

# Nueces Agriculture

“IMPROVING FOOD & FIBER PRODUCTION”

VOLUME 15, ISSUE 2

JUNE 2022



## “Sorghum Edition”

Did you know that.....



### Inside this Issue:

WPS and Private Applicator Training	1
Recent Rains Make for “Hit-and-Miss” Agricultural Progress	2-4
7 Surprising Benefits of Sorghum	5-6
Water Well Screening	7-8
Biofuels & Ag Leaders Call on White House to Provide Relief at the Pump	9
Beating the Heat	10-12
Registration Opens for Beef Cattle Short Course	13

- Sorghum is higher in protein and lower in fat than corn?
- Sorghum is gluten-free?
- Sorghum heads have between 750-1250 seeds?
- The US is the largest producer in the world?
- Texas is the 2nd largest producer of grain?
- The economic value of sorghum is over \$200M?
  - The Port of Corpus Christi exports 5M tons of sorghum?



### PRIVATE APPLICATOR TRAINING

When..... Tuesdays, 6/7/22, 9/6/22, 12/6/22      Pre-Registration Required.....(361)767-5223

Time .....8:00 am—11:30 am

Where.....A&M AgriLife Ext. Office,  
710 E. Main, Robstown, TX

Fee: \$50.00 (Includes study manuals)

A Private Applicator is defined by law as a person who uses or supervises the use of a restricted-use or state-limited use pesticide for the purpose of producing an agricultural commodity.

### FARM WORKER PROTECTION SAFETY TRAINING

When.....Friday, 9/2/22

Time .....9:00 –10:00 am

Where .....Texas A&M AgriLife Extension Office

Pesticide handlers and workers must be trained every year unless they are certified applicators. All participants in this training will be issued cards verifying they have successfully completed the required training and given a copy of the sign-in roster for their employer’s files.

TEXAS A&M  
AGRI LIFE  
EXTENSION



Find us on Facebook at  
NuecesCountyAgriculture

# Recent Rains Make for “hit-and-miss” Agricultural Progress

*Texas Crop and Weather Report – May 10, 2022*

While recent rains have provided a needed respite for agricultural producers in some parts of Texas, the majority of producers did not benefit and continue to hope for more, according to [Texas A&M AgriLife](#) experts and others.



Larry Redmon, Ph.D. and associate department head of the Department of Soil and Crop Sciences at Texas A&M University, said while recent rains did help some crop production, dry, windy conditions and hail kept most wheat producers from taking advantage of the higher wheat prices caused in large part by a dearth of exports from Russia and Ukraine.

“There has been a patchwork of rain throughout the state recently,” said John Nielsen-Gammon, Ph.D., state climatologist in the [College of Geosciences Department of Atmospheric Sciences](#) at Texas A&M University. “Some rains in North Central and South Texas have improved prospects for agricultural production, but it’s been very dry overall in most of the state.”

Nielsen-Gammon said thunderstorms in the High Plains area provided some relief for producers, while the area from San Angelo to Abilene in West Texas was mostly dry with below-normal rainfall. He also noted there had been little to no rain throughout most of the Panhandle.

“The system that came through recently may be the last big weather system we see for a while,” he said. “There may be some storms in West Texas in the near future, but then you can expect it to get hotter and drier.”

### Recent rains help some areas of Texas

The Coastal Bend area, especially around Corpus Christi, has also continued to be unusually dry. “Much of the Coastal Bend area missed the recent rains,” said Corpus Christi-based Joshua McGinty, Ph.D., [Texas A&M AgriLife Extension Service](#) specialist in field crops and forages in the [Department of Soil and Crop Sciences](#).

“The Alice area received anywhere from 0.5 to over 3 inches of rain, but most of the area closer to the coast only got a few hundredths of an inch,” he said. “The persistent high wind the last few weeks is just further drying us out.”

McGinty said cotton crops around the Corpus Christi area are mostly dry-planted and waiting on rain. “Corn and sorghum stands are good, although both are showing signs of moisture stress by mid-morning on most days,” he said. He also noted much of the Lower Rio Grande Valley received some good rains since late April, but that moisture will only carry the crops for a short while and more will be needed soon.

