



January 2015

County Extension Agents

Fallon Foster
Family & Consumer Science

Christina Ritter
4-H/Youth Development

Office
409-882-7010



County Judge
Brint Carlton
Commissioner Precinct 1
David L. Dubose
Commissioner Precinct 2
Barry Burton
Commissioner Precinct 3
John W. Banken
Commissioner Precinct 4
Jody E. Crump



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

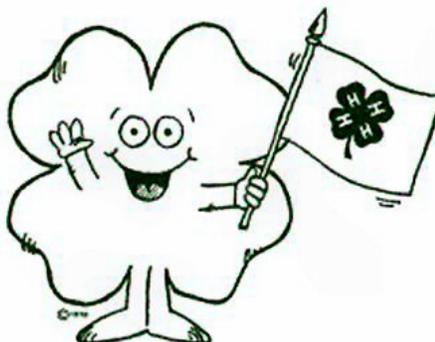


*Extension Office will be closed
January 1-2, 2015*



Starting January 6

See page 2 for further details



4-H'ers and Family

Be Sure to Check out

Pages 5-11 for the latest

activities and important

dates to remember.



**Do you have
Type 2
DIABETES?**



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

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

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

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

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

***scholarships available**

Food Safety Naughty List #1: Using Dirty Towels

A study published in Food Protection Trends revealed that Salmonella and E. coli can survive in cotton dish towels and might contribute to cross-contamination at home.

Recent research commissioned by USDA FSIS found towels to be the most contaminated of all kitchen surfaces examined. The paper will be published in the January issue of Food Protection Trends.

If you grab a towel after handling raw meat and before washing your hands, that towel could be contaminated.

Stay on the food safety nice list! If you use cloth towels in the kitchen, wash them frequently in the hot cycle of your washing machine. If you use a paper towel to wipe surfaces or hands, toss it after one use. Do not



Thinking about a New Year Resolution? Here's some tips

Chances are at some time in your life you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are 10 tips to help you get started.



1. Be Realistic

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable,

such as avoiding it more often than you do now.

2. Plan Ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.

3. Outline Your Plan

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad" will affect your goal.

4. Make a "Pros" and "Cons" List

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk About It

Don't keep your resolution a secret. Tell friends and family members who will be there

to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. Reward Yourself

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution.



If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

7. Track Your Progress

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. Don't Beat Yourself Up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. Stick to It

Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. Keep Trying

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.



Mr. and Mrs. Ebner have been raising the Jelly Bean plant since 1982 and had shared a seed with Claire Smith one of our Master Gardeners and a Horticulture Committee member. Claire planted the seed during our seed saving workshop in September. The Ebner's volunteered their time to show some of our Horticulture committee how to make jelly from the pods picked from the plant.

Everyone enjoyed the fun and the jelly was delicious.

Special Thank you to Mr. and Mrs. Ebner.



Canning Jelly Bean Jelly

Food, Fun & Fitness



START NEW YEAR WITH KITCHEN MAKEOVER

If you really want to change your family's eating habits, you need to build a healthy kitchen. Here's how to give your kitchen a makeover.

- ⇒ **Make a List** what foods would you like to ensure are in your house? Make a list and bring it to the grocery store.
- ⇒ **Consider Some Changes** Could you buy whole-wheat bread instead of white? How about low-fat milk instead of whole milk? You don't have to make every change right away if you're not ready. Ease yourself and your family into healthier ingredients one at a time.
- ⇒ **Do the Math** How many people are in your family? If each person should eat a minimum of two pieces of fruit per day and there are four in your family, which means you need eight pieces of fruit in your house for a day. Do the same calculation with other food groups so you know how much to buy.



- ⇒ **Embrace the Can** Many canned foods retain as much nutrient value as their fresh or frozen counterparts. Choosing canned fruits, vegetables, beans and meats can lighten the burden on your pocketbook and ensure these healthy foods are on hand in a pinch.
- ⇒ **Change the Environment** Once you bring your groceries home, make healthy foods more inviting. Fill a fruit bowl with fresh fruit you just purchased. Clean and cut fresh vegetables right away and put them in plastic bags so they are convenient to grab and eat.

