

## Upcoming Events

- January 5, 12, 19, 26, Feb. 2, 9, 16, 23: Living Well Classes, Noon—1:00 pm, Baptist Orange Hospital, 5th Floor Classroom
- February 15: Food Handlers Class, 9 am – 12 pm, Raymond Gould Community Center, Vidor
- February 16: Two Diabetes Educational Programs. 5:30 pm, Baptist Orange Hospital, 5th floor classroom.
- February 21, 28, March 6, 20, 27: Grow Healthy Families: Plant a Vegetable Garden Series, 6 pm—8 pm, Mauriceville Community Center (Crawfish Festival Grounds)
- Claybusters 4-H Shooting Sports: First Monday of each month; February thru August/September
- Dusty Trails 4-H Meeting: 3rd Monday of each month @ 7:00 pm
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 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, Open to Public
- Mighty Pirates: 2nd Tuesday of each month.



## Two Diabetes Educational Programs in One Night

*"Taking Control" Presentation  
With Steve Willie of Arizona  
"I have diabetes and I understand  
the challenges you face."*

*Diabetic Cooking Demonstration  
with Paula Tacker, LMSW, CDE  
County Extension Agent  
Family & Consumer Sciences*



*A REAL patient, with REAL A1C control, providing REAL inspiration.*



**Thursday, February 16, 2012  
5:30 pm**

**Baptist Orange Hospital  
5th Floor Classroom  
608 Strickland Drive Orange**

*To Reserve your seat call Texas AgriLife Extension Office 409.882.7010*

**Livestock Marks and Brands Renewal**  
**Renewal period ends February 29, 2010**  
**Must be done every 10 years!**

**Where: Orange County Clerk's Office**

**Fee for Filing: \$16.00**

**8:00 am—5:00 pm Monday—Friday**

**801 W. Division St**

**Orange, TX 77630**

**409-882-7055**

**<http://www.co.orange.tx.us/>**

**For more information and to download the application  
ahead of time go to the above website. Click on  
Departments and go to the County Clerk link.**



Do Well, Be Well classes are for adults with Type 2 Diabetes.

Living Well Classes are for learning how to prevent diabetes and to learn skills for healthy weight management. Please plan to attend all of your specific classes to obtain the most educational benefit.

## Living Well Classes

5:30 pm - 6:30 pm

Free

Do Well, Be Well with Diabetes **Baptist**

Hospitals of Southeast Texas  
Orange Hospital  
Performing Sacred Work Every Day

10:00 am - 11:00 am

\$20/person or \$35/couple



**Every Thursday  
March 1 - April 26  
5th Floor Classroom  
Baptist Orange Hospital**

**No classes on March 15**

# Pressure Canner Check-Up

Improper pressure canning can result in severe illness or death, it is important that everyone understands the risks involved in using a pressure canner. We use guidelines for pressure canner testing that have been established by the National Center for Home Food Preservation (<http://nchfp.uga.edu/>).

Cost: \$10 per gauge

Paula Tacker  
CEA-FCS  
409-882-7010



## Keys to the Courthouse

### Appointed County Positions:

These offices are not elected. People are appointed to them because of their abilities and experiences.

**WELCOME TO**



### County Extension Agent:

State law authorizes the Texas AgriLife Extension Service (part of The Texas A&M System) to conduct educational programs in each county. These programs offer research-based information on agriculture, family and consumer sciences, youth development, and community development. County Extension agents are professional educators with broad training in these subjects. Extension also manages the 4-H and youth development program in each county.



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.

# ***Grow Healthy Families- Plant a Vegetable Garden***

The Texas AgriLife Extension Service is holding a series of classes called the Green Thumb Series. If you are interested in learning about vegetable gardening, then this is for you. You will leave the class with a knowledge of starting your garden, seeds, and some transplants that you started in the class. With today's economy, gardening is a great way to save money and to feed your family healthy foods.

