



ALFALFA COUNTY
EXTENSION

Alfalfa County

Cooperative Extension News

Taking small steps to health and wealth in 2022

Address

502 W. 5th St
Cherokee, OK
73728

Phone

580-596-3131

Website

<https://extension.okstate.edu/county/alfalfa/>

Social Media

Facebook: /Alfalfa County Oklahoma Cooperative Extension Services



The beginning of a new year can sometimes have people thinking about goals or resolutions. Seventy-five percent of Americans make resolutions; about 46% of those concern health and 34% concern money. And yet, 80% of those resolutions are abandoned by the end of January, said Cindy Clampet, retired family resource management specialist for Oklahoma State University Extension.

"The mistakes some people make concerning resolutions is trying to achieve too big a goal, the goal may not be specific enough, it is unrealistic or it involves trying to break a habit 'cold turkey' instead of in smaller stages," Clampet said. "One key to goal success is to make small steps toward the ultimate goal and increase efforts as time/money/and success allow."

Thinking about where you are now and what your goals for the future might be. Putting a specific number to a goal can make the goal seem impossible to achieve. For example, instead of setting a goal to lose 50 pounds this year, instead set a goal of walking one mile a day. When that becomes habit, increase the distance. Don't get discouraged if you miss a day – just continue on the next day.

Clampet said the same idea applies to savings goals.

"Instead of setting a goal of saving \$1,000 this year, which is just \$83.33 per month, challenge yourself to find \$85 in savings out of your usual expenditures. That's \$21.25 per week," she said. "Give up the daily trip to the coffee shop, pack your lunch two

or three days per week. Those costs add up quickly. The more ways you think of to save, the quicker you'll meet your goal."

Many goals having to do with health and wealth are interconnected. Some habits that make a person unhealthy cost money, such as smoking, drinking or eating out. Cutting back on these expenditures will make you healthier and wealthier.

"It's important not to bite off more than you can chew. We all like quick gratification and if it seems you're not reaching your goals quickly, it's easy to lose interest," Clampet said. "Using a tool called the step-down principle helps people be more successful and feel less deprived if their spending or calorie consumption is reduced in gradual stages as opposed to eliminating an item completely."

To visualize the step-down principle, imagine a staircase with four or five steps. On the top is the most expensive or highest calorie option and the bottom step is the least expensive or healthiest option.

The step-down principle is simply a way of getting what you want but not using the most expensive option. For example, you want to treat your family to a night at the movies. There are options to cut the expense. The nighttime movie, plus snacks is the top step. The next step is going to the matinee, which offers discounted tickets and often has snack specials. Another option is going to a theater that features older movies where ticket prices are lower. Better yet, watch the movie on a

streaming service you already pay for or borrow a DVD from a friend or the library, and prepare your own snacks at home.

The step-down principle applies to eating out, as well as other discretionary expenses such as clothing or vehicles. Shop resale stores for clothing. Buy a pre-owned vehicle. Eat out four times per month instead of eight. Restaurants often have larger portions, so share an entrée and skip the appetizer and dessert.

"You're still enjoying the activity, but it's costing you much less than before," Clampet said.

Interested in cutting calories? Apply the step-down principle in the kitchen, too. Reduce oil and sugar in baked goods by up to one-third for the same results. Substitute lower fat dairy products for those higher in fat. Try using fruit puree or applesauce in place of the fat in quick-bread and cookie recipes.

These same principles apply to exercise. The top step may be no exercise. The next step down is walking for 15 minutes three times per week. Next try walking for 30 minutes and do 10 minutes of weightlifting four times per week.

"The small steps you take with both health and wealth can add up to big changes over time and is so much easier to achieve than trying to stick to a huge goal that seems unrealistic and unattainable," Clampet said. "Using the step-down principle may also help you develop some better habits that will carry over year after year."

West District OHCE Meeting

Thursday March 26, 2022

Woodward County Fairgrounds

Plan to attend the West District OHCE Meeting March 26, 2022. Workshops will provide a variety of interesting speakers and topics. The host counties are working hard to insure you a great experience for the West OHCE District Meeting!

See flyer for more information!



Remember OHCE Week

May 1-7, 2022



Be making plans for promoting OHCE Week, including recruiting new members! It can be as simple as inviting a neighbor or a friend from work to your next meeting. Encourage new friends to join our organization by explaining that our organization is educational and community minded, as well as social.

