

Upcoming Events

- January 5, 12, 19, 26, Feb. 2, 9, 16, 23: Living Well Classes, Noon—1:00 pm, Baptist Orange Hospital, 5th Floor Classroom
- January 5, 12, 19, 26, Feb. 2, 9, 16, 23: Do Well Be Well Diabetes Classes, 5:30 pm—6:30 pm, Baptist Orange Hospital, 5th Floor Classroom
- January 24: Texas Master Naturalist Training classes begin.
- January 16: Office closed for Martin Luther King Jr. Day
- January 23 & 30: Food Managers Course, 9 am—4 pm, Raymond Gould Community Center, Vidor
- Claybusters 4-H Shooting Sports: First Monday of each month; January thru August/September
- Dusty Trails 4-H Meeting: 3rd Monday of each month @ 7:00 pm
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 pm @ The Salvation Army Boys & Girls Club -Open to Public
- Texas Master Naturalist: On even months the meeting is on the 3rd Thursday, 6:00 pm, Open to Public
- Mighty Pirates: 2nd Tuesday of each month.



Do Well, Be Well with Diabetes

5:30 pm - 6:30 pm

\$20/person or \$35/couple

Every Thursday

January 5th - February 23

5th Floor Classroom

Baptist Orange Hospital



Living Well Classes

Noon - 1:00 pm

Free



Do Well, Be Well classes are for adults with Type 2 Diabetes. Living Well Classes are for learning how to prevent diabetes and to learn skills for healthy weight management. Please plan to attend all of your specific classes to obtain the most educational benefit.

Texas Master Naturalist Sabine-Neches Chapter

Hardin, Jefferson and
Orange Counties



You ask "What is a Texas Master Naturalist"?
Someone who loves to get their feet wet, their hands dirty while spending time in a natural setting along with learning about different plant and animal species.

New Classes start: January 24, 2012

Application Deadline: January 10, 2012

Go to <http://orange.agrilife.org/> to download the application and training schedule or

Call our office at 409-882-7010

Grow Healthy Families- Plant a Vegetable Garden

The Texas AgriLife Extension Service is holding a series of classes called the Green Thumb Series. If you are interested in learning about vegetable gardening, then this is for you. You will leave the class with a knowledge of starting your garden, seeds, and some transplants that you started in the class. With today's economy, gardening is a great way to save money and to feed your family healthy foods.

\$30 per person covers the classes and materials. Please call the Extension office if you are interested so we can plan for the class materials.

409-882-7010



Class Dates and Topics

February 21:	Sprouts, Shoots, and Roots
February 28:	Planning and Preparing your Garden Area
March 6:	Structures for Planting Year Around
March 20:	Thrillers, Spillers, and Fillers- Container Gardening
March 27:	Spice Up Your Life with Herb Gardening

Mauriceville Community Center
(Crawfish Festival Grounds)
6:00 pm—8:00 pm

Keys to the Courthouse

Appointed County Positions:

These offices are not elected. People are appointed to them because of their abilities and experiences.



County Engineer—In some counties, the commissioners court appoints an engineer to oversee the construction on maintenance of all county roads, highways and bridges.

WELCOME TO



County auditor—Counties with populations of 10,000 or more are required by statute to have an *auditor*. The auditor is appointed for a 2-year term by the district judge with jurisdiction in the county. The auditor's duties include auditing the accounts of all county departments, helping to prepare the county budget, and checking the accuracy of all monetary claims against the county and all monies paid the county.

Provisions from the American Disability Act will be considered when planning educational programs and activities. Please notify the Orange County Extension Office 5 days prior to event at 409-882-7010 if you plan on attending an Extension educational program and need specialized service. Educational program serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, political beliefs or national origin. The Texas AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Start Off the New Year on the Right Foot: Shoe Fit Matters

COLLEGE STATION – If getting in shape is on your list of New Year's resolutions this year, the first step is making sure the shoe fits, said Texas AgriLife Extension experts.

