

Upcoming Events

- March 1, 8, 22, 29, April 5, 12, 19 26: Living Well Classes, 5:30 pm—6:30 pm, Baptist Orange Hospital, 5th Floor Classroom
- March 1, 8, 22, 29, April 5, 12, 19 26: Do Well Be Well with Diabetes Classes, 10:00 am—11:00 am, 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)
- March 17: Texas Master Gardener's Plant Sale, 8:00 am, Jewel Cormier Park
- 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.



Gettin' Hooked On Health

43rd Annual
Senior Citizens Rally Day
Tuesday, May 8, 2012
Veterans of Foreign War (VFW) Hall
North Highway 87, Orange
9 a.m. till 1 p.m.

Bingo

Free Meal & Health Fair

**Senior Recognition Awards
will be Presented**

Schedule of Events

9 am to 11 am Health Fair
10 to 11:15 am Bingo
11:15 to 11:45 am Guest Speaker
11:45 Invocation, Free Lunch & Entertainment

Plant Sale!!

**The Orange County Master Gardeners
are having their Annual Plant Sale.**

Saturday, March 17, 2012

8:00 am

**Jewel Cormier Park
At the Greenhouse**



Do Well, Be Well with Diabetes

10:00 am - 11:00 am

\$20/person or \$35/couple

Living Well Classes

5:30 pm - 6:30 pm

Free



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



No classes on March 15

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.

Keys to the Courthouse

Elected Judicial District Officials

A district is made up of one or more counties. District officials are elected by qualified voters in the district.



WELCOME TO



District Judge—The district judge presides over the district court, which covers one or more counties and hears felony criminal cases, divorces, adoptions and civil cases.

District attorney—The district attorney is the chief prosecuting officer for the district court. The main duty of the district attorney is to represent the state in criminal cases. The district attorney works with law enforcement officers to investigate and prepare cases that will be heard before the criminal courts. It is the district attorney's responsibility to determine whether an alleged criminal offense should be prosecuted. The district attorney prosecutes felony cases, motion to revoke cases, and bond forfeitures.

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.

Keeping Plants Healthy in the Landscape

The Texas AgriLife Extension Service is holding a series of classes called the Green Thumb Series. This is the 2nd group of classes in the series. Everyone is always wondering about that brown spot in the middle of their yard....or what's that bug or thing growing in my trees....Come to these classes and find out these answers!

\$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

Mauriceville Community Center
(Crawfish Festival Grounds)

6:00 pm—8:00 pm

Class Dates and Topics

April 10:	Weeds
April 17:	Beneficial Insects and Insect Pests (being held in the Vidor Community Center)
April 24:	Other Health Challenges in the Environment
May 1:	Fungal Diseases on Plants
May 8:	Integrated Pest Management and Pesticide Uses

Food Handlers Class is now offered online!

This course:

- **is about 2 hours in length**
- **costs \$15.00 per person online**
- **is accredited by Texas Department of State Health Services**

**To learn more or to view the
course online go to:**

<http://foodsafetyonline.tamu.edu>

- **Upon completion of the online Food Handlers course, you will be able to print a Food Handlers card that is valid for 2 years. The cost of the course does not cover any fees associated with your local health department.**
- **This course is recommended for all food service employees to help promote the service of safe food. It is a basic overview of food safety principals and practices that are necessary to ensure you serve safe food at your establishment.**

If you have any regulatory questions please contact

Rebecca Dittmar at (830) 896-9037 or Julie Prouse at (979) 458-2025.





Orange County Master Gardener's

Spring is in the air as the trees already have new leaves popping out daily and many of the fruit trees have started to flower.



Greenhouse News:

Orange County Master Gardeners have been busy with caring for seedlings for vegetables, propagating cuttings and repotting plants. One green house is almost complete with awaiting the electricity to be hooked up. The watering system is set up with misting systems on some of the tables and drip irrigation for individual pots on other tables. There is a nice potting area covered with shade cloth with tables and chairs to sit at while working to pot and repot the plants. Demonstration rose beds are planted with trial roses named Kordes roses and we are one of the only four test gardens in the U.S. for this type of rose.



Master Gardener Training Class:

The Master Gardener classes have started February 21st with thirty interns in attendance for the first class and a few more added. It is a lively, enthusiastic group. The room was buzzing with excitement. Dr. Roy did a fantastic job of teaching the class. Herbs are growing in the green house for the herb class. This will allow the interns to plant their own herb container.



