

February 2024

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

Address:

316 W. Sabine St.
Carthage, Texas 75633

Phone:

(903) 693-0380

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org



Facebook:
[/PCAgriLife](https://www.facebook.com/PCAgriLife)

In This Issue:

- Answering the Cattle Nutrition Protein Question
- It's Time to Plant Fruits and Nuts
- Unlock the Secrets of Land Ownership with Panola County AgriLife Extension
- The Little Things that can Improve your Health
- Panola County Junior Livestock Show Schedule
- 4-H News and Events
- How to Stay Active Indoors During the Winter and Enjoy it
- Warm Season Annual Forages

UPCOMING EVENTS:

- 2/1: Rabbit Validation and Entries, 6:00-7:00pm, Expo Hall
- 2/1: Project Fair Entries and Payment Due to the Extension Office
- 2/3: Indoor Archery Meet, Expo Hall
- 2/5: 4-H Council Meeting 5:30pm, ALPA Meeting 6:00pm, Extension Office
- 2/5: Registration begins for Lone Star 4-H Splash Camp
- 2/8: Health Literacy Series, 10:00am, Panola Senior Apartments
- 2/9: East Texas Fruit, Nut, & Vegetable Conference, Tyler, TX, 8:00am
- 2/14: Diabetes Support Group meeting, Sammy Brown Library, 10:00am
- 2/16: District 5 Food Challenge, Center, TX
- 2/16: Land Ownership Program, Extension Office, 9:00am
- 2/19: Extension Office closed for Presidents' Day
- 2/26: Panola County Jr. Livestock Show and Project Fair Week
- 3/1: Flower ID Photography Contest begins
- 3/13: Diabetes Support Group meeting, Sammy Brown Library, 10:00am
- 3/15: Spring Virtual Fishing Skill-a-thon begins
- 3/15: PCJLS Scholarship Postmark Deadline
- 3/15: Land Ownership Program, Extension Office, 9:00am

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



Answering the Cattle Nutrition Protein Question



By Kay Ledbetter: communications coordinator
for Texas A&M AgriLife

Knowing exactly how beef cattle utilize protein is important to answering many nutrition questions producers and industry nutritionists pose to [Texas A&M AgriLife Extension Service](#) specialists like [Jason Smith](#), Ph.D., Amarillo.

Smith, an AgriLife Extension beef cattle nutritionist and associate professor in the [Texas A&M College of Agriculture and Life Sciences Department of Animal Science](#), works one-on-one with producers, AgriLife Extension county agents and other beef industry stakeholders throughout the High Plains of Texas.

One of his primary focus areas is to identify opportunities and conduct the applied research necessary to develop solutions to problems producers face. Protein nutrition is one of those areas. He hopes to empower producers with the ability to make decisions that optimize cattle productivity, are economically advantageous and promote environmental stewardship.

“For years, we have had a good appreciation for the concept that cattle utilize different protein fractions to different degrees due to the rumen environment but have historically been limited in our ability to reliably predict the site and extent of protein digestion,” Smith said.

“Making strategic, informed decisions and recommendations involving protein nutrition requires us to predict how and where the animal will digest and utilize protein. Recognizing our previous limitations, filling that knowledge gap became a critical step necessary to help producers and nutritionists meet the nutrient requirements of cattle.”

“Our latest research is making us rethink the values traditionally assigned to some of our major protein ingredients,” Smith said. “We need to rethink how we measure or estimate those values. Fortunately, this project allowed our team to develop prediction equations for producers and nutritionists to use that are both highly accurate and precise.”

The research needed to address this industrywide problem was partly funded by the Texas Cattle Feeders Association and conducted at the joint Texas A&M AgriLife and U.S. Department of Agriculture-Agricultural Research Service research feedyard and metabolism laboratory in Bushland. The team is in the process of publishing the results and has already presented their findings at several major meetings, which have been well received by the industry.

“Protein is one of those areas where we need more information to answer questions that pertain to feeding cattle,” he said. “Not all proteins fed to beef cattle are treated the same in the rumen, and how they are utilized by the animal influences far more than just the amino acids they supply to the animal. Before answering many of these questions with more certainty, we knew we needed to better understand the site and extent to which protein is digested. This was a critical first step for our group.”

Over the past three years, he has collaborated with research colleagues in Texas A&M AgriLife Research and within the Department of Animal Science, as well as with the U.S. Department of Agriculture–Agriculture Research Service at Bushland, to generate science-based answers and bring solutions back to those asking the questions.

Other AgriLife Research members of the team from the Department of Animal Science include Vinícius Gouvêa, DVM, Ph.D., assistant professor and ruminant nutritionist, Amarillo; and Tryon Wickersham, Ph.D., professor and animal nutritionist, and Luis Tedeschi, Ph.D., professor and animal nutritionist, both in Bryan-College Station. From the USDA-ARS Livestock Nutrient Management Research unit at Bushland, researchers include Matt Beck, Ph.D., research animal scientist, and Terra Thompson, Ph.D., research soil scientist.

