

## Upcoming Events

- May 20—June 10-Green Thumb Series: Keeping Your Plants Healthy! 7 CEU's offered, 10 am Texas A&M Agrilife Extension Conference Room. \$30 per person .
- June 5: Strawberry Jam Canning Class, 10:00 am, Texas A&M AgriLife Extension Office, Free!
- June 12: Bee Class, 10:00 am, Texas A&M AgriLife Extension Office, Free!
- June 19: Grafting Vegetable Crops: Principles and Practices, 9:00 am—12:00 Noon, Texas A&M AgriLife Extension Office, Free!
- July 4: Office Closed for Independence Day Holiday.
- **Texas Master Gardeners:** 2nd Thursday of each month; 6:00 pm @ The Orange County Convention and Expo Center- Open to Public
- **Texas Master Naturalist:** On even months the meeting is on the 3rd Thursday, 6:00 pm, The Orange County Convention and Expo Center- DuPont Room. Open to Public



## Honeybee Class

Learn about Pollen, Nectar, and Honey in the beehive.

You will get to see an actual beehive so bring long sleeves, wide brimmed hat, gloves, and a veil if you have it.



Thursday  
June 12, 2014  
10:00 am



Texas A&M AgriLife Extension Office  
Call 409-882-7010 if you have any questions.

## Orange County Master Gardener's Horticulture Help line



Sick Tree?  
Questions about  
flowers?  
Brown spots in the  
grass?  
Etc...

Master Gardener's are available on Tuesdays  
to answer horticulture questions  
1 pm to 3 pm  
Call 882-7010 and ask for the Helpline.

# 45th Annual Senior Citizens Rally Day

Male of the Year



Weldon Townsend

Female of the Year



Pam Scales Honeycutt

Most Decorated Booth



Baptist Orange

Married the Longest



Robert & Mary Jackson

Most Great Grandchildren



Robert & Shirley Durmon

Traveled the Farthest



Shirley Quails

Oldest Senior in Attendance



John Repasky

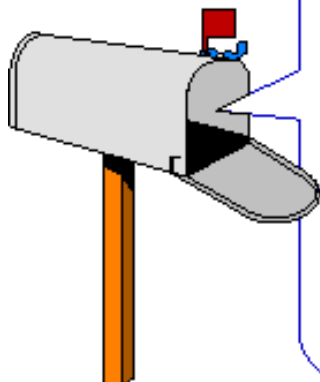
Mexican Heritage Society Dancers



Newlyweds



John & Yvonne Combs



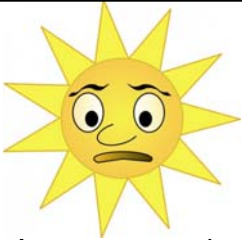
We have a new

MAILING

address

11475-A FM 1442

Orange, TX 77630



# Beware of Heatstroke Danger for Children in Hot Cars

## Never leave children alone in or around cars

As we approach summer in Texas, the danger of children dying from being left unattended in vehicles increases, warns Fallon Foster, Texas A&M AgriLife Extension Service agent, Orange County. Safe Kids USA has launched a campaign titled, ACT. 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 hyperthermia, or 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 1998-2013, with 92 deaths during that time. Nationally, there have already been two deaths due to heatstroke so far in 2014, with one having occurred in Texas. Last year in Texas, there were five vehicle heat-related deaths. Nationally, there were 44, according to the National Highway Traffic Safety Administration.

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. According to Safe Kids, one-third of the heat-related deaths in 2000 were due to children becoming trapped in a vehicle they had crawled into. 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.

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 provided by emergency personnel – 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. According to the Insurance Institute of Highway Safety, approximately 39 percent of backover deaths occurred at home in the driveway, an apartment parking lot, or in a town-home complex. Drivers in backover and frontover deaths are often family members or family friends of the injured child.

For more information, visit the website <http://nlyca.safekidsweb.org/resources/>.



