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ROANOKE, TX

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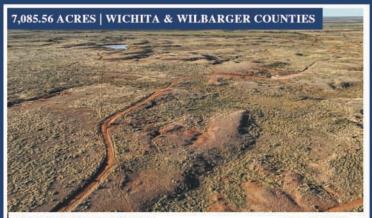




TURNER COUNTRY PROPERTIES FARM • RANCH • LAND

TURNERCOUNTRYPROPERTIES.COM STEPHEN TURNER, Listing Agent 940-636-7039

Stephen@turnercountryproperties.com



SWANSON RANCH

\$1,895/Ac

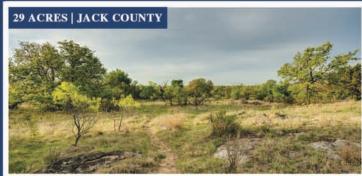
Located south of Electra and west of Wichita Falls. This is an outstanding large combination ranch with unbelievable hunting. It's entire south and most of the west boundaries adjoin the famous 550k acre Waggoner Ranch. The land is diverse with level to rolling mesquite pasture, large plateaus and ridges with deep ravines, heavily wooded bottom land with Short and Long Creek traversing the ranch and 970 acres of tillable farmland. It has great access with frontage 3 sides. Great interior road system, several cattle working pens, numerous ponds. Equipment and cattle are negotiable.



POLK ESTATES

\$12,300/Ac

Nice homesite minutes from Bowie. Located at the dead end of a private gravel road with additional frontage on FM 1816. This tract is open grass pasture with a pond, livestock barn, corrals, water well and electricity. The terrain is level to sloping east with the high point being along the private road frontage. Electricity is available. Light Deed Restrictions apply.



PROSPECT

\$8,900/Ac

Nice piece of land located in the north central portion of Jack County near Post Oak. The land heavily wooded, primarily being oaks with scattered mesquite. The topography is level to sloping south east. The highest elevated point is along the road frontage. This area offers a great build sites with spectacular views. Electricity and well water is available.



REIS FARM

\$675,000

Located 2.5 miles north of Electra, at the NE corner of Old Lake Road and Brosch Road. The house consists of 2,045 sf, brick, built in 2001, 3 bedrooms, 2 bath, 2 car garage, total electric, chain link fenced backyard, storm closet in master bath, new roof installed in 2015, 24' x 36' metal workshop built in 2009. There is 85 acres of cultivation, balance being native pasture both wooded and open, level to sloping terrain, seasonal creek, stock pond, no oil production.



4S RANCH

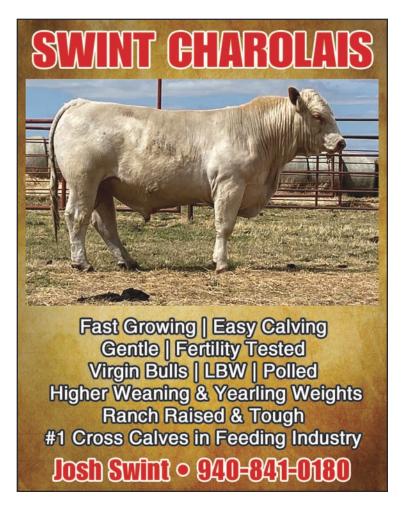
\$2,213,148

This is a diverse property improved with a Barndominium. It is located 3.5 miles east of Sunset in Montague County. The land has approximately 60 acres of cultivation with the balance being heavily wooded. Topography is level to rolling offering impressive views. There are 3 stock ponds, Couch Branch Creek extends through the property, interior cross fencing, pens, loafing shed with tack room. The Barndominium consist of 1,600/sf, built in 2015, 2 bedrooms, 2 baths with an attached carport. The potential uses for this property are endless. Jon Moss Listing Agent- 940-867-6743

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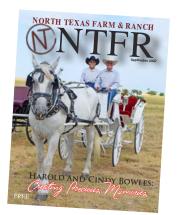
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ON THE COVER

On the cover are Harold and Cindy Bowles. Harold has survived four rounds of cancer and three organ transplant surgeries, but the cattle rancher and nurse did not let life's hardships get them down. Instead, they used the gift of life as inspiration to create precious memories for others. (Photo by Dani Blackburn)



letter from the editor

H e 1 1 o readers, and welcome to the September issue of North Texas Farm & Ranch magazine.

Fall is right around the corner and along with the beauty



nature brings of stunning colors through the changing leaves, we pray it also brings cooler breezes and more importantly, rain clouds to end the drought farmers and ranchers have been facing through the scorching Texas summer.

A pair that know all too well what trials and tribulations life can bring are this month's feature, ranchers Harold and Cindy Bowles. They give us hope that even through difficult times, life can still be beautiful with new precious memories created. I hope you enjoy reading their story and draw inspiration from their outlook on life as much as I did when meeting them and writing their story.

Our contributors are also full of outstanding content for your fall reading. Rayford Pullen provides his strategies for surviving the drought and plans for the future, Martha Crump discusses managing heat stress and water requirements, Tony Dean highlights Lotebush, Phillip Kitt provides a glimpse into the risks out on the rodeo road, and so much more. If you have any stories you would like to see in NTFR, I would love to hear from you. Email editor@ntfronline.

To subscribe by mail call 940-872-5922. Make sure to like our Facebook page and follow us on Instagram and Twitter. Wishing you all a very happy September!

> Dani Blackburn Dani Blackburn, Editor editor@ntfronline.com

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Grazing North Texas

Although of little livestock grazing value, Lotebush has a place in North Texas grazing lands.

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Once again, it's time to apply for the Wichita Falls Area CattleWomen's scholarships. Students must be classified as a sophomore in college or above with an agricultural-related major. READ MORE: ntfronline.com/2022/07/wichit...



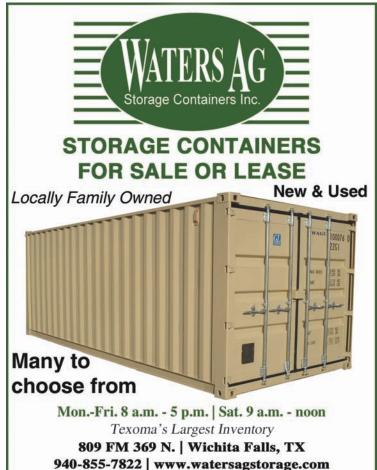
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Feel free to drop us a line at editor@ntfronline.com or share your comments on our social media pages. You might even see your name in the next issue!





Diamond Corrals

Diamond W Corrals has unveiled Cow-Calf Corrals with Expanders



With an expansive 2,003-square feet of extra working space, the Cow-Calf Corral Expander consists of a 40-foot panel with an additional eight panels—three on each end and two in the center. The unit can be used alone or as an addition to expand an existing setup. The 46-foot unit weighs 5,640 pounds and is transported on four 11L 15 implement tires while the panels roll on 13-inch tires and 10-inch casters. The two 4-foot walk-through gates ensure an easy exit from either end.

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Burlington Welding, LLC

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www.diamondwcorrals.com

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MEANWHILE BACK AT THE RANCH

By Rayford Pullen | rcpullen@yahoo.com

What a ride it has been this summer, but hopefully things will turn the corner. While we will not come out of this drought unscathed, we are just hoping at this point to survive.

When you are out of grass and/ or water, you are out of business in our occupation, and the drought has done its best to do that coupled with high fuel, feed and fertilizer costs. I will admit I am addressing this issue in the first week of August, and I hope and pray that relief has come as you are reading this.

Our strategy has been to keep current on our cows and calves. If they need to go, they need to go now so we can manage the resources that we still have in order to hopefully be around when it all turns around. With extreme heat and drought, our grass is not growing, our cattle are not growing, but since we are eternal optimists, we have not lost faith. Cattle prices have not fallen out of bed with the recent runs, and hopefully the market can continue to absorb the abnormally large numbers coming to town. At this point, if we have cull cows to market, they will not be replaced until conditions improve dramatically.

The big break in temperatures each year normally occurs around Sept. 22 in North Texas. We do have a little time to grow forage and bale some hay if this drop is accompanied by a significant rain event.

Grass will grow to some extent until nighttime temperatures decline to about 45 degrees on somewhat of a regular basis. As day length becomes shorter and temperatures become lower, our ability to grow grass will dwindle quickly.

The folks that sold out early



The big break in temperatures each year normally occurs around Sept. 22. We do have a little time to grow forage and bale some hay if this drop is accompanied by a significant rain event. (Photo courtesy Metro Creative)

may be the smart ones, especially with the price of hay equating to about \$3 a head per day, if that is the only source of forage.

Assuming 30 pounds consumed per cow per day and a 1,000-pound bale costing 10 cents per pound, with 90 percent hay utilization, how many months at

\$90 a cow per month can any of us stand?

We are still making plans for the future, assuming we survive the present, and among those is taking this opportunity to try and tighten up our calving season, take a closer look at the age and condition of our cows and by and large move the lower 20 percent from a production point of view.

As we continue to face the problems at hand, just be assured there are brighter days ahead, and I hope we are all there to enjoy them.

It's a wonderful time to be in the cattle business. N

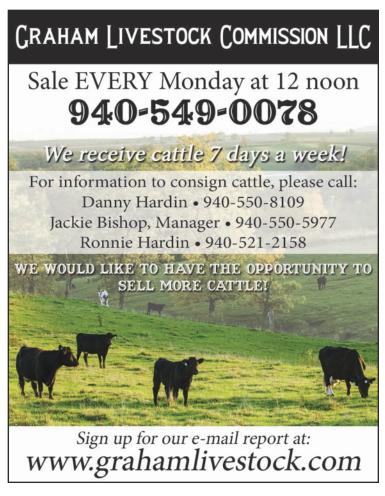








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A Celsewhere MONTANA PHOTO | DESCRIPTION BY LINDSEY MONK



After a drought last summer in Montana, we're thankful for every drop we got this year. Thoughts are with everyone in the south who are dealing with drought!

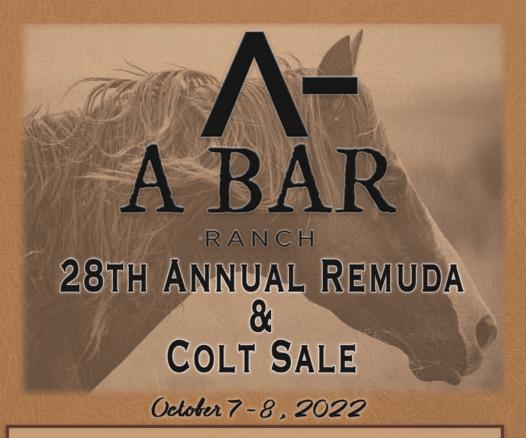
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AGelsewhere WYOMNG

PHOTO BY TRESSA LAWRENCE

As the crisp mornings of fall start to break, many Wyoming ranchers start to move their cattle and sheep from their mountain pastures back to the lowlands. Many ranchers rely on good neighbors to get through this busy season filled with long days.



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This choice tract is the perfect setting for a custom home on acreage. With about 3 acres of pasture at the front along Cr217, it has a gentle elevation rise into approximately 10 acres of oaks and other trees, making this an ideal property if you want character and privacy. County Road 217, Collinsville TX | \$519,460

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LAND MARKET REPORT

AUGUST 2022

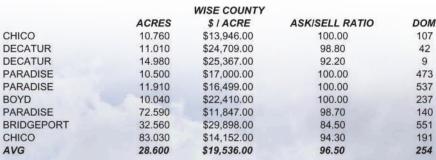
By Jared Groce

This hot and dry weather is taking a toll on our lands and our livestock, but land prices are holding their own despite the recession and the highest interest rates in decades. So far.