CEU Roundup

Starting January 1st thru January 31st, 2015 we will have a CEU Roundup!! We will have the following webinar recordings available for ya'll to watch for CEU credit. The registration for the webinars will be the same. Stay tune for more details!

- Native Reseeding
- Brush Busters
- Huisache and Juniper: How to Treat
- Is Our Water Clean
- Mesquite: How to Treat
- The Truth About Weeds

Keep eye on this web site for details <http://naturalresourcewebinars.tamu.edu/> If you follow us on Facebook, we will have details there as well!



4-H NEWS

NEW!!!!!!

Orange County 4-H Leadership Series

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

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

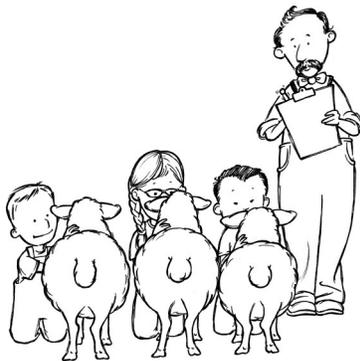
All 4-Hers Welcome!!!!!!! Bring a friend!!!!!!!
Come experience the world of 4-H!!!!

Livestock Committee Meeting

**January 22, 2015
6pm @ 4-H Office**

Calling all livestock project leaders and those interested in helping out the 4-H livestock project in 2015!

We are gearing up for a new year to plan some livestock educational activities for our 4-Hers involved with the livestock project.



Orange County Roundup

Committee Meeting

**January 15, 2015
6 pm @ 4-H Office**

**Calling all 4-Hers and Adult
leaders...**

We will be meeting to plan for County Round Up which will take place March 7, 2015 at the 4-H Office.

Other topics of discussion will be the contests to take place and the rules and guidelines.

We would greatly appreciate your attendance!

4-H NEWS



MARK YOUR CALENDARS!



Save The Date

District 9 4-H Council Winter Meeting

Date: Jan. 17th 5:00 - 9:00 PM.

Meeting - Dinner - Dance

@ The HorseShoe Club

Montgomery County Fair Grounds

Conroe, Tx.

WHO CAN COME: Any District 9 4-H Members

Admit One

Admit One

Register on 4-H Connect. More info on the D9 Website & Facebook

Are you interested in attending the District 9 4-H Council Meeting with the 4-H Agent?

Do you want to know what the District 9 Council Meeting is all about?

Call the office by January 5th to let us know you would like to participate. We are looking for adult chaperones to attend as well.



Meet the District 9 4-H Officer team and other 4-Hers from other counties.

4-H NEWS



4-H Photography Club Meeting
1st Mondays of each month
January 5, 2015
Vidor Community Center



Not a member of 4-H?? Come and join the club!!!

Do you love taking pictures of wildlife, people, scenic views, and more?

There will be a County 4-H photography competition March 7. More details will be shared during this meeting.

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

COMING to Orange County SUMMER 2015!!!!

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



The Texas A&M AgriLife Extension Summer Horsemanship School Program provides youth and adults a great opportunity to gain a solid foundation and advance riding skills, regardless of the riding discipline.

