

# TEXAS A&M AGRI LIFE EXTENSION

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

## ORANGE COUNTY AGRI LIFE NEWSLETTER APRIL 2016

We have provided some information in this newsletter for your assistance. If you should need further information, we are here to assist.

Drying Out Before Rebuilding

And

Stress in Adults after a  
Disaster: Warning Signs and  
Management



To help your community  
in the time of need.

# TEXAS A&M AGRI LIFE EXTENSION

## Dry out before Rebuilding



After the flood waters recede and the clean up has been done, most folks want

to get back into their homes and start rebuilding. The problem is that wood that has been submerged in water has likely absorbed a large amount of water. Rebuilding too quickly after a flood can cause continuing problems such as mold growth, insect infestations, and deterioration of the wood and wall coverings.

Flood waters are not clean water; therefore, most porous building materials must be removed and replaced with new materials. The following steps should be followed:

- Open flooded walls, even if they appear undamaged, to prevent mold, odor, and structural decay later.
- Remove water from the structure as rapidly as possible. Ventilate.
- Remove baseboards, and cut holes in wallboard to drain uninsulated walls.
- Remove the interior surface of insulated walls to a point above water height, often 12–18 inches. Discard flooded drywall.
- Undamaged paneling may be propped open or reinstalled after cleaning.
- Remove and discard all wet fibrous insulation.
- Clean out mud. Wall studs and plates may be sprayed with disinfectant (1 cup bleach/gallon water) to kill any existing mold and fungi.
- Speed dry with dehumidifiers and fans.

- Leave walls open until they have thoroughly dried, which may take up to a month.
- Select replacement materials that will withstand future floods (such as rigid foam insulation, removable wainscoting, ceramic tile, etc.).

Just how long should you wait? It may take weeks for the wood to be adequately dry to close a wall. The drying time will vary depending on the initial moisture content and the drying conditions. You will need to test the studs with a wood moisture meter. Wood should have a moisture content of less than 15 percent before insulation, drywall, paneling, or other coverings are placed on the wood. If you are doing the work yourself, you may be able to borrow or rent a meter from a hardware store, lumberyard, or home inspector.

## How can I dry things out?

### Ventilation

Ventilation is usually the best way to dry things out and can remove several gallons of water per day. Provide cross-ventilation by placing a fan in a window or door with the fan blowing to the outdoors. Seal around the fan with cardboard or plywood so the fan can create a vacuum. Use fans to circulate air over the wet surfaces. Inside the house, face fans into corners or other hidden areas to force the moist air out.



**Heat**

Heat increases the moisture-holding ability of the air. If your heating system has been checked and is in working order, use it to heat the air. As wood gets drier, it may be helpful to heat the house for a few hours; then ventilate to exchange the moist air inside the house with dry air from the outside.

**Dehumidifiers**

If the outside air is humid, ventilation will not work. You will need to use a dehumidifier.

The house must be closed up so you will not be combating the outside humid air.



Dehumidifiers function most efficiently at warm temperatures. At 80 degrees and 60 percent relative humidity, most dehumidifiers will remove 1–2 pints of water per hour from the air. You can purchase a dehumidifier from home improvement centers, discount stores, and most places that sell appliances. If you are hiring the work to be done, the contractor should have a dehumidifier to remove moisture. Some rental businesses have dehumidifiers. It is important to either set up the dehumidifier so that it drains the water removed from the air into the sewer, or you must empty the bucket regularly.

## Stress in Adults after a Disaster: Warning Signs and Management

*Extension Family and Consumer Science Specialists  
The Texas A&M University System*

A disaster can be stressful for many people and can lead to mental and emotional disruption. This is commonly referred to as post-disaster stress. An adult's emotional reactions after a trauma can vary greatly, ranging from very little distress to extreme stress reactions. Although a person's reaction to post-disaster stress may be troubling, remember that these are normal reactions to abnormal situations.

**Symptoms of Stress**

Following are potential symptoms you might encounter in your interactions with adults after a disaster or terrorism event:

**Erratic behavior** — Some people engage in risky behaviors or even criminal activity to try to solve financial problems or deal with other matters. Anger is common.

