

# TEXAS A&M AGRI LIFE EXTENSION

County Extension Agent

Fallon Foster  
Family & Consumer Science  
County Coordinator

Office 409-882-7010



County Judge

Brint Carlton

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Barry Burton

Commissioner Precinct 3

John Gothia

Commissioner Precinct 4

Jody Crump

## Orange County AgriLife Newsletter

August 2017

back2school  
prayer

"Dear Lord, use my eyes to *see* new friends.

Open my ears to *hear* my teacher.

Open my mind to *learn* new things.

Let my heart *remember* YOU are near  
when I'm afraid.

Help me to *love* others like you do.

I want to *shine* your light so bright in my school."  
*Amen.*

© Courtney DeFeo

**Better watch for Kids...**



**Because they're *NOT* watching for you!**

DAVE GRANLUND © www.davegranlund.com



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

# Family & Consumer Science



TEXAS A&M  
**AGRI LIFE**  
EXTENSION

## Better Living for Texans

# Old Fashioned FAMILY FIELD DAY



Free  
Food  
&  
Snacks



Sponsored by Amerigroup



10 am  
↓  
2 pm

Saturday  
October 21

Orange County  
Convention and  
Expo Center  
11475 FM 1442  
Orange



Adult Activities  
Container Gardening



Children's Fun  
Marbles  
Hopscotch  
Obstacle Course  
Hula Hoop  
Double Dutch Jump Rope  
Parachute games  
And much, much more



Cooking Demo of Quick Healthy Meals  
Nutrition Games  
Checkers  
And much more



## Family & Consumer Science

### The Dangers of Leaving Children Alone In or Around Cars

Now that we are into summer in Texas, children are spending more time outdoors, which increases the danger of children being left alone in, and around, cars. When we think of children being left alone in cars, our first thought is the danger of children dying in hot cars due to heatstroke. But in addition to heat risks, there are other safety concerns with unsupervised children around cars — including back-overs, the risk of children releasing the gear shift or engaging electric windows, and even becoming trapped inside vehicles or trunks. According to the Safe Kids Worldwide, approximately 39 percent of back-over deaths occurred at home. Drivers in back-over and front-over deaths are often family members or family friends of the child.

Children are more at risk for heatstroke because a child's body temperature rises 3 to 5 times faster than an adult's. A heatstroke can occur at body temperatures above 104 degrees. Even mild outside temperatures can pose a threat, but with Texas summer temperatures climbing into the upper 90s each day, the danger becomes even greater. The problem is that temperatures in parked vehicles rise very quickly. According to figures from San Francisco State University's Department of Geosciences, in just 10 minutes, the temperature inside of a vehicle can increase by almost 20 degrees.

To reduce deaths from heatstroke, Safe Kids USA has launched a campaign titled ACT, which stands for: Avoid heatstroke-related injury, Create reminders, and Take action. The campaign is designed to link together these simple heatstroke prevention steps. It is important that parents and caregivers are on alert to avoid a heatstroke death, and that they share the ACT campaign steps with spouses, grandparents, babysitters, and other caregivers. Any change in schedule for drop-off or pickup of a child can lead to a deadly mistake. In more than half of the cases of heatstroke, the death was due to the child being "forgotten" by the caregiver. Such deaths are preventable when parents take precautions to make sure that children are not left alone in vehicles and cannot gain access to unlocked vehicles.

So far this year, 18 child vehicular heatstroke deaths have occurred in the U. S., including seven in Texas. Although many parents may think that this will never happen to them, it is a tragedy that can and has happened to many families.

Fallon Foster, Texas A&M AgriLife Extension Service agent, Orange County reminds parents to be extra vigilant to make sure that children are never left alone in or around parked vehicles. Follow these safety tips in this article to be sure that children cannot be harmed in a vehicle.

#### Children Left in Hot Vehicles

- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle — front and back — before locking the door and walking away.
- Carefully check all seats in the van or bus to make sure there are no children sleeping on the seats or hiding under seats.
- Do not let children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Check with the family when a child does not show up for day care to be sure a parent has not forgotten a child in their vehicle.
- Always lock vehicle doors and trunks — and keep keys out of children's reach.
- If a child is missing, check the vehicle first, including the trunk or storage area.
- If a child is in distress due to heat, get them out as quickly as possible. Cool the child rapidly, then call 911 or your local emergency number immediately.



#### Children around Parked Vehicles

- Walk all the way around your parked vehicle to check for children, pets, or toys before getting in the car and starting the engine.
- Make sure young children are always accompanied by an adult when getting in and out of a car.
- Identify and use safe play areas for children away from parked or moving vehicles.
- Designate a safe spot for children to go when nearby vehicles are about to move.
- Firmly hold the hand of each child when walking near moving vehicles and when in driveways, parking lots, or side-

## Family & Consumer Science

walks.