What change I am seeing is the type of buyer who is consuming these available properties, from the "end user" type of buyer to the investment buyer. Buyers getting a loan to buy a piece of land to build on or enjoy have all but disappeared and have been replaced with three different types of buyers: (a) Those doing a 1031 exchange to defer their capital gains taxes. These people have a limited amount of time in which they must identify and then close on a like kind property in order to defer the tax. (b) Developers. There are still a ton of developers and wannabe developers out there who want to buy 100 acres and chop it up into smaller tracts and sell at a higher price per acre. (c) Cash Parkers. These buyers have a lot of cash on hand and want to hedge against inflation by parking that cash into a solid, tangible item that cannot go to zero value.

In past recessions, North Texas, in its entirety, has seen land prices go down as much as 16.24 percent (1987), but keep in mind what the highest and best use of the land was back then compared to what most of our land is being used for today. Chances are good that our land prices will simply stagnate for a time before going back up again, or just continue to rise, but more slowly than they have in the past three years. No matter what happens in the future, we need rain!

by carea and	00			
		COOKE COUNTY		
CITY	ACRES	\$ / ACRE	ASK/SELL RATIO	DOM
MUENSTER	45.000	\$12,750.00	91.10	25
MUENSTER	47.000	\$12,900.00	92.10	13
VALLEY VIEW	61.490	\$25,000.00	100.00	8
VALLEY VIEW	90.000	\$18,252.00	91.30	77
GAINESVILLE	90.000	\$11, 111	83.30	12
AVG	60.870	\$17,225.00	93.60	31
		DENTON COUNTY		
CITY	ACRES	\$ / ACRE	ASK/SELL RATIO	DOM
SANGER	12.000	\$27,083.00	100.00	7
SANGER	12.000	\$27,083.00	100.00	7
KRUM	31.200	\$13,932.00	100.00	34
BARTONVILLE	10.830	\$152,355.00	91.70	32
JUSTIN	231.000	\$20,806.00	161.60	67
AVG	59.410	\$48,252.00	110.60	29
	М	ONTAGUE COUNT	Υ	
	ACRES	\$ / ACRE	ASKISELL RATIO	DOM
BELLEVUE	10.020	\$13,473.00	97.10	41
NOCONA	12.100	\$11,562.00	100.00	37
NOCONA	22.000	\$8,600.00	100.00	17
BOWIE	12.780	\$17,997.00	90.00	95
FORESTBURG	23.320	\$10,900.00	100.00	14
MONTAGUE	15.060	\$12,033.00	100.30	376
BOWIE	55.260	\$10,800.00	98.60	132
AVG	21.510	\$12,195.00	98.00	102







Dropping Like Flies: Prussic Acid in Cattle

By Rosslyn Biggs, DVM and Barry Whitworth, DVM

As the year progresses many producers look to move cattle to alternative pasture. Unfortunately, certain weather conditions, including drought or freezing, can set up some plants in the sorghum family, including Johnson grass, to become toxic. Even after limited grazing, deaths may be seen due to the ingestion of prussic acid, also known as hydrocyanic acid or cyanide. A classic call to the veterinarian is, "My cattle are dropping like flies."

Prussic acid toxin is created when the harmless hydrocyanic glycosides in plants are stressed and break down.

Once the hydrocyanic glycosides in the plants are damaged through actions like cattle chewing or a swather and crimper, they quickly convert to prussic acid. Following ingestion, the prussic acid is released in the rumen and rapidly absorbed into the blood stream.

Once in the circulatory system, the toxin prevents cells from taking up oxygen. The blood therefore becomes saturated with oxygen, leading to blood that appears bright cherry red. The clinical signs most often seen include excitement, muscle tremors, increased respiration rate, excess salivation, staggering, convulsions, and collapse. Asphyxiation at the cellular level is the cause of death due to deprivation of oxygen.

When producers encounter animals displaying clinical signs of prussic acid toxicity, they should immediately remove all the animals that appear normal to a new pasture and contact their veterinarian. The veterinarian will



Certain weather conditions, including drought or freezing, can set up some plants in the sorghum family, including Johnson grass, to become toxic. (Courtesy photo)

treat the sick animals with two drugs (sodium nitrite and sodium thiosulfate) that can reverse the toxicity. Treatment must be initiated quickly but can prove difficult due to the rapid progression of the toxin.

The drugs used to treat prussic acid toxicity can be difficult to obtain. It is advisable to contact your veterinarian before grazing potential toxic plants to make sure that your veterinarian will have availability to respond and the necessary drugs on hand to treat the cattle if a problem arises.

Cattlemen may want to take the following steps to prevent prussic acid toxicity:

• Never turn hungry cattle into

a new pasture.

- Take soil samples and fertilize accordingly.
- Graze mature plants with 18 to 24 inches of height.
- Wait until plants are cured before grazing after frost (usually at least seven days).
- Rotate pastures to keep cattle from consuming lush regrowth.
- Place one or two cows in a pasture and observe for problems before turning in all the cattle.
- Test plants for the presence of prussic acid. Care should be taken though as false negatives can be seen if the test is not performed correctly.

Two types of tests exist for determining prussic acid levels. The first is quantitative and involves submissions to a diagnostic lab. The second is a qualitative test which simply detects the presence of hydrocyanic acids and cyanide in fresh plant material. Most County Agriculture Extension Educators have access to test supplies.

Producers should be cautious that there are multiple toxins that can cause cattle deaths. It is recommended that appropriate veterinary diagnostics and testing be done to determine the ultimate cause of death. A fact sheet that contains information about prussic acid is available at Prussic Acid Poisoning | Oklahoma State University (okstate.edu).









Yvonne Ambrose, FNP-C Family Nurse Practitioner



Khawaja Anwar, M.D. Internal Medicine/Cardiology



Jessica Bowman, FNP-C Family Nurse Practitioner



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The Next Generation of Ranching

By Steve Collins | cctranch@gmail.com

Family farms and ranches form a foundation of American agriculture and support the values and viability of our rural communities. The sustainability of family farms and ranches is now being challenged by many trends, including, among other factors, an aging agricultural producer population and taxes.

The age of producers has increased substantially during the last 20 years. Planning by families for the preservation and succession of the family farm or ranch is complicated by legal issues, tax rules and family dynamics. In an effort to assist family farmers and ranchers, the Northern Prairie Grazing Land Coalition, a chapter of the Texas Grazing Land Coalition, is offering The Next Generation of Ranching: Generational Transition Conference.

The Northern Prairie Grazing Land Coalition is a non-profit organization dedicated to supporting sound grazing land stewardship and assisting owners and managers of private grazing land. A key part of sustaining grazing land and family ranches is planning for their future operation and ownership.

Transfer of the family farm or ranch to future generations is a difficult topic. As a result, many families fail to address the issue until the family member primarily responsible for the operation is unable to fill that role.

By delaying the discussions and planning of these transitions, many attractive options are missed and sometimes the continuation of the family farm or ranch is put at risk.

The Generational Transition Conference will provide information and resources for families



The General Transition Conference will provide information and resources for families to address difficult issues and begin planning for the success of the family farm or ranch. (Photo courtesy Metro Creative)

to address this difficult issue and begin planning for the succession of the family farm or ranch. The conference will be held in Wichita Falls on Monday, Oct. 10, 2022.

This conference is coordinated and organized by the Generational Transition Committee of Northern Prairies GLC. Capital Farm Credit is assisting with sponsorship, and Stephanie Fryer, a Relationship Manager with Capital Farm Credit, will serve as moderator at the conference.

At the conference, profession-

als, with expertise and experience in helping families develop a plan to meet their goals for their farm or ranch, will present information, options and resources available to develop a transition plan.

Garrett Couts, an attorney with the law firm Brady & Hamilton in Lubbock, will address estate planning issues and options. Garrett comes from an agricultural background and his practice includes estate planning for family farmers and ranchers. Ethan Smith, a management consultant who works with family farmers and ranchers will address the management issues involved in succession planning. Brandt Self, a CPA whose practice focuses on agricultural clients, will discuss the tax aspects of transition planning.

The Conference is open to all family farmers and ranchers at no charge. However, seating is limited. Requests for information and registration can be found at https://tinyurl.com/NextGenRanching. Information requests can also be sent to npglctx@gmail.com.

I Believe

By Brandon Baumgarten

I was preaching a revival service once. Throughout the day, the pastor and I would make visits to people who couldn't make it to the services. One day we went to visit the local nursing home. We met lots of people and got to visit with them about life and the Lord. The pastor would introduce me to each one and tell me a fun fact about their life.

There was one man there, who didn't come out of his room much the pastor said. He mentioned that he used to be a farmer and sometimes struggled remembering things.

We walked into his room. The pastor greeted him and tried to make conversation. The man said hello and started telling us memories of the past. He talked about who was heading to the World Series in the 1950s and other random facts he had remembered along the way.

As he was talking, I looked towards his open closet and noticed an old corduroy FFA jacket hanging up next to some of his other clothes. When the pastor introduced me to the man, I said to him, "Nice to meet you. I see you were in the FFA. That's a nice a jacket you got there."

"What's that?" He said.

I replied, "The FFA. The Future Farmers of America. I was involved in it too in high school. I loved it. Did you ever give the Creed?"

He then looked at me hard, but didn't say much about it. He then told us what he had for lunch that day. We talked with him for awhile, but the FFA Jacket was never brought up again. We ended up praying with him as we left and soon went on to another room.

After we finished our visits, we started walking back to the exit doors. As we walked back down



The FFA jacket, proudly worn by members for decades, is easily recognized. (Courtesy photo)

the hallway, I'll never forget what I heard as we passed this man's room again. Recalling to himself a few special words he once undoubtedly said in that old FFA Jacket, "...I believe in the future of farming, born not of words, but of deeds.."

That all he said, it was all I heard, but yet all I needed to know. Even after all those years, the FFA had still left an impact on him. Although he didn't wear the jacket anymore, the meaning of the jacket was still etched into his life. His involvement in the organization

left a life-changing influence on him for years to come.

I hope you'll become involved in FFA and so influenced, that one day, you too, will be recalling what it means to wear the Corduroy. It can truly change your life for the better!

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Risks on the Rodeo Road

By Phillip Kitts

Rodeo is a very unique sport that has so many variables. The average fan gets to their local arena and experiences the thrills of watching their local hero or a rodeo superstar compete for a pocket full of money and even a buckle. Die hard fans fill their weekends without a local rodeo watching the newest streaming apps or national television to keep up with all of the big rodeos around the country.

What is not seen on the surface to fans of the sport is all the ins and outs that go into rodeos from week to week and the long list of challenges that go with rodeo life. Now, we will give you the behind-the-scenes perspective from a Professional Rodeo Cowboys Association photographer, which very much parallels to the contract acts, stock contractors and a list of other people who play a key role in the sport.

The winter months are predictably slower just because the quantity of rodeos is lower. The rodeos going on tend to have a different perspective since their payouts are bigger and they do not have to invest as much in getting a photographer to attend.

In the winter, our organization did make a couple of runs into Arizona and New Mexico where the weather will support winter rodeos, but for the most part the cold months are a rough time. Rolling into April and May, things get busy, and Memorial Day was the true kick off.

