

## Upcoming Events

- November 5: HOPE for Health Expo and 5K, 5K starts @ 9:00 am @ the Carl Godwin Auditorium
- November 6: Daylight Savings Time Ends
- November 11: Office closed for Veterans Day
- November 12: Southeast Texas Beef Symposium and Trade Show, 8:30 am—4:00 pm, Ford Park Event Center, Beaumont
- November 24—25: Office closed for Thanksgiving Holiday
- Claybusters 4-H Shooting Sports: First Monday of each month; January thru August/September
- Dusty Trails 4-H Meeting: 3rd Monday of each month @ 7:00 pm
- Texas Master Gardeners: 2nd Thursday of each month; 6:30 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 @ Gander Mountain-Open to Public
- Mighty Pirates: 2nd Tuesday of each month.



## Southeast Texas Beef Symposium and Trade Show

November 12, 2011

8:30 AM-4:00 PM

*The only climate  
controlled Ag Trade  
Show in Southeast  
Texas*

**Ford Park Event Center**  
5115 I-10 East  
Beaumont, Texas

## Mighty Pirates 4-H... A Gift for Cancer



**The Mighty Pirates 4-H is doing a  
gift card fundraiser for a 4-H  
mother who was diagnosed with  
cancer. See page 6**

## HOPE for Health Expo & 5K Run/Walk November 5, 2011

Carl Godwin Auditorium  
2020 Western Avenue  
Orange

Questions contact  
Texas AgriLife Extension  
882-7010



5K Starts 9 AM

8:00—8:45 On site  
registration & packet  
pick up

Register online at  
[HopeinOrange.com](http://HopeinOrange.com)

\$25 thru Nov 4  
\$35 on race day

## Investigating Water



### Water Supply and Wastewater:

The ability to supply water for domestic use is a major concern for cities and towns across the nation. It also is an important concern for rural residents with individual water supplies.

### Sources

In the United States, domestic water comes from many sources. A very small amount is desalinated sea water or saltwater from underground sources. Most of the domestic water supplies in this country come from surface water sources (rivers, lakes or impounded reservoirs) or from subsurface water (aquifers). Some of that water is close to the surface and quickly replenished. Some of it is in deep aquifers. The high rate at

which we are using aquifer water amounts to “mining fossil water.”

### Treatment

Regardless of the source, almost all of the municipal water in this country must be treated in some way before it is distributed to consumers. It may be settled, filtered, chlorinated, desalinated, or otherwise treated to meet standards for *potable* (drinkable) water. Surface waters often require more treatment than do supplies from underground aquifers. Most water taken from private wells is brought into the home with little or no treatment, although it may be “softened” before use.

## Keys to the Courthouse

### Elected County Offices:

The following are elected county offices. Unless noted, all county officials are elected to 4-year terms. If an elected official is unable to complete his or her term of office, someone may be appointed to fill the office.

**Tax assessor-collector**—The *tax assessor-collector* calculates and collects *as valorem* taxes for the county. The tax-assessor-collector’s job also includes registering voters; issuing liquor, beer and wine licenses; collecting sales tax on automobiles; and issuing

and collecting fees for automobile registrations and transfers of title. In counties with populations of less than 10,000, the sheriff may serve as the county tax assessor-collector.

**County treasurer**—The *county treasurer* deposits all revenue collected by the county, signs and registers all county checks, disburses funds ordered by the county commissioners court, keeps accounts of all receipts and expenditures of county funds, and examines all county financial records.



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 programs 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.

## Altering Recipes for More Healthful Holidays

Altering recipes, portion control and making better food choices can make for healthier holiday eating, said Texas Cooperative Extension experts.

Holiday meals don't have to be high in fat or calories to be tasty. But low fat doesn't always mean low calorie, so you have to consider both fats and calories.

Turkey, especially turkey breast, provides both the lowest fat and highest protein content of any traditional holiday meat, she said. And the healthiest cooking method is baking.

If you're cooking a turkey, leave the skin on to contain the flavor, but remove it after cooking to reduce fat, a turkey breast is the best option.

When cooking turkey or another meat try basting it in its own juice or use a de-fatted broth instead of butter, Tacker said.

"You can buy low-fat broth or de-fat your own by making it a day ahead and putting it in the refrigerator," she said. "Once it congeals, you can take it out and skim the fat off the top."

Dressing should be made outside the turkey, Tacker noted. "Putting stuffing inside a turkey allows it to absorb more oil," she said. "And getting the internal temperature high enough to cook it often means overcooking the outside of the bird."

To make a lower-fat dressing, use a de-fatted broth instead of butter and either a turkey or chicken sausage if a meat ingredient is desired, Tacker said.

Substituting low-fat, no-fat or 'lite' versions of typical ingredients in other holiday foods is a good way to make them healthier, usually without sacrificing taste, she added. Reduced or non-fat cheese, milk, cream cheese, cottage cheese, yogurt or mayonnaise can be substituted for higher-fat counterparts. And evaporated milk can be used as a substitute for cream.

