

Upcoming Events

- August 5-September 2. Do Well, Be Well with Diabetes. Type 2 Diabetes education.
- September 9, Vegetable Seed Saving
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 pm @ The Orange County Convention and Expo Center-DuPont Room. 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.

"Like" us on Facebook!

Look for us as
Texas A&M AgriLife
Extension—Orange County.

This page will keep you updated on the events and happenings of the Texas A&M AgriLife Extension programs and 4-H program in Orange County.



We are ready to take your Pecan Orders!



See page 8 & 9

Vegetable Seed Saving

Tuesday



September 9



6:00 PM

Extension Office

See Page 2 for more information

Vegetable Seed Saving

Tuesday

September 9

6:00 PM

Extension Office



Learn:

Why save seeds?

What seeds can I save?

How to store the seeds.

Hands-on

demonstration for
tomato plant seeds and others

Receive a starter selection
of heirloom, open-pollinated seeds

Web site: Orange-agrilife.org - Phone: 409-882-7010

Beef Symposium & Hay Testing

This year the Beef Symposium will be held at the
Winnie-Stowell Community Building,
225 S. Park Street in Winnie on
Tuesday, October 28th.

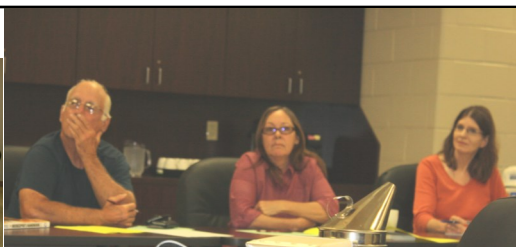


Hay Testing is offered for \$10 per sample. Samples need to be collected and placed in a brown paper bag. I.D. tags for the samples will be available at different drop off locations and the Extension office. September 19th will be deadline date to receive samples.



Additional information on the symposium and hay testing will be included in the newsletter as it is received.

Sponsorship is available for trade show. Contact the Extension office 882-7010 for further details.



Apiary Course Orientation



Better grades, healthier eating habits, closer relationships to parents and siblings, ability to resist negative peer pressure, resilience in the face of life's problems — all these are outcomes of simply sharing dinner on a regular basis.

**adapted from Ohio State University Extension*

Extension Celebrates Family Mealtime
September 21-27

Youth Summer Cooking Camp 2014



SECRET CHEFS



JUDGES



1st PLACE WINNERS IN THE FOOD CHALLENGE



COOKING CUPCAKES



FRUIT NINJAS

Back to School Safety Tips for Motorists and Kids



Seems like summer is just starting to really heat up in Texas, yet it is almost time for children to go back to school. Soon motorists

will be sharing the roads with school buses, children walking or on bicycles, and even lots of new teen drivers taking their first car to school. Drivers need to be vigilant because school children can be very unpredictable. They're easily distracted and can often run into traffic or out from behind parked cars. Looking out for children rather than expecting them to look out for us is our best defense as drivers.

Last year in Texas, there were 625 vehicle crashes in school zones resulting in two deaths and 112 serious injuries. The most common factors contributing to these crashes were driver inattention, failure to control speed, and failure to yield the right-of-way at stop signs.

Whether your oldest is just starting kindergarten or taking that first trip to school in his or her own car, parents can play an important role in keeping their children safe. For young children, make sure they know the rules about school bus safety when it comes to boarding and getting off the bus. If you are transporting children to school, remember that children under 13 should always ride in the back seat

in a car seat (including a booster) or seat belt depending on whether they fit properly in the seat belt. Teen drivers and their parents should be aware of the Texas Graduated Driver License Law and the restrictions it puts in place, including no cell phone use and no more than one passenger under 21 in the vehicle unless the passenger is related to the driver. And, most importantly, always stress buckling up on every trip – even on those short trips to and from school!

Fallon Foster, Texas A&M AgriLife Extension Service agent in Orange County, reminds drivers to follow these safety tips from the Texas Department of Transportation to prevent needless tragedies.