Junior Master Gardeners:

Junior Master Gardeners are really excited that spring is approaching for spring garden planting. They will learn about different kinds of vegetables, how they grow and most importantly how to eat healthier as an invaluable tool they can use the rest of their lives.

Plant Sale:

Come and join us for our plant sale on March 17, 2012 at 8:00 AM. This is being held at the Jewel Cormier Park.



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*

Congratulations!! 4-H members placing at the Majors

Ft Worth Livestock Show

Bailey Borque, Broken Spoke 4-H
Won Grand Reserve in Showmanship.
1st in class

Ft Worth Livestock Show

Bekah Borque, Broken Spoke 4-H
Won 5th in her class.

San Antonio Livestock Show

Bekah Borque, Broken Spoke 4-H
Superbowl won 5th in her class.
Won a \$250 Scholarship for
the simmintal simbrah superbowl.
8th in her class for the livestock show.

San Antonio Livestock Show

McCartney Miller, Dusty Trails 4-H
Won 1st in her Class
Junior Beef Heifers

San Antonio Livestock Show

Madison Miller, Dusty Trails 4-H
Won 3rd in her Class
Junior Beef Heifers

San Antonio Livestock Show

Tyler Lee, Mighty Pirates 4-H
Caught a calf in the
Calf Scramble.



4-H CLUB NEWS



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

Hearts

At

Home 4-H

Home School Club

2nd Monday of each Month

2 pm

Mauriceville Community Center

Club Manager

Julie Walker

409-659-7087



MIGHTY PIRATES 4-H

2nd Tuesday of each month

Raymond Gould Community Center 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



TOP SHOTS 4-H RIFLE SHOOTING SPORTS

Meets at the
Senior Citizen Hall

Bridge City

Contact Club Manager

Gary Beall

409-670-3417



CLAYBUSTERS 4-H SHOTGUN SHOOTING SPORTS

Monday, February 6 6 pm to 8 pm

Orange Gun Club

Club Manager Louis Bazan

409-718-5580

DUSTY TRAILS 4-H

3rd Monday of each month

6:30 pm

Mauriceville Community Center

NO MEETING HELD THE MONTH OF MARCH



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

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



Smart Uses for Your Tax Refund...



A tax refund is always a welcome bonus. Whether it's \$300 or \$3,000, the way you use that money can have a real impact on your personal and financial well-being.

New computer? New recliner? Nice vacation? Those are all nice ideas, but....

Before you spend your refund, try to think through *all* the options—even ones that aren't especially glamorous.

Follow Three General Rules

1. **DO plan ahead before spending your refund.** Without a plan, you may use the money on the first important thing that comes to mind and then later realize something else was *more* important.
2. **DO devote a portion of your tax refund to build long-term financial security.**
3. **DON'T throw away part of your refund on preparation fees and/or loan fees.** Did you know that those companies that offer "quick refunds" are just giving you a loan? It's a high-cost, high-risk loan. Look for FREE tax preparation program like VITA (<http://irs.treasury.gov/freetaxprep/>) and AARP'S TaxAide (www.aarp.org/taxaide). Trained volunteers can assist in preparing your return and file it electronically for FREE. By using one of these free programs and having your refund direct deposited into a checking or savings account, you can get your refund in 7-10 days.

Four Smart Uses for Your Tax Refund

1. **Pay off bills.**
 - ♦ Your first priority is to pay your regular monthly bills if you have fallen behind (utilities, phone).
 - ♦ Most other debts should be prioritized, with highest interest rate debts being paid off first.
2. **Save for needs in the coming year.**
 - ♦ **Emergency funds.** Having money saved for emergencies can get you through small emergencies, like car repair or medical bills, without breaking a sweat. In the ultimate emergency (loss of income), an emergency fund can keep you afloat until you find another income source.
 - ♦ **Occasional Expenses.** Those big bills that come once a year or every few months (car insurance) can cause huge problems for families. Avoid those by being ready for the bills!
3. **Long-term savings!**
 - ♦ You CAN make program toward long-term goals, and your tax refund can help make that happen.
 - ♦ **Even small amounts add up.** Adding just \$500 a year into a retirement account, such as an IRA, can make a difference over a period of decades.
 - ♦ **Take the "small amount" theory one step further.** Build on the momentum created by that once a year contribution, and make a monthly contribution, too.
 - ♦ **Contributing to your retirement *may* pay off with a tax credit!**
4. **Special Purchases**

What about a new refrigerator?
Or the sofa? Or....?

