

May 2022

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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UPCOMING EVENTS:

- 5/1: Registration for Fishing Skill-a-thon Summer Tournament open
- 5/7: 4-H Shooting Sports Games and Rifle Clinic, Frankston, TX
- 5/14: The Ronald Barlow Memorial 3-D Archery Meet, San Augustine
- 5/20: Pineywoods Cattle Congress, 4 Kings Cattle Ranch, San Augustine
- 5/21: Open Horse Show, books open at 8am, Crockett, TX
- 5/30: Memorial Day, office closed
- 5/31-6/1: 4-H District Horse Show, Athens TX
- 6/2: Panola SWCD Farm Pond Field Day, 5:30pm, Lake Murvaul Pavilion
- 6/6-9: State 4-H Roundup, College Station
- 6/16: Panola County Agriculture and Forestry Appreciation Banquet, Noon
- 6/18: 4-H Craft Workshop, 9am-12pm, location TBD
- 6/27: Major Cattle Validation, 5:30pm, Carthage Veterinary Hospital
- 7/4: Independence Day, office closed
- 7/16: 4-H Craft Workshop, 9am-12pm, location TBD
- 7/24-29: State Horse Show, Bryan, TX

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- Staying Vigilant with Armyworms

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 Extension Service

TEXAS A&M
AGRI LIFE
EXTENSION



Mother's Day

A few things Your Mother was probably right about...

Mother knows best! If at first you don't succeed, try doing it the way your mother taught you.... There are many sayings about mom getting it right. Here are a few things that we must admit, your mother was probably right about- spelled out to say MOTHERS:

M. Mealtimes

"No dessert till you finish all your veggies!"

Fruits and vegetables are nutrient-dense rather than calorie-dense. The health benefits you get from eating these are basically innumerable; but protecting you from heart disease and other chronic health conditions is a big one.

O. Overcoats

"Don't you set foot out that door till you zip up!"

As it turns out, cold weather does stress the immune system and lowering its effectiveness at fighting things off. Do your best to limit your exposure to the cold and wear warm clothing (not that you really need to worry about this in May, but you get the point)

T. Television

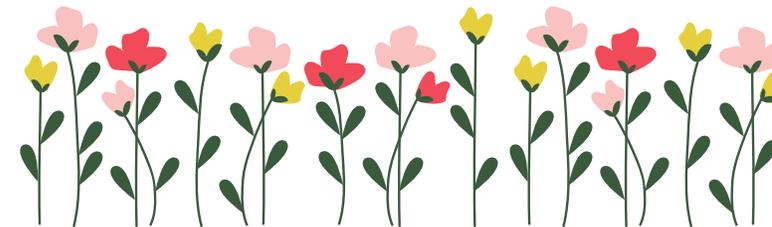
"Turn that thing off and go play outside"

TV is a sedentary activity, meaning it can contribute to obesity and other health problems. Setting boundaries for screen time and planning family outings or activities are some of the most important things you can do for your family's health.

H. Happiness

"Turn that frown upside down"

It's no secret that mental health is a big contributor to physical health. While fleeting positive emotions are good, it's even more important to regulate your emotions over the long term. Taking time for gratitude, meditation, and self-care are vital to your well-being in more ways than one.



E. Eyes

"Keep your eyes on the prize!"

Carrots, spinach and other leafy greens provide lots of Vitamin A, beta-carotene, and other vitamins and minerals that are linked to eye health. Protect your eyes in the summer with 99-100% UVA and UVB protection.

R. Religion

"Say your prayers!"

You may or may not be surprised to hear that religion has its health benefits. First of all, there's the mental health component that I mentioned earlier, but there's more! "Religiously or spiritually active people have longer lives," said Michael E. McCullough, PhD, an associate professor of psychology at Southern Methodist University in Dallas. That makes sense because religion discourages high-risk behavior like involvement in crime, extramarital sex, and use of alcohol, drugs, and tobacco.