The recent rains probably had their greatest positive impact in East Texas, said Larry Redmon, Ph.D., associate department head in the Department of Soil and Crop Sciences and AgriLife Extension program leader, Bryan-College Station. “They have greatly helped with forage and hay production in that part of the state,” he said. “But agricultural production anywhere west of I-45 has been generally poor, unless there has been irrigation.” Redmon said one of the more significant missed opportunities for producers has been in wheat production.

“With what’s happening in Ukraine and Russia, there has been little to no wheat exportation to the U.S. and wheat prices here have been very high,” he said. “But the general lack of rain in the state has kept producers away from planting wheat or has had a negative impact on wheat crops. As a result, many producers have

lost out on what could have been a very good opportunity for them.”

Some beneficial rains, but irrigation continues

Ben McKnight, Ph.D., [AgriLife Extension state cotton specialist](#) in the Department of Soil and Crop Sciences, Bryan-College Station, said the rains have brought some good progress to both corn and cotton crops in Williamson and Milam counties.

“It has also helped cotton crops in Brazos County and surrounding counties,” McKnight said. “However, I’ve seen some ‘skippy’ fields where some of the stands received adequate moisture and others did not. Even there, the soil moisture appears to have been inconsistent.”

While cotton in the Blackland Prairie area and Texas High Plains still needs rain, he said cotton, corn and sorghum crops in the Brazos Valley area all benefitted from recent rains.

Jourdan Bell, Ph.D., AgriLife Extension agronomy specialist for the High Plains region, Amarillo, said much of the recent rainfall moved through that region very quickly so only a few localized areas received beneficial rain.

“Most irrigated producers were applying pre-irrigation,” she said. “And along with the rain came a lot of hail, some of it up to baseball size, that damaged structures and destroyed a good amount of the wheat crop.” She said generally the soil moisture profile was poor and soils were badly depleted.

“Even where good rainfall was received, it wasn’t going far with the hot windy days,” Bell said. “Some producers are proceeding with planting irrigated ground, but most are still waiting for more rainfall for dryland planting.”

Larry Stein, Ph.D., horticulturist based at the [Texas A&M AgriLife Research and Extension Center in Uvalde](#) and associate head of the [Department of Horticultural Sciences](#), said rains have been “hit and miss” throughout the Texas Winter Garden region.

“Cotton in this area has come up very well this time around,” he said. “A lot of that was due to our getting adequate rains recently.”

He said spinach, onion and cabbage crop production in the Winter Garden was generally steady but down somewhat from last year.

“The onion bulbs this year were also a little smaller than what we usually see because of the drier-than-normal weather,” Stein explained.

Future chances for rain

Nielsen-Gammon said rain is usually reliable in April, but this year has been unusually dry and those producers who received rain were fortunate.

“There may be some rainfall in the near future, but unfortunately it will also be hotter, drier and windier across much of the state,” he said. “This will worsen the situation in some of the places that got rain, as they may lose a good bit of it to evaporation. And for the other areas that did not receive adequate rain, the situation will be even worse.”

However, Nielsen-Gammon said there is still the possibility of longer-range prospects for rain, and “you can get into a wet-weather pattern pretty quickly,”

“May and June are typically the wettest months of the year in Texas, so even if we get less than average rainfall over those months, we still may get enough to help with agricultural production,” he said. “Time will tell.”

AgriLife Extension district reporters compiled the following summaries:

## COASTAL BEND

Unseasonably hot weather with strong winds continued to deplete topsoil moisture. All field crops needed moisture. Early planted corn was silking. A considerable amount of cotton failed, but it was too early to know the full extent. Rangeland and pasture conditions worsened, and livestock conditions declined. Producers began to decrease their herds and pulled calves ahead of schedule. Hay supplies were getting low, and supplemental feeding was still necessary. Pecan nut casebearer spraying began.



