

Upcoming Events

- June 4, 11, 18, July 2, 9, 16, 23, 30: Do Well, Be Well with Diabetes; First Baptist Church (618 Dayton, West Orange); 6:30 pm—7:30 pm
- June 18, 25, July 16, 23: Volunteering with AgriLife; 6:00 pm
- June 22: Backyard Basics Class—Canning Meats; Orange City Central Fire Station; 8:00 am—Noon
- July 4: Independence Day Holiday—Office Closed
- July 2 & 9: Certified Food Managers Class; Orange County Convention and Expo Center; 9 am—4 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, 6:30 pm, Open to Public,



2013 Do Well, Be Well with Diabetes

Diabetes Education Classes are for

Adults with Type 2 Diabetes.

\$20 per person (scholarships available)

1 hour Sessions are held once a week for 8 weeks

Night Classes 6:30 to 7:30 pm

Classes held at
First Baptist Church
618 Dayton
West Orange

June 4 July 9
June 11 July 16
June 18 July 23
July 2 July 30

MUST call to reserve seating, 882-7010
Texas A&M AgriLife Extension Office

It is important to attend all classes to receive the full educational benefit.



**Canning
Meats**

See Page 3 for more details!

Private Pesticide Applicator's Training

Appointments Only!!

Tuesday's

8:30 AM

\$50

(Covers all study materials)

409-882-7010



The private applicator license is required to use or supervise the use of restricted or state limited pesticides on your property. Education is provided by the Extension Department. Testing is separated and handled by the Texas Department of Agriculture. Call the Texas A&M AgriLife Extension office to schedule your training!

Keys to the Courthouse

Counties play a major role in the administration of *justice* in Texas. Each county's justice system is based on the county's size. If counties need special help to investigate criminal matters they can call upon the Texas Rangers. These are the components of county law enforcement.

So what happens if someone is accused of a crime in a Texas county? We will now explore the steps leading to a trial. A person suspected of committing an offense is generally apprehended, advised of their Miranda rights, and then arrested by the sheriff or another law enforcement officer. Once arrested, the alleged offender (people are presumed innocent until proven guilty) is taken to a criminal justice facility.

The accused person is allowed to contact an attorney to make arrangements for bail. The arresting officer will then go to the county or criminal district attorney's office to file a formal complaint. After reviewing the complaint, the prosecutor will file the information in the county clerk's office if the defendant (the offender) is not being charged with felony.

The case is then put on the criminal court docket. The defendant will then appear at the appointed time for arraignment. At this hearing the county judge will admonish (advise) the defendant of the charge and of the right to counsel and trial by jury (should the defendant plead "not guilty"). The defendant will also be advised of the consequences of a plea of guilty.

If the defendant is not able to hire counsel or legal representation the court will appoint an attorney to represent the defendant. The defendant may waive the right to trial by jury and to an attorney. In this case, the defendant would plead guilty and have the case tried immediately. The judge would then enter a judgment and declare the sentence or punishment the defendant will have to serve.

Should the defendant plead not guilty, bail (bond) is set and the case is subsequently set for trial.

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 A&M AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



\$20

Saturday

June 22, 2013

8 am—12 Noon

City of Orange
Central Fire Station
2nd Floor
501 N 7th St
Orange, TX

Canning Meats & Wild Game

Please call the Texas A&M Extension Office at 409-882-7010 if you are interested so we can plan for the class materials.

Upcoming Classes:

Jams & Jellies
Barbeque
Raising Backyard Chickens
Cheese Making

Volunteering with AgriLife

Come and learn how you can volunteer and make a contribution to the community. You will be a part of the Texas A&M AgriLife Extension programs and events by working with the planning committees and Extension Agents. Learning about the mission of the Extension Department and how educational programs are designed, planned, and conducted is very important for volunteers. Call the Extension office for the location and if you are interested so we can plan for the class materials.

