

# Alfalfa County Cooperative Extension News



ALFALFA COUNTY  
EXTENSION

## Address

602 W. 5th St  
Cherokee, OK  
73728

## Phone

(580)596.3131

## Website

extension.okstate.edu/  
alfalfa/

## Social Media

Facebook: /Alfalfa County Oklahoma Cooperative Extension Services



## 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."

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# OHCE News & Notes

- February 23rd—Leader Lesson @ 2:00 PM—Laundry Stain Removal
- February 26th —OHCE Spring Association Meeting @ 6:30PM  
Hostess: WheatHearts / Registration: Jet Industrious
- March 5th—Freezer Meals—Fairview
- March 23rd—West District OHCE Meeting - Laverne High School
- March 28th—Leader Lesson @ 2:00 PM - Butterfly Gardens/Saving the Monarchs
- April 4th—Executive Committee Meeting @6:00PM
- April 26th—Leader Lesson Pick-Up—Group Choice: Alpha Gal Syndrome OR  
Communication Facilitation Skills
- April 29th—OHCE Commissioner Proclamation @ 9:00AM
- May 5th –11th—OHCE Week
- May 8th—Flower Show



## Flower Show

**Wednesday, May 8, 2024**



Open to all Alfalfa County residents or within Alfalfa County School Districts

*Entries 7:30am – 9:30am*

*Judging 10:00am – 12.00pm*

*Dismissal of exhibits- 3:00pm*

*Educational Programs - 1:00pm – 3:00pm*

More information to come.

Each OHCE group is asked to bring a door prize.



OKLAHOMA COOPERATIVE  
EXTENSION SERVICE

# 2024 BACK TO BASICS WORKSHOPS

*-Brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-*

Thursday, February 1st, 10:00am-2:00pm at the Woods County  
Fairgrounds, Alva, OK

*Mini Barn Quilts and Pull Apart Cupcakes*

Tuesday, March 5th, 4:00pm- 8:00pm at the Major County  
Fairgrounds, Fairview, OK

*Freezer Meals*

Thursday, July 11th- 4:00pm- 8:00pm at the Alfalfa County  
Fairgrounds, Cherokee, OK

*Pickles*

Saturday, August 10th 1:00pm-5:00pm at the Alfalfa County  
Fairgrounds, Cherokee, OK

*Sourdough Bread*

**Fees will vary for each workshop.**

**Please RSVP and pay the fee to the county that is hosting the workshop by the Monday prior to the workshop. More information will be available for fees & supplies.**

Alfalfa County-580.596.3131

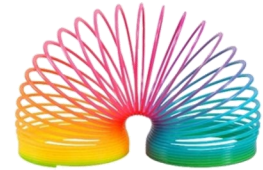
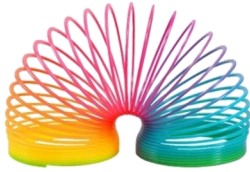
Blaine County-580.623.5195

Major County-580.227.3786

Woods County-580.327.2786



# West District OHCE Meeting (North Region) “Spring into Service with OHCE”



## Host Counties: Beaver, Harper, and Texas

SATURDAY  
MARCH 23, 2024

LAVERNE HIGH SCHOOL  
605 JAYNE JAYROE BLVD.

**MEETING REGISTRATION:** \$25 DUE BY MARCH 1, 2024  
LATE REGISTRATION: \$30 - NO LUNCH GUARANTEED

SEND TO:

### TYPE YOUR LOCAL TREASURER’S INFO HERE

#### SATURDAY— MARCH 23RD — 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

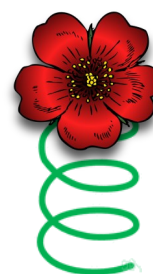
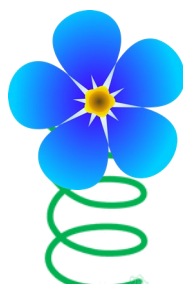
#### WORKSHOPS

- ◆ Parliamentary Procedure Trail Mix
- ◆ Collective Roots & the Incubator Kitchen
- ◆ Coping Skills Card Game
- ◆ Easy Care Houseplants
- ◆ Line Dancing
- ◆ Book Page Flowers
- ◆ Let’s Make Bread!
- ◆ Sock Easter Bunnies