# Importance of Watersheds to People

Watersheds are important to people as well as to other living things. People depend upon watersheds for their water supply, recreation, food and fiber, industrial uses and beauty. They also depend upon the watersheds for the ecological benefits to themselves and the other living things they support. All of these things are influenced by both the beneficial or harmful things that take place in the watershed.

## Adverse effects

The things that occur in a tiny watershed in the backyard affect larger watersheds downstream. Those influences accumulate (add up) to impact water sources for people and animals, contaminant loads, flow rates and volumes and other factors that can have a major impact on all of us.

## Contamination

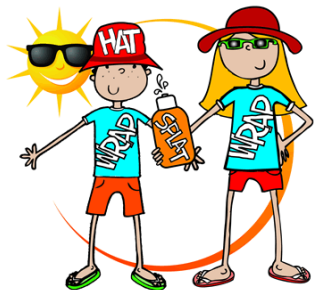
Some contamination of watersheds is from natural sources. Some rivers are quite salty because of natural salt deposits in their watersheds. Other types of contamination come from human-induced sources. Sewage, industrial wastes, acid precipitation, agricultural chemicals and wastes, and toxic materials from homes and lawns all contribute to the pollution or contaminant load in watersheds. Control of these, too, requires care at the source in all the tiny upstream watersheds.



### Some Tips on Keeping the UV Rays from Harming You:

- Apply sunscreen 20 minutes before going out in the sun—it needs to soak in before being effective. Make it a morning routine then you will never forget!
- 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!
- Fill a basket by the front door with sunglasses, hats and sunscreen—so as you rush out the door you remember to take a bottle with you to reapply later as needed.
- Making 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>

*Freeze Grapes for a cool  
refreshing snack.*



- Use extra caution around water and sand—these surfaces reflect the UV rays which can increase your chances of getting a sunburn.

To learn more check out <http://coolshade.tamu.edu/index.asp>.



## 4-H NEWS

### MANDATORY

#### 4-H Club Mangers Meeting

**July 21, 2014**

at 1:00 pm at the Orange County  
Extension office

**“Let’s get ready for the new  
4-H year!!**

**Snacks and drinks will be provided**

**4-H Club Charters  
are due August 1st**



### Calling all Orange County 4-H Officers!!!!!!

*If you are a 4-H club officer  
or a County 4-H Council of-  
ficer, then you are invited  
to attend the first officer  
training of the year!*



- *When: July 23, 2014 @ 1:00 pm*
- *Where: Orange County Extension of-  
fice (11475 FM 1442 Orange, TX)*

*“Get the tools and practice you need to  
lead your club for the new 4-H  
year”*



*Snacks and drinks will be provided!*



### Orange County Livestock Show

**October 10-11, 2014**



### Reminders:

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

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

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

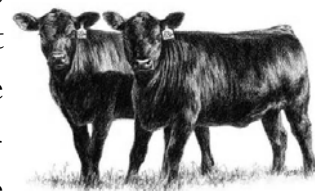
All 4-H'ers who are interested or think they may want to show poultry at the Orange County Livestock Show in October must contact the 4-H office. Minimum order of 10 chickens at \$20 (\$2 each). Additional chickens are ordered in increments of 5. You will not be purchasing your chickens now but we do need to know your amount by July 12.



## 4-H NEWS

### Vidor FFA Booster Club Summer Spectacular Prospect Show

Saturday, June 26 at the Mauriceville Fairgrounds off Hwy 62 in Mauriceville with check in starting at 6:30 am with show at 9 am. Steers shown by weight and breed, heifers shown by age and breed. Carey Hester will be the Judge. Belt buckles will be given for Overall Grand Champions and Overall Reserve Champions. Showmanship belt buckles for Senior and Junior showmanship in each division. Entry fee is \$20 per animal and will be accepted the day of the show. Questions about the show contact Vidor FFA Advisor Tim Singleton 409-679-0675 or Tommy Harrington 409-504-5210.