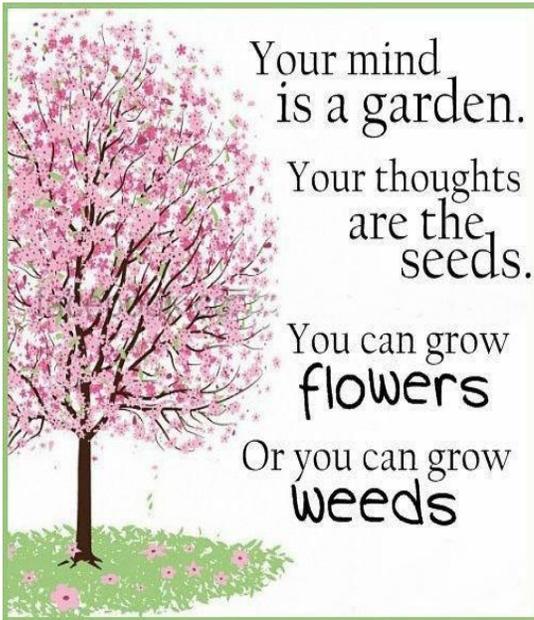


4-H NEWS

Club Manager Meeting

January 7 @ 4-H office—6pm-7pm

Lite snacks will be served



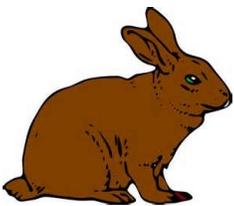
get more quotes at THEAILYQUOTES.COM

Are you a 4-H member interested in gardening??

AND

Would you be interested in exhibiting your very own plant??

If your answers are yes, please contact your 4-H Agent for more Information!



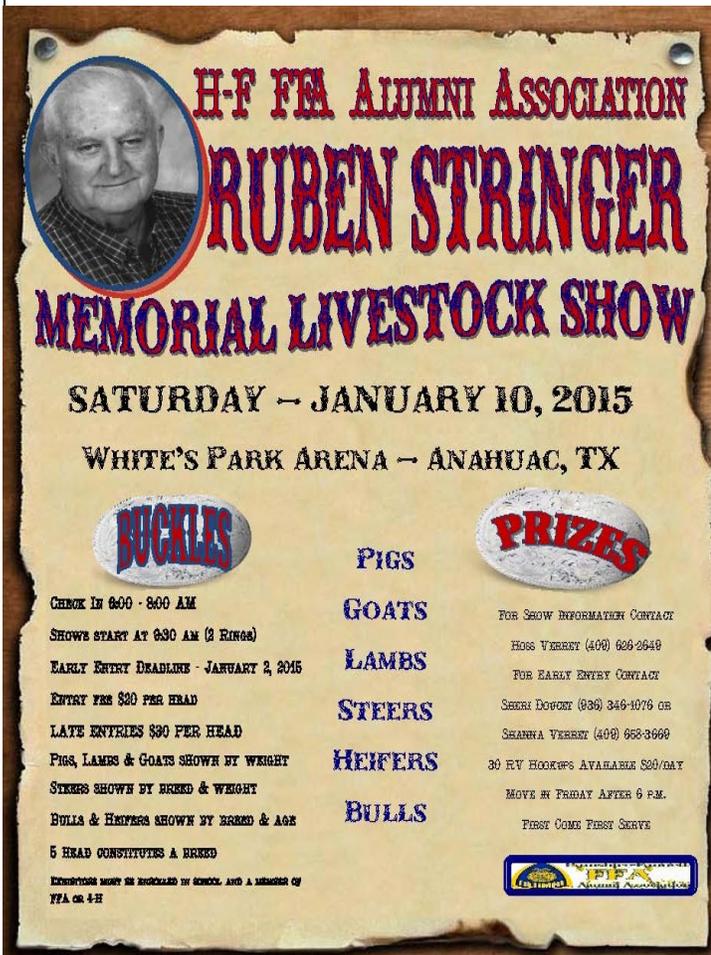
**Rabbit Entry deadline for South Texas State Fair
Thursday, January 29, 2015 @ the 4-h Office**



2014-2015 Major Stock Shows

- Fort Worth Stock Show and Rodeo.....Jan 17-Feb 8, 2015
- San Antonio Livestock Exposition....Feb 6-23, 2015
- Star of Texas Fair and Rodeo (Austin)...Mar 1– 16, 2015
- Houston Livestock Show and Rodeo....Mar 4-23, 2015
- South Texas State Fair (Beaumont)....Mar 27-Apr 6, 2015