#### DESIGNATED CONFERENCE HOTELS

**\$99 + TAX/ NIGHT**  
CLOVER INN  
201 W. JAYNE JAYROE BLVD.  
LAVERNE, OK  
(580) 727-1528—ROOM BLOCK: OHCE  
**RESERVE YOUR ROOM BY  
FEBRUARY 29, 2024**

**\$94 SINGLE/ NIGHT**  
CANDLEWOOD SUITES  
3350 OKLAHOMA AVE.  
WOODWARD, OK  
(580) 254-5200—ROOM BLOCK: OHCE  
**RESERVE YOUR ROOM BY  
FEBRUARY 29, 2024**





# Agriculture Newsletter

## Sandbur Control

### Josh Bushong, West Area Extension Crops Specialist

Sandburs are a common weed issue found in pastures, forage crops, and lawns. As the name implies, sandburs are typically more of an issue in sandy soils. Sandburs are an annual warm season grass, but with a mild winter can behave as a short-lived perennial. Seeds can germinate all summer, but most will germinate in May and June. Sandburs can obviously be an issue with livestock in pastures and hay production, but can also reduce forage quality and quantity. Since sandbur seeds can stay viable in the soil for 5 to 8 years, the main objective for suppression would be reducing seed development. Control will take several years of intensive management utilizing both cultural practices and herbicides. Proper weed management starts with taking care of the soil, which starts with taking a soil sample. In order to give the desired crops a competitive chance, soil pH and nutrient deficiencies will need to be corrected. Sandburs are more tolerant to acidic (low pH) soils than many warm season forages. Of the nutrients, applying adequate nitrogen will be the most beneficial to improve the stand of the desired forage. Correcting phosphorus and potassium will also help improve root development and plant regrowth. In addition to soil fertilization, other cultural suppression practices include stocking rate and burning. Proper stocking rates should be managed to retain adequate biomass for the crop to regrow at a faster pace and stay competitive with sandburs. For Bermudagrass, leaving 2 to 3 inches is essential for good regrowth for both haying and grazing. Pasture burning can reduce sandbur seed production if executed at the right time and intensity. Fall burns will likely be better, unless there is sufficient fuel for a hot spring burn. If the fire from the burn is not hot enough, it may actually stimulate germination. At first one would think that would be a bad thing, but could also allow for better control in Ag Insights December 2024 the long-term. After the burn a higher percentage will emerge the first year, which an herbicide would effectively

control a larger percentage of the sandbur population in one application. There are a few herbicides that can be used to assist in sandbur control. Unfortunately, most are only labeled in bermudagrass. There are no herbicides labeled for sandbur control in Old World Bluestem, crabgrass, and some native grasses. In most native grass pastures, herbicides with the active ingredient imazepic (Plateau, Panoramic, or Impose) will provide some control but will also cause some damage to the native grasses. This injury is often temporary and lessened if good growing conditions follow herbicide application. For bermudagrass pasture and hay fields, the use of a preemergence (applied before sandburs germinate) herbicide like pendimethalin (Prowl H2O) will help reduce half to two-thirds of the largest and earliest flush of sandburs. Postemergence (applied after bermudagrass and sandburs are actively growing) herbicide options include glyphosate (Roundup Weathermax), imazepic (Plateau), or nicosulfuron with metsulfuron (Pastura). Read and follow label directions for rates, application timings, and surfactants to limit crop injury and to achieve satisfactory sandbur control. Lack of control is usually due to herbicide application timing. Sandbur growth stage is critical for some products. For instance, after sandburs reach 1.5 inches tall the expected control will be reduced with products like Pastura. If applied correctly, over 90 percent of the sandburs can be controlled with the postemergence herbicides. Keep in mind, sandburs will continue to emerge as the season progresses which may make it appear like the early herbicide application failed. A newer product now available, called Rezilon, gives farmers another preemergent herbicide option. It is recommended to be applied well before sandbur germination. If sandburs are already emerged to have survived the winter, this product will not provide any control. Ideally it should be applied late-winter but can also be applied mid-season generally after the