"Many people have the erroneous notion that their feet are supposed to hurt," said Dr. Carol Rice, Extension health specialist.

According to the American Podiatric Medical Association, as many as 75 percent of Americans will have foot problems at some time in their lives. Most of these problems will be caused by neglect and lack of care.

"Preventing a vast number of foot and leg problems can be as simple as finding and wearing the right pair of shoes," said Janet Pollard, Extension associate for health.

That's especially important when buying athletic shoes, Rice said. Anyone who participates in a sport or fitness program more than three times a week needs shoes specific to that activity, she said.



According to the American Academy of Orthopaedic Surgeons (<http://orthoinfo.aaos.org/>), athletic shoes come in seven basic types.

Running, training and walking shoes should have a comfortable upper portion, good shock absorption, smooth tread and a rocker sole.

Court sport shoes, used in tennis and basketball, need a sturdy sole that can take heavy abuse.

Field sports such as soccer and football require shoes that are cleated or spiked.

Winter sports – figure skating, ice hockey and skiing – need shoes that provide good ankle support.

Track and field shoes are more individually specialized, based on foot type and gait patterns. A coach's advice may be needed when shopping for these shoes.

Specialty sports such as golf, aerobics and bicycling have their own style of shoes, as do outdoor sports such as fishing, hunting and boating.

When shopping for athletic shoes – or any other kind – Rice and Pollard also suggested these tips from the orthopaedic surgeons' organization:

Because foot size can increase with age and time of day, always have both feet measured when buying shoes. Shop for shoes at the end of the day when feet are likely to be slightly larger due to daily activities. And always try on both shoes, since most people have one foot slightly larger than the other.

With both shoes on, take a few steps to make sure the shoes don't hurt or pinch anywhere and aren't too loose. Don't buy shoes that don't fit properly and expect to have a 'break-in' time. Shoes should fit properly at time of purchase.

For proper fit, shoes should have a half-inch space between the longest toe and the end of the shoe, and should hug the heel snugly with no slippage.

Don't wear heels higher than 2-1/4 inches, and buy shoes that conform to the shape of your foot.

When shopping for athletic shoes, the academy also recommends:

- Wearing the same kind of socks you will wear when participating in the sport or activity when you try the shoes on.
- Buying athletic shoes after a workout when your feet are largest.
- Re-lacing athletic shoes when you try them on, using an even crisscross pattern from the bottom to the top of the shoe.

Wearing the right shoes for the specific activity can be crucial for health throughout life, Rice said.

"'Using it or losing it' becomes increasingly important as one ages," she said. "Keeping physically active is a critical element for maintaining independence in later years."

Weight-bearing exercises, such as walking, stair-climbing and strength/resistance training "can help restore muscle strength, build bone mass and improve reflexes," Pollard added.

So start this year off on the right foot, they said. Choose the right pair of shoes.

For more information on this and other health-related issues, visit Extension's Family and Consumer Sciences Web site at <http://fcs.tamu.edu/> and click on the link to "Health."



Orange County Master Gardener's

January Dates to Remember--

Jan. 12 - Monthly meeting at the Salvation Army building on MLK. Potluck dinner at 6PM, mtg. at 6:00PM.

Jan. 19 & 21 - Meet & Greet Open House with the Master Gardener's 10AM - 12PM at the new Greenhouse facility on Hwy 1442 next to St. Helen Church in Orangefield

Save the Date--

Mar. 17 - Annual Plant sale

"2012 Officers"

At our December meeting officers were elected for the 2012 year. They are: Sandra Hoke - President; DeAnna Simmons - Vice President; Sheri Bethard - Secretary; Annette McWhirter - Treasurer. We would like to thank those who served this past year for their dedicated service: Sandra Hoke, DeAnna Simmons, Steve Draughn and Gwen Ochoa.