S. Sleep

"Lights out, it's bedtime!"

Sleep is one health habit that doesn't get talked about enough. Sleep can help your brain process information and set you up for success in more ways than one. Sleep deprivation also causes irritability, dangerous driving, and careless mistakes, all of which can be hazardous to your health.

Adapted from WebMD.com, cited below.

Barclay, L. (2005, February 5). Mother knows best. WebMD.

Retrieved March 28, 2022, from

<https://www.webmd.com/women/features/mother-knows-best>

Mother's Day Brunch

Greek Yogurt Banana and Blueberry Pancakes

- 1 Banana mashed plus more for topping
- ¼ cup nonfat plain Greek yogurt
- ½ cup gluten-free rolled oats
- 1 medium egg
- 1 tablespoon unsweetened almond milk
- ½ teaspoon baking powder
- 1 teaspoon coconut extract
- ½ cup blueberries fresh or frozen



1. Wash hands and clean cooking area. Pre-heat skillet or griddle to medium-high heat.
2. In a large bowl, mash banana until completely smooth. Combine all ingredients together except blueberries. Mix well together then fold in blueberries and pour into a spouted measuring cup.
3. Spray cooking spray over skillet and pour batter. Pour just enough to make a small ball and flatten into a round shaped pancake using a small spoon.
4. Cook until the edges are set and bubbles begin to form in the middle, about 3 minutes. Use a spatula to flip and cook another 2-3 minutes.
5. Top with sliced bananas and blueberries and enjoy!

NATIONAL STROKE AWARENESS MONTH

<https://www.stroke.org/en/about-stroke/stroke-symptoms-act-fast>

Act FAST- Know the warning signs for stroke!

F= Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty: Is speech slurred?

T = Time to call 911

Other Stroke Symptoms:

NUMBNESS or weakness of face, arm, or leg, especially on one side of the body

CONFUSION, trouble speaking or understanding speech

TROUBLE SEEING in one or both eyes

TROUBLE WALKING, dizziness, loss of balance or coordination

SEVERE HEADACHE with no known cause



MAY LANDSCAPE & GARDENING CHORES

By Lee Dudley

May welcomes the approach of summer with longer, sunnier days and warming nights. Busy days of gardening are in store for the May gardener in completing spring chores and in preparing for summer. The following gardening guides may be helpful for May gardening activities:

Mulch plants: During May, we should ready our plants to conserve summer moisture by mulching with either pine needles, straw, leaves, ect. A 4"- 6" layer of mulch will help control weeds but also will keep the soil cooler during those long dog days of summer.

Establish a compost pile or bin for gardening soil: Organic materials, such as leaves and lawn clippings, green food scraps from the kitchen will decompose form a great organic garden soil. Compost will improve the quality of almost any soil, and for this reason it is most often considered a soil conditioner. Compost improves the structure and texture of the soil enabling it to better retain nutrients, moisture, and air for the betterment of plants.

Leaf droppage of evergreens: Many gardeners take the description "evergreen" too literally and often are concerned when evergreen such as magnolias, live oak, gardenia and some hollies lose some of their old leaves during late spring and early summer. The flush of new growth on

many evergreens will cause a yellowing of old leaves and leaf droppage. There's nothing to be concerned about, just Mother Nature putting a new spring coat of green and discarding the old.

Tree and shrub fertilization: During the month of May, you should complete all major tree and shrub fertilization before the hot days get here.

Fertilize crape myrtles: Fertilize crape myrtles to get that abundant summer bloom. Apply approximately ½ cup per square yard of soil of a complete and balanced fertilizer such as 8-8-8, or a 1-2-1 ratio such as 6-12-6.

Summer Annuals: Pinching back young flowering annuals by removing the terminal which, in turn, will produce more branches and blooms. Remove any faded blooms for a more productive flowering. Cultivate annual and perennial beds to eliminate soil compaction, to allow for water absorption and to control weeds. Lightly scratch the upper soil so as not to disturb shallow roots. And finally, make sure you match your plants with proper planting location, sun lovers in full sun and shade lovers in shade.