Tacker also suggested using low-fat margarine or sprays on vegetables instead of butter and substituting fatted broth for butter in mashed potato recipes.

"Steaming or roasting vegetables in a minimal amount of liquid instead of butter helps them retain their nutritional value and reduce fat," she said. "Cooking them in de-fatted broth as an alternative to butter or margarine makes for flavorful vegetables that are low in fat and calories."

Many traditional holiday recipes using sweet potatoes or green beans can be made more healthful, she added.

"Instead of candied sweet potatoes topped with marshmallows, try mashed or baked sweet potatoes with a little brown sugar and butter substitute," Tacker said. "If you're making a green bean casserole, use reduced-fat mushroom or chicken soup or a de-fatted broth. Use low-fat or skim milk instead of whole milk, and forget the fried onion topping."

When baking holiday sweets, such as cookies, cakes and pastries, try using the same amount of canola or vegetable oil as the amount of butter called for in the recipe, she

said. Or try using half the oil and substitute applesauce for the other half. Tamales, a traditional holiday food in the southwestern U.S., can be made with lower-fat ingredients and still retain their flavor.

"Combine healthy vegetables with the meat filling,"

Tacker said. "These could

include carrots, peas, celery or others. Use canola oil instead of shortening and lard, and make the tamales smaller so that one tamale can serve as a portion. Also, use more filling than masa." Non-fat refried beans can be used as a tamale filling, she added.

"And when you sit to enjoy tamales, try to eat them as a side dish," Tacker said. "Don't satisfy your hunger with tamales only."

The sugar, fat or salt content of almost any holiday recipe can be reduced without a noticeable difference in taste

If a recipe calls for a cup of sugar, use two-thirds of a cup. If it calls for a half-cup of oil, shortening or other fat, use one-third cup. And if a recipe says to use one-half teaspoon of salt, use one-quarter teaspoon or omit the salt entirely.

Another way to make holiday recipes more healthful is to substitute whole-grain or bran flours for recipes calling for all-purpose flour, said Tacker.

"In most instances, you can replace one-quarter to one-half the amount of all-purpose flour you see in holiday recipes with whole wheat flour," she said. "Or you can substitute oat bran or oatmeal for one-fourth of the all-purpose flour."

Modifying more complicated recipes may not always produce the texture or flavor you want, Tacker warned. So try out the new recipe before serving it to friends and family.

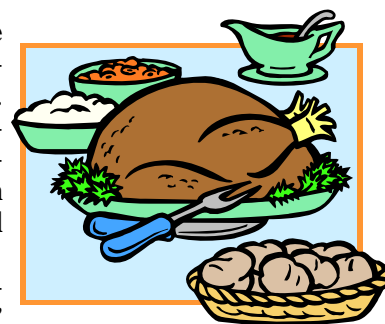
"Most changes in flavor or texture are typically not too significant and are well worth the tradeoff of a much healthier dish with less fat and fewer calories," she said.

Tacker also recommends certain "behavioral" changes should accompany recipe changes for a healthier holiday, including portion control, cutting down on sweets and eating slower.

Extension offices, which are in almost every county in the state, are an excellent source of information on ways to prepare more healthful holiday and everyday foods, including foods for people with diabetes or other health problems, she added.

Many Extension offices can set up food demonstrations for small groups at community centers, churches, schools or other public venues.

For more information call the Orange County Extension office at 409-882-7010.



## Curbing Holiday Weight Gain

It's that festive and joyful time of year again... the holiday season! The holidays are a time to celebrate and spend time with family and friends alike. However, the holiday season and winter months often bring more high calorie "party" and "comfort" foods to the table and less physical activity which can result in weight gain. "Weight gain associated with the holidays can contribute to overall increases in body weight as we age" says Texas Agrilife Extension Service agent Paula Tacker.

To help curb holiday weight gain, Paula first suggests that you concentrate on family, friends, and reasons for celebrating the holiday rather than what kind and how good the foods served will be. In other words, shift the focus of your holiday celebration away from food and more on the people you are celebrating with. Use these tips to make your holiday celebrations a little easier on your waistline:

*Plan before you feast.* If you are going to a holiday party, don't go on an empty stomach. Skipping meals may cause you to overindulge on high calorie, high fat foods. Instead, eat small amounts of healthful foods such as fresh fruits and vegetables, cereal, yogurt, or a small wrap or sandwich before the event. Once you arrive at the party, take a look at the foods being served and decide what

you will eat ahead of time. Also, consider if there will be a main meal later in the day. This will help you maintain control of your eating while still enjoying your favorite foods.

*Avoid extra calories from drinks.* Alcoholic drinks and other holiday favorites such as eggnog may taste great but provide lots of extra calories and few nutrients. In fact, one 6 oz. glass of wine has 150 calories, while an 8 oz. glass of eggnog provides 350 calories! In addition, regular sodas contain on average, 140 calories per can. Consider skipping these high calorie beverages, or limiting yourself to just one small glass so that you can save most of your calories for the main meal or appetizers.