Tips for Driving in School Zones

- Put away your cell phone. Cell phone use is banned in active school zones, and violators face fines of up to \$200 in school zones where signs are posted.
- Always obey school zone speed limit signs. Remember, traffic fines usually double in school zones.
- Drop off and pick up your children in your school's designated areas, not the middle of the street.
- Keep an eye on children gathered at bus stops.
- Be alert for children who might dart across the street or between vehicles on their way to school



Tips for Bicy-

clists

- As a bicyclist, you should obey all traffic laws, including the following:
- Stop at red lights and stop signs.
- Pay attention to lane markers.
- Ride near the curb, traveling in the same direction as traffic.
- Use a light on the front and a red reflector or red light on the back of your bike while riding at night.

Tips for Pedestrians

- When there is a sidewalk, use it! Most pedestrian traffic accidents happen when someone is walking in the roadway.
- Always cross at intersections. Look left, then right, then left again before proceeding.
- Look for traffic when stepping off a bus or from behind parked cars.
- As a passenger, get in or out of a car on the curb side of the street.
- Make eye contact with drivers before you cross the street.



Motorists can make a big difference by remembering to drive with extra caution when driving in and around school zones. Your slower speed and extra attention may very well save a life!

Visit <http://www.txdot.gov/driver/kids-teens/school.html> more information on back to school driving safety.

Family Mealtimes help Children's Health and Grades

Texas A&M AgriLife Extension Service personnel throughout Southeast Texas will be touting the many benefits of sharing family mealtimes in the coming months, they say.

"Between Sept. 21 and Sept. 27, 31 counties with AgriLife Extension family and consumer sciences programs in the agency's Southeast Region will host some type of educational event promoting family mealtime," said Elaine Fries, the AgriLife Extension regional program leader for family and consumer sciences in Corpus Christi.

In addition to improved communication with family, studies show that children who sit in on family meals eat healthier diets and perform better in school, according to Amanda Scott, an AgriLife Extension program specialist in the Expanded Food and Nutrition Education program.

"Research shows that compared to children who seldom participate in family meals, children who sit down to regular family meals consume more fruits, vegetables and fiber, consume less soda and fried foods, and eat less heart-damaging saturated and trans fats," she said. "Families who eat together also have more time and opportunities to communicate and build relationships, and these children tend to perform better academically."

Scott said families can experience the positive benefits of family meals by eating together at least four to five times per week.

"If possible, start eating meals together as a family when your kids are young. This way, it becomes a habit," she said. "Plan when you will eat together as a family by writing it down on a calendar. Turn off the television and cell phones, and focus on each other. Talk about fun and happy things, and make mealtime stress-free."

Children should be encouraged to try new foods, but not be lectured or forced to eat them, she said.



Sharon Robinson, an AgriLife Extension nutrition specialist, said that because they like to imitate their parents, a good way to get young children excited about healthy foods is to eat healthy food themselves. Make sure healthy foods are available for snacking.

"Get your kids to help set the table and clean up after the meal to help make it a family event," she said. "Involve them in selecting fruits and vegetables for the meal. Then get them to help rinse the produce, snap the green beans, stir the pancake batter or help assemble a pizza or sandwiches."

Parents, though, should remember safety tips when children are in the kitchen, Robinson said.

"Cook with pots and pans on the back burners. Keep hot dishes where children cannot touch or pull them down on themselves. Don't have them remove food from the microwave, and keep knives and other sharp objects out of their reach."

Fries said AgriLife Extension family and consumer sciences agents will have various programs to promote family mealtimes in their counties, depending on local preferences and requests for information.

For more information, contact Fallon Foster, Orange County Family and Consumer Science Agent, 409.882.7010

"Research shows that compared to children who seldom participate in family meals, children who sit down to regular family meals consume more fruits, vegetables, and fiber, consume less soda and fried foods, and eat less heart damaging saturated and trans fat."

4-H NEWS



Leaders for Life



Join the 4-H Agent for an evening of food, fun, games and
comradery!!!!