Each group is encouraged to promote OHCE WEEK with your own plans such as store front windows, posters, teas, or community events. Do your best to promote the OHCE Week!

OHCE Week Reports are due in the Extension Office by May 21st!



Flower Show



- Save the Date -

Wednesday, May 4, 2022

Open to the public (must be a resident or living in the school district of Alfalfa County)

Entries 7:30am – 9:30am

Judging 10:00am – 12:00pm

Dismissal of exhibits 3:00pm

Educational Programs are open to the public from - 1:00pm – 3:00pm

More information will be coming.
Each group is also asked to bring a door prize.

2022 Lunchtime Learning Workshops

CRAFT HORDE DE-STASH / JANUARY 21

HOOP WREATH / FEBRUARY 18

JARCUTERIE / MARCH 18

HEXAGON SHELF / APRIL 29

FAIR-WORTHY PHOTOGRAPHS / MAY 20

CAKE MIX COOKIES / JUNE 17

WORKSHOP TIMES: 12 TO 1:15 PM

COST: \$10

INCLUDES LIGHT SNACKS
DATES SUBJECT TO CHANGE
RSVP ONE WEEK BEFORE



ALFALFA COUNTY
EXTENSION

OHCE News & Notes



"Oh No, I Think I've Just Been Scammed!" March Leader Lesson Friday, February 25, 2022

The educational program "Oh No, I Think I've Just Been Scammed!" will be held Friday, February 25, at 2:00 pm at the Extension Office.

The presenter will be Dana Baldwin, Major County FCS Extension Educator. The public, OHCE members and lesson leaders are

encouraged to attend this event and bring a friend.
580-596-3131

Save the Dates



February

- 21-23 Alfalfa County Livestock Show
18 Lunchtime Learning—Hoop Wreath

April

- 4 OHCE Executive Committee Meeting

March

- 18 Lunchtime Learning—Jarcuterie
22 Alfalfa County OHCE Spring Association Meeting
26 West District OHCE Meeting Woodward County Fair-grounds (Registration Required)

**MARCH 24 | 11 AM - 6 PM
ALFALFA COUNTY FAIRGROUNDS
EXHIBIT BUILDING**



**BLOOD
DRIVE**

West District OHCE Meeting (North Region)

Back on Track with OHCE

Host Counties:
Dewey – Ellis - Woodward

SATURDAY
MARCH 26, 2022

Woodward County Fairgrounds
Event Center
105 Temple Houston Drive - Woodward

MEETING REGISTRATION: \$25 DUE BY MARCH 1, 2022

LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

SEND TO:

Ollie Henderson, Woodward County OHCE Treasurer
26623 South County Road 217, Mooreland, OK 73852

PLEASE MAKE CHECKS PAYABLE TO:

Woodward County OHCE

SATURDAY ~ MARCH 26TH ~ 8:30 A.M.

HIGHLIGHTS

- ❖ Registration/Refreshments
- ❖ Business Meeting/Awards
- ❖ State OHCE Business Report
- ❖ State Conference Update

- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prize Winners Announced

WORKSHOPS

- A Race to Healthy Exercise
- Applying Mindfulness & Communication Techniques to Jumpstart the New Norm
- Cell Phone Safety
- Charcuterie Boards
- Dealing with Stress
- Fabric Carrots
- Goat Milk Soap
- Macrame
- Medical Identity & Theft

DESIGNATED CONFERENCE HOTEL

\$83/NIGHT

HAMPTON INN

(580) 254-5050 – 2814 WILLIAMS AVENUE, WOODWARD
ROOM BLOCK – OHCE
RESERVE YOUR ROOM BY MARCH 10, 2022



2022 WEST DISTRICT OHCE MEETING

Back on Track with OHCE

Saturday, March 26, 2022 ~ 8:30 a.m.

**Woodward County Fairgrounds Event Center
105 Temple Houston Drive – Woodward, OK**

Meeting Host Counties: Dewey, Ellis & Woodward

State Officers/Committee Members/Guests REGISTRATION FORM

DUE DATE: March 1, 2022

Send Registration Form & Payment to:

Ollie Henderson, Woodward County OHCE Treasurer
26623 South County Road 217, Mooreland OK 73852

**Please make checks payable to
“Woodward County OHCE”**

Name _____

Title: Officer/Committee Chair/Guest _____

Cell Phone Number _____

Saturday, March 26th - Registration \$25 – Lunch Included

After March 1st - \$30.00

TOTAL ENCLOSED \$ _____

(No meal guarantee for registration received after March 1st)



Agriculture Newsletter



Winter is a great time for garden planning

Although the landscape may be bleak in the winter, now is the time for gardeners — those with established green thumbs and those who are just starting out — to get started on their gardening plans for the upcoming growing season.

