

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agent

Fallon Foster
Family & Community Health
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



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

Orange County AgriLife Newsletter

November 2017



VETERANS DAY:
The History and the
Story of the Poppy.

Veterans/Remembrance Day - The History

In 1918, World War I ended on the 11th hour of the 11th day of the 11th month. The entire world celebrated. An armistice (a truce) was signed declaring the "war to end all wars" was finally over. The next year, on November 11th, the US called the day "Armistice Day" in memory of all the men and women involved in WWI. On Armistice Day, surviving soldiers marched in parades through their home towns. Politicians and veteran officers gave speeches and had ceremonies in thanks for the peace that had been won.

The Story of the Poppy - In Flanders Fields

Poppies, which are a bright red flower, became a symbol of Veterans Day after the bloody WWI battle in Flanders Field, in Belgium. The soil in the battle fields became scattered with rubble, making the soil rich with lime (the mineral, not the fruit). Poppies thrived in the fertile soil. Many soldiers were buried in Flanders field, creating a contrast of white crosses and vibrant red poppies. Major John McCrae was a Canadian surgeon who was moved by the sight of this, leading him to pen one of the most memorable war poems ever written - *In Flanders Fields*.

AgriLife Office will be closed, Friday, November 11th



AgriLife Office will be closed, Thursday, November 23rd
and Friday, November 24th

Family & Community Health

Harvey Relief Bags



The Southwest Center for Agricultural Health, Injury Prevention and Education UT Health Northeast has donated a limited amount of Harvey Relief Bags to our Orange County office. The bags will contain: insect repellent, gloves, safety glasses, sanitizer and dust mask. These bags will be available to Orange County residents and can be picked up at the Texas A&M AgriLife Extension Office, 11475 FM 1442 Orange. Pick up times and days are, Monday—Friday (with the exception of Holidays) 8 am to 12 noon and 1 pm to 5 pm. Call before coming to make sure we still have bags available, 882-7010. Thank you Southwest Center for Agricultural Health, Injury Prevention and Education.

Certified Food Managers Two Day Course with Test



Tuesday, January 30th
&
Wednesday, January 31st.
9 am to 4 pm

Must Pre-Register by going online to:

Foodsafety.tamu.edu

Print registration form and mail directly

To FPM with your \$125 payment.

Registration & Payment must be postmarked by
January 10th.

Course & Test will be held at Texas A&M AgriLife
Extension, 11475 FM 1442, Orange.

Questions, contact the AgriLife Office, 882-7010.

Do You Need Fresh Pecans for

Thanksgiving

Due to the impact and timing of Harvey we were unable to take pecan orders for Thanksgiving, BUT we did order some plain pecans.

We currently have available at the Texas A&M AgriLife Office the following pecans.

1 lb. Pieces or Halves—\$9.50 each

3 lb. box of Pieces or Halves—\$27.50 each

Give us a call at 882-7010 and we can hook you up with some Fresh Durham Pecans.

Thank you for always supporting

Orange County 4-H



4-H/Youth Development

**Orange County 4-H
Annual Pecan Fundraiser
2017**



**Plain Pecans Choice of
Halves or Pieces**

- 1 lb. bag **\$9.50**
- 3 lb. box **\$27.50**
- 5 lb. box **\$45.50**



Specialty Mixes

Texas Deluxe Nut Mix \$9

(Pecans, Cashews, Almonds and Brazil Nuts)

Hunter's Mix \$6

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

California Mix \$6

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

Trash Mix \$4

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

Fiesta Mix \$4

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

Fruit Mix \$5

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

Cran-Slam Mix \$7

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin)

Mountain Mix \$5

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)

Peanuts

- 12 oz Chocolate Peanuts **\$5**
- 12 oz Honey Roasted Peanuts **\$5**
- 1 lb Hot and Spicy Peanuts **\$4**

**Pre-Orders deadline to have
in time for Christmas will be Nov. 9th**

Specialty Nuts

- 1 lb Roasted and Salted Cashews **\$8**
- 1 lb Walnuts **\$8**
- 1 lb. Roasted and Salted Pistachios **\$8**
- 1 lb. Raw Almonds **\$8**
- 12 oz Chocolate Cover Almonds **\$8**

