

July 2023

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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UPCOMING EVENTS:

- 7/4: Independence Day - Office Closed
- 7/6: Agriculture Industry Breakfast, 7:00am, Expo Hall
- 7/10: Last day to sign up for the Craft Workshop
- 7/12: Diabetes Support Group Meeting, 10am, Sammy Brown Library
- 7/13: 4-H Cookin' Night, 5:30, Expo Hall
- 7/14: Master Gardeners Meeting
- 7/17: Craft Workshop, 6pm, Still Waters Church - Red Building
- 8/7: ALPA Meeting, 6pm, Expo Hall
- 8/9: Diabetes Support Group Meeting, 10am, Sammy Brown Library
- 8/10: 4-H Cookin' Night, 5:30, Central Baptist Church
- 8/11: Master Gardeners Meeting
- 8/15: Texas State Fair Dallas and East Texas Fair Tyler Entries Due
- 8/15: 4-H Registration Begins
- 8/15: Horticulture in the Evening, 5:30pm, Sammy Brown Library
- 8/24: Virtual Club Manager Training, 5:30pm, Zoom
- 8/26: 4-H Banquet, 6pm, Carthage Civic Center
- 9/17: Walk Across Texas! Begins

In This Issue:

- Healthy Summer Days & Nights
- Have a Happy and Safe 4th of July
- Beat The Heat: How to Keep Pets Safe From Heatstroke
- Summer Recipes
- 4-H Club Information and News
- Managing Heat Stress in Cattle
- Staying Vigilant with Armyworms
- State Fair Dallas and East Texas Fair Tyler information
- Summer Care for Home Lawns

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





Happy 

TH OF
4 JULY

WE WILL BE CLOSED
JULY 3 & JULY 4

Panola County

Ag Industry Breakfast

July 6, 2023 | 7:00am

Expo Hall CEU: IPM

Forage Pest

Management



HEALTHY SUMMER DAYS & NIGHTS



Staying healthy during the summer can be a difficult task due to vacations, summer camps and busy schedules. Here are some tips for you to stay healthy this summer season.

Rest– because the days are longer, you may find yourself staying up later. The average person needs 7-9 hours of sleep a night. Studies have also shown that people who do not get enough sleep have a higher risk of obesity and food cravings.

Hydrate– because of the higher temperatures our bodies work harder to stay cool by perspiration (sweating). To prevent dehydration drink a minimum of 64 oz of water each day.

<https://dinnertonight.tamu.edu/healthy-summer-days-and-nights/>

Stay Cool– Try swimming or any other water sport of your liking. If you are exercising outdoors, remember to wear light clothing that allows you to stay dry and cool to prevent heat exhaustion.

Eat Summer Foods– Lots of great fruits and vegetables are currently in season. Add zucchini, tomatoes, cantaloupe and watermelon as side dishes to your meals. These foods are low in calories which may help you eat less while keeping you full. Speaking of summer fruits, the next page has some of Dinner Tonight's favorite recipes that uses a variety of fruits.

LEMON BERRY ALMOND CAKE

INGREDIENTS:

Cake

- 16.5 ounce Classic white box cake mix
- 1 ounce Lemon instant pudding mix fat free, sugar free
- 6 ounces nonfat vanilla greek yogurt
- 3 each egg whites
- 1 1/2 cup water

Topping

- 1 ounce Vanilla instant pudding mix fat free, sugar free
- 1 cup skim milk
- 8 ounces whipped topping thawed, fat free
- 2 Tablespoons almonds sliced
- 1/3 cup Blackberries halved
- 1/3 cup raspberries halved
- 1/3 cup blueberries whole
- 1/3 cup strawberries chopped

INSTRUCTIONS:

1. Wash your hands and clean your cooking area. Pre-heat oven to 350 degrees Fahrenheit
2. In a large mixing bowl, combine the cake mix, lemon pudding, yogurt, egg whites, and water. Mix contents together for 3-5 minutes until well blended.
3. Spray a 9x11 baking pan using a non-stick cooking spray.
4. Pour cake batter into the cake pan and bake for 35-40 minutes.
5. To begin the topping, place the vanilla pudding and milk in a medium mixing bowl and combine. Once mixed, fold in the thawed whipped topping.
6. Once the cake is done and cooled, add cake topping. Finally, top the cake with almonds and berries. Serve and enjoy!



