

### Upcoming Events

- Nov 19: Essential Oils Class
- Nov 28-29: Closed for Thanksgiving
- Dec 23-25: Closed for Christmas
- Jan 1: Closed for New Year's Day
- 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, 6:30 pm, The Orange County Convention and Expo Center-Open to Public



The Texas A&M AgriLife Extension Office  
has moved to 11475 FM 1442  
In the Orange County  
Convention and Expo Center!  
Enter the front door and we are through  
the door on the right!!

**Call if you have  
any questions!  
409-882-7010**

**2014 Do Well,  
Be Well with Diabetes**

**Class Schedule**

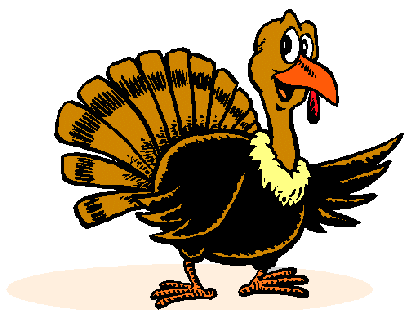
See Page 3 for Details

**Happy Thanksgiving,  
Merry Christmas,  
& Happy New Year!**

# Office closings for Holidays

## Thanksgiving

November 28-29



## Christmas

December 23-25

## New Year

January 1



# Keys to the Courthouse

## Elections and Voting:

In a republic, final power rests with the people. One way citizens elect officials to make and administer laws and perform essential duties of the government. Most citizens of the United States have two Political rights: the right to vote and the right to be elected to office.

## Elections & Political Parties

Elections are held for several reasons: To elect officials to public office, to approve or disapprove new ordinances, to amend the state constitution, and to approve or disapprove the issuance of public debt. Primary elections are held to select party nominees and to get voters' opinions about propositions (non-binding referenda).

In the United States, our political system is called a "two-party" system. Political parties are not created by the constitution; they are formed and maintained by the citizens who support them. The two main political parties in the Texas are the Republican and Democratic parties. The parties select their candidates through primary elections. Some candidates for office do not associate themselves with any party. They are referred to as independent candidates and are listed that way on the ballot.

Suppose you want to join in a political party. How can you find out more about it? To find out what a political party says it stands for, first read things it has written. Locate party headquarters by looking on the internet or in the white pages of your phone book under the name of the party. When you call, ask them to send you information on the platform and candidates. You can also ask if any group meetings are to be held in your area. You can learn more about the party's stand and purpose by attending such meetings.

