

December 2014

County Extension Agents

Fallon Foster
Family & Consumer Science

Christina Ritter
4-H/Youth Development

Office
409-882-7010



County Judge

Carl K. Thibodeaux
Commissioner Precinct 1

David L. Dubose
Commissioner Precinct 2

Owen W. Burton
Commissioner Precinct 3

John W. Banken
Commissioner Precinct 4

Jody E. Crump



Look for us as
Texas A&M AgriLife
Extension—Orange County.



The Extension office will be closed

December 24—December 26, 2014

And

January 1-2, 2015



Starting January 6

See page 2 for further details



Do you have Type 2 DIABETES?

**Have you been told by your
healthcare
provider you are Pre-Diabetic?**

**If YOU answered YES,
Then come join us for one of our
2015 Diabetes Educational Sessions**

**Morning Session
10 am to 12 noon
January 6—February 3
\$20 per person***



**It is important to attend all 5
classes to receive the full
educational benefit.**

**Classes are held for 2 hours on
Tuesdays for 5 weeks at the
Texas A&M AgriLife Extension Office
11475 FM 1442 Orange.
Call 882-7010
for further information.**

***scholarships available**

8 Tips for Diabetes Care During the Holidays

The holiday season is a special time to gather with friends and family and take some time out to enjoy ourselves. In keeping with the season here are a few tips as to taking care of your diabetes during the holidays.

First and foremost, remember to enjoy yourself! Get caught up in the festivities-the decorations, the music, the gatherings. Too often, we focus simply on the food and there's so much more.. Consider starting a new tradition in your family-one that involves arts and crafts, or supporting a charity, organization. Do something you've never done before—something involving physical activity,.

Always remember the golden rule- *"Everything in Moderation."*

1. Pick and choose your battles. When confronted with holiday delights, realize that you are human and proceed accordingly.
2. Pick the one item you absolutely must splurge and put a small amount of it on your plate, guilt free. But now, remember that it is on your plate and avoid the other things on that buffet table that you don't really want or need.
3. Fill your plate with healthy things (you'll always find veggies).
4. If you know ahead of time that you will be in a situation of temptation, plan your day accordingly. Eat healthy at home and consider filling up on good nutritious foods before you go out, in order to minimize cravings.
5. When going to a dinner party, there is certainly no reason why you shouldn't let your host/hostess know of any dietary restrictions you may have in advance. Most people appreciate knowing there are specific needs so that they can make their guests comfortable. It may be something as simple as setting out an artificial sweetener with the coffee.
6. Another important thing to remember is that alcohol does have calories and can interfere with medications. If you have specific questions about how much you can drink on certain medicines, don't hesitate to ask your physician or pharmacist.
7. In addition, if you are on insulin, you may want to speak with your physician about how to plan ahead for situations in which your carbohydrate intake may increase. Together, you can decide if an increase in short-acting insulin should be used in certain situations.
8. Remember if you become ill with a cough or cold over the holidays, some medicines have a lot of sugar or may react with medications you are currently taking. Ask your doctor or pharmacist what the best choices are to make sure you won't suffer serious drug reactions.



As the spring semester comes to the end, the extension office would like to take a moment and thank our Intern **Alina Gallier** a graduate of Vidor High School on all of her hard work and dedication during her time with us. Everyone was so impressed by the professionalism, creativity, enthusiasm, and commitment that she has displayed over the past months. It was just a pleasure getting to know

Alina and watching her progress on projects. She is a student at Lamar University; she will be graduating August of 2015 and we wish her the best on all her endeavors. We know she will succeed!

Roasted Broccoli and Tomato

4 cups fresh broccoli

1 cup red cherry tomatoes, leave whole

1 Tablespoon extra virgin olive oil

2 teaspoons minced wet garlic

1/8 teaspoon table salt

1/2 teaspoon fresh lemon peel

1 Tablespoon fresh lemon juice

10 extra large pitted black olives, canned

1 teaspoon oregano leaves

Preheat oven to 450 degrees F. Toss broccoli, tomatoes, oil, garlic and salt in large bowl until evenly coated. Spread in an even layer on a baking (or cookie) sheet. Roast until the broccoli begins to brown, about 10 to 13 minutes.

Meanwhile, combine lemon zest, juice, olives, and oregano in a large bowl. Add roasted veggies just prior to serving, stir to combine. Serve warm.

Serves 4: Calories 90, Total Fat 6 g/Saturated Fat 0.5 g/Trans Fat 0 g, Cholesterol 0 mg, Sodium 190 mg, Total Carbs 7g, Fiber 3 g, Sugars 1 g, Protein 2 g.