Frosted or flavored Pecans 12 oz. zipper bag

- Chocolate Covered or White Chocolate or Chocolate Toffee Covered **\$8**
- Praline Frosted or Amaretto Frosted **\$8**
- Cinnamon Frosted or Honey Toasted Glazed **\$8**
- Sugar Free Chocolate (contains Malitol) **\$9**

SAMPLERS



4 Flavor 1 lb. Pecan Sample \$13

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

2 lb. Pecan Sampler \$25

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

2 lb. Fruit and Nut Sampler \$22

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)

3.5 lb. Round Wicker Gift Basket \$44

1/2 lb. Each Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans, Texas Deluxe Mix & Hunter's Mix

3.94 lb. Big Tex Gift Basket \$55

Texas shaped basket filled with 11 oz. Pecan Topping, 12 oz. Each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans and 1 lb. Raw Pecan Halves.

Thank You!

To place your order call the
Orange County 4-H office
882-7010



Family & Community Health

Additional free testing available for Private Water Well Owners affected by Hurricane Harvey

COLLEGE STATION — The Texas A&M AgriLife Extension Service and others are collaborating to offer another set of water testing opportunities for private well owners in areas affected by floodwaters from Hurricane Harvey.

Dr. Diane Boellstorff, AgriLife Extension water resource specialist, College Station, said water from a flooded well should not be used for drinking, cooking, making ice, brushing teeth or even bathing until tested.

AgriLife Extension's Texas Well Owner Network is collaborating with [Rebuild Texas](#), [Virginia Tech](#) and others to provide free water testing for total coliform and [E. Coli](#) in private water wells affected by flooding from Hurricane Harvey.

“Residents can pick up a free water sampling test kit from their local AgriLife Extension office or other designated location, but must be able to return the sample to their local office from 8-11 a.m. on the designated collection date,” Boellstorff aid.

Instructions are included with the kits and only one sample kit will be provided per household. There are a limited number of kits, and they will be distributed as soon as possible from AgriLife Extension offices.

Samples will be processed at Texas A&M University in College Station. AgriLife Extension office addresses for pickup, kit availability and collection dates are:

-- -- Orange County, 11475a Farm-to-Market Road 1442, Orange. There will be 150 sample kits available. Collection date Nov. 9.

-- Any homeowner with a private domestic water well in the flood-affected area is eligible to have well water tested. The results will be confidential and will be either emailed or mailed to residents' homes.

Boellstorff, who is in Texas A&M University's soil and crop sciences department, said floodwater might contain substances from upstream, such as manure, sewage from flooded septic systems or wastewater treatment plants or other contaminants. A septic system near a well also can cause contamination when the soil is flooded.

“Data from the well water testing will help us better understand a flood's impact on private wells and help us enhance our communications relating to well water quality,” she said.

Instructions for decontaminating a well are available through the following publications free for download at <http://twon.tamu.edu/fact-sheets/> -- [How to Disinfect a Private Well System](#) and [Shock Chlorination of Wells](#).

Drew Gholson, AgriLife Extension program specialist and network coordinator, College Station, said wells should also be inspected for physical damage and signs of leakage after a flood.

“If it appears damaged, consult a licensed water well contractor to determine whether -- and to what extent -- repairs are needed,” Gholson said.

Family & Community Health



AVERAGE WEIGHT GAIN DURING HOLIDAYS IS 3-4lbs

Mindset: Try saying I don't want/need that NOT I can't have that.

It's a Holiday not a Holi-month don't let one bad meal ruin your progress. The day after a party or holiday dinner get back on the healthy eating bandwagon, don't let your one day turn into a whole month off your diet. Get regular sleep doesn't stay up too late.

Don't skip meals this will only make you hungrier and lead to overeating, instead stick to your normal eating schedule and eat before going to holiday parties.

Limit alcohol and sweetened beverages they have lots of extra calories and can cause you to over eat.