*Control yourself at the table.* When sitting down at the table for the main meal, remember to keep your portion sizes in check. Choose small portions of the foods you want to eat then take your time and enjoy your meal. Remember to take small bites, chew slowly and savor your food. Once you have finished eating, get up from the table. If you remain at the table, it will be easy to continue eating. Instead, offer to clean the table or put away leftovers. Once the work is done, suggest a walk outside or a fun game to take the focus off of food. Another good tip is to avoid being near the buffet table at parties which can lead to over eating as well.

*Be a healthy helper.* One way to ensure that a healthy option will be available at the party is to offer to prepare and bring a dish. Your host will appreciate your help and you will have one dish that is a healthy alternative. If you are in the kitchen preparing foods, also be conscious of all of those tiny tastes you sneak when no one is looking. For example, that taste of sugar cookie dough packs 40 calories and that lick of frosting adds another 25 calories! The calories from these tiny tastes can add up quickly.

*Stick to your routine.* The holiday season can be challenging for anyone trying to maintain their weight but especially so for a person trying to lose weight. Do your best to stick to your routine during the holiday season. Continue to be physically active as much as possible, ideally for 30 minutes five days per week. Maintain your healthy eating habits at home by focusing on fruits, vegetables, whole grains, lean protein sources, and low-fat or fat-free milk products.

Use these tips to curb holiday weight gain while still enjoying your favorite foods in moderation. Remember to focus on friends and family and stick to your routine!

For more about food and nutrition topics, contact your local Texas Agrilife Extension Service office at 409-882-7010.

---

## Looking for Hay Balers

**Do you have Hay Baling equipment and are willing to travel to someone's field and bale it? Details of baling will be between the two parties.**

**We are compiling a list of referrals to have on hand.**

**Contact the Texas AgriLife 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*

### Club Meetings

#### **Claybusters 4-H Shooting Sports**

First Monday of each month;  
January thru August/September

#### **Dusty Trails 4-H Meeting:**

3rd Monday of each month @ 7:00 pm

#### **Hearts at Home**

TBA

#### **Mighty Pirates**

2nd Tuesday of each month.

### 4-H Important Dates

Nov 1	Horse Committee Meeting-Extension Office
Nov 11-13	Junior Leadership Retreat, Brownwood
Nov 24-25	4H Office closed for Thanksgiving Holiday
Dec 3	Tag-In for Lambs, Goats, Swine and F1 Heifers at Mauriceville Community Center
Dec 7	Turkey Pickup at YMBL Office

## CONGRATULATIONS

### Winners from

## Orange County Livestock Show

October 14<sup>th</sup> - 15<sup>th</sup> 2011

Jr. Showmanship Poultry- Julian Sanford- Mighty Pirates 4H

Grand Champion Swine- McCartney Miller Dusty Trail 4H  
Reserve Champion Swine- Madison Miler Dusty Trail 4H  
Sr. Showmanship Swine-Zachary Hester Mighty Pirates 4H  
Jr. Showmanship Swine -Madison Miller- Dusty Trails 4H

Grand Champion Goat-Peyton Logsdon Mighty Pirates 4H  
Jr. Showmanship Goat-Dawson Mayfield Mighty Pirates 4H



Julian Sanford—Mighty Pirates



Madison Miller—Dusty Trails

Art Show Winner—6<sup>th</sup>—8<sup>th</sup>  
Grade Division  
3<sup>rd</sup>—McCartney Miller  
St. Mary's 6<sup>th</sup> Grade



McCartney Miller—Dusty Trails

## 4-H CLUB NEWS



### Mighty Pirates 4-H..... A Gift for Cancer

The Mighty Pirates 4-H Club is having this fundraiser for a 4-H family. Heather Clayton, mother of Ryan Davenport, Kalea & Meagon Clayton along with another young daughter and the infant son, was diagnosed with Stage 3 Cancer 3 days after giving birth to a son who is a month old.

Mighty Pirates 4-H Club is requesting donations such as gift cards to local eateries to help feed the children and gas cards for chemo trips to Houston along with monetary donations.

Donations of any kind are appreciated.

Gift cards/donations can be dropped off at the Extension Office, 11867 N Hwy 62 in Mauriceville

### ←————→ Dusty Trails 4-H Meeting



Meeting will be Nov 14 , 6:30 pm. The meeting location is tentatively scheduled at the Mauriceville Community Center. Contact the 4-H Office for exact location prior to the 14th.



### ←————→ Mighty Pirates 4-H Selling Pecans

The Mighty Pirates 4-H Club will be taking orders for the Durham-Ellis Pecans until November 9. The 4-H Office will not be selling pecans this year. Anyone interested in ordering pecans can contact the 4-H Office for the contact number. This year the pecans are selling for \$10.50 lb, walnuts \$7 lb and almonds are \$4.75 lb.