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

**Diabetes Education Classes are for  
Adults with Type 2 Diabetes.**

**\$20 per person  
(Scholarships  
available)**

# **2014 Do Well, Be Well with Diabetes**



**DON'T  
IGNORE  
DIABETES**

**Classes held at  
Texas A&M Agrilife Extension  
Office Classroom  
11475 Hwy 1442 Orange**

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

**1 Hour Sessions are held once a week on Tuesdays for 9 weeks**

**Feb 4 thru April 1      9 am - 10 am**

**June 3 thru July 29      6 pm - 7 pm**

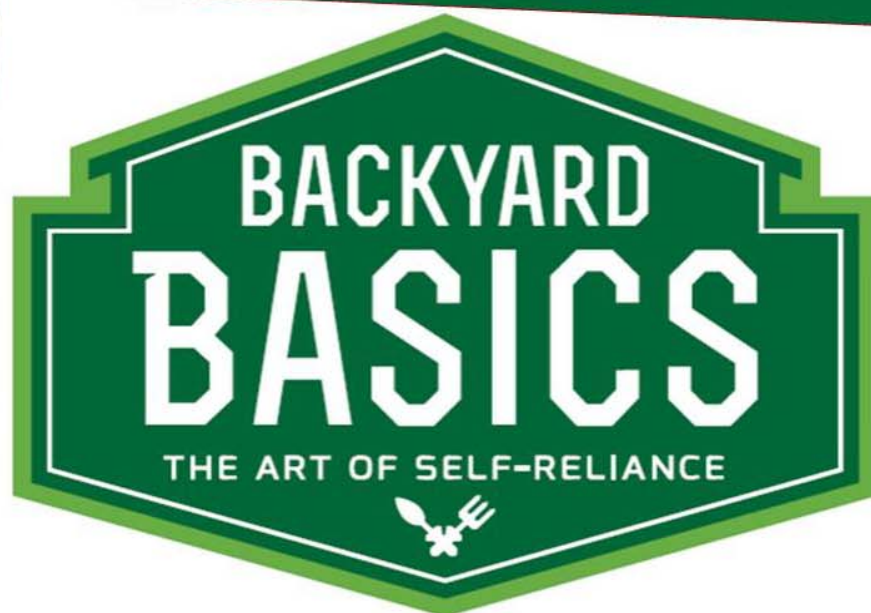
**Aug 5 thru Sept 30      6 pm - 7 pm**

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

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

**Coordinated by Texas A&M AgriLife  
Extension of Orange County.  
Web site: <http://orange.agrilife.org/>**

**Baptist**  
Hospitals of Southeast Texas  
**Orange Hospital**  
*Performing Sacred Work Every Day*



TEXAS A&M  
AGRI LIFE  
EXTENSION



# Tomato Grafting

\$25

Thursday  
January 23, 2014

10 am

AgriLife Extension Office  
Orange County  
Convention & Expo Center  
11475 FM 1442  
Orange, TX

Come learn how to graft tomatoes to help them be disease resistant. The root stock that will be used is resistant to the 8 common soil borne diseases for tomatoes.

All tomato varieties can be grafted including your favorite. We will be using the varieties Super Fantastic, Celebrity Today, and Sweet 100. After plants "heal" you will get to take them home to plant and enjoy.

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



# 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*

## DUSTY TRAILS

**Meets the 2nd Monday of each month next meeting December 9 at 7 pm  
Club will meet at the 4-H Office on Hwy 1442. 4-H Office 882-7010**

## CLAYBUSTERS SHOTGUN SHOOTING SPORTS

**Meets the 1st Tuesday of each Month at 5:30 with shooting practice at 6 pm  
Club meets at the Orange Gun Club. John Bilbo, Club Manager 779-1115**

## MIGHTY PIRATES

**2nd Tuesday of each month next meeting, December 10  
Club meets at the Vidor Community Center  
Kathy Hester, Club Manager 790-8835**