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

*409-882-7010*



## **Class Dates and Topics**

February 21:	Sprouts, Shoots, and Roots
February 28:	Planning and Preparing your Garden Area
March 6:	Structures for Planting Year Around
March 20:	Thrillers, Spillers, and Fillers-Container Gardening
March 27:	Spice Up Your Life with Herb Gardening



**Mauriceville Community Center  
(Crawfish Festival Grounds)**

**6:00 pm—8:00 pm**







# Orange County Master Gardener's

## February Dates to Remember—

**Feb. 9** - Monthly meeting at the Salvation Army building on MLK. Potluck dinner at 6PM, Business meeting at 6:30PM

**Feb. 21, 28, Mar. 6, 20, 27** - **Green Thumb** Series of gardening classes. Modules will help towards becoming a Master Gardener. \$30 per module. Call the Texas AgriLife Extension at 882-7010 for more info.

## Save the Dates—

**Mar. 17** - Annual Plant sale at Jewel Cormier Park on FM 1442 in Orangefield. Get ready for your garden and plant needs.

**Mar. 31** - Field trip to Peckerwood Gardens near Hempstead. We will carpool. Dutch treat. We will also look for other venues to visit while in the area. More information at the meetings.

## Happenings:

Jan. 19 & 21 the Master Gardeners had a Meet & Greet for the public to visit our new greenhouse at Cormier Park on FM 1442. We had 18 visitors see what the Master Gardeners are about. We showed them what we do in order to get ready for our annual plant sale. Thanks to Sandra Hoke, Sheri Bethard, DeAnna Simmons, Jan Dicharry, Danna Simms, Sharon Odegard, Gwen Ochoa, Annette McWhirter, Crystal Wingate, Ora Mae Peveto, Gwen Borel, Art Lewis, Kenny Garrison and Roy Stanford for showing everyone all the fun and fellowship we have as a group.

Several guests were interested in the upcoming "**Green Thumb**" class series. They will be held starting Feb. 21 weekly on Tuesdays. Contact the AgriLife office at 882-7010 for more information.

## Spring Plant News:

With the weather acting like a yo-yo going from cold to warm in a day's time, we don't know what to do about planting. You still should wait until the last frost (Mid Mar.??) has passed before putting any warm season annuals in the ground.

If you planted cool season annuals in the fall like bluebonnets, snapdragons, etc. they may have been looking limp thru the colder times but will start perking up soon and provide a bevy of blooms soon.

Annuals that can be transplanted now are Alyssum, Sweet Pea, and Caladium, just to name a few. Be sure to mulch!

Now is the time to check out your irrigation system. Replace sprinkler heads, does it turn off and on, is there a leak?

Pruning time is also upon us. Take out the dead branches. Shape up your bushes. Remove suckers & water shoots. Deadhead your crape myrtles and vitex.



# Orange County 4-H To Make the Best Better

*Marie Kenney, BSA, County Extension Agent 4-H/Youth Development  
makenney@ag.tamu.edu 409-882-7010*

## **Attention**

**All Youth Showing at YMBL State Fair are encouraged to attend  
February 4-H Meeting at the Mauriceville Community Center.  
Guest Speaker will be a representative from YMBL Auction Committee.  
He will be discussing how the Auction works and the 100 club.**

**February 27, 2012**

**6:30 pm**

**Mauriceville Community Center**

## **Important Website...**



<http://www.facebook.com/OC4H.club>



<http://orange.agrilife.org/>



<http://qualitycounts.tamu.edu/verification/>

[http://www.ymbl.org/events\\_detail.aspx?id=182](http://www.ymbl.org/events_detail.aspx?id=182)



<http://www.rodeohouston.com/access/livestock/handbook.aspx>



## 4-H CLUB NEWS



**\*\*Any child involved in shooting sports must have a parent/adult with them when shooting.**



### **CLAYBUSTERS 4-H SHOTGUN SHOOTING SPORTS**

Monday, February 6,

6 pm to 8 pm

Orange Gun Club

Club Manager Louis Bazan

409-718-5580

Girls and boys age 9 to 18  
are welcome to join



### **DUSTY TRAILS 4-H**

3rd Monday of each  
month

6:30 pm

Mauriceville Community

Center

February meeting will be held

Feb 27 (see page 5)