### ←————→ Hearts at Home 4-H Club



Hearts at Home is a homeschooled 4-H group. This group entitles the homeschooled kids to have opportunities of participation in activities outside of school along with getting involved with the community. We are in the process of changing over to a new Club Manager. Spread the word and if you know of someone interested or you would like to be in this club, contact the 4-H Office.



### ←————→ Top Shot will be 4-H's new Rifle Club

Start checking our newsletters for more information on our new club. All 4-H youth ages 9-18 are eligible to shoot. Any adult volunteers that would like to help with this club can contact the 4-H Office.

### ←————→ How About a 4-H Archery Club?

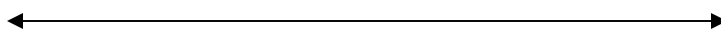


Adults.....are you interested in being a Leader for a new Archery Club? We have several youth who are interested in Archery. If you have the time and desire to start this club contact the 4-H Office.



### ←————→ Orange County Claybusters 4-H Club

Orange County Claybusters is a shotgun club that is opened to all youths 9 to 18 years of age. The Claybusters starts meeting in January through August/September . Boys and girls are invited to join the club. If interested contact the 4-H Office



For additional information or questions contact the 4-H Office 409-882-7010



## 4-H NEWS IN AGRICULTURE

### South Texas State Fair

The South Texas State Fair will be held on March 22-April 1, 2012. Here is a list of important dates

- Lambs, Goats, Swine, and F1 Heifers tag in December 3, 2011-Orange County Livestock Grounds
- Entry deadline for lambs, goats, swine & F1's—December 13, 2011
- Turkey Pickup—December 7, 2011—YMBL Office
- Roaster Pickup—January 18, 2012—YMBL Office
- Broiler Pickup—February 15, 2012—Ford Park
- Rabbit entry deadline—January 31, 2012
- All poultry pickup will be from 4:00 – 6:00 pm; bring a box when you pickup your birds.
- Hair samples must accompany entry forms for Steers, Goats, Lambs and Swine.
- No health papers on market animals; out of state breeding beef need health papers.
- Vet will be the final judge on tooth rule.



Fair book is available online at [www.ymbbl.org](http://www.ymbbl.org) be sure to look at schedule for South Texas State Fair for any updates. Steer & F1's are on STARR dates. You will still be able to show, please plan accordingly.



Online entries for the 2012 Houston Livestock Show and rodeo Junior Show and Calf Scramble are now available at [www.rodeohouston.com](http://www.rodeohouston.com).

**Calf Scramble entries may be submitted separately and prior to other junior show entries.**

**All online entry supporting documents can be downloaded from the exhibitor handbook page for livestock show entries or the "How to Participate" page for calf scramble entries.**

**In addition to online entry, a complete calf scramble entry consist of the following:**

- Release of Liability and Indemnity
- Calf Scramble Entry Form
- Calf Scramble Press Release Information
- W- 9 Form completed for each Exhibitor

**Anyone interested in entering the Houston Livestock Show and Rodeo Calf Scramble needs to contact the 4- H Office 409- 882- 7010. The Houston show runs from February**

## 4-H NEWS IN AGRICULTURE

### Major Shows Barrow Weight Changes

The A.I. Committee Officers wanted to make sure everyone was aware that

San Antonio  
Houston  
Star of Texas (Austin)

Have changed the minimum and maximum weights for their respective barrow shows to

240—280 pounds

This will be in effect for the coming 2012 shows.



4-H and FFA have been involved in character education for more than 100 years. Quality Counts is our way of showcasing character education and at the same time showing our commitment to producing a safe and wholesome livestock product for the consumer.

Verification of Quality Counts is a natural extension of this effort to demonstrate that 4-H and FFA youth have a base knowledge of the principles of quality assurance and good moral character.

Now and in the near future many local and major livestock shows will require that a youth exhibitor demonstrate this base knowledge by taking the online Quality Counts Verification test and obtaining a Verification Number. This can be accomplished through the following web site:

[Http://qualitycounts.tamu.edu/verification/](http://qualitycounts.tamu.edu/verification/)

You will need the Verification number for all upcoming major shows, so get your verification number today! Please send us a copy for our files and call if you have any questions.

## 4-H CONTEST & UPDATES

### 4 New Houston Livestock Show & Rodeo 2012 Competitions

*A Great Opportunity for 4-Hers who do not show animals but want to participate at the Houston Livestock Show & Rodeo*

#### Floral Arrangements

Two sections: (A) Dining with a Texas Flair (B) Rodeo Action

#### Container Grown Plants

Plants must have been owned and grown by the exhibitor for at least 8 weeks prior to the show

#### Photography

The theme is color composition featuring a road, path or trail

#### Landscaping

The Theme is Celebrating Texas Heritage

The competition is open to Texas residents ages 6-18 years of age. There are no entry fees for the Youth Division. For rules and entry forms contact the 4-H Office.