"Greenhouse Project"

After a little over a year in planning the Master Gardener's greenhouse project is now up and running. The first greenhouse is complete and ready for housing plants in preparation of our annual plant sale coming up in March. Many thanks go out to Jan Dicharry, Steve Draughn, Kenny Garrison, Wil Gower and Art Lewis for getting the greenhouse built. Please come out Jan. 19 or 21, 10AM - 12PM for our open house.

"Horticulture Seminars"

Starting February 21 Dr. Roy Stanford will be hosting a series of clinics for the next 5 weeks. The series is titled "Grow Healthy Families - Plant a Vegetable Garden". The series will run \$30 for all classes & materials. Please contact the Extension office at 409 882-7010 to schedule. The completed sessions will count towards Texas Master Gardener certification.

Check out our updated website <http://txmg.org/orange>. It is still a work in progress, so come back often to see our updates. Or look us up Facebook at Orange County (Texas) Master Gardener's.

Submitted by Sheri Bethard - Secretary

Bethard@swbell.net





Orange County 4-H To Make the Best Better



*Marie Kenney, BSA, County Extension Agent 4-H/Youth Development
makenney@ag.tamu.edu 409-882-7010*

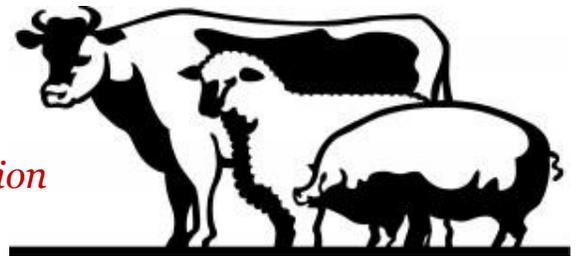
***Livestock Extravaganza January 7
8 am to 4 pm at the Winnie-Stowell Park in Winnie
\$15 per person and open to all 4-H & FFA members.***

Topics of discussion will be

**Selection *Feeding *Weight Management *Culling *Livestock Judging*

Panel discussion with presenters includes

**Quality assurance session
Importance of livestock/commodity production

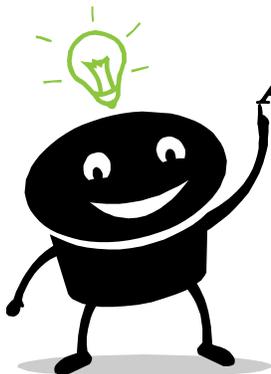


The following animals will be covered

**Sheep/goats *Poultry *Swine *Rabbits *Cattle*

Buckles will be given for high point individual.

***Join everyone for an exciting day of livestock clinics & judging contest.
For additional information contact Jefferson County 4-H 409-835-8461***



**A great way to keep your club up to date is a
Facebook Club Page
A great way of communicating**

**Checkout our newsletter online at
<http://orange.agrilife.org>**

<http://www.facebook.com/OC4H.club>



4-H CLUB NEWS



****Any child involved in shooting sports must have a parent/adult with them when shooting.**

CLAYBUSTERS 4-H SHOOTING SPORTS

Mark your calendars for the first Monday in January, that is when Claybusters begin meeting and start preparing for competitions. If you like to shoot shotguns and want to be a part of the shotgun shooting sports then contact Club Manager Louis Bazan 409-718-5580. Girls and boys age 9 to 18 are welcome to join. **



NEW Vidor 4-H Club BROKEN SPOKE 4-H

Club Managers Ann Borque and Billy Phillips welcome all who are interested in 4-H to join their club. The club meets the Last Thursday of each month at 7 pm. They are now meeting at the Borque's Home 140 Becky Circle in Vidor. For additional information contact Ann 409-553-2176



MIGHTY PIRATES 4-H

Meet the 2nd Tuesday of each month at the Raymond Gould Community Center in Vidor. The club is still collecting gift cards for their 4-H Mom who has cancer. Donations can be brought to the 4-H Office in Mauriceville.



