

Upcoming Events

- August 11th: Do Well, Be Well, Diabetes Mini Cooking Class, 10am—12 noon, Vidor Community Center.
- September 5th: Closed for Labor Day
- October 14-15: Orange County Livestock Show, Mauriceville Community Center Fair Grounds
- Claybusters 4-H Shooting Sports: First Monday of each month; January thru August/September
- Dusty Trails 4-H Meeting: No meetings during the summer.
- Texas Master Gardeners: 2nd Thursday of each month; 6:30 pm @ The Salvation Army Boys & Girls Club-Open to Public
- Texas Master Naturalist: On Even Months the Meeting is on the 3rd Thursday, 6:00 pm @ Gander Mountain-Open to Public
- Mighty Pirates: No meetings during the summer.
- Wildlife Workshop: Kids age 5—18. August 16, 6:00 pm @ Village Creek State Park in Lumberton, free entry into park, stop by office when you arrive.



Do Well, Be Well Diabetes Mini Cooking Class

**August 11, 2011
10 am to 12 Noon**

Vidor Community Center



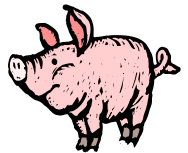
Orange County Livestock Show

October 14th & 15th, 2011

**Mauriceville Community Center
Fair Grounds**

**Anyone interested in supporting the
kids as a buyer, please contact the
Texas Agrilife Office at**

409-882-7010



ORANGE COUNTY FARMERS' MARKET

Every Saturday

6:30-10:00 a.m.

Every Wednesday

4:00-7:00 p.m.

**Pinehurst - in front of Big Lots
MacArthur Drive**



Do Well, Be Well with Diabetes

You Are More Than Diabetes:

Diabetes does not define you; it's just a small part of your complex being. When it comes to diabetes, your treatment plan starts with being mentally prepared.

Learn to Laugh:

As strange as it sounds, learning to laugh can help. Your thoughts and feelings have an enormous impact on your body. Positive thoughts do have positive physical effects. Humor is a useful tool in helping man-

age diabetes by adding perspective-not that there is anything funny about having diabetes. But a little humor may help you see from a different perspective. Humor can help you build the confidence to know that you can deal with diabetes. Plus, laughing lowers glucose levels!

Do Well, Be Well with Diabetes is a free educational program for people with type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

Our next classes coming up are:

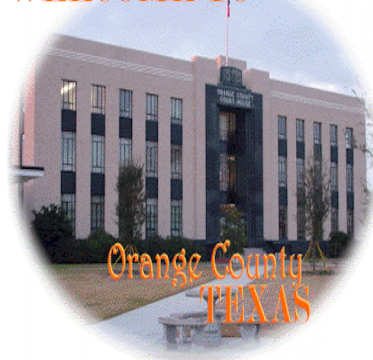
- Mini Cooking Class: August 11, 10:00 am-12 noon, Vidor Community Center.
- Grocery Store Tour: September 15, 1:30 pm to 3:30 pm, Market Basket Orange

Call the Extension Office at 882-7010 to Pre register.



Keys to the Courthouse

WELCOME TO



Elected County Offices

The following are elected county offices. Unless noted, all county officials are elected to 4-year terms. If an elected official is unable to complete his or her term of office, someone may be appointed to fill the office.

Commissioner-Four *commissioners* are elected from individual precincts in each county. They serve 4-year staggered terms, with two county commissioners being elected every 2 years during the general election. The commissioners and the county judge make up the *county commissioners court*, which has specific

budgetary and administrative duties in overseeing general county operations. Constitutional and *statutory* duties of the commissioners court include dividing the county into precincts, building and maintaining roads, providing for necessary county buildings, managing public lands held by the county, setting tax rates, and managing the county's fiscal and financial responsibilities. Individual commissioners supervise the maintenance of county roads within their precincts unless the county has elected to operate under a unit road system.

Provisions from the American Disability Act will be considered when planning educational programs and activities. Please notify the Orange County Extension Office 5 days prior to event at 409-882-7010 if you plan on attending an Extension educational program and need specialized service. Educational program serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, political beliefs or national origin. The Texas AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Preparing for the Unexpected

Make a family plan

Families differ considerably. It's important to create a plan that fits your family's needs. Regardless, all family members need to know how to respond to severe weather or any disaster that could occur in your area.

When making a family disaster plan, you will need to consider escape routes, family communication, utility shut-off and safety, insurance and vital records, special needs, caring for animals and

safety skills.

Family communication:

It's important to plan how your family members would contact one another if they were separated when disaster strikes. Fill out a contact card for each family member and have everyone keep a copy of it in a wallet, purse or backpack for easy reference.



Choosing the Correct Backpack for Your Child

It's that time of year again—back-to-school time! Many parents and children prepare for that first day of school by doing some back-to-school shopping, which often involves buying new clothing, pens, pencils, paper, markers, etc. However, backpacks are one of the biggest necessities for both college-aged and younger students, and it's important to choose wisely.