## SOUTHWEST

Rain ranging from about 0.5-2.5 inches in some areas brought some much-needed, but temporary, relief to dryland crops and pastures. Some hail was reported, but it caused very little damage. Temperatures rose, and pasture and rangeland conditions were poor. Recent rains helped, but soil moisture levels were still low. Some dryland producers destroyed poor stands of grain sorghum. Corn and hay emerged, but hay producers were still struggling to control weeds in Bermuda grass pastures. Markets for sheep and goats were up, and cattle prices remained steady. Supplemental feeding of livestock continued.

## SOUTH

The district reported generally hot weather conditions with very short soil moisture levels. Hot, dry and windy weather conditions prevailed, but spotty rains helped some crops develop, though many fields were two to three months behind schedule. Some areas saw beneficial rains for grass and forb development. Livestock and wildlife body conditions were expected to improve.

Irrigated Coastal Bermuda fields were producing good hay bales. Watermelons and cantaloupes were offering some production or in a developing stage. Sporadic rains helped pastures, but producers still relied on supplemental feed and hay. Stock tanks were full. Feral hogs were beginning to encroach into more residential areas and cause damage. Producers were still hauling hay and water. Fewer cattle were auctioned, but prices remained steady. Topsoil and subsoil conditions improved in spots, as did pasture and rangeland conditions. Ranchers and deer breeders were supplementing their livestock and wildlife. Hay producers were cultivating fields. Hay grain sorghum was being planted. Prices increased for all supplemental feed and hay. Cotton aphid pressure increased throughout the Rio Grande Valley. There was light sugarcane aphid pressure in grain sorghum and a few armyworms. A few soybean loopers and alfalfa hoppers were found in soybeans and a few earworms were found in non-Bt corn. Sesame in dryland fields had emerged and looked good. Grain sorghum was starting to head, and corn was tasseling. Irrigation was taking place on most crops. Cotton was beginning to square in the earliest planted fields, and corn had begun to tassel but yields may be low due to lack of moisture. Farmers were irrigating corn and sorghum crops, but some were holding off watering cotton in expectation of irrigation water likely being limited. Overall, crops were in fair condition, and irrigated pastures were doing well. However, dryland pastures were overgrazed and distressed. Some citrus producers were irrigating their trees and hoping for higher yields this growing season.

# 7 Surprising Benefits of Sorghum

By John Staughton (BASC, BFA) last updated - June 16, 2021 Medically reviewed by [Vanessa Voltolina \(MS, RD\)](#)

---

The major health benefits of sorghum include its ability to prevent certain types of cancer, help control diabetes, offer a dietary option to people with celiac disease, improve digestive health, build strong bones, promote red blood cell development, and boost energy and fuel production.



## What Is Sorghum?

Sorghum is the broad term for an entire genus of grasses that are native to tropical and subtropical regions around the world. While there are more than 30 different species of sorghum, only one is harvested for human consumption, while the others are primarily used as a fodder for animals. The important species for humans, *Sorghum bicolor*, is native to Africa, but can now be found all around the world as a staple food. It is also cultivated in many different countries. Sorghum is primarily used in the production of sorghum molasses, sorghum syrup and as a grain. Also, it can be used in the production of alcoholic beverages and even bio-fuels around the world. It is widely considered the fifth most important cereal crop in the world.

The versatility of sorghum, combined with the fact that it is acceptable for people with wheat allergies to eat, makes it extremely important as a staple crop in the world. Furthermore, the vast health benefits associated with sorghum make it a great alternative to other types of grains, grasses, and cereals that are commonly consumed across the globe.

## Sorghum Nutrition Facts

Sorghum is a powerhouse in terms of nutrients. When included in the diet, it can provide vitamins like niacin, riboflavin, and thiamin, as well as high levels of magnesium, iron, copper, calcium, phosphorous, and potassium, as well as nearly half of the daily, required intake of protein and a very significant amount of dietary fiber (48% of the recommended intake).

## Health Benefits Of Sorghum

The health benefits of sorghum in relation to our digestive process are innumerable. It helps in treating many diseases as well. Let's discuss the benefits in detail.

