

AUGUST | SEPTEMBER
2023



DELAWARE COUNTY
EXTENSION

📍 PO Box 1020 38267 US Hwy 59 Jay, OK 74346

NEWSLETTER

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[Delaware County OSU Extension](https://www.facebook.com/DelawareCountyOSUExtension)

Instagram:

[delco_osu_extension](https://www.instagram.com/delco_osu_extension)

Help Children Understand Their Feelings During Parents' Divorce

Going through a divorce can be stressful for parents. It is also stressful for the children. While parents need to take care of and manage their personal stress, they also need to be mindful of the emotions their children are feeling.

Katey Masri, manager of Oklahoma State University Extension's Co-Parenting for Resilience program, said children of all ages may experience different emotions during this time.

"It's not unusual for parents to notice significant behavioral and emotional changes in their children, especially within the first year after a divorce," Masri said. "While some of these issues will resolve with time, the child's sense of loss and emotional trauma can last for many years."

It's important for parents to put their own feelings aside and make themselves approachable to their children. Parents often get caught up in their own stress and distraction and may not realize the children don't want to reach out to them. Masri encourages parents to actively invite their children to express themselves and let them know it's safe to talk about their feelings.



"Sometimes a child's emotions are directed at the parent, and that can be tough to hear as the parent," she said. "It also can be hard to hear children express good things a co-parent does, but it's important for children to express their emotions."

An activity that can help children express their feelings is talking about the day's high and low points. Encourage children to talk about the lowest part of their day but be sure to follow that up with having them talk about the best part of the day, too.

It can be beneficial, especially for younger children, to name their emotions. There are more feelings than simply happy or sad. Considering making a "feelings" chart to help kids identify their specific emotions. Masri said dealing with emotions affects people in different ways. Some people may experience physical symptoms such as stomachaches, headaches, or tight muscles.

"Children need to be made aware that their own bodies may react differently in stressful situations. This can help assist them in their ability to cope with the stress earlier and better," she said.

It can be helpful for children to draw their emotions. Another idea to is make paper faces with removable facial features. Make various shapes for eyes and mouths for children to express specific emotions. They also can create a feelings box in which they place drawings or written feelings.

"The idea is to put their worries in a safe place so they can take a break from thinking about them," Masri said. For older children, use conversation starters to explore feelings. Examples include "Sometimes I worry about ..." or "I'm feeling sad because ..." Another option is to read age-appropriate books about children and emotions. Being more aware of children's emotions may require parents to be more aware of their own feelings. Divorce brings a wide range of emotions that shouldn't be ignored. Seek professional help if necessary.

For more information about children and feelings surrounding divorce, check out OSU Extension fact sheet T- 2389

Depression: Conversation Starters

Depression can be hard to talk about. But if a friend or loved one is depressed, having a conversation about getting help can make a big difference. Use these tips to start talking.

1 Show you care.

You can say:

- “How are you feeling? I’m here to listen to you and support you.”
- “I’m concerned about you. I think you may need to talk to someone about depression. I want you to get the help you need to feel better.”
- “I’d really like to spend more time with you. Let’s take a walk, grab something to eat, or go to a movie.”



2 Offer hope.

You can say:

- “You’re not alone. Many people suffer from depression — it’s nothing to be ashamed of.”
- “Depression is treatable. Getting help is the best thing you can do.”
- “Many people get better with treatment — even people who have severe depression.”
- “There are different ways to treat depression, including therapy and medicine.”

3 Offer to help.

You can say:

- “Let me help you figure out what’s going on. You can start by making an appointment with your doctor — or I can help you find someone else to talk to, like a counselor, therapist, or social worker.”
- “I can give you a ride to your therapy appointment or remind you to take your medicine.”
- “You can call or text me at any time if you need support — or if you just want to talk.”
- “Getting more physical activity can lower your stress level and help you feel better. Would you like to go for a walk together this weekend?”

4 Ask life-saving questions.

For example, you might ask: “Have you felt hopeless or thought about hurting yourself recently? I'm here for you. Let's call or text the Suicide & Crisis Lifeline at 988.”



This information on depression was adapted from materials from the National Institute of Mental Health.

Reviewed by:

Matthew V. Rudorfer, M.D.

