

## Upcoming Events

- February 26, March 5, 19, 26: Green Thumb Series #2: Plant Propagation and Botany, Mauriceville Community Center, 6 pm–8 pm.
- March 10: Daylight Savings Time begins
- March 21, 28: Certified Food Manager 2-Day Certification Course, Mauriceville Community Center, 9 am–4 pm.
- May 7: Senior Citizens Rally Day, VFW Hall, 9 am—
- 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,



**Mardi Gras!** 44th Annual   
**Senior Citizens Rally Day**  
"It's Mardi Gras Time!"  
Tuesday, May 7, 2013  
Veterans of Foreign War (VFW) Hall  
North Highway 87, Orange  
9 a.m. till 1 p.m.

Free Health Fair



Lions Eye Bank of Texas  
WANTS all your old/unused  
eye glasses

Bingo



Senior Recognition Awards  
will be Presented

Free Meal

For additional information contact the  
Texas A&M AgriLife Extension Service  
Orange County at 409-882-7010

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



## Sabine Neches Chapter

# A Great Way to Volunteer

Jefferson, Hardin, and Orange  
Counties

**New Training Opportunity**  
**March 28, 2013**  
*Applications due by*  
*March 15, 2013*

## Texas Master Naturalist Training Classes!!

### BASIC TRAINING:

Classes Start March 28, 2013

What is a Naturalist?  
Basic Ecology  
Weather and Climate  
Cultural Resources  
History of the Region  
Reptiles and Amphibians  
Fish  
Mammals  
Birds  
Inland Aquatic Ecology  
Coastal Aquatic Ecology  
Volunteers as Teachers  
Forest Ecology  
Plants and Rangeland Ecology  
The Wild-land/Urban Interface

## WHO ARE MASTER NATURALISTS?

A corps of well-informed volunteers who provide education, outreach, and service dedicated to the beneficial management of natural resources and natural areas in their community.

### WHERE

Training classes and volunteer opportunities will be held at various locations in Hardin, Jefferson, and Orange counties about once a month.

### COST

\$150 per person  
Notebooks, handouts, class outlines, and other resources will be provided.

**Call the Texas A&M AgriLife  
Extension Office at  
409-882-7010 to receive an  
application.**

# 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.

**Constable**—There is a county constable within each justice precinct. Constables serve 4-year terms. The number of constables in each county depends on the population. Constables carry out the decisions of the justice of the peace courts. They serve witnesses with subpoenas, act as bailiffs, execute judgments, and serve papers. *Subpoena* is a Latin word meaning "under penalty." If a person fails to appear as directed, he or she may be punished by a fine or jail time. Also, constables may perform patrol functions and conduct criminal investigations.

The sheriff and constables enforce laws in the county. When a resident of the county believes a law has been broken, he or she contacts the sheriff's department. The sheriff or a deputy investigates the crime to determine who perpetrated the crime. They talk to witnesses and examine physical evidence at the crime scene. When a sheriff or deputy believes there is sufficient evidence to suspect a person of a crime, the sheriff or deputy arrests the person. Once arrested, the accused person enters the justice system. This is a branch of the state judicial court system and is mandated by the Texas Constitution.

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.

# Certified Food Manager Two-Day Certification Course

March 21 & 28, 2013  
(Mauriceville Community Center)

or

May 22 & 29, 2013

or

August 6 & 13, 2013

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 completing the attached registration form and mail to address on form before class date.

You can also go to the website below and print out the form  
<http://foodsafety.tamu.edu/>

**March class deadline: March 4, 2013 / May Class deadline April 30, 2013**  
**August class deadline: July 23, 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



# 40 GALLON CHALLENGE



## What is the 40 Gallon Challenge?

The 40 Gallon Challenge is a call for residents and businesses to reduce our region's water use on average by 40 gallons per person, per day. The challenge began in 2011 as a voluntary campaign to increase water conservation.

The 40 Gallon Challenge encourages people to save a minimum of 40 gallons a day by adopting new water-saving techniques. The pledge card outlines water-saving practices and the daily water-savings to expect. You can use the pledge to review the water-saving practices that you or your family currently puts to use. By pledging *new* practices, you will see the total daily savings expected for your household.

The 40 Gallon Challenge also provides maps and charts to see pledge activities in your state and across the United States.