Socialize; holidays should be about people not food. Distract yourself from the food by socializing with friends and family.

Get moving just because its cold doesn't mean you have to stay inside all winter and gain weight. Get active with the family play games, go to the gym, or go for a walk or jog just bundle up. After a big meal go for a walk or play games with family to work off some of those holiday treats.

Host the Party or Dinner by preparing the food yourself you can make healthier choices. Make your food more heart healthy by finding recipes with less shortening, cream, and butter. Let your family be your taste testers when cooking. Leave the food in the kitchen ditch the buffet style dining.

Dinner time: When filling your plate use a smaller plate and don't pile your food up. Start with a salad. Choose protein and vegetable choices first to fill up on then have a few bites of your favorite stuffing, potatoes, or pasta. Don't go back for seconds and chew your food slower and really savor the flavor. Wait 15-20minutes after the main course before getting dessert. When picking dessert go for a holiday favorite that you can only get once a year instead of a cake or cookie you could eat any time of year. Just have a piece of your favorite dessert not the whole pie or cake. When you're finished leave the table.

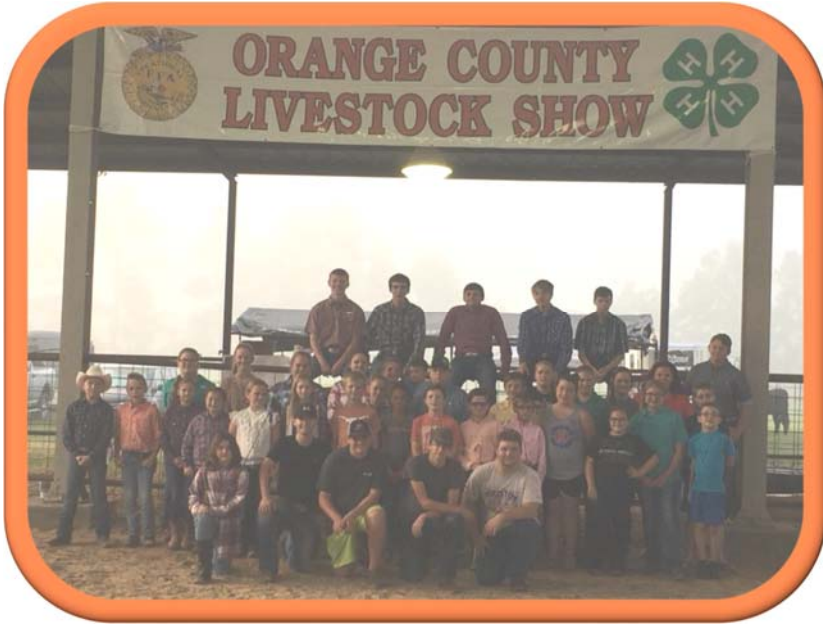
Snacks: if you have to snack fill up on veggies and fruit instead of chips. If you like to eat and watch sports while food is cooking try healthier options like buffalo cauliflower bites or a veggie tray. Don't stand near the snack tables at parties you're more likely to overdo it if it's right beside you.

Leftovers are not an excuse to keep eating large portions for the next week. Freeze some of the food and send leftovers home with family or invite them over to share a meal later that week.

Maintain your weight during the holidays you may not be able to lose but just try to stay the same weight. Weigh yourself weekly or try on an outfit you like to see if it still fits or if it's getting a little snug. Don't go out to eat during the holidays, if you have to eat half the plate and don't get appetizers or dessert.