Teach children not to play in and around vehicles.

### Children Left in Running Vehicles

Lock vehicles at all times, even in the garage or driveway.

Never leave keys in the car.

Store keys out of children's reach.

Engage your emergency brake every time you park.

- Check to see if your vehicle has a Brake Transmission Safety Interlock (BTSI), which is a safety technology to prevent children from accidentally putting a vehicle into gear. Check your owner's manual to see if your vehicle is equipped with BTSI. After Sept. 1, 2010, all vehicles with an automatic transmission with a PARK position must have BTSI.
- Use drive-thru services when available.
- Use your debit or credit card to pay for gas at the pump.
- Lock the power windows so that children cannot play with and cannot get caught in them. Power windows can strangle a child or cut off a finger.

Following these safety tips can make all the difference in avoiding a needless tragedy.



"Screening is the process of looking for cancer in people who have no symptoms."<sup>13</sup>



To learn more about Colorectal Cancer read Health Hints at <http://fcs.tamu.edu/healthhints/index.php>

**Family & Consumer Science**



August 16th  
**FOOD HANDLER'S COURSE**  
3 pm to 5 pm



**To PRE-REGISTER Call**  
**409-882-7010**  
Class will be held at  
**AgriLife Extension Office**  
**11475 FM 1442 Orange**

**\$20 per person paid day of class**  
**Make check or money order**  
**payable to**  
**FPM Account 230202**  
**No cash accepted**

**Class taught by ,Fallon Foster, M.P.H. Family & Consumer Agent**

**Walk & Talk**  
**with a Fresh Start**  
**to a Healthier You!**



**WALK &**  
  
**TALK**

**Wednesday Mornings**  
**during the month of August**  
**at 9 am**  
**Raymond Gould**  
**Community Center Gazebo**  
**385 Claiborne St**  
**Vidor**  
**Call 409-882-7010 to RSVP**



Class taught by Tommy Byers, Program Assistant,  
Better Living for Texans

Family & Consumer Science

# 2017 Youth Beginners Sewing Camp



# Family & Consumer Science

## 2017 Manners & Etiquette



## Family & Consumer Science

### Safe and Healthy Snack Practices

#### Ways to Implement Smart Snacking:

- Portion Sizes
- Hunger Cues
- Time Limit
- Nutritious Snack
- Pairing the Snack Choices (2 choices)
  - ❖ Fluid milk
  - ❖ Protein
  - ❖ Vegetables
  - ❖ Fruits
  - ❖ Grains



Banana coated with cereal

#### Tips to Get More Healthy Fruits and Vegetables:

- Provide fruits and vegetables as snacks.
- Serve salad more often.
- Sneak fruits and vegetables wisely.
- Avoid buying high-calorie foods.
- Eat as a family whenever possible.\*

#### Ways to Tackle Picky Eaters:

- Stick to regular meal timing.
- 5-minute warning before meal times.
- Be a role-model.
- DO NOT bribe or reward kids to eat certain foods.
- DO NOT force children to eat certain foods.
- DO NOT be a short-order cook.

#### Recipes for Fruit Kebabs

##### Ingredients

3 choices of fruits  
Skewers

##### Honey-lime yogurt dipping sauce:

1 serving of plain yogurt  
2 tsp honey  
1 tsp lime zest



Veggies egg crust pizza

This recipe is very flexible and suitable for any child group. It is fun and children can be involved in creating the dish. This recipe will provide protein, fiber, and carb.



# 4-H/Youth Development

## 2017-2018 4-H Enrollment

- August 15th begins the new 4-H year.
- Enrollment fee is \$20 from August 15th-October 31st.
- After October 31st enrollment fee is \$25.
- To participate in 4-H projects you must be an enrolled member of 4-H.
- Adult Volunteers screening fee has changed from \$5 to \$10. Must re-enroll each year.



- PLEASE PLEASE do not set up a new family profile if you are a returning member/volunteer. If you have forgotten your password call the 4-H office and we will reset it for you. If you are adding a child, use the original profile and add member to that profile.
- Only set up a new family profile if this is your first time to enroll.
- Go to <https://texas.4honline.com/login>
- If you have any questions, please feel free to contract the 4-H office 409-882-7010.