Almost A Pyramid Sundae

1/2 cup fresh, sliced strawberries or other fruit cut into bite-size pieces

1 graham cracker square, crushed

1/2 cup low fat yogurt, any flavor

1 tablespoon chopped nuts, any type

Wash and slice fruit. In a plastic sandwich bag or bowl, crush the graham cracker square. in a clear or glass dessert dish, layer the crushed graham cracker, yogurt, fruit and nuts.

Calories 150, Total fat 6g; Sodium 80 mg, Total Carbs 24 g, Protein 3 g.



Dinner Tonight website offers a variety of healthy recipes with a step by step video.

Visit: <http://healthyliving.tamu.edu> and start cooking!



Do It Yourself Ideas



Window Clings

Place a piece of wax paper over the template
Trace with your puffy paint color of choice
Dry over night
Peel off & stick to windows

4-H NEWS

Merry Christmas!



Event: OC4H Christmas Party!

Date: December 16, 2014

Time: 6 PM



**Location: 11475 FM 1142 Orange County Convention
& Expo Center (in the ballroom)**

**We are asking all families to bring a pot luck.
Suggestions: Fruits, casserole, veggie,
salads, finger foods etc.**

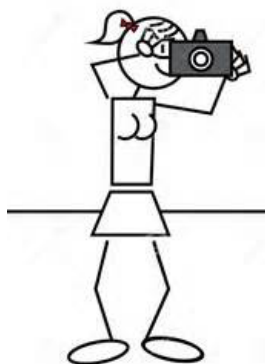
COMMUNITY SERVICE: Bring a new or gently used coat and/or
canned food items to be dispersed throughout the Orange
County community. Coats will need to be for Children ages 3-18
PLEASE RSVP by December 11, 2014

For Questions and to RSVP contact Kim @ (409)882-7010

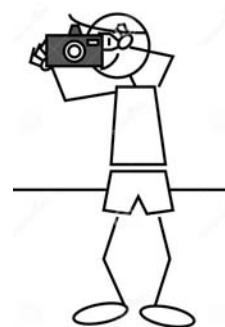


**We will be having a
Gingerbread house
building competition**

4-H NEWS



Come and check out our new 4-H Photography Club Monday, December 8, 2014 4 pm to 5 pm Vidor Library Meeting Room



If you are a member in a 4-H Club you can still participate in photography as your project club.

Topics for our December Meeting



- Meet and Greet
- Electing Club Officers
- Discussing Fundraiser
- Photography Lesson

And lots more so come join us for fun and learning.

If you put in the hard work, you will enjoy the benefits!



We are all about fun and learning!

*Interested call the 4-H Office
882-7010*



4-H NEWS

NEW!!!!!!

Orange County 4-H Leadership Series

beginning January 6 at the 4-H Office,
@ 6:00 PM (1st Tuesday of each month)

Join us each month for games, food, activities and comradery. Learn new skills, learn about careers and much more!!!!!!

All 4-Hers Welcome!!!!!!!!!!

Come experience the world of 4-H!!!!

43rd Texas A&M AgriLife Extension Annual Summer Horsemanship School Program

COMING to Orange County SUMMER 2015!!!!

Dates and more information to follow!!!!!!

The Texas A&M AgriLife Extension Summer Horsemanship School Program

provides youth and adults a
Great opportunity to gain a solid
foundation and advance riding
skills, regardless of the riding
discipline chosen.



4-H NEWS

2014-2015 Major Stock Shows

Fort Worth Stock Show and Rodeo.....Jan 17-Feb 8, 2015

San Antonio Livestock Exposition....Feb 6-23, 2015

Star of Texas Fair and Rodeo (Austin)...Mar 1– 16, 2015

Houston Livestock Show and Rodeo....Mar 4-23, 2015

South Texas State Fair (Beaumont)....Mar 27-Apr 6, 2015

Quality Counts

If you are showing at major shows be sure you are up to date on your quality counts.



South Texas State Fair Tag in

December 6, 2014

@ Mauriceville Livestock Show
barn

9:00 AM—11:00 AM

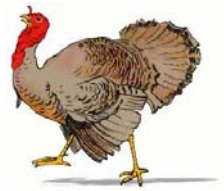
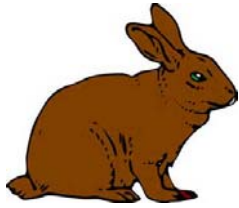