AGUAS FRESCAS WATERMELON & LIME

INGREDIENTS

- 5 cups seedless watermelon cubed
- 3 cups water divided
- 5-6 mint leaves
- 1 lime sliced for garnish
- 1 cup Ice

INSTRUCTIONS

1. Combine watermelon, 1 cup of water, and mint leaves into a blender until liquefied.
2. Pour the watermelon mixture into a 2 quart pitcher, add 2 cups of water and ice, stir together.
3. Garnish the drink with thinly sliced lime rings and enjoy.
4. Serve or store in refrigerator up to 2 days.
5. Tip: Use a strainer when pouring the liquefied watermelon into the 2 quart pitcher for a thinner consistency.





Have a Happy and Safe 4TH OF JULY

<https://www.redcross.org/about-us/news-and-events/news/how-to-have-a-safe-4th-of-july.html>

It will soon be time to celebrate Independence Day. What do your plans include? Are you going to the local fireworks display? Maybe you're looking forward to some fun in the water. The American Red Cross wants you to enjoy a fun-packed, safe 4th of July and offers these tips you can follow during the upcoming holiday:

FIREWORKS SAFETY

The safest way to enjoy fireworks is to attend a public firework show put on by professionals. Many states outlaw most fireworks, especially in dry climates prone to forest fires. Consider celebrating with glow sticks, noise makers or silly string instead. If you are setting fireworks off at home, follow these safety steps:

- Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Always follow the instructions on the packaging. Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.

WATER SAFETY

Children and adults should learn to swim so they at least achieve the skills of water competency: be able to enter the water, get a breath, stay afloat, change position, swim a distance and get out of the water safely. Whether swimming in a pool, at the beach or visiting a waterpark, always swim in an area where lifeguards are on duty.

- Watch the weather and get out at the first sign of lightning or rumble of thunder. Stay indoors and away from water for 30 minutes after the last lightning flashes or thunder roars.
- Provide close and constant attention to children you are supervising in or near water.

- Fence pools and spas with adequate barriers, including four-sided fencing.
- Children, inexperienced swimmers, and all boaters should wear properly fitted U.S. Coast Guard-approved life jackets.

BEACH SAFETY

If you plan to swim in the ocean, a lake or river, be aware that swimming in these environments is different than swimming in a pool. Be sure you have the skills for these environments.

- Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.
- Protect your neck — don't dive headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.
- If you are caught in a rip current, try not to panic. Signal to those on shore that you need assistance. Swim parallel to the shore until you are out of the current. Once you are free, swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.

WATER PARK SAFETY

Wear protective clothing, including a hat and some kind of cover-up for when you've had enough sun. Use sunscreen before leaving home and reapply during the day.

- Parents — keep an eye on the kids. If they can't swim or are less than four feet tall, have them wear a U.S. Coast Guard approved life jacket.
- Signal a lifeguard if you see someone is in trouble. Yell if you need to grab attention, but don't go in after the person yourself.
- Set up a meeting place in case someone gets separated from your group. Use the buddy system to make sure no child is alone.

BEAT THE HEAT:

How to Keep Pets Safe From Heatstroke

By: Staff Writer: College of Veterinary Medicine & Biomedical Sciences, Texas A&M University.



Summer is a time for barbecues, picnics, and other outdoor fun with family, friends, and pets. But with summer comes high temperatures, making it more important for owners to know how to recognize the symptoms of heatstroke and heat exhaustion in pets.

Heat exhaustion is a general term for the lethargy, discomfort, and weakness caused by high heat, while heatstroke is an actual illness caused by increased body temperature.

Dr. Dalton Hindmarsh, an emergency and critical care resident at the Texas A&M College of Veterinary Medicine & Biomedical Sciences, says that while some pets are more susceptible to heatstroke, any pet can develop the illness under certain conditions.

“Heatstroke is most commonly caused when pets are left outdoors during the hot, humid summer without adequate access to shade and water or when pets are left in vehicles without ventilation at any time of the year,” Hindmarsh said. “Heatstroke can also develop any time of the year in pets with respiratory conditions or obese pets, especially when the weather changes abruptly and becomes more humid.”

Animals with prolonged seizure activity or full body tremors may also develop heatstroke because of the increased body temperature caused by muscular activity.

Heatstroke is extremely dangerous because it has the potential to harm the body in multiple ways and causes increasing damage as an animal’s body temperature rises.

“Body temperatures above 105 degrees Fahrenheit can result in life-threatening blood clotting problems, shock, severe dehydration, kidney and liver damage, and neurologic changes,” Hindmarsh said. “Literally every cell in the body is affected as the extreme temperature damages proteins.”

If the body temperature rises above 107 degrees Fahrenheit, the animal may also experience multi-organ dysfunction and even death.

For this reason, it is very important for pet owners to be aware of and watch for the signs of heatstroke whenever a pet is outside for an extended period of time. These signs include collapse; a sudden onset of vomiting and/or diarrhea; respiratory distress and nonstop panting; drooling; and bright red, purple, or blue gums.