### Improves Digestive Health

It seems like many healthy foods contain some amount of dietary fiber, which greatly improves the functionality of the digestive system. However, sorghum is one of the best foods out there for dietary fiber. A single serving of sorghum contains 48% of your daily recommended intake of dietary fiber, means that your digestive tract will keep your food moving along rapidly, preventing cramping, bloating, constipation, stomach aches, excess gas, and diarrhoea. Furthermore, excess amounts of fiber in the body helps to scrape off dangerous cholesterol (LDL), which helps to improve

heart health and protect your body from conditions like atherosclerosis, heart attack, and stroke.

## **Diabetes Control**

Excessive carbohydrates break down into simple sugars and wreak havoc on the glucose levels in the body, leading to diabetes, or causing chaos for people who already suffer from this disease. However, the tannin-rich bran of sorghum actually has enzymes that inhibit the absorption of starch by the body, which can help to regulate insulin and glucose levels in the body. By keeping these levels balanced, diabetics won't suffer as many plunges and spikes in their glucose levels, thereby preventing diabetic shock and other health complications.

## **Relieves Gluten Allergy**

Celiac disease is a severe allergy to gluten, which is primarily found in wheat-based products. Surprisingly, gluten is found in thousands of normal food items, making the life for those suffering from celiac disease very difficult. Fortunately, alternative grains and grasses, such as sorghum, can be eaten safely by those suffering from this increasingly common condition, without the painful inflammation, nausea, and gastrointestinal damage that gluten causes.

## **Improves Bone Health**

Magnesium is found in high quantities in sorghum, which means that your calcium levels will be properly maintained, as magnesium increases calcium absorption in the body. These two minerals are also integral to the development of bone tissue and speed up the healing of damaged or ageing bones. This can prevent conditions like osteoporosis and arthritis, thereby keeping you active and healthy into your old age.

## **Increases Circulation**

Copper and Iron are also found in sorghum, and in a similar way as magnesium and calcium, copper helps to increase the absorption of iron into the body. This means a decreased likelihood of developing anaemia, which is another name for iron deficiency. With enough iron and copper in your system, red blood cell development is increased, thereby boosting circulation of the blood, stimulating cellular growth and repair, and increasing the hair growth of the scalp, while also boosting the energy levels in the body. A single serving of sorghum contains 58% of your daily recommended intake of copper.

## **Boosts Energy Levels**

Niacin, also known as vitamin B3, is a key component in transforming food into usable energy and fuel for the body. Breaking down and metabolizing nutrients into energy will keep your energy levels stable throughout the day. Sorghum contains 28% of your recommended niacin intake per day.

**Word of Caution:** There are no known concerns or cautions against adding sorghum to your diet. As it is a grass, there is the possibility of some people being allergic to it, but the cases of sorghum being allergenic are very rare. Furthermore, with the high content of certain minerals and vitamins, the only real danger is getting too much of a good thing, so eat sorghum in moderation and enjoy all of the wonderful health benefits!

# Water Well Screening Event

## TEXAS WELL OWNER NETWORK

RESOURCES HELP LANDOWNERS PROTECT GROUNDWATER



The “Well Informed” TWON program is an educational program that gives well owners the opportunity to have their well water samples screened for common contaminants including fecal coliform, bacteria, nitrates and high salinity. The screening of the water samples is followed by a 1-hour explanation of the results, water well protection practices and focuses on wellhead protection and recommendations for remediating well contamination.

### Well Informed Screening - June 7

Nueces County Extension Office, 710 E. Main Ave., Suite 1, Robstown, (361) 767-5223.

- Pick up sample containers prior to June 6 @ Extension office
- Sample drop-off 8:30—10:00 a.m. June 6 @ Extension office
- No cost
- Results & Interpretation meeting @ 710 E. Main Ave., Suite 1, Robstown, June 7 @ 6:00 p.m.
- TWON personnel also will deliver the results via distance technology.
- Email registration is essential.

For more information, call the Extension office or visit: <https://twon.tamu.edu/trainings/>



Funding for the Texas Well Owner Network is through a Clean Water Act nonpoint source grant provided by the Texas State Soil and Water Conservation Board and the U.S. Environmental Protection Agency. The project is managed by the Texas Water Resources Institute, part of Texas A&M AgriLife Research, AgriLife Extension and the College of Agriculture and Life Sciences at Texas A&M University.

