

Upcoming Events

- September 5th: Closed for Labor Day
- September 15: Diabetic Grocery Store Tour, Market Basket-Orange, 1:30 pm—3 pm
- September 19-23: Do Well Be Well with Diabetes Class, Sholar's Medicine Chest, Orange, 10 am—12 noon.
- September 20: Keeping Your Trees Healthy, Texas Agrilife Extension Office, Mauriceville, 9 am—11 am
- October 14-15: Orange County Livestock Show, Mauriceville Community Center Fair Grounds
- 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.
- Wildlife Workshop: Kids age 5—18, TBA



Keeping Your Trees Healthy!

Sept 20, 2011

9 am—11 am

Texas Agrilife Extension Office

Join us for coffee and donuts with the Agent. You will be able to ask about keeping your trees healthy, proper pruning methods, and selecting fast growing trees to plant in the yard.

Call 409-882-7010 if you have any questions.



Do Well, Be Well Free Diabetes Class September 19 - 23 10 am to 12 Noon Sholar's Medicine Chest Orange



Orange County Livestock Show

October 14th & 15th, 2011

Mauriceville Community Center

Fair Grounds

Anyone interested in supporting the kids as a buyer, please contact the Texas Agrilife Office

at

409-882-7010



Do Well, Be Well Free Diabetes Grocery Store Tour September 15 1:30 pm to 3 pm Market Basket Orange



The New School Year Brings on a New 4-H Year!



Several of our clubs will start meeting in September so please call the Extension office 409-882-7010 to get information on clubs and location date/time.

Orange County 4-H! 4-H provides a nurturing environment that will allow children to grow and explore their interests while making new, life-long friends. 4-H will allow the children to showcase their talents while building up their confidence and self-esteem.

4-H programs are open to all youth, ages 9-18 (or 8 and in the 3rd grade). Children ages 5-8 will qualify as a Clover Kid. 4-H will give children the opportunity to learn by doing. Members participate in projects that are tailored to their specific interests and are given the opportunity to compete and learn from peers with similar interests.

The first step in 4-H membership is working with the Extension office to find the ideal club for your child to participate in. We will work with your family to find the perfect fit for your child. Although current activities in local 4-H clubs cover a variety of topics including food & nutrition, clothing & textiles, shooting sports, photography, dog care & training, horticulture, livestock, entomology, and much more, we are growing and can easily accommodate your child's unique interests and talents.

4-H is a family-oriented organization and you are encouraged to attend as many club activities as possible. The level of participation required of you as a parent/guardian will depend on what activities your child chooses to participate in and/or your personal interests. If you would like to volunteer, please let us know.

Keys to the Courthouse

WELCOME TO



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.

County Judge—The *county judge* presides over the commissioners court and is a voting member of the court. A county judge does not have

to be a lawyer. The county judge has administrative responsibilities, such as overseeing parts of the election process.

Sheriff—The *sheriff* is the chief law enforcement officer of the county. The sheriff carries out the work of both the county and district courts. The sheriff's department conducts criminal investigations, arrests offenders, serves warrants and civil papers, and supervises the county jail and prisoners.

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.

Preparing for the Unexpected

Special needs: Because disabled, elderly, unhealthy or non-English-speaking people have special needs, you must take additional steps to protect them. This chart offers tips on preparing for people with special needs.

Disability/Special Need—Additional Precaution

- **Hearing Impaired**—Make special arrangements to send warnings.
- **Mobility Impaired**—Provide special assistance to get to a shelter.
- **Single working parent**—Offer help in planning for disasters & emergencies.
- **People who don't speak English**—Contact community and cultural groups that can help keep them informed.
- **People without vehicles**—Make arrangements for transportation.
- **People with special dietary needs**—Be sure that the emergency food supply is appropriate.
- **People with medical conditions**—Consult with a pharmacist about storing extra medications in case of an emergency.



When Disaster Strikes, Diabetics are at Special Risk

Disasters—weather-related or otherwise—can happen any time and can affect anyone, even babies, older adults and those with special needs, such as diabetes, said Texas Agrilife Extension experts.