 - ♦ Those purchases are valuable, too.
 - ♦ Some may be essential, while others simply add enjoyment to life.
 - ♦ Are you fulfilling a *want* or a *need*?



Things youth can do to help when money is short:



- ♦ Think about things you have been spending money on that you can do without—movies, magazines, music, gas, sodas, etc.
- ♦ Think about ways to earn money—baby-sitting, pet sitting, mowing lawns, delivering papers, etc.
- ♦ Think about ways to stretch the money your family does have—sew or mend clothing, garden, baby-sit for younger brothers and sisters, prepare meals, etc.
- ♦ Turn off the lights, television, stereo, and other small appliances.
- ♦ Take shorter showers to cut down on the hot water used.
- ♦ Hang your clothes up after wearing so they will not need to be washed and dried as often and will last longer.
- ♦ Do not stand with the refrigerator door open while deciding what to eat.
- ♦ Drink water, milk, and juices, which are healthier and can be less expensive than soda.
- ♦ Turn off water while brushing your teeth, turn on (small stream) for rinsing.
- ♦ Use less shampoo—only enough to clean the hair (too much lather is wasteful).
- ♦ Buy generic brands of personal care products.
- ♦ Do not waste school supplies—when possible, use both sides of paper.
- ♦ Do not be wasteful with food.
- ♦ Ride your bike or walk to places whenever possible.
- ♦ Give gifts to friends and family of your time and energy rather than money.
- ♦ Think about the things you do that make other people in your family angry. Find ways to avoid doing those things.
- ♦ Do extra chores; help out without being asked.
- ♦ Clean up after yourself.
- ♦ Avoid picking fights.
- ♦ Spend time caring for younger brothers/sisters.
- ♦ Share your possessions and school supplies with other family members.
- ♦ Be generous with your time.
- ♦ Keep a good sense of humor.
- ♦ Be enthusiastic about trying new ideas.
- ♦ If a task needs to be done and you can do it; it will be appreciated.
- ♦ Treat your family with kindness. Be courteous using “please and thank you” generously.
- ♦ Accept your parents decisions in a positive manner.

Remember, no matter what your age, there are things you can do to help at home during tough times.



Very Berry Trifle
From Patti LaBelle's Lite Cuisine
Makes 12 servings

When you have a crowd coming for dinner and you need a glamorous-as-it-is-delicious dessert, you can't do better than this one. It is *gorgeous*.

1—Angel Good Cake or Pound Cake
1—1 ounce package fat free sugar free instant vanilla pudding mix
2 cups fat free milk
1 1/2 cups frozen light whipped topping, such as cool whip, thawed
2 cups hulled and halved fresh strawberries
2 cups fresh blueberries
2 cups fresh blackberries
2 tablespoons sugar substitute, such as *DiabetiSweet* or *Splenda*

In a medium bowl, whisk the pudding mix into the milk until it begins to thicken, about 2 minutes. Fold in the whipped topping. Cover and refrigerate for 1 hour. Meanwhile, in a large bowl, toss together the strawberries, blueberries, blackberries and sugar substitute. Layer half of the cake cubes in the bottom of a clear trifle bowl. Top with a third of the berries, then half of the pudding. Repeat the layers of cake, berries and pudding, topping with a final layer of berries.

Nutrients per serving: 150 calories, 4 g protein, 21 g carbohydrate, 6 g fat, 1.5 grams saturated fat, 20 mg cholesterol, 3 grams dietary fiber, 120 mg sodium

Diet Exchanges: 1 1/2 starches, 1 fat, or 1 1/2 carbohydrate choice

Orange County
Texas AgriLife Extension
is on the web. Visit us at:
orange.agrilife.org

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Spicy Roast



3 pounds of pot roast
1 can fat-free cream of mushroom soup
1 can fat-free cream of chicken soup
1 can pinto beans
1 can Rotel tomatoes
1 can diced tomatoes
1 small can chopped green chilies
1/2 cup diced onions
1 package low-sodium taco seasoning mix

Place the pot roast into the slow cooker. Mix the remaining ingredients in a large bowl. Once everything is mixed well pour this mixture on top of the pot roast in the slow cooker. Cook on low 6 to 8 hours or on high for 4 to 5 hours. Once the meat has reached an internal temperature of 145° F, take a fork and knife and shred the meat. Once this is complete it is ready to be served.

Prep Time: 15 min
Serves: 5-6

Cook Time: 6-8 hrs
Cost per serving: \$3.06