If you notice that a pet has any of these signs, Hindmarsh suggests taking immediate action.

“Remove the pet from the environment, start the cooling process with a fan, and seek veterinary care as soon as possible,” he said. “I would caution owners against placing them in an ice bath or submerging them in water because it may drop their temperature too low.”

In addition to carefully monitoring pets, there are other steps owners can take to prevent heat exhaustion and heatstroke. Hindmarsh recommends making sure pets always have access to fresh water and shade when outdoors, avoiding exercise during the hottest and most humid times of the day, and never leaving a pet unattended in a vehicle.

“Owners should consult their family veterinarian and always start slow when reintroducing activity to a previously inactive pet, especially in the spring,” he said.

Your veterinarian can also provide further advice on keeping your pet safe from heatstroke and heat exhaustion.

Summer heat has the potential to be dangerous, but by carefully monitoring an animal’s condition and the environment, owners can enjoy this time of year with their beloved pets.



4-H REGISTRATION BEGINS

August 15

Youth that is 8 years old and going into the 3rd grade must wait until **September 1st**

Club Name	Club Manager	Meeting Date & Time
ALPA Adult Leaders & Parents Association	Corie Young 903-692-7737	1st Monday, 6:00pm Expo Hall
BECKVILLE 4-H	Brandy Dudley 903-690-1108	4th Monday, 6:00pm, Beckville Sunset Elementary
CARTHAGE 4-H	Panola Co. Extension Office Lee Dudley & Clarissa Moon 903-693-0300 ext 160	4th Tuesday, 6:00pm Expo Hall
DEBERRY 4-H	Shawntel Wells 903-690-6552	3rd Thursday, Time 332 CR 310 DeBerry
FAIRPLAY 4-H	Eric Pellum 903-754-2582	2nd Monday, 6:00pm Allison Chapel UMC in Fairplay
GARY 4-H	Jennifer Whitby 903-692-1729	3rd Monday, 6:00pm Gary ISD Cafeteria
SHOOTING SPORTS 4-H	Panola Co. Extension Office Lee Dudley & Clarissa Moon 903-693-0300 ext 160	4th Monday, 6:00pm Expo Hall
STILL WATERS 4-H	Corie Young 903-692-7737	3rd Monday, 6:30pm Still Waters Cowboy Church

JOIN A.L.P.A.



ADULT LEADERS & PARENTS ASSOCIATION

Next Meeting: August 7, 6:00pm, at the EXPO

This advisory group supports all programs within Panola County 4-H and makes decisions about awards, events, policies, and more! Meets about 9 times per year on the first Monday.

REACH OUT FOR MORE INFORMATION!

4-H CLUB MANAGER TRAINING

August 24 - Virtual - 5:30pm

New managers must attend the full training

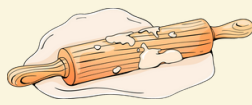
Financial Training is required for **ALL** leaders

4-H COOKIN' NIGHTS

July 13, 2023

5:30-7:00pm

Expo Hall



4-H END OF YEAR CELEBRATION!

August 26, 2023

Carthage Civic Center



Ticket info coming soon!

CRAFT WORKSHOP

4-H PROJECT PINS WALL DISPLAY

JULY 17 6:00PM

STILL WATERS COWBOY CHURCH



Sign up by July 10

Free & Open to All Youth!

*With the 4-H Banquet coming up...
Let's make something to display your project pins!*



Horticulture

in the Evening!

August 15 | 5:30pm
Sammy Brown Library

Topic:

Worms in the Garden



MANAGING HEAT STRESS *in Cattle*



By: Lee Dudley: County Extension Agent Panola County

With the Texas summer in full swing and daytime temperatures already hitting surpassing 100 degrees and humidity levels staying above 60% most days, heat stress in livestock is something all producers should be keeping an eye on. In this article, we will be focusing specifically on cattle, and the concern we have with the combination of high day and nighttime temperatures limiting the time cattle have for lowering body temperatures before the next day. Studies from Dr. Grant Dewell, Associate Professor of Veterinary Diagnostic and Production Animal Medicine of Iowa State University, have shown that it takes as much as six hours for cattle to cool down after heat stress events and that cattle body temperatures do not peak until two hours after daytime temperatures do. In fact, numerous consecutive days of these conditions can result in elevated heat stress, ultimately resulting in cattle exhibiting signs of stress and or death. To help managing this, here are some simple tips to make sure your cattle stay comfortable:

1) Avoid handling, transporting, moving, or processing cattle. If cattle must be handled, do so in the early in the morning hours using low stress handling techniques.

