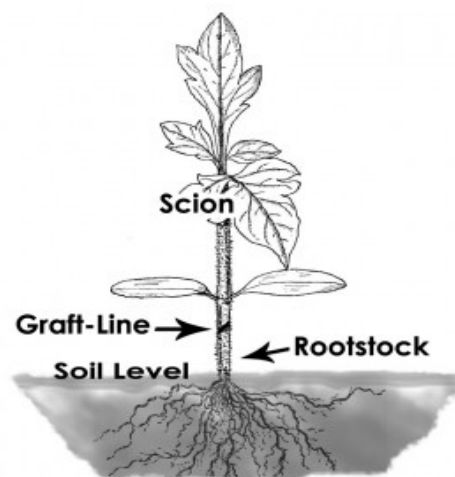
Small Acreage Horticultural Crops Seminar Series

Grafting Vegetable Crops: Principles and Practices

Thursday, June 19, 2014

9:00 am—Noon

**Series will be held at the Texas A&M AgriLife
Extension Office. Call to register at 409-882-7010.**



School children experience weight gain during short summer months

Summer is a welcome respite from the rigor and routine of the school year for many children but unfortunately it can often lead to weight gain.

A study led by Dr. Jennette Moreno of the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine showed that children gained weight during the summer but lost weight during the school year. The research was included in a recent issue of the *Journal of School Health*.

"Kids tended to see an improvement in their weight during the school year but during the three short months of summer, we saw a dramatic increase," said Moreno, an instructor of pediatrics – nutrition. "There was a particularly pronounced summer weight gain in children who were already overweight or obese."

The study included more than 3,700 children in a Southeast Texas school district. They were enrolled in the study upon starting kindergarten in 2005 and followed throughout elementary school. The children were classified into one of four weight categories at the beginning of the study based on initial body mass index percentiles—underweight, normal weight, overweight, or obese.

Their heights and weights were measured in the fall and spring of each school year. Children in all weight categories gained weight over the summer; however, it was most significant among overweight and obese children. Only the overweight and obese children lost weight during the school year, with children in the other categories remaining the same.

There are several possible explanations for increased weight gain during summer compared to the school year

Moreno notes. One is that some of the policies that have been enacted like national school lunch and breakfast programs as well as requirements for physical activity during the school day are in fact beneficial to kids. Also, the school day provides more structure, and children do not have unlimited access to food during the day. Although not directly studied, these factors may help to promote healthy lifestyles, she said.

During the summer, however, there is potentially less structure for children. They likely have more access to food throughout the day while at home and may be engaging in more sedentary behavior, like watching television and playing video games, while having less structured physical activity.

"This study points to the fact that during the summer, more attention needs to be paid to a child's eating and physical activity habits," Moreno said. "It also indicates that not just a select group of severely obese kids but all kids need something in the summer in terms of intervention to prevent this slide toward obesity."

Future research will evaluate the weight gain from one year to the next to try to determine if it is a pattern that takes place over time, or if the weight gain is happening at a specific point during elementary school.

"The suggestion so far is that it's happening right after kindergarten but additional research will offer more direction," Moreno said. Others who contributed to the study included Dr. Craig Johnston of the CNRC and Deborah Woehler of the Oliver Foundation. Funding for the study was provided by the Oliver Foundation.



TEXAS A&M AGRILIFE EXTENSION
11475 FM 1442
Or
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Orange, TX 77631
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E-mail: orange-tx@tamu.edu

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

TEXAS A&M AGRILIFE EXTENSION

IN THE APRIL/MAY ISSUE:



Upcoming Events

- Welcome 2 New Agents!!
- Senior Citizens Rally Day
- Keeping Your Plants Healthy
- Strawberry Jam Canning Class
- **4-H News: Pages 5-8**
- Backyard Basics-Honeybee Biology
- May is Mental Health Month
- Master Gardener Help Line
- Small Acreage Horticultural Crops Seminar Series—Grafting Vegetable Crops
- Weight gain in school age children during summer months

Strawberry Tiramisu for Two

- 1 pint fresh strawberries
- 18 lady fingers
- 1/2 cup confectioners' sugar
- 1/3 cup chilled espresso
- 1 cup mascarpone cheese
- 1/2 teaspoon unsweetened cocoa powder
- 1/2 cup heavy cream
- 2 tablespoons coffee-flavored liqueur

Directions

1. Cut off the tops of the strawberries and slice them. Reserve 2 large whole berries for garnish.
2. In a blender, place 2 cups of strawberries and 2 tbsp. confectioners sugar; blend to puree and set aside.
3. In a medium bowl, combine mascarpone cheese, 1/4 cup cream, 1/4 cup sugar, and liqueur; beat with an electric mixer on medium-high speed for 1 to 1 1/2 minutes until thickened.
4. Place 6 ladyfingers on a service plate and brush each with approx. 1 tsp cold espresso coffee. Spread or pipe out 1/2 of the cheese mixture over the ladyfingers, and layer with half of the sliced strawberries.
5. Repeat with the next 6 ladyfingers, espresso, remaining cheese mixture, and sliced strawberries; top with remaining 6 ladyfingers.
6. In a small mixing bowl, combine 1/4 cup heavy cream with 2 tbsp. sugar; beat with an electric mixer on med-high speed until just whipped, approx. 1 minute. Spread cream evenly over top layer of ladyfingers.
7. Dust cocoa over whipped cream, and garnish with 2 reserved strawberries. Pour strawberry puree onto two serving plates. Cut tiramisu in half, and place onto puree.