Chief, Psychopharmacology, Somatic, and Integrated Treatment Research Program

Treatment and Preventive Interventions Research Branch

Division of Services and Intervention Research

National Institute of Mental Health

February 2023

JOIN 4-H TODAY

OKLAHOMA 4-H

2023-2024 ENROLLMENT

NOW OPEN

ZSUITE

Enroll at <https://4h.zsuite.org/>



OSU EXTENSION
**DELAWARE COUNTY
4-H YOUTH DEVELOPMENT**

PARENT VOLUNTEER ASSOCIATION MEETING

Date: September 12, 2023

Time: 6:00 PM

Location: Jay Fairgrounds, Exhibit Hall

- Working with Minors and Title VII & IX
- State Volunteer Board
- ZSuite Help & More

*Attendance is mandatory for certified volunteers.



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GARDEN TIPS FOR AUGUST

David Hillock, Senior Extension Specialist

Vegetables



- August is a good month to start your fall vegetable garden. Bush beans, cucumbers, and summer squash can be replanted for another crop. Beets, broccoli, carrots, potatoes, lettuce, and other cool-season crops can also be planted at this time. ([HLA-6009](#)).
- Soak vegetable seed overnight prior to planting. Once planted, cover them with compost to avoid soil crusting. Mulch to keep planting bed moist and provide shade during initial establishment. Monitor and control insect pests that prevent a good start of plants in your fall garden.

Fruit and Nut

- Continue protective insect applications on the fruit orchard. A good spray schedule is often abandoned too early. Follow directions on last application prior to harvest. ([EPP-7319](#))



Flowers

Towards the end of the month, divide and replant spring-blooming perennials like iris, peonies, and daylilies if needed.

Trees and Shrubs

- Discontinue deadheading roses by mid-August to help initiate winter hardiness.
- Watch for second generation of fall webworm in late August/early September. Remove webs that enclose branches and destroy or spray with good penetration with an appropriate insecticide.

Lawn and Turf

- Winter annual weeds like *Poa annua*, better known as annual bluegrass, chickweed and henbit can be prevented with a preemergence herbicide application in late August. Water in the product after application. ([HLA-6420](#))



- Areas of turf with large brown spots should be checked for high numbers of grubs. Mid-to-late August is the best time to control heavy white grub infestations in the lawn. Apply appropriate insecticide if white grubs are a problem. Water product into soil. ([EPP-7306](#))
- Tall fescue should be mowed at 3 inches during the hot summer and up to 3½ inches if it grows under heavier shade. ([HLA-6420](#))
- For areas being converted to tall fescue this fall, begin spraying out bermudagrass with a product containing glyphosate in early August. ([HLA-6419](#) & [HLA-6421](#))
- Irrigated warm-season lawns can be fertilized once again; apply 0.5 lb N/1,000 sq ft in early to mid-August.
- Brown patch of cool-season grasses can be a problem. ([HLA-6420](#))

General

- Water compost during extremely dry periods so that it remains active. Turn the pile to generate heat throughout for proper sterilization.
- Always follow directions on both synthetic and natural pesticide products.
- Watch for high populations of caterpillars, aphids, spider mites, thrips, scales, and other insects on plant material in the garden and landscape and treat as needed. ([EPP-7306](#))
- Water all plants thoroughly unless rainfall has been adequate. It is better to water more in depth, less often and early in the morning.



Longevity and the Replacement Decision

Scott Clawson, Area Agricultural Economics Specialist

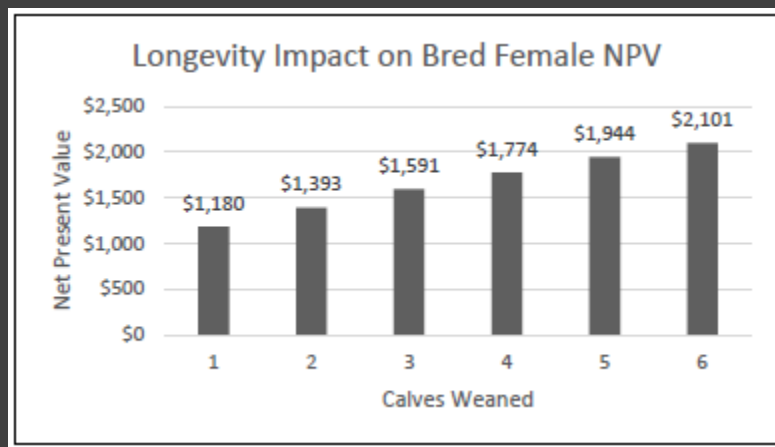
Heifer retention or expansion of an operation can be one of the most difficult tasks to analyze. The variables are endless between commodity inputs, cattle prices, management strategies, and cost structures. Entering this point in the cattle cycle information starts circulating about what bred females are worth. Calf revenues, weaning percentages, cash costs, cull values, and longevity are all very important variables. To make it more frustrating, each one of the variables above has variables of their own. A common component that is highly variable is longevity and our estimation of it can make a big impact on the investment.