### 2012 Photography Contest

#### Rules and Guidelines

Some of the highlights for the 2012 contest include:

- ◆ Theme Category is TRAINS. This theme allows 4-H members to take photos of all types of trains. The train theme includes both real and model trains. Photo subject must be either the engine or train car. Photos of train accessories such as stations/depots, signs, tracks, etc are not allowed.
- ◆ STORY BOARD has been added back as a category.
- ◆ Formatting of photos has been simplified. In 2012 all photos must be able to be printed at a 300 dpi at a 3 X 5 inch size. Max memory size of 1.5MB.
- ◆ Both entry form and uploading of photos will all be done on 4-H CONNECT.
- ◆ Time period for entry will be from April 1, 2012 to April 15, 2012

To download a copy of the rules, visit the website at: <http://texas4-h.tamu.edu/youth/photography/>

### 4-H Recordkeeping System

- ◆ Instructions and training videos will also be available
- ◆ Three levels of record books: Junior, Intermediate and Senior
- ◆ Forms may be completed through online entry system ([www.4hreports.com](http://www.4hreports.com)) or may be downloaded from the Texas 4-H Website
- ◆ Reference to 4-H objectives in the report form no longer required
- ◆ Photo captions no longer required
- ◆ Resume for Seniors no longer required
- ◆ Training material (both print and short video series) will be available to Counties for local trainings

Start now.....

Setting goals for projects/project work for the current year; taking pictures of project work and activities; keep journal/diary of project activities and summarized what was learned during these experiences.

## 4-H CONTEST



2011-2012 Overview & Guidelines  
Theme: Summer Snacks

# Texas 4-H Recipe Rally

In the Recipe Rally, 4-H members are challenged with selecting, creating and/or altering a recipe and submitting a video of them demonstrating the preparation of the recipe. Healthy recipes are recommended, or a 4-H member may choose to alter the recipe to increase its nutritional value.

### Guidelines - Video Submission

- The rally is open to any intermediate and senior 4-H members.
- There will be two age divisions in this contest: Intermediate and Senior.
- All entries are individual; no team entries accepted.
- The theme for 2012 is "Summer Snacks." Recipes selected for entry should be tied to this theme.
- All videos submitted will compete against each other in their respective age division.
- Videos must be submitted by uploading to YouTube by the designated deadline. The direct link to the YouTube video must be sent via e-mail to Courtney Dodd ([cfddodd@ag.tamu.edu](mailto:cfddodd@ag.tamu.edu)) by the entry deadline. The e-mail should also include the 4-H member's:
  - Name • Mailing Address
  - County • Parent/Guardian Name
  - Age Division • Name of Recipe
- Instructions on uploading a video to YouTube are available on the Texas 4-H Website.
- Videos should be no longer than eight (8) minutes.
- Due to the time limit of the video submission, some food items may be prepared ahead of time.
- 4-H members may only enter a video one time. Multiple video submissions will not be accepted.
- 4-H members may submit a video entry at any time throughout the 4-H year. However, the official deadline for all video entries to be posted on YouTube with required information sent to Courtney Dodd is Midnight on Wednesday, February 1, 2012.
- Sample videos are available online at: <http://healthyliving.tamu.edu>.

### Judging Criteria

During the video demonstration, 4-H members should highlight key steps in preparation of the recipe, including but not limited to:

- Nutrients found in dish and their functions
- Food safety practices
- Serving size and cost analysis
- Inspiration for selection and/or creation of recipe 4-H members' presentation skills will also be taken into consideration during the judging process.

Three finalists will be selected from each age division based upon a popular vote (25%) and judging (75%) according to scoresheet.

### Recipe Rally @ 4-H Roundup

Within each age division, three 4-H members will be invited to compete in the 4-H Recipe Rally on **Tuesday, June 12th**, at the **2012 Texas 4-H Roundup**.

- The three finalists in each age division will provide a demonstration (open to the public) using the same recipe and judging criteria to a panel of judges.
- The same recipe submitted in the video contest must be used in the live demonstration.
- A total of 12 minutes will be allowed for the live demonstration.
- Following the demonstration, judges will be allowed to ask questions.
- Finalists are responsible for providing all ingredients and supplies needed for the demonstration with the exception of a six-foot table, which will be supplied.
- Finalists are required to register for Texas 4-H Roundup and pay all associated registration fees.
- A preparation kitchen will be made available to participants prior to the contest. Only the contest participant will be allowed to make the preparations.
- A detailed contest schedule will be made available in the 4-H Roundup Registration Packet.