4-H NEWS

Turkey Pick-Up

Tuesday, December 9th

4pm to 6 pm @ YMBL Office



Rabbit Entry deadline for South Texas State Fair

Thursday, January 29, 2015 @ the 4-h Office



Orange County Roundup Committee Meeting

Thursday, January 15, 2015

6 pm

4-H Office



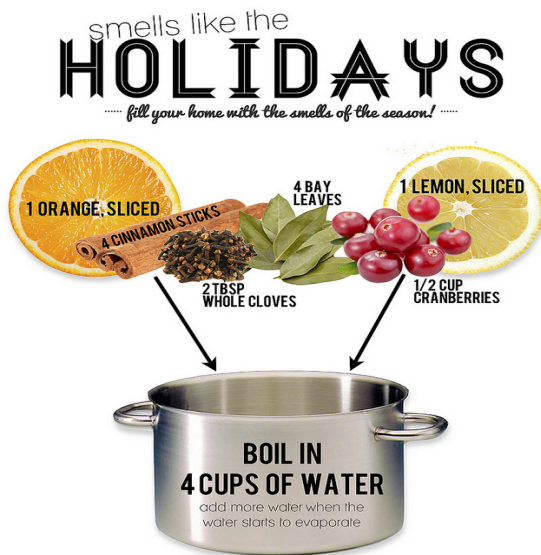
District 9 4-H Council Meeting

January 17, 2015

Are you interested in attending the District 9 4-H Council Meeting with Christina? Call the office soon and let us know you would like to participate.



October Do Well, Be Well with Diabetes Class Graduates



Christmas in Texas isn't necessarily what you call cold. "Christmas scent" is one fantastic recipe that makes your whole home smell like the holidays. It's just a few ingredients thrown together but it lasts all month long. This little concoction would make a great homemade gift too. Get ready cause Christmas is about to smell a little sweeter!

* Make sure once the water evaporates you keep adding more water to the ingredients.

The ingredients tend to burn brown after they've been boiled but don't worry they are still good! Just pop them in the fridge when you're aren't using them, they will last

The Style Dossier

1 Orange Slice—4 Bay Leaves—4 Cinnamon Sticks 1 Lemon Slice—2 Tbsp Whole Cloves—1/2 cup Cranberries
Boil in 4 cups of water. Add more water as it begins to evaporate.

6 large hard-boiled eggs

6 small hard-boiled eggs

Peppercorns

1 carrot

1 skewer/stick for BBQ

Uncooked pasta

Parsley



Egg Snowmen

Peel off the egg shell. Peel the carrot and cut off the ends. Slice the carrot so that you have 6 round slices from each end that are approximately 1/2 cm thick.

Cut off the top and bottom of the eggs.

Stick the BBQ skewer through the eggs to make a hole and remove it. Do the same with the two round sliced of carrots.

Stick the pasta into the two eggs and the carrot slices.

Snap off the extra pasta that is sticking out of the carrot.

Stick the tip of the skewer in the eggs to make small holes for the eyes, nose and buttons. Place a peppercorn in each hole and a small piece of carrot for the nose. Lastly, stick a parsley sprig on the side for the broom.



<http://www.roxyskitchen.com/egg-snowman.html>

Time In a Box

Material

**Small plastic
box with lid or
shoebox**

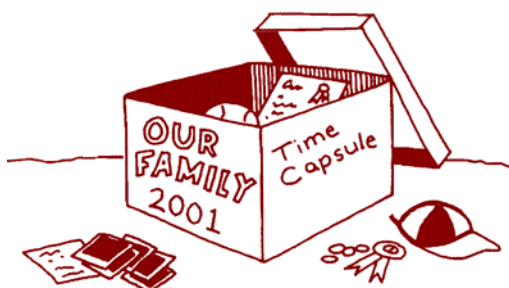
Family photos

Scissors

Glue

Markers

Miscellaneous family mementos



Directions: Decorate the outside of your time capsule with family photos and label it "Our Family" and write the year. Fill the capsule with mementos such as baby pictures, ticket stubs, newspaper clippings, and any personal items that the family will enjoy seeing 5 to 10 years from now. Mom and Dad can hide the box in a safe, dry place inside the house, instead of burying it in the yard.