It is not breaking news that those cows that are productive for a high number of years are some of the most profitable on the place. The table below illustrates that concept from a strictly numbers standpoint. Using net present value (NPV) to give us a measurement of what the investment in this asset is worth today, the impact of the number of productive years is obvious. The more years she is in production, the greater the returns over time and the more she is worth today. The real question is not if longevity is important. It certainly is. The question is that of this group of heifers, what will be the average longevity of the group?

Key Assumptions:

- \$1,000 average calf revenue annually
- \$675 per cow cash expense
- \$700 revenue when culled
- 8% discount rate

Let's assume that we can buy a set of bred heifers for \$1,750 per head. These heifers will calve in the spring as a two-year-old and sell a weaned calf in the fall of that year. Our assumptions above would indicate that she would need to wean a minimum of four calves to be a profitable investment. The chart above tells us that we could pay up to \$1,774 for a female that would wean four calves, since we paid \$1,750, we would be in the black on the purchase.



This brings up another question. How long should we expect her to be in production? Replacement rates vary from 10-20% on average. A 15% replacement rate would suggest that the cowherd turns over roughly every 6.5 years. The USDA National Animal Health Monitoring System Report released in May 2021 reports that 16.4% of cows culled were under 5 years of age and 35.3% were 5-9 years of age.

When considering what to pay for replacements or how much to spend developing your own, expected longevity is a key component of the decision. It is a highly variable measure. So, what do your records tell you about longevity in your operation? As replacement values surge in this market, make sure that your estimate matches your ranch's history, and that we are projecting a longevity

number that is closer to our ranch's documented average than the exception. For more assistance in determining this for your specific operation, contact your local OSU Extension Educator.

USDA National Animal Health Monitoring System, Beef Cow-calf Health and Management Practices in the United States, 2017. https://www.aphis.usda.gov/animal_health/nahms/beefcowcalf/downloads/beef2017/beef-2017-part2.pdf



EXTENSION

Value of Gain Calculation

OK Weighted Average Report 6/30/23

Weight	\$/lb	Value/hd	Added lb.	Added \$	\$/lb Added
325	\$ 2.9828	\$ 969.41			
380	\$ 3.0893	\$ 1,173.93	55	\$ 204.52	\$ 3.72
432	\$ 2.8792	\$ 1,243.81	52	\$ 69.88	\$ 1.34
471	\$ 2.8067	\$ 1,321.96	39	\$ 78.14	\$ 2.00
528	\$ 2.5911	\$ 1,368.10	57	\$ 46.15	\$ 0.81
582	\$ 2.5436	\$ 1,480.38	54	\$ 112.27	\$ 2.08
628	\$ 2.4931	\$ 1,565.67	46	\$ 85.29	\$ 1.85
679	\$ 2.4253	\$ 1,646.78	51	\$ 81.11	\$ 1.59
728	\$ 2.4085	\$ 1,753.39	49	\$ 106.61	\$ 2.18
778	\$ 2.3516	\$ 1,829.54	50	\$ 76.16	\$ 1.52
826	\$ 2.3005	\$ 1,900.21	48	\$ 70.67	\$ 1.47
881	\$ 2.2877	\$ 2,015.46	55	\$ 115.25	\$ 2.10
968	\$ 2.1745	\$ 2,104.92	87	\$ 89.45	\$ 1.03

Long Stocker Run

<i>Starting</i>	
325	\$ 969.41
<i>Ending</i>	
968	\$ 2,104.92
<i>Total Gain</i>	<i>Δ Value</i>
643	\$ 1,135.51
<i>VOG</i>	
\$ 1.77	