4-H NEWS



H-F FFA ALUMNI ASSOCIATION
RUBEN STRINGER
MEMORIAL LIVESTOCK SHOW

SATURDAY – JANUARY 10, 2015
WHITE'S PARK ARENA – ANAHUAC, TX

BUCKLES

CHECK IN 6:00 - 8:00 AM
 SHOWS START AT 8:30 AM (2 RINGS)
 EARLY ENTRY DEADLINE - JANUARY 2, 2015
 ENTRY FEE \$20 PER HEAD
 LATE ENTRIES \$30 PER HEAD
 PIGS, LAMBS & GOATS SHOWN BY WEIGHT
 STEERS SHOWN BY BREED & WEIGHT
 BULLS & HEIFERS SHOWN BY BREED & AGE
 5 HEAD CONSTITUTES A BREED
ENTRIES MUST BE REGISTERED BY OWNER AND A MEMBER OF FFA OR 4-H

PIGS

GOATS

LAMBS

STEERS

HEIFERS

BULLS

PRIZES

FOR SHOW INFORMATION CONTACT
 HOSS VERRY (409) 686-2649
FOR EARLY ENTRY CONTACT
 SERRI DOWDY (836) 346-1076 OR
 SHANNA VERRY (409) 686-3660
 30 RV HOOKUPS AVAILABLE \$20/DAY
 MOVE IN FRIDAY AFTER 6 P.M.
 FIRST COME FIRST SERVE

1ST ANNUAL GEORGE RANCH WINTER ROUND UP
JUNIOR OPEN PROGRESS SHOW

SHOW SPONSORED BY
TEXAN HYUNDAI

AT FORT BEND COUNTY FAIRGROUNDS
JANUARY 10, 2015
 ENTRY FEE:
 \$20 PER HEAD - \$20 FOR SHOWMANSHIP
 CHECK IN: 6-8AM
 SHOW STARTS: 9:00 AM

Buckles to ALL Grand Champions * *Banners to ALL Reserve Grand Champions
Awards to ALL Breed and Reserve Breed Champions
Buckles to Champion Showmanship- Pee Wee, Junior, Senior
(All juniors and seniors must be entered in the breed show and use their own animal for showmanship)
Collegiate & Old-Timers (50/50 split)

SHOW ORDER

RING 1	RING 2
LAMBS	HEIFERS
GOATS	1-American
SWINE*	2-English
1-Durocs	3-Exotics
2-Hampshire	STEERS
3-OPB	1-American
4-Yorkshire	2-English
5-Cross	3-AOB

*Please provide shavings for your Swine.

For more information please contact.

Jimmie Grant/Chairman 713.815.6155 jimmie.grant@martinmlp.com	David Brown, Ag-Advisor 281.204.3062 dwbrown@lcisd.org
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MAKE CHECKS PAYABLE TO GEORGE RANCH FFA BOOSTER CLUB

A BIG LONGHORN THANK YOU TO OUR SPONSOR!

www.texanhyundai.com * mcole@texanhyundai.com * Mike Cole Cell-713.282.0296 *

Martin Luther King, Jr. Day
Monday, January 19, 2015

Darkness
 CANNOT DRIVE OUT DARKNESS
 ONLY LIGHT CAN DO THAT.
 HATE CANNOT DRIVE OUT HATE
 ONLY *Love* CAN DO THAT.
 -MARTIN LUTHER KING JR.