**meRry  
chRiStmas  
from  
our family  
to yours**

**HAPPY  
NEW YEAR**

## 4-H NEWS



**SWINE, LAMB. GOAT AND F-1 HEIFER  
TAG-IN AND ENTRY FORM COMPLETION**

**SATURDAY, DECEMBER 7, 2013**

**8 AM TO 12 NOON**

**AT THE**

**ORANGE COUNTY LIVESTOCK BARN**

**PLEASE HAVE CORRECT CHANGE OR CHECK MADE  
OUT TO OC4-H.**

**ENTRY FEES ARE \$25 PER ENTRY.**

**BE SURE TO HAVE YOUR SOCIAL SECURITY**

**NUMBER WITH YOU FOR ENTRY FORM.**

**ANYONE WHO IS SHOWING ONE OF THESE ANIMALS  
AT THE**

**SOUTH TEXAS STATE FAIR MUST BE AT TAG-IN.**

## 4-H NEWS

# Don't Forget!

Turkey Pickup

December 11, 2013

4 pm to 6 pm

YMBL Office



Roaster Pickup

January 8, 2014

4 pm to 6 pm

YMBL Office

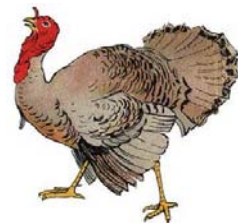
Broiler Pickup

February 12, 2014

4 pm to 6 pm

YMBL Office

Bring a Box for you Birds



RABBIT ENTRY FOR YMBL

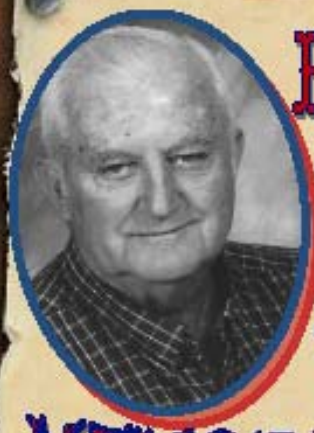
ALL ENTRIES MUST BE COMPLETED IN THE 4-H OFFICE  
BY 5 PM FEBRUARY 3, 2014

MEAT PEN—\$10 PER PEN OF 3

BREEDING RABBITS—\$3 PER RABBIT



## 4-H NEWS



# H-F FFA ALUMNI ASSOCIATION RUBEN STRINGER MEMORIAL LIVESTOCK SHOW

**SATURDAY – JANUARY 11, 2014**

**WHITE'S PARK ARENA – ANAHUAC, TX**

**PIGS – GOATS – LAMBS**

**STEERS – HEIFERS – BULLS**

CHECK IN 8:00 - 8:00 AM

SHOWS START AT 9:00 AM (2 RINGS)

ENTRY FEE \$20 PER HEAD

SHOWMANSHIP \$5 PER HEAD AT GATE

PIGS, LAMBS & GOATS SHOWN BY WEIGHT

STEERS SHOWN BY BREED & WEIGHT

BULLS & HEIFERS SHOWN BY BREED & AGE

(5 HEAD CONSTITUTES A BREED)

EXHIBITORS MUST BE ENROLLED IN SCHOOL AND A MEMBER OF

FFA OR 4-H

## BUCKLE BONANZA & PRIZES

FOR SHOW INFORMATION CONTACT

BRIAN ROOT (409) 344-3948

FOR EARLY ENTRY CONTACT

SHERI DOUCET (409) 346-1078

30 RV HOOKUPS AVAILABLE \$20/DAY

MOVE IN FRIDAY AFTER 6 P.M.

FIRST COME FIRST SERVE



## 4-H NEWS



### **Southern Classic December 13-15, 2013 Brazos County Expo**



**Early Bird Registration through December 9, 2013**

**Entry/Registration December 10-12, 2013**

Registration includes participation in all workshops and shows offered on Saturday and Sunday. There is no individual fee per animal. Just one fee for each family.

The Southern Classic Beef, Lamb, Goat and Swine Clinic and Prospect Show is designed to provide an educational opportunity for 4-H and FFA Families needing experience in the show ring. The weekend includes educational programs mixed with competitive experiences designed to prepare youth for the ultimate experience, “The County Youth Livestock”.

The Southern Classic is open to all 4-H and FFA families and is

#### **ALMOST FREE OF CHARGE**

Fee: \$30 per family—Early Bird Registration

\$40 per family—Late Registration

Online Entry: Enter through 4-H Connect using your 4-H enrollment account. The southern classic event is available for selection. **Remember you are registering the whole family, so do it under one profile only.**

**Register on Site:** Do nothing online, but the fee is \$40 per family.

### **RABBIT Show Details: Tentative**

- Families can register on 4-H Connect prior to December 2 for \$30. Onsite registration is \$40
- One registration fee covers the entire family and all the rabbits you want to show.
- Registration opens at 7 am and will break from 9 to 10 to allow participants to attend general session.
- The actual show starts at 11 am
- This is a carrying cage show. No pens, available at the show.
- Rabbits will be broken into 3 categories. Fancy, Commercial, and Meat Fryers.
- In addition to the show there will be a Showmanship Contest, and Breed I.D. Rabbits will be provided for showmanship if needed.