Short Stocker Run

<i>Starting</i>	
325	\$ 969.41
<i>Ending</i>	
528	\$ 1,368.10
<i>Total Gain</i>	<i>Δ Value</i>
203	\$ 398.69
<i>VOG</i>	
\$ 1.96	

Heavy Stocker Run

<i>Starting</i>	
628	\$ 1,565.67
<i>Ending</i>	
968	\$ 2,104.92
<i>Total Gain</i>	<i>Δ Value</i>
340	\$ 539.25
<i>VOG</i>	
\$ 1.59	

PESTICIDE APPLICATORS

CAN EARN CEU'S IN CATEGORY 1A & 10

AUGUST 29, 2023

Morning Session:

Pasture & Rangeland Weed Management

Afternoon Session:

Wheat Weeds, Disease & Seed Treatments

Each session will be 3 hours live zoom meetings.

\$10 Registration Fee

Call (918) 253-4332 to RSVP by August 22, 2023



POULTRY WASTE MANAGEMENT EDUCATION

Continuing Education Classes – 2 Hour Credit



Registered poultry operators and certified poultry waste applicators are required to attend 9 hours of initial education within the first year of becoming registered or licensed and 2 hours of continuing education each year until receiving a total of 19 training hours. Upon receiving the 19 required hours, the operator or applicator will attain graduate status but shall be required to receive 2 hours of continuing education every 3 years thereafter.

More information related to education requirements may be found at extension.okstate.edu/poultrywaste

DELAWARE COUNTY

Date: October 17, 2023

Time: 6:00 PM – 8:00 PM

Location: Delaware County Fairgrounds
38267 US Hwy 59 Jay, OK 74346

Topics: New Rules & Regulations
Guidance Systems for Applicators

The first hour will also be about pesticide application, which will count for **1 CEU**. You must sign in to receive credit and will be given your attendance certificate at the completion of the training. **No RSVP needed.**

Producers and applicators wishing to avoid large public meetings, or if driving distance is an issue, can view recordings of our trainings at their local county extension office. These viewings can be scheduled at any participating OSU Extension office in Oklahoma.

If you are unsure of your education status or have questions about the regulations pertaining to your business operation, contact the Oklahoma Department of Agriculture, Food & Forestry at 405-522-5892.

Soil, Water and Forage Testing Services & Updated Price List

Submitting Samples

Soil, water, and plant samples should be submitted through your County Cooperative Extension Office. They provide sample bags and water bottles and handle mailing of samples to the laboratory. Your County Extension Educators can assist with proper sampling techniques, test result interpretations and recommendations.

Quality Assurance

Accuracy and quality of test results are assured through daily analysis of quality control samples, a three-step internal data review process, and participation in external certification and sample exchange programs. For detailed information regarding our quality assurance practices, call the SWFAL office.

Sample Results

Most samples are processed and analyzed within three to five working days and results are posted on the internet. Forage nitrate results are posted two days after samples are received. Charges for laboratory services are billed monthly from the office through which the sample was submitted.



AGRICULTURAL SCIENCES AND NATURAL RESOURCES

Learn More:

Soil, Water and Forage Analytical Laboratory
045 Agricultural Hall
Oklahoma State University
405-744-6630
soiltesting.okstate.edu
soiltesting@okstate.edu

Forage and Feed

Protein only **\$8.00**

Protein & Moisture

Basic **\$14.00**

Protein & Moisture

ADF (Acid Detergent Fiber)

TDN (Total Digestible Nutrients)

Net Energy for: Gain; Lactation; and Maintenance

Basic Plus RFV **\$20.00**

Protein, Moisture, ADF, & Energy

NDF (Neutral Detergent Fiber)

RFV (Relative Feed Value - for alfalfa only)