# Private Water Well Testing, Trainings Set for Early June

*AgriLife Today, May 25, 2022*

The [Texas Well Owner Network](#) is hosting several “Well Informed” water well screenings and “Well Educated” trainings in early June.

These events will give residents of Bee, Brooks, Duval, Kendy, Kleberg and Nueces counties the opportunity to have their well water screened and to learn more about keeping well water safe and wells in good working condition.

The screenings are presented by [Texas A&M AgriLife Extension Service](#) and [Texas Water Resources Institute](#), TWRI, in partnership with county AgriLife Extension offices and groundwater conservation districts, GCDs, in those counties. Registration for the events is at <https://tx.ag/TWONTrainings>. There is no cost for the events or the sample screenings.



“Well Informed” events consist of a well water sample drop-off, followed the next day by an hour-long event explaining the results of the screening. People interested must participate in both the sample drop-off and informational meeting. “Well Educated” events are typically a four-hour educational event to learn about well water, well maintenance and other valuable well-related information. “Well Educated” participants wanting testing of their well water must submit samples the day before the event but it is not required to submit samples to attend.

John Smith, AgriLife Extension program specialist, Bryan-College Station, said area residents wanting to have their well water screened should pick up a sample bag, bottle and instructions from their local AgriLife Extension office. “It is very important that only sampling bags and bottles from the AgriLife Extension office be used and all instructions for proper sampling are followed to ensure accurate results,” Smith said.

Smith said it is extremely important for those submitting samples to be at the respective follow-up meeting to receive results, learn corrective measures for identified problems and improve their understanding of private well management.

The “Well Informed” water sample drop-off will be on June 6 from 8:30–10 a.m. at the AgriLife Extension office for Nueces County, 710 E. Main Ave., Suite 1, Robstown. The results meeting will be June 7 at 6 p.m. at the same location. For more information, contact the AgriLife Extension office at 361-767-5223.

Smith said private water wells should be tested annually. Samples will be screened for contaminants, including total coliform bacteria, E. coli, nitrate-nitrogen and salinity.

Smith said research shows the presence of E. coli bacteria in water indicates that waste from humans or warm-blooded animals may have contaminated the water. Water contaminated with E. coli is more likely to also have pathogens present that can cause diarrhea, cramps, nausea or other symptoms.

The presence of nitrate-nitrogen in well water is also a concern. “Water with nitrate-nitrogen at levels of 10 parts per million is considered unsafe for human consumption,” Smith said. “These nitrate levels above 10 parts per million can disrupt the ability of blood to carry oxygen throughout the body, resulting in a condition called methemoglobinemia. Infants less than 6 months of age and young livestock are most susceptible.”

Salinity as measured by total dissolved solids will also be determined for each sample, he said. Water with high levels may leave deposits and have a salty taste. Using water with high levels for irrigation may damage soil or plants.

To learn more about the programs offered through the network or to find additional publications and resources, please visit <http://twon.tamu.edu>.

Funding for the Texas Well Owner Network is through a Clean Water Act nonpoint source grant provided by the Texas State Soil and Water Conservation Board and the U.S. Environmental Protection Agency. The project is managed by TWRI, part of [Texas A&M AgriLife Research](#), AgriLife Extension and the [College of Agriculture and Life Sciences](#) at Texas A&M University.

# Biofuel & Ag Leaders Call on White House to Provide Relief at the Pump Through Higher Blends of Biofuel

*National Sorghum Producers*

---

WASHINGTON, D.C. — To provide relief at the pump in response to the ongoing Russia-Ukraine crisis while simultaneously reducing carbon emissions from the transportation sector, six farm and biofuel organizations wrote to President Biden urging his administration to use existing authority to allow for the year-round sale of gasoline blended with up to 15 percent ethanol (E15).

In a [letter](#) to the White House, American Farm Bureau Federation, Growth Energy, National Corn Growers Association, National Farmers Union, National Sorghum Producers, and the Renewable Fuels Association explained that an immediate move to restore year-round sales of E15 can ease the impact of oil market disruptions and surging gas prices caused by Russia's invasion of Ukraine.