Get the scope about leaders for life!!!

Hear from a special guest!!!

Let's kick off the 2014-2015 4-H year!!!!



When: Monday, August 18, 2014

Where: 4-H Office

Time: 6:00 pm

RSVP with Kim at 882-7010 by

August 15

**Calling all 4-H officers
and Members!!!!**





Orange County 4-H

TEXAS A&M
AGRI LIFE
EXTENSION

Annual Pecan Fundraiser



**Pre-Orders deadline to have
in time for Thanksgiving will be Oct. 13th
in time for Christmas will be Nov. 7th**

Plain Pecans Choice of Halves or Pieces

1 lb. bag \$9.50

3 lb. box \$27

5 lb. box \$45

11 oz. Jar of Butter Flavored
Syrup with Pecan Pieces \$5

Cherry Sours 12 oz. bag \$3



Frosted or flavored Pecans 12 oz. zipper bag

Chocolate Covered or White Chocolate or Chocolate Toffee Covered \$7

Praline Frosted or Amaretto Frosted \$8

Cinnamon Frosted or Honey Toasted Glazed \$8

Sugar Free Chocolate (contains Malitol) \$9

Specialty Nuts

1 lb Roasted and Salted Cashews \$9

1 lb Walnuts \$8.50

1 lb. Roasted and Salted Pistachios \$8

1 lb. Raw Almonds \$6



Peanuts

12 oz Chocolate Peanuts \$5

12 oz Honey Roasted Peanuts \$5

1 lb Hot and Spicy Peanuts \$4



Thank You!

More items on back....



Specialty Mixes



Texas Deluxe Nut Mix \$9

(Pecans, Cashews, Almonds and Brazil Nuts)

Hunter's Mix \$6

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

California Mix \$6

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips, Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

Trash Mix \$4

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

Fiesta Mix \$4

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

Fruit Mix \$5

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

Cran-Slam Mix \$7

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin)

Mountain Mix \$5.50

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)



Pecan Gift Baskets

1 lb. Texas Basket \$ 20

(Each basket contains mixed Chocolate & White Chocolate Pecans)

2 lb. Texas Basket \$31

4 Flavor 1 lb. Pecan Sample \$14

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

2 lb. Pecan Sampler \$27

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

2 lb. Fruit and Nut Sampler \$22

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)

3.5 lb Round Gift Basket \$45

(8oz Praline Frosted, 12 oz Chocolate Pecans, Deluxe Mix, Hunter's Mix, Chocolate Peanuts)

3.94 lb Texas Shape "Big Tex" Gift Basket \$56

(12 oz each of White Chocolate and Chocolate, 1 lb Raw Pecans and Pecan topping)

ORDER NOW

**To place your order call the
Orange County 4-H office
882-7010**

*PLEASE MAKE CHECKS TO
Orange County 4-H Council*

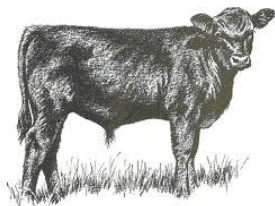
4-H NEWS**2014-2015 Texas 4-H/FFA
Heifer Validation Program****NEW!!!**

Ownership deadline for spring shows:
November 1, 2014

Physical validation date forthcoming

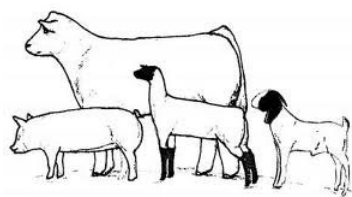
Ownership deadline for fall shows: July 1
2014

Physical validation date forthcoming

**Livestock Judging****August 15, 2014**

Informational meeting for youth
and adult volunteers

2:00 pm at the 4-H Office



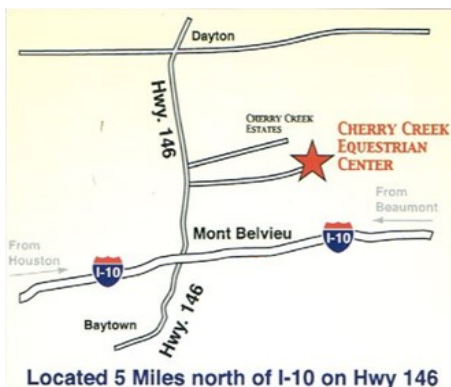
For more information call the
extension office