This year, we left Kansas the Monday before Memorial Day. It was an eight hour trek to eastern Missouri where we set up and photographed a Friday night and Saturday night rodeo. Saturday night concluded the event, but then it was time to put the hustle on. We packed up the gear and vacated that arena for a six-hour



Rodeo clown John Harrison performs to the delight of the crowd. (Photos courtesy Phillip Kitts, Avid Visual Imagery Rodeo Photography)

drive to western Arkansas where we re-setup gear and started photographing again all day Sunday. This was followed by six performances of rodeo, concluding on a Saturday. Once again, it was an instant tear down and another sixhour drive to western Oklahoma for seven more days of rodeo.

Finally, with a few days to reset, we made it back to Kansas with just enough time to do laun-

dry from 15 performances and repack the rig. We headed west where over 45 days there included 25 days of photography. With no time to breathe, it was time to head back to the Midwest for a 24-hour stop at the house. This stop again was laundry, reset, fix broken gear, and head back out.

Now that you have a little insight into travel, let's get into the variables that always seem to throw a curve in things. What happens when things go wrong, yet you are working on such tight timelines? In our case, we have been lucky not to suffer the blown tire or mechanical failure that brings things to a screeching halt.

Nearly every week, if you watch social media you will hear about an act or contractor who suffers one of these horrible events.





The rodeo family is a different breed, from the athlete to the contractor. The deep-seated passion makes all of the challenges and obstacles a mere bump in the road to a life that so many long to pursue. (Photos courtesy Phillip Kitts, Avid Visual Imagery Rodeo Photography)

The neat part about it is that as much as you hear of these things, you nearly always hear of a fellow rodeo member or a sponsor who steps up to keep them rolling.

Another thing that probably passes by without thought is weather. We recently fell victim to this phenomenon while trying to get from Utah back to the Midwest. What seemed to be a simple thunderstorm, developed into a tornado in eastern Colorado. As most in the Midwest know tornados come with hail. For more than 25 miles, we had no choice but to press on through a severe hailstorm in the effort to avoid tornado damage. With significant damage to the truck and trailer, we were blessed to avoid any severe injury, but it did take its toll.

Where does this put us on the rodeo road? It is not really easy to run insurance claims or repairs when you are never in the same



The early phases of a tornado in Colorado, one of the possible weather phenomenons experienced by rodeo professionals. (Photo courtesy Phillip Kitts)

place more than a week. So over several weeks, there are tons of phone calls and coordinating to get adjusters to you, then finding a place you can pause long enough for repairs.

Among all of these challenges, the show still goes on, and the drive to get to the next one and do a good job never ends. The rodeo family is a different breed from the athlete to the contractor. The deep-seated passion makes all of these challenges and obstacles a mere bump in the road to a life that so many long to pursue.

As a rodeo fan, next time you take your seat in the stands or lean back in your recliner to watch the rodeo action, take a moment to ask yourself about that face that is never seen; the music director or the contractor who runs the roads to no end, making sure the sport of rodeo continues to be one of the greatest shows on dirt.

+

Be Water

By Krista Lucas Wynn

It is hard to believe the end of the 2022 professional rodeo season is drawing near, and it has been a tough year all the way through in the Women's Professional Rodeo Association barrel racing.

Several first time contestants have made their name known including Jamie Olsen, Presley Smith and Taycie Matthews.

Olsen, who was previously featured in North Texas Farm & Ranch, advanced to the semifinals at Cheyenne Frontier Days, while Smith and Matthews also qualified for the CFD short go, finishing fourth and sixth respectively. The three cowgirls are hot on the tail of number one rookie, Bayleigh Choate from Fort Worth, Texas.

As of Aug. 2, Choate had won an impressive \$75,614 at 61 rodeos and a National Finals Rodeo berth in her sights. She has moved into the top 15 with a huge win at Ponoka, AB, placing at the Calgary Stampede and finishing second at Rodeo Salinas. She was also the number one money earner in barrel racing over Cowboy Christmas.

Choate grew up barrel racing and got her love of horses from her mom who rodeoed through college. Both her mom and dad have supported her unconditionally as she blazes her own path down the rodeo trail.

"My favorite part of being on the road is definitely getting to see new parts of the country, as well as getting the opportunity to run against the best in the world," Choate said. "My least favorite part is just being a rookie and not knowing the arenas as well as others, and we never know where we are going, and finding places to stay has been a challenge."

Her competitive nature has



As of Aug. 2, Bayleigh Choate from Fort Worth, Texas, had won an impressive \$75,614 at 61 rodeos and a National Finals Rodeo berth in her sights. (Photo courtesy of Bayleigh Choate)

kept her going, and she has not let any learning curves deter her from her main goal of winning rookie of the year. Choate lives by the saying, "Be water," meaning no matter what challenges arise, she always tries to adapt and overcome.

"This year has been full of ups and downs, but no matter what you have to keep going," she said. "Rodeo has taught me how to have a short-term memory because you could have just made one of the worst runs of your career, and you have to forget it, and show up to the next one with a clear head, and act like you didn't just make a terrible run."

The young cowgirl is also seasoning her young team of horses to the rodeo road. She has had three geldings on the trailer with her this summer, giving her the

ability to pick and choose which one she runs where and who will fit each setup. Boozer, a five-yearold roan gelding by Eddie Stinson, was seen more at the indoor winter rodeos, and he loves a loud crowd during a performance.

"He is the horse that really got my pro rodeo career jumped off," Choate said. "He carried me to my first pro rodeo win. He also got me a semi-finals win at Rodeo Austin and pushed me up in the standings."

She also runs Dash, a sevenyear-old chestnut gelding, and Preacher, a nine-year-old sorrel gelding, both by Dash Ta Fame.

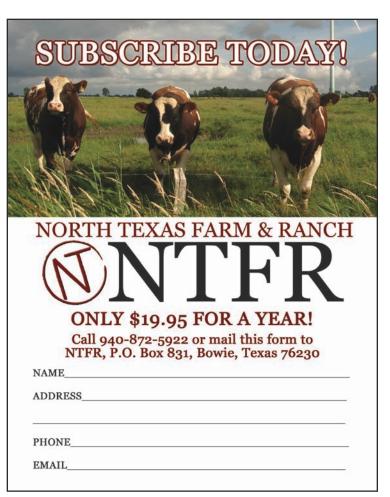
"Dash got me one of my biggest career wins yet, and that was winning all three rounds of the Ponoka Stampede, along with making us the number one money earners over the Fourth of July," Choate said. "Preacher is the horse you jump on when it is muddy or really deep, because he is so strong he can pull through anything, and he just loves to run."

The ability to ride different styles of horses is something Choate has worked on her entire life. She has learned from her peers like Tiany Schuster, Emily Biesel, Wenda Johnson, and Dona Kay Rule.

"None of my horses really have the same style, so I am always having to adjust my riding to the horse I am on at the time," Choate said.

Not only has Choate learned to be like water, she has made a splash in the rodeo world.

There is no doubt the tough competition in the rookie race will continue until the very last day of the season, Sept. 30, and Choate will continue to chip away at a Wrangler National Finals Rodeo qualification and the rookie of the year title.







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Equine Ocular Disease Part 2 – Uveitis

By Dr. Garrett Metcalf, DVM

Uveitis is a specific term used to describe inflammation of the interior part of the eye or the uvea. This area of the eye involves mostly the posterior chamber of the eye.

The posterior chamber contains the iris, retina and a structure called the ciliary body. There are multiple reasons uveitis can occur in horses but one of the most common reasons is trauma related or a disease called recurrent uveitis.

Signs of Uveitis

Uveitis is an incredibly painful inflammatory condition of the eye. Horses that display uveitis are tearing and squinting excessively. The color of the cornea may turn blue in color and the pupil will be very small despite being out of direct light or even when it is dark out.

The conjunctival tissue may be red and inflamed like a person with bloodshot eyes. In severe cases blindness or partial blindness may be noted.

Horses will often be in so much pain that opening their eyelids with your fingers in order to examine the eye can be very difficult or nearly impossible. The inflammation in the eye makes the pupil muscles spasm leading to the constricted pupil size and pain from the spasms.

Diagnosis

Examination of the uvea can be difficult in a horse with uveitis because of the severely restricted pupil and yellow/cloudy discoloration of the fluid in the back of the eye. History is important to help veterinarians figure out the cause of the inflammation and to rule out possible causes.

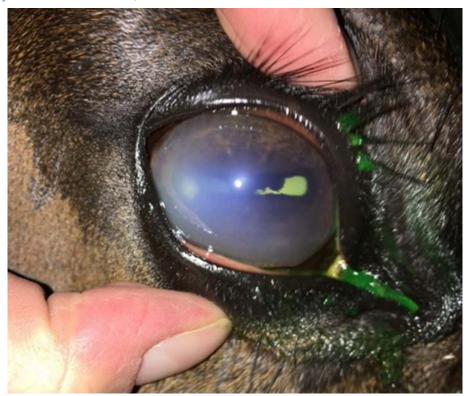
A full exam of the eye includes the cornea, eyelids and the interior of the eye. Staining the eye with a green stain called fluorescein is also used to check for corneal ulcers. Veterinary ophthalmologists have specialized instrumentation that most veterinarians do not have to examine the anterior parts of the eye and measure intraocular pressures.

Recurrent Uveitis

Equine recurrent uveitis is considered an autoimmune disease that leads to recurrent inflammation of the back part of the eye or that posterior chamber. An older name used for ERU is "Moon Blindness." ERU is one of the most leading causes of eye issues in horses and the number one for causing blindness. ERU occurs often in certain breeds more than others.

Appaloosa, draft, paint and warmbloods are at a higher risk than other breeds.

Appaloosas are at a much higher risk of this disease



Uveitis is an incredibly painful inflammatory condition of the eye. Horses that display uveitis are tearing and squinting excessively. (Photos courtesy of Dr. Garrett Metcalf)



than all other breeds and have been reported to be eight times greater.

ERU needs to be differentiated from other causes of uveitis and the tell-tale sign is the frequency of uveitis occurring. Horses with ERU can have repeated bouts of uveitis several times a year or more and often become increasingly difficult to control after each episode.

Devastation of ERU

ERU is very destructive and devastating to the ocular tissue. With each episode of ERU the eye becomes more damaged and can lead to permanent injury.

The continued insult to the eye leads to scarring, cataracts, glaucoma, retinal detachment, and ultimately permanent blindness. There is no reversing the damage and needs to be controlled before it gets to this point in the disease. Also both eyes are at risk, but often one eye is more affected than the other.

Treatment

There are multiple treatment options for ERU and the treatment is dependent on the case, severity of the disease, stage of the disease and frequency of the disease.

The first line of defense with ERU is controlling the immune response that is causing massive amounts of inflammation within the eye.

Steroids and NSAIDs are fairly good at controlling this inflammation, but they often require lengthy treatment periods to get the ERU under control. The steroids are often applied topically to the eye and also require frequent treatment which can lead to some horses' resentment for the daily eye treatment.

There are surgical options for ERU and the first one is aimed at long term control of the immune response.

This requires implanting an immunosuppressive drug between the layers of the back of the eye.

This drug is called cyclosporine, and it modulates or blocks the immune response that is out of control in ERU horses.

The cyclosporine implant leaks out the medication slowly over time and can last up to five or more years, but some horses can still have recurrence even with multiple implants placed in the eye.