Nitrate Toxicity **\$6.00**

Nitrate

Moisture

Minerals **\$15.00**

Ca, P, K, Mg, S, Cu, Fe and Zn

Plant Tissue

TN, P, K, Ca, Mg, S, B, Cu,

Fe, Mn, and Zn

\$23.00

Animal Waste & Compost

Test 1 **\$30.00**

pH, EC, Moisture, TN, C,

S, P, K, Ca, Mg, Na, Cu,

Zn, Mn and Fe

Test 2 **\$6.00**

NH₄-N and NO₃-N

Test 3 **\$8.00**

Water Soluble P

New Prices Effective

July 1, 2023



Soil

Soil Fertility

Routine \$10.00

pH and buffer Index (Sikora)
Nitrate-Nitrogen
Available Phosphorus Index (MIII)
Available Potassium Index (MIII)

Subsoil Nitrate-Nitrogen \$2.00

(with submission of surface soil)

Nitrate-Nitrogen \$4.00

Secondary Nutrients \$4.00

Sulfate-Sulfur
Magnesium and Calcium

Micronutrients \$4.00

Iron, Zinc and Boron

Organic Matter \$8.00

Greenhouse Media \$20.00

(Saturated Media Extraction)
Sodium Phosphorus pH
Calcium Sulfur Nitrate-N
Magnesium Boron Ammonium-N
Potassium Electrical Conductivity

Soil Salinity

Salinity Management \$30.00

(1:1 extraction for diagnostic purposes)
Sodium Magnesium
Calcium Potassium
pH Total Dissolved Solids
Boron Electrical Conductivity
SAR ESP

Comprehensive Salinity \$70.00

(Saturated paste extraction)
Sodium Magnesium
Calcium Potassium
Chloride Nitrate-Nitrogen
Sulfate Electrical Conductivity
Carbonate Bicarbonate
pH Total Dissolved Solids
Boron ESP
SAR

Soil Texture \$14.00

Textural Class (Hydrometer Method)
% sand, silt, clay

Water

Homebrewer \$21.00

Sodium Sulfate
Calcium Phosphorus
Magnesium Iron
Potassium Zinc
Copper Hardness
Manganese Electrical Conductivity
pH Total Dissolved Solids
Alkalinity Nitrate
Chloride

Household \$18.00

Sodium Sulfate
Calcium Chloride
Magnesium Nitrate
Potassium pH
Copper Hardness
Iron Electrical Conductivity
Manganese Total Dissolved Solids
Zinc

Livestock \$18.00

Sodium Sulfate
Calcium Chloride
Magnesium Nitrate
Potassium pH
Copper Hardness
Iron Electrical Conductivity
Manganese Total Dissolved Solids
Zinc

Irrigation \$18.00

Sodium Magnesium
Calcium Potassium
Chloride Nitrate
Sulfate Electrical Conductivity
pH Total Dissolved Solids
Boron Hardness
Carbonate Bicarbonate
SAR

IMPORTANT DATES & DEADLINES

- JUNE 1 Nominations Open
- JULY 1 Nominations Due
- JULY 1 Junior Market Broiler Order/Entry Deadline
- AUG. 1 Livestock & Horse Show Entries Open
- AUG. 25 Livestock & Horse Show Entries Close
- SEPT. 1 Contest Entries Deadline
- SEPT. 22 4-H & FFA Competitive Exhibit Deadline

TULSA
STATE FAIR
11 DAYS OF **AWESOME**

2023 NOMINATION DATES & DEADLINES

June 1, 2023: Nomination Kits go on sale online

*All nomination kits must be ordered and paid for online. When ordering, there will be an option to ship or pick up in Tulsa.

June 22, 2023: Nomination Kit Shipment Deadline

*All nomination kits ordered after June 22 will be required to be picked up in Tulsa.

July 1, 2023: Nomination Deadline for Market Steers, Barrows, Lambs, Goats, and Breeding Commercial Ewes, Gilts, Does, Commercial Heifer

* All DNA must be post marked with a copy of the online nomination receipt.

Step 1 - Read Show and Nomination Rules

- Read all rules located on the Exhibitor Handbook page. Exhibitors are required to read and comply with all rules.

 [Nomination Rules and Instructions](#)

 [Nomination Checklist](#)

Step 2 - Order and Pay for Nomination Kits Online

- All nomination kits must be ordered and paid for online. No cash or checks will be accepted.
- Nomination Kits Picked Up: \$10
- Pick up will be located at the Tulsa State Fair Agribusiness Office in the Oklahoma Ford Dealers Barn. Office hours are Monday - Friday, 9am - 4pm.
- Nomination Kits Mailed: \$15
- Only official tags and envelopes from the Tulsa State Fair will be accepted.
- When submitting a kit order it is not necessary to enter an individual order for each exhibitor. Whomever is ordering the kit needs to order all kits needed under the name of the individual who will either pick up the kits in Tulsa or kits will be shipped to.