For complete detail of schedule go to

<http://d94-h.tamu.edu/eventsandcontests/southern-classic/>

## 4-H NEWS



### *Invitational Entomology Collection Contest*

The Texas 4-H and Youth Development Program and the Entomology Department at Texas A&M is pleased to announce a new invitational contest that will be held at the 2014 Texas 4-H Roundup. The Invitational Entomology Collection Contest is open to all intermediate and senior 4-H members. The collection contest allows youth to learn more about insects and arthropods through collection, preservation and identification. Youth learn how to properly identify insects and arthropods to common name, arrange them in neat and organized, professional insect collection, and learn proper preservation tools to ensure that their collections can last for years. All collections must be complete and submitted to the individual's respected county or district office no later than May 9, 2014. For more information on the event please visit the links below.



#### Resources

4-H Entomology Resource Center Website

(<http://insects.tamu.edu/youth/4H/index.html>)

Texas 4-H Roundup Website

([http://texas4-h.tamu.edu/files/2013/09/roundup\\_entomology.pdf](http://texas4-h.tamu.edu/files/2013/09/roundup_entomology.pdf))



**If you have not turned in your Thank You cards for Orange County Livestock Show to the 4-H Office, you need to do so.**

**The 4-H office is open**

**Monday-Friday**

**8 am to 12 noon &**

**1 pm to 5 pm**

**882-7010**

## 4-H NEWS

### Judging Contest at Houston Livestock Show & Rodeo

The Houston Livestock Show and Rodeo hosts nine judging contest that provide junior high, high school and college students an opportunity to establish a solid foundation for cultivating and practicing these skills.

**4-H and FFA Dairy Judging**

**4-H and FFA Horse Judging**

**4-H and FFA Livestock Judging**

**Intercollegiate Livestock Judging**

These contests require the students to match their skills in selecting the best quality livestock of various species against placing of an officially qualified livestock judge. Each contestant is asked to place, in numerical order from highest to lowest quality, each of four animals in several classes. Scores are determined by a point value based on the difference between animals.

The top 20 high-scoring individuals participating in either the 4-H or FFA livestock judging contests or in the 4-H and FFA dairy judging contest receive calf purchase certificates to be used toward the purchase of quality beef or dairy heifers, or market steers. These contest winners, along with their animals, then become part of the regular calf scramble program.

If interested in participating contact the 4-H Office 882-7010.





## 4-H NEWS

### San Antonio and Houston Livestock Show Youth Shotgun Competition

The San Antonio and Houston livestock shows have both implemented a youth shotgun competition as part of their event offerings. A qualification all participants must meet in order to be eligible for either event is to be current members of a 4-H Shooting Sports project and to have participated in a 4-H sanctioned shotgun event in 2012 or 2013. Very few, if any, shotgun events are planned for the fall which makes it difficult for new project members to participate. Attached is information about a recently developed opportunity to gain this qualification through a county 4-H sanctioned shoot. Please pass along the information to projects within your area that may have members seeking such an opportunity. There is a very short time frame with this shoot taking place December 7th. Please direct all inquiries concerning the shoot to the contact information contained in the shoot announcement.

#### FIRST ANNUAL

#### BEXAR 4-H SHOOT-OUT

**Sponsored by: Bexar Co. 4-H Fishing and Shooting Sports Club**

**Shoot Date: Saturday, December 7, 2013**

Registration opens at 7 am, Mandatory Orientation 8:15am, Shooting begins at 9 am, Awards at 6pm-ish

Location: San Antonio Gun club, 928 E. Contour Drive, San Antonio, Texas 78212

Early Registration until December 1st at a cost of \$45 per shooter

Late Registration accepted the day of the shoot assuming squads are available for \$60

This shoot is limited to the first 180 registrations. Registration will be taken first come first served with preference given to those who have not attended a 4-H qualified event in the last two years. This is not intended to be a beginner's shoot. All participants should have knowledge of the sport (4-H Modified Trap), firearms and rules. All standard shooting sports safety rules will be enforced according to the 4-H Shooting sports as published on the Texas 4-H Shooting Sports Website.