Garden Checklist for January/February

Dr. William C. Welch, Professor & Landscape Horticulturist
Texas A&M AgriLife Extension

- ◆ Now is an excellent time to transplant mature or established trees and shrubs while they are dormant.
- ◆ Make flower and vegetable garden plans now before the rush of spring planting. Time spent in armchair gardening before the fireplace will pay off in improved plant selection. Besides, it is fun to page through the garden catalogs.
- ◆ Sow seed in flats or containers to get a jump on plant growth before hot weather arrives. Petunias, begonias, and impatiens should be sown in early January. Warm temperature plants, such as tomatoes, peppers, marigolds, and periwinkles, should be sown in late January or early February.
- ◆ Apply a light application of fertilizer to establish pansy plantings. Use one-half pound of ammonium sulfate per 100 square feet of bed area. Repeat the application every 4 to 6 weeks, depending on rainfall. Dried blood meal is also an excellent source of fertilizer for pansies.
- ◆ Prepare beds and garden area for spring planting.
- ◆ Select an order gladiolus corms for February/March planting. Plant at two-week intervals to prolong flowering period.
- ◆ Check junipers and other narrow-leaf evergreens for bagworm pouches. The insect eggs overwinter in the pouch, and start the cycle again by emerging in the spring to begin feeding on the foliage. Hand removal and burning of the pouches are ways of reducing the potential damage next spring.
- ◆ The life of the plant received as a Christmas gift can be prolonged with proper care. Keep the soil moist, but provide drainage so that excess moisture can flow from the pot. Keep the plant out of range of heating ducts and away from heating units. Keep in a cool room at night, preferable at 60 to 65 degrees F.
- ◆ Don't fertilize newly set out trees or shrubs until after they have started to grow, and then only very lightly the first year.

Paramutabilis x "Ryan's Pink"



New Year's Eve Safety Tips

New Years Eve is a huge night for everyone, which means crowds will be swarming toward all the metropolitan hubs around the world. People feed off eachothers' excitement, and sometimes things can get out of hand if safety precautions are not taken. Everyone wants to have an unforgettable night (in a good way!). By simply using some common sense, we can keep it that way. Ring in the New Year safely!

- **Designate a Driver:** If you are going to be driving New Years Eve, don't drink and drive. If you have a friend who does not prefer to drink, make sure they take the wheel. You might even be on the water this New Years Eve. The person in charge of navigating the boat needs to be cautious, and this still applies to them! It is important to be safe on the water as well, so drink sensibly.
- **Don't forget about your pets!** They are just as much a part of the family as everyone else. If you are using fireworks, anything with loud noises, or fire, be sure that pets are kept at a distance as well as children. None of these are a good mix. Candles are also a potential hazard.



- **Be Alert:** Be aware of your surroundings and how others are acting. Stay away from those who are out of control and might cause harm. Taking preventive measures is key. If someone is really intoxicated, prevent them from trying to drive or leaving with someone they do not know. It's important to keep an eye out for each other.

- **Don't Drive:** If you don't have to go behind the wheel, avoid it. More people will be driving under the influence on this particular night, so avoid a potentially dangerous accident by staying off the road. Otherwise, be alert and drive defensively. Most importantly, wear your seatbelt! Also, using public transportation is a wise option. If taking a cab is too expensive, crashing at a friend's place nearby is a convenient solution.

- **Stick Together:** This way we can look out for our friends and family. Going out to parties and nightclubs means a fast-paced, crazy night; so be sure to travel in groups. Having a safety net around you in this environment, especially for women, is imperative.
- **Monitor your Alcohol Intake:** A majority of people will be drinking on New Years Eve, and there is nothing wrong with that. Just be sure to pay attention to how much you and others are consuming. Drinking too much alcohol can have lethal affects. Be responsible.

Budgeting Tips

Spend Less than you Make - It sounds easy, but for many people it's harder than it seems. Online money management tools are everywhere, but before you get the tools you have to establish a budget. Track your spending so you understand where you're currently spending money and make changes if you're overspending.