6:00 PM

Tuesday's:

Please attend all classes

June 18

June 25

July 16

July 23

409-882-7010

Certified Food Manager Two-Day Certification Course

July 2 & 9, 2013
Orange County Convention
and Expo Center

9 am to 4 pm

This hands-on food safety course will equip you with the latest in

- Food safety principles & practices
- Prepare you for the National Certified Food Manager Examination

\$125 per person includes

- 2-day course
- national certification examination,
- course book & all course materials

Must Pre-Register by going to the website below, print out the form, and mail to the address on the form before class date.

<http://foodsafety.tamu.edu/>

Deadline to register is June 17, 2013

Prepare for the National ANSI Certified Professional Food Manager Exam by taking one of our courses. All courses are taught by Instructors accredited by the Texas Department of State Health Services and have completed additional requirements from the Texas A&M AgriLife Extension Service.

For additional information or questions call

Orange County Extension Office at

409-882-7010



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*



CLAYBUSTERS SHOTGUN SHOOTING SPORTS

Claybusters are planning to be a club all year long and have shooting every week or once a month.

New Club Manager

John Bilbo, Club Manager

779-1115

MIGHTY PIRATES

2nd Tuesday of each month
during the school year

Club meets at the

Vidor Community Center

Kathy Hester, Club Manager

790-8835



DUSTY TRAILS

Meets the 2nd Monday of each month
during the school year

Club meets at the

Mauriceville Community Center

4-H Office 882-7010

4-H NEWS

***Texas 4-H Shooting Sports
State Games
July 15-20
National Shooting Complex, San Antonio***

***Registration - May 15 - June 17
\$75 per contestant
\$20 per participant to Camp Clover Kid
Late Registration - June 18-24***

***Individual 4-H participants or
their representative will register on
4-H Connect (<http://texas.4honline.com>)***

***Shotgun events squadding will be completed via the
IClays system.
No additional IClays fee will be collected for shotgun events.***

4-H NEWS

CONGRATULATIONS TO ALL OUR SOUTH TEXAS STATE FAIR 4-H WINNERS

NAOMIE MITCHELL
GRAND CHAMPION F-1 HEIFER



MIGHTY PIRATES 4-H
CHANDLER BOSWELL—ROASTER & RABBIT
RACHEL DEARBORN—BROILER
ZACHARY HESTER—TURKEY & SWINE
CARLEE RAMOS—SWINE



DUSTY TRAILS 4-H
SHAWN CHICHESTER—SWINE
PEYTON LOGSDON—GOAT
MADISON MILLER—SWINE
MCCARTNEY MILLER—SWINE
ANDI MAE O'NEAL—SWINE

4-H NEWS

Orange County Livestock Show Association Tag-In for October 18 and 19 show 8 am to Noon at OCLSA Barn

\$25 per Entry
(No Refunds)

Roaster \$2 each

Roasters will arrive August 9

Pickup at Vidor Ag Building 4pm to 6pm only



Rabbit Entry Form
\$25 Entry fee per Meat Pen
(No Refunds)
Entries must be postmarked by
September 19

Applications available throught OCLSA or Orange County 4-H office
Tommy Harrington-Chairman 409.504.5210
Eddie Miller-Rabbit Show Chairman 409.284.2427

4-H NEWS

2013 Texas 4-H Livestock Ambassador Short Course



Date of Course

July 15-18

Cost

\$200

Meals, &

Lodging

Included!

Ages

14-18

Deadline

to Apply

July 15-18

Date of Course

July 22-24

Cost

\$150

Meals, &

Lodging

Included!

Ambassadors will be required to log at least 30 hours of service annually helping novice 4-H'ers with their projects and educating fellow 4-H'ers. The program is designed for youth wanting to enhance their livestock production knowledge and leadership skills.

- Topics Include
- Livestock Project Mentorship
- Food Safety
- Animal Well Being
- Nutrition
- Reproduction
- Grading and Fabrication
- Agriculture Advocacy
- Diseases and Treatments
- Degrees and Careers

The Texas 4-H Livestock Ambassador Program is an advanced leadership experience designed to enhance the knowledge and skills to become ambassadors for Texas A&M AgriLife Extension Service, the Texas 4-H program and animal science as it relates to livestock projects.