**STOCK
SHOW****November 15 & 16, 2014**

Stock Show University is a FREE educational 2-day clinic open to stock show youth and adults, no registration is required, you just need the desire too learn from the best. Expand your knowledge on all avenues of owning a show animal.

Bring your calf for a fun learning experience!!

For more information
Please Contact Tabitha Klise
281-507-9738
dtklise@Verizon.net



Cherry Creek Arena
13850 Highway 146
Mont Belvieu, TX 77535
5 miles North of I-10 East

4-H NEWS



Orange County Livestock Show

October 10-11, 2014



Silent Auction

This year a silent auction will be held in conjunction with the Orange County Livestock Show. We are asking the 4-H Clubs and FFA clubs of Orange County to contribute at least 2 items towards this auction. You may bring your items into the extension office or deliver them the day of the show!

Orange County Livestock Show Association Kobe Beef Freezer Steer Raffle

Orange County 4-H and FFA members are selling \$5 raffle tickets. Purchase your tickets for a chance to win half of kobe steer custom wrapped. Drawing will be held October 11, 2014 during the Orange County Livestock Show Association's annual auction.

Art Contest

There will be an art contest in conjunction with the Orange County Livestock Show. School children k-12 including 4-H and FFA members can submit their art and compete for a chance to have their art sold at the live auction October 11. The overall winner from k-5 and 6-12 will have their art auctioned off.

Orange County Livestock Association Fall Bash Prospect Jr. Breeding Heifer Show

October 11, 2014

OCLSA Show Barn off Hwy 62 in Mauriceville

Heifer show will start at 12 noon

Check in: 10:30 am—11:30 am

Entry fee: \$25.00

On site registration will be available or you may pick up a registration form at the extension office.

Orange County Livestock Association Spring Bash Prospect Jr. Breeding Heifer Show

February 28, 2015

OCLSA Show Barn off Hwy 62 in Mauriceville

More information
coming soon!!!



4-H NEWS

**IMPORTANT DATES TO REMEMBER FOR THE
2015 South Texas State Fair
March 26 – April 5, 2015
NOTICE: DEADLINE DATES ARE FOR
ORANGE COUNTY
4-H OFFICE**

Poultry

Order/Entry Deadline	<u>September 24, 2014</u> 4-H DEADLINE
Turkey Pickup	<u>December 10, 2014</u> – YMBL Office
Roaster Pickup	<u>January 7, 2015</u> – YMBL Office
Broiler Pickup	<u>February 11, 2015</u> – YMBL Office
Poultry Show	<u>March 27, 2015</u>

NOTE: *All poultry pickup will be from 4:00 –6:00 PM*

Lambs, Goats, Swine, and F1 Heifers

Tag Order Deadline	<u>October 1, 2014</u> 4-H DEADLINE
Tag Pickup Date	<u>November 12, 2014</u>
Entry Deadline	<u>December 11, 2014</u>
Lamb Show	<u>March 26, 2015</u>
Goat Show	<u>March 26, 2015</u>
Swine Show	<u>March 29, 2015</u>
F-1 Show	<u>March 29, 2015</u>

Steers

Tag Order Deadline	<u>July 23, 2014</u> 4-H DEADLINE
Tag Pickup Date	<u>August 25, 2014</u> (4-H/FFA Mtg.)
Entry Deadline	<u>September 10, 2014</u> 4-H DEADLINE
Steer Show	<u>March 31, 2015</u>

Rabbits

Entry Deadline	<u>January 29, 2015</u> 4-H DEADLINE
Rabbit Show	<u>March 28, 2015</u>