These are just a few chores to keep in mind during the month of May, catch next week when we look at a few more may chores and jump into that June to do List.

What is a 4-H RECORD BOOK and why should I complete one?

By Clarissa Moon



What is it?

A 4-H Record Book is something you use every year to keep track of your 4-H projects. At the beginning of the 4-H year, you can write down goals you want to achieve and then think or write about how you will reach those goals. It's also a good way to keep track of events or activities you go to, and monitor how much money you spend.

Why do we have record books?

Keeping records is an important life skill. Whether you're a first responder, rancher, teacher, or shopkeeper, there's always something to keep track of and report. For example, a firefighter may have to know how many calls she went out on and how many of those were grass fires versus house fires. A shopkeeper needs to keep track of how many items he has in his store, or how many customers come in every day. There is always something to keep track of!

Why will I benefit from doing a record book?

- If you plan on attending college, you'll need to apply for admission and for scholarships. When you fill out these applications, you'll have to make a list of clubs you were in, your grades, your community service, all kinds of stuff.
- If you plan on having a job at some point, you'll have to put together a resume that shows your experience and why you're qualified for the job.
- If you plan on being an adult someday, you'll have to keep track of your money, your food, your medicines, and more.
- The point is... record books prepare you for all of this!

How do I get started?

- Check out the Texas 4-H website- they have all kinds of information on how to do a record book.
<https://texas4-h.tamu.edu/recordbooks/>
- Look on our website for record book materials or who to talk to about record books
<https://panola.agrilife.org/4-h/>
https://texas4h.tamu.edu/wpcontent/uploads/recordbook_family_guide_2021_2022.pdf
- Talk to your club manager or someone in the extension office! We are here to help.

Club Manager BOOT CAMP

5:30pm - 7:00pm on Zoom

Thursday: July 14, July 21, July 28

No Fee - Open to all Club Managers and Parents

Required for new club managers

Youth leaders encouraged to attend sessions 1&3



VIRTUAL

Texas 4-H Reel 'Em In

FISHING

SKILL-A-THON 2022

REGISTER NOW FOR THE
SUMMER TOURNAMENT

Register: May 1-31

Fish: June 1 - August 31

Saltwater or Freshwater



District 5 Horse Show

May 31: Stock Horse Clinic

June 1: Horse Show

3356 TX 31, Athens, TX

Registration ends May 3



Panola Soil Water Conservation District

FARM POND FIELD DAY

RSVP by May 30, (903)693-0300 Ext 161

June 2 - Lake Murvaul Marina Pavilion - Registration 5:30pm - Program 6:30pm

Speaker: Brittany Chesser

Aquatic Vegetation Management Program

Specialist Texas A&M AgriLife Extension Service

Topic: Aquatic Vegetation Management &
Overview of Selecting Correct Herbicide

Speaker: Texas Parks Wildlife Department

Topic: Population Sampling
Methods and Demonstration





PANOLA COUNTY AGRICULTURE & FORESTRY 38TH ANNUAL APPRECIATION BANQUET

JUNE 16 - NOON - TEXAS COUNTY MUSIC HALL OF FAME

By Lee Dudley

It's that time of year, when the agriculture community of Panola County comes together to recognize our area outstanding producers in the different fields of Agriculture. The Annual Panola County Agriculture and Forestry Appreciation Banquet is scheduled for Thursday, June 16th at the Texas Country Music Hall of Fame. Doors will open at 11:00 am and lunch will be served sharply at Noon with commencement of the awards program shortly after. During the awards portion of the program, representatives from the Panola County Soil and Water Conservation District along with Farm Service Agency, and Texas Forest Service will recognize the years outstanding producers for the following categories: Conservation Rancher, Outstanding Woodland Conservationist, the Joyce Wedgeworth Outstanding Woman in Agriculture,

and USDA Producer of the Year. Additionally, the governing body annually selects one resident to receive with the Memorial Bill Whitaker Community Service to Agriculture Award. This award is always given to an individual that has demonstrated exemplary dedication to his or her community throughout their life.