**Changes in mood** — After a disaster, many people feel nervous, anxious and depressed. They also can experience other emotions, including irritability and rapid mood swings. This behavior often results in outbursts toward family, friends, and co-workers. Guilt feelings also are possible, especially if a person lost a loved one in the disaster. Some people may wish they had taken the place of their loved one or been there with that person during the crisis.

**Increased substance abuse** — In stressful situations, some adults abuse alcohol or other substances. Such behavior may lead to further problems at home and at work.

**Physical symptoms** — Adults who report physical symptoms such as headaches, fatigue and pain may request more sick leave from work. Some of these symptoms may be related to increased anxiety. High levels of stress can weaken the immune system, leading to increases in illness.

**Recurrent thoughts** — Adults may think about the disaster constantly and find it difficult to think about anything else. Dreams and daydreams about the event are also common. Some people may have flashbacks of the event or feel that they are reliving it. Recurrent thoughts or flashbacks can interfere with concentration and work performance.

**Avoidance** — Adults may want to avoid places or things that remind them of the event. Such reminders bring back the strong emotions they experienced during the disaster. Depending on the nature of the disaster, victims have commonly avoided airplanes, bodies of water, cars and tall buildings.

**Shaken belief systems** — After a disaster, adults may question their religious or spiritual beliefs. They also may question their assumptions about the safety of their community or country as a result of a toxic waste disaster, for example. Others may question their trust in government officials, especially if there is some concern that early information may have been intentionally withheld from the public. Such questioning and soul-searching is common after a disaster as people search for meaning and resolution.

**Strained relationships** — Adults may withdraw from their families or friends when they feel distressed. Many victims describe their self-isolation as a product of feeling helpless and without energy. Others indicate that they simply want to avoid troubling others with the burden of their distress. Some victims avoid leaving home for fear that something terrible will happen again, or they may feel shame over their emotional reactions. There also are those who may not want to leave their family members alone so they can protect them from another possible disaster. Stress on a marriage is another warning sign, and it may increase because of disaster related stressors.

**Cognitive problems** — People may have difficulty concentrating, paying attention and remembering things. Concentration and focus may be impaired by fatigue, recurrent thoughts of the disaster and worry about the future.

**Impaired work performance** — It is common for work performance and productivity to drop after a disaster. Occupational achievement may seem less

important after a tragedy. Relationships and work performance may suffer because of impaired concentration, memory and attention, along with increased irritability and mood swings.

**Changes in sleeping, eating, and daily routines** — People commonly have trouble sleeping, and adults might have nightmares about the disaster. They might also experience daydreams that make them feel they are reliving the event. Dramatic changes in appetite — especially, a drop in appetite — are common.

## Managing Stress

Practicing good stress management after a disaster can lessen your feelings of distress. Below are actions that can help you relieve stress:

**Take care of yourself** — This approach will help you cope with the stressors after a disaster. Eat healthful foods, get plenty of rest, take some time to relax each day and know your personal limits. You also may find it helpful to learn relaxation techniques, meditation or yoga. Many people want to help their families and friends after a disaster. However, you will be less helpful to others if you are tired and stressed.

**Seek support** — Reaching out to people allows you to talk with others about the experience. Seek out individuals you trust, and spend time with family and friends. When seeking support, remember that those people with whom you're close also may be distressed about the disaster. Because of this, some of them may be unable to provide the help you need. If this is the case, seek out other sources of support.

**Maintain routines** — If possible, stick with your normal routine. This can help provide a sense of normalcy as well as help you maintain your usual social contacts at school, work or other places you usually go every day.

Following your regular routine can also help you take your mind off the disaster – even if just for a little while. If you cannot attend your regular activities because of the disaster, try to maintain as many of your home routines as possible (e.g., meals and family time) and work on hobbies or other activities that you enjoy.

**Engage in physical activity** — Physical activity can be an excellent stress reliever for many people. Walking, jogging or playing basketball can help. Some people may prefer cleaning the garage or working in the yard. This will not only help manage stress, but also ease pressure from the problems that the disaster created.