Oklahoma State University Extension offers a variety of gardening information online, but there's one publication that is especially helpful to gardeners — particularly novice gardeners. The Oklahoma Garden Planning Guide is chock full of useful information covering everything from site selection and garden planning to gardening tips and a planting guide.

"If you're new to gardening and installing your first flower or vegetable beds, or if you've moved into a new home and starting the landscape process from scratch, choosing the site for your garden is one of the most important aspects," said David Hillock, OSU Extension consumer horticulturist.

Successful gardening starts with ensuring the garden beds are located in areas that receive optimal sunlight and have rich, well-drained soil. If possible, place the beds away from established trees and shrubs that will compete with the garden for light, water and nutrients.

While these conditions are ideal, many homeowners are faced with less-than-optimal sites on which to plant their vegetable gardens. However, successful gardening is still possible with proper crop selection. If the site doesn't drain well or the topsoil layer is too thin or sandy, consider raised bed or container gardening.

Casey Hentges, host of OSU Agriculture's television program Oklahoma Gardening, said there are a few guidelines gardeners should follow to help ensure success.

"It's important to test your soil every three to four years. A soil test will give gardeners an analysis of the nutrients that are available in the soil," she said. "A routine soil test will tell them the levels of nitrogen, phosphorus and potassium, as well as the pH of the soil. This information is important to know before planting, so you can provide plants with the appropriate nutrients going forward."

In a recent segment of Oklahoma Gardening, Hentges covers the steps of how to take soil samples in the landscape. Samples can be sent to OSU for analysis. Contact the Soil, Water and Forage Analytical Laboratory or your local OSU Extension office for more information.

Some other helpful tips Hentges has for gardeners include:

- Follow directions on fertilizer labels.
- Improve soil by adding organic materials such as yard waste.
- Use plants recommended for your growing zone.
- Use mulch to help conserve moisture and controls weeds.
- Examine the garden regularly to stay ahead of potential problems.
- Use pest control measures only on those insects that are known to be pests.
- Rotate crop family locations each year to avoid insect and disease buildup.

To help ensure successful gardening, Hillock offers this advice regarding mistakes to avoid:

- Planting too closely, which prevents walking or working in the garden and can interfere with normal plant development.
- Spreading fertilizer directly on plant roots, stems or seeds.
- Watering too frequently or excessively so the soil doesn't have a chance to dry out.
- Allowing weeds to grow large before pulling them.
- Cultivating deeply, which can result in root injury.
- Using chemicals not specifically recommended for garden crops.
- Planting varieties not recommended for your growing zone.

"Although we tend to think of gardening as a spring and summer activity, wintertime is a great time to get your gardening plans in order for the growing season, as well as to do any needed soil amendments," Hillock said.

Beef Cow Herd Calendar

FEBRUARY

Fall Calving

1. Continue supplemental feeding program.
2. Remove bulls after a 90-day breeding season.
3. If needed, continue limit-fed creep to calves.

Spring Calving

1. Continue supplemental feeding and increase feed amount for cows that calved early, especially first calf heifers and thin cows.
2. Thirty days before breeding, vaccinate replacement heifers with 7-way Clostridial bacterin; IBR, BVD, PI3, and BRSV modified live vaccine; and 5-way Leptospira-Campylobacter bacterin. Consult your veterinarian on vaccine types and other vaccinations recommended in the area.

3. Deworm if needed. Also, evaluate growth of yearling replacements. Will they be big enough to breed in April or May?
4. Check the cows regularly for possible calving difficulties, and baby calves for scours or pneumonia.
5. Complete selection and culling of yearling heifers as outlined in January.
6. Prepare for herd sire selection and procurement as outlined in March and April.

General Recommendations:

1. On small grain pasture, continue to limit-graze cows for protein needs and creep-graze calves.
2. Begin anaplasmosis control program. At the time of this printing Anaplasmosis vaccine is not in production, with no definite time of restarting production. The following recommendations are made with the assumption that a vac-

cine will be available soon. Consider vaccinating before parasite carriers become active and while cows are open. If cows are not vaccinated and there is a potential problem, begin feeding chlortetracycline in mineral mix in late February and continue throughout the entire growing season. Vaccinate bulls for anaplasmosis, regardless of antibiotic use. If the herd is purebred and the cattle are shipped in interstate commerce, consult with your veterinarian on a control program because the vaccine will cause cows to react to the test.