HOME SCHOOL 4-H

First meeting is planned for February 13 at 2 pm. Location will be announced at later date. Hearts at Home 4-H is a club for home schooled children but not limited to home school only. The club is eager to have new members. Call the 4-H office for more information.

ARCHERY CLUB NEEDS CLUB MANAGER

We have had numerous kids wanting to do Archery but they need a Club Manager to get started. A Club Manager will organize, guide and teach the children about Archery. A Club Manager, Leader or Volunteer does not have to have a child in 4-H. It is someone who enjoys volunteering with children. Anyone who is interested please contact the 4-H office at 409-882-7010. **



DUSTY TRAILS 4-H

Monthly meetings are held the 2nd Monday of each month at 6:30 pm. The primary meeting location is the Mauriceville Fairgrounds Community Center in Mauriceville. Each month they try and have a different activity so the meeting location may vary. Notifications of meetings are mailed/emailed to members.



4-H NEWS



Are you up for a challenge? Do you love the great outdoors?

If so, mark your calendars for June 30– July 1, 2012 for the 4th annual Texas 4-H Outdoor Challenge to be held at the Texas 4-h Conference Center in Brownwood.

You along with your friends will learn, practice and train to compete in a series of ten outdoor events that will challenge you physically and mentally.

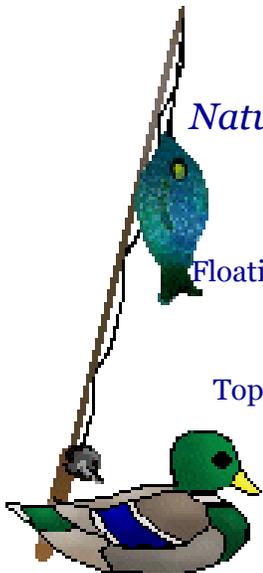
Keep an eye on the news letters for contest details and announcements. You can visit the website at: www.tinyurl.com/tx4hoc.

4-H Hunting/Wildlife Coach Training



Adult volunteers interested in leading a group of youth in this project area will experience an action packed training. Gain all the required training to coach a team in the Hunting/Wildlife Shooting Sports discipline and more. Participants will come away with instructor certifications in 4-H Shooting Sports, Texas Hunter Education, and Leopold Education Project. In addition, topics will include information about the Youth Hunter Education Challenge (YHEC), Texas Youth Hunting Program, and many more opportunities available through hunting and wildlife programs and activities.

Natural Resource Training Opportunities



February 2012
 Floating Natural Resources
 Leader Training
 Location TBA
 Topics: Shooting Sports
 Coach Training

May 19-20
 East Region Natural Resources
 Leader Trainings
 Tyler, Texas
 Topics: Shooting Sports Coach
 Training
 Sportfishing Project Leader
 Training

February 4-5
 Hunting/Wildlife Coach
 Certification & Training
 College Station, Texas

For all the latest on 4-H Natural Resources Project Information, visit the website at:

http://texas4-h.tamu.edu/projects/natural_resources

4-H NEWS IN AGRICULTURE

4-H Cash Blowout Jackpot January 7
Rusk County Youth Expo Center, 3303 FM 13 W., Henderson, Texas

Swine, Goats, Lambs, Heifers and Steers - All divisions shown by weight except heifers

Weigh in: 7:30—9 Am Show begins at 10 AM \$20 per entry

Judges: Ed Schneider, swine; Jordan Blount, goats & lambs; Rick Hirsh, Cattle

Jackpot Showmanship:

PeeWee (7 & under) Junior (8-11) Intermediate (12-14) Senior (15 & Older)

\$5 entry at time of show

For more information please contact Blaine Jernigan at 903-657-0376 or 903-404-2162

Sponsored by: Rusk County 4-H Adult Leader's Association

NO DOGS allowed on Expo Center Grounds

Colmesneil FFA Booster Club Winter Bash January 7
Tyler County Fair Grounds in Woodville