In Europe, a surgical technique of flushing out the fluid in the eye has been promising to help control ERU.

This procedure requires special instrumentation that allows a steady rate of sterile fluid to be forced into the eye and removed at the same time through another instrument.

This procedure is not widely used or available in the United States, but because of the use of antibiotics in this fluid it was discovered that antibiotics may have been the main controlling substance of the inflammation and not the washing out of the eye. This discovery has led to another less invasive treatment for ERU.

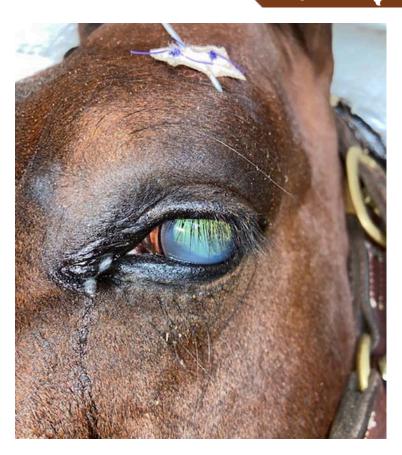
Intravitreal injections with antibiotics and steroids have become increasingly more used for ERU because of the greater ease of treatment, lower cost and rather good results.

This process is done with the horse under sedation and local anesthesia compared to the other surgical options requiring general anesthesia and being on the surgery table.

The procedure only takes 15 to 20 minutes and can be done on an outpatient basis most of the time. Not all horses with ERU are good candidates for this treatment but it does have some promising

Uveitis is a very devastating condition of a horse's eyes and must be brought under control

It is always recommended that whenever there is concern of ocular injury or disease that it is examined as soon as possible.



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Inventions of Agriculture: The Reaper

By Dani Blackburn

Agriculture has been a staple of human society since around 9000 BCE during the Neolithic Era, when humans began developing and cultivating their own food.

For centuries, food production was a slow, tedious process until the invention of agricultural machinery. One such invention was the reaper. Until its time, small grains were harvested by hand, cut with sickles or scythes, handraked and tied into sheaves.

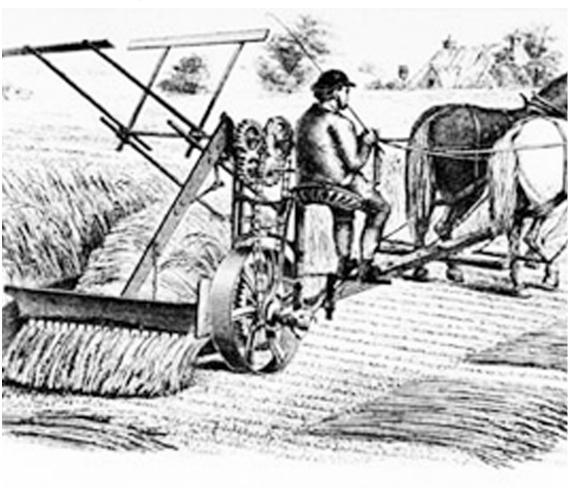
While a few had unsuccessfully attempted to create a similar machine, it was Cyrus McCormick who would ultimately be credited with the invention of the first commercially successful reaper in 1831.

McCormick's invention was a horse-drawn machine used to harvest wheat, a combination between a chariot and a wheelbarrow. He had joined together the earlier harvesting machines into a single, timesaving one. His reaper allowed producers to double their crop size, capable of cutting six acres of oats in just one afternoon. In contrast, it would have taken 12 workers with scythes to do the equivalent in the same amount of time.

McCormick had simply followed in his father's footsteps. Growing up in Rockbridge County, Virginia, his father had also created several farming implements and even worked to invent a mechanical reaper of his own.

McCormick would patent his invention in July 1834, a year after Obed Hussey had announced the making of a reaper of his own. In 1837, McCormick began manufacturing his machine on his family's estate.

In 1847, McCormick recognized Chicago as the future of the agricultural machinery industry. The railroad to Galena was near-



Cyrus McCormick's invention, the reaper. (Courtesy photo)

ing completion, the Illinois and Michigan Canal would soon be open, and a telegraph link to the east was coming. So, in 1847, Mc-Cormick, together with his partner and future Chicago mayor Charles M. Gray, purchased three lots on the Chicago River and built a factory where they would produce the reaper. It was the first of many industrial companies that would make their way to the area, making Chicago an industrial leader.

McCormick wasn't done yet. He purchased an additional 130 acres in Chicago in 1871, but later the Great Fire of 1871 threatened to destroy his company when the factory burned.

It was his young wife, Nettie

Fowler McCormick, who pushed the company forward when she went to the site just days after the fire and ordered the rebuilding of the factory.

By 1880, McCormick was the largest machinery producer in Chicago and employment reached 7,000, a whopping fifth of the nation's total.

McCormick joined the companies of Deering and Plano to form the International Harvester Company in 1902. At its height, the company controlled more than 80 percent of grain harvesting equipment in the world.

While the Great Depression would hit Chicago's agricultural industry hard, McCormick's in-

vention of the reaper forever changed the face of agriculture.

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Although the author has made every effort to ensure the information in this article is accurate, this story is meant for entertainment purposes only and is not a substitute for historical documents.





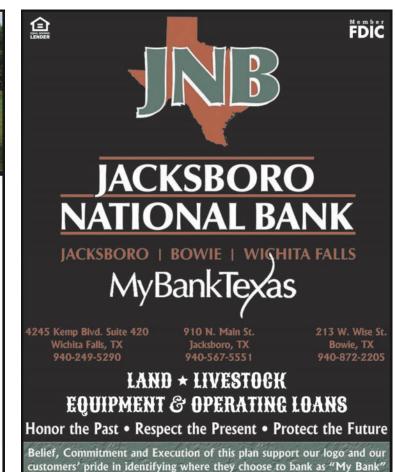
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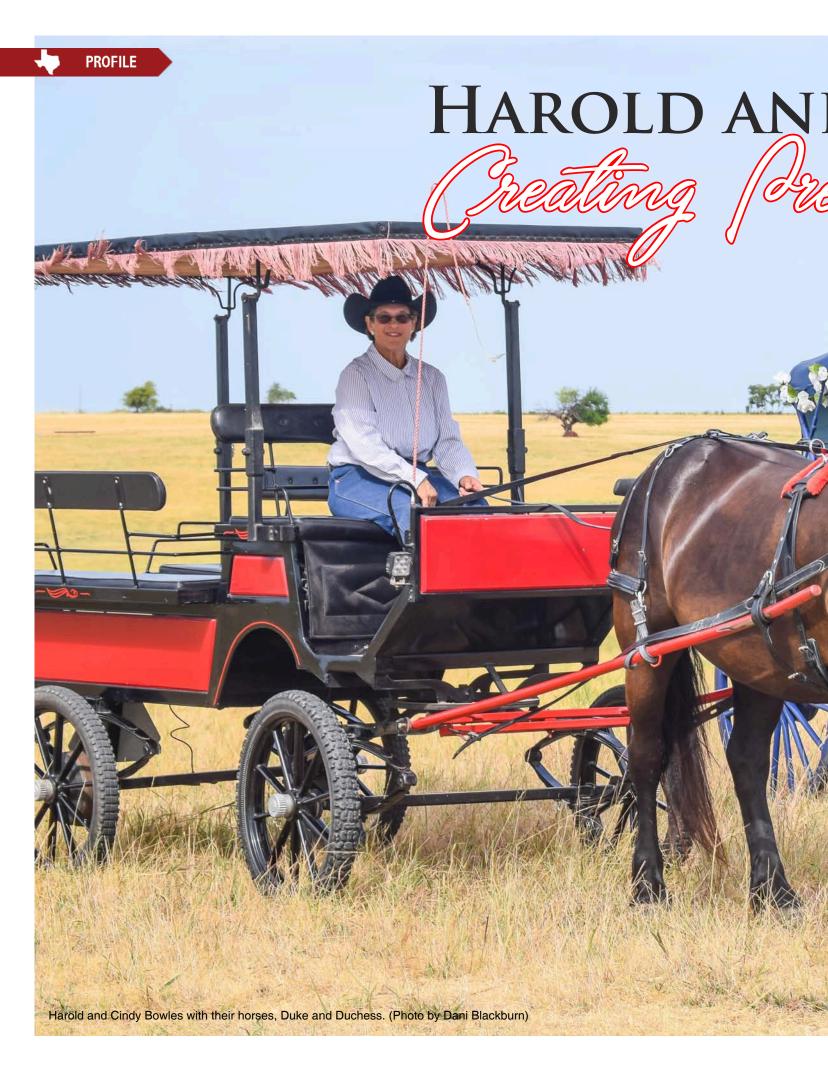
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ID CINDY BOWLES:

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Sometimes difficult roads can lead to beautiful destinations, and thus is the story of Harold and Cindy Bowles. Despite multiple surgeries, including three organ transplants, the pair has been able to turn the gift of life that healed a very sick Harold into inspiration for creating precious memories for others.

A Love Story

Harold and Cindy Bowles met and married as high school sweethearts. Harold had grown up one of eight children, including four boys and four girls, in the small town of Era. Cindy grew up in Sanger, the daughter of a firefighter. After her brother was drafted during the Vietnam War, she became her father's roping buddy. The father-daughter duo even hit a few jackpots along the way. The pair first met when Harold stopped by one day to purchase a trailer from Cindy's father. She made quite the impression on the young Harold, but Cindy was oblivious. As fate would have it, Harold began working as a cook just a short time later at a local restaurant, where Cindy just happened to also work.

"The very first time I saw him other than when he had come by to look at the horse trailer, he was at the restaurant, bent over back in the kitchen. He had his name on the back of his belt. That was popular then," Cindy said. "I said, 'Hey Harold.' He raised up and said hello and asked how I knew his name. I told him he was wearing it on the back of his belt, and we both had a laugh."

The pair began spending time together after the restaurant closed, sitting and talking on the tailgate of his pickup in the parking lot. Before long they were dating and soon had fallen head over heels in love. One evening at the Forestburg Rodeo, with their song "Silver Wings" playing, Harold proposed to her. It was an easy yes from Cindy.

The Bowles were married that December so Harold's sister, who lived in Washington and came for a visit every two years, could be in attendance for the ceremony. Cindy finished up high school, and the newlyweds moved to Taylor, Texas, for Harold's job as a store manager. It is where they had their firstborn, Nathan. Later, Ann, Ben and Daniel would join the family.

"We grew up so much down in Taylor," Harold said. "We went out dancing, we loved to dance. We had a good church we went to. We had friends and we spent a lot of time at their house, and they'd come to our house. So, it was good. We were **Continued on page 32**



Continued from page 31

never lonely, but we missed home so much."

The Bowles had returned home for Harold's father's birthday party and realized how much they yearned to be back with family. They made the decision to return to Era, and Harold found a job working for Victor Equipment and eventually landed at Peterbilt.

Cindy had worked as a nurse's aide before becoming pregnant with Nathan, and one of the nurses had encouraged her to go to nursing school. It became a dream for Cindy, and to put her through college, the Bowles hosted team pennings at their ranch. Harold participated in team penning himself and even won a saddle. Cindy also taught riding lessons to help pay tuition and worked as the cafeteria manager for Era Independent School District, which allowed her to have the same schedule as her children.