The annual event is sponsored by the USDA Farm Service Agency, USDA Natural Resources Conservation Service, Panola Soil and Water Conservation District, Texas A&M AgriLife Extension Service and the Texas Forest Service and would not be possible from our numerous contributors who will be recognized during the banquet. This event is open to all the public and all community civic groups of Panola County are invited to attend.

**MAJOR CATTLE
VALIDATION**

**June 27
5:30pm
Carthage Veterinary Hospital**

COMING SOON

Thank you letter information from the 2022 Panola County Jr. Livestock Show and Sale will be available soon!

REMEMBER: In order to pick up your check, you will need to have turned in *Thank You letters* for your *buyer* and *anyone who added on money!*

4-H CRAFT WORKSHOPS!

Save the Dates!



THIRD SATURDAY IN JUNE-SEPTEMBER, 9AM-12PM

JUNE 18, JULY 16, AUGUST 20, SEPTEMBER 17

SIGN UP HERE >>> WWW.PANOLA.AGRILIFE.ORG/4-H/



Anything You Request! Potential Activities Include:

Paracord, Dollar Tree Crafts, Book Folding, Mod Podge Decor, Flower Arranging, Cookie Decorating, Painting Party



PINEYWOODS CATTLE CONGRESS

MAY 20, 2022

4 Kings Cattle Ranch - 1730 CR 202, San Augustine County

4 TDA CEU's - Fee: \$20 - Register by May 13 - 903-693-0300 ext 161

8:00am: Registration

8:30am: Sprayer calibration, GPS, and nozzle selection – Darren Rozell (1 Gen)

9:30am: Pasture Management – Lane Dunn (1 Gen)

10:30am: Economics/ economic update – Dr. David Anderson

11:30am: Lunch

12:00noon: Feral hog control – Dr. Aaron Sumrall (1 Gen)

1:00pm: Wildlife control (Vultures, beavers, & coyotes) – Greg Ashabranner (1 IPM)

2:00pm: Adjourn



BLACK VULTURE

Depredation Permit Program Available for Texas

By Julie Tomascik, Editor for *Texas Agriculture*

<http://texasagriculture.texasfarmbureau.org/publication/?i=742328&p=18>

It's what ranchers don't want to see—black vultures circling a pasture, especially when livestock are being born. But it's becoming a more common occurrence as black vultures expand their range northward due to warmer weather and man-made roosting and nesting structures.

"There are two types of vultures in Texas—the turkey vulture and the black vulture," Mike Bodenchuk, director of Texas Wildlife Services (TWS), said. "Turkey vultures find their food by their sense of smell, but black vultures find their food through eyesight."

Black vultures can key in on areas where livestock are having their young.

While they provide an essential ecological service by cleaning up carcasses, they also can kill young livestock.

The problem has only worsened over the years. The growth in numbers and range has led to increased black vulture predation on newborn livestock.

"Twenty, thirty years ago, black vultures were largely found in Texas south of I-10, but they've expanded their range considerably up into the South Panhandle and other northern parts of Texas," Bodenchuk said.

Black vultures have a feeding range of up to 30 miles per day, meaning they will travel far from their nesting area to find a carcass or small animal.

"So, we have a lot more birds. We have them over a lot larger part of the state, and they're very aggressive in terms of competing with each other for food," Bodenchuk said. "There's much more livestock loss today than there was 20 or 30 years ago."

Black vultures, however, are protected by the Migratory Bird Treaty Act, and livestock producers are limited in how they can keep the birds from attacking their livestock.