Stay hydrated drink more water you may be thirsty

4-H/Youth Development



Grand Champion Swine



Piper



Kobi

Grand Champion Meat Rabbits



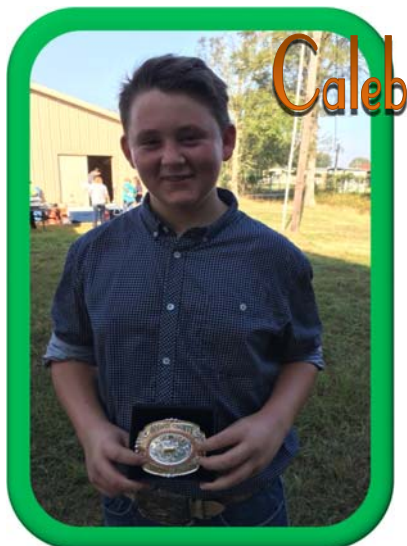
George

Grand Champion Roaster
Senior Grand Champion Showmanship



Jaydon

Junior Grand Champion Showmanship



Caleb

Junior Swine Showmanship



Gwyn

Junior Goat Showmanship



Kenzy

Reserved Grand Champion Roaster

I apologize if I missed someone.
If I did, please let me know.

4-H/Youth Development

Adult Leaders Association 6 pm
County 4-H Council 6:30 pm
1st Mondays @ 4-H Office 4-H
 Members & Parents Welcomed

Dusty Trails 4-H Project Club

2nd Monday

6pm-8pm @ 4-H Office



Boots and Bridles 4-H Horse Club

TBA

All Hearts 4-H Homeschool Club

3rd Monday @ 1 pm

Location TBA

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

Mighty Pirates 4-H

(Primary a Livestock Club)

2nd Tuesday @ 7 pm,

Vidor Junior High Cafeteria

Kathy Hester 790-8835

Clay Busters Shooting Sports

1st Tuesdays @ 6 pm

4-H Office with practice at the

Orange County Gun Club

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com

All enrolled 4-h members and clovers can participate in all projects available



Texas 4-H



“Learn to Build a Recordbook”

1st Tuesdays

6pm @ 4-H Office

Will meet starting January



Food & Nutrition (cooking)

3rd Tuesdays

6pm @ 4-H Office

Will meet starting January



4-H Sewing

4th Tuesday

6 pm @ 4-H Office

Will meet starting January



2nd & 4th Thursdays

6pm - 8 pm

@4-H Office

Will meet starting January



Livestock Judging

Every Wednesday

6:30 pm at the

4-H Office

Notice New meeting Day! All

4-H'ers Welcomed

4-H/Youth Development

TEXAS A&M
AGRI LIFE
EXTENSION



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Texas 4-H Photography Contest

2017-2018 Rules and Guidelines

PURPOSE

The Texas 4-H Photography Contest encourages self-expression and allows youth to demonstrate skills learned in the area of photography, including the use of photographic equipment and process of photographs.

OBJECTIVES

- To develop skills in composition, light, story line, posing, and awareness.
- To gain knowledge about cameras, camera settings, photography dimension and resolution.
- To encourage 4-H members to use photography as a meaningful communication tool in their lives.
- To provide a photography project showcase opportunity for senior 4-H members.
- To continue to share the message of 4-H.
- To utilize photographs which can promote and strengthen the 4-H program.

RULES AND PROCEDURES

Participation Grades	Senior age 4-H members in grades 9, 10, 11 and 12 as of September 1, 2017.
Photo Eligibility	Photo must be taken by participants between the dates of January 1, 2017 and the time of entry. Photos may be submitted only one time and in only one category.
Photo Format	Must be .jpeg, .jpg, or .gif.
County Entries	Each county may have only one entry per class for a total of 15 entries.
Entry Fee	\$10.00 per photograph paid through 4HConnect. Entries paid with a 4-H county or club check are due by April 28, 2018.
Entry Method	4HConnect: http://texas.4honline.com
Event Name	2018 State 4-H Photography Contest
Entry Period	Entry Open Date: April 1, 2018 Entry Close Date: April 15, 2018 Entries will not be accepted after 11:59pm on April 15, 2018 Entries must be approved by county office by April 17, 2018

CATEGORIES

2017-2018 Categories	The categories for the Texas 4-H Photography Contest have changed for the 2017-2018 contest. The categories are:	
	<ol style="list-style-type: none"> 1. Animals - Domestic 2. Animals - Wildlife 3. Catch All 4. Details & Macros 5. Dominant Color 6. Elements of Design 7. Enhanced 8. Food 	<ol style="list-style-type: none"> 9. Landscape & Nature (non-animal) 10. Motion/Action 11. People 12. Plant/Flora 13. Sports 14. Theme (2018 theme is "Backyard") 15. Travel & Place

All 4-H members who are interested in participating in the photography contest, please let the 4-H Office know as soon as possible. 882-7010

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 (**EXTENDED Till DEC. 31st.**)
- **After DECEMBER 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 contact the 4-H office 409-882-7010.