“As American families continue to confront skyrocketing gas prices, we write today to urge the Administration to take a simple action that can provide immediate relief at the pump while simultaneously reducing carbon emissions from the transportation sector,” wrote the organizations. “Specifically, we request that the Administration use its authority to authorize the year-round sale of gasoline blended with up to 15 percent ethanol (E15) in response to surging oil prices and expected fuel supply disruptions caused by Russia's invasion of Ukraine.

“As Russia's harmful actions in Ukraine continue and further sanctions are potentially imposed against Russia, oil prices will likely continue to rise, creating still higher consumer costs and threatening U.S. energy and economic security. Expanding the volume of American-made ethanol in the U.S. fuel supply can help alleviate these issues, as ethanol is currently priced 70-80 cents per gallon lower than gasoline. And, by displacing imported petroleum, increased ethanol use will enhance U.S. energy security and independence, while reducing emissions and supporting America's farmers and rural economies.”

# Beating the Summer Heat

*AgriLife Today, May 20, 2022*

---

As outdoor temperatures increase, so does the possibility of heat stress or even heat stroke. But there are ways to avoid getting “overheated” this summer, according to [Texas A&M AgriLife Extension Service](#) experts.

Experts advise to drink an adequate amount of water if you’re out in the sun, even if you’re not especially thirsty. (Texas A&M AgriLife photo by Laura McKenzie)

“Now that summer is near, people are going outdoors and staying outdoors longer,” said Mark Faries, Ph.D., AgriLife Extension state health specialist in the agency’s [Family and Community Health Unit](#). “But with prolonged exposure to the sun and heat, people are more at risk for heat-related illness or hyperthermia.”

Faries said being aware of the symptoms of heat stress is particularly important with exposure to a higher heat index or heatwaves, especially for those who might be at higher risk of heat illness. “Those at higher risk include adults 65 years of age or older, infants, children up to 4-5 years of age and those with medical conditions such as diabetes, high blood pressure, heart disease or obesity,” he said. “However, anyone can succumb to heat with outdoor activity, and there are added concerns related to drinking alcohol, low hydration and even reactions from medication.”

He said that the body naturally heats up during physical activity but has ways to keep itself cool. However, in cases of extreme heat, the body heats up faster and evaporation of sweat cannot keep up to maintain a normal temperature.

“In such instances, heat illness can lead to death,” Faries said. “But since heat illness is progressive, with awareness of the types, symptoms and treatments for initial degrees of heat stress, we can catch any risk early.”

## Types of and treatments for heat stress

According to the [Centers for Disease Control and Prevention](#), symptoms of heat stress may include headache, thirst, general weakness, increased body temperature, dizziness, loss of appetite, excessive sweating, cramping, fast breathing and rapid pulse.

Be cool about scheduling outdoor activities during the heat of the day to avoid heat stress and heat exhaustion. (Texas A&M AgriLife photo by Laura McKenzie)

Here are some of the symptoms and treatments for different levels of heat stress offered by the CDC: — Heat rash. Heat rash is a skin irritation caused by excessive sweating. It appears as a red cluster of small blisters, usually in the area of the neck, upper chest or groin, as well as under the chest, at the waist and in elbow creases.

People experiencing heat rash should find a cooler, less humid place to treat and keep the rash area as dry as possible. It’s a good idea to apply powder to help with the irritation, but it is best to avoid the use of creams or ointments as these add moisture to the rash and may delay healing.

— Heat cramps. These typically occur when a person sweats a good deal during physical activity, causing muscle pains or spasms. The cramping usually occurs in the arms, legs or abdomen. Sweating reduces the amount of water and electrolytes in the body, such as sodium, potassium and magnesium, so excessive sweating and physical exertion in the heat can lead to these painful muscle cramps.

To treat muscle cramps, the CDC recommends stopping the activity and relocating to a cooler place. Drink plenty of water or a sports drink with electrolytes to replace lost liquids and refrain from any further activity until the cramps subside. If the cramping lasts for more than an hour or if you are on a low-sodium diet or have heart problems, it's best to seek immediate medical help.