To help Texas ranchers who are losing livestock to black vultures, the U.S. Fish and Wildlife Service granted a permit to the Texas Wildlife Damage Management Association (TWDMA) for black vulture management for the lethal removal of up to 750 vultures. TWDMA is a member of the cooperative TWS.

Ranchers can apply for sub-permits through TWS, which would allow them to remove up to five black vultures each during the year.

The depredation sub-permits allow for the lethal removal of a limited number of vultures to reinforce the non-injurious harassment.

"Landowners who want to use non-injurious methods do not need to participate in this program," Bodenchuk said. "The program is only for those who might need to remove a small number of vultures to reinforce the non-lethal hazing."

Those methods include auditory and visual dispersal methods like lasers and propane cannons.

“Landowners and ranchers can go out there and chase birds away from their livestock. They can bring their livestock closer to the house, where they can keep an eye on them giving birth,” Bodenchuk said. “Black vultures can be deterred from small pastures with things like effigies, artificial vultures or dead vultures. So that will haze them out of an area for a while. You can use noisemakers, dogs—whatever doesn’t injure the bird.”

He noted TWS also recommends ranchers hang the dead vultures in a nearby tree because vultures don’t like to come near a dead vulture.

“Using a vulture that’s shot as an effigy or using an artificial effigy—a body that looks like a vulture with wings and a head, hung upside down in trees around the pasture—can help keep vultures out of those areas,” Bodenchuk said. “We recommend one effigy to about five acres. So, you couldn’t do this in a large pasture, but if you have a confined area where livestock are giving birth, the effigies are useful as a way of hazing vultures out of the area.”

For more information on black vulture depredation management, call TWS at one of the district offices



4-H CLUB CHARTERING

Due by 4:30 on June 16

More info on our website!

<https://panola.agrilife.org/4-h/>

Paperwork required: Application worksheet, charter agreement, bylaws, EIN verification (if new club), recent bank statement, review of finances

All information is located:

<https://texas4-h.tamu.edu/management/>



4-H END OF YEAR CELEBRATION

SATURDAY
AUGUST 20
CIVIC CENTER



As we enter the transition from spring to summer, we notice yearly during this time that our yards seem to grow overnight, requiring frequent mowing. You'll notice that across the county, the best lawns are those that are mowed regularly. Mowing often enough, reduces the clippings we leave allowing them to decompose and return to the lawn. A general rule of thumb is not to remove more than 1/3 of the length of the blades per mowing. To achieve this, we might have to mow every 5 or 6 days instead of once a week. The reason for the 1/3 rule, is that studies have proven that removal of more than 1/3 is stressful on the lawns and tends to leave visible clippings on tops of the grass.

In addition to regular mowing, it is crucial that we pay attention to our soil moisture levels. As we go deeper into the summer months, rainfall traditionally becomes less regular. For our yards to maintain a great color and health appearance, it is critical that we increase our irrigation practices. Typically, lawns require one inch of water per week to maintain a good growth rate and color. The application of this one inch can be done in one or more applications, depending on your soil type, as well as how hot and dry the weather has been. Sandy soils require more frequent watering as compared to clay soils. Likewise, newly established lawns require more frequent watering to insure a good establishment.

As the days continue to warm up, we need to keep an eye out for those pesky lawn pests. Insects such as chinch bugs that multiply rapidly in the warmer weather, feeding on grasses such as St. Augustine causing it to appear drought stressed. Treatment for chinch bugs is not required until symptoms first appear, which can be noticed by looking for wilted grass that is not responding to your irrigation practices. When areas like the previous described are noticed, start looking for tiny, 1/6 to 1/5-inch bugs on the grass blades as well as down in the thatch. Flooding the perimeter area with water, or soaking the edges with soapy water, will drive the bugs up from the thatch onto the blades making them easier to see. Damage from chinch bugs usually occurs during the hottest driest parts of our lawns.