# Livestock 2017-2018

**NOTICE**

**DATE**

**CHANGE**

Entry Night at the 4-H Office  
for  
Dallas State Fair  
&  
San Antonio Calf Scramble  
Tuesday, August 15th  
7 pm



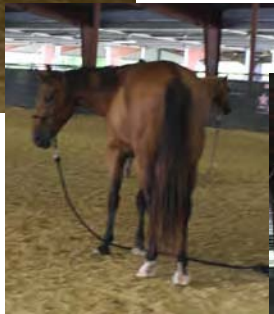
This year we will be having an **Entry Night** at the 4-H office for shows. This will eliminate the confusion and last minute entries. If you plan on showing, you **must be present** at the Entry Night. All Paperwork will be mailed to shows the next business day . *If you can not attend Entry night, you **MUST** get with Kim, 4-H Sectary **BEFORE** entry night.*

# 4-H/Youth Development



## 2017

## Horsemanship Clinic



# 4-H/Youth Development

## Clubs will start meeting in AUGUST



**Adult Leaders Association 6 pm**  
**County 4-H Council 6:30 pm**  
**1st Mondays @ 4-H Office 4-H**  
 Members & Parents Welcomed  
 (August will be participating in Fundraiser and will not be meeting at the office)

**Dusty Trails 4-H**  
 2nd Monday  
 6pm-8pm @ 4-H Office  
 Becky Hutchison 409-670-8945

**Boots and Bridles 4-H Horse Club**  
 3rd Monday @ 6 pm  
 CJK Ranch (weather permitting)  
 Becky Hutchison 409-670-8945

**All Hearts 4-H Homeschool Club**  
 3rd Monday @ 1 pm  
 Claiborne Park  
 Cortney Sanders 979-574-7220  
 Kristen Hay 409-474-9666

**Mighty Pirates 4-H**  
 2nd Tuesday @ 7 pm,  
 Raymond Gould Community Center Vidor  
 This club meets year round  
 Kathy Hester 790-8835



## Projects will start meeting in SEPTEMBER



“Learn to Build a Recordbook”  
 1st Tuesdays  
 6pm @ 4-H Office



Food & Nutrition  
 (cooking)  
 3rd Tuesdays  
 6pm @ 4-H Office



4-H Sewing  
 4th Tuesday  
 6 pm @ 4-H Office



Grade 3-5  
 2nd & 4th Thursdays  
 6pm @ 4-H Office

Grade 6-12  
 4th Thursdays  
 6pm—8 pm @ 4-H Office



## 4-H/Youth Development

# AUGUST 2017 4-H CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 ALA/Council 6 pm	8	9	10	11	12
13	14  Dusty Trails 6 pm	15 <u>Dallas Fair and San Antonio Scramble Entry night at 4-H Ofc 7pm</u> 4-H Enrollment	16	17	18	19
20	21 All HEARTS 1pm Boots & Bridle 6pm	22	23	24	25	26
27	28	29	30	31		

# SEPTEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 LABOR DAY	5	6	7 Robotics Grade 3-5 6pm	8	9
10	11 Office deadline Steer/ F-1 Entry YMBL Dusty Trails 6:30	12 <b>YMBL poultry order night at Mighty Pirates 7 pm Majors Swine Tag order &amp; Heifer UIN# for Spring</b>	13	14	15	16
17	18 All HEARTS 1pm Boots & Bridle 6pm	19 Food & Nutrition 6 pm	20	21 Awards Banquet	22	23
24	25	26 Sewing 6 pm	27	28 Robotics Grade 3-6 & 6-12 6 pm	29	30

## Family & Consumer Science

### HERBS FOR HEALTHY LIVING

By Joyce Kennedy Orange County Master Gardener

#### FRESH BASIL PESTO

2 cups fresh basil leaves, packed  
 1/2 cup freshly grated Parmesan cheese  
 1/2 cup extra virgin olive oil  
 1/3 cup pine nuts or walnuts, toasted  
 3 medium garlic cloves, minced  
 Salt and freshly ground black pepper to taste



Combine the basil, nuts and garlic. Pulse blender or food processor a few times or until finely chopped. Slowly add the oil in a steady stream while the blender or food processor is on. Stop to scrape the sides. Add the cheese and pepper to taste. Taste before adding salt, the cheese may be salty enough.

#### Storing the Pesto

Pesto can be stored several days in a tightly sealed container—preferably glass. Put the pesto in a container and pour a thin layer of olive oil on the top to keep air out. Stir in the olive oil before using and then replace if needed.

Using an ice cube tray or muffin pans freeze the pesto in portions . Remove when frozen and store in ziplock bags or freezer containers. Remove as needed, thaw and use immediately.

### Uses for the Pesto

Use as a spread on sandwiches both hot and cold.

Use in place of pizza sauce on pizza dough or as a topping after pizza is baked.

Add to hot pasta or rice and serve as a side dish or main meal with any kind of lean meat.

Add to cold rice, pasta, couscous or other grains for a light flavorful dressing for a salad.

Halve a tomato or summer squash and spread with pesto. Bake until tender at 350 for an easy side dish or light lunch.

Use as a rub for chicken, pork, or fish before grilling or baking.