Step 3 - Collect DNA Sample

- You will need one envelope per animal.
- DNA envelope must arrive sealed in the official Tulsa State Fair DNA envelope with all required information and signatures.
- Only official Tulsa State Fair DNA Envelopes will be accepted.
- The Tulsa tag on the DNA envelope must exactly match the animal(s) entered online.
- Names and signatures of each sibling must appear on the DNA envelope when it is submitted.
- Follow the DNA Hair Sample Requirement Instructions exactly for collecting the DNA hair sample.
- DO NOT contaminate the sample with hairs from other animals.
- Place the DNA, (hair), sample inside of the envelope and seal the envelope.
- Only enclose the DNA sample in the envelope.

Step 4 - Submit Nomination Information Online for Each Exhibitor

- Nomination kit must be purchased and Tulsa tag received before proceeding with online nomination.
- Enter exhibitor, animal information, and Tulsa tag online and print receipt.
- Steers ONLY must also upload pictures online for classification. (See "Steer Nomination Photo Upload Instructions".)
- If family nominating, only one DNA sample per animal is required; however, each exhibitor must have an online receipt.
- Attach online receipt to the outside of the envelope with a paper clip. Please do not staple.

Step 5 - Mail DNA and Online Receipt

- Mail DNA and online nomination receipt to: TSF Livestock Office, 4145 E 21st Street, Tulsa, OK 74114.
- DNA samples and online nomination receipt must be postmarked by July 1, 2023.

Questions?

Colton Kersey, Agribusiness Event Coordinator

(918) 744-1113, ext. 2012

UPCOMING EVENTS

AUG 29

Pesticide Applicator Sessions – *CEU Opportunity

SEPT 6-9

Delaware County Free Fair

OCT 17

Poultry Waste Management Class - *CE Credit Opportunity

SEPTEMBER

4-H Has Talent

OCTOBER

Cupcake Wars

NOVEMBER

Food Show Down

JANUARY

Skill – a - Thon

FEBRUARY

Speech Demonstration

MARCH

Impressive Dress



Stay tune for more information on 4-H contests



2023 Delaware County FALL FREE FAIR



18 U.S.C. 707

WEDNESDAY, SEPTEMBER 6

- 9:00 am - 6:00 pm - Check in Indoor Exhibits

THURSDAY, SEPTEMBER 7

- 9:30 am - 11:00 am - Check in Baked Goods
- 9:30 am - Begin Judging Indoor Exhibits
- 1:00 pm - Begin Judging Baked Goods
- 4:00 pm - 5:30 pm - Chicken and Rabbit Show Check In
- 6:00 pm - Rabbit Show, Poultry Show immediately following

FRIDAY, SEPTEMBER 8

- 8:30 am - 5:00 pm - Indoor Exhibits open for viewing
- 9:00 am - Youth Tractor Driving Contest
- 5:30 - 6:30 - Horse Show Check in
- 7:00 pm - Horse Show

SATURDAY, SEPTEMBER 9

- 8am-10am- Check in all Livestock (Beef, Dairy, Goats, Sheep & Swine)
- 9am-10am- Livestock Judging Contest Check In
- 10 am - Mutton Busting Registration Begins
- 10am -3 pm- Outdoor Farm Show & Vendor Booths
- 10:30am - Livestock Judging Contest
- 11:00am - Power Wheels Sled Pull (Ages 8 & Under)
- 11:30am - 1:30pm - Road Chili Cook Off
- 12:00pm - Mutton Busting (Ages 6 & Under)
- 12:00pm - Stick Horse Race, Goat Ribbon Race (Ages 6 & under)
- 1:00pm - Bucket Calf Showmanship
- 2:30pm - Farm Family Presentation
- 3:00pm - Livestock Show - (Dairy Cow, Beef Cattle, Dairy Goat, Market Goat, Sheep, Swine)



Delaware County Extension Office
38267 US Hwy 59
Jay, OK 74346

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