This study complements the work of Wickersham in protein nutrition and nitrogen metabolism, of Gouvêa in beef cattle nutrition and feeding management, Tedeschi in nutrition modeling, and work by Beck in environmental impact.

The research team completed a series of experiments over the past three years that allowed them to not only evaluate the individual protein fractions and their availability to cattle for 18 common feedstuffs, but also to predict them using simple nutrient composition provided by routine feed analyses, Smith said.

“We’ve also begun to conduct some testing to better understand the economic and environmental consequences of under and over-feeding protein to cattle,” he said.

The research will ultimately allow producers and nutritionists to make more strategic supplementation decisions, formulate rations more precisely, and make more informed ingredient purchasing decisions.

“Ultimately, we’re trying to help producers and nutritionists achieve the optimal balance between productivity, economics and environmental stewardship. This work will help us to do that.”

The research is an example of the effort to answer more than just scenario-dependent questions, but to provide broader solutions to a greater area of concern within the industry.

Part of that effort is training graduate students like Jarret Proctor and Nate Long, who both work at Bushland, to become tomorrow’s nutritionists and AgriLife Extension personnel. Smith said these students are being trained in a unique way by working in this integrated AgriLife Extension-based applied research field.

“We are using translational research to build a foundation of scientific knowledge but also sharpen it with experiential on-the-ground learning by solving real-world problems,” he said. “These students are working with producers to develop solutions to the problems that they face. The findings of their work are enhancing their ability to do so.”

Smith said the team will continue to refine the process and actively work to further improve the understanding of how feedstuffs interact with the animal to meet its nutrient requirements and to develop estimates that can quickly and economically be incorporated into current laboratory tests.

Our office will be closed
February 19
for Presidents’ Day

It's Time to

Plant Fruits and Nuts



By Greg Grant, Smith County Horticulturist
and Master Gardener coordinator for the
Texas A&M AgriLife Extension Service



Now is the time to plant fruit (and nut) trees. Before a fruit tree is planted, make sure there is adequate space. Most fruit trees require an area 25 feet by 25 feet. The site must have a full day's sun. And, a single pear tree, properly cared for, can easily produce two bushels of fruit (about one hundred pounds) so don't plant too many fruit trees for your needs or your ability to care for them.

Fruit trees (especially bare root ones) are best planted in mid-winter to allow time for root development prior to spring growth. First, clear the site of weeds or grass, and till or spade an area at least 4 feet by 4 feet. Any hard pan (layer) beneath the soil should be broken up. Level the site, and till again. Organic matter may be added to the planting area, but it is unnecessary, and never add fertilizer. To allow for drainage, the site may be built up so that the tree will be sitting on a small berm.

Plant the tree in the middle of the tilled area in a hole as big as the root system, usually about 12 inches wide, and at least 18 inches deep. Plant the tree and refill the soil to the same depth that the tree grew in at the nursery, being careful the tree does not settle too deep. Mulch the area

around the trunk with about three inches of compost, pine straw, or mulch to prevent weeds and to keep the ground warmer during the winter. In April or May, as the grass greens up, spray 3 or 4 feet around the base of the tree with glyphosate herbicide if weeds are a problem (being careful not to spray leafy sprouts on the trunk) or add new mulch to keep the weeds out and the ground cooler during the summer. It is critical that this be done if the tree is to perform well. If you do little else, maintain this weed-free circle around the tree.

Only plant varieties adapted to and recommended for this area. Many types of fruit and nut trees don't grow well or at all here. Select mid-size trees; they are cheaper and grow better than larger trees. Plus, it is far easier to cut 3- to 4-foot trees back to 18 to 24 inches, than to prune 5- to 6-foot trees. Such strong pruning is necessary to remove apical dominance, put the top in balance with a reduced root system, and force out strong vigorous shoots which are easy to train. The trees should have healthy white roots with no brown streaks. Also check for borer presence or damage. With proper care, it is highly possible for your fruit tree to fruit the second year after planting.