3. Fertilize fescue and small grain pastures depending on moisture, soil test, and forage production needs.
4. Oats can be drilled in Bermuda sod in February or March.
5. Sprig Bermudagrass during late February and March in a clean firm seedbed.
6. Use prescribed fire to improve forage quality, reduce ticks, and control weeds and brush.

MARCH

Fall Calving

1. Continue to creep-graze calves and limit-graze cows on wheat and other small grain pasture.
2. Continue supplemental feeding of cattle wintered on low quality forage. If grass is in short supply, feed hay or other supplemental energy.

3. Vaccinate all heifer calves between four and ten months of age for brucellosis. Calves may also be vaccinated with 7-way Clostridial bacterin, 5-way Leptospira bacterin, and an Intranasal IBR-PI3 vaccine or IBR, BVD, PI3 & BRSV

vaccine that may be used around pregnant cows.

Spring Calving

1. Continue supplemental feeding. Increase protein and energy intake to offset increased nutrient requirement for lactation.

2. Semen evaluate bulls, trim feet if needed and vaccinate with Leptospira/Campylobacter bacterin. Address internal and external parasite problems.
3. Purchase new bulls. Use EPD's along with other performance and pedigree information to make selection decisions. Check health history, including immunizations and diseases from farm of origin.
4. After calving and before breeding (30 days preferable), vaccinate cows with 5-way Leptospira/Campylobacter bacterin, IBR, BVD, PI3, and BRSV vaccine. Vaccines used should be recommended by the local veterinarian.
5. Supplement cows to maintain body condition at calving to enhance re-breeding performance.
6. Monitor development of replacement heifers. Make certain they are gaining enough to reach 65% of their expected mature weight by the begin-

ning of the breeding season (715 pounds if mature weight is 1100).

General Recommendations:

1. Vaccinate bulls for anaplasmosis, if not previously done this year.
2. Begin grazing Bermudagrass pastures overseeded in fall with small grains. Use for lactating cows, stocker calves, or as a creep for nursing calves.
3. Sample soil from established Bermudagrass, old world bluestem, and lovegrass pastures to determine fertilizer needs.
4. Remove old growth from weeping lovegrass and old world bluestem by grazing, clipping, or burning.
5. Plant spring-seeded legumes, such as lespedeza, sweet clover, red clover, and white clover. Inoculate legume seeds before planting.
6. Use prescribed fire to improve forage quality, reduce

Dicamba Application Requirements Training

AND

Understanding your CEU requirements

Josh Bushong, OCES Area Agronomist

March 31, 2022



ALFALFA COUNTY
EXTENSION

RSVP for lunch

Exhibit Building, Alfalfa County Fairgrounds,

602 West 5th St, Cherokee, OK 73728

Lunch Provided by Farmers Cooperative

Applicators: Cherokee, Aline, Carmen, Ames, Drummond

- Must be a Certified Applicator to Purchase these affected Dicamba Products
- Must be a Certified Applicator to Apply these affected Dicamba Products
- Must Attend 2022 Dicamba Training – *all 2021 Dicamba Certifications expired December 31st*

Herbicides and Crops Impacted:

- XtendiMax, Engenia and Tavium
- Xtend cropping system for cotton and soybeans allows over-the-top application of dicamba herbicides

What Information is Covered in the Training:

- New Regulations
- How to work with Restricted-use Dicamba Herbicides
- Record keeping requirements
- Best management practices for applying these herbicides

Why is this training Mandatory and Important?

- In response to an elevated number of off target movement claims in many states since 2018, this annual training has been mandated by the EPA for application of newly formulated dicamba products.
- It is important to understand the potential impacts these products can have on sensitive and susceptible plants.
- It is extremely important to understand the factors that can cause off target movement and how to effectively manage it.
- EPA has renewed the registration labels for XtendiMax and Engenia extended the label for Tavium, but annual application training is mandated.
- As a weed management tool, the loss of this technology would be detrimental to growers in Oklahoma

If you have any questions and to RSVP, please call the Alfalfa County Extension Office at (580)596-3131

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, and Title IX of the Education Amendments of 1972 (Higher Education Act), the Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, genetics, information, sex, age, sexual orientation, gender identity, religion, disability, or status as a veteran in any of its policies, practices or procedures. This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5377; email: eod@okstate.edu, has been designated to handle inquiries regarding non-discrimination policies. Any person who believes discriminatory practices have been engaged in based on gender may discuss his/her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator, 405-744-9154.

