



Adair County

2024 is off to a running start!

Happy New Years! I cannot believe 2024 here. And we are up and running. Be looking for our upcoming programs. As always, we have a lot going on!

We are starting off the year with our annual 4-H Image Dress and Food Showdown Contests. We also have an active 4-H County Officer Team who are organizing some day camps and leadership opportunities for our county youth.

In agriculture our first Cattlemen's dinner program is in February. We encourage you to attend for good education, food and fellowship. It is a great way to network and get to know our local producers. We also are actively working with our Strawberry Growers Association. We are excited for the upcoming year!

Our local OHCE groups have meetings set as well. They are working on fundraising opportunities and community events. AND we welcome Naomi Fuson as our new FCS/4-H Educator for Adair County. Well deserved!

If you are interested in any of our programming, don't hesitate to give us a call at 918-696-2253.

God Bless you all!!!

Jennifer Patterson

CED/AG/4HYD



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Facebook: OSU Extension
Office – Adair Co. Oklahoma

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February is National Cancer Prevention Month



Cancer is a diagnosis no one wants, but it was a reality for nearly 2 million Americans in 2023, not including non-melanoma skin cancer. What's more, more than 600,000 will die from the disease.

Research shows that more than four out of 10 cancers can be attributed to preventable causes, said Diana Romano, Oklahoma State University Extension associate specialist.

“Things that are within our control include smoking, excess body weight, physical inactivity and excessive exposure to the sun, among others,” Romano said. “Not using tobacco is one of the most effective ways to prevent cancer. When it comes to preventing skin cancer, it's vital to protect your skin from ultraviolet radiation, including indoor tanning devices.”

To help prevent cervical cancer, consider the human papillomavirus, or HPV, vaccine. This vaccine has also been shown to help prevent head, neck and anal cancers, as well as many cases of liver cancer.

About 20% of the diagnosed cases of cancer are related to being overweight, poor diet, alcohol intake and not being physically active. Being overweight or obese can increase a person's risk for 15 types of cancer. However, being physically active can help reduce the risk of nine types of cancer. Maintaining a healthy weight and eating a well-balanced diet are things within a person's control that can help lower the risk of developing cancer.

Romano said a diet rich in vegetables, fruits, whole grains and beans is a healthy way to help prevent some cancers. These foods are high in fiber and people should consume at least 30 grams of fiber each day.

“While fast foods can be convenient, they are typically high in saturated fat. Combo meals come with a carbonated beverage, which adds more sugar to your diet,” she said. “If you can't give up sugar, try to limit sugary drinks and sweet treats just for special occasions.”

Not only should you limit sugars, but also alcohol. Red meat, including beef, lamb and pork, should be limited to three servings per week, for a total of 12 ounces. Avoid or consume very little processed meats such as hotdogs, bacon and salami.

Physical activity is important to overall health, and Romano said pre-school-age children need at least three hours of physical activity each day to enhance growth and development. School-age children and adolescents should try to get in 60 minutes or more each day, as well as take part in bone-strengthening exercises at least twice per week.

“Adults should strive for 150 minutes or more of physical activity each week, along with bone-strengthening exercises twice a week,” she said. “This can be broken up into small segments of time to fit into people's busy schedules.”

Oklahomans are familiar with the intensity of the sun, so it's important to protect your skin from ultraviolet exposure. This can be done by limiting sun exposure, especially between 10 a.m. and 4 p.m.; wearing clothing that covers arms and legs; wearing a wide-brimmed hat; wearing sunglasses; and applying a 15 SPF or higher sunscreen every day, even in the winter.

“Talk to your doctor about the various ways you can help prevent a cancer diagnosis through available vaccines, healthy eating, physical activity and UV exposure,” Romano said. “There are many things in our lives that are beyond our control, but there are steps that can be taken to help cut the risk of developing cancer.”



NED OHCE MEETING

Mark your calendar for Tuesday, March 26, 2024. Registration is at 8:30 AM with the Business Meeting beginning promptly at 9:30 AM. Our theme this year is “MANY NATIONS – ONE OKLAHOMA”. The meeting will be held in the beautiful Glenpool Conference Center in Glenpool, OK.

Lunch will be catered by House of Smoke from Okmulgee, OK. The menu will include smoked sliced brisket and chicken with sides of coleslaw and baked beans and sliced bread. It will be delicious!

Registrations are due February 29th. Registration fee is \$25 per person which includes morning refreshments, lunch and other fees associated with the meeting.