East Texas Fruit, Nut, & Vegetable Conference

February 9, 2024 | Rose Garden Center, Tyler, TX

\$25/person | Register by Feb. 7 | Register online here <https://smith.agrilife.org/fnvc/>

8:00am: *Registration*

8:30am: **Blueberries** - *Dr. David Creech, Professor Emeritus - SFA, Director SFA Gardens*

9:30am: **Muscadines and Bunch Grapes** - *Michael Cook, Texas A&M AgriLife Extension*

10:30am: *Break*

10:45am: IPM on **Tomatoes and Peppers** (1 CEU) - *Dr. Rafia Khan - Texas A&M AgriLife Extension*

11:45am: *Lunch provided*

12:30pm: **Pears** - *Dr. Andrew King, King's Nurse and Assistant Director SFA Gardens*

1:30pm: *Break*

1:45pm: **Blackberries** - *Dr. Tim Hartman, Assistant Professor and Extension Specialist*

3:00pm: *Adjourn*



Unlock the Secrets of **LAND OWNERSHIP** *with Panola County AgriLife Extension!*

By Lee Dudley



Calling all new landowners! Starting this February, Panola County AgriLife Extension proudly presents a comprehensive five-program series tailored to empower and guide you through the exciting journey of land ownership. Delve into the essential topics of livestock, forage, and sustainability, gaining profound insights and skills to elevate your land management game.

Program Modules:

1. Managing for Livestock:

- Dive into the world of beef cattle, sheep, and goats.
- Learn the art of raising livestock herds aligned with your operational goals.
- Discover strategies for optimal herd management and health.

2. Managing for Forages:

- Explore the diverse realm of grasses and forages.
- Master the techniques for maintaining lush and healthy forage landscapes.
- Acquire skills in identifying and managing harmful insect pests and invasive weeds.

3. Managing for Sustainability:

- Immerse yourself in habitat management, watershed stewardship, and wild pig management.
- Learn to safeguard your water bodies and practice responsible watershed stewardship.
- Develop techniques to manage wild pig populations for a balanced ecosystem.

Program Schedule: Mark your calendars for a transformative experience!

- **February 16th:** Panola County AgriLife Extension Office (9 am – noon) | Cost: \$10
- **March 15th:** Panola County AgriLife Extension Office (9 am - noon) | Cost: \$10
- **April 26th:** Carthage Civic Center Conference Room (8 am – 3:00 pm) | Cost: \$20
- **May 17th:** Sunnyhill Ranch, Hudson, TX (8 am – 2 pm) Cost: \$20
- **June 7th:** Field Day (Location to be announced)

Why Attend? For our February 16th program, we will unravel the secrets beneath the soil, emphasizing how healthy soil is the bedrock of productive, sustainable agriculture. Understand the significance of managing soil health, from erosion reduction to water infiltration enhancement, nutrient cycling improvement, cost-saving on inputs, and overall enhancement of your land's resiliency.

This course goes beyond the basics, providing new landowners with a holistic education on wildlife, livestock, forages, and land stewardship. Gain the foundational knowledge needed to make informed decisions about your property.

Whether you're cultivating crops, raising livestock, or exploring other possibilities, Panola County AgriLife Extension is your dedicated partner. Join us on February 16th as we explore the principles of soil health and actionable best practices.

Registration: Secure your spot now! For more information and to register for these transformative courses, contact the Panola County AgriLife Extension office at (903) 693-0380. Let's cultivate success together and build a thriving future for your land!

Health Literacy *Series*

Ability to understand health information equals better health outcomes!

Thursdays, February 8 - March 7

10am at Panola Senior Apartments (meeting room) • Open to the Public
101 Senior Ave, Carthage, TX 75633

FREE TO ATTEND

Registration preferred but not required by February 7 • (903) 693-0380

Lesson One: Lifestyle Choices and Your Health

Lesson Two: The ABCDs of Medicare

Lesson Three: Talking with Your Doctor

Lesson Four: Medication Management

Lesson Five: Finding Reliable Information on the Internet

The ability to obtain, understand, and act upon health information (health literacy) is key to making the right health decisions. Evidence shows that people with higher health literacy are more likely to seek preventive care, follow treatment plans, and experience decreased rates of hospitalization and emergency services, along with shorter hospital stays.



The Little Things that can Improve your Health

Schedule these simple yet effective activities throughout your day.



[Health.Harvard.edu](https://www.health.harvard.edu)

Eating a plant-based diet, exercising, controlling weight, not smoking, limiting alcohol intake, and getting enough sleep are all pillars of a healthy lifestyle. They're linked to lower risks of chronic disease and a longer life.

Many other activities contribute to good health, too. Some seem so minor that it's easy to forget about them, especially when you're focused on the big goals of exercising and eating nutritious meals. Use this guide to help you fit more "little things" into your day.

EVERY HALF-HOUR

Set a timer and take a break every 30 minutes to do the following activities.

Get up and move. Too much sitting is associated with increased risks for obesity, diabetes, cancer, heart disease, and early death. On the flip side, moving — even just a little — is linked with reduced risks for chronic disease. An activity break doesn't have to be fancy. For example: "Just standing up helps improve how your body uses blood sugar," says I-Min Lee, a senior exercise researcher and a professor of medicine at Harvard Medical School.