### **TOP SHOTS 4-H RIFLE SHOOTING SPORTS**

February 7

6 pm

Senior Citizen Hall

Bridge City

Club Manager Gary Beall

409-670-3417

Boys and girls ages 9 to 18  
are welcome to join



### **Hearts at Home 4-H Home School Club**

February 13

2 pm

Mauriceville Community Center

Activity: Food Challenge

Club Manager, Julie Walker

409-659-7087



### **MIGHTY PIRATES 4-H**

2nd Tuesday of each month

Raymond Gould

Community Center in Vidor

Club Manager, Kathy Hester

409-790-8835



### **BROKEN SPOKE 4-H**

Last Thursday of each month

7 pm

Borque's Home  
140 Becky Circle in Vidor

Club Manager Ann Bourque

409-553-2176



## 4-H NEWS

Before you speak:  
**THINK**  
 T-is it TRUE?  
 H-is it HELPFUL?  
 I-is it INSPIRING?  
 N-is it NECESSARY?  
 K-is it KIND?

David Wright  
 Extension Specialist  
 4-H Military

### 4-H Shooting Sports Extravaganza

This open match for beginning shooters requiring limited knowledge and experience will take place on April 21, 2012 at the Texas 4-H Center on Lake Brownwood. Registration opens on February 13, 2012 on 4-H Connect. Registration is limited to the first 400 participants. Full details will be available on the website.

## DEEP IN THE HEART

COMING TO ALL TEXAS CINEMARK THEATERS

FEBRUARY 17th

"Deep in the Heart" reveals the true-life story of Mr. Richard "Dick" Wallrath. No one person has ever given more financially to the Texas 4-H and Texas FFA Scholarship Programs than Dick Wallrath. He has also provided tremendous financial assistance to 4-H and FFA members through major livestock show premium auctions.

We sincerely request that our Extension and 4-H Family support this emotion-packed documentary of Dick's life for two reasons. First, it could have an impact on your own life. And secondly, because of Mr. Wallrath's continued generosity, a portion of all ticket sales will go to both Texas 4-H and Texas FFA to further strengthen their much needed scholarship programs.





## 4-H NEWS

### Prospect Shows Galore!!!

Looking for Practice? Here is your chance...



6th Annual Jasper County

Winter Bash February 18

Jasper County Junior Livestock Foundation Show Barn

FM 777 (Airport Road) & 190 West Jasper

Steer, Breeding Beef, Goats, Lambs & Swine

\$25 Entry Fee \$5 Showmanship at gate

Buckles to Grand Champions

Prizes to Reserve Champions

Buckles to Jr. and Sr. Showmanship

Show Order

Ring 1: Swine, Swine Showmanship, Goat, Goat

Showmanship, Lamb,

Lamb Showmanship

Ring 2: Steers, (Light, Medium, Heavy), Breeding Beef (no  
bulls), Cattle Showmanship

Check-in/Weigh-in 7 am to 9 am ALL Animals

Show starts at 10 am

Contacts

Small Animals-Mike or Susan Harris

409-673-8100 or 409-673-0249

Cattle- Gary Midkiff 409-289-9909

Orange County Livestock Show Association

Spring Bash February 25

OCLSA Show Barn

Behind Mauriceville Crawfish Grounds

(Take Cohenour Road off Hwy 62 then 1st  
gravel road on left to show barn)