It was a scary thought to go back to school. She was afraid of failing in front of her children, but through her faith, she plunged ahead and instead set an example of success. Cindy has worked as a nurse for 28 years, currently serving as a day surgery nurse at Medical City Denton. In 2002, she was chosen as one of the "Great 100 Nurses" of Texas.

The Bowles also purchased land and built a home in Era, calling it Sunset Ranch, where they raised their four children.

Hepatitis C

When the Bowles first returned to the Era area from Taylor, they rented a home next to a bridge. Despite the home being perfect for their little family at the time, it was a difficult decision. It was the same bridge where Harold's brother-in-law, Johnny, lost his life due to a car accident. Harold, being so exhausted, fell asleep at the wheel. He was just 16 years old at the time. He sustained multiple injuries, including a broken

Continued on page 34





(Above) Harold and Cindy Bowles get Duke all harnessed up for a carriage ride as he patiently waits. Photo by Dani Blackburn. (Left) Harold and Cindy's daughter-inlaw, Sara, enjoys a ride around the pen on a sunny day as their grandaughter, Olivia, leads Duchess. Courtesy photo



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Harold and Cindy Bowles turned the gift of life that healed a very sick Harold into inspiration for making precious memories for others. (Photo by Dani Blackburn)

Continued from page 32

leg and shoulder, and during his recovery, received several blood transfusions. Little did he know at the time that he would get Hepatitis C from one of those transfusions, changing his life forever.

According to Dr. Jacqueline O' Leary, MD MPH, Hepatitis C can be a silent killer through its ability to cause liver disease, liver failure, liver cancer, blood cancer, kidney failure, and diabetes but also is associated with a marked diminution in the quality of life manifested by fatigue and "brain fog."

Globally, an estimated 58 million people have chronic hepatitis C virus infection, but many do not know because it can remain undetected for years, according to the World Health Organization.

This was the case with Harold, who seemed perfectly healthy. It was the year 2000, and the Bowles were busy living a happy and blessed life, with three children out of the nest and the youngest, Daniel, 17 and still living at home, when Harold began experiencing extreme fatigue, falling asleep on

the couch every night. He was often sick with flu-like symptoms, but no one else in the family was sick. In addition, he was irritable and had excruciating leg cramps at night.

Eventually, his legs began turning a brown color. Harold was finally convinced to go to the doctor, where he received his Hepatitis C diagnosis. The news became more devastating after a biopsy confirmed he had Stage 4 cirrhosis of the liver.

Harold was put through a medical treatment applied with shots at home. It caused extreme chills, aches and pains. There was hope it would treat the cirrhosis, but after six months of treatment, it had not completely gotten rid of his HCV. Harold was entered into a clinical trial, and that medicine's side effects were shorter-lived, giving him a better quality of life. However, the trial did not work, and the couple was told the only hope for Harold was a liver transplant.

They were referred to Baylor University Medical Center. On Sept. 29, 2003, the Bowles checked into the Twice Blessed House and underwent rounds of testing to qualify for the transplant list and determine his Model for End-Stage Liver Disease score. Cindy explained this is a scoring system that consists of certain lab values and kidney function and determines a patient's position on the transplant list. The higher the score, the closer one is to getting a transplant. Initially, Harold's score was a 13, and typically it takes a MELD score in the mid-20s to receive a transplant. Seven long years passed as Harold waited on a new liver, during which time his condition worsened. In 2006, Harold had a lesion removed from the lower part of his lung. As time went on, he became more fatigued and became confused. He also was not getting any sleep, waking up multiple times a night with extreme leg cramps. A mass formed on his liver, which required chemotherapy injections, but the mass increased his MELD score, moving him up the transplant list. Despite chemotherapy treatments, Harold grew two more lesions on

his liver.

Finally, one evening after a long day at work for Cindy, the call they had been waiting on came. There was a liver for Harold. The pair made the hour and a half drive to Baylor Hospital in Dallas, where he received the lifesaving gift of organ donation.

Two years went by after the initial liver transplant, and Harold was doing great, when a tailgate slammed him down on the concrete, causing a bad fall and jerking something loose. At first, he was just sore and thought nothing of it, but eventually, Harold became very ill. They discovered he was going to need a second transplant.

Before being put on the transplant list, a hospital team made up of several individuals, including a psychiatrist, surgeons, hepatologists, and coordinators, basically vote on each patient to determine if they are a good candidate. For his second transplant, Cindy said, "I felt Dr. Greg McKenna, the transplant surgeon who helped take care of Harold with his first



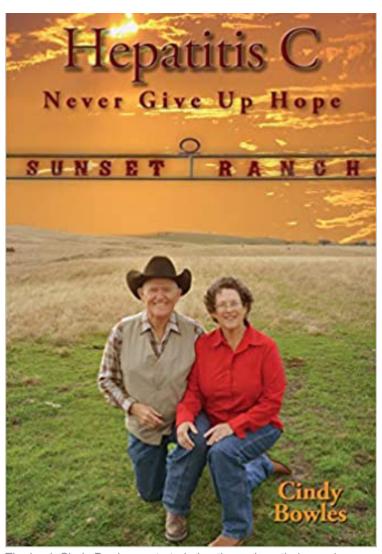
transplant, was a positive advocate for Harold during the voting process. I believe if it had not been for Dr. McKenna, Harold would not have made the list, but he did."

However, after hearing the risks involved with a second transplant surgery, which are much more serious than the first, Harold announced he was done and wanted to go home. It was his hepatologist, Dr. O'Leary, who came by on a Sunday afternoon to get to the bottom of his concerns. After a conversation with her patient, they realized how much pain Harold was in. His blood count was low, so blood transfusions were ordered, along with nausea and pain medications. Dr. O'Leary asked Harold if she promised to get him feeling better, would he be willing to go through with the transplant?

"This world would not be the same without you," the doctor told Harold. Then Harold replied, "If you told me to jump out of this building and it would be alright, I'd do it. If you tell me to have this transplant, I will. I trust you and Dr. McKenna with my life." It worked, and Harold agreed to

A crew of nurses entered the room, giving Harold everything he needed to feel a bit better. In the meantime, Cindy and the children made the difficult decision to make Harold sign a DNR if the second liver did not arrive in time.

It was Dr. McKenna's turn to push his patient. On Monday morning, Dr. McKenna came into Harold's room, telling him he needed to prepare for a marathon. In order to get Harold ready for surgery, he was put through aggressive physical therapy, had a feeding tube placed for nutrition, and by the end of the week, he walked one lap around the nurses' station as the nurses cheered him on. At the beginning of that same week, he had not even been able to get out of bed. Cindy also worked on moving his legs when he did not have the energy to do it



The book Cindy Bowles wrote to help others along their own journey. (Courtesy photo)

himself, sitting him up in the chair and being by his side every step of the way. Cindy also blew up a photo of their creek and meadow below their porch and lined it with photos of the children and grandchildren. It gave Harold peace to sit and view it, as the couple would pretend to have coffee together on the porch. The idea is still used as an example to other caregivers as a way to encourage patients to keep fighting to live.

At one point, nearing death while awaiting the second liver, Harold made a decision. He knew he could no longer ride because a fall would be devastating for his health, and a horse and buggy allowed for him to still enjoy horses, but he wanted to take it a step further.

"He was really weak and in a soft voice he told me, 'If I make it through this, I want to have a carriage service. I'm going to call it Precious Memories Carriage Service and make precious memories for others.' I told him if he made it through, we would do anything he wanted. A few days later, he got his transplant," Cindy said.

Harold came through the second transplant with flying colors. He had survived two liver transplants and cancer, not one time, not two times, not even three times, but four. One of the cancers was miraculously healed. Harold had a tumor wrapped around his celiac artery five years ago, well after the second transplant. When the couple traveled to Baylor to have a biopsy of the tumor to

see what kind of chemotherapy would be best to treat it, they were shocked to find the tumor was gone.

"The doctors came out and said, 'We can't explain it.' I said, 'I know. We prayed for him, and our church prayed for him. It was just a miracle from God.' They said, 'Well, that's all it could have been," Cindy recalled.

The liver transplants and cancer were not the end of his health struggles. Due to the strong medications from becoming septic and anti-rejection medications, his kidneys began to slowly fail. Harold never had to go on dialysis, but he received a kidney donation less than one year after being on the transplant list, making his third organ transplant. It normally takes four to five years to receive a kidney after being placed on the list.

At one point, the Bowles knew they had to make a decision about the ranch. It was difficult to run when Harold could not do any heavy lifting, including feed, but they were determined to keep the ranch they loved. The couple got creative, buying a trip feeder to feed the cattle, along with a frontend loader for the tractor.

Cindy had kept her promise to Harold, and after he was all finished with his liver transplant, the Bowles started their Precious Memories Carriage Service.

Precious Memories

The Bowles became the proud owners of two great horses, Duke and Duchess. They purchased Duke first, then later Duchess. Duke was a gentle giant, standing at 17 hands tall. Both horses were sent to Kansas to be trained by an Amish trainer.

Duke and Duchess pull the carriages driven by Harold and Cindy in parades, weddings, funerals, vacation bible schools. and more as they create moments remembered forever by those who experience time with the Bowles and their horses.

Continued on page 37

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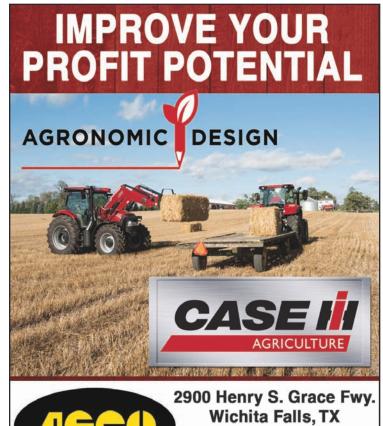








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Continued from page 35

They purchased their very first wagon in 2014. Next, came a beautiful blue carriage bought from Oklahoma City. One day while waiting in the back of the parade line at Tioga, they were summoned to the front. A car door opened and out walked Randy Travis and his wife, who rode with Harold in the parade that day. Fans were in awe and so excited to see him as he rode along in the blue carriage. The white carriage was purchased from Mineral Wells and is used mostly for weddings.

"Weddings are our absolute favorite. They are so beautiful," Cindy said.

Next, Cindy wanted a carriage that had seats facing each other so it was easier for guests to visit during rides, and she found the perfect one in Iowa. Last, they purchased their black carriage right before the Fourth of July. The Bowles have made precious memories for others with each and every wagon.

Helping Others

Harold's health journey had the happiest of endings when he was entered into another clinical trial by Dr. O'Leary. He took the new medicine for 12 weeks with only minor side effects. At the end of the trial, Harold was given the news he was Hepatitis C free after 40 years.

Cindy has been able to help others going through organ transplant journeys, both as a nurse and as a published author. She wrote a book about their experience, "Hepatitis C: Never Give Up Hope."

She felt called to write the book but was unsure of her capabilities when she reached out to a friend who was a retired librarian. She helped Cindy edit the book.

"It was very therapeutic for me. I knew God wanted me to write the book, but at first I flat out said, 'No. I am not going to do it.' I went to my desk and opened my Bible to 2 Corinthians: 3. That's



Cindy Bowles plans to retire in one year from her career as a nurse, at which point her and Harold will continue operating their cattle ranch and providing precious memories for others. (Photo by Dani Blackburn)

where Paul is saying he was not competent to do some of the things. I had told God, 'I am not competent to write a book. Leave me alone about it.' Well, then I read that word competent in the Bible, and it says how I might not think I can do it, but God knows I can. So I started writing," Cindy said.