## Virtual Volunteer Workshops



Each workshop is designed to get you pumped up to make the best better for the youth of Texas. The

May virtual conferences available to view are:

Teaching Public Speaking

Wildlife Habitat Education Project (WHEP)

4-H Summer Camp Opportunities

Robotics

Share-the-Fun

College Readiness

4-H'ers...Start Your Engines (Rallies & Sign-up Nights)

Social Media

Leaders 4 Life

4-H Roundup

Livestock Judging Basics

How to Train 4-H Food Challenge Teams

How to Judge 4-H Recordbooks

Join the 4-H Agent for a day full of 4-H workshops, July 31 from 8:00 am-3:00pm at the extension office. There will be snacks and drinks provided. Bring your friends and let's learn about 4-H!!!!



To view these workshops and many more visit the Volunteer Conference website at:

[http://texas4-h.tamu.edu/volunteer\\_conference](http://texas4-h.tamu.edu/volunteer_conference)



## 4-H NEWS

### **Congratulations to Coke Killian of Dusty Trails 4-H!!!!!!!!!**

#### **South Texas State Fair 2014**

Best of Breed in mini rex and rex.

#### **Houston Livestock Show 2014**

Best of breed opposite with his Netherland  
dwarf does, and

Best of Variety with a lynx buck and black  
otter does plus, various other placings.



## Tractor Supply Paper Clover Campaign

April 27, 2014

A BIG thank you to the Killian family of Dusty Trails 4-H for selling \$1 paper clovers during the Spring Tractor Supply 4-H Paper Clover Campaign.

They raised \$60 in 4 hours!!!!!!

Join us for our next campaign in the fall!!!!





## 4-H NEWS

### National Youth Summit Series

*A New Generation of Leaders.*

*Today's Biggest Issues*



**Registration is now open!!** Visit: [www.nationalyouthsummit.org/4H](http://www.nationalyouthsummit.org/4H)

#### Five Unique Opportunities:

Aerospace Engineering: September 24-28, 2014

Robotics: October 9-13, 2014

Maker Summit: November 6-10, 2014 ➤ Registration is open for high school students.

Agri-Science: January 15-19, 2015

Healthy Living: February 12-16, 2015 ➤ Contact the 4-H Agent if you are interested in attending.



If you are interested in becoming a 4-H Volunteer



we would be happy to hear from you!!!



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

409-882-7010





## Cracking Down on Stress

Everyone experiences stress in his or her life, but stress can be *healthy*. It can give you a challenge or a sense of purpose. However, when you feel pressure and tension for a long amount of time, it can take a toll on you, your health, and your relationships, which can be *unhealthy*.

### Signs of Stress

- Insomnia—difficulty sleeping
- Appetite changes—eating more or less than usual
- Excessive fatigue—feeling tired often
- Headaches
- Depression/Irritability
- Stomach ailments or muscle tension (backache, stiff neck)

### How to Deal with Stress

To reduce stress, you have to identify what is causing you the stress and learn how to respond to the stress differently. It's your **attitude** toward the problem that most affects your health. While it's impossible to live a stress-free life, we can go for a walk, take a hot shower, talk to a friend, or listen to music to help deal with stress. Although we can't prevent stress in our lives, there are six proven ways that can help you to lower your stress level:



1. **Get enough sleep.** Most adults need about 6–9 hours of sleep every night, and children need even more sleep. Some helpful hints to getting a good night's rest include: making a mental list of all the things you have to be thankful for, avoiding caffeinated beverages in the evening,

taking a warm bath before going to bed, going to bed at the same time every night, and getting up on time so you aren't rushed.