Show Order

Swine, Lambs, Goats, Steers, Heifers

Overall Grand Champion receives belt buckle

Overall Reserve Champion receives Large  
Rosette

Showmanship 60/40 Split

\$5 entry paid at gate

Rules

Swine, Lambs and Goats are shown by  
weight

Steers shown by weight and breed

Heifers shown by age and breed

Check-in

Swine, Lamb & Goats 7 am-8:30 am

Show Time 9 am

Steer & Heifers 10 am-11:30 am

Show Time 12:30

Contacts

Tommy Harrington 409-504-5210

Jennifer McConnell 409-746-9727



Shows continued on next page



## 4-H NEWS

Friday Night Lights  
Showmanship  
Clinic/Dance  
March 2, 2012  
Barney Wiggins Memorial Arena  
Hwy 146 in Livingston

- ◆ Join us for a night of excitement as we teach you about project selection, feeding, nutrition, grooming, and showmanship!
  - ◆ Each participant will receive a complimentary gift by registering before February 24, 2012.
  - ◆ The clinic is free of charge and will begin at 7 pm.
  - ◆ The Buyers Committee will also be sponsoring a Dance in the arena following the clinic. Parents are encouraged to attend free of charge and kids must pay \$5 if they did not attend the clinic.
- |                      |            |
|----------------------|------------|
| Registration/Sign In | 6:30 pm    |
| Quality Counts       | 7 pm—8 pm  |
| Showmanship          | 8 pm—9 pm  |
| Dance (\$5)          | 9 pm—11 pm |

### Questions

Polk County Extension Office  
936-327-6828  
Livingston FFA  
936-967-1600 x4273



Practice in the Pines Belt Buckle Bash  
March 3, 2012  
Barney Wiggins Memorial Arena  
Hwy 146 Livingston

Pigs, Lambs, Goats, Heifers, Steers

Showmanship  
Pee-Wee 5-8 (Prizes)  
Junior 9-12 (Buckles)  
Seniors 14 up (Buckles)

30 Buckles to be awarded  
\$20 Early Registration  
\$30 Event Day  
Belt Buckles for all  
Grand and Reserve Champions

Concession Available

Registration 7 am-8:30 am  
Steer and Swine Show 9 am  
All other shows as follows  
Heifer, Lambs, Goats  
Early Registration Closes Feb 24, 2012

Contact Information  
Livingston FFA Advisor 936-967-1600 x4273  
Extension Office 936-327-6828



## 4-H NEWS

### ELIGIBILITY REMINDER



Just a reminder to all the youth who will be participating in the Major shows (San Antonio, Houston, and Beaumont along with any competitions) to be sure to let the 4-H office know at least a week in advance. This will give us time to receive the complete eligibility form before the competitive event. Eligibility forms are required whether you are missing school or not.

#### Major Show Dates

Fort Worth.....	Jan 13-Feb 04
San Antonio.....	Feb 09-Feb 26
Houston.....	Feb 28-Mar 18
Austin.....	Mar 09-Mar 24

### Southeast Texas State Fair (March 22—April 1) Important Show Dates

#### Thursday, March 22nd

Jr Market Lamb	
Check-in & Weigh-in	11 am—Noon
Show	4:30 pm
Jr Market Goat	
Check-in & Weigh-in	11 am—Noon
Show	30 minutes after Lamb Show

#### Friday, March 23rd

Jr Market Broiler, Roaster,	
Turkey Sift & Check-in	7 am—9 am
Jr Market Poultry Show	TBA

#### Saturday, March 24th

Jr Market Swine Arrival &	
Check-in	6 am-10 am
Jr Commercial F-1 Heifer	
Arrival	6 am—10 am
Jr Rabbit Meat Pen Check in	7 am-8 am
Jr Breeding Rabbit Check in	
(Rabbit Barn)	7:30-8 am
Rabbit Show	9 am

Jr Commercial F-1 Heifer	
Check-in & Weigh-in	6 pm-7 pm

#### Sunday, March 25th

Jr Market Swine Show	9 am
Jr Commercial F-1 Heifer Show	5:30 pm

#### Monday, March 26th

Jr Market Steer Arrival	8am-4pm
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#### Tuesday, March 27th