That's why the Texas Extension Disaster Education Network guidelines advise keeping a disaster supply kit assembled and available at all times. The kit should contain:

- A three-day supply of bottled water and food for each member of the family. That means at least one gallon of water per day per person and foods that don't require refrigeration, such as dried fruits, peanut butter, crackers and canned foods and juices.
- Water purification tablets, which can be found at camping-supply stores.
- First aid kit with at least two pairs of sterile gloves, gauze and bandages, antibiotic wipes and ointment, burn ointment, aspirin or other non-prescription pain relievers, a thermometer and sunscreen.
- Extra cash.
- At least one change of cloth-

ing, sturdy shoes and blanket per person.

- Prescription medications if necessary.
- Special needs items such as baby food and/or formula, diapers, baby wipes, foods for special dietary needs, and supplies for dentures and/or contact lenses.
- Battery-powered radio, flashlights, extra batteries, tool kit, whistle, garbage bags, toilet paper, manual can opener, disposable forks and spoons, and area and state maps.

Store these items in a waterproof container or plastic or rubber trash can with a lid. Replace as necessary.

Each household should have such a disaster kit, but for people with diabetes, the list doesn't stop there, said Dr. Carol Rice, Extension health specialist.

She advised having enough diabetes supplies and medications for at least 2 weeks.

"Individual's diabetes supply kits will vary," Rice said, "but here are some things to think about including: diabetes pills and/or insulin and syringes or insulin-pump supplies, lancets, blood sugar meter with strips and batteries, a hard-sided container to dispose of nee-

dles and lancets, urine ketone strips, glucagon emergency kit, glucose tablets, sugared sodas, juice and hard candies, other medications (such as those for lowering blood pressure and cholesterol) if necessary, over-the-counter medications for pains, nausea and vomiting, and diarrhea, antiseptic wipes, hand sanitizer and a cooler pack for insulin.

People with diabetes should also keep medical information available, Rice said. This includes insurance, Medicaid or Medicare card, list of medications and doses, list of doctors and their phone number, and the pharmacy's phone number.

All medications and supplies should be kept together in a waterproof container, and placed in an easy-to-access locations, Rice said. During a disaster, insulin can be stored at 86 F or less for up to 28 days but should not be frozen or placed on dry ice.

If a disaster should occur, she said, people with diabetes should wear a diabetes identification bracelet or necklace so others with know of their special needs.

For more information on preparing for a disaster, visit the Web at <http://texashelp.tamu.edu>.

Important Dates to Remember for the 2012 South Texas State Fair



Steers

Tag-In

September 17, 2011

Because there are so few steers, Marie will be “making house calls”. Call 409-882-7010 to set time for the 17th

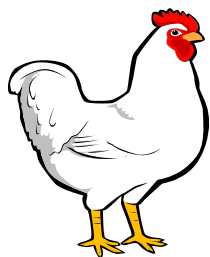


Lambs, Goats, Swine, and F1 Heifers

Tag Order Deadline

October 17, 2011 before 5 pm

Call 409-882-7010 with numbers

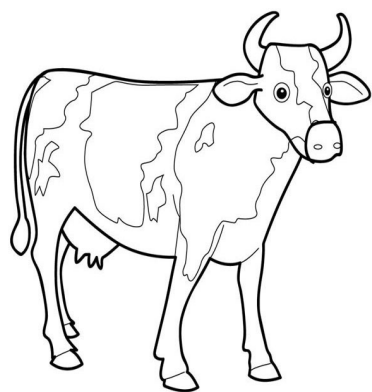
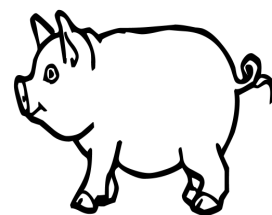


Poultry (Turkey, Roaster, Broiler)