★ Using Prescribed Fire as a ★ Rangeland Management Tool

March 24, 2022

**Noon - Meal Provided by
Alfalfa County Conservation District**

**Alfalfa County Fairgrounds
Cherokee, Oklahoma**



EXTENSION

"How—When—Why to Burn" Developing Burn Plans

John Mustain - Regional Coordinator,
Oklahoma Prescribed Burn Association

"Oil Site Safety/Burning"

Eric McClain
Sandridge Sr. Production Foreman



"Alfalfa County Prescribed Burn Association (ACPBA) Trailer, Con- tents & Membership"

Chad Roach
ACPBA President

**For more information and to RSVP for
the meal provided, call
580-596-3131**

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OKLAHOMA WATER
RESOURCES CENTER



ALFALFA COUNTY
EXTENSION

OKLAHOMA WATER WELL TESTING

The Oklahoma Water Well Network program is a **FREE**, educational program for residents who want to become familiar with their water quality, water treatment, well maintenance and other groundwater resources.

Private well owners are independently responsible for operating their wells and monitoring the quality of their water. This training will primarily focus on water quality issues pertaining to drinking water, interpret results and address concerns of well owners.

Bring Your Well Water Samples

Well owners may bring in their collected well samples to be screened for sulfates, nitrate, total dissolved solids (TDS), arsenic, pH and fecal coliform bacteria for **FREE**. Pick up and return approved bags and bottles at the Alfalfa County Extension Office in Cherokee, Oklahoma by March 2nd before 3:30 p.m.

Partnering Agencies:

Oklahoma Water Resources Center
Oklahoma Cooperative Extension Service
Alfalfa County Cooperative Extension

WHAT

- Water Well Testing

COST

- FREE

WHO

- Private Water Well Owners

WHEN

- Return water samples to the Alfalfa County Extension Office by March 2nd by 3:30 p.m.
- Educational program "Understanding Your Tests Results" March 3rd 6:00 p.m.

WHERE

- Alfalfa County Fairgrounds Exhibit Building Cherokee, Oklahoma

CONTACT

Tommy Puffinbarger, County Extension Director
tommy.puffinbarger@okstate.edu
580.596.3131

Visit us at dasnr.okstate.edu

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Tommy Puffinbarger at 580.596.3131 or tommy.puffinbarger@okstate.edu at least two weeks prior to the event.



February Horticulture Tips



General

Base any plant fertilization on a soil test. For directions, contact your county Extension Educator.

Provide feed and unfrozen water for your feathered friends.

Clean up birdhouses before spring tenants arrive during the middle of this month.

Avoid salting sidewalks for damage can occur to plant material. Use alternative commercial products, sand or kitty litter for traction.

Join *Oklahoma Gardening* on your OETA station for the start of its season beginning in February on Saturdays at 11:00 a.m. and Sundays at 3:00 p.m.

Trees & Shrubs

Fertilize trees including fruit and nut trees and shrubs according to a soil test. ([HLA-6412](#))

Most bare-rooted trees and shrubs should be planted in February or March. ([HLA-6414](#))

Finish pruning shade trees, summer flowering shrubs and hedges. Spring blooming shrubs such as forsythia may be pruned immediately after flowering. **Do not** top trees or prune just for the sake of pruning. ([HLA-6409](#))

Look for arborvitae aphids on many evergreen shrubs during the warmer days of early spring.

Gall-producing insects on oaks, pecans, hackberries, etc. need to be sprayed prior to bud break of foliage.

Dormant oil can still be applied to control mites, galls, overwintering aphids, etc. ([EPP-7306](#))

Turf

A product containing glyphosate plus a broadleaf herbicide that are both labeled for this use can be used on **completely tan dormant** bermuda in January or early February when temperatures are above 50°F for winter weed control. ([HLA-6420](#))

Vegetables



Cool-season vegetable transplants can still be started for late spring garden planting.

By February 15 many cool-season vegetables like cabbage, carrots, lettuce, peas, and potatoes can be planted. ([HLA-6004](#))

Flowers



Force spring flowering branches like forsythia, quince, peach, apple, and weigela for early bloom indoors.