Check-In 7-8 am Show Starts 9 am \$20 Entry Fee

Jackpot Showmanship/buckles to Champions & Reserve

Show Order: Pig, Lamb, Goat, Steer and Heifer

Concession Stand Available/Generators Welcome/Prizes to Class Winners

Gumbo Dinner & Silent Auction

For More Information Contact:

Lance Seamans 409-200-4202 or Dennis Moffett 409-200-4277

39th Annual Hardin County Youth Fair January 14
John Blair Show Barn Hwy 326 @ Hwy 770

Swine, Goats, Lambs, Steers, & Heifers....NO BULL!!!!

Check in 6:30 to 8:30 am Show Starts 9 am \$25 Entry for All Species

Mail Entry's to PO Box 1154 Kountze TX 77625 Checks Payable to HCFAYA

Showmanship Starts at 9 am—Senior Swine Ring A and Junior Steer Ring B \$5 Entry at the gate

Grand and Reserve Buckles for Senior and Junior Showmanship Prizes for Pee Wee

Buckles for all Grand and Reserve in each species Prizes for Division Breed and Division Champs

For more information contact:

Swine: Lynnette Goss, 409-201-6697 or Randy May 409-781-6659 Goat's: Bubba Carney 409-781-7005

Lamb's: Stephanie Hoppe 409-998-4105 and Beef: Denise or Weston McKnight 409-224-2537

HCFAYA holds no responsibility for accidents or theft on premises!

4-H NEWS

2012 Texas 4-H Opportunity Scholarship Application Now Available on-Line

The 2012 Texas 4-H Opportunity Scholarship Application, instructions, and Examples are now available for download on the Texas 4-H and Youth Development website.

Many changes have been made for the 2012 scholarship process. Please download and review all applications prior to beginning the scholarship application process. Below are just a few highlights:

- ◆ The Houston Livestock Show and Rodeo will be awarding scholarships to public, private, and home school youth starting in 2012.
- ◆ The Houston Livestock Show and Rodeo will be awarding scholarships to public,

private, and home school youth starting in 2012.



- ◆ Courageous Heart applicants cannot be considered for other Opportunity Scholarship categories.

- ◆ Grade Point Average can be submitted based on how high school currently is calculating. This allows advanced placement

and dual credit courses to count accordingly. However, application must reflect on what value scale GPA is being calculated.

Visit <http://texas4-h.tamu.edu> to download all necessary instructions and applications.



Texas 4-H Recipe Rally—Summer Snacks

Once you have your recipe perfected then make a video of you preparing the recipe.

Once your finished upload your video to YouTube before Midnight, February 2, 1012.

Email Courtney Dodd direct link to you video with the additional information requested.

Sample videos are available online at <http://healthyliving.tamu.edu>

For a complete list of rules and guidelines contact

Courtney Dodd—cfdodd@ag.tamu.edu or 979-845-6533



4-H NEWS

**Roaster Pick-up
@ YMBL Office
4pm to 6 pm
January 18**

**Rabbit Entry Due
@ 4-H Office
January 27**

YMBL

Pick up & Order

February 15 2012 Broiler Pickup Ford Park

TO DOWNLOAD COMPLETE INFORMATION ON ANY OF THE TEXAS 4-H YOUTH DEVELOPMENT ALLIANCE PROGRAMS, VISIT: <http://texas4hfoundation.org/texas-4-h-alliances/>

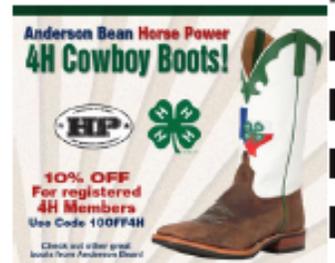
Need a 4-H T-Shirt?



www.barefootathletics.com/categories/Texas-4%252dH

KICK IT UP! IN A NEW PAIR OF ANDERSON BEANS!