**Limit exposure to news coverage of the event** — After the September 11, 2001, terrorist attacks, some people found that watching too much media coverage of an event increased their feelings of distress. It is normal to want to stay updated on the events surrounding a disaster. However, you may be able to lessen your feelings of distress by limiting the amount of time you spend watching or listening to media coverage of a event.

**Seek trusted sources of information** — During any disaster, seek accurate sources of information. This is especially true for events involving chemicals or biological agents. Information may come from the Centers for Disease Control, from your local government officials or from your family doctor. For the most accurate information, search sites maintained by local, state or federal governmental agencies. Educating yourself may make you feel like you have some control over the situation. However, as is the case with media exposure, it can be stressful if you spend too much time seeking information.

**Avoid using drugs and alcohol** — Avoid using drugs or alcohol to cope with stress. Such substances only provide a temporary

“numbing” of feelings from distress and can lead to additional problems. Using them as a coping mechanism can cause difficulties, for example, in family relationships, job performance and recovery from the disaster.

**Consider participating in recovery efforts** — Helping others can be a great source of stress relief for some people. You can help by volunteering in recovery efforts, such as cleaning up debris, delivering food to families or raising disaster recovery funds. You may want to provide support by listening to other people’s disaster experiences. However, to avoid feeling “burned out” from being too involved, you must recognize your own limits. Seek adequate time and support for yourself if you wish to help others. If you find that participating in recovery efforts increases your stress, do not be afraid to decrease your activity level.

**Be understanding of yourself and others** — Remember that it is normal for people to be more distressed in the initial period after a disaster. You may need to be more patient than usual with coworkers, family members or children. Give them opportunities to talk about their experiences and encourage them to take extra time for themselves. You also need to understand that it may take you longer than others to recover from the disaster. If you feel strained, try to avoid taking on extra responsibilities. Disaster recovery is an individual process.

**Seek extra help** — You may benefit from getting additional help if you still feel upset for more than a month after a disaster. This is particularly important if stress seems to interfere with your daily activities, such as work, school or family responsibilities. Help is available from many sources: your pastor or a clergy member, a mental health professional, a community mental health center or your doctor. All of these people can refer you to an appropriate source of help. In addition to family and friends, other sources of help might include support groups at work or in the

community. Because most disasters are big events that significantly impact many people, coming together is an important part of rebuilding a community. Remember, you need to help and support yourself to be able to help and support others around you.

Materials in this publication were adapted for use in Texas by Janie Harris, Housing and Environment Specialist, Texas Cooperative Extension from *Triumph Over Tragedy. A Community Response to Managing Trauma in Times of Disaster and Terrorism*, Second Edition, 2004, and from The National Rural Behavioral Health Center (NRBHC). Participating agencies: Department of Clinical & Health Psychology, Department of Family, Youth & Community Sciences, College of Public Health & Health Professions, University of Florida Cooperative Extension—IFAS and Suwanee River Area Health Education Center

# Sewing For Adult Beginners



Be sure to bring  
a basic sewing kit and  
if you have a sewing  
machine, bring it.



Come join us  
in learning the basics of using  
a sewing machine, hand  
sewing and pattern cutting  
on

Saturday, April 16th & 23rd

10 am to 2 pm

Texas A&M AgriLife Extension

11475 FM 1442 Orange

Our 2 day class is open to men and women



Classes for Adults  
with Type II Diabetes

April 20th

April 27th

May 4th

May 11th

2 pm to 4 pm

Wednesdays for 4 weeks

It is important to attend all 4 classes  
to receive the full educational benefit.

at the  
Raymond Gould  
Community Center  
385 Claiborne Street Vidor



# 47th Annual Senior Citizens Rally Day

Free!!