The first eight chapters of the book cover Harold and Cindy's life before diving into the discovery of Harold's Hepatitis C. Then, it moves into discussing transplants with medical terms explained in a way those not in the medical field can understand. While people are waiting for a transplant, Cindy shares her book with them and their caregivers.

"Some of the MELD scores and terms have changed since I wrote the book because medicine is always changing, but I give this to them to read and it familiarizes them with transplants," Cindy said

A Bright Future

Now, Harold only has to return to Baylor once a year for checkups. The Bowles enjoy their visits, making the rounds to say hello to all the nurses, coordinators and staff who hold such a special place in their hearts.

"Dr. McKenna loves that. He always gets in the hall and says, 'It's a good day. The Bowles are here," Harold chuckled.

The Bowles even had a barbecue get-together at the ranch after all was said and done, inviting everyone involved in Harold's care to come spend a day at the ranch.

Their children, siblings and friends pitched in, serving up the food so the Bowles could enjoy the day visiting. The staff brought their own spouses and children, who experienced horseback rides, practiced their roping skills, explored the ranch, enjoyed the company of one another, and celebrated the happy ending to the journey they had all traveled together.

Cindy plans to nurse for one more year before retirement, at which point they will provide more carriage rides and continue operating their cattle ranch. Their hope is to provide precious memories for others for years to come, while it is obvious the Bowles will also continue serving as a shining example of strength, unwavering faith in God and love for one another.

Cindy's book is available on Amazon, and the Bowles can be reached for their Precious

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Sunset Ranch, where the Bowles make their home. (Courtesy photo)





Harold and Cindy Bowles love creating precious memories for those who ride in their carriages with Duke and Duchess. (Courtesy photo)

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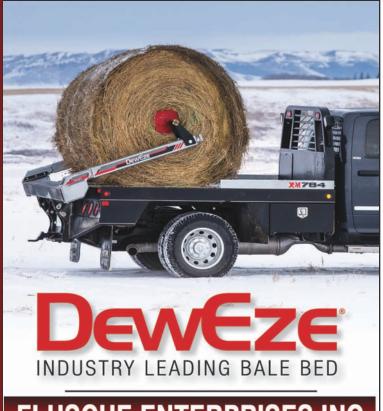


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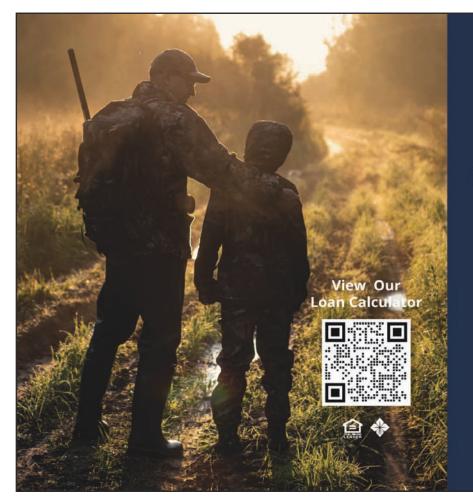
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Total Time: 1 hour and 15 minutes | **Serves** 12

By Lacey Vilhauer

Ingredients

1 pound (16 ounce) ziti noodles

2 Tablespoons olive oil

4 cloves garlic, pressed

1 medium yellow onion, diced

1 pound ground beef

1 pound mild Italian sausage

5 cups marinara sauce

1 teaspoon Italian seasoning

1 teaspoon kosher salt

½ teaspoon crushed red pepper flakes

2 cups shredded mozzarella cheese, divided

1 cup whole milk ricotta cheese

½ cup grated parmesan cheese, divided

3 Tablespoons chopped fresh parsley, divided

1/4 teaspoon black pepper

2 large eggs

Instructions

Cook ziti pasta according to package directions. Once cooked, drain and set aside.

While pasta is cooking, heat a large skillet with olive oil over medium high heat. Saute garlic and onions in hot skillet for 2 minutes. Add beef and sausage and continue cooking until browned. Drain off excess fat and return meat to the skillet.

To the skillet, add marinara sauce. Use your favorite pasta sauce or make your own. Add Italian seasoning, salt, and red pepper flakes. Simmer on low heat until pasta noodles are done cooking. When noodles are done cooking, add half of the meat sauce to the noodles. Reserve the remaining sauce for layering.

In a small mixing bowl, combine 1 cup of the shredded mozzarella cheese, ricotta cheese, ½ cup of the grated parmesan cheese, 2 Tbsp of fresh parsley, pepper, and eggs. Mix until combined.

Assemble the baked ziti in a 13x9 baking dish or ramekins for individual servings. First pour in half of the meat covered noodles in the bottom. Dollop half of the cheese mixture over the top, spreading evenly, followed by ½ cup of shredded mozzarella cheese and half of the reserved meat sauce.

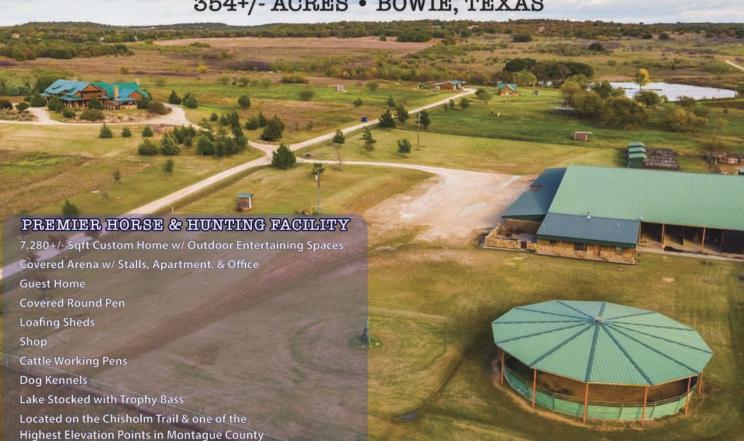
Repeat with the remaining pasta noodles, cheese mixture and meat sauce. Top with the remaining ½ cup of mozzarella cheese and the remaining ¼ cup of grated parmesan.

Bake uncovered in 375 degree oven for 20 to 25 minutes, until bubbly and cheese is melted. Remove from oven and top with 1 Tbsp of fresh parsley. Serve hot and enjoy!

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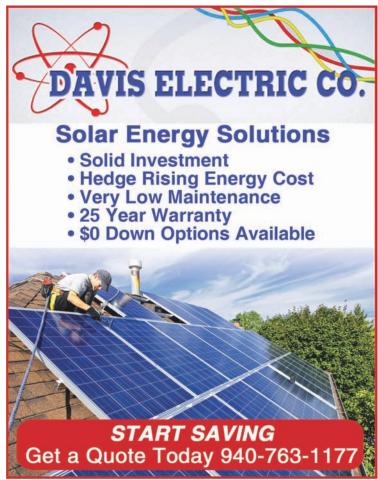


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WHENACITY GIRL goes country By Annette Bridges Merry Maui Cows



Annette Bridges is confident her Texas cows are as happy as the merry Maui cows, at least most of the time. (Photo courtesy Annette Bridges)

I simply had to have my photograph taken with some merry Maui cows. I couldn't help but wonder if our Texas cows wished

they lived where the temperature was never too hot or cold, where they never had to deal with sleet, snow or hail, and where they al-

ways had luscious green grass to graze complete with a heavenly ocean view.

I was convinced these Maui

cows were happy cows and I returned home from our winter vacation wondering if our Texas cows were happy, too.



My husband assures me that our girls are jovial, pleasantly plump bovines. They are certainly well fed.

I was curious if there were ways to actually know for sure if cows are happy.

I read somewhere in all of my searching that one indication of happy cows is they will sprint around and jump into the air with excitement. I couldn't wait to share this bit of news with my husband.

When we drive our Ranger into the pasture to check our girls and give them some cubes, they will run, jump and moo as they greet us. My husband sometimes tells them to stop acting crazy, but now I know they are simply showing their joy and that delights my heart.

I began to consider other emotions and behaviors I've witnessed. I've seen cows that I am certain are best friends. They tend to stick close to each other when grazing and even babysit for one another. They sweetly lick each other, too.

But it's always intriguing to me how quickly some seem to forget a fellow bovine.

For whatever reason, there may be a cow penned from the rest of the herd for a few days and when she returns some of the other cows treat her like an unwelcomed stranger and may even push her around. Of course, this doesn't last too long before they all go back to business as usual – eating!

Nothing is sadder to me than when a mamma cow is separated from her calf during weaning and she moos for hours crying and grieving, but even these feelings don't last forever.

We have plenty of grown mammas and daughters in our herd and they don't act like they even know they are related.

I do love how curious our cows are. Their stares make me giggle, especially when they have totally encircled us as we sit in the Ranger.

Of course, I adore the cows that get right in my face and try to give me a smooch and let me rub their head. I hope this means they love me.

Although I can't say any of our girls have behaved too aggressive toward us, I have seen cows clearly mad at their herd mates. A recent example was after a twin mamma rejoined the herd with her calves following a few days stay in the barn and maternity pen.

One cow in the herd seemed to not recognize twin mamma and challenged her to a head butting dual. Twin mamma was so angry after she won the battle she walked around pawing the ground and rubbing her head into the ground, too. She was not happy and seemed to be letting the other gals know they better stay away. And they did.

Cows do seem to have a range of emotions, including the babies. I think calves are at their happiest when sucking their mammas evidenced by their tiny tails gleefully twirling around and around. The little ones enjoy warm sunny days best as that's when we see them playing chase and race each other all over the pasture.

All in all I'm pretty confident our Texas cows are as happy as those merry Maui cows, at least most of the time.

While I sure wouldn't mind having year-round green pastures with a perpetual ocean view myself, I am quite content gazing at the grand and gorgeous Texas sunsets and taking deep breathes of fresh country air.

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Cowboy's Wife

Guest submission by Irene Henry

So you want to marry a cowboy, and be his loving wife. Well pull you up a chair right here, I will tell you of your life. Never will your home be clean, boots stuck everywhere. There will be meds in your fridge, you need to keep them near. You will learn to brand and to inject, and how to pull a calf. When you work cattle with him, you will surely learn to laugh. You will help to feed the cattle, when the snow is all around. While breaking ice on all the tanks, as you tread the frozen ground. Baby calves brought into the house, to warm beside the fire. Baby chicks in your bathtub, to be checked on by the hour. You will be covered with afterbirth, sometimes in mud and muck. And do not forget the miles you'll walk, in mud when he sticks the truck. There will be lots of laughter, sometimes you will cry. But you will raise each other up, because you both will try. Yes you should marry a cowboy, and be his loving wife. For you will love every minute, so thankful for this life.

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Beef Cattle: Managing Heat Stress and Water Requirements

By Martha Crump | marthacrump@comcell.net, Co-contributor Lindal Gillen-Goetz

Most cattle producers can tell you a lot about balancing cattle diets for energy, protein, vitamins, and minerals based on the specific needs for their herd and type of operation. A key factor, and one that is often overlooked, is how your animals perform is also directly affected by their water intake.