Right now, the folks at National Ropers Supply (NRS) are offering a 10% discount for registered 4-H members, just use the code 10OFF4H at their online checkout using this link:



<http://www.nrsworld.com/istar.asp?a=6&id=HP1057!ANB&referrer=ratepoint>



**Eat a World's Greatest
Hamburger and Support 4-H!**

Fuddruckers in Beaumont, College Station, Corpus Christi, Killeen, Lubbock, Midland, Odessa, Temple, and Waco are teaming up with Texas 4-H to support Texas 4-H on **December 20, 2011** "4-H Day at Fudds!" Just drop your receipt into the box at the cash register. 15% of all receipts dropped will return back to the 4-H Scholarship Program and local 4-H Programs.

**TRAVELING AROUND? SAVE
15% FOR BEING A 4-H SUPPORTER
AT LAQUINTA**



LaQuinta Inns & Suites is proud to be a part of an Alliance Agreement with the Texas 4-H Program. Supporters can enjoy a 15% discount at any of the 700 plus locations. Visit LQ.com (code TX4H) or call 800-SLEEPLQ. Ask for the "TX4H Youth Discount."



Need a special piece of jewelry for the 4-H member in your house? Visit Lone Star Silversmith for the latest in unique 4-H jewelry and fashion. Pieces include money clips, pendants, tie tacks, bail pendants, as well as bracelets, rings, earrings, and a custom made knife. Ten percent of your purchase helps supports the Texas 4-H Program and its programs.

**Kick Up Your Heels In a New
Pair of AB Texas 4-H Boots!**

Anderson Bean Boot Company proudly announces a new line of boots just for Texas 4-H! Visit them on-line and at Facebook to check-out the photos of the boots. Find your local AB retailer to order your pair today! A portion from each pair supports the Texas 4-H Youth Development Foundation.



4-H NEWS

Texas 4-H Conference Center Let's GO TO 4-H Camp

Lake Brownwood

Up Coming Events:

Kick up your heels and learn some new dance moves!

We all know that 4-H camp is often "all about the dance" – here's your chance to step it up a notch. In addition to workshops on Outdoor Challenge, SET, Leadership and Service Learning – the Texas A&M Aggie Wranglers will conduct a workshop teaching 4-H members some of their signature Jitterbug and Polka moves! Check out their promotional website at <http://aggiewranglers.tamu.edu/> Granted, you may not all aspire to be Aggies – but we all love to dance!

Teen Retreat January 6-8, 2012

Youth Registration \$105, includes four meals, lodging and program fees; Adult Chaperones \$70

The purpose of Teen Retreat is to prepare senior level 4-H members as Teen Leaders for 4-H projects and opportunities on the county and/or district level by showcasing new and current 4-H project offerings.

Register at the 4-H Center website, <http://texas4hcenter.tamu.edu/> click on the "REGISTER NOW" link.

Registration deadline: December 30, 2011



Center Events for Your Calendar:

- Jan. 6-8, 2012
 - April 23-27, 2012
 - July 9-11, 2012
 - July 9-11, 2012
 - July 11-14, 2012
 - July 16-18, 2012
 - July 18-21, 2012
 - July 22-25, 2012
- 4-H Teen Retreat
 - Spring Fling
 - Mission Possible
 - County Camp I
 - County Camp II
 - County Camp III
 - Prime Time I
 - Prime Time II

Check out the 4-H Center website for registration information texas4hcenter.tamu.edu





Southeast Texas Alliance for Economic Inclusion

Presents

“Free Credit Repair Saturday!”

January 21, 2012 9 am to 1 pm

Lamar State College–Orange Student Center

This is a community event open to everyone!