#### Registration

Register at [https://www.iclays.com/cgi-bin/tournament\\_signup.cgi?tournament\\_id=2723&nsca\\_id=0](https://www.iclays.com/cgi-bin/tournament_signup.cgi?tournament_id=2723&nsca_id=0)

Registration must be posted in I-Clays by December 1, 2013 to receive the \$45 entry fee price.

Registration may be postmarked by check or money order paid to BC4HFSS within 5 days of registration

Mil payment with registration confirmation to: 2733 Ilse Place, San Antonio, Texas 78217

Late Registration will be taken the day of the shoot if space on squads is available.

For questions, contact: Jennie Dietrich at 512-699-5606 or send email to [BexarJuniorShootout@gmail.com](mailto:BexarJuniorShootout@gmail.com)



**4-H Shooting  
Sports**  
*Learn by Doing*

# Top Turkey Tips

Guidelines for tackling the big bird.



Whether you're tackling a Thanksgiving turkey for the first or hundredth time, our top 10 tips will ensure your big bird is the best it can be.

1. Thawing a frozen turkey requires patience. The safest method is to thaw turkey in the refrigerator. Be sure to plan ahead — it takes approximately 4-5 days for a 20 pound turkey to fully defrost.
2. For crisper skin, unwrap the turkey the day before roasting and leave it uncovered in the refrigerator overnight.
3. Cooking times will differ depending on whether your bird was purchased fresh or frozen. Plan on 20 minutes per pound in a 350 degree F oven for a defrosted turkey and 10 to 15 minutes per pound for fresh.
4. A turkey will cook more evenly if it is not densely stuffed. Consider adding flavor by loosely filling the cavity with aromatic vegetables — carrots, celery, onion or garlic work nicely — or by carefully tucking fresh herbs underneath the breast skin. For the stuffing lovers, cook the dressing in a casserole dish on the side.
5. Before roasting, coat the outside of the turkey with vegetable or olive oil, season with salt and pepper and tightly cover the breast with aluminum foil to prevent over-browning (it will be removed in step 7).
6. Don't be a peeping tom (no pun intended)! Once you get the turkey in the oven, resist the temptation to open the oven door and admire your handiwork. When the oven temperature fluctuates, you're only increasing the likelihood of a dry bird. About 45 minutes before you think the turkey is done, remove the foil from the breast to allow it to brown.
7. Remove the turkey from the oven and use an instant-read thermometer to determine temperature; it should read 165 degrees F at the thigh when it's done. If you stuff your turkey, check the internal temperature of the stuffing as well; it should be at least 165 degrees.
8. Tent the bird with foil and let rest for about 25 minutes before carving. If you need more time to make gravy, heat up side dishes, etc., you can let the turkey set for up to an hour without losing too much heat.
9. Remember to carve your turkey with a very sharp or electric knife.



# Get in the Know On Nutrition

## Tips to help you read a Nutrition Facts label:

- Start with serving size, this will tell you how many servings are in a package. For example: If the serving size is 1/2 cup and there are 2 servings per container and you ate the whole package then you would have to double everything on the facts label to figure out how much of the nutrients you've consumed.
- Using the above example if there are 250 calories per serving and there are 2 servings per container then you would take  $250 \times 2 = 500$  calories.
- Nutrients you want to limit – Total, saturated, and trans fats, cholesterol, and sodium.
- Nutrients you want to get more of– Vitamin A and C, Calcium, and Iron.
- When looking at the % Daily Value remember 5% or less is low and 20% or more is high.

## Limiting unhealthy fats:

- Saturated fats— found in animal sources such as butter, milk, cheese, beef, and poultry.
- Trans fats— used to increase the shelf life of foods. Found in baked goods, animal products, margarine, and French fries.

## Why should you limit these fats?

- They raise blood cholesterol levels
- High cholesterol levels can lead to heart disease
- Heart disease includes strokes, chest pain, and heart attacks.