Forced spring bulbs should begin to bloom indoors; many will need 10 to 12 weeks of cold, dark conditions prior to blooming.

Feed tulips in early February. Wait to prune roses in March.

Fruit & Nuts

Spray peaches and nectarines with a fungicide for prevention of peach leaf curl before bud swell. ([EPP-7319](#))

Mid-February is a good time to begin pruning and fertilizing trees and small fruits.

Collect and store graftwood for grafting pecans later this spring.

Begin planting blackberries, raspberries, strawberries, grapes, asparagus, and other perennial garden crops later this month.

Choose fruit varieties that have a proven track record for Oklahoma's conditions. Fact Sheet [HLA-6222](#) has a recommended list.

4-H Clover Connection

Rules, rules, rules ... there's a reason for them

As Oklahoma 4-H'ers are preparing for the upcoming showing season, there's more to it than getting their animals ready. There are a lot of rules that need to be followed, too.

How old do I have to be to show? Can my lamb wear a muzzle? Do I really have to wear a tie? Can I wear a pink shirt? Why can't I give my goat a shot the day of the show?

"These are just a few of the questions participants may have when participating in livestock shows and judging," said Rusty Gosz, Oklahoma State University Extension youth livestock specialist. "While rules may seem restricting or they take away an avenue that could make something easier, they definitely play an important role. Instead of looking at them like a road-block spoiling the fun, think of them as the reason you do have fun."

Rules are found everywhere – in the show ring, on the basketball court, on the highway, in a classroom. You just can't get away from them. And that's a good thing.

Picture this scenario: You're playing a BIG basketball game. You just scored a basket and have brought your team within two points of your opponent so that you now have a chance to win the state championship. The crowd is on its feet and they are going wild. You assume your defensive stance and are preparing to steal the ball back and try to score before the final 13 seconds tick off the clock. But wait, there is a substitution! What! Here comes a 325-pound giant! You recognize him as the starting center for the Green Bay Packers. What is he doing here? Instead of dribbling the ball, he takes it, tucks it

under his arm and heads to the grandstands to get a hotdog. "Hey," you say, "that's not fair."

He replies, "Sorry kid, there are NO RULES." No out of bounds, no age limit, no time of possession clock and no rule that says you have to dribble. This doesn't sound like much fun to me! In fact, a few rules would fix that guy and make this game a lot more rewarding. But hey, who wants rules? They are just making things hard. Right?

OK, maybe that example is a big extreme. How about this one? You're standing in the prep room at the state speech competition and you've rehearsed your introduction thousands of times. You're going to rock this because you've worked so hard for this final speech competition. Your time and effort are definitely going to pay off. But wait – although it's your turn, someone else is approaching the judges in your time slot. Wait a minute, what's Steve Beck doing? He is giving a speech and doing quite well. The judges are standing in applause. They are handing him the award and you didn't even get a chance to compete! This isn't fair. You soon learn there are NO RULES. No age limit, no qualification rounds, no judge guidelines. NO RULES.

"Is there really any difference between these extreme examples and a conversation you may have had recently about an upcoming show or contest?" asked Gosz. "If a hog class didn't have a weight limit, any hog could enter your class. If a speech contest didn't have an age limit, you could be competing against your best friend's dad. If anyone could show up without qualifying for the final event, your effort to get there would be meaningless."

The accomplishments of the agricultur-

al youth in this great industry have value, in some part because rules create the boundaries and obstacles for fair play. They also establish parameters that assist in the end goal having meaning and a standard of excellence.

"A competition worth winning is one with which you've had to navigate those obstacles and boundaries to meet the high standard. Anything less cheapens the value of your success," he said.

It's important to remember that some rules permit, some rules eliminate, some rules enable, some rules protect and some constrict. But, all rules have a reason, and if you play by those rules, the playing field is even, and the winner enjoys the fruits of the victory.

Think about this: if you scored 100 points in the state basketball championship and set a new state record, but the other team was tied to chairs in the locker room, what is the accomplishment in your state record?

"Rules simply are necessary for an enjoyable game, contest or stock show. Rules aren't designed to figure out a way around them," Gosz said. "The more you cut corners and break rules, the more you eat away at your own integrity. It's not just one big poor decision that makes you lose your integrity – it happens by degrees as corners are cut and minor misdeeds rationalized. Stay the course, stay true to your belief in honesty and fair play – and be thankful the Green Bay Packer's center doesn't show livestock."