Free one-on-one Credit Counseling

Pre-registration for this event is recommended to take full advantage of this service, but not required

Credit Reports can be pulled on site*

through www.annualcreditreport.com or you may bring your own credit report that is less than 60 days old

Many Vendors/Exhibitors

will be available to help you meet your financial and/or home buying goals

Financial Education Sessions

- Identity Theft Detection & Prevention
- Payday Loans & Car Title Loans - “What you don’t know can hurt you!”
- Consumer Law—Consumer Rights & Responsibilities
- Building a Spending Plan
- Credit Basics

*Credit reports can be pulled without a cost through www.annualcreditreport.com once a year. If you have already gotten all three (Trans Union, Equifax, and Experian) of your free reports in the last 12 months, you may have to pay a small fee with credit/debit card or plan to bring your own report. If you previously pulled only one of your credit reports, you can pull a report from another credit bureau without cost.

I would like to register to attend the “Free Credit Repair Saturday”. I understand that I will be able to meet with a credit counselor on a first come, first serve basis during this event provided that I bring my credit report or have one pulled on site.

Name (s): _____

Mailing address: _____ City/State/Zip _____

Telephone Number (day) _____ Alternate _____

To register for this event, please mail or fax your completed form to:

Education First Federal Credit Union,
P. O. Box 26751, Beaumont, TX 77720,

Fax 409-898-2289, Attn: Buddy
Additional call Buddy 409-896-8528

Sleep - Can You Do Without It?



Most of us might think we can do without sleep – or at least that we can adapt to having less of it. Our 24/7 society seems to demand more of us, with round-the-clock business and entertainment. A single night

spent out on the town or surfing the internet may not be detrimental, but added up over time, the consequences of being sleep deprived are numerous and detrimental...while the benefits of sleep can be the difference in health, performance, and quality of life.

Though sleep is typically viewed as a time the body shuts down and rests, according to the National Sleep Foundation, it is actually a dynamic activity in its own right that is as essential to good health as diet and exercise, and as necessary as food and water. Insufficient sleep is directly linked to poor health. Research suggests that insufficient sleep increases the risk for weight gain and obesity; diabetes; high blood pressure; heart disease; stroke; depression, anxiety, and other mood disorders; decreased nervous system performance; decreased endocrine system performance; decreased immune system performance; and premature death. Insufficient sleep contributes significantly to safety issues, such as driving accidents, medical errors, and impaired job performance, which can result in accidents and injuries. Insufficient sleep affects virtually every aspect of day-to-day life, including mood, mental alertness, memory, cognitive performance, energy level, and physical performance.

As we sleep, the brain and body work toward restoration of both the brain and body, while keeping our body chemicals (e.g., hormones, neurotransmitters, etc.) in balance. We sleep in cycles of non-rapid eye movement (NREM) and rapid eye movement (REM) sleep, alternating between the two throughout the night. Although there is still much to be learned about what happens as we sleep, during NREM sleep we know that growth hormones are released, which stimulate tissue growth and muscle repair. There are also increased

blood levels of substances that activate the immune system, raising the possibility that sleep helps to defend the body against infection. During REM sleep, it seems that the mind is restored in part by clearing out irrelevant information, but it also facilitates learning and memory. This may be why students who get a good night's sleep (with uninterrupted REM sleep) fare better than students who stay up all night studying.



Because our bodies are designed to regulate blood pressure, body temperature, and the release of hormones in the appropriate amounts and at the appropriate times, when we go without sleep, this balance can be interrupted, resulting in negative health consequences. In addition to affecting our immune system, sleep deprivation also puts us at risk for:

- Weight gain and obesity – With sleep deprivation, there is an increase in the hormones responsible for the feelings of hunger and a decrease in the hormones that suppress hunger.
- High blood pressure and heart disease – Blood pressure usually falls during the sleep cycle; however, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems.
- Diabetes – Insufficient sleep also impairs the body's ability to use insulin, which can lead to the onset of diabetes.