She suggests giving this routine a try every 30 minutes: Stand up, reach your arms to the sky, stretch, and twist your trunk to the left and right. Then walk around to get your heart and lungs working a little harder. You might do a quick household chore (unload a dishwasher, fold a load of laundry), climb up and down the stairs, get the mail, or dance to a favorite song. "Make sure you move your arms and legs. That's good for your muscles, which get tight when you sit too long. And it's good for your posture, which tends to be hunched on a couch and slouched at a desk," Lee says.

Drink a little water. Staying hydrated keeps every cell in your body functioning well. And it takes a concerted effort to make sure you're getting enough fluids (which can come from water, juice, or watery foods like berries or soup). To find out how much fluid your body needs, divide your body weight in pounds by 3. (For instance, a 144-pound person

would need 48 ounces of fluids per day, or about six cups.) If you don't want to guzzle a cup of water here or there, just drink an ounce or two every half-hour. You'll ensure that you've met your hydration needs by the end of the day.

EVERY FEW HOURS

It's important to practice some habits every few hours. Schedule them at times when it makes the most sense for your day, such as a break in between two tasks.

Have a snack. "Smaller, more frequent meals can help you keep up your energy, keep your blood sugar levels stable, and increase the variety of foods in your diet," says Liz Moore, a registered dietitian at Harvard-affiliated Beth Israel Deaconess Medical Center. She recommends having a small snack between a light breakfast and lunch, and then another between a light lunch and dinner.

"It needs to be nutritious. Combine protein and carbohydrates to keep it filling and well balanced," Moore advises. What makes a great snack? Moore recommends half a cup of nonfat Greek yogurt with berries, a handful of nuts, an apple or banana with a spoonful of peanut butter, half a cup of whole-grain cereal with milk, a hard-boiled egg with whole-grain crackers, or even just a small portion of leftovers from your last meal.

Be mindful. Being mindful is being present in the moment and taking in the sights, sounds, smells, and feelings you're experiencing. Practice mindfulness by simply stopping what you're doing and focusing on what your senses pick up. While washing your hands, for example, notice the temperature of the water, how your hands glide over each other, what the soap smells like, how the process makes you feel.

Or go on a brief mindful walk outside, observing the shapes and colors of leaves on the trees, the smell in the air, the sounds of birds, and how it all makes you feel. This process of being mindful is associated with reduced stress and anxiety; improvements in sleep, mood, focus, and

concentration; and better management of pain and chronic disease.

Use eye drops. It takes only the blink of an eye to keep your eyes moist — literally. Blinking stimulates the production of tears and oils that lubricate the eye surface. Aging slows tear production, and when you add a lot of electronic screen time to your day — watching TV or looking at a smartphone or computer, which makes us stare more and blink less — we can get dry eyes. The fix is using artificial tears periodically throughout day. The drops don't have to be preservative-free unless you use them more than six times per day.

ONCE A DAY

Some activities bring rewards just by doing them once a day. Make time for the following.

Learn something new. Learning strengthens existing brain cell connections (synapses) and makes new ones, which helps keep thinking and memory sharp. The more synapses you build, the better shape you'll be in later, as you start to lose synapses naturally with age. Schedule a time each day to learn something new, whether you watch part of a documentary, listen to a new type of music, read a nonfiction book, or watch an interesting lecture on YouTube (search "university lecture" for endless options). "Write down what you learn and share the information with

someone in your life. That reinforces the recording process in the brain and helps you retain the information better," says Dr. Andrew Budson, a neurologist and chief of Cognitive and Behavioral Neurology at the VA Boston Healthcare System.

Chat with someone outside your household. Social connection thoroughly engages the brain. And when you have an enjoyable or meaningful interaction with someone, it increases brain cell connections, boosts mood, reduces isolation and loneliness, and may play a role in reducing the risk for chronic disease and premature death. Try to schedule some sort of social connection at least once per day. It may just be a phone visit with a friend or a chat with a neighbor. "And if it's someone you don't see every day, that's even better," Dr. Budson says, "because it will facilitate new connections in your brain, rather than simply strengthening existing ones."

Meditate. Meditating activates the relaxation response, the antidote to the body's stress response. In the short term, stress temporarily triggers a cascade of physiological changes that prepare us for "fight or flight." If we're always stressed, however, those effects can lead to chronic inflammation, high blood sugar, high blood pressure, and more. Eliciting the relaxation response at least once a day, by meditating for example, helps reduce stress and makes you better at coping with it. There are lots of ways to meditate, such as doing 10 or 15 minutes of deep breathing, yoga, mindfulness, or transcendental meditation.

Slow Cooker Chicken & Dumplings

Ingredients

- 2 pounds boneless/skinless chicken breasts
- 2 cups reduced sodium cream of chicken soup
- 1 onion diced
- 2 carrots sliced
- 2 medium celery stalks chopped
- 10 ounces of refrigerated reduced-fat biscuit dough torn into pieces
- 1 cup of frozen peas

Instructions

- Place chicken, margarine, cream of chicken soup, and onion in slow cooker. Cover and cook on high for 6 hours. Stir in carrots and celery after 5 hours of cooking
- Place torn biscuit dough in slow cooker 30 minutes before serving. Cook until dough is no longer raw in the center about 25 minutes. Peas will be added in the last 10 minutes of cooking... Serve warm.