Upcoming OHCE Events

February 29th
NED OHCE Meeting Reg. Due

March 14th
OHCE Spring Meeting

March 26th
NED OHCE Meeting

Upcoming FCS Events

February 26th
Co Parenting

March 25th
Co Parenting

Country Acres 2024 Officers:

President – Marilyn Vaughan
Vice President – Marilyn Doyle
Secretary – Linda Davis
Treasurer – Ina Crittenden

Meetings are held on the 1st Tuesday at 1:00 p.m. at alternate location (call club president for details)

Zion/Stilwell 2024 Officers:

President – Donna Boecher
Vice President – Linna Caton
Secretary – Carolyn Denny
Treasurer – Karen George

Meetings are held on the 1st Monday of each month at 10:00am
At Hickory Village

Strawberry Sweeties 2024 Officers:

President – Megan Langley
Vice President – Adalia Sanchez
Secretary – Kileigh Meridith
Treasurer – Kathrine Rackcliff

Quarterly 5:30pm — OSU Ext
January 29th
April 29th
August 26th
November 25th



New Mexico Senior Leadership Retreat

Adair County had two delegates attend the annual New Mexico Senior Leadership Retreat. The New Mexico Senior Leadership Retreat is an exciting opportunity for Oklahoma youth to participate in leadership workshops, career exploration field trips, cultural tours and network with 4-H youth from New Mexico. Additionally, there will be lots of opportunities to make new friends, participate in community service programs, dance, play games and have fun!

Sam Patterson

The Oklahoma 4-H kids went to visit the New Mexico members at their state conference recently. It was exciting trip with stops at major landmarks like Carlsbad caverns and the white sands national park. At the conference there was a lot of dancing and good food, and some of our own kids even lead workshops. Overall, it was a fun trip letting us visit and see new friends and culture.

Susan Stone

Overall, the trip was really really fun! I had an absolute blast and I'm looking forward to next year. The few things that stuck with me most are, being more aware about people and how they're feeling or acting with mental illnesses. And how to use the people skills that I learned to better myself and my community.



4-H Bulletin Board

Reporters Corner

Adair county 4-H is kicking off the new year with some fun activities. The upcoming events prove promising and exciting. First up we have, Image Dress on January 31st. At this event members will show off their style and individuality, they will be given the opportunity to dress up for one of many categories. Following that event is the Food Showdown. On February 21st-22nd, teams of students will participate in a cooking competition in which they will be given three mystery ingredients as well as many ingredients in an open pantry to create a unique dish.

Six days later, on February 28th, 4-H will host the Cupcake Wars, a cupcake decorating competition. Soon after, Fabrics and Fashion will be held. Fabrics and Fashion is a sewing and apparel contest. Members will bring their best sewed, tie dyed, and weaved items to be judged on March 7th to learn who really is the apparel art master. The final event of the year is Speech and Demonstration. On March 28th, students will show off their preparation and speaking skills in front of both a judge as well as their peers. I encourage all

- Jenaly Yaeger

4-H News

Feburary

- 6th Horse Club Meeting
- 10th Adair Co. Spring Livestock Show
- 12th 4-H Officer & Leader Meetings
- 16th OYE Entries due
- 21st - 22nd Food Showdown
- 23rd Discovery Unlimited Due
- 28th Cupcake Wars

March

- 4th - 16th MRJLS
- 11th - 22nd OYE
- 7th Fabric & Fashion
- 11th 4-H Officer Team Meeting
- 22nd - 23rd Discovery Unlimited
- 28th Speech & Demonstration

**** April 2nd ****

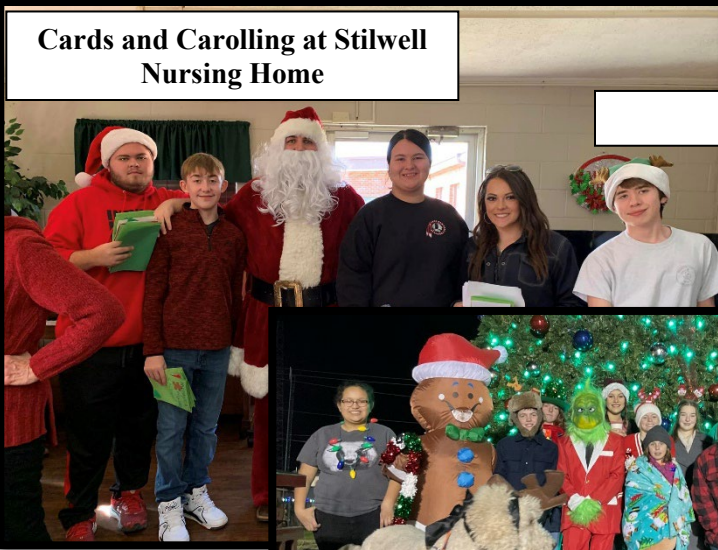
State & County Record Books Due

Visit our website for Adair County Fair Info and forms -

<https://extension.okstate.edu/county/adair/index.html>



Annual Officer Trip



Cards and Carolling at Stilwell Nursing Home



Kiwanis 12 Days of Christmas



Cattle on Feed Report

Scott Clawson, Area Agricultural Economics Specialist

The Cattle on Feed (COF) report is one of the constant pieces of information that cattle producers get to chew on every month. It is one of the items that the market, both futures and/or cash, will react to as the report is determined to be bearish or bullish for prices. It is important to know specifically who is being surveyed and what specifically the report tells us about the current cattle feeding situation.