For more information, contact: Courtney Dodd - [cfddodd@ag.tamu.edu](mailto:cfddodd@ag.tamu.edu)  
979.845.6533

## 4-H NEWS



### Texas Proud of Texas Agriculture

The mission of Texas Proud of Texas Agriculture is to build leadership in youth while helping them move forward with a common, unified message promoting the positives of agriculture across the state of Texas

This initiative stresses three key messages, all of equal importance, about Texas agriculture:

1. Agriculture is critical to the life of every Texan. Without it, we could not survive. Leaders in agriculture will help shape the future.
2. Agriculture is more than just food and clothing. It contributes to your home, health, life-style and economy.
3. America's farming and ranching families care about their animals and their land.

To learn more visit

<http://texasproudoftexasag.org/>

Checkout our newsletter online at  
<http://orange.agrilife.org>

### JOIN US ON OUR SOCIAL NETWORK

For the latest news between newsletters from Orange County 4-H and Youth Development join us on Facebook. Facebook is our way of keeping up to date and informed on the latest news, information and happenings from the county and state levels.

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



## 4-H NEWS

### **2011-2012 4-H Food Challenge Manual & Resources Now Available**

The 4-H Food Challenge manual has been updated for the 2011-2012 4-H year and is now posted online. The major changes are related to the contest resources, with MyPlate replacing MyPyramid. Agents, leaders and 4-H members are encouraged to review the current year's guideline to adequately prepare for the contest.

To download the revised manual and find more information about the Food Challenge go to

[http://texas4-h.tamu.edu/projects/healthy\\_lifestyles/](http://texas4-h.tamu.edu/projects/healthy_lifestyles/)

### **Share-The-Fun 2012!**

Do you have a talent to share with your fellow 4-H members? Singing? Dancing? Playing an instrument? Acting? Then sign up for Share-The-Fun! Guidelines have been released and you can plan on the same six categories as last year: Celebrate 4-H, Choreographed Routines, Musical/Instrumental, Solo/Band Performance, Poetry/Prose, and Vocal. An entry can be an individual or in teams up to 9 4-H members.

Check out the webpage for more information

<http://texas4-h.tamu.edu/youth/roundup/index>

### **2012 4-H Volunteer Conference**

The dates for the 2012 4-H Volunteer Conference have been set! Mark your calendars—and share the date with others for July 27th–29th in San Antonio. The conference will kick-off on Friday, July 27th, with workshops being offered throughout the day on Saturday and Sunday, the 28th and 29th.

As plans are finalized and details are set, more information will be provided on the volunteer conference webpage:

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

### **Calling All Fashionistas!**

The 4-H Conference Center seeks 4-H members with creative talents for apparel design. Specifically, we are looking for hot designs for t-shirts or other apparel items that can be marketed through the 4-H Center T-Shirt Shop. Submit your designs by November 4. The submissions will be “judged” by participants of Junior Leadership Retreat. 4-H members submitting winning designs will receive a finished product. For submission details go to:

<http://texas4hcenter.tamu.edu>

### **2012 Texas 4-H Opportunity Scholarship Application**

Please note that the 2012 Texas 4-H Opportunity Scholarship Application will not be released until around November 15, 2011. If you will be a graduating senior and interesting in applying here is what you can be working on in the meantime to prepare for the application.

- ♦ Ensure you have taken the SAT or ACT. Minimum requirements on scores are 1350 on SAT and 19 on ACT (scores must be from one test date)
- ♦ Begin working on your Free Application for Federal Student Aid (FAFSA). This is a free application and can be found at [fafsa.gov](http://fafsa.gov). Please do not use one of the websites that charge, hence the word FREE!!

## Preparing for the Unexpected

### Create a disaster supplies kit:

A disaster supplies kit is a collection of basic necessities that members of a household will need during and immediately after a disaster. Every family should assemble a disaster supplies kit and keep it up to date. Individual disaster kits can be packaged in backpacks. A family-size disaster supply kit can be stored in a portable trunk or sealable plastic trash can.

**Why is disaster supplies kit important?** If you are forced to evacuate from your home or shelter-in-place, you will not have time to gather the necessary supplies. Assembling a disaster supplies kit will help your family stay safe and be more comfortable after a disaster.

**What does a disaster supplies kit contain?** Every disaster kit should contain enough supplies to enable you and your family to take care of yourselves without outside help for at least 3 days.

Store your kits in a portable, airtight plastic container or rubber trash can and make sure they are easy to reach. One place to keep an individual supply kit is in your vehicle.