A packet was mailed to all livestock members the 2nd week of October. The packet included all the important dates for South Texas State Fair along with the rule changes and schedule. If you did not receive your packet, contact the 4-H office 882-7010.



4-H Office Entry

Deadline

**Thursday, November
9th**



Lamb, Goat & Swine

4-H Office Entry Deadline

**Monday, November
27th**



4-H Office Entry Deadline

Monday, November 27th

Family & Community Health

By: Miranda Allman

Don't let the Holidays get you down

Holiday Stress Relief

The Holiday Blues

The holiday season is upon us and with it comes stress and for some depression. Family get togethers, parties, gift shopping, and house guest Oh My! These things that should bring us happiness can cause a lot of pressure and stress on our lives. The holidays can also bring up bad memories or losses that can cause depression. If you get stressed or depressed during the holidays its normal don't be afraid to reach out to someone and ask for help if you are struggling.

8 Tips For Less Stress During The Holidays

1. Ask for help, plan ahead
2. Reach out to people if you are feeling sad or lonely
3. Set realistic expectations for the holidays
4. Set aside family drama and enjoy the season with loved ones
5. Stick to a holiday budget when it comes to gifts
6. Take time for yourself and do something you enjoy
7. Get out of the house if you have company and get some fresh air
8. Breathe, everything will be alright

Don't abandon you health goals just because it's the holidays.



Depression Tips

Its ok to be sad. Don't be afraid to reach out to a loved one if you are feeling down. If you really need help speak to a professional about your depression.

Go for a walk, talk it out, take a deep breath, and when in doubt seek help.



For more Stress relieving tips during the holidays Visit

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Family & Community Health



Check out some of our Family & Community Health Programs Starting January 2018

Do Well, Be Well with Diabetes—5 week series beginning January 4th

Certified Food Managers Class January 30th & 31st. (must pre register through FPM)

Fun, Food & Fitness 8 week Challenge beginning January 29th

Food Handlers Certification February 8th
And much more for the year.

If interested in any of these programs, contact the AgriLife office for further information, 882-7010.



Fall Bucket List

- Make Apple Cider 
- Go to a Fall Festival 
- Carve Pumpkins
- Make Fall Recipes
- Go Outside and enjoy the Crisp Air 
- Open the Windows 
- Read a Book Cozied Up on the Couch
- Go Apple Picking
- Eat Pumpkin Spiced Foods 
- Go to a Football Game 
- Wear a Cozy Sweater
- Go on a Hayride 
- Decorate for Fall
- DIY Fall Crafts
- Burn Fall Candles 
- Have a Campfire
- Go on a Walk and see the Colorful Leaves 
- Make a Pie
- Wear Scarves 
- Eat a Caramel Apple 

Keys to Inspiration

Icons made by Freepik from www.flaticon.com

Family & Community Health



November 2017 Newsletter

Thanksgiving Turkey Do's and Don'ts

Can you believe it's almost Thanksgiving? If you're like most of us, you're starting to think about family get-togethers and menu items for the Thanksgiving meal. You might also be thinking of different ways to make your turkey.

It's easy to find new or alternative ways to cook turkey other than the traditional baked variety, but it's important to know which methods are safe and which are not.

Let's look at a few safe and unsafe methods.

Safe, alternative methods include:

- The *Oven cooking bag method* involves preheating your oven to 350 degrees Fahrenheit and should produce a moist-heat cooking environment for the turkey (use fresh or thawed turkey for this method).
- The *Fried method* is usually done with smaller turkeys (8-10 pounds) and peanut oil.
- The *Grilled method* is also used with smaller, unstuffed turkeys, weighing 8 to 14 pounds. The oven should be set between 325 to 350 degrees Fahrenheit to grill a turkey.