Balloon Tennis

Materials

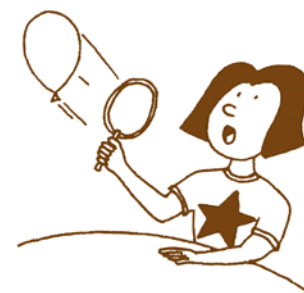
Paper plate

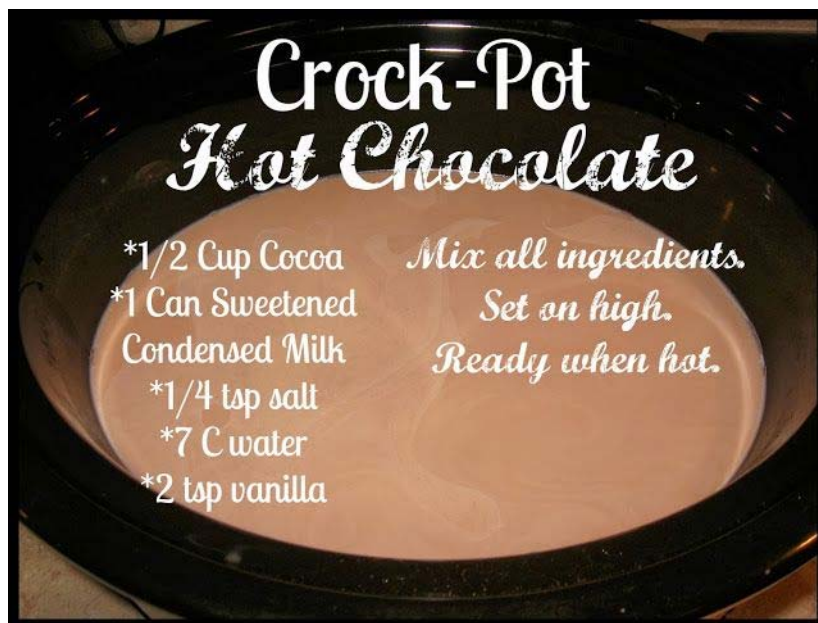
**Wooden paint stir stick or
long cardboard tube (from
paper towels)**

Glue

Balloon

Directions: Glue the wooden stir stick, or cardboard tube, to the paper plate to form the racket. Blow up a balloon and gently tap it with the racket. Tennis anyone?





Non-Toy Gift Ideas

- Memberships to a children's museum or the zoo.
- Tickets to the movies, theater production, or concert.
- Gift certificates to a favorite ice cream/cupcake shoppe/coffee shoppe.
- Gift certificates for a family outing such as mini golf.
- Crafting or baking dates
- Magazine subscription
- Monthly Craft Kit or learning kit/
- Netflix
- Educational and learning apps
- Extracurricular activity items
- Musical Instruments
- Art & Craft Supplies
- Books
- A donation to a charity or organization



Random Acts of Christmas Kindness:

Let someone else go ahead of you.
 Give money to the poor.
 Pay for someone else in the drive-thru.
 Donate toys.
 Send letters to the soldiers.
 Candy cane bomb a parking lot.
 Carol for your neighbors.
 Donate food.
 Donate pet supplies.
 Give happy notes.
 Take treats to the fire station.
 Sweet treat for the mailman.
 Rake leaves/shovel snow for someone.
 Fulfill an Angel Tree request.
 Giveaway outgrown toys and clothes.
 Coffee and donuts for teachers.
 Feed someone's meter.



The list can go on and on. Let your imagination flow.

Meat Canning Class



You Better Watch Out, I'm Telling You Why: *Cops are Cracking Down on Drunk Driving*

The holiday season is right around the corner. As Americans prepare for festivities with family and friends, the Texas A&M AgriLife Extension Service *Watch UR BAC* program wants to remind all drivers that it's dangerous to drive after drinking. You have to choose your role *before* drinking begins: will you drink or will you drive? Remember, even if you only have a little bit to drink and think you're "okay to drive," you could still be over the legal limit.

Texas A&M AgriLife Extension Service agent Fallon Foster reminds drivers that the *Drive Sober or Get Pulled Over* campaign runs from now until January 1, 2015.

Due to the increase in drunk-driving related fatalities around the holidays each year, law enforcement agencies will be out in force. According to the Texas Department of Transportation (TxDOT), Texas DWI fatalities during the holiday season December 1-31, 2013, resulted in 86 fatalities. But not everyone dies in a crash. Many live with life-long, debilitating injuries as a result of their own drunk driving or that of a complete stranger.



The consequences and costs are significant if you are caught driving while intoxicated, costing you \$17,000 or more, the loss of your driver license, higher insurance rates, and dozens of other un-anticipated expenses.

Even a little holiday cheer can impair a person's driving. Plan ahead if you are going to drink alcohol. The message is out there, but it only works if you join our efforts this holiday season by pledging to give or be the gift of a sober driver. Find out how to pledge at soberrides.org. Other tips include:

- ⇒ Designate a non-drinking driver *before* festivities begin. Even one drink can impair your judgment.
- ⇒ If you have been drinking, do not drive. Phone a sober friend or family member, call a cab, or spend the night where you are.
- ⇒ Step up and step in – don't let friends drive if they've been drinking. Give someone a gift by being their sober, designated driver.

For information on free alcohol awareness programs available through the Texas A&M AgriLife Extension Service *Watch UR BAC* program in College Station, go to www.watchurbac.tamu.edu or call 979-862-1911.

**Come visit our website @
orange.agrilife.org**

Come see what is on our website including:

- Information & Links
- Newsletters
- Upcoming Events
- And much more

TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
Orange, TX 77630
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

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AgriLife Organic

Visit our Texas AgriLife Organic website. This website is intended to provide resources for those interested in raising crops and livestock using organic practices. In these pages you will find information on:

- Livestock breeds
- Animal nutrition and housing needs
- Crop selection
- Soil preparation
- Organic weed, disease and insect control
- Marketing options



<http://aggie-horticulture.tamu.edu/organic/>

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.