2) Provide additional water for cattle on pasture, especially if they only have access to one tank in the pasture. Also, it is critical to check water sources frequently for problems and provide additional tank capacity as water intake increase.

3) Observe cattle for abnormal behavior problems often occurring during stressful events. This can be done by watching cattle movement, location, and behavior for indications of problems. Have a back-up plan ready if power or water systems fail.

4) Provide shade during heat stress days, shade is critical especially for dark-haired, fleshy, young, and older cattle. Shade can easily be provided by allowing access to pasture with trees or providing access to open buildings or using shade curtains placed out in the pens.

5) Provide adequate ventilation if cattle are being fed and housed in an enclosed barn or building, use fans to move air out or through the building or open sides of the barn or provide access to an outside pen or pasture with shade. Using sprinklers in this situation will potentially intensify the problem and create more humidity without proper air movement to remove it from the building.

The first sign of heat stress is increased breathing followed by open mouth breathing (panting), and slobbering. As the heat stress becomes severe, cattle will tremble and lose coordination. If they go down, they most likely will not recover. When the first signs of heat stress are observed, minimize the stress immediately with the tips above. Early intervention is the key to survival, especially providing intervention in the evening when cattle are trying to dissipate heat built up from the day.

Also be aware that heat could have implications which may not be seen immediately. If you are in breeding season with your cow herd, heat stress could result in greater losses in the first few weeks after conception. For bulls preparing for breeding season, the high temperatures could impact semen quality 2 to 4+ weeks later, resulting in lower conception rates a month after the heat stress event. These are additional reasons to keep your cow herd cool during times of high heat index weather.

So, remember to pay close attention to cattle this week as the excessively high temperature may catch some at-risk cattle (cattle at end of feeding period, cattle with previous respiratory disease dealing with excessive heat stress off guard. For more information pertaining to Beef Cattle Management fill free to contact your Panola County AgriLife Extension office at (903)693-0300 Ext 161



Staying Vigilant with Armyworms

By Lee Dudley

Primarily, armyworms become an issue for area forage producers starting in August and run through early November; however, with the abnormal amount of rainfall for May and June, along with the current weather patterns bringing warm air up from the gulf, it is not if but a matter of when we start getting reports of the nasty pest this summer. Staying vigilant is key with armyworms who 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 cold 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 late summer and fall following periods of rain, which create favorable conditions, just as the weather we just had.

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.

Fall 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

Active Ingredient <i>Sample Trade Name</i>	Armyworm Control	Grazing/Haying Restrictions
S-Cyano <i>Mustang Maxx*</i>	2.8-4.0 oz/ac	No Restrictions
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)

STATE FAIR OF TEXAS DALLAS

Due August 15

ONLINE ENTRY! ENTRY PORTAL OPENS AUGUST 1

Youth Livestock and Contest entries are encouraged to be made online by parent/guardians through the online parent portal (<https://livestock.bigtex.com/login/>). Both the exhibitor and parent/guardian will be required to electronically sign the Release.

- Visit livestock.bigtex.com to login to or create your SFT Parent Portal account. Upon completion of submitting your entries they are directed to your ag teacher or county agent's queue.
- Your advisor **MUST** approve your entries. Entry application does not guarantee entry acceptance. Once your advisor has approved your entries in their queue and checked out of their cart we will receive your entry.
- Electronic indemnity and W9 signatures will require parents to log in and complete before entries will be accepted. After parent access ends, AST/CEA will need to create entries for exhibitor. Parents will be notified via email to collect signatures for entries made by AST/CEA during this time period. **Entry portal will open August 1st. All entries must be completed no later the August 15th, paid in full at that time.**



East Texas State Fair

All entry forms due into the
Extension office by
AUGUST 15 - PAID IN FULL.

Forms will be available on the
website starting August 2.

**Other Major
Livestock Show
Entries and
Information will be
on our website once
available!**



Summer Care

FOR HOME LAWNS

By Lee Dudley

With the summer months in full swing in Panola County, we notice every year during this time that our yards grow fast, requiring more frequent often a weekly 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 compost faster, helping to build up the soil health in lawns. A general rule of thumb is to avoid removing 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 and as we see this week temperatures often break 100. For our yards to maintain a great color and healthy appearance, it is critical to 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, we need to keep an eye out for those pesky lawn pests. Insects such as chinch bugs that multiply rapidly in the warmer humid 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 previously 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 parts of summer.

Another insect that can cause problems during July and August is 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 questions pertaining to this topic or any others, contact Lee Dudley at the Texas AgriLife Extension Office at (903)693-0300 Ext. 161.



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