The Short Course will be college level animal science curriculum. It will take an in depth look at sheep, goat, swine, and cattle production in Texas and how it relates to the show ring.

Contact

Billy Zanolini, Texas 4-H Livestock Specialist

Phone 979.845.1211 or email

wfzanolini@ag.tamu.edu

**Contact Orange 4-H Office for
an application 409.882.7010**

4-H NEWS

Texas 4-H Conference Center

Summer Programs 2013

Which camp
is for you?

Camp (grade completed)	Arrival & Departure	Registration Fee Youth/Adult
Horizons Grades 4-8	June 4, 2 pm - June 8, 10:30 am	\$275/\$130
County Camp I	July 1, 2 pm - July 3, 11 am	\$175/\$80
Mission Possible Mentor Training	July 7, 2 pm - July 8, 2 pm	\$80
Mission Possible	July 8, 2 pm - July 10, 10 am	\$175/\$80
County Camp II	July 8, 2 pm - July 10, 11 am	\$175/\$80
County Camp III	July 10, 2 pm - July 13, 2 pm	\$225/\$105
Camp Corral	July 14, 2 pm - July 19, 11 am	*military youth
Prime Time I Grades 5-8	July 21, 2 pm - July 24, 10 am	\$225/\$105
Prime Time II Grades 2-5	July 24, 2 pm - July 27, 10 am	\$225/\$105

To register, go to Texas4Hcenter.tamu.edu website

- ☺ All camp enrollment is based on grade completed in spring, 2013
- ☺ 4-H membership is NOT required to participate in any camp
- ☺ Pre-order t-shirts ☺ Send a link to friends to register for the same camp
- ☺ Pay a deposit by June 13 or full amount ☺ Discount for registering by June 13

4-H NEWS

Vidor FFA Prospect Show Saturday, July 20, 2013



**The Show will be held at the
Orange County Livestock Barn**

**For more details contact
Tim Singleton
409.697.0675**



4-H NEWS



I pledge...

my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service, and
my **health** to better living for
my **club**, my **community**,
my **country**, and my **world**.

Texas
4-H & YOUTH

Never Leave Your Child Alone in a Car

Summer Brings Dangers of Children and Heatstroke

With the approach of summer in Texas, the danger of children dying from being left unattended in vehicles increases, warns Paula Tacker, Texas A&M AgriLife Extension Service agent, Orange County. By following the steps in the Safe Kids ACT campaign, we can help reduce needless and preventable deaths. ACT stands for: **A**void heatstroke-related injury, **C**reate reminders, and **T**ake action. The campaign is designed to link together these simple heatstroke prevention steps.

The problem is that temperatures in parked vehicles rise very quickly. According to figures from San Francisco State University's Department of Geosciences, in just 10 minutes, the temperature inside of a vehicle can increase by almost 20 degrees.

A child's body temperature rises three to five times faster than an adult's, making children more vulnerable to a deadly condition known as heatstroke. Heatstroke can occur at body temperatures above 104 degrees. Even mild outside temperatures can pose a threat, but with Texas temperatures climbing into the upper 90s each day, the danger becomes even greater.

Statistics from San Francisco State University show that Texas leads the nation with the highest number of vehicle heatstroke deaths during the years 1998-2012, with 84 deaths during that time. Nationally, there have already been four deaths due to heatstroke in 2013, with two having occurred in Texas. Last year in Texas, there were five vehicle heat-related deaths. Nationally, there were 32, according to the National Highway Traffic Safety Administration (NHTSA).

In more than half of the cases during that time period, the death was due to the child being 'forgotten' by the caregiver. Such deaths are preventable when parents take precautions to make sure that children are not left alone in vehicles and cannot gain access to unlocked vehicles.

Although many parents may think that this will never happen to them, it is a tragedy that can and has happened to many families. It is important that parents talk to their babysitters, grandparents, and others who care for their children to make them aware of the dangers of hyperthermia deaths.