- **Reduce Your Debt** - Once you have established a budget, work on reducing your debt. Start paying off the debts with the highest interest rate first, regardless of the total balance. Make sure to pay the minimum monthly payments on all of your debt, but try to put a bigger chunk of cash toward the debt you're working to eliminate. Once you've completely paid off one debt, move on to the next. Watch your debt dwindle away.
- **Be Prepared for the Unexpected** - The number one budget killer is an unanticipated event. If your pet needs emergency vet care or if your car breaks down and you don't have an emergency fund set aside you could completely blow your budget or start racking up your credit cards again. Work on setting aside three to six months worth of your living expenses in an emer-



gency fund. Start small to get used to saving. Set aside \$10 a week and bump up the amount you contribute as you feel more comfortable with saving.

- **Save for the Future** - If you take a "set it & forget it" mentality with your 401K, make actively managing your retirement part of your goal for the New Year. A big part of per-

sonal finance budgeting is planning for the future so make sure you increase your 401K contribution by whatever your salary increase is for 2011. An easy way to do this is by setting your contribution as a percent of your pay rather than an exact dollar amount. This way, any shift in pay will also result in a change in your 401K contribution.

Making personal finance budgeting a priority for the New Year is a resolution that, with a little work, should be easy to stick to. Remember to look for ways to save in every aspect of your life. You'll be pleasantly surprised when the work you've been putting toward your budget starts to pay off. In a few months, it won't even feel like work anymore. Budgeting will become a natural part of your life & you'll be enjoying a better financial future.

Stuff Cabbage Rolls

12 ounces ground beef, ground pork, ground lamb, or bulk pork sausage

1/3 cup chopped onion (1 small)

1 cup canned diced tomatoes, undrained

1/2 cup water

1/3 cup uncooked long grain rice

1/2 teaspoon dried oregano or thyme, crushed

1/4 teaspoon black pepper

8 medium or large cabbage leaves

1/4 cup shredded Swiss cheese (1 ounce)

1 15 ounce can tomato sauce

1 teaspoon sugar

1/2 teaspoon dried oregano or thyme, crushed

1/4 cup shredded Swiss cheese (1 ounce)

Directions

In a large skillet cook meat and onion until meat is brown and onion is tender. Drain off fat. Stir in undrained tomatoes, water, uncooked rice, 1/2 teaspoon oregano, and pepper.

Bring to boiling; reduce heat. Simmer, covered, for 20 minutes or until the rice is tender.

Meanwhile, trim veins from the back side of the cabbage leaves. Immerse leaves, four at a time, into boiling water for 2 to 3 minutes or until just limp.

Stir the 1/4 cup cheese into the meat mixture. Place about 1/3 cup of the meat mixture on each cabbage leaf. Fold in sides. Starting at an unfolded edge, carefully roll up each leaf, making sure folded sides are included in the roll.

For sauce, in a small bowl stir together tomato sauce, sugar, and 1/2 teaspoon oregano. Pour half of the tomato mixture into a 2-quart square baking dish. Arrange cabbage rolls on the tomato mixture. Spoon remaining tomato mixture over cabbage rolls. Bake, covered, in a 350 degree F oven for 35 to 40 minutes or until heated through. Sprinkle with remaining 1/4 cup cheese. Let stand about 2 minutes or until cheese is melted.

Makes 4 servings



You're never too old to play with your food! While the kids are home from school and family and friends gather together, find ways to make healthy foods fun and festive. Check out the [My-Plate Facebook page](#) where we'll continue to share inspiration, and then join in the fun! Get creative in the kitchen and find unique ways to make healthy foods the main attraction at your winter celebrations.



Come visit our website @ orange.agrilife.org

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Heavenly Dip

Ingredients

8 ounces cream cheese, softened
2 cups sour cream (I used light)
1 1/2 cups shredded cheddar cheese

6 slices bacon, cooked and crumbled
1/2 cup sliced green onions

Instructions

Preheat oven to 400 F.

Combine softened cream cheese, sour cream, cheddar cheese, bacon and green onion. Spoon mixture into a 1-quart baking dish and bake for 25-30 minutes, or until cheese is bubbling and hot.

Serve with bread slices, crackers, or veggies.

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.