DinnerTonight.tamu.edu





Panola County

4-H CLUBS

Club Name	Club Manager	Meeting Date & Time
ALPA Adult Leaders & Parents Association	Corie Young 903-692-7737	1st Monday, 6:00pm Extension Office
BECKVILLE 4-H	Brandy Dudley 903-690-1108	2nd Sunday, 2:30pm, Beckville Sunset Elementary
CARTHAGE 4-H	Lee Dudley & Clarissa Moon 903-693-0380	4th Tuesday, 6:00pm Expo Hall
DEBERRY 4-H	Shawntel Wells 903-690-6552	3rd Thursday, 7:00pm 332 CR 310 DeBerry
FAIRPLAY 4-H	Eric Pellham 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	Lee Dudley & Clarissa Moon 903-693-0380	4th Sunday, 3:00pm Expo Hall
STILL WATERS 4-H	Corie Young 903-692-7737	3rd Monday, 6:30pm Still Waters Cowboy Church

78th PANOLA COUNTY JUNIOR LIVESTOCK SHOW SCHEDULE

*****All events happen at the Carthage Expo Hall unless noted.***

Wednesday, February 21, 2024

- 9:00 am – Pen of Heifer Exhibitors report
- 9:30 am – Pen of Heifer Orientation meeting and turn in record books
- 10:00 am – Exhibitors take Pen of Heifer Exam
- 1:00 pm – Pen of Heifer Exhibitor interviews begin

Monday, February 26, 2024

- 3:30-6:30 pm - Project Fair Exhibits check in at Civic Center
- 5:30-6:30pm – Weigh out of Steers (Dr. Yates- Carthage Veterinary Hospital)

Tuesday, February 27, 2024

- 9:00 am – Pen of Heifers in place @ Expo & Exhibitor's Check-in (with Bruce Johnson)
- 9:15 am - Mandatory Pen of Heifer Exhibitor Meeting
- 10:00 am – Pen of Heifer Judging Begin
- 10:00 am- Project Fair Exhibits must be IN PLACE at the Civic Center
- 6:00 pm – Pen of Heifer Winners Announced
- 6:30 pm - Pen of Heifer Sale
- (All Pen of Heifers **must be paid for** before being removed from barn following conclusion of sale)

Wednesday, February 28, 2024

- 10am-12pm – Barrows, Goats and Lambs Weigh-In
- 12pm- All Ag Mech Projects must be IN PLACE (front of Expo, check in with Jason Payne)
- 12:30pm- Broilers & Rabbit Check-In/Weigh
- 1pm- Broiler Show followed by Market Rabbit Show

Thursday, February 29, 2024

- **Age Division Showmanship follows each species
- 7am- Gilt Check In (with Jessica Shadix)
- 8am- Barrow Show begins followed by Gilt Show
- 1pm- Lamb Show followed by Goats
- 1pm- Ag Mechanics Show Judging begins, Awards immediately following
- **PeeWee Showmanship to follow Goat Show

Friday, March 1, 2024

- **Age Division Cattle Showmanship follows cattle show
- 6am- All Cattle must be in place, check in (at show office)
- 8am- Cattle Show begins with Mini Hereford (pre-junior show), Market Steers, Heifers
- 8am- Ag Mechanics Silent Auction begins
- 10:45am- Buyers Lunch (Civic Center)
- 12:00- Presentation of Sponsor Buckles and Awards
- 1pm- Sale of Champions begins
- 2-4 pm- Project Fair Exhibit Pick Up (Civic Center)
- 3pm- Ag Mechanics Silent Auction Ends; students responsible for removing/delivering projects by 7pm

Rules, Photos, Added Money Sheet, etc: <https://pcjls.net>

2024

PROJECT FAIR

Open to all Panola County 4-H and FFA members, as well as students enrolled in art classes, photography classes or culinary/life skills classes.

FEBRUARY 26 - MARCH 1

Entry fees: \$10 Grades 3-12, \$5 Clover Kids

ENTRIES & PAYMENT DUE TO THE EXTENSION OFFICE BY FEBRUARY 1



DIVISIONS:

1. Foods
2. Fabric and Fiber Arts
3. Arts and Crafts
4. Legos
5. Photography
6. Floral Design
7. Educational Displays
8. Clover Kids



SCHEDULE:

Monday: Exhibits with attached entry tags may be dropped off at the Civic Center Conference Rooms

Tuesday: Closed judging, awards will be announced at 5:00pm. Building will be open for viewing following the awards presentation till 7:00pm.