There are so many backpacks to choose from, and choosing the right one for your child is not always easy. Backpacks come in all sizes, colors, fabrics, and shapes—all of which help kids express their own sense of style. As practical as backpacks are for those who use them, backpacks can cause strained muscles and joints and back pain when worn incorrectly.

Because of the heavy weight he or she is carrying, your child might begin to develop shoulder, neck, and back pain. What can we do about this? The American Academy of Pediatrics recommends that before you purchase a backpack, look for the following five criteria:

- Choose a **lightweight**

backpack that doesn't add a lot of weight to your child's load. For example, although leather backpacks look cool, they weigh more than traditional canvas backpacks.

- Choose a backpack with **two wide, padded shoulder straps**. Straps that are too narrow can dig into shoulders.
- Choose a backpack that has a **padded back**, which provides increased comfort and protects the wearer from being poked by sharp edges (such as pencils, rulers, notebooks, etc.) inside the backpack.
- Choose a backpack that has a **waist belt**, which helps distribute the weight more evenly across the body.
- Choose a backpack that has **multiple compartments**, which also helps distribute weight more evenly.

Although most backpacks come with two shoulder straps, this doesn't mean that your kids will use both straps! Many kids wear their backpacks over just one shoulder, which is the wrong thing to do. This makes the person lean to one side to offset the extra weight, and they might develop lower and upper

back pain and strain their shoulders and neck. Wearing the backpack incorrectly can also lead to poor posture. So, make sure your children wear the backpack using **both** straps. It's also a good idea to tighten the straps enough for the backpack to fit close to the body, and it should sit 2 inches above the waist.

Girls and younger children may be especially at risk for backpack-related injuries because they're smaller and may carry loads that are heavier in proportion to their body weight. Doctors recommend that people—especially children—carry backpacks that are no more than 10–15 percent of their body weight. For example, if a child weighs 80 pounds, 15 percent of his or her body weight is 12 pounds. So, for an 80 pound child, the backpack and its contents should not weigh more than 12 pounds—but remember, lighter is always better.

By following these guidelines, your child will start off this school year with a healthy back! For more information contact your local county Extension agent.



4-H Rabbit Project



Youth have an opportunity to learn responsibility and basics about livestock. These can be short or long term projects and kids have an opportunity to participate in local livestock shows and many of the Major Texas livestock shows with many of those occurring in the spring months. The rabbit project is a good project for first time contestant or the young kids. Raising rabbits is fun. Youth will learn the proper methods for caring for, raising, breeding, marketing, and maintaining rabbit livestock. There are three options for participation depending

on intended use of the livestock. The market rabbit project which is breeding and raising rabbits for meat. Rabbit Breeding project which is the breeding and raising rabbits for desired or unique characteristics and the pet project which focuses on maintaining rabbits for companionship. Rabbits require no fancy or expensive equipment. They can be confined to hutches, and can be raised in urban as well as rural areas. Caring for and managing your rabbits provides new experiences every day.

July 4-H Wildlife Workshop



The 4-H youth learned about mammals on Tuesday, July 12. The speaker was Bob Baker with Texas Parks and Wildlife. The youth were able to see many different animal skins and animal skeletal features. They learned how to determine the age of deer by examining deer jawbones and the wear on the teeth. Winners of

the traveling trophy were Sarah and Kennedy who knew ten of the snake species by sight. The next wildlife workshop is being held on August 15, 2011, 6:00 pm, at Village Creek State Park in Lumberton. There is free entry into the park but stop by the office when you arrive.





Go to this website <http://www.krogerneighbortoneighbor.com/search.php> and enter *Mauriceville, TX* and our organization *Helping On Purpose Everyday* will come up. Click on this and print the letter. Take it to Kroger and a percent of your purchases will support our Diabetes Education Program.



Investigating Water

Water, one of the most common compounds on earth, covers more than three-fourths of the earth's surface. This natural **resource** is so common that people sometimes take it for granted. However, it is the foundation of life on earth and is vital to everything that people do.

People use water:

People directly use water in a number of obvious ways. We drink it to replenish bodily fluids (the human body is about 80 percent water). We cook with it and we use it for the purposes of **hygiene**; we bathe in it, wash our clothes, clean our living space, and use it as an aid in sanitation. People also use water for recreation and in commercial transportation.

Indirectly, people use even more water. All of the foods people and other animals eat depend upon water. Water, in some form, is used to generate most of our electrical power and is often used to heat and cool buildings. Water is one of the most

commonly used materials in manufacturing most products.

Water and living things:

Water is the universal **solvent** for the **chemicals** that are necessary for the growth and maintenance of the human body. Water is the primary **component** of the fluids that carry materials to and from cells. Oxygen, dissolved in the watery fluid of the body, is carried to cells so they can release energy to permit growth and cell replication. Carbon dioxide and nitrogen-containing compounds are carried away from the cells as waste. Water also is the primary means of eliminating wastes, through the **excretory** system, from the bodies of living things. Water is required for the exchange of gases when breathing. It also serves as a major component of the **lubricants** in the joints of the body. If these functions are not provided, living things soon die.