Another insect that can cause problems from June through August are white grubs. Treatment for these insects is again only if you have them in the turf and determining this can be done by digging a few test areas and looking for the small grubs in the soil. Not all lawns will have grubs and excessive use of pesticides can lead to other turf problems, so it is always better to check first than automatically treat.

If you have any question pertaining to this topic or any others, contact Lee Dudley at the Texas AgriLife Extension Office at (903)693-0300 Ext. 160.

Staying Vigilant with

ARMYWORMS

By Lee Dudley

Armyworms primarily are abundant early summer through late October. In a matter of days, armyworms can occur in very large numbers, consuming a field overnight, moving in large masses or “armies” to adjacent fields in search of more food. Not being able to overwinter in the area due to our cooler temperatures, the eggs they hatch from are deposited here by the moths that fly north from South Texas, re-infesting the area each year. With outbreaks often occurring in summer and fall following periods of rain, which create favorable conditions. Armyworm moths lay their eggs, which can be as many as 2000 in masses of up to 50 eggs on grass leaves, hatching in 2-3 days of being laid, making it hard to find them at this stage.

Armyworms are green, brown, or black, with a distinct white line between the eyes forming an inverted “Y” pattern on the face. There are four black spots aligned in a square on top, near the back end of the caterpillar. Armyworms are very small at first, causing little plant damage; as a result, infestations often go unnoticed. The caterpillars feed for 2-3 weeks reaching a size of 1 to 1.5 inches at maturity, before pupating. It is at the end of their larvae

stage where they consume roughly 80% of their total food intake. Fortunately, this stage in the life cycle last only a few days. Given their large appetite, number, and mobility, armyworms can damage entire fields in a few days or even hours.

Once the worms complete feeding they tunnel back into the ground, entering an inactive non-feeding stage where they transform into pupae for 7-10 days at which time they re-emerge as the armyworm moth repeating the cycle again. In all, development from egg to adult requires about four weeks during

the warmer summer temperatures and is longer during cooler fall weather, allowing for several generations a year.

The key to being able to manage armyworm outbreaks is early detection before they can cause economic damages. Armyworms primarily feed during the night or on cloudy cooler days. For most days, look for the larvae under loose soil and fallen leaves on the ground beneath the grass canopy. Presence of chewed leaves can indicate their presents. Once the larvae reach a size greater than 3/4 inch, the quantity of leaves they eat increases dramatically, which is one reason infestations can go un-noticed. There are several active ingredients that control fall armyworms effectively, but formulations, sites for use, and applicator requirements vary widely. Always consult the product label for specific instructions on application rates, methods, and timing. Below, your Panola County AgriLife Extension service has provided you with a list of recommended herbicides suitable for management in out pasture settings. Remember this list is for reference only and before applying any pesticide products, the applicator should always read and understand the label fully.

Active Ingredient Sample Trade Name	Armyworm Control	Grazing/Haying Restrictions
S-Cyano <i>Mustang Maxx</i> *	2.8-4.0 oz/ac	No Restrictions
Lambda-cyhalothrin <i>Karate Z</i> *	2.56-3.84 oz/ac	Do not apply within 5 days of harvest
Diflubenzuron <i>Dimilin 2L</i> *	2 oz/ac	1 day
Carbaryl <i>Sevin XLR Plus</i>	1-1.5 quarts/ac	Do not apply within 14 days of harvest or grazing
Cyfluthrin <i>Tombstone</i> *	1.6-1.9 oz/ac **	No restrictions
Chlorantraniliprole <i>Prevathon</i>	14-20 oz/ac	No restrictions
Chlorantraniliprole+ Lambda-cyhalothrin <i>Besiege</i> *	6.0-10.0 oz/ac	No restrictions
Malathion <i>Malathion 57EC</i>	2 pints/ac	No restrictions

*= Restricted Use Pesticide (requires Texas Pesticide License to purchase)

**= 1st & 2nd instar (first two stages of the caterpillar’s life cycle, usually 2-6 millimeters long)



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