Jr Market Steer Classifying &	
Weigh-in	8 am - 9 am
Jr Market Steer Show	5:30 pm

#### Wednesday March 28th Auction Night

Jr Livestock Auction	6:30 pm
(Rabbits, Broilers, Roasters & Turkeys)	

#### Thursday, March 29th Auction Night

Jr Livestock Auction	6 pm
(Goats, Lambs, Steers, Commercial F-1 Heifers & Swine)	

## 4-H NEWS

# Texas 4-H Conference Center Let's GO TO 4-H Camp Lake Brownwood

## Up Coming Events:

*Kick up your heels and learn some new dance moves!*

We all know that 4-H camp is often "all about the dance" – here's your chance to step it up a notch. In addition to workshops on Outdoor Challenge, SET, Leadership and Service Learning – the Texas A&M Aggie Wranglers will conduct a workshop teaching 4-H members some of their signature Jitterbug and Polka moves! Check out their promotional website at <http://aggiewranglers.tamu.edu/> Granted, you may not all aspire to be Aggies – but we all love to dance!

## Teen Retreat January 6-8, 2012

Youth Registration \$105, includes four meals, lodging and program fees; Adult Chaperones \$70

The purpose of Teen Retreat is to prepare senior level 4-H members as Teen Leaders for 4-H projects and opportunities on the county and/or district level by showcasing new and current 4-H project offerings.

Register at the 4-H Center website, <http://texas4hcenter.tamu.edu/> click on the "REGISTER NOW" link.

Registration deadline: December 30, 2011



Check out the 4-H Center website for registration information [texas4hcenter.tamu.edu](http://texas4hcenter.tamu.edu)

## Center Events for Your Calendar:

Jan. 6-8, 2012	4-H Teen Retreat
April 23-27, 2012	Spring Fling
July 9-11, 2012	Mission Possible
July 9-11, 2012	County Camp I
July 11-14, 2012	County Camp II
July 16-18, 2012	County Camp III
July 18-21, 2012	Prime Time I
July 22-25, 2012	Prime Time II



## 4-H NEWS



Sharing possible grant opportunity for 4-H groups.

Friends for Change Grants offer young change-makers an opportunity to receive a \$1,000 grant to help make a lasting, positive change in the world.

Whether you are passionate about protecting the planet, providing meals to those who need it or giving kids just like you the resources they need to star in their own play, be an athlete or an artist, you can be a Friend for Change! Whatever your interests, a Disney Friends for Change Grant can help you make a difference for people, communities and the planet.

Youth ages 5-18 located in all 50 states and the District of Columbia are eligible to apply for a \$1,000 grant.

Applications are due by midnight on February 29, 2012.

Learn more at: [www.YSA.org/grants/disney-friends-change-grants](http://www.YSA.org/grants/disney-friends-change-grants)



### 2012 Texas 4-H Congress.....

July 15-18, 2012

Austin, Texas

Congress Headquarters:  
Sheraton Austin Hotel at the Capitol  
11th Street, Austin, TX

#### Eligibility

- ◆ Be an active 4-H member within the programs of Texas AgriLife Extension, Cooperative Extension Program at Prairie View, or Military 4-H.
- ◆ Be 15 years of age at time of event.
- ◆ Have a willingness to research and prepare a legislative bill for consideration during the event.
- ◆ Be willing to meet new friends, have fun, and learn all at the same time!

#### Deadlines and Timelines

- ◆ February 2012: Information released to County Extension Offices
- ◆ March-May 2012: County Extension Offices select delegates.
- ◆ April 2012: Applications to the Press Corps and Lobbyist accepted.
- ◆ May 2012 Notification given to those selected for Press Corps and Lobbyist.
- ◆ May-June 2012: Registration and legislative bill submission process
- ◆ July 15-18, 2012: Texas 4-H Congress

Visit the Texas 4-H Congress online at  
<http://texas4-h.tamu.edu/youth/txcongress>