2. **Plan ahead.** The next time you have a task to complete, determine when it must be done and how long it will take. Give yourself some extra time to complete the task if you've never done it before. Also think ahead of time about how you usually respond to certain stressors, such as performing certain tasks or speaking to certain individuals. Plan ahead how you are going to deal with those situations when they arise.
3. **Learn to say no.** Learning to say no is not always easy, but doing so to "voluntary" activities can give you more time to devote to other activities you enjoy.
4. **Get some exercise.** Exercise can reduce tension and improve your overall health. Doctors say adults should get at least 30 minutes and children need 60 minutes or more of moderate exercise every day. To achieve the greatest benefit, you should exercise at least 3–4 times a week.
5. **Remind yourself of your accomplishments.** Don't focus on what you haven't done; remind yourself of what you have accomplished. This will motivate you in stressful times.
6. **Make time for free time.** If you're feeling overwhelmed by all you have to do, you may be sacrificing free time to get it all done. Remember that free time is important. Don't think of free time as what's left over after you've done everything else. Plan time to do things you like to do.



# Preparing Your Evacuation

## “Grab and Go” Box



Recent natural disasters have emphasized the importance of emergency preparedness. Everyone should have individual and family evacuation

plans in place. Extensive planning should include all members of the family. Keep in mind that an emergency plan may be different for every family, yet there are common elements. It is critical that each family have a planned evacuation arrangement and an evacuation “to-go” box ready for emergencies.

### Steps to Creating Your “Grab and Go” Box

#### ► Step 1

- Place papers in sealed, waterproof plastic bags.
- Store in a durable, sealed box. (A portable, fireproof and waterproof box or waterproof backpack is recommended.)

#### ► Step 2

- Store box/backpack at home in a secure, easily accessible location.

#### ► Step 3

If you must evacuate:

- Grab box and take with you.
- Keep the box with you at all times.
- Do not leave box unattended in your car.

### Your “Grab and Go” Box Should Include:

- ♦ Cash or traveler’s checks for several days living expenses.
- ♦ Rolls of quarters.

- ♦ Emergency phone numbers:
  - Doctors, pharmacies.
  - Financial advisors.
  - Clergy.
  - Repair contractors.
  - Family.
- ♦ Copies of important prescriptions:
  - Medicines.
  - Eyeglasses.
- ♦ Copies of children’s immunization records.
- ♦ Copies of health, dental, and/or prescription insurance cards or numbers.
- ♦ Copies of auto, flood, renter’s or homeowner’s insurance policies (at least policy numbers).
- ♦ Insurance company telephone numbers, including local agent and company headquarters.
- ♦ Copies of :
  - Deeds.
  - Titles.
  - Wills and/or trust documents.
  - Durable power of attorney.
  - Healthcare directives.
  - Stock and bond certificates.
  - Recent investment statements.
  - Home inventory.
  - Birth, death, adoption, and marriage certificates.
  - Passports and other identity documents.
  - Employee-benefit documents.
  - First two pages of previous year’s federal and state income tax returns.
- ♦ Back-up copies of computerized financial records.
- ♦ Keys to safe deposit box.
- ♦ Combination to safe.
- ♦ Negatives for irreplaceable personal photos.
- ♦ Computer user names and passwords.
- ♦ List of numbers:
 

• Social Security	• Credit card
• Bank account	• Driver’s license
• Loan	• Investment account
- ♦ List of debt obligations, due dates, and contact information.



It is important to have a safe deposit box to protect your important papers. These boxes are located at local financial institutions. Securing important papers located in a safe deposit box will help to eliminate potential stressful situations if you are unable to take your "grab and go" box with you during a disaster. For added security, it is recommended that original documents, other than wills, be housed in your safe deposit box. For additional security, these documents should be photocopied or digitally scanned and secured with a trusted out-of-state friend or family member.

### Secure in Your Safe Deposit Box:

- Copies of will/trust.
- Copies of power of attorney.
- List of insurance policies.
- List of financial account numbers.
- Family birth, marriage, and death certificates.
- Adoption papers.
- Citizenship papers.
- Military service records.
- Loan agreements.
- Certificates of deposit.
- Real estate deeds.
- Vehicle titles.
- Mortgage paperwork.
- Stock and bond certificates.
- Inventory of home contents.
- Jewelry/precious metals.
- Employment contracts, business agreements.