Water, one of the most common compounds on earth.



***Plants are a
vital part of
Planet Earth!***

Junior Master Gardening

Importance and Uses of Plants:

Plants are a vital part of Planet Earth. They are the beginning of the food chain, providing nourishment for both animals and people. They also make our world beautiful: Trees give shade during the summer and protect us from the wind in winter; shrubs, vines and flowers beautify our homes and provide a place for wildlife, such as birds, squirrels and insects, to live.

Plants are also used to make clothing, medicine and

shelter for people. Some clothes are made from plants, and our ancestors used plants to dye their clothing. Long ago, people treated common illnesses with medicines not from the pharmacy or grocery store, but from plants. And our homes are made and furnished with wood and many other plant-based materials.

Plants also enhance the very air we breathe, by producing the oxygen our bodies need. Without plants, we could not live.



***Radiation,
Convection, &
Firebrands
are 3 ways
your house
can catch on
fire.***

Wildfires & Your Home

How Your Home Catches Fire:

There are three ways that the wildfire can transfer itself from the natural vegetation or other burning homes to your home—through radiation, convection or firebrands.

Radiation: Wildfires can spread to your home by radiating heat in the same way a radiator heats your rooms in the wintertime. Radiated heat is capable of igniting combustible materials from distances of 100 feet or more.

Convection: Contact with the convection column (flames) may also cause the

wildfire to ignite your house. Typically, the convective heat column rises vertically, within the smoke plume.

Firebrands: Firebrands are burning materials that detach from a fire during strong convection drafts in the burning zone. Firebrands can be carried long distances—more than a mile—by the winds associated with the wildfire.

In all cases, your home's building materials and design play a significant role in establishing the level of exposure that can be endured before ignition from radiation, convection, firebrands or any combination of these three.

Take Me Out to the Ball Game!!

The Texas 4-H Foundation has two (2) exciting opportunities for county/4-H clubs to earn funds for the 2011-2012 Texas 4-H year. What better combination than "America's favorite pass-time" and "Texas 4-H"

The discounted tickets are on sale now for the 2011 Texas 4-H "GREEN OUT" event to kick off the 2011-12 4-H year with Major League Baseball's club the Texas Rangers vs. Los Angeles Angels on August 27, 2011, at the Ballpark in Arlington. There is a Pre-Game Concert by MercyMe, presented by I Am Second. This will be a fun

-filled day of family, friends, and fellowship for all to enjoy.

Every County and 4-H club has the opportunity to sell GREEN OUT tickets as a fundraiser for their County 4-H program. Prizes will be awarded for the member, club or county 4-H that sales the most tickets. The Texas Rangers organization has been gracious enough to not only give us a discounted ticket rate, but are giving \$3.00* for every ticket purchased to the County 4-H program that sells tickets. The more tickets you sell, the more money you can make for your County 4-H! Attached you will find the order form or you can download more

information at the web-site.

<http://texas4hfoundation.org/texas-4-h-alliances/rangers-baseball-green-out-4-h-event/>



Astros fans!!! We have a game night for you as well. The "4-H Night at the Ballpark" is scheduled for Saturday, September 3, 2011. This will be the Astros vs the Milwaukee Brewers game. Arrive early!! Representatives from 4-H will be recognized during a pre-game ceremony. Special pricing is being offered to 4-H.

A portion of the tickets sold will be donated to the county where the tickets were sold. Amount earned* varies by ticket sold: Field Box - \$10, Bullpen Box - \$6, Terrace Deck - \$5, Mezzanine - \$4, View Deck 1 - \$3, View Deck 2 - \$3.

For group orders, when contacting Brent Broussard designate your county/4-H club. Those tickets purchased online will be sorted by zip code locations and funds generated will be donated

to the county that corresponds with that zip code. If you have a group that is not quite 20, you may still contact Brent so that you can provide him with the corresponding county/4-H club information. Go to the website listed below for more information: <http://texas4hfoundation.org/texas-4-h-alliances/4-h-night-with-the-astros/>



***Astro fans!!!
We have a
game night for
you as well!***

TEXAS AGRILIFE EXTENSION
11867 Hwy 62 North
Or
PO BOX 367
Orange, TX 77631
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

Non-Profit Org.
US Postage
PAID
Orange, TX
Permit #12

Return Service Requested



IN THE AUGUST ISSUE:

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Almost a Pyramid Sundae

Ingredients:

- 1/2 cup fresh, sliced strawberries or other fruit cut into bite-sized pieces*
- 1 graham cracker square (2 1/2 -inches), crushed
- 1/2 cup low-fat yogurt, any flavor
- 1 tablespoon chopped nuts, any type



What to do:

1. Wash your hands and clean your cooking area.
2. Wash and slice fruit.
3. In a plastic sandwich bag or bowl, crush the graham cracker square.
4. In a small bowl, layer the crushed graham cracker, yogurt, fruit and nuts.

This is a fun dessert that children will enjoy making. Talk with them about the names and colors of the different foods.