**Go to [www.40gallonchallenge.org](http://www.40gallonchallenge.org) for more information!**

*Green  
Thumb  
Series*

## *Plant Propagation & Botany*

*\$30 per person covers the classes and materials. (Scholarships available, but please call the office before the class.) 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**

**Tuesdays**

**February 26, March 5, March 19, March 26**

### **Class Topics**

Plant Categories & Plant Processes

Plant Parts and Functions

Flowers, Fruits, Seeds, and Germination

Environmental Factors

Plant Nutrition and Hormones



# 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**

**New Club Manager**

**Wayne Walker, Club Manager**  
**988-6003**



## **NEW 4-H RIFLE CLUB**

**contact Wayne Walker for  
more information**

**MIGHTY PIRATES**  
**2nd Tuesday of each month**

**March 12 at 7 pm**  
**(Important meeting concerning**  
**the South Texas State Fair)**  
**Vidor Community Center**  
**Kathy Hester, Club Manager**  
**790-8835**

## **DUSTY TRAILS**

**2nd Monday of each month 7 pm**

**NO MEETING IN MARCH DUE  
TO LIVESTOCK SHOWS**

**Mauriceville Community Center**  
**Jessica Mayfield, Club Manager 886-5906**





## 4-H LIVESTOCK SHOW NEWS



**Good Luck to  
Madison & McCartney Miller  
Dusty Trails 4-H  
Showing Market Swine at  
Star of Texas Livestock Show & Rodeo Austin  
March 8 - 23**

**Good Luck to all our 4-H Kids  
participating at the  
Houston Livestock Show  
February 25 - March 17**



### **Market Goats**

**Peyton Logsdon - Dusty Trails 4-H  
Ethan Logsdon - Dusty Trails 4-H  
Dawson Mayfield - Dusty Trails 4-H**

**Meatpen/Open Breeding Rabbit  
Cole Killian - Dusty Trails 4-H**

### **Calf Scramble Heifer**

**Naomie Mitchell - Mighty Pirates 4-H  
Tyler Lee - Mighty Pirates 4-H**

### **Market Swine**

**McCartney Miller - Dusty Trails 4-H  
Madison Miller - Dusty Trails 4-H  
Braydon Little - Dusty Trails 4-H  
Joey Fusilier - Dusty Trails 4-H**

## 4-H LIVESTOCK SHOW NEWS

**Get Ready for the  
South Texas State Fair (YMBL)  
Wishing Luck to all our 4-H Kids  
March 21 - 31**



### Market Goats

Kasey Dougherty—Dusty Trails 4-H  
Peyton Logsdon—Dusty Trails 4-H  
Jessica Sturm—Dusty Trails 4-H

### Broilers & Turkeys

Chandler Boswell—Mighty Pirates 4-H  
Paul Bridges—Mighty Pirates 4-H  
George Dearborn—Mighty Pirates 4-H  
Rachel Dearborn—Mighty Pirates 4-H  
Zachary Hester—Mighty Pirates 4-H  
Andi O'Neal—Dusty Trails 4-H  
Casey Peveto—Mighty Pirates 4-H  
Carlos Ramos—Mighty Pirates 4-H  
William Ramos—Mighty Pirates 4-H

### Market Swine

Chandler Boswell—Mighty Pirates 4-H  
Caden Brister—Dusty Trails 4-H  
Shawn Chichester—Dusty Trails 4-H  
Kalea Clayton—Mighty Pirates 4-H  
Mackenzi Dans—Dusty Trails 4-H  
Madison Dans—Dusty Trails 4-H  
Morgan Dans—Dusty Trails 4-H  
Ryan Davenport—Mighty Pirates 4-H

### Market Swine continued

Joey Fusilier—Dusty Trails 4-H  
Zachary Hester—Mighty Pirates 4-H  
Braydon Little—Dusty Trails 4-H  
Madison Miller—Dusty Trails 4-H  
McCartney Miller—Dusty Trails 4-H  
Jacob Mitchell—Mighty Pirates 4-H  
Naomie Mitchell—Mighty Pirates 4-H  
Andi O'Neal—Dusty Trails 4-H  
Melvin Pyatt, IV—Mighty Pirates 4-H  
Michael Pyatt—Mighty Pirates 4-H  
Carlee Ramos—Mighty Pirates 4-H  
Cole Vanderburg—Dusty Trails 4-H

### F-1 Heifer

Naomie Mitchell—Mighty Pirates 4-H

### Meat Pen Rabbits & Breeding Rabbits

Cole Killian—Dusty Trails 4-H  
Daniel Killian—Dusty Trails 4-H

### Market Steer

Ryan Davenport—Mighty Pirates 4-H  
George Dearborn—Mighty Pirates 4-H  
Zachary Hester—Mighty Pirates 4-H

## 4-H NEWS



The 5th Annual Texas 4-H Outdoor Challenge will be held June 29 and 30 at the Texas 4-H Conference Center in Brownwood.

### TEXAS 4-H OUTDOOR CHALLENGE



Grab a friend. Learn, practice, and train to compete in a series of ten outdoor events. Contestants, ages 8 to 18 need to train on their own and come to the Challenge prepared to compete.

A team consists of two members within the same age division. There are three gender classes; male, female and co-ed.

Throughout the two-day competition, teams compete to earn points, demonstrating their skills in

- ♦ Shooting Sports (rifle, shotgun and archery)
- ♦ Sportfishing
- ♦ Swimming
- ♦ Canoeing
- ♦ Camping/Outdoor Living Skills
- ♦ Orienteering
- ♦ Identification of Wildlife and Natural Resources
- ♦ Outdoor Safety
- ♦ Teamwork
- ♦ Decision-making
- ♦ Mountaineering

Event descriptions and study resources are available at <http://texas4-H.tamu.edu/outdoor>

Registration will open on 4-H Connect in April and conducted on-line through your 4-H CONNECT profile. The cost for the Challenge is tentatively \$40 per participant. Registration will list price packaging based on lodging and meal needs.

#### Outdoor Challenge Camp

For contestants wanting to “get their feet wet” before the actual Challenge Contest, Challenge Camp will be held June 23-27. On-line registration and information on fees will be available in April.





44<sup>th</sup> Annual Senior Citizen Rally Day "Mardi Gras"  
**2013 SENIOR CITIZEN OF THE YEAR**  
**NOMINEE FORM**

Nominee's Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_

(Must be 60 or over)

Age \_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ Resident of \_\_\_\_\_ for \_\_\_ Years.

Closest Relative or Friend

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

*APPLICATION MUST BE ACCOMPANIED BY A WRITTEN SUMMARY OF  
THE NOMINEES SERVICE TO MANKIND. Examples:*

- 1. Nominee's participating in organizations that have provided a service to others  
And some service projects. Do not just list organizations. What did the nominee do?*
- 2. Assumed citizenship responsibilities and their contribution toward improving the community.*
- 3. Volunteer service (church, clubs, community, and fellowman).*
- 4. Describe outstanding leadership, service, achievements, and awards.*

Submitted by \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Mail form to:  
**EXTENSION COMMITTEE ON AGING**  
**P. O. BOX 367, Orange, TX 77631-0367**

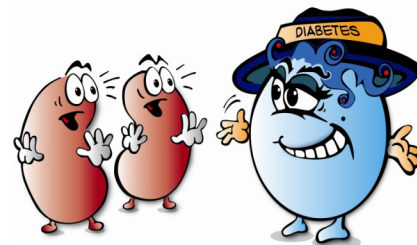
Winner will be recognized at the 44th Annual Senior Citizens Rally Day  
May 7, 2013

**DEADLINE FOR ENTRIES IS APRIL 16, 2013**

**\*Those submitting an application for a nominee must be willing to accept the judge's decision.**

Provision 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 programs 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.

# What is Diabetes?



Diabetes is a disease that does not go away once you have it. Diabetes makes it hard for the body to break down the food component called carbohydrate. Breaking down carbohydrates into glucose is needed to give the body energy. Carbohydrates are broken down by insulin. Many people with diabetes have high blood pressure and cholesterol, too, which increases their risks for heart disease and stroke.

What is the most common type of diabetes? Ninety-five percent of people with diabetes have type 2. With type 2, the body still produces varying amounts of insulin. However, there is not enough insulin, and the insulin that is produced by the body does not work well.

What causes diabetes? Diabetes is more likely to happen in people who are overweight or obese and/or physically inactive. Diabetes runs in families, too.

What do you need to do to control your type 2 diabetes?

- ♦ See your doctor for a diagnosis and control plan. Ask about classes like *Do Well, Be Well with Diabetes* to learn how to manage your diabetes.
- ♦ Learn to recognize foods with carbohydrates and how many you can eat at a meal. Ask your doctor for a referral to a dietitian, if needed.
- ♦ Learn about checking your blood glucose two hours after meals so you know which meals to work on reducing the amount of carbohydrate foods eaten.
- ♦ Start exercising. Try to do 30 minutes of moderate level physical activity most days.
- ♦ Lose weight. Try losing at least 10% of your body weight if you are overweight.
- ♦ Find out whether your blood glucose, cholesterol, and blood pressure are in normal limits. Learn what the numbers mean. Do not ignore numbers outside the recommended ranges—act to get control.
- ♦ Take medicine, including insulin, if needed. Ask for generics.
- ♦ Never wait to see if your diabetes will go away—it will not.
- ♦ See your doctor every year, and keep your numbers within the recommended ranges.
- ♦ Complications, such as kidney failure, heart attacks, etc., can be avoided if blood glucose is kept in the “normal” range.

For information about *Do Well, Be Well with Diabetes* classes, contact Texas A&M AgriLife Extension Service county agent, Paula Tacker, at 409-882-7010.

# ***The Five Minute Parent***

## **Fun & Fast Activities for You and Your Little Ones**

### **Adventures in Art**

Add vibrant color to everything in your life!

#### **Splitter-Splatters:**

##### **Materials:**

- ♦ Tempera paint
- ♦ Paintbrush
- ♦ Paper Plate
- ♦ Spray bottle filled with water (optional)

##### **Directions:**

Paint designs and pictures onto the paper plate, using a paintbrush or your fingers. Hold the plate, painted side up, in the rain. A few big drops of rain will go a long way, so don't hold it out too long. If you want to try this project on a sunny day, fill a spray bottle with water and spray your painting until the colors begin to run together. Set the plate on a level surface to dry. A rainy-day favorite!

#### **Seashell Memories:**

##### **Materials:**

- ♦ Clean seashells
- ♦ Acrylic Paints
- ♦ Paintbrush

##### **Directions:**

Preserve your memories of the beach by painting pictures on the inside of the seashells that you collected. What did you see at the beach? Fish, a lighthouse, boats, and palm trees painted on the shells will make great reminders of your trip to the ocean!

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

# **Nutritious Snacks**

## **For Kids!!**

### Banana Surprise

#### **Ingredients:**

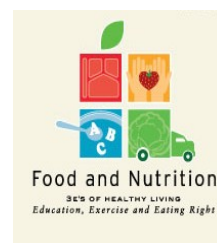
- ♦ 8 each bananas (petite whole; 3 lbs)
- ♦ 16 squares graham crackers
- ♦ 1/2 cup creamy peanut

#### **Equipment:**

- ♦ Popsicle sticks (8 each)
- ♦ Bags (zip-lock type) (8 each)
- ♦ Cutting board
- ♦ Knife
- ♦ Cookie Sheet
- ♦ Freezer compartment

#### **Directions:**

1. Place 2 squares graham crackers in zip-lock bag and seal
2. Crush the graham crackers in the bag by kneading the bag in your hands and pressing on a flat surface.
3. Cut bananas in half.
4. Insert a popsicle stick into each cut side of the banana.
5. Spread a thin coating of peanut butter onto each banana, then dip banana into the graham cracker crumbs.
6. Remove banana popsicle from bag and put on a cookie sheet and place in the freezer.
7. Freeze and eat.
8. Two banana pops 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

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### IN THE MARCH ISSUE:

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- What is diabetes?
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## Orange County Rice Pudding

### Ingredients:

- ♦ 3 Cups reconstituted nonfat dry milk
- ♦ 1/2 cup uncooked rice
- ♦ 1/2 cup sugar
- ♦ 1/4 tsp salt
- ♦ 3/4 cup creamed cottage cheese
- ♦ 1/2 tsp grated orange peel
- ♦ 1/2 tsp grated lemon peel
- ♦ 1 tsp vanilla
- ♦ Orange sections (optional)



### Directions:

1. Scald milk in top of double boiler.
2. Stir in rice, sugar, and salt.
3. Cover and cook 30 to 40 minutes, until thickened.
4. Remove from heat and add orange & lemon peels & vanilla. Cool.
5. Beat cottage cheese. Mix into chilled pudding mixture.
6. Serve garnished with orange sections, if desired.

Makes 6 servings.