## Salute To Good Health!



Tuesday, May 10, 2016

Orange County Convention & Expo Center

11475 FM 1442 Orange



### *Days Events Include*

*Health Fair*

*Bingo*

*Door Prizes*

*Guest Speaker*

*Entertainment*

*Free Lunch*

*Lions Eye Bank of Texas will be accepting  
donations of eye glasses.*



*Doors will not open until  
9 am  
and the event will  
last till  
1 pm*

*Will be having a Brown Bag Pharmacy Booth.*

*Bring your prescriptions/medicine to  
review with the pharmacist.*



**TEXAS A&M  
AGRI LIFE  
EXTENSION**

*If you would like to be a Vendor at the  
Senior Citizens Rally Day contact the  
AgriLife Extension office 882-7010.*



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**COMING-April 6, 13, 20, May 4, 2016 @ 10:30 am**

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# **A FRESH START** to a **Healthier You!**



Please RSVP!!

Join us and receive

- ♦ Support of friends
- ♦ Confidence to cook healthy meals for your children and family
- ♦ Practical cooking and shopping tips
- ♦ Handy kitchen tools
- ♦ Recipes for success in the kitchen

409-882-7010

**To be held at City of Orange Neighborhood Facility Building  
303 N. 8th St, Orange, TX 77630**

This program is presented by Texas A&M AgriLife Extension Service • Better Living for Texans

**For more information, contact:**

**Susan Garrison, BLT Program Assistant**

**Orange County**

**Texas A&M AgriLife Extension Service**

**11475-A FM 1442, Orange, TX 77630**

**phone 409-882-7010 or fax 409-745-9889**

**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**

USDA is an equal opportunity provider and employer.  
This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.  
Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education and employment.



Participants will be canning  
Sweet Cucumber Pickles  
&  
Peach Marmalade  
And will be bringing a jar of each home.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Hand's On Boiling Water Bath Canning Class

Tuesday, April 12th  
1 pm  
\$20 per person\*

\*Cash or Check payable the day of the class



Call the Extension office for your reservation, 882-7010.



Class taught by  
Fallon Foster, CEA  
Family & Consumer Science



# Summer YOUTH COOKING Camp

June 13th - 17th, 2016

10 am to 2 pm

Orange County Convention & Expo Center

11475 FM 1442 Orange

Ages  
8 to 14  
Limited to 60 Kids

Summer Youth Cooking Camp offers a wonderful opportunity for children to learn hands on how to prepare and cook meals, while learning kitchen skills, proper sanitation, menu development and nutrition.

Food Challenge

\$40 per child

Fee covers snacks, apron, food, etc.

Deadline to Register With Payment:

June 3, 2016

Checks Payable to: H.O.P.E.



To register call the  
AgriLife Office  
409.882.7010



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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

# Certified Food Manager Course

May 18th & 19th

Registration  
deadline

April 29th

9 am to 4 pm

\$125 per person  
includes 2-day course  
handbook with all materials  
national certification exam

Must Pre-Register by going to the website below  
print out the form and mail to the address on the form  
prior to deadline

<http://foodsafety.tamu.edu/>



## Food Handlers Class

Texas Department of State  
Health Services accredited  
food handlers program.

This class is for all food service  
employees to help promote the  
service of safe food.