### References:

AARP Bulletin. (October, 2005) What If? Seven Ways to Disaster-Proof Your Life.

American Association of Retired Persons. Being Prepared.

[http://www.aarp.org/learn/tech/computers/life\\_online/emergency\\_preparedness.html](http://www.aarp.org/learn/tech/computers/life_online/emergency_preparedness.html)

American Red Cross, American Institute of Certified Public Accountants & National Endowment for Financial Education. (2003). Disaster Recovery: A Guide to Financial Issues.

Cosgrove, S. (2005). Mississippi State University Cooperative Extension Service. Creating Your 'To-Go' Box. Powerpoint presentation.

University of Florida Cooperative Extension Service. (1998). Disaster Supplies Kit.

This document was developed by Jeanette A. Tucker, Ph.D., Associate Professor–Family Economics, LSU Ag Center Research and Extension. Pub. 2949-I (100M) 5/06. <http://www.lsuagcenter.com/NR/rdonlyres/405B7245-4746-4480-9578-F3CE54172F2B/25562/Pub2949IEvacuationGrabBoxFINAL.pdf>. Permission to reprint granted to Texas AgriLife Extension Service by Dr. Tucker. August 2007.

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### Inform Others:

Informing friends and family about your evacuation plan is beneficial in case of injury or if families become separated. Having other people aware of your plan will reduce anxiety during stressful situations. It is also beneficial to prepare an emergency contact card for each family member to keep on their person. This card should contain contact information for all household members, an out-of-town contact, and other key emergency and medical providers. A printable form for preparing emergency contact cards can be downloaded at <http://www.redcross.org/prepare/ECCard.pdf>

### Ask an Out-of-State Friend or Relative to Secure:

- Paper or digital copies of documents in your "grab and go" box.
- Emergency contact information (including e-mails and cell phone numbers).
- Contact list for heirs and advisers.
- Copies of documents in safe deposit box.

Planning and preparation can prevent the unexpected from becoming a harsh reality. Taking the time prior to the emergency to prepare and organize important papers and documents will save you from unwanted stress and chaos in the case of a disaster.



TEXAS A&M AGRILIFE EXTENSION  
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Orange, Tx 77630  
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E-mail: orange-tx@tamu.edu

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Return Service Requested

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## TEXAS A&M AGRILIFE EXTENSION

### IN THE JUNE ISSUE:



#### Upcoming Events

- Senior Citizens Rally Day Winners
- Beware of Heatstroke Danger for Children in Hot Cars: Never leave children alone in or around cars
- Importance of Watershed to People
- **4-H News: Pages 5-8**
- Cracking Down on Stress
- Preparing for Evacuation: "Grab and Go" Box

### Grilled Pork Tenderloin Sandwiches

- 1/4 cup hot jalapeño jelly
- 1 teaspoon water
- 1 tablespoon paprika
- 1 1/2 teaspoons salt
- 1 teaspoon granulated sugar
- 1 teaspoon brown sugar
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 2 (1-pound) pork tenderloins, trimmed
- Cooking spray
- 1/4 cup light ranch dressing
- 1/4 cup sweet hickory smoke tomato-based barbecue sauce (such as Bull's-Eye)
- 8 (1 1/2-ounce) hamburger buns or Kaiser rolls

#### Directions

1. Prepare grill to medium-high heat.
2. Combine jelly and water; set aside.
3. Combine paprika and next 6 ingredients (through pepper); rub evenly over pork. Place pork on grill rack coated with cooking spray; cover and grill 15 minutes, turning pork occasionally. Brush pork with jelly mixture. Grill an additional 5 minutes or until thermometer registers 155° (slightly pink).
4. Place pork on a cutting surface. Lightly cover with foil; let stand 10 minutes. Thinly slice pork. Combine ranch dressing and barbecue sauce. Serve pork and ranch mixture with buns.