Now many of you may already be thinking, "Well of course water is necessary! Anybody knows that," but as water supplies are dwindling in the face of ongoing drought, it is critical to not only understand the daily water requirements for cattle facing our current heat conditions, but also the impact the quality of the water can have on herd health and development. Water sources in the form of ponds/stock tanks are dropping alarmingly, some wells are seeing a reduced flow and creeks and streams are either seeing a reduction in flow or have dried up completely. While having some areas of available water is good, the quality of that water may be much less than conducive to herd health. That holds true both in times of normal rainfall and also in times of drought. Water is considered the most critical nutrient in beef cattle diets. It supports maintenance (digestion and excretion), growth and lactation. A significant amount of water can be lost through excretions in the form of urine, feces or sweat. Cattle do not adapt well to water restrictions, and any decrease in consumption can lead to a decrease in feed intake and poor animal performance. There are numerous factors that will influence water requirements for your



The Crump Ranch cement water trough with double pasture access. (Photo courtesy Martha Crump)

herd.

First to consider is the age and stage of production. Growing heifers and steers will obviously require less water per head daily than a mature cow. The water needs for mature cows will be based on their status as well. A dry but pregnant cow in early to mid-pregnancy has a lower water requirement than a cow within 60 days of calving. To have a healthy capacity for milk production, cows in the last trimester of pregnancy begin to have an increase in their need for water. The first 60 days after calving is the peak lactation period, and during this time, water needs are at their highest for cows. Of note, mature bulls will require water in amounts similar to that of a lactating cow.

A snapshot of water quantity needs based on age and stage of the animal and temperatures in the 90s would be as follows: growing Steers/Heifers 400lbs=10gal per day/600lbs=13gal per day/800lbs=17gal per day; dry, Bred Cows 1100 to 1300lbs=17-19gal per day; Lactating Cows 1100-1300lbs=20-22gal per day; Bulls 1600+lbs=22gal per day.

Diet also will impact water consumption, as grazing cattle with access to fresh, lush forage can meet up to 80 percent of their water needs. Harvested forages such as hay may only contain 10 to 15 percent moisture. In that instance, cattle receiving hay and supplemental feeds will most likely require more daily water. Self-limiting supplemental types of feeds that contain salt, such as a "hot mix," may also up the daily water requirements of cattle. Salt is rapidly absorbed into the bloodstream and excreted by the kidney through the cow's urine.

To eliminate excess salt, a cow must have clean water sources. Research has shown that during periods of extreme heat the gallons needed per animal may actually come close to doubling.

Then, of course, there is heat stress and the environment to consider. As temperatures increase, water lost through evaporation from the skin or respiration from the lungs in beef cattle can exceed that lost from excretion. Naturally water consumption will increase during the summer months and especially so during times of extreme heat.

At temperatures above 80 degrees, cattle endure physiologic stress trying to deal with their heat load. Compared to other animals, cattle do not sweat effectively and rely on respiration/breathing for cooling, therefore reducing their heat load dissipation efficiency.

Simply stated, they are not able to cool down easily. This daytime heating process makes cattle dependent on cooler nights to allow dissipating of the accumulated daytime heat loads. Adding to the effects of higher than normal temperatures is the fact that the fermentation process within the rumen generates additional heat that cattle must dissipate. Heat production from feed intake will take from four to six hours after feeding to reach a peak level. Heat production in cattle fed in the morning will peak in the middle of the day when temperatures begin to elevate.

To help manage heat stress, move the feeding time to late afternoon or evening. This allows rumen fermentation to occur during the cooler night temps and will increase the cattle's lung capacity during the hotter daytime temperatures. Even so, during extreme heat conditions with hot, windless nights, cattle have an even more difficult time with heat dispersal. The effects of this were evident very recently in Kansas feedlots when all of these conditions came together resulting in a large death toll of heavyweight animals.

A final factor to consider with water requirements for your herd is the quality of the water available. Odors or tastes can influence water intake, further impacting feed intake, weight gain, reproduction, and overall health. A simple question to ask is, "Is the water for your herd clean?"

The physical and chemical properties, the concentration of macro- and micro-minerals, the presence of toxic compounds, and microbial contamination are all factors that can affect the palatability of drinking water, and in turn negatively affect the animal's digestive and physiological functions. Tanks and water troughs should be cleaned at regular intervals. This will help to avoid, or to at least reduce the build-up of impurities or growth of organisms



Blue-green algae holds dangers for livestock. (Photo courtesy Kansas State University)

and to encourage consumption. Excessive amounts of minerals dissolved in water can also be detrimental to herd health as they create an opportunity for mineral antagonism.

Antagonists are components that actively bind with free trace elements. By the process of binding to them, it prevents absorption and can actually create secondary deficiencies. Salinity in water is referred to as total dissolved solids and is a measure of total salts suspended in the water. Poor quality water will have high TDS levels. While some research suggests that cattle actually prefer water that contains some salt, TDS levels above 5,000 ppm will cause a reduction in intake and reduce an animals' average daily gain. Diarrhea and weight loss are possible at extremely high TDS measurements. While it is notable that cattle can adapt to saline water gradually, sudden changes to high saline water can actually be fatal.

Water hardness and pH are factors that will negatively impact water delivery systems more than the cattle themselves. Acidic solutions are indicated with a pH of less than seven, while a pH of seven indicates a basic or more neutral solution. A pH ranging from six to 8.5, or very

close to that neutral pH point, is considered most ideal for water consumed by beef cattle. As the pH ranges into higher numbers it is indicating a move toward alkalinity or "hardness," but will have no detrimental effect on cattle. Hard water is caused by carbonates, bicarbonates and hydroxide ions, in addition to cations calcium, magnesium, ferrous iron, and manganese ions. The "harder" the water, the more potential for accumulation of scale on your water delivery systems, and a clogged water system can potentially reduce water availability and intake.

Sulfates in water are a bigger potential problem for cattle and can have a very detrimental impact on performance. Sulfates such as sodium sulfate, calcium sulfate, and to a lesser degree magnesium sulfate, are commonly found in water as well. All of these can act as a laxative and give a bitter taste to water sources. The maximum threshold for water sulfate is 500 ppm for calves and 1,000 ppm for mature cattle. Sulfates act by binding to beneficial minerals and will also cause absorption issues due to antagonistic interactions. Secondary copper deficiencies in beef cattle are often caused by high levels of sulfates. Sulfur

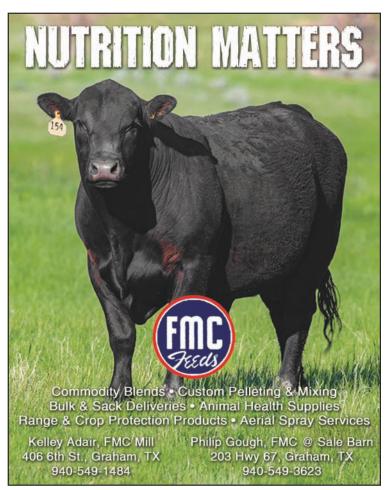
delivered via feedstuffs will have a cumulative effect with sulfates in water. Whether from food, water or a combination of both, high levels of sulfur can result in excessive hydrogen sulfide production in the rumen. This will not only contribute to sulfur toxicity and thiamine deficiency, but can potentially lead to polioencephalomalacia, which is a brain disorder found in cattle.

Nitrates in drinking water can also be a toxicity concern for cattle. Total nitrates consist of the sum of all nitrates found in feed and water combined.

They are converted into nitrites in the rumen, which cause reduced oxygen-carrying capacity in the blood and can result in death. Symptoms of nitrate poisoning include labored breathing, trembling, lack of coordination, and the inability to stand. A safe level of nitrate nitrogen in cattle water is less than 100 ppm.

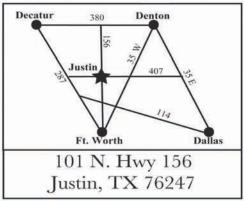
There are other issues that can affect the palatability and safety of water including blue-green algae, which can be found in the stagnant water of lakes and ponds. As water levels drop during the drought, it is not uncommon to see these bodies of water begin to look like sludge. If the water looks as though it has had light green or turquoise paint dumped in it, that is an indicator of an abundance of algae, or a "bloom." Algae toxin levels are highest during or directly after a bloom and often occur in late summer when cattle have their greatest water consumption needs. Signs of algae poisoning are diarrhea, vomiting, lack of coordination, labored breathing, seizures, convulsions, and possibly death. The best method of algae control is elimination of the source of nutrients entering the pond.

Herd health, growth and reproduction are greatly influenced by mineral nutrition. It is extremely important to note that water quality issues also play a vital role **Continued on page 55**









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in how the animal will utilize minerals.

As producers, we are constantly focused on finding tools that help us stay productive and competitive. Seeking new and better products and technology are part of that push to stay ahead and profitable. As water is such a crucial part of cattle's health, performance and well-being, it should not be marginalized. Water testing is an inexpensive way to determine potential risks that may exist and is a good step toward implementing nutritional solutions to address them. Being able to provide clean, fresh water should be just as important a goal as meeting the nutritional feed requirements for your herd.

The next meeting of the WFACW organization will be on Sept. 20 at the Forum, 2120 Speedway, Wichita Falls, Texas.



Tyler Crump next to a water source for cattle on Crump Ranch. (Photo courtesy of photographer Madolyn Nasworthy)

Members attending the midday meeting are encouraged to bring their lunch, and enjoy eating and visiting starting at 11:30 a.m., followed by the business meeting at

noon. The evening meeting will start at 5:30 p.m. so members attending have time to order their meals, followed by the business meeting at 6 p.m. Location for

the evening meeting has not yet been decided. As the meeting time nears, please feel free to email marthacrump@comcell.net for information regarding the evening location.

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Contessions of a

By Andy Anderson

Hog Calling

Hog calling has become very popular. With the use of technology, blue tooth speakers and smart phones, calling is as real as ever. I was introduced to hog calling by Glenn Guess with Hog Zombies. Gone are the days of mouthcalling and perfecting a technique. With the apps and speakers, anyone can call all kinds of critters.

I bought a speaker, downloaded the apps Hog Pro and Predator Pro, and set out into the woods. I set up on a creek bank that's a known hog highway and set the speaker about 30 to 40 feet out in front of me. I started off with a few light grunts working my way through the calls over the course of an hour or so. I was really just blown away at how realistic the calls are and was not really paying attention to things around me.

I let loose the sow/boar contact, and within a few minutes, this big boar came busting through the brush like a freight train, not a care in the world and plenty ticked off. I was so shocked, that I dropped my phone and raised my gun. About that time, he made it to the speaker and bit the dang thing. I pulled the trigger and dropped him where he stood but not before he destroyed the speaker.

I was just itching to get out and do some more calling. So, as soon as I got a new speaker, I was back in the woods. I had been scouting an area where a large sounder was seen frequently. I eased into the area on foot and got set up.

This time I hung my speaker a few feet off the ground in a tree. I didn't have any luck that night, but early the next morning I met up with one of my friends in the middle of the ranch. I was telling him about this new hog call and showed him the speaker and such.

I set the speaker on the roof of the pickup



Gone are the days of mouthcalling and perfecting a technique. With the apps and speakers, anyone can call all kinds of critters. (Photo courtesy Metro Creative)

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and started playing the coyote calls from the Predator Pro app. Within a few seconds, these two coyotes were making fast tracks straight up the road right to us as if we were not even there. Well, of course, my friend and I couldn't have this and shot at the same time. We both got one. He was so impressed he asked to go to a different spot and try again.

After a short drive, we set up. I started calling and within a few minutes a bobcat came out, easing his way through the ground cover to us. I spotted a coyote coming in as well. We coordinated our timing and shot. He got the cat, I took the dog.