Must Pre-Register  
Call 882-7010

May 5th—6 pm

\$20 per person/payable by check  
or cash the day of the class

Class will be held at  
Texas A&M AgriLife Extension  
11475 FM 1442 Orange

## April 4-H Meetings



### **Adult Leaders Association & County 4-H Council**

April 4th @ 7 pm

4-H Office

ALL Adults & 4-H Members Welcomed

### **Mighty Pirates 4-H**

April 12th, @ 7 pm,

Raymond Gould Community Center Vidor

### **Dusty Trails 4-H**

April 11th @ 7 pm

4-H Office

### **All HEARTS 4-H (Homeschool)**

April 21st @ 1 pm

Claiborne Park

### **Clay Busters 4-H Shooting Sports**

Each Tuesday @ 6 pm

Orange Gun Club

### **Boots and Bridles 4-H Horse Club**

April 18th @ 6 pm

T2 Arena



## Monthly Project

### Meetings



4-H Horse  
Judging Practice  
Wednesdays  
5:30 @ 4-H Office



4-H Sewing  
Workshop  
April 26th  
6 pm @ 4-H Office



April 26th  
6 pm @ 4-H Office

**Must RSVP by  
Noon day of, 882-7010  
for Workshops, Practices  
Adult Leaders &  
County Council Meetings**

## Important Livestock Dates to remember !!!!



March 1st—May 1st—  
Horse Validation—on 4-H Connect



### APRIL

State Fair Texas Sheep and Goat Tag Orders

**Get With Your Club Manager the 1st Week of April to Order Tags & Validation dates**

**State Fair Texas Sheep and Goat Tag order due in office April 18th. \$10 each.**

### JUNE

Dallas State Fair— Lamb, Goat and Swine tag orders—Validation will be in JUNE

Majors Steer & Heifer Tag Orders—Houston Livestock Show, Ft. Worth Stock Show, San Antonio Stock Show and Dallas State Fair—Heifers & Steers will be validated in June

### JULY

**Get With Your Club Manager BEFORE July** Steer tag orders for South Texas State Fair—Beaumont

**Tag fees need to be paid to your club manager.**

### Orange County Livestock Show October 7-8, 2016

Tag in for Orange County Livestock Show will be held the first part of July (lambs, goats, swine and poultry). Must attend tag in to place poultry order



We would love for you to be a part of OCLSA

We meet the 1st Monday of each month

7 pm

OCLSA Barn or AgriLife Office

(depending on weather)

Barn is located on Arnel Road in Mauriceville.

Take Cohenour off Hwy 62 then first left and the barn will be down on the left.

Let us know if you want to be added to the OCLSA meeting email notification list -882-7010.



## Orange County 4-H/FFA Members

If you are interested in obtaining your OCLSA tickets for the Custom Process 1/2 of Angus Beef Steer donated by Daigle-**Guillory Agnus & Nance's Meat Processing** before **July's tag-in**, here is what you must do...

You will need to contact in person a NEW prospective buyer , complete the form on page 11, turn in to the AgriLife office and you will receive your tickets.

Each member is able to receive the max of 200 tickets. These tickets are \$5 each and 100% of the proceeds you sell will be given back to you. This is an opportunity for you to earn \$1,000 towards your project.

Tickets will be available OCLSA tag-in in July

## ORANGE COUNTY YOUTH LIVESTOCK SHOW ASSOCIATION 2016 New Prospective Buyer Form

Name of business or Potential Buyer: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Contact person: \_\_\_\_\_

Brief description of business:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you give Prospective Buyer a OCLSA pamphlet? \_\_\_\_\_

Did you tell them about your livestock project for this year? \_\_\_\_\_

Did you tell them about the Prospect Show in February? \_\_\_\_\_

Did you tell them about our Fall show in October? \_\_\_\_\_ Where the show barn is located in Mauriceville \_\_\_\_\_

Did you tell them about the Buyers' Dinner and invite them to be a Buyer? \_\_\_\_\_

Did you give them a phone number or way to contact you if they have any questions? \_\_\_\_\_

Your name: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

Club affiliation: \_\_\_\_\_ Livestock project: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

If you visit a business or potential buyer and complete this form you will be able to receive your tickets for the beef drawing early to allow you more time to sell them and make the most money possible for your project. Turn this form into your club leader or drop it off at the Agri-Life Extension Office on FM 1442.

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

Non-Profit Org.  
US Postage  
PAID  
Orange, TX  
Permit #12

Return Service Requested



## Strawberry Bruschetta

24 slices French baguette  
1 tablespoon butter, softened  
2 cups chopped fresh strawberries  
1/4 cup white sugar, or as needed



**Preheat your oven's broiler, Spread a thin layer of butter on each slice** of bread. Arrange bread slices in a single layer on a large baking sheet. Place bread under the broiler for 1 to 2 minutes, just until. Spoon some chopped strawberries onto each piece of toast, then sprinkle sugar over the strawberries. Place under the broiler again until sugar is caramelized, 3 to 5 minutes. Serve immediately

Allrecipes.com

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.