Questions call Texas AgriLife Extension Service 409-882-7010



# 10 Steps for More Energy

If you struggle with low energy or fatigue, you are not alone. Feeling fatigued is a very common concern in our society today. In fact, fatigue is one of the most common complaints that leads people to their doctor's office. Many factors can affect our energy levels and cause fatigue, including:

- ◆ Diet
- ◆ Stress
- ◆ Lack of sleep
- ◆ Medication side effects (antidepressants, antihistamines, sedatives, some heart medications)
- ◆ Health conditions such as anemia, low thyroid, fibromyalgia, chronic fatigue syndrome, cancer, heart and lung disease
- ◆ Infections, such as the flu

An occasional day of feeling tired is not a cause for concern, but if you find that you are lacking energy more often than not, and you aren't enjoying life to the fullest, then it may be time to look at factors that affect your energy levels and make some lifestyle changes. Rather than reaching for an energy drink or other caffeinated beverage for a temporary lift, consider these 10 steps to boost your energy levels and improve your overall well-being:

## 1. Manage Stress

Stress is a major contributor to mental fatigue. Try relaxation techniques, such as meditation, deep breathing, yoga, stretching and visualization.

## 2. Get Adequate Sleep

Aim for 7 to 9 hours of sleep every night. Skimping on sleep not only causes next-day fatigue, but recent research has also found that sleep deprivation can increase your risk of cancer, heart disease and other chronic health problems.

## 3. Exercise Regularly

Even if you feel tired, make an effort to get some exercise. Moderate intensity aerobic exercise such as walking, cycling and swimming can help reduce stress, improve sleep and can actually increase your energy levels, as long as you don't overdo it. Try to exercise early in the day because doing it too close to bedtime may affect your ability to fall asleep.

## 4. Energize Your Diet

Always start your day with breakfast. A proper breakfast can fuel your physical and mental performance. Good choices include yogurt and berries, whole grain cereal or poached eggs and whole grain toast. Eat small frequent meals throughout the day to keep your energy levels high. Choose low glycemic (slow release) carbohydrates to keep your blood sugar stable. Examples include whole grains (brown bread/rice/pasta), vegetables and fruits. Fuel your brain with omega-3 fatty acids, which are found in fish, flaxseed and chia seed. Ensure adequate protein intake to support your body's metabolism and healing processes. Healthy examples include eggs, poultry and beans. Carry healthy snacks with you during the day so that you aren't tempted to snack on junk food.

## 5. Drink Plenty of Water

Water makes up around 70% of your body, and even mild dehydration can cause fatigue. The Institute of Medicine recommends that women consume 2.7 liters of total water daily from all beverages and foods, and that men consume 3.7 liters a day.

## 6. Moderate Your Caffeine Intake

High amounts of caffeine can raise levels of stress hormones and cause burnout. Plus, caffeine consumed later in the day (after 4 p.m.) can affect your ability to fall asleep.

## 7. Go Easy on Alcohol

While an alcoholic drink may make you feel drowsy and help you fall asleep, too much alcohol can impair your quality of sleep and interfere with deep sleep, which can make you tired the next day.

## 8. Moderate Your Sugar Intake

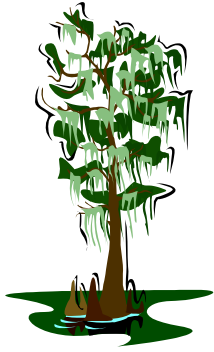
Oftentimes when we are tired we crave sugary treats such as candy and cookies. These foods will give you a temporary sugar rush and burst of energy, but that if followed by a rapid decline in blood sugar plus subsequent fatigue and a foggy feeling. When craving something sweet, reach for a piece of dark chocolate, or some fresh or dried fruit. These foods will satisfy your craving while not causing major blood sugar fluctuations.