Brush on grilled or baked meats or seafood to add extra flavor.

Brush or spoon on toasted bread for an easy appetizer.



# Family & Consumer Science

## Chicken Bow Tie Sausage Pasta

- ◆ 1 Tablespoon olive oil
  - ◆ 2 cloves garlic
  - ◆ 1/2 medium chopped onion
  - ◆ 2 skinless, boneless chicken breasts
  - ◆ 1/2 pound turkey sausage
  - ◆ 2 Roma tomatoes
  - ◆ 1/2 medium chopped green bell pepper
  - ◆ 1 can tomato sauce
  - ◆ 1 (16 oz) pkg of uncooked bowtie pasta
  - ◆ 1 Tablespoon of dried basil
  - ◆ 1/2 Tablespoon Italian seasoning
  - ◆ Salt and pepper
1. Bring a large pot of water to a boil. Add pasta and cook 8 to 10 minutes or until al dente; drain.
  2. Cut chicken breast into large bite size pieces. Cut sausage into large pieces. In a large, deep skillet over medium low heat, add oil, garlic, and onion and sauté to flavor oil.
  3. Add chicken and sausage to skillet and brown lightly. Add tomatoes, green peppers, and tomato sauce. Bring to a boil and let simmer for 20 minutes. Season sauce mixture with basil, salt, pepper, and Italian seasoning. Add cooked, drained pasta to the skillet mixture. toss and serve.



### AUGUST *seasonal produce list*

#### VEGETABLES

- Bell Peppers
- Carrots
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Onions
- Summer Squash
- Swiss Chard

#### FRUITS

- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Figs
- Nectarines
- Peaches
- Plums
- Raspberries
- Tomatoes
- Watermelon

## A HANDY GUIDE TO PORTION SIZES



<p><b>CUPPED HAND</b></p>	<p><b>1/2 CUP</b> PRETZELS, CRACKERS, COOKED VEGETABLES</p>
<p><b>PALM</b></p>	<p><b>3-4 OZ</b> MEAT, FISH, POULTRY, PASTA, POTATOES</p>
<p><b>FINGERTIP</b></p>	<p><b>1 TSP</b> BUTTER, MAYONNAISE, OILS</p>
<p><b>FIST</b></p>	<p><b>1 CUP</b> FRESH FRUIT &amp; VEGETABLES, CEREALS</p>
<p><b>THUMB</b></p>	<p><b>1-2 TBSP</b> <b>1 OZ</b> PEANUT BUTTER, CHEESE, SALAD DRESSING</p>

WWW.LIVELYTABLE.COM

IF YOU  
*stumble,*  
MAKE IT PART  
OF THE  
*dance*

# Master Gardener



## Tips for Aphid Control

Aphids: Common problem we will see in our area!



Apply 2.5 Table spoons of Dawn Dish soap per 1 gallon of water spray every other day for 1 month to plants or trees, as well as the ground beneath, reapply if rain occurs, then twice a week for a month, then once a week. This should break the life cycle, and help prevent recurring infestations.

Yellow plastic cups, turned upside down and stuck onto 16 inch tall, broomstick-sized sticks, using a thumbtack. The sticks are pushed into the ground about a foot from the tomato plant. I coat the yellow plastic cup on the outside, with Tree Tanglefoot, a very sticky substance that doesn't wash off. The aphids are attracted to the color yellow, they fly onto the cups and the Tanglefoot catches them. (Don't substitute something else, Tree Tanglefoot is the only thing that doesn't wash off and keeps catching plants.



Call or stop by the AgriLife Extension Office  
Tuesdays & Thursdays 10am-2pm  
Or call and talk with our Master Gardener on the MG Hotline, 409-745-9708,  
You can also call the office Monday-Friday 882-7010 and leave a message for the Master Gardener .



## Healthy No Bake Peanut Butter Kit Kat Crunch Bars

3 cups Rice Chex Cereal (can use any Chex cereal of choice)  
1/2 cups chocolate chips  
1 cup Peanut Butter  
1/2 cup pure maple syrup  
1/3 cup coconut oil

- ◆ Line an 8 x 8 inch deep dish or deep baking tray of choice with parchment paper and set aside.
- ◆ Add Rice Chex cereal in a large mixing bowl and set aside.
- ◆ In a microwave safe bowl or stovetop, combine all your other ingredients and heat until melted. Remove from microwave/off stove and whisk until completely incorporated.
- ◆ Pour the wet mixture over the Rice Chex cereal and mix until combined. Pour into a lined baking dish and refrigerate until firm (at least an hour). Remove and cut into bars.



[thebigmansworld.com](http://thebigmansworld.com)

\*\*Can be kept at room temperature in a sealed container. They are best kept refrigerated for up to 4 weeks.