Wednesday - Thursday: Public viewing 12:00-4:00

Friday: Exhibits will be moved from the Conference Rooms to the Gymnasium in the Civic Center. They will be displayed during the buyers' luncheon and released from 2:00-4:00pm.

PCJLS Scholarship

MUST be postmarked by MARCH 15

Attachments Required: High School Transcript and three (3) letters of recommendation

Students must have participated in the Panola County Junior Livestock Show for at least 2 years.

Panola County 4-H

Outstanding Club Member

MUST be turned into Extension Office with a 4-H Record Book by **May 31, 2024 @ 4:00pm**

These scoresheets will be used for consideration of the **Outstanding Junior Club Member** and **Outstanding Senior Club Member**

Points are based on participation from June 1, 2023 - May 31, 2024

[Forms are on our website!!!](#)

DISTRICT PHOTOGRAPHY

General Photography Contest

Register by March 1, 2024

- Open to 4-H members, adults and Clover Kids registered in District 5
- Individual event
- Contest based upon categories listed on page 8 & 9 in the contest rules

Spring Flower ID Photography Contest

Register March 1 - June 15, 2024

Upload Photos May 15 - June 15

- Open to 4-H members, adults, and Clover Kids in District 5
- Individual event
- Identification of plant or tree by common name based upon "showy" flower
- Photography skills implemented to capture those colorful spring flowers

Entomology Photography Contest

Register by March 1, 2024

Upload photos by March 1, 2024

- Open to 4-H members, adults, and Clover Kids in District 5
- Individual event
- Identification of adult insect by common name in the natural habitat of insect
- Photography skills implemented to capture Texas insects

NO 4-H COOKIN' NIGHT in February

*to prepare for
district food challenge*



BUILD ROBOTS

4-H Robotics



Meets Every Monday
(Except February 19)

Sammy Brown Library

5:30pm-7:30pm

Grades 3-8

Contact Nikki Ritter 979-575-0617

TEXAS FARM BUREAU SCHOLARSHIPS

Multiple Scholarships!

Applications close March 1, 2024

www.TexasFarmBureau.org

For questions contact youthactivities@txfb.org | 254.751.2258



Lone Star 4-H Splash Camp

Texas 4-H Center, Brownwood, Texas
April 26-28 • 6th-8th Grade Students

The Texas 4-H Water Ambassadors are hosting the first-ever Lone Star 4-H Splash Camp (water camp) at the Texas 4-H Center April 26-28. This event is open to 6th-8th grade students.

Registration opens February 5 on the Texas 4-H Conference Center website. Youth will be involved in project-based learning and lots of fun water activities! Registration is \$210 per student, which includes two nights' lodging, meals, a camp t-shirt, a camp water bottle, and all workshops and programming. Save the date to register beginning February 5th!

TEXAS 4-H REEL 'EM IN FISHING SKILL-A-THON

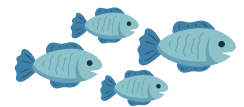
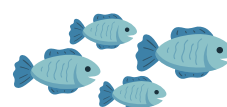


Spring Tournament:
Fish at YOUR Location
March 15 - May 27

Register NOW thru March 7
\$50 fee

Saltwater - Spotted Seatrout,
Flounder, and Redfish

Freshwater - Bass, Catfish, and
Panfish group



How to stay active indoors during the winter *and enjoy it*

Meredith Bailey | www.multicare.org

When the temperature drops, the lure of “hibernation,” snuggling under a blanket and reading a book or streaming a favorite TV show, is hard to resist. We all need a little rest and relaxation to recharge, yet too much time spent with our feet up is not good for the body or the mind — even when it’s cold outside.

“Your health doesn’t take a vacation during the winter months,” says Jenn Ropp, RDN, CDE, MS, diabetes education and nutrition program coordinator at MultiCare Health System. “Staying active can help you maintain a healthy weight, keep your blood sugar levels within a normal range and support your mental health and well-being.”

Regular exercise can also help protect your body from injury.

“During the winter months, we see a lot of slips and falls due to icy conditions,” says Allison Blumenthal, DO, MS, a sports orthopedic surgeon at MultiCare Integrated Sports Medicine. “The more you’re able to maintain your core strength, the less likely you are to fall and the less extensive your injuries are likely to be if you do fall.”

While the benefits of maintaining fitness year-round are many, staying active when the chill sets in can be a challenge; Pacific Northwest winters aren’t always amenable to many outdoor activities.

Here are tips to keep yourself motivated and your body active when you’re homebound.

If there’s a will, there’s a way

Come up with a plan. Without some forethought, exercise can slip down or completely fall off your to-do list.

“Don’t just say ‘I’m going to work out sometime today.’ Decide on a specific time that you’re going to exercise, what you’re going to do and what you need — clothing or equipment, for example,” says Annie Doyle, senior health and well-being director at [YMCA of Pierce and Kitsap Counties](#). “You’re more likely to exercise consistently if you’re prepared and it’s built into your schedule.”