— Heat exhaustion. Symptoms of heat exhaustion can include weakness, excessive sweating, dizziness, headache, nausea, muscle cramps, a rapid pulse and cold, clammy skin.

In more serious instances, heat exhaustion can also cause vomiting or fainting. To treat for heat exhaustion, relocate the person to a cooler area, loosen their clothing and put a wet cloth or cold compress on key areas of the body, such as the forehead, neck and armpits. If there is vomiting or extreme weakness or the symptoms get worse or last more than an hour, seek medical help.

— Heat stroke. If a person's body temperature gets above 103 degrees, this can likely lead to heatstroke.

A person experiencing heat stroke is unable to properly regulate body temperature, as it keeps rising. Oddly, during heat stroke, the body actually stops sweating. The pulse also weakens, and the skin becomes flushed and red.

“With heat stroke, the individual may also experience an altered mental state, a racing heart and/or severe nausea or vomiting,” Faries added. “This is a medical emergency, and you should call 911 immediately if you or someone else is showing signs of heatstroke.”

However, Faries added, until emergency medical assistance arrives the heatstroke victim should be moved to a shaded, cool area and any excess outer clothing should be removed.

“Cool the individual with cold water or ice,” he said. “Then wet the skin and place cold, wet clothes or compresses on key points, such as the head, neck, armpits and groin area. Or soak the person's clothing with cool water.” However, these treatment suggestions are not intended to be a substitute for professional medical advice, diagnosis or treatment, Faries said. “You should always seek the advice of a physician or other qualified health provider if you have questions regarding a medical condition,” he said.

Stay adequately hydrated. According to the [American College of Sports Medicine](#), ACSM, dehydration increases the risk of heat exhaustion and is a risk factor for heat stroke. To help avoid dehydration, it's important to drink an adequate amount of water if you're out in the sun, even if you're not especially thirsty. Fluids replace the body's water lost through sweating, and that amount will differ from person to person. Experts suggest four to six cups of water daily for generally healthy people, but note water intake should be individualized and depends on factors such as whether a person plans to be physically active or outdoors on a hot day. Generally, two to three cups of water per hour can help you stay hydrated during hotter or more active times.

“Drink water before, during and after your physical activity, even if you are not thirsty,” said Michael Lopez, AgriLife Extension specialist, Bryan-College Station. “And don't forget to keep a water bottle with you if you plan to be outdoors for any significant amount of time.”

“Be cool” about scheduling activities. The ACSM also noted the risk of heat stress and illness are increased when the outdoor temperature is 80 degrees or higher and humidity is greater than 75%.

Plan your days so you can be indoors and in air-conditioning as much as possible when it is the hottest outside.

“Schedule any outdoor activities or errands for the morning or evening, especially if you expect them to be somewhat taxing or strenuous,” Lopez said. “This can mean outdoor shopping, home projects, yard work or exercise.”

He said it is still important to continue physical activity though, even during hot days, to help maintain the habit of exercise.

“People should identify and use cooler times and places for their physical activity, such as an air-conditioned building or a shaded trail,” Lopez said. “And people who walk as part of their exercise routine may choose to walk indoors during particularly hot days.”

He also suggested asking your health care provider before starting any physical activity or exercise outdoors, especially if you have medical concerns or are on any medications that might have an impact on your body’s response to the heat

— Stay in an air-conditioned location as much as possible. “If you do not have air conditioning, go to the local shopping mall, a public library or take advantage of indoor events in your community,” Faries said. “Just spending a few hours in air conditioning can help your body stay cooler, and help you beat the heat.”

— Eat for the heat. “Eating lighter foods during hot days can keep you from overstimulating your metabolism and keep you from feeling sluggish,” said Odessa Keenan, AgriLife Extension wellness initiatives coordinator for the agency’s Healthy Texas program.

Keenan said summer is a good time to eat lighter foods with good moisture content, such as salads and fresh fruits.

“The more food or the heavier foods you eat, the harder your body has to work to get rid of any excess calories, and that can be especially taxing on a hot day,” she said.

— Learn about community cooling centers. Many communities, especially larger towns or cities, set up cooling centers where residents can go to get out of the sun. Local television news stations or newspapers will usually have information on where these will be set up. In addition, you can call your local health department or dial 311 if that service is available in your area.