Alfalfa County Jr. Livestock Show

February 21-23, 2022

Monday, February 21

9-10am	Sign up for Showmanship Weigh All Livestock Check Papers Enter Horses
1pm	Goat Showmanship Goat Show Sheep Showmanship Sheep Show
2-4pm	Comm. Pen of Calves Int.
5pm	Cattle Showmanship Dairy Show Cattle Show

Tuesday, February 22

9am	Swine Showmanship Swine Show
1pm	Horse Showmanship Horse Show

Livestock Judging Contest begins at the conclusion of Horse Show

ALL livestock will be released following the Judging Contest. **ANY** animal leaving before will forfeit all premiums and awards!

All stalls must be cleaned and all equipment must be removed before the Banquet.

Wednesday, February 23

5:30pm	Banquet & Awards Program
6:30pm	Premium Sale held in Exhibit Building

**Schedule Subject to Change.
Consult Show Book for Times and Dates.**

Oklahoma Youth Expo

March 7-18, 2022



www.okyouthexpo.com

- All animals must be Youth Expo nominated
- All swine must be pseudo rabies and brucellosis tested
- All swine exhibitors must have a Premise Identification number
- PQA certificate is not required, PQA certified exhibitors will receive additional premium based on placing. Refer to Youth Expo Website.



4H DATES TO REMEMBER

February 24th: Adult Leaders Meeting - Title 7&9 - Extension Office @ 6:30pm

April 18th: Speech/Illustration /Power Point - Exhibit Building @ 6:30pm

May 26th: Food Show Down/ Cupcake Wars - New Building @ 10am

June 20 - 22nd: 4H Camp - Vici, Oklahoma

August 8th: Achievement Banquet Practice - Exhibit Building @ 2pm

August 9th: Achievement Banquet - Exhibit Building @ 6pm

November 5th: Turkey Dinner Prep - Exhibit Building @ 9am

November 6th: Turkey Dinner - Exhibit Building @ 11am





EXCITING NEWS

SIX CHEROKEE 4-H MEMBERS AWARDED MAIN STREET HERO AWARD

Cherokee Main Street hosted their 2021 Annual Civic Awards Banquet on February 8, 2022. The Main Street Hero Award was one of several awards presented. This was awarded to Marligh Tidwell, Emily Skinner, Juan Castro, Jose Castro, Aileen Ordonez and Jocelyn Ordonez. The group was praised for their dedication to tending to the rose bushes planted in the bump outs in downtown Cherokee. Join us in congratulating this group on a job well done!



NORTHWEST DISTRICT LIVESTOCK JUDGING CONTEST



4-Hers from Alfalfa County competed in the NWDLJC on February 1st in Enid, OK.

The team of Kole Campbell, Kord Campbell & Nathen Campbell received 3rd place Senior Team!

OTHER PARTICIPANTS:

Caedyn Campbell
Kreed Campbell
Kourtney Campbell
Logan Campbell
Kendal Collins
Aubree Hughes

Teagan Rose
Stetson Metcalf
Hudson Schupbach
Remington Farney
Breck Failes
Emma Schupbach

Speech/Illustrated Presentation/Power Point Contest April 18, 2022

The Alfalfa County 4-H Speech & Illustrated Presentation / Power Point contests will be held **April 18, 2022 at 6:30 p.m.** at the

Alfalfa County Exhibit Building in Cherokee. We will be following the Power Point guidelines used at State 4-H Roundup. However all 4-H

members in Alfalfa County are eligible to participate in the Power Point contest in the county. For the Power Point contest you may pick up the guidelines in the office or go to our web page at <http://oces.okstate.edu/alfalfa>. Power Point presentations have to be brought into the extension office

before April 13th, so we can make sure everything is compatible with our equipment.

All entries need to be in the Extension Office by April 13th. If you have any questions, please contact the extension office at 580-596-3131.

ENTRY FORM

Name _____ Club _____

Entry Title _____

Contest Category

Speech

Illustrated Presentation

PowerPoint

Age Division: (as of September 1st of the 4-H year)

Cloverbud(5-8)

Junior(8-11)

Intermediate(12-14) Senior(15-19)

- Cloverbuds are exhibition only, they will not be judged.