Make it fun. Exercise shouldn’t be drudgery. Keep trying new activities until you find ones you like, and switch them up so you don’t get bored.

“You’re more likely to stick to something if you enjoy it and actually look forward to doing it,” says Dr. Blumenthal. “Maybe that’s doing Pilates in your living room or simply cranking up the music and dancing — whatever type of movement brings you joy.”

Set goals. Having fitness goals can help us stay motivated, but not just any goal will do.

“Setting short-term, achievable goals that you can measure can be really useful for keeping yourself on track for meeting a more long-term goal,” Dr. Blumenthal says. “For example, maybe today your goal is to exercise for five more minutes or do one more bicep curl than you did the day before.”

Find a buddy. It helps to have a friend or family member hold you accountable to your workout plan.

“This could be someone you’re actually exercising with or just someone that you check in with a couple of times a week about what you accomplished and how a particular activity is going,” says Doyle.

What to do indoors

Go virtual. There are all kinds of YouTube videos and free exercise apps with virtual classes for all ages, skill levels and interests. Some of my personal favorites are FitOn (app), 30 day fitness challenge (app) and Turbo Kick videos on YouTube.

Transform everyday activities into exercise opportunities. You don't need fancy equipment or a gym membership to remain active when you're inside. "Exercise can be incorporated into almost anything you do around the house," says Dr. Blumenthal. "For example, do lunges down the hallway instead of walking or do situps and pushups during commercial breaks when you watch TV. If your job involves sitting at a desk, set a timer for every 30-60 minutes to get up and move around."

Use your spring and summertime interests as inspiration. From hiking to softball, many of us have outdoor activities that we love to do when the weather turns warm. Instead of biding your time until the seasons change, work on maintaining or even improving your level of fitness for those activities now.

"Let's say you're a gardener — what kinds of exercises could you do in your home to better prepare your body for bending up and down or some of the other movements associated with yard work?" Ropp says.

Get a step counter (pedometer). Step counters use sensors to track your steps, and they range in both price and complexity.

"Step counters can help you pay attention to how much you're moving," says Ropp. "If there's a day where you have haven't been quite as active, then you can take some extra loops around the house to compensate."

According to a 2021 study in the Journal of the American Medical Association, people who take at least 7,000 steps a day had a 50-70 percent lower risk of mortality than those who took fewer steps.

Safety tips

Listen to your body. When you are trying a new activity, ease into it and let your body be your guide.

"Exercising can be uncomfortable sometimes and normal soreness is reasonable, but if something you're doing is causing pain in a specific area, you should stop and possibly seek medical care if it persists," says Dr. Blumenthal.

Pay attention to your surroundings. Make sure the movement you are doing is suitable for the environment you're in. For example, it's probably not safe to do jumping activities with a ceiling fan overhead.

Monitor your heart rate. One of the goals of exercise is to get your heart pumping, but don't overdo it.

"If someone were to ask you how you were doing and you couldn't respond, then your heart rate is too high," Doyle says. "It's time to slow down or take a break."

Diabetes Support Group Meeting

February 14

March 13

10:00am at the Sammy Brown Library

WARM SEASON ANNUAL FORAGES

By: Vanessa Corriher-Olson, Ph.D. - Forage Extension Specialist Soil & Crop Sciences, Texas A&M AgriLife Extension Service

Believe it or not, we can grow forages other than Bermudagrass and Bahiagrass in Texas! Warm season perennial grasses, such as bermudagrass and bahiagrass, make great foundations for pastures in Texas. However, there are additional forages that can be utilized for pasture or hay production in Texas. As always, when selecting forage species make sure to match species and variety to your location (soil type and average rainfall) as well as to your production system goals. For assistance in selecting a forage species and/or variety contact your local county extension agent.

Summer annual grasses that can be grown in Texas include:

- Pearl millet
- Forage sorghum
- Sorghum sudangrass hybrids
- Sudangrass
- Crabgrass

These forages can be valuable in an overall forage system. Each of these grasses has unique growth characteristics and must be managed appropriately for optimum production. Warm season annuals require that you prepare the soil, plant seed, and fertilize each year.



Pearl Millet is adapted to sandy, acidic soils. Avoid grazing or mowing pearl millet too short, as that can kill the stand. If you leave 4 to 6 inches of plant stubble after harvest, pearl millet will regrow. The stand can be harvested again in about 4 to 6 weeks.

Forage Sorghums can grow 8 to 13 feet tall and produce a substantial amount of dry matter. Forage sorghums grow best in fertile, well-drained soils that have good water holding capacity. Forage sorghums are best used in a single hay cutting when plants are in bloom or early dough stage. These sorghums have large stems; crushing them with a mower/conditioner will make them dry faster.