For parents with iPhones, check out the free iPhone application called "Baby Reminder." This program allows you to set the days and time intervals in which you usually drive with your children and provides for an alert to be sent to you reminding you not to forget your baby in the car. It can be downloaded via iTunes at <http://itunes.apple.com/il/app/baby-reminder/id468332744?mt=8>. Of course, no phone app can guarantee your child's safety.

Look for the *ACT* and *Never Leave Your Child Alone in a Car* campaign promotions, and follow these safety tips from National Safe Kids:

- **Avoid heatstroke-related injury and death.**
 - Never leave your child alone in the car, even for a minute.
 - Consistently lock unattended vehicle doors and trunks.
- **Create reminders and habits that give you and your child's caregiver a safety net.**
 - Establish a peace-of-mind plan. When you drop off your child, make a habit of calling or texting all other caregivers, so all of you know where your child is at all times.
 - Place a purse, briefcase, gym bag, cell phone, or another item in a back seat that will be needed at your next stop.
 - Set the alarm on your cell phone or computer calendar as a reminder to drop your child off at childcare.
- **Take action if you see an unattended child in a vehicle.**
 - Dial 911 immediately, and follow the instructions that emergency personnel provide – they are trained to determine if a child is in danger.

Remember, children should never be left alone around cars. In addition to heat risks, there are other safety concerns with children in and around cars including back-overs, the risk of children releasing the gear shift or engaging electric windows, or becoming trapped inside vehicles or trunks.

For more information, visit the National Safe Kids website at <http://www.safekids.org/safety-basics/safety-guide/kids-in-and-around-cars/never-leave-your-child-alone.html>, or check out the National Highway Traffic Safety's *Where's Baby* campaign at <http://www.safercar.gov/parents/heatstroke.htm>.

What's the Best Way to Avoid Wrinkles?

As we grow older, we see and feel certain changes in our skin (the body's largest and most visible organ). The skin becomes drier, more wrinkles, spots and growths appear. As skin ages, collagen and elastin, fibers that keep the skin firm, weaken. The skin looks loose, becomes thinner, and loses fat—looking less plump and smooth. To top it off, while all these changes are taking place, gravity is also at work, pulling at the skin and causing it to sag. (1)

Some of these skin changes are natural, unavoidable, and harmless; others are itchy or painful, and some changes, such as skin cancers, are serious and require medical attention. Many of these skin problems can be prevented whether a danger to health or merely cosmetically unattractive. (1)

The sun is the major cause of unwanted changes in the skin with aging. Skin damage done by the sun is referred to as “photo-aging.” “How wrinkles your skin becomes depends largely on how much sun you have been exposed to in your lifetime. Cigarette smoking can also contribute to wrinkles.” (1)

“Sociologically, we’re seeing wrinkling at earlier and earlier ages. Sun exposure leads to pigmentation disorder, wrinkling, and loss of reflectant quality. We’re seeing all that in people in the 20’s (emphasis added).” (2)



“Sun exposure is at the root of skin changes throughout life..., the ultraviolet light from the sun damages the skin’s DNA—or building blocks. There is some cellular mechanism that exists which can repair that damage, but it becomes less efficient with time. Over the years, some of that DNA damage is not repaired and the cells begin to mutate and grow in an abnormal way. Eventually they might become cancerous.” (2)

Thus, when pondering the question of what topical products to select, there is one answer that is definite—use sunscreen. Protect your skin and that of your family members every day with a “broad-spectrum” (i.e., protects from UVA to UVB radiation) sunscreen of SPF 15 or higher, preferably water resistant, and re-apply every 2 hours or as needed. Apply liberally to cover all exposed areas of skin.

Sources:

1. American Academy of Dermatology (2005). Mature skin. Retrieved May 19, 2005. From <http://www.aad.org/public/Publications/pamphlets/MatureSkin.htm>.
2. Hilton, L. A closer look at aging skin and cosmetic dermatology. *Dermatology Insights* 2002; 3: 4-6. Retrieved June 24, 2005. From <http://www.aad.org/public/Publications/derminsights.htm>.