## 9. Consider a Multivitamin

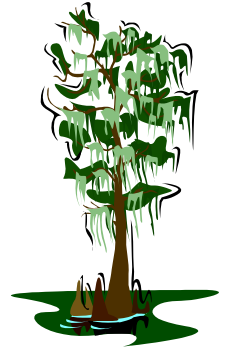
Not getting adequate nutrients from diet can impact your energy levels. The B-vitamins and magnesium are particularly important for energy production in the body. These nutrients can be depleted by a variety of factors, including stress, illness and some types of medication. Ask your doctor or pharmacist to recommend a vitamin suited to your needs.

## 10. Take Time for Yourself

Even if you have a busy lifestyle, carve out 15 or 20 minutes each day when you can do something enjoyable, whether it is reading a book, listening to your favorite music, or closing your eyes for a little power nap.



# TEXAS MASTER NATURALIST HELP PLANT CYPRESS TREES



On January 14, the Texas Master Naturalist and the Texas Parks and Wildlife had 16 volunteers at Village Creek State Park to plant Cypress trees in the park. They planted a total of 50 trees in 2 hours. Thank you to every one of these volunteers who came out to participate.



## Texas Master Naturalist's Guest Speaker: The "Dead Zone" of the Gulf of Mexico

**Who:** Terry Stelly

**Where:** Gander Mountain

**When:** February 16, 2012

**Time:** 6:00 pm



Terry Stelly is with the Texas Parks and Wildlife's Coastal division out of Port Arther. He is leading a presentation over the "Dead Zone" in the Gulf of Mexico. A dead zone is an area of hypoxic waters at the mouth of the Mississippi River. Hypoxia occurs when the oxygen concentrations fall below the level necessary to sustain most animal life. The zone occurs between the inner and mid-continental shelf in the northern Gulf of Mexico, beginning at the Mississippi River delta and extending westward to the upper Texas coast. This dead zone is the largest in the world but occurs worldwide.

# Did you know...

## **Vidor Runners and Walkers:**

Vidors Runners and Walkers meet at 5:30 pm every Tuesday at Claiborne West Park. Runners and walkers of every age and level are invited. Go join the fun and get in shape to meet that goal of losing weight or just to get healthier.

## **Wasp Spray is a Good Self Defense Weapon:**

A receptionist in a church in a high risk area was concerned about someone coming into the office on Monday to rob them when they were counting the collection. She asked the local police department about using pepper spray and they recommended to her that she get a can of wasp spray instead.

The wasp spray, they told her, can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray, they have to get too close to you and could overpower you. The wasp spray, when sprayed in the eyes, temporarily blinds an attacker until they get to the hospital for an antidote. She keeps a can on her desk in the office and it doesn't attract attention from people like a can of pepper spray would. She also keeps one nearby at home for home protection. Thought this was interesting and might be of use.

**Orange County  
Texas AgriLife Extension  
is on the web. Visit us at:  
[orange.agrilife.org](http://orange.agrilife.org)**

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.  
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Orange, TX  
Permit #12

Return Service Requested



*Improving Lives. Improving Texas.*

## IN THE FEBRUARY ISSUE:

- Upcoming Events
- Pressure Canner Check-Up
- Keys to the Courthouse
- Grow Healthy Families, Plant a Vegetable Garden
- Orange County Master Gardener's News and Information
- **4-H News: Pages 5–12**
- 10 Steps for More Energy
- Texas Master Naturalist help plant Cypress Trees
- Did You Know...

## Diabetic Peanut Butter Pie

### Ingredients

- 1 –5 ounce sugar free fat free French vanilla pudding and pie filling mix
- 2 cups milk
- 1/2 cup sugar-free whipped topping
- 1/4 cup peanut butter
- 1 (8 inch) baked pie shell



### Directions

1. Mix together Pie Filling Mix and Milk.
2. Add Peanut Butter and mix until smooth. (Hint: Spray your measuring cup with PAM (or cheaper brand) and the peanut butter will slide out of cup.)
3. Fold in Whipped Cream.
4. Add to baked pie shell.
5. Place in Refrigerator until set (3–4 hours).