Order Deadline

October 21, 2011 before 5 pm

Call 409-882-7010 with numbers



***In a drought
cattle will be
deficient in all
nutrients
(energy, protein,
vitamins,
minerals and
water).***

Drought Management for Cattle

In a drought cattle will be deficient in all nutrients (energy, protein, vitamins, minerals and water). Water is the first limiting nutrient in many pastures. Cattle will require about 1 gallon of water per 100 lbs of body weight (plus 5 or more gallons if they are lactating) of good quality water. Water from ponds and dirt tanks will have significantly reduced quality (increased salt or mineral content) as they dry up. In addition there could be toxic algae blooms or poisonous plants growing near them. If possible these should be fenced off. Check water daily. The next two nutrients of importance are protein and energy. Cattle eat to satisfy gut fill and this is associated with their en-

ergy intake. Cattle can eat about 2-2.5% of their body weight (24 – 30 lbs) for a 1200 lb cow. When forages are dry, this limits their intake to less than 2% causing them to lose condition (weight). Supplementing these dry forages with .4 lb protein (from any source) can improve the digestibility of these forages and improve intake. Cattle usually require about 2 lbs of crude protein per day. Most dry grass is averaging 5% so only about 1/2 of their protein is being supplied by grazing. The rest will need to be supplemented. For more information on drought management (culling, feeding, water, etc) go to <http://beef.tamu.edu>

FREE MAMMOGRAMS

Julie Rogers "Gift of Life" Program

The "Gift of Life" provides free mammograms for medically underserved women.

Please call to find out
if you qualify and to
make an appointment.

(409) 860-3369
(877) 720-GIFT (4438)



Julie Rogers "Gift of Life" Program
PMB #46 • 148 S. Dowlen Road • Beaumont, TX 77707
(409) 833-3663 • fax-(409) 833-2662 • www.giftoflifebmt.org

You are eligible for a free mammogram if:

- You live in Southeast Texas - including Jefferson, Orange and Hardin Counties
- You have limited income
- You are at least 40 years of age, with these exceptions:
 - A woman may be as young as 30 years of age if there is a history of breast cancer in her family (mother, sister, or grandmother)
 - A woman may receive a first mammogram at age 35, but will not be eligible again until she is 40
- You do not have private insurance, Medicaid or Medicare

Investigating Water

Water use patterns:

Most of us are aware of a portion of our personal daily water use. We can account for the water we drink directly or in other beverages. We know that we use water in the bathroom for washing, brushing teeth, flushing toilets and taking showers or baths. Other individual or personal uses might be less obvious: water is used in cooking foods and water is contained in foods we eat. Other uses include water used in keeping our clothes clean, washing dishes, watering lawns and gardens, and washing cars or bicycles.

Water also is often a focal point for recreational activities. Water-based sports, including fishing, diving, swimming, wading, surfing, boating of all types and sail boarding, are enjoyed by many people. Water is critical to many other sports as well. Hunting, wildlife viewing and photography, hiking, backpacking and camping all require water in some form. Field sports are played on prescription turf or lawns that

require water. Water also is used in the production of raw materials and the manufacturing process of the equipment used in sports.

It is very easy to overlook the water used in the **manufacture** of products, from paper to automobiles, that we use every day. Inclusive daily water use (water used for all purposes) in the United States has been estimated at approximately 2,000 gallons per person per day. That means we use approximately 355 billion gallons of water each day or nearly 130 trillion gallons each year. That's enough water to cover 10,000 football fields to a depth of almost 400 feet; or cover 6,200 square miles to a depth of 1 foot; or lower the depth of Lake Ontario by almost 1 foot; or fill almost 2,364 million 55-gallon drums. Usually, we use this vast amount of water without thinking about it. However, taking water for granted does not lessen its importance to our lives.



Other individual or personal uses might be less obvious: water is used in cooking foods and water is contained in foods we eat.



***Scientists
have ways of
organizing
plants.***

Junior Master Gardening

Without a classification system, identifying the millions of plants in the world would be difficult. For example, if you took all the clothes from your room and threw them on the floor, it would be hard to find anything. But if you organize your clothes so that socks are together, shirts are together, and pants are together, it is easy to find the clothes you want.