first cutting to prevent late-season emergence. If applying Rezilon after sandbur emergence or if there are perennial plants found, tankmixing a postemergence product like glyphosate might be needed. Add Rezilon to the sprayer prior to adding the glyphosate to prevent tank-mix issues or reduced weed control. Rezilon is a suspension concentrate product that needs constant agitation in the sprayer to keep it in solution. The first application of Rezilon needs to be applied by late February. It can control and suppress weeds for up to 4 months, so depending on when the first application was made a second application might be needed in June or July. A rainfall event or irrigation of at least a half of an inch is needed to move the product from the soil surface to the seeds in the soil. For most effective control, a water incorporation needs to occur within three weeks. Rezilon doesn't have any grazing restrictions, but grazing after an application and prior to an incorporating rain can reduce weed control. There is not a haying restriction when applied at 3 ounces per acre. There is a 40-day haying restriction if more than 3 ounces were applied. Herbicide products like MSMA are good options for lawns, golf courses, sod farms, and highway right-of-ways, but cannot be applied to pastures or hay ground. This is mostly due to the risk of poisoning livestock from being an arsenic-based herbicide. A multi-year strategy of combining cultural suppression practices and herbicides is necessary. For more information refer to OSU factsheet PSS-2596 Sandbur Control in Bermudagrass Pastures or visit your local OSU Extension office.



# 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



# 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

## 4-H Clubs encouraged to participate in State of Orange

While green is the traditional color associated with the Oklahoma 4-H Youth Development program, clubs in all 77 counties will be seeing orange as they take part in the State of Orange project slated April 13.

State of Orange is a statewide, collaborative effort of Oklahoma State University to engage in a day of meaningful service, said Cathleen Taylor, state leadership and civic engagement specialist with the State 4-H office.

“Civic engagement and service learning are the cornerstones of the 4-H program. The time and effort club members put out each year is immeasurable,” Taylor said. “They’ve given millions of hours to their communities all across the state. This opportunity fits right into our programming.”

4-H clubs from around the state are encouraged to participate in a community service project in conjunction with State of Orange this spring. Taylor said this is a great opportunity for 4-H volunteers to plan and implement an activity at the local level. One example is to plant a fruit or nut tree in a local park or community garden.

“Think about all of the community service opportunities available in the county. We encourage 4-H clubs to reach out to other local and county organizations such as Master Gardeners or Oklahoma Home and Community Education groups,” she said. “The more people who come together in this effort, the bigger the impact that can be made.”

4-H’ers from all 77 counties are working on the Change for Change project and have set a goal of raising \$12,000 for the Children’s Health Foundation. A community service or civic engagement project for State of Orange could be another way for club members to raise funds to help meet the statewide goal. Volunteers and club members are encouraged to plan and implement their activity at the local level.

Currently, there are nearly 11,000 youth enrolled in community clubs, and of those, 437 are enrolled in the civic engagement or citizenship project.

Community service doesn’t end after this event is complete. Taylor encourages club members to discover what they like to do and

find additional ways to give back to their communities by turning what they enjoy into service-learning opportunities.

Taylor said taking part in this type of opportunity helps bring home the life skills that are taught in the 4-H Youth Development program.

“It provides a sense of generosity and giving back. It also helps our club members understand how they are connected to their community and how much of an impact they can have,” she said.

State of Orange is a great opportunity to show how 4-H and OSU Extension are vital parts of every community across the state and how 4-H is connected to OSU.

“In addition, forming partnerships with other like-minded organizations within the community is a win-win for everyone involved. State of Orange can help us live the 4-H motto ‘To make the best better.’”

More information about how to register your county’s event will be available soon. Contact Cathleen Taylor at 405-744-8888 or [cathleen.taylor@okstate.edu](mailto:cathleen.taylor@okstate.edu) for more information.



# ALFALFA COUNTY SPRING LIVESTOCK SHOW SCHEDULE OF EVENTS

February 19th-21st, 2024

## Monday, February 19

9-10 am Weigh All Livestock  
Sign Up For  
Showmanship  
Check Papers  
Enter Horses  
Sign up for Skillathon  
Turn in Pen of Calves  
Record Books

11am- 3pm Skillathon

1 pm Goat Showmanship  
Goat Show  
Sheep Showmanship  
Sheep Show

1-4 pm Pen Of Calves Interviews

5 pm Beginning Beef Show  
Cattle Showmanship  
Dairy Show  
Beef Cattle Show

## Tuesday, February 20

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

\*\*\*\*Livestock Judging Contest begins  
at the conclusion of the 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, 21

5:30 pm Banquet and Awards  
Program  
Banquet meal will be  
served by the Cherokee  
Junior Class.

6:30 pm Premium Sale