According to the National Sleep Foundation, more and more scientific studies are showing correlations between poor and insufficient sleep and disease. The one-third of our lives that we spend sleeping – far from being unproductive – plays a direct role in how full, energetic, and successful the other two-thirds of our lives can be. If sleep is cut short, the body doesn't have time to complete all of the phases needed for muscle repair, memory consolidation, and release of hormones regulating growth and appetite. Then we wake up less prepared to concentrate, make decisions, or engage fully in school, work, social, and relational activities.

Farm to School Program



Wanted: Local Produce Growers

Orange County and other local counties are working on a program where the school's buy fresh produce from local growers. This will help our kids eat healthier and fresher foods. It will also help our local farmers.

Anyone interested in learning how to become a supplier for school districts in Region 5, and being on the supplier list, please call the Texas AgriLife Extension Office by January 23, 2012.

409-882-7010



Food Safety Tips for Hunters

With hunting season in full swing, the Orange County Extension Agent along with Texas AgriLife Extension want to share with you a few tips to keep your harvested food safe this season.

In the field:

First, never shoot, handle or consume any wild animal that appears sick. Contamination can occur at any point during the processing of wild game. Take extra time and handle carcasses with care when field dressing. Some things to consider: wear gloves when field dressing, remove all internal organs, discard any meat that is bruised, discolored, contaminated with feces or intestinal contents, contains hair, dirt or bone fragments. Remove any bloodshot areas or meat that was in contact with the bullet. Also, avoid contact with intestines, spinal tissues, and lymph nodes of animals while you work. Do not use household knives or utensils, use knives designed for field dressing. Be sure to remove all foreign particles and loose hair.

When cleaning up in the field, be sure to properly dispose of the hide and remaining parts of the animal in an offal pit or in an approved area.



Processing and storing wild game:

Be aware of cross contamination and temperature abuse, both will cause the meat to go bad. Cool carcasses quickly, keep them cool during transport, and keep them out of direct sunlight. Cool the carcass by propping the chest open with a clean stick and allowing air to circulate. Thoroughly clean and sanitize all equipment used in the processing of the animal. Wash your hands, knife, cutting boards often with warm soapy water.

Packaging and storing meat is very important in the overall quality of the product. For immediate use, store meat in the refrigerator and use within a few days. If freezing, divide the meat into smaller portions then package. It is recommended to use moisture proof wrap such as heavy wax paper, laminated freezer wrap, heavy duty aluminum foil or freezer-weight polyethylene bags for freezing meat products. Make sure to get all the air out of the packages prior to sealing them. Be sure to label the packages with contents and date.

As you can see, this can be a complex process. For more information on safe handling of wild game products, contact your local County Extension Agent at 409-882-7010.

TEXAS AGRILIFE EXTENSION
11867 Hwy 62 North
Or
PO BOX 367
Orange, TX 77631
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

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

Return Service Requested



Improving Lives. Improving Texas.

IN THE JANUARY ISSUE:

- Upcoming Events
- Grow Healthy Families, Plant a Vegetable Garden
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- Start Off the New Year on the Right Foot: Shoe Fit Matters
- Orange County Master Gardener's News and Information
- **4-H News: Pages 5—11**
- "Free Credit Repair Saturday!"
- Sleep-Can You Do Without It?
- Farm to School Program
- Food Safety Tips for Hunters

Easy Cheesy Enchiladas

For enchiladas:

- 1 (3-ounce) package low-fat cream cheese
- 2 cups chopped, cooked chicken breast
- 12 ounces chunky salsa, mild
- 1 cup low-fat Mexican blend cheese, shredded
- 10 corn tortillas

For sauce:

- 2 cups non-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin

Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and 1/2 cup of the salsa; mix well. Add 1/2 cup shredded cheese; stir until melted. Spoon enchilada filling onto each tortilla; roll up. Place seam side down in baking dish. Top with remaining salsa and cheese. Bake at 350° F for about 15 minutes, or until heated through and through. Serve with yogurt sauce.

*This recipe came from the www.nationaldairyCouncil.org