My friend was so impressed with this calling, he wanted to go try it on some hogs. Well, you know he had to twist my arm really hard to get me to do this. That evening after dinner we headed out. I went back to where I had been scouting the sounder of hogs. We got set up and waited for it to get quiet.

I started off with light grunts and sniffs transitioning to chow time. Nothing. I was about to turn the call off for a little bit and accidentally hit the sow protecting piglets call. Holy smokes! That first piglet squeal set off a



Hog call menu. (Courtesy photo)

hysteria of pig activity around us. Pigs were running all around us, jotting in and out of the brush. I wasn't too worried about the little guys, but several larger sows were screaming and grunting as they were running around like crazy. It was as if a piglet was really in trouble. My friend and I just sat there, in the dark, listening to this flurry of activity. They were not just on top of us, we were now sitting right in the middle of this sounder.

I turned the call off in hopes of calming things down. It worked. Things began to quiet down, but we could still hear them around us. They were all within a few feet of us and man did they stink.

Using night vision and thermals we could see them working in and out of the brush and reeds regrouping. Each sow was doing a head count on her respective piglets. My friend and I finally got clear shots on two of the bigger sows about 25 yards away, and we took them. Just about as quickly as all that started, it was over. We got our two hogs and had an exhilarating time doing it. Hog calling works; just be careful of what you ask for. It may put them in your hip pocket!



4

Grazing Morth Texas

By Tony Dean | tonydean.tx1@gmail.com

Lotebush - Nature's Quail House

Although of little livestock grazing value, this spiny bush has a place in North Texas grazing lands. Probably the most important use of Lotebush is that it is an almost perfect "quail house." It provides thorny overhead protection from aerial predators like hawks, but the open view at ground level allows quail to see if other predators are approaching.

Lotebush is a native perennial shrub that can grow up to seven feet in height and width. The smooth bark can have dark and light gray patches. The zigzag twigs support greenish stout spines up to three inches long with a dark sharp pointed tip. The small leaves are bluish to grayish green.

Livestock occasionally browse on new tender growth, especially after a fire, and this sometimes results in mouth soreness in the grazing animal due to the sharp thorns on Lotebush. Lotebush provides fair browsing value for deer. Crude protein level has been tested at 18 to 24 percent in spring, 15 to 20 percent through summer and fall, and 12 to 15 percent in winter.

The small black fruit, about 3/8 inch in diameter, usually ripens in July. It is eaten by quail, turkey, coyotes, small mammals, and many song birds.

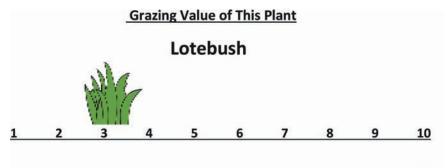
Some birds, like the Cactus Wren, will nest in this plant. The Cactus Wren is the largest wren in North America. It lives year round in drier areas of southwestern states and Northern Mexico. It is a true bird of the desert and can survive without standing water. It is very aggressive in protecting its nest.

Lotebush is adapted to clay soils and limestone soils and grows in most areas of the state except extreme East Texas. It also grows in Arizona, New Mexico, and Northern Mexico.

When it is not in dense stands, Lotebush should be protected when planning brush control as it can be a valuable part of our wildlife



We are lucky that lotebush normally doesn't cover many acres. With thorns like these, a dense stand would be quite a nuisance.



- Very spiny.
- Poor grazing for livestock.
- Good source of protein for wildlife.
- An almost perfect "quail house".

management efforts. It often appears on areas in the pasture where grass is rather thin, so we are not giving up much grazing production by leaving a few plants. If desired, it can be controlled mechanically or chemically with certain ground-applied chemicals.

Birds and small mammals that feed on our grazing lands often deposit seeds in their drop-

pings from other plants under the canopy of Lotebush. If these seeds germinate, Lotebush can serve as a "protective skeleton" to prevent grazing or browsing on these new plants. Some of these protected plants might be otherwise totally grazed out of a pasture due to preference by livestock or wildlife, so at least we can preserve a seed source within the spiny protection of our Lotebush plants.

Lotebush will root sprout when top killed by fire, but it will take a decade for a plant to again become adequate cover for quail. A plant or group of plants about the size of a pickup works best for quail cover. The hard freeze in North Texas a couple of years ago top killed many lotebush plants, but they have resprouted from the base.

Lotebush is in the Buckhorn family and has many other common names, including Condalia, Blue-thorn, Chaparral Bush, Texas Buckthorn, Chaparral Prieto, and Abrojo.

The name Condalia is derived from Antonio Condal, a Spanish physician. The roots have been used as a soap substitute, and as a treatment for wounds and sores of domestic animals.



Lotebush provides a thorny overstory to protect quail from predators. (Photos courtesy Tony Dean)





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CARDEN GUY

By Norman Winter | Horticulturist, Author, Speaker

Scarlet Goes Wild in Hot New Petunia

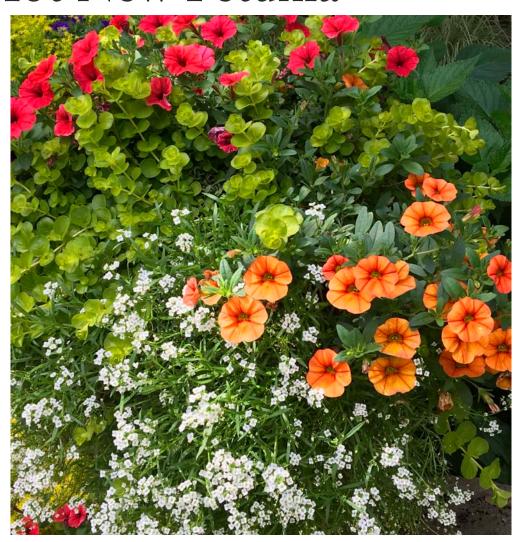
Supertunia Mini Vista Scarlet petunia will quickly become the one in which all other red petunias will be compared. Though it is making its debut in 2023 the tsunami created from the beauty shown in 2022 trials is already causing market jitters. Will there be enough next spring? We can only hope.

Last February I wrote about how the Supertunia Mini Vista petunias were racking up awards and certainly in 2023 the new year will be a dream come true. Though I am touting Supertunia Mini Vista Scarlet largely based on my trials, know that University of Georgia just recognized Supertunia Mini Vista Midnight which will also debut in 2023, with a Plants of Distinction for July which was nothing short of torrid for the heat.

Then one of the most talked about plants at Young's Plant Farm Annual Garden Tour in June was the new Supertunia Mini Vista Yellow. Holy wow, what a year 2023 is shaping up to be. At Mississippi State University's Truck Crops Branch Experiment Station in Crystal Springs, Miss., Supertunia Mini Vista Scarlet was nothing short of dazzling, a real attention grabber. Of course, this is what we have all longed for in a red petunia, and this one promises to be like none other.

If you haven't tried the Mini Vista series yet you will be delighted with their compact nature which is 12-inches tall with a 24-inch spread. I've seen what seems like a million photos this summer from Supertunia Vista Bubblegum and the new Supertunia Vista Jazzberry. These are incredible award-winning petunias, the big boys, but the Mini Vistas are more refined, or behaved, allowing you to really use them in combinations and designs.

Like all Supertunias, no matter the category, they will need plenty of sunlight to really perform. The soil should be moist, well-drained and never boggy. When you think about a long



In this container, Supertunia Mini Vista Scarlet was partnered in an analogous color scheme, or colors next to each other on a color wheel, by combining with Superbells Dreamsicle calibrachoa, White Knight sweet alyssum and Goldilocks creeping Jenny. (Photo courtesy Norman Winter)

growing season, feeding should be part of your regimen, especially so, for those in containers where the intense heat dictates a daily water application.

I have gotten on a cycle of using a watersoluble mix every other week. Lastly, and this will prove hard for many, at some point in late summer, when they seem less productive, maybe leggy or open, cut them back with a sharp pair of scissors or pruning shears. You will be rewarded with new growth and blooms **Continued on page 62**



This container features triadic harmony, or three colors equal distance apart on the color wheel. The plants are Supertunia Mini Vista Scarlet petunia, Superbena Royale Chambray verbena and Superbells Yellow calibrachoa.

Continued from page 61 to carry you through fall.

All of my Supertunia Mini Vista Scarlet petunias were used in various container combinations using my own recipes. This color of bright scarlet red is so fun to use, it just creates happiness. In one container I partnered it with Superbells Grape Punch calibrachoa, White Knight lobularia, and Goldiliocks creeping Jenny. You simply can't take your eyes off this petunia.

In a slight deviation from that recipe, I used Superbells Dreamsicle calibrachoa to give an analogous flair with the Supertunia Mini Vista Scarlet, while still using White Knight Sweet alyssum and Goldilocks creeping Jenny. By analogous, I am referencing two colors, in this case scarlet and orange, which are next to each other on the color wheel.

Lastly, is the container where

I created an eye-catching triadic harmony of color by partnering Supertunia Mini Vista Scarlet petunia with Superbena Royale Chambray verbena and Superbells Yellow calibrachoa. Triadic harmony is created by picking out three colors equal distance on the color wheel. My plants were young when planted and I don't think I realized what they would look like at maturity, a real "wowzer."

By all means don't let color schemes or recipes throw you. I promise if you give Supertunia Mini Vista Scarlet a try you will feel like a pro designer. Hey try all three new colors, scarlet, yellow and midnight and you will create your own triadic harmony recipe.

Follow me on Facebook @ NormanWinterTheGardenGuy for more photos and garden inspiration.



The Garden Guy designed this container using Supertunia Mini Vista Scarlet petunia, Superbells Grape Punch calibrachoa, White Knight lobularia, or sweet alyssum, and Goldilocks creeping Jenny. (Photos courtesy Norman Winter)



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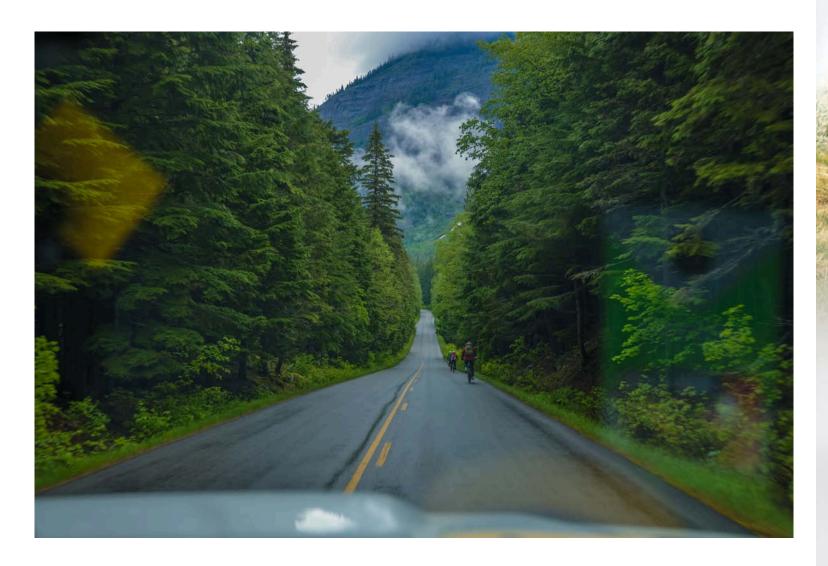
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By Jelly Cocanougher

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