The COF report conducted by the USDA's National Agricultural Statistics Service (NASS) is a survey of cattle feeding operations with over 1,000 head of inventory. The survey is done in 16 cattle feeding states. Collectively, this survey reaches most of the cattle being fed in the United States. The report is conducted monthly and helps those outside the feed yards understand what is going on in the pens. The data is reported in per head numbers as well as a percentage of the previous year.

There are three areas of the survey that receive the bulk of the attention. These are inventory, placements, and marketings. The inventory measure tells us the number of cattle in feeding facilities. This number itself is helpful in predicting our near-term supply. Placements refer to the cattle coming into the pens. A helpful part of the placements number is that it is broken down by weight. This again helps the market predict future supplies. Current events can reveal themselves in the report. An easy example is a drought. When drought sets in and forage supplies dwindle, an early summer movement of cattle to the feedlot can be observed. Marketings refer to the cattle leaving the feedlot to go the packer.

A notable item to consider in the COF report is how the market reacts to the information. The major pieces of the report are estimated by analysts prior to the release of the monthly report. Once the report is released, the market then will react to the number reported compared to the predicted number. If the number is close to the consensus of the analysts, then the report is usually viewed as neutral. At the same time, there could be bullish or bearish undertones depending on how the number relates to the expectations.

At the end of the day, the COF report is a great way for those of us not directly involved in cattle feeding operations to keep up to date on what is happening further down the production line. It also helps with transparency on the supply side of the equation. Understanding the implications of the COF report will help producers navigate the price swings that can come up around the release time.

Publication EC850 from the University of Nebraska-Lincoln is a good in-depth publication to dig deeper into the COF report. It can be found online at <https://extensionpublications.unl.edu/assets/pdf/ec850.pdf>.



Equine Protozoal Myeloencephalitis (EPM)

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Earl H. Ward, Area Livestock Specialist

No matter if you live in town or in the country, I am sure we have all had an encounter with an opossum. They seem to be everywhere. Now I love critters, but opossums are a huge threat to equine even though they are not malicious about it. Equine Protozoal Myeloencephalitis (EPM) is a degenerative neurological disease of the central nervous system in horses. This horrible disease is transmitted from the opossum to equine.

The American Association of Equine Practitioners estimate that 50 percent of all horses in the US may have been exposed to the organism that causes EPM. The organism that causes this disease is a protozoal parasite called *Sarcocystis neurona*. It is spread from its definitive host, the opossum, to the equine through its feces. The equine comes in contact with the protozoa by consuming it through contaminated feed, hay, or water. It cannot be transmitted from horse to horse.

The symptoms of EPM are greatly variable and can be commonly misdiagnosed. The severity of the symptoms are dependent on the location of the lesions on brain, brain stem, or spinal cord. The equine could exhibit incoordination, lameness, stiff movements, and muscle atrophy. The muscle atrophy (loss of muscle mass) is most noticeable along the back and in the hindquarters. The animal may indicate difficulty in swallowing, but a lot of the time the animal will be found having seizures or collapsed. If you notice any of these symptoms, please consult with your veterinarian.

It is extremely difficult to get a definite diagnosis of EPM because there is not a specific assay for the disease. Treatments of EPM can be expensive, but if found early the chances of the horse's full recovery increases. Many horses treated properly can return to normal activity. Your veterinarian may prescribe an anti-protozoal drug, anti-inflammatory drug, and vitamin E supplementation. This treatment could last for months depending on the animal's response to the treatment.

There are things a person can do to help prevent this disease. There is a vaccine against the protozoal parasite, but the effectiveness of this vaccine is still being studied. The simple things a person could do to help prevent this disease transmission are:

1. Keep your feed and feed buckets secure and clean.
2. Keep water tanks fresh and clean.
3. Inspect the hay that you are feeding.
4. Keep a steady appointment with your veterinarian.
5. Keep the animal in optimal health.

Just like any disease, prevention and catching it early is the key. My family has battled EPM in the past and had at least two animals with what our veterinarian diagnosed as EPM and they have all made a full recovery, but it was a long road to get them there. I currently have a 22-year-old gelding that was my father's, and he has been dropping weight since summer and has some muscle atrophy in his neck, back, and hip. As of now, all things are leaning towards EPM as the potential problem. Hopefully, we are ahead of all other symptoms and treat it properly. Keep a close eye on your horses and keep a good relationship with your veterinarian.



Join Adair County Cattlemen's Association

Are you a cattle producer in Adair County? Are you interested in learning more? Join the Adair County Cattlemen's Association. Dues are \$20.00 and good for an entire year. We are currently accepting dues so don't wait.... make a difference in your cattle production in 2024!!!

Upcoming AG Programs

February 27th

Cattlemen's Meeting

March 12th

Strawberry Grower entries due

April 2nd

Strawberry Grower's Meeting



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