Whichever method used, remember that the minimum internal temperature for a whole, cooked turkey is 165 degrees Fahrenheit. It is also important that you carefully read the instructions for the cooking method and that you wash your hands, utensils, and counters that may have been contacted by raw turkey. You do not need to wash the turkey.

Unsafe, alternative methods include:

- The Brown Paper Bag Method involves placing the turkey in a large brown paper bag and cooking. Chemicals in the bag may seep into the food, making it unsafe.
- The Slow-cooking overnight method puts you and your dinner guests at risk of food poisoning due to the low cooking temperature used.
- The Trash Bag method involves placing the turkey in a trash bag and marinating it for several hours at room temperature, which could result in bacteria buildup.



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

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Family & Community Health



November 2017 Newsletter

Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

Grandma’s Stuffing

Makes: 8 servings

Ingredients:

- 10 cups whole wheat bread cubes
- 1/3 cup water
- 1/2 cups of onion and celery (chopped)
- 1 teaspoon parsley, dried or freshly chopped
- 1/4 teaspoons of salt and black pepper
- 1 1/2 cups milk
- 1 egg (lightly beaten)
- 2 chopped apples (optional) or 1/4 cup raisins

Directions:

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl and set aside.
3. Put water in a medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in the milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.



150 Calories, 3g Fat, 7g Protein, 1g Saturated Fat, 25g Carbohydrates, 1g Dietary Fiber, 330 mg Sodium

Homemade Cranberry Sauce

Makes: 8 servings

Ingredients:

- 3 cups of fresh cranberries (can also use frozen cranberries –12 ounces)
- 1 orange (peeled and sectioned)
- 1 cup sugar

Directions:

1. Place all the ingredients in a blender and blend until mixed well.
2. Heat up and serve over turkey.

Notes:

1 cup of white grape juice concentrate can be substituted for 1 cup of sugar.



122 Calories, 0g Fat, 0g Total Fat, 31g Total Carbohydrates, 2g Dietary Fiber, 62mg Potassium, 10g Calcium

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Agriculture/Natural Resources

OFFICE OF JEFFERSON COUNTY
 1225 Pearl Street, Suite 200
 Beaumont, TX 77701
 409-835-8461
 409-839-2310 FAX



Recertification Training for Commercial, Non-Commercial, Private Pesticide Applicators and SPCB

The Jefferson County Offices of the Texas A&M AgriLife Extension Service will offer recertification training for pesticide applicators licensed by the Texas Department of Agriculture on Thursday, November 30th, at Ford Park Exhibit Hall in Beaumont. Participants will earn a total of 5 CEU credits at the training. See enclosed Agenda.

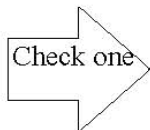
Registration will begin at 8:00 a.m. with the training starting at 8:45 a.m. and will conclude approximately 3:30 p.m. Refreshments and lunch will be served - the cost is included in the registration fee. Persons who are planning to attend must complete the bottom portion of this sheet and return it with payment to the Texas A&M AgriLife Extension Service - Jefferson County **no later than November 17, 2017**; after this date you must register at the door. Pre-Registration fee is \$50 per person; registration at the door is \$75. Checks should be made out to Jefferson County Agriculture Committee. Companies or governmental entities must submit a separate registration form for each employee that will be attending; however, payment can be made with one check for the entire group and all of the registration forms should be mailed together. **Please bring your applicators license with you to the training to ensure you receive credit for attending.** Registrations will be accepted at the door for a \$75 fee. No refunds will be given.