Note: Only one entry per form

Please return to the Alfalfa County Extension Office by April 13, 2022

2022 NWDJLS Schedule

Monday, February 28th

12:00 pm Fairgrounds open for stall set-up and cattle move in

Tuesday, March 1st

7:30 am Show Office opens
8:00 am Cattle scales will be available
10:00 am Beginning Beef Showcase
10:00 am Steer cards due and steers must be in place on the Fairgrounds
Steer Show
12:00 pm All papered & commercial heifer cards due in Show Office and
Heifers must be in place on the Fairgrounds
Ag Mechanics projects to be in place on the Fairgrounds

Wednesday, March 2nd

7:30 am Show Office opens
8:00 am Heifer Show

Thursday, March 3rd

7:00 am Show Office opens
7:30 am Lamb Classification (Order same as show order. Bring entry card to ring.)
Ewe Registration Check-In
(Order same as show order. Bring entry card, animal, & registration papers.)
9:00 am Lamb Lead (Pre-registration with District 4-H Office required.)
10:00 am Ewe Show
Lunch Break **Wether Lamb Show begins immediately following the Ewe Show**

Friday, March 4th

7:30 am Show Office opens
8:00 am All goats must be in place and goat cards (does and wethers) due in Show Office
Breeding Doe Show
Wether Goat Show to begin following the Breeding Doe Show
7:30 pm All barrow cards due in Show Office

Saturday, March 5th

7:00 am Show Office opens
8:00 am Barrow Show
7:30 pm All barrows must be in place at the Fairgrounds to be eligible to show
Purebred gilt cards are due in Show Office

Sunday, March 6th

7:30 am Show Office opens
7:30 am Commercial gilt cards are due in Show Office
8:00 am Gilt Show
All gilts must be in place at the Fairgrounds to be eligible to show
Ag Mechanics projects to be moved out after the conclusion of the Grand Drive

Monday, March 7th

6:15 pm Awards Presentation and Premium Sale Auction



4-H Volunteer Leader Training

All certified 4-H volunteers are required to attend a Title 7 & 9 training along with a "Working with Minors" training annually. These trainings will be held February 24th at 6:30 PM in the Alfalfa County Extension Office.

COMMERCIAL PEN OF CALVES

Alfalfa County

SPRING LIVESTOCK SHOW

2021-2022

Open to any student in Alfalfa County schools or home schooled. Ages: Jr. 8-13: Sr. 14-19, **enrolled in 4-H or FFA.**

Weigh-in will be **October 30, 2021** at the Cherokee Sales Company Facilities, **9:00-11:00 am.**

Each entrant may weigh in **3 or 4 animals (heifers or steers).**

May have no more than 2 entries

Ear tags will be assigned to each calf and calves will be tagged at the weigh-in.

Calves will be evaluated and priced with an average of the 3 animals determining the weigh-in value.

Weigh-out will be **February 18th, 2022** at the Cherokee Sales Company Facility **4:30-5:00 pm.**

Each pen will return with 3 of the animals only.

Calves will be valued with the average of the three being the weigh-out value of the pen.

Minimum weigh-in weight 350#, maximum weigh-in weight 650#.

Proof of ownership must be established by weigh-in (**cancelled check, bill of sale**).

Final placings will be determined by:

1/3 on value gained. (Values weigh-in to weigh-out)

1/3 on records. Excel spreadsheet provided for record keeping. (Plus receipts, bill of sale, cancelled checks, etc.)

1/3 on oral or written interview. (Choice of entrant)

Value gained equals value weigh-out less value weigh-in.

All entries will be placed with a Champion & Reserve Champion Pen of Steers and Heifers.

All entries placed **will be eligible** for the Alfalfa County Spring Livestock Show Premium Sale.

Records must be turned in between 9-11am, February 21, 2022 (or first day of stock show).

Interviews will be 2-4pm, February 21nd (or first day of stock show).

**The Alfalfa County Cattleman's Assn. will award the following additional premiums &/or awards in each division.*

Junior Champion pen of steers = \$250

Senior Champion pen of steers = \$250

Junior Champion pen of heifers = \$250

Senior Champion pen of heifers = \$250

Alfalfa County Cattleman's Assoc.
President: Bo Ferrell
(405) 612-4488

Alfalfa Co. Cooperative Extension
602 W. 5th St, Cherokee OK
Tommy Puffinbarger
(580) 596-3131

Cherokee Sales Co.
60902 Harmon Rd
Cherokee OK
Owner: Jarrid Herrmann
(785) 564-0869