## Tips for limiting unhealthy fats:

- Choose 1% or fat free milk and yogurt
- Choose reduced fat cheeses
- Choose lean ground beef
- Bake, broil, or grill meat instead of fry

## Shaking salt to the curb:

- Salt increases blood pressure
- Blood pressure should be below 120/80
- High blood pressure contributes to— stroke and cardiovascular disease.
- Get no more than 2300 mg of salt each day. This is equal to ONE teaspoon of salt.
- More than 75% of sodium comes from processed foods
- Buy canned foods that say “Reduced Sodium” “No salt added” or “\_\_\_% less sodium”
- Instead of using salt for seasoning use herbs and spices



# ***The Five Minute Parent***

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

## **Adventures in Art**

Add vibrant color to everything in your life!

### **Coin Overflow:**

#### **Materials:**

- ♦ Drinking glass
- ♦ Water
- ♦ Coins

#### **Directions:**

Fill a glass to the brim with water. Try to guess the number of coins that will cause the water to overflow. Slowly drop coins in, one at a time. Count how many coins it takes to make the water spill out. How close was your guess to the actual number of coins?

### **Bubbles:**

#### **Materials:**

- ♦ Dishwashing liquid
- ♦ Corn syrup
- ♦ Water
- ♦ Jar or bowl

#### **Directions:**

This is super easy and super fun! Just mix a small amount of dishwashing liquid and corn syrup into a jar of water, dip your bubble blower into the mixture, and start blowing!

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

# **Nutritious Snacks**

## **For Kids!!**

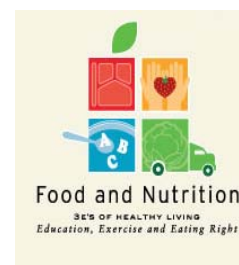
### **Homemade Applesauce**

#### **Ingredients:**

- ♦ 8 each apples (about 2-1/2 inches in diameter, 2.25 lb.)
- ♦ 3 tablespoons honey
- ♦ 2 teaspoons cinnamon

#### **Equipment:**

- ♦ Knives
- ♦ Cutting board
- ♦ Measuring spoon
- ♦ Mixing spoon



#### **Directions:**

1. Peel the apples and chop into small chunks.
2. Place apples in sauce pan and cook in 1/2 inch of water
3. Add honey, boil and stir.
4. Cook until apples are tender, about 15 minutes.
5. Stir apples to create a chunky applesauce or put in a blender and puree for smooth applesauce.
6. Pour 1/2 cup applesauce into bowls or cups and sprinkle with cinnamon.
7. Serve 1/2 cup per child.

TEXAS A&M AGRILIFE EXTENSION  
11475 FM 1442  
Or  
PO BOX 367  
Orange, TX 77631  
Phone: 409-882-7010  
E-mail: orange-tx@tamu.edu

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TEXAS A&M  
**AGRILIFE**  
EXTENSION



## IN THE NOVEMBER/ DECEMBER ISSUE:

- Upcoming Events
- Office Closed for Holidays
- Keys to the Courthouse
- 2014 Diabetes Classes
- Tomato Grafting
- **4-H News: Pages 5—12**
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- Get in the Know on Nutrition
- The 5 Minute Parent: Fun and fast activities for you and your little ones.
- Nutritious Snacks for Kids!!

## Easy Shepherd's Pie

### Ingredients:

- ◆ 1 1/2 lbs. ground round beef
- ◆ 1 onion chopped
- ◆ 1-2 cups vegetables—chopped carrots, corn, peas
- ◆ 1 1/2—2 lbs potatoes (3 big ones)
- ◆ 8 tablespoons butter (1 stick)
- ◆ 1/2 cup beef broth
- ◆ 1 teaspoon Worcestershire sauce
- ◆ Salt, pepper, other seasonings of choice

### Directions:

1. Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).
2. While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.
3. Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has initially cooked.
4. Add ground beef and sauté until no longer pink. Add salt and pepper. Add worcesterchire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.
5. Mash potatoes in bowl with remainder of butter, season to taste.
6. Place beef and onions in baking dish. Distribute mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.
7. Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown.

**\*\*Simplyrecipes.com**