Auction

Poultry and Rabbit	<u>April 1, 2015</u>
Lambs, Goats, Swine, F-1 and Steers	<u>April 2, 2015</u>

4-H NEWS

2014-2015 Major Stock Shows

Brazos Valley Fair and Exposition...Sep 5-8, 2015

State Fair of Texas (Dallas)...Sep 27-Oct 20, 2015

Heart O' Texas Fair (Waco)...Oct 3-12, 2015

Fort Worth Stock Show and Rodeo.....Jan 17-Feb 8, 2015

San Antonio Livestock Exposition....Feb 6-23, 2015

Star of Texas Fair and Rodeo (Austin)...Mar 1- 16, 2015

Houston Livestock Show and Rodeo....Mar 4-23, 2015

South Texas State Fair (Beaumont)....Mar 27-Apr 6, 2015

Major Livestock Show Entries (Fort Worth, Austin, Houston and San Antonio)

Due to the extension office November 17, 2014

SALE Calf Scramble Entries

Due to the extension office October 14, 2014

Quality Counts

If you are showing at major shows be sure
you are up to date on your quality counts.

Hardin Jefferson FFA September Bash

- Steer, Heifer, Bull, Lamb, Goat, and Pig Show
- Overall species grand and reserved
- Champions receive belt buckles



When: September 6th,
2014

Where: John Blair Show
Barn...Kountze, TX

Time: Weigh in: 6-7:30

Show begins: 8:00

Entry Fee: \$25 for 1st animal, \$15 for any others

Contact: Ken Abney at (409) 284-9877

Courtney Wilson at (409) 554-1503



District 9 4-H Fall Council Meeting and Fun Day September 6, 2014



10:00 am

This is a great opportunity
for 4-H officers and mem-
bers from other counties to
meet one another while
having fun!

Conroe's Incredible Pizza Company
230 S Loop 336 W Conroe, TX

Register on 4-H Connect by
August 29, 2014!!!

See you out
there!!!!!!!!!!



4-H NEWS

District 9 4-H Junior Leadership Lab

November 14- 15, 2014

Caroline Creek Camp, Huntsville, TX

Registration will open September 1 thru
October 12, 2014

This is a District wide leadership training focused on youth ages 11- 13!!!

The experience is top notch and will send your county youth home wanting more from 4-H and themselves.

If your child is interested in attending please register on 4-H Connect and call the extension office and sign up with Kim 882-7010 to ride the van.



Tractor Supply Grant



Due October 1, 2014

4-H Clubs who participated in this years spring paper clover campaign have an opportunity to earn a \$300 grant to be used towards a community service activity/event during the 2014-2015 4-H year. Money raised from the paper clover campaign is given directly back to the County 4-H Program. This money is then utilized for a community service project/event in the county.

If you are interested, call the extension office for more information !

Applications are available at the extension office!

"TSC is excited and invites your club to get active with your local store if not already. Talk with your store manager about what activities and partnership opportunities exist in your area."

To get you started, here are some ideas on getting involved with your local store:

- Hold fundraisers at your local TSC during holidays!
- Valentine's Day: Sell Valentine's Day cards made by 4-H members
- July 4th: Sell hot dogs and hamburgers
- Fall: Carving pumpkins to sell
- Winter Holidays: Set up a gift wrapping table

Ask your store about using your local TSC as a potential meeting site, field trip, or exhibition location.

Next paper clover
campaign:

September Fall 2014 Paper Clover Promotion:
October 8-19, 2014

Call your local Tractor Supply to set up a time during the promotion!!



4-H Shooting Sports

Learn by Doing

District Shooting Sports
Lync Meeting & Committee Meeting
Monday, September 8 @ 6 pm
4-H Office



District Horse Project
Lync Meeting
Thursday, September 18,
6pm
4-H Office



Join over 10,000 other 4-H members in Texas on October 11, 2014 as we step out into our communities to make a difference in one day!

One day 4-H is one day for all the 4-H members, parents, leaders, and volunteers to step out into their communities and county and say "thank you" by giving back for them more than 103 years of support to 4-H in Texas.

We, Orange County 4-H challenges each individual 4-H member/club to commit to a one day community service project the week of October 6th. Contact Christian Perez, your 4-H Agent to get started.

4-H Community Service

Join Us on

Monday, October 6th at 2 pm for

Orange County Commissioner's Court

Proclamation of One Day, National 4-H Week.

Call the 4-H Office and let us know if you will be attending.

4-H Clover Kids Camp

August 7, 2014

Fun With Penguins

Who Created What

Beautiful Butterflies

The Old West
Health and Fitness



Safe is Safe

Super
Scientist

Edible Art

4-H Clover Kids Camp

August 8, 2014

Animal Tracks

Bug Mania



4-H NEWS



Do you love sharing what you know best about sewing, cooking, photography, archery, animals and more??? We would be happy to hear from you!!!



Contact: Christina Perez
(4-H & Youth Development Agent)
409-882-7010



Let's go Let's Grow



Orange County



4-H



4-H NEWS

August Gardening News

How can you tell if your plants are needing water? Turfgrass lies flat after being walked on, and many plants lose their shine and droop a little. Lawn and shrubs need about an inch of water per week in the summer time. Often the rain showers may seem like they are dumping a lot of water, but it may be too brief to penetrate the ground more than an inch. Make the best use of water by giving plants a thorough soaking as infrequently as the weather and your soils will allow.



Check the thickness of mulch around your shrubs, flowers and newly planted trees. Unmulched soils can reach more than 100 degrees, hot enough to kill roots. Mulched soils can be 10 to 15 degrees cooler even several inches deep. Besides reducing soil temperature, mulches also conserve water by reducing evaporation, often up to 65 percent.

Here are some mulching materials and suggested depth for each: Shredded bark 3-4", Wood chips 3-4", Bark chunks 4-6", Chipper debris 3-4", Sawdust, wood shaving 1-3" use only aged, weathered material, Pine needles 2-3", Lawn clippings 1" dry clippings before use, Leaves and leaf mold 2-4", or Partially decomposed compost 2-4".

Vegetables

Starting in mid August plant broccoli plants, Brussel sprouts, cabbage plants, Chinese cabbage, carrots, cauliflower plants, Swiss chard, collards, kale, English peas, Irish potatoes, and summer squash.

Set out tomato transplants right away for a fall harvest. Look for an early maturing variety (65 to 75 days). Remember that our average first freeze is mid-November and that tomato maturity slows down as the days get cool and cloudy.

Peppers and tomatoes planted earlier this year will not set fruit during the heat of summer, even though they may still be flowering. If the plants remain healthy, they will set fruit again once temperatures stay below 90 degrees.

Remove old plants that have stopped producing to eliminate shelters for insects and disease organisms.

Odds and Ends

A late-summer pruning of rosebushes can be beneficial. Prune out dead canes and any weak, bushy growth. Cut back tall, vigorous bushes to about 30 inches. After pruning, apply fertilizer, and water thoroughly. If a preventive disease-control program has been maintained, your rose bushes should be ready to provide an excellent crop of flowers this October.

It is not too late to set out another planting of many warm-season annuals, such as marigolds, zinnias, and periwinkles. They will require extra attention for the first few weeks, but should provide you with color during late September, October and November.



For more information on this article go to [Http://easttexasgardening.tamu.edu/homegardens](http://easttexasgardening.tamu.edu/homegardens).

Sun Safety in the Texas Heat

It's that time again in Texas when the temperatures get up to three digit numbers, but it isn't just the heat that is getting to you. The sun also emits UV rays which can be harmful to the skin. Did you know that excessive exposure to the ultraviolet radiation of the sun is the most important preventable cause of all skin cancers? Melanoma is the most serious form of skin cancer and according to the National Cancer Institute it is estimated that there will be 62,480 new cases in the United States as well as 8,420 deaths in 2008. Don't let yourself or your family members be a part of these numbers. Learning a few things about skin safety can help you prevent it.

There are different types of UV rays that come from the sun. Some sunscreens only protect from one type. Be sure to get a sunscreen that protects from both UVA and UVB rays. Just because it is cloudy outside doesn't mean that the UV rays are blocked from reaching your skin. Like light UVA rays can go through glass, so before taking off for a car ride don't forget to put some sunscreen on. UV rays can also do damaged to your eyes so find a wide (3") brim hat and some sunglasses to protect your face as well.

Some tips on keeping the UV rays from harming you:

1. Apply sunscreen 20 minutes before going out in the sun – it needs to soak in before being effective. Make it a morning routine and then you'll never forget!
2. Apply sunscreen every two hours when in the sun – SPF 30 or higher and one that protects against both UVA and UVB rays. Remember the hat and sunglasses too!
3. Fill a basket by the front door with sunglasses, hats and sunscreen- so as you rush out the door you remember take a bottle with you to reapply later as needed.

Make playing in the shade fun – During the peak hours of the day when the sun's rays are at their highest point find some fun games at <http://gameskidsplay.net>.

Use extra caution around water and sand – these surfaces reflect the UV rays which can increase your chances of getting a sun burn.

Want to learn more, check out <http://coolshade.tamu.edu/index.asp>. The Texas A&M AgriLife Extension Service and the Cancer Prevention Research Institute of Texas encourage you and your family to practice sun-safe habits this summer and throughout the year.

Source: Courtney J. Schoessow, MPH, Extension Program Specialist – Texas A&M AgriLife Extension Service, and Jessica Rodgers. June 2008. Texas A&M AgriLife Extension Service Family and Consumer Sciences website: <http://fcs.tamu.edu/>.

**KEEP
CALM
AND
BEAT THE
HEAT**

© 2013 KeepCalmStudio.com

Exercise for Older Adults

Andrew B. Crocker, Extension Program Specialist – Gerontology Health

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy, stay independent as you age and produce long-term health benefits. Health experts agree that older adults should be active every day to maintain optimal health.



The National Institute on Aging (NIA) recommends the following when considering exercise and/or physical activity:

Stretch. Before you start any exercise and after you complete any exercise, you will want to stretch your muscles. This will help loosen and warm your muscles in addition to helping prevent injury and cramping. It is also important to remember that you may or may not be thirsty during or after exercise; however, your body will need plenty of water, especially after you are finished exercising.

30 minutes. The NIA suggests that you should do something to increase your heart and breathing rate for at least 30 minutes most days of the week. The 30 minutes do not have to be all at once, you could do three 10-minute exercises. A good rule of thumb to see if you are doing enough is to try to talk during exercise: if you cannot talk at all, you are exercising too hard; if you can talk without any trouble, you are not exercising hard enough.

Use your muscles. Every time you move a part of your body, you are using a muscle. When those muscles are not used because of a lack of physical activity they weaken. If your muscles get too weak, you may not be able to walk or even get up from a seated position. In addition, strong muscles help reinforce your bones, making it less likely that you will fall. Whatever exercise you do should include something that uses your muscles, whether you are walking laps or raking leaves in the front yard.

Improve your balance. In addition to strengthening your muscles, it is also very important to strengthen your sense of balance. After all, many falls are caused by loss of balance. To do this, try standing on one foot, holding onto a chair for support if you are unable to do this task alone. Also, try standing from a seated position without using your hands or arms. Be very careful when trying these activities and have someone else present when you are doing them.



Your health provider will be a key player in your exercise routine. Please remember to consult him or her before beginning any type of physical activity. You will want to discuss with him or her how your personal health condition may be affected by exercise. Also, you will want to start slowly with any type of exercise routine. A good adage to remember is “start low and go slow.” Doing too much, too soon may seriously injure your body.

Some safety recommendations from the American College of Sports Medicine include

- Do not hold your breath while straining.
- Use safety equipment to prevent injury. This may mean a helmet for bike riding or proper shoes for walking or running.
- Drink plenty of liquids unless specifically advised otherwise by your health provider.
- Bend from the hips, not from the waist.

Exercise may cause soreness or a little discomfort but should never cause pain.

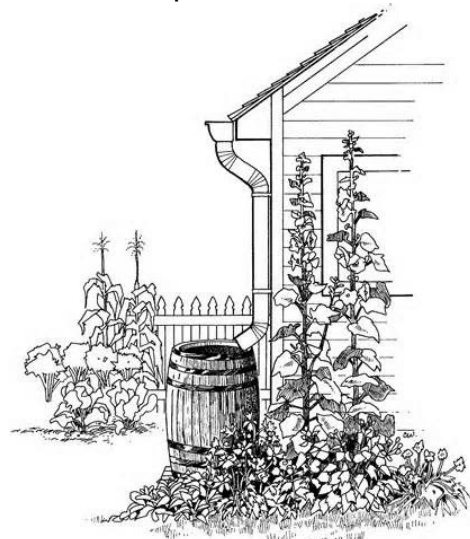
For the complete article or for more information, visit the NIA site (<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide>) or contact your County Extension Agent at 409-882-7010

Saving From A Rainy Day Making a Rain Barrel

Rainwater harvesting is an innovative approach of capturing free water. You can save money by collecting and storing rainwater to irrigate your trees, shrubs, flower beds, house plants and containers. A quick and easy way to do this is by constructing a rain barrel.

Materials you will need:

- 1 Large garbage can or 55 gallon food grade poly barrel
- 1 3/4 inch outdoor faucet or hose bib
- 1 3/4 inch female threaded PVC pipe adapter
- 1 Roll window screen/insect fabric
- 1 Tube of pipe goop or silicone sealer or Teflon tape
- 4 1/4 inch screws to attach screen
- 4 or 6 Cinder blocks to keep barrel off the ground
- Rain gutter downspout elbow or 2 flexible downspouts
- Optional: For overflow, 2 inch elbow and adapter and 2 foot 2 inches of PVC pipe.



Rain Barrel Location

Locate the rain barrel near a rain gutter downspout or where a roof valley sheds a large amount of water and on the side of the house where you want to use the rainwater for irrigation or hand-watering.

Optional Overflow

- Manifold with two hose attachments with shutoffs to direct overflow from barrel
- 1 3 1/2 foot length of 2 inch PVC pipe
- 1 2 inch PVC elbow with threads to stick through barrel
- 1 2 inch female PVC pipe adapter to attach elbow
- 1 2 inch slip elbow for bottom of downspout

For more information on water conservation and efficiency practices for your home and landscape, as well as information on larger rainwater collection systems, visit the Texas AgriLife Extension website: <http://rainwaterharvesting.tamu.edu> or call the Extension office for a complete copy of this article.

Back-to-School Tips for Parents



Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up.

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Avoid last-minute drilling.

When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important.

Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day -of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
Orange, TX 77630
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

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

Return Service Requested

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 AUGUST/SEPTEMBER
ISSUE:**



- Vegetable Seed Saving Class
- Beef Symposium & Hay Testing
- Apiary Course Orientation Pictures
- Extension Celebrates Family Meal Time
- Youth Summer Cooking Camp Pictures
- Back to School Safety Tips for Motorists and Kids
- Family Mealtimes help Children's Health and Grades
- **4-H News: Pages 7-19 (Includes Clover Kids Camp pictures)**
- Sun Safety in the Texas Heat
- Exercise for Older Adults
- Saving From a Rainy Day
- Back-to-School Tips for Parents

Strawberry Angel Food Dessert

Ingredients

- 1 (10 inch) angel food cake
- 2 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 quart fresh strawberries, sliced
- 1 (18 ounce) jar strawberry glaze

Directions

1. Crumble the cake into a 9x13 inch dish.
2. Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping. Mash the cake down with your hands and spread the cream cheese mixture over the cake.
3. In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer. Chill until serving.

**Allrecipes.com