Sorghum-sudan hybrids grow 4 to 7 feet tall, have smaller stems, and dry faster than the forage sorghums. Sorghum sudan hybrids can yield more than any other summer annuals. These hybrids can be used for grazing or silage, but they are difficult to dry for hay. Do not allow horses to graze sorghum-sudans because they contain an unidentified toxin that can cause spinal cord degeneration and even paralysis.

Sudangrass is a fast growing warm-season annual that can produce good forage, though usually not as much as the sorghum-sudangrass hybrids. True sudangrass has fine stems and regrows rapidly after being grazed. Sudangrass needs fertile soil that drains well.

Table 1. Planting dates and seeding rates for selected warm-season annual grasses.

Species	Planting Dates	Seeding Rate	
		Drilled Llbs PLS*/acre	Broadcast
Pearl Millet	April 1 - June 1	10-15	25-30
Sorghum x Sudan Hybrids	April 1 - June 1	15-20	20-25
Sudangrass	April 1 - June 1	20-25	30-40
Forage Sorghum	April 15 - June 1	15-20	20-25
Crabgrass	April 15 - June 1	2-3	3-5
*Pure live seed			

Crabgrass is commonly considered a weed, but it can be a high-quality summer forage. Crabgrass grows best in well-drained soils and, if allowed to reach seed stage, can reseed itself year after year. Crabgrass forage has excellent quality and palatability, but the yield varies according to soil fertility and rainfall.

Summer annuals need appropriate fertilizers to produce well. Add lime, phosphorus, and potassium according to soil test recommendations. Nitrogen is also important; apply at 60 - 100 pounds per acre at green up. If you plan any additional harvest, you may apply 40 to 60 pounds of nitrogen per acre after each harvest.

Warm-season annuals, as the name implies, must be planted each year as well as require proper soil preparation and fertilization for a successful stand. Given the price of diesel, seed, fertilizer, and possible irrigation, it might not be economically feasible for all producers to plant and manage annuals. Additionally, because warm season forages work

well in open land, the rotation of warm season and cool season annuals results in a forage complementary management program allowing for a slight overlap in seasonal production.

Keep in mind, that both millet and sorghum-sudan forages can accumulate high levels of nitrites during drought conditions resulting in toxic lethal levels for cattle. When conditions are dry, test the grass before allowing livestock to graze.

Millet and sorghum-sudan plants can be harvested as green chop, silage, or hay; nitrates will persist in forages cut for hay. As with grazing, you must test green chop to prevent prussic acid and/or nitrate poisoning.

If you suspect that hay has high nitrate levels, have samples tested. The local county Extension office can provide instructions on how to sample hay. Extension agents can also offer advice on the best ways to use hay with high nitrate levels.



FREE SUPPORT FOR DEMENTIA CAREGIVERS

Caring for individuals with dementia can be exhausting and challenging. With that in mind, United Way of Tarrant County's Area Agency on Aging of Tarrant County offers REACH: Resources for Enhancing Alzheimer's Caregiver Health.

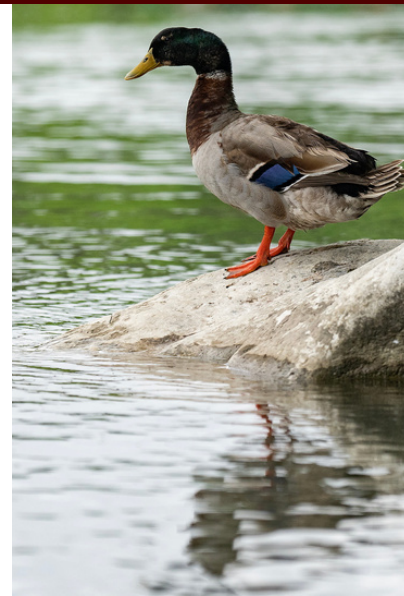
REACH PROVIDES:

- Resources for caregivers
- Empowerment through education
- Emotional well-being and behavior management
- Caregiver health support

Services are offered through comprehensive REACH sessions tailored to the caregiver's individual circumstances. They can be conducted in person, over the phone or via video call for added convenience.



SCAN THE QR CODE TO REGISTER FOR REACH
or visit us online at UnitedWayTarrant.org/REACH



— THE PANOLA EXTENSION —

Panola County AgriLife Extension Service

Address:

316 W. Sabine St.
Carthage, Texas 75633

Phone:

(903) 693-0380

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org

Facebook:

 [/PCAgriLife](https://www.facebook.com/PCAgriLife)

LEE DUDLEY

Agriculture & Natural Resource, County Coordinator

CLARISSA MOON

Family & Community Health, 4-H Coordinator

LANI WEST

Support Staff - Secretary

TEXAS A&M
AGRI LIFE
EXTENSION