— Dress appropriately, use sunscreen and limit your time in the sun. Limit your time in the sun, especially between 10 a.m. and 2 p.m., and wear light-colored, loose-fitting clothing, such as light-weight long-sleeve shirts and pants, that will cover potentially exposed skin. Wear a cap or broad-brim hat to protect your face, and regularly apply a broad-spectrum sunscreen with an SPF value of 15 or higher. Follow all product directions and warnings, including how much and when you should apply and reapply.

— When possible, park under a tree or in a shaded area. It’s not always possible, but if you can find a shaded place to park it will reduce the amount of direct sun exposure to your vehicle.

“Of course, it’s imperative that you never leave a child or animal in a parked car, particularly on a hot day,” said Bev Kellner, AgriLife Extension program manager — passenger safety.

— Check on others. As a courtesy and out of concern for others, you may want to check on any friends or neighbors you feel may be more susceptible to the heat and at greater risk for heat stress or heat-related illness.



# Registration Opens for Texas A&M Beef Cattle Short Course

*AgriLife Today, May 23, 2022*

---

It's time for beef cattle producers from all over the world to begin making plans to attend the 68th annual Texas A&M Beef Cattle Short Course, the largest event of its kind in the nation, scheduled for Aug. 1-3 on the Texas A&M University campus. Cattle producers from throughout the U.S. and several other countries attend the annual Texas A&M Beef Cattle Short Course.



The event is hosted by Texas A&M AgriLife Extension Service and the College of Agriculture and Life Sciences' Department of Animal Science at Texas A&M. From the Texas Aggie Prime Rib Dinner to the Cattleman's College, the nationally and internationally recognized three-day event annually attracts over 2,000 participants.

"High input prices and ranchers' response to them will be a major theme of this year's conference," said Jason Cleere, Ph.D., conference coordinator and AgriLife Extension beef cattle specialist in the Department of Animal Science.

Both in-person and online attendance is being offered. Cost is \$240 for in-person attendance and \$160 for online if registered by July 27. A \$40 late registration fee will be charged after that date. To register, go to [tx.ag/BCSC22Reg](https://tx.ag/BCSC22Reg) or call 979-845-6931 for more information. The program is expected to offer a full agenda for everyone, from the novice livestock operator to the seasoned professional, Cleere said.

"Ranchers are facing some really tough times now due to a lingering drought across most of the state, coupled with input costs that are nearly double what they were a year ago," he said. "Many of our sessions will be addressing these issues. One of our forage sessions will discuss grazing management in response to drought and high fertilizer prices along with how to move forward economically with high seed prices (winter pasture), hay prices, high fuel prices, etc."

The Cattleman's College will feature more than 20 concurrent sessions, with topics including animal health, nutrition, reproduction, breeding, genetics, selection, research, marketing and handling. The management sessions will cover business, forage, range and purebred cattle, and speakers will also address landowner issues and fence building.

At least nine pesticide continuing education units and 14 veterinarian continuing education credits are available to attendees.

Additionally, over 150 agriculture-related businesses and trade show exhibitors are expected to attend the course.

Nueces County  
710 E. Main St., Ste. 1  
Robstown, TX 78380

TEXAS A&M  
AGRI LIFE  
EXTENSION

Visit us online!  
<http://nueces.agrilife.org>



Disclaimer - the information herein is for informational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Texas AgriLife Extension Service is implied.

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.

Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in any Extension event are encouraged to contact their County Extension Office at 361-767-5223 at least one week in advance of the program in order for proper arrangements to be made.

In the event of a name, address or phone number change please contact the office at:

Texas A&M AgriLife Extension Service  
710 E. Main, Suite 1 Attn: Ag/NR  
Robstown, Texas 78380  
(361) 767-5223



Jaime R. Lopez, CEA  
Ag/Natural Resources  
710 E. Main St., Suite 1  
Robstown, TX 78380  
Ph: 361.767.5223  
Fax: 361.767.5248  
Email: [jaime.lopez@tamu.edu](mailto:jaime.lopez@tamu.edu)