Detach and Return Bottom Portion

Pesticide Applicator Recertification Training - Registration Form
November 30, 2017 - 8:00 am

Name of Applicator _____ Employer (if applicable) _____
 Mailing Address _____
 City _____ State _____ Zip Code _____ Phone _____
 Texas Dept. of Agriculture - Applicator License # _____ SPCB License # _____
(Private, Commercial & Non-Commercial) (Structural Pest Control Board)

There will be 2 tracks of education. Two CEUs (1 in L&Rs and 1 IPM or 1 General Other for SPCB) will be given in the morning for everyone, then we will split up into two groups. Please select one track (see agenda on back):



- Pasture Management, 1 CEU in Drift, 2 CEU in General
- Turfgrass Management, 3 CEUs in General
- SPCB, 1 CEU in Pest (No Termite CEU), 1 CEU in Weed, 1 CEU in Lawn/Ornamental

Return form and payment to:
Texas A&M AgriLife Extension Service - Jefferson County
1225 Pearl Street, Suite 200
Beaumont, TX 77701

Deadline for Registration: November 17, 2017. No refunds will be given.

Make checks payable to: **Jefferson County Agriculture Committee**
Remember to bring your TDA license with you.

Agriculture/Natural Resources

OFFICE OF JEFFERSON COUNTY
 1225 Pearl Street, Suite 200
 Beaumont, TX 77701
 409-835-8461
 409-839-2310 FAX



Recertification Training - November 30, 2017
AGENDA


- 8:00 - 8:45am - Registration
- 8:15 - 8:45am - Welcome and Update on Rebuilding Texas - Representative Dade Phelan
- 8:45 - 9:45am - Tawny Crazy Ants - History and Management Efforts (1 IPM)(*SPCB 1 General Other CEU*)
- 9:45 - 10am - BREAK
- 10am - 11am - Laws and Regulations (1 L&Rs) (*SPCB 1 L&Rs*)
- 11am - 11:15am - Break into Pasture Management/Turfgrass Management/SPCB tracts*
will run concurrently, please attend the sessions you indicated at Registration

***PASTURE MANAGEMENT**
(1 CEU in Drift, 2 CEU in General)

- 11:15 - 12:15pm - Insecticides Used on Livestock, In and Around Holding Pens (1 General)
- 12:15 - 1:15pm - **LUNCH**
- 1:15 - 2:15pm - Understanding Drift Potential When Applying Herbicides (1 Drift)
- 2:15 - 2:30pm - BREAK
- 2:30 - 3:30pm - Feral Hog Control and Management (1 General)
- 3:30 - 3:45pm - Certificate of Completion Distribution

***TURFGRASS MANAGEMENT**
(1 CEU in IPM, 2 CEUs in General)

- Turfgrass Insect Control (1 General)
- *OR SPCB** Hot Topics in Pest Management, Zika Virus, Formosan Termites, Bed Bugs & Crazy Ants (*SPCB 1 Pest CEU*)
 (no termite CEU)
- Turfgrass Weed Id and Control (1 General) (*SPCB 1 Weed CEU*)
- Turfgrass Diseases (1 General CEU) (*SPCB 1 lawn & Ornamental CEU*)

Allen Homann 
 County Extension Agent, AG/NR
 Jefferson County
allen.homann@ag.tamu.edu

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391 five working days prior to the meeting so appropriate arrangements can be made.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Naked Sheet Pan Tacos

Serves 6 for dinner or 8-10 for appetizers.

Ingredients

2½ lbs. ground beef
1 cup chopped onion
¼ cup taco seasoning
1 tablespoon salt
3 cups shredded cheddar cheese
3 cups shredded iceberg lettuce
2 cups diced tomatoes
2 avocados, diced
1 cup pickled jalapenos
cilantro for garnish (optional)



Instructions

1. Preheat the oven to 400 degrees.
2. Mix the ground beef, onions, taco seasoning and salt together in a bowl.
3. Spread out onto a baking sheet in an even layer.
4. Bake for 20 minutes, then take the sheet pan out of the oven and set on top of the stove.
5. Using 2 spatulas, remove the beef from the sheet pan onto a cutting board.
6. Drain the grease in the sheet pan then place the beef back onto the pan.
7. Cover with cheese and bake for another 8-10 minutes until the cheese is melted.
8. Remove the sheet pan from the oven and top with lettuce, tomatoes, jalapenos and avocados.
9. Additional topping ideas are sour cream, guacamole and salsa.

Recipe by Mantitlement at <http://www.mantitlement.com/recipes/naked-sheet-pan-tacos/Naked>