The Five Minute Parent

Fun & Fast Activities for You and Your Little Ones

Adventures in Art

Add vibrant color to everything in your life!

Tornado In a Jar:

Materials:

- ♦ Clean glass jar with lid
- ♦ Water
- ♦ Dishwashing liquid
- ♦ Food coloring (optional)

Directions:

Fill the jar with water and add a few drops of dishwashing liquid. Next, put a few drops of food coloring into the jar. Place the lid on tight and swirl the jar in a circular motion several times. Stop and look inside. You should see a mini tornado!

Moo Juice Science:

Materials:

- ♦ Milk (moo juice)
- ♦ Pie tin or shallow baking dish
- ♦ Dishwashing liquid
- ♦ Food coloring

Directions:

Cover the bottom of the dish with milk. Next, add a drop or two of food coloring, but don't stir. Now add a few drops of dishwashing liquid. Can you believe your eyes? The dishwashing liquid broke the surface tension of the milk.

*****Excerpt from the book "The Five Minute Parent" by Deborah Shelton**

Nutritious Snacks

For Kids!!

Berry Banana Cooler

Ingredients:

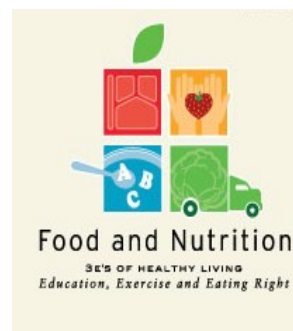
- ♦ 1 10 oz pkg frozen strawberries, partially thawed
- ♦ 1-1/2 cups orange juice
- ♦ 1-1/2 cups lemonade
- ♦ 2 medium (.5 lb) bananas (ripe), cut into chunks

Equipment:

- ♦ Measuring cups
- ♦ Knife
- ♦ Cutting board
- ♦ Blender or food processor
- ♦ Paper cups (6-ounce size, 8 each)

Directions:

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour mixture into 6 ounce cups
3. Serve one paper cup per child



TEXAS A&M 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 JUNE ISSUE:

- Upcoming Events
- Private Pesticide Applicator's Training
- Keys to the Courthouse
- Backyard Basics—Canning Meats
- Volunteering with AgriLife
- Certified Food Managers Course
- **4-H News: Pages 5—12**
-
- Never Leave Your Child Alone in a Car
- What's the Best Way to Avoid Wrinkles?
- The 5 Minute Parent: Fun and fast activities for you and your little ones.
- Nutritious Snacks for Kids!!

Fat-Free, Sugar-Free & Cholesterol-Free Blueberry Muffins!

Ingredients:



- ◆ 1 cup unsweetened blueberries (fresh or frozen)
- ◆ 1 3/4 cups all-purpose flour
- ◆ 2 1/2 teaspoons baking powder
- ◆ 1/3 cup Splenda granular
- ◆ 1/4 cup Egg Beaters egg substitute (equals 1 egg)
- ◆ 1/4 cup unsweetened applesauce
- ◆ 1/2 cup nonfat milk (skim)
- ◆ 1 tablespoon Splenda granular (to top muffins)

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spray muffin tin with non-stick spray
3. Wash and drain blueberries. Set aside. If using frozen blueberries, thaw before using.
4. In large bowl, sift flour. Add baking powder and the 1/3 cup Splenda. Mix together.
5. In another bowl, mix the Egg Beater egg substitute, apple sauce and milk.
6. Combine the wet mixture into the flour mixture. Stir just enough to blend (electric mixers aren't really necessary). Gently fold in the blueberries.
7. Pour batter into prepared muffin tin, filling each cup about 2/3 full. Use the last tablespoon of Splenda to sprinkle on top of each muffin (this adds zero calories and has zero fat) and bake for 17 minutes, or until tops are light brown.
8. After baking, allow muffins to cool before removing them from the tin.