Not all family kits are the same. The size of your family kit will be determined by the number of people in your family and any special needs they might have. A basic disaster supplies kit will contain:

- **Water:** Pack enough bottled water to last for 3 days. Each person requires 1 gallon of water each day.
- **Food:** Choose foods that you know your family will eat and that require no refrigeration, preparation or cooking. Examples include protein or fruit bars, dried fruit, nuts, peanut butter, crackers and canned juices. Also pack a hand-operated can opener and disposable eating utensils.
- **Clean air items:** If there is an explosion, you may need to create a barrier between yourself and the airborne contamination. Pack nose and mouth protection masks (N-95 rating), plastic sheeting and duct tape.
- **Extra clothing:** Gather one complete change of clothes, a pair of shoes, and a blanket per person.
- **First aid kit:** Include two pairs of sterile gloves, sterile gauze, soap, antibiotic towelettes, antibiotic ointment, burn ointment, adhesive bandages, thermometer, prescription medications and prescribed medical supplies.
- **Emergency items:** Pack a battery-powered radio, flashlights, extra batteries, and whistle, shovel, basic tools, baby wipes, garbage bags, toilet paper and a state map.
- **Special needs items:** If there is a baby in the family, you will need to pack formula, diapers, bottles, powdered milk, medications, baby wipes and diaper rash ointment.
  - For adults with special needs, consult with the doctor about storing prescription medications such as heart and high blood pressure meds, insulin and other prescription drugs.
  - Also include supplies for dentures and contact lenses.

**Maintain your kit!** Replace flashlight and radio batteries every 6 months and replace foods according to the expiration dates.



## Junior Master Gardening



**Plants need  
sunlight to  
make food.**

### Plant Needs

Plants need sunlight to make food. They make their own food in a process called photosynthesis, which occurs mainly in leaves. Plants combine carbon dioxide from the air, green pigment (chlorophyll) from the leaves, and sunlight to produce food. When plants make their own food through photosynthesis, they give off oxygen. People need oxygen to breathe.

Plant needs:

P—Place: In a container or garden.

L—Light: Sun or artificial light.

A—Air: Oxygen and carbon dioxide.

N—Nutrients: Nitrogen, phosphorus, potassium.

T—Thirsty: Plants, like all living things, need water.

S—Soil: Or other material (sand, gravel, water) to grow roots in.

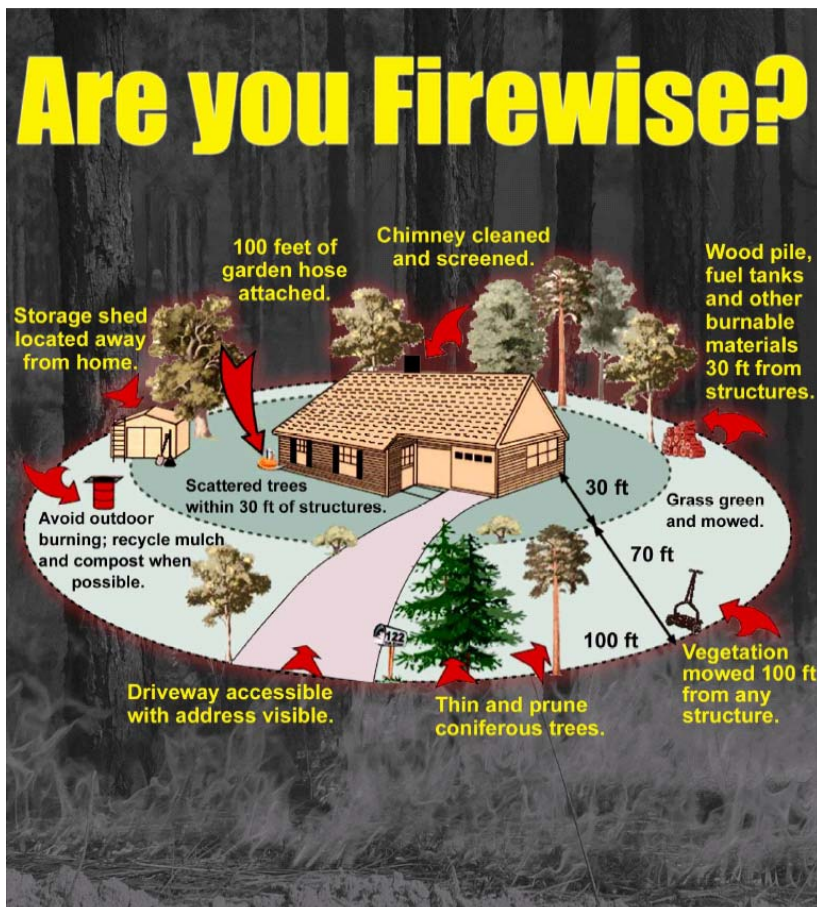
## Wildfires & Your Home—Your Home's Landscape

### Creating a Survivable Space for your Home:

A survivable space is an area of reduced fuels between your home and the untouched wildland. This provides enough distance between the home and a wild-fire to ensure that the home can survive without extensive effort from either you or the fire department.

One of the easiest ways to establish a survivable space is to use the zone concept. Zone 1 is the closest to your home and Zones 2 and 3 move progressively further away.

**Zone 1:** Establish a well-irrigated area around your home. In a low hazard area, it should extend a minimum of 30 feet from your home on all sides. As your hazard risk increases, a clearance of between 50 and 100 feet or more may be necessary, especially on any downhill sides of the lot. Plantings should be limited to carefully spaced indigenous species.



## And may all your Christmas budgets be in the black...

People can't do much to assure a white Christmas, but they can avoid going further into the red.