Scientists have ways of organizing plants. They look at different plant parts, such as flowers,

leaves, stems and fruits, and group together the plants that are similar. For example, some plants produce flowers; others produce cones. Plants are also grouped according to where and how they grow. Some plants, such as trees, live for many years. Others, such as radishes, live for only one season before they die.



***Have wildfires
occurred in
your area?***

Wildfires & Your Home

Assessing Your Property:

- Have wildfires occurred in your area? If so, under what conditions?
- Do you have seasons when wildfires are more likely to occur?
- Do you live in hilly or flat country?
- Are there areas around your home that are more susceptible to a wildfire?
- Do you border wildland?
- Have you used native vegetation in your landscaping?
- Is there a substantial amount of tall vegetation crowded in around your home?
- Do tree limbs extend over your home?
- Are the trees in good condition or are they dying?
- Do you have a woodpile in close proximity to your home?
- Do you have any fuel tanks nearby?
- Is a wood fence attached to your home?

3 Quick Meals with about 4 Ingredients

1. Stir Fried Cabbage & Zucchini

Materials: Measuring Cups and Spoons, a Spoon, Small bowl, Cutting Board, Knife, Skillet

Ingredients:

Two medium zucchini (about 1 pound); 2 tablespoons vegetable oil; 6 cups packed sliced cabbage, 1 teaspoon garlic powder.

* Carrots are an optional ingredient.

Directions:

Rinse and slice zucchini and carrots into thin circular strips. Heat the cooking oil over high heat in a wok or skillet. Add carrots and zucchini to the wok or skillet and stir quickly and frequently for a few minutes. Add garlic powder and cabbage, reduce heat to medium high. Continue stirring 7 to 8 minutes until vegetables are tender and crisp.

2. Garlic-Basil Halibut

Ingredients:

12 oz. fresh or frozen halibut steak (about 1 inch thick), 2 tablespoons snipped fresh basil, 1 tablespoon melted butter, 1 clove garlic—minced.

Directions:

Rinse or thaw the fish, pat dry. In a small bowl mix basil, melted butter, and garlic, then apply the mixture to both sides of halibut. Salt and pepper to taste. Place fish on the unheated rack of broiler pan and broil 4 inches from heat for about 8 to 12 minutes.

3. Roasted Pork with Apples

Ingredients:

1 teaspoon of snipped fresh sage or 1/2 teaspoon dried sage, crushed. 1-1 lb pork tenderloin, 1 tablespoon canola oil, 1 medium red onion cut into thin wedges, 3 medium cooking apples, cored and cut into 1/4 inch thick wedges, 2/3 cup apple juice or cider.

Directions:

Mix the snipped sage, salt, and pepper, rub on tenderloin. Brown all sides in hot oil over medium heat in a large skillet. Place browned pork in roaster, add onions. Roast uncovered at 425 degrees for 10 minutes. Add apples and roast for 10-15 minutes more. Place pork and apple mixture on a serving platter and cover with foil. Let stand 10 minutes, boil apple juice in a small sauce pan uncovered for about 8 to 10 minutes. Drizzle over meat and apple mixture and serve.



Sept 21—October 2, 2011

Help support your local 4-H clubs by adding \$1 at checkout at Tractor Supply. 100% of the proceeds from the sale of paper clovers will be split among state & county 4-H programs & National 4-H Council.

TEXAS AGRILIFE EXTENSION
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Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

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Improving Lives. Improving Texas.

IN THE SEPTEMBER ISSUE:

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Basic Quiche

Ingredients:

- 1 (9 inch) baked pie shell
- 1 cup chopped vegetables, cooked and drained (broccoli, zucchini, or mushrooms)
- 1/2 cup shredded cheese
- 3 beaten eggs
- 1 cup skim milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Instructions:

1. Preheat the oven to 375 degrees
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