Don't dip into savings or max out credit cards just to purchase gifts, Texas AgriLife Extension Service family economics specialists recommend. Instead, think of creative ways of gift-giving and to celebrate the season.

"When people have traditions, they do things the way they always have done them without giving thought as to whether that is a sustainable and affordable way for them to have a holiday," said Nancy Granovsky, AgriLife Extension family economics specialist.

This may be the year for a change.

"This year might be the year when gifts come from the heart instead of the pocketbook," Dr. Joyce Cavanagh, AgriLife Extension family economics specialist, said.

\* **Have a yard sale.** "People may have things that they no longer need or use," Cavanagh said. "That could be an income producing opportunity -- having a yard sale or a garage sale and selling what they have that they no longer need. The additional resources can help provide some small gifts for a family or special foods for holiday meals.

\* **Cut back on the number of gifts.** "Instead of each person buying each of nine adults a gift, draw names for one person each. Then make it a game to guess who gave that particular gift," Granovsky said. "Start a new tradition. It is not exactly the same as the previous one but may bring more happiness and fun to a gift exchange. Plus, our homes would not be filling with as many things as they tend to."

\* **Make gifts.** "Think about how families probably celebrated the holidays during the Great Depression," Cavanagh added. "Make things for each other. Children might draw pictures for their grandparents or their aunts and uncles."

Granovsky agreed. "A lot of children have special hobbies," she said. "If we could reinforce in children the fact that what they are producing with their hands, with their minds, with their abilities is going to be valued by somebody else, they may never have thought of it as a giftable skill. It is a gift to receive something that comes from another individual."

\* **Offer services.** "What is it that someone could really use?" Cavanagh said. "Perhaps coupons for a free night of babysitting. Children might give to their parents a coupon that they will do some chore that their parent does. Adults might figure out what is it that their friends and family members enjoy. So think about what is it that you can do for someone else and give a homemade gift certificate."

\* **Think ordinary.** "If you have an older relative who likes to write letters to people, some nice cards and sta-

tionary and postage stamps might be a good gift," she added. "Things that get at the every day kinds of things for people whose budgets might be tight make good gifts. That saves them the money that they might otherwise be spending on medication and food but also gives them that uplift of continuing to be able to do something that is important to them."

\* **Spend time.** "In many circumstances, the best gift that can be given is the gift of time," Granovsky added. "One good idea for someone who may be experiencing difficulty would be a greeting card, a very happy holiday greeting card with a special certificate that says 'I'm bringing dinner to you on such-and-such a day' or 'The week of such-and-such you don't have to cook because we're going to bring over supper each evening.' That might be good for an elderly neighbor, a single mom struggling or certainly for parents of young children."

\* **Teach a skill.** "We are seeing the trend toward more and more people starting to cook at home again, and in many cases cooking at home for the first time in a long time," Granovsky said. "So it is a time of skill-building for children. Holidays would be a perfect time to build a new family custom. Children can develop a new way of understanding food preparation that can be fun as well as save money for people."

Overall, the family economists noted, be open and honest with the family's expectations for gifts and financial reality.

"If you know that it is going to be a tough year at Christmas for your family, it's probably a good idea to begin to have some conversations with your kids about what their realistic expectations for the holiday might be," Cavanagh said. "If you are a family where in the past the kids have gotten a lot of things, and this year you know that's not going to happen, do some preparations about not having the same kind of gift Christmas as in the past, but it doesn't mean we can't enjoy Christmas."

Whatever the decisions are about gifts, the specialists said, watch spending.

"Don't overuse credit cards to maintain the kind of Christmas from the past," Granovsky said. "Every year we encourage people to budget for their expenses and limit what they spend on their credit cards. This year it is going to be even more important for people to exercise additional restraint in using that credit."



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.  
 US Postage  
 PAID  
 Orange, TX  
 Permit #12

Return Service Requested



*Improving Lives. Improving Texas.*

## IN THE NOVEMBER ISSUE:

- Upcoming Events
- Investigating Water
- Keys to the Courthouse
- Altering Recipes for More Healthful Holidays
- Curbing Holiday Weight Gain
- Hay Balers
- **4-H News: Pages 5—12**
- Preparing for the Unexpected
- Junior Master Gardening
- Wildfires & Your Home
- “And may all your Christmas budgets be in the black...”

### Sweet Potato Casserole

10 servings, about 1/2 cup each

Active Time: 30 minutes

Total Time: 1 1/4 hours

Ingredients:



#### Sweet Potato Casserole:

- 2 1/2 lbs sweet potatoes, peeled & cut into 2-inch chunks
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 1/2 cup low-fat milk
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

#### Topping:

- 1/2 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 4 teaspoons frozen orange juice concentrate
- 1 tablespoon canola oil
- 1 tablespoon butter, melted
- 1/2 cup chopped pecans

#### Preparation:

1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
3. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes