2018
PUSHMATAHA COUNTY JUNIOR LIVESTOCK SHOW AND PREMIUM SALE

Schedule of Events

Thursday, March 1, 2018

9:00 AM – SWINE WEIGH AND CHECK IN
6:00 PM – SWINE SHOW

Friday, March 2, 2018

9:00 AM – CATTLE, SHEEP, GOATS WEIGH AND CHECK IN
6:00 PM – CATTLE SHOW, FOLLOWED BY SHEEP AND GOAT SHOW

Saturday, March 3, 2018

10:00 AM – 4-H and FFA LIVESTOCK JUDGING CONTEST
7:00 PM – PREMIUM SALE

The County Speech Contest will be held at the United Methodist Church in Antlers on March 27th. Registration begins at 9am. The program begins at 9:30am. The contest begins promptly at 10am. Remember to bring a sack lunch. Entry forms are on page 2. Deadline to register is March 15th.

The S.E. District Speech contest is March 29th at the First Baptist Church in McAlester. Registration will be from 2:30-3:30 p.m. Contestants will report directly to their presentation rooms. The contest will start promptly at 4:00 p.m.
COUNTY PUBLIC SPEAKING CONTEST ENTRY FORM/SCORE SHEET  DATE MARCH 27th

Category of Presentation: _______ Miscellaneous Presentation Food Presentation_______

Type of Presentation:
_____ Talk ___ Individual Illustrated Presentation
_____ Team Illustrated Presentation ___ Individual Food Presentation
_____ Team Food Presentation
_____ Power Point
_____ Famous Person

Age Groups: (As of January 1 of Current Year) ____9-10 yrs. ____11-13 yrs. ____14 yrs. & over

Name(s)__________________________________________________________Club_____________________________

Title______________________________________________________________________________________________

SPEAKER…………………………………………………………………………….

Possible points 25______________

Appearance (neat, appropriate)
Voice (clear, fluent, voice control, pronunciation, articulation, projection)
Poise and Posture (cheerful, confident, and erect)

Eye Contact

Comments:

PRESENTATION……………………………………………………………………

Possible points 25 ______________

Introduction (short, complete, interesting)
Organization of Material
Delivery (smooth, appropriate speed, voice variations)
Conclusion (adequate and effective)
General Effect of Presentation
Interest of Audience

For Illustrated Presentations only:
Proper Use of Visual Aids & Equipment
Use of Appropriate Materials to Show Main Idea
Props (well managed, neat work space)

Comments:

SUBJECT MATTER………………………………………………………………….

Possible points 25 ______________

Originality
Speaker’s Understanding of Subject Matter
Suitability of Topic (specific)
Information (accurate, up-to-date, complete)

Comments

TOTAL POINTS________________

Circle One: BLUE RED WHITE In addition to: CHAMPION RESERVE CHAMPION
PUSHMATAHA COUNTY
4-H OFFICER CANDIDATE GUIDE

Election of county Officers will be held at the County Speech and Demonstrations Contest. 4-H members must file for office two weeks prior to the contest. NO EXCEPTIONS!

To become a Pushmataha County 4-H officer is both an honor and a responsibility. Make sure you understand what will be expected of you as a candidate and as an officer, should you be elected.

QUALIFICATIONS:

1. Only those who file (2) weeks prior to rally will be considered candidates.

2. Must be completing at least the 8th grade and be returning to school in Pushmataha County.

3. Must have the support of parents and leaders and be available all year to fulfill the duties of the office. (This includes transportation to all county meetings and events).

Must fulfill all duties and responsibilities required of the office you are holding and other duties as a county officer. (Including those listed below and those listed on the Officer Candidacy form). If you do not fulfill these duties you will be asked to relinquish your office.

∙ Attend at least 1 District Event

Present a campaign speech of 2 minutes or less. Candidates for Recreation Leader may include a song.

****It is strongly recommended that all County Officers attend the Southeast District Leadership Conference held in October.

DUTIES AND RESPONSIBILITIES:

Once elected, you are accepting the responsibility to serve as an officer for the Pushmataha County 4-H program. It will require a great deal of dedication and effort throughout the year. You will be expected to help organize, clean up, decorate, set-up, narrate, emcee or take charge of several county events. You Will Not be expected to do it all, but it will be your responsibility to recruit other 4-H members to help share these tasks. This will help insure that during your year as an officer you will experience the joy of working as a team to accomplish difficult tasks for and with your fellow 4-H members.

Your enthusiasm should be very strong. Many demands will be made on your time after school starts. To be a good officer, you must keep your team’s goals in sight and remember the commitment you made when you were elected. If you are willing to work hard during the year, you will be richly rewarded for your efforts.

I, ____________________________________ have read the aforementioned responsibilities of county officers and desire to run for the office/s of ________________ ________________.

In running for the aforementioned office I agree to all the responsibilities previously mentioned. If I’m not able to fulfill my responsibilities as an officer or miss more than two county meetings, without approval of reasoning by my 4-H Extension Educators, I shall voluntarily remove myself from office.

________________________________________
Officer Candidate Signature Date

I, __________________________ have read the aforementioned responsibilities of county officers and will support my son/daughter in fulfilling these responsibilities, including providing transportation to and from all county meetings and events.

________________________________________
Parent Signature Date

Return to OSU Office by March 7th, 2018
Ready, Set, Grow!
Elizabeth Witt, Ag/4-H Extension Educator

Well-planned, properly managed home gardens can furnish Oklahoma families with flavorful, high quality, fresh vegetables from spring through fall, as well as for processing or storing for winter. The amount of money invested in seeds, fertilizer, pesticides, and a few tools is more than offset by the enjoyment, healthful outdoor exercise, and fresh “homegrown” flavor.

Choosing the Site
The selection and preparation of the garden site is an important key to growing a home garden successfully. An area exposed to full or near full sunlight with deep, well-drained, fertile soil is ideal. The site should also be located near a water supply and, if possible, away from trees and shrubs that would compete with the garden for light, water, and nutrients. While these conditions are ideal, many gardeners have a small area with a less than optimal site on which to grow vegetables. Yet, it is still possible to grow a vegetable garden by modifying certain cultural practices and types of crops grown. Areas with light or thin shade can be used, such as those under young trees, under mature trees with high lacy canopies, or in bright, airy places which receive only one to two hours of direct sun per day. There are several vegetables which will grow under these conditions, including beans, beets, broccoli, cabbage, cauliflower, leaf lettuce, peas, potatoes, radishes, rhubarb, spinach, and turnips. Unfortunately, few vegetables will grow well under full, dense shade. If the site is not well drained or if the soil is thin, then consider the use of raised beds.

Planning the Garden
The accompanying chart should be of help in determining family require-ments of the different vegetables. Perennial vegetables (asparagus, rhubarb, winter onions, etc.) should be planted at one side or end of the garden for efficient operation. The hardy vegetables planted early in the season should be planted together, so they may be followed with late season plantings of the same or other vegetables. Vegetables requiring similar cultural practices should be grouped together for ease of care. The chart groups vegetables as cool season or warm season crops, indicating under which conditions they grow best. Crops classed as cool season may be planted earlier in the season and thrive best under cool conditions (average daily temperatures of 70oF or less), while those grouped as warm season crops grow better during warm temperatures (average daily temperatures ranging between 70 to 90oF). Based on the temperature that the plants will withstand, vegetables are hardy, semi-hardy, tender, or very tender. Hardy types may be planted before the last killing frost. The semi-hardy ones will be injured by a hard frost, but will grow in cool weather and not be harmed by a light frost. Tender plants are injured or may be killed by a light frost but can withstand cool weather, while the very tender are injured by cool weather. Differences in suggested planting dates range from the earliest for southeast Oklahoma to the latest for the northwest part of the state.

Gardening Tips
In order to have a successful garden, the gardener must follow a few rules. The following tips may help to prevent some common garden problems from occurring, or help overcome those that do arise:

- Sample soil and have it tested every three to four years.
- Apply fertilizers in the recommended manner and amount.
- Make use of organic materials such as compost where available.
- Use recommended varieties.
- Thin plants when small.
- Use mulches to conserve moisture, control weeds, and reduce fruit rots.
- Avoid excessive walking and working in the garden when foliage and soil are wet.
- Examine the garden often to keep ahead of potential problems.
- Keep the garden free of weeds, insects, and diseases.
- Wash and clean tools and sprayers after use.
- Rotate specific crop family locations each year to avoid insect and disease buildup.
- When possible, harvest vegetables during the cool hours of the day.

Avoid the Following Mistakes:
- Planting too closely, which prevents walking or working in the garden.
- Placing fertilizer directly in contact with plant roots or seeds.
- Cultivating deeply, resulting in injury to plant roots.
- Depending on varieties not recommended for your area; however, do try new releases.
- Watering frequently or excessively so that the soil is always wet and soggy.
- Allowing weeds to grow large before elimination.
- Applying chemicals or pesticides in a haphazard manner, without reading label directions or proper mixing.
- Using chemicals not specifically recommended for garden crops.
- Storing leftover diluted spray.
# Garden Planning Guide

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Time to Plant</th>
<th>Feet of Row Per Person</th>
<th>Days to Harvest</th>
<th>Method of Planting</th>
<th>Spacing Between Rows</th>
<th>Spacing Within Rows</th>
<th>Depth to Cover Seed</th>
<th>Quantity Needed Per Person</th>
<th>Frost Tolerance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Fall or Spring</td>
<td>10-20</td>
<td>—</td>
<td>Crowns</td>
<td>4 ft.</td>
<td>2 ft.</td>
<td>6 in.</td>
<td>3-5</td>
<td>Hardy</td>
</tr>
<tr>
<td>Beet</td>
<td>March</td>
<td>10-20</td>
<td>50-70</td>
<td>Seed</td>
<td>1 1/2 ft.</td>
<td>4 in.</td>
<td>1 in.</td>
<td>1/8 oz</td>
<td>Semi-Hardy</td>
</tr>
<tr>
<td>Broccoli</td>
<td>March</td>
<td>10</td>
<td>80-90</td>
<td>Plants</td>
<td>3 ft.</td>
<td>1 1/2 ft.</td>
<td>1/2 in.</td>
<td>6-7 plants</td>
<td>Hardy</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Feb. 15 to March 10</td>
<td>10-20</td>
<td>60-90</td>
<td>Plants</td>
<td>3 ft.</td>
<td>1 1/2 ft.</td>
<td>1/2 in.</td>
<td>1/8 oz</td>
<td>Semi-Hardy</td>
</tr>
<tr>
<td>Carrot</td>
<td>Feb. 15 to March 10</td>
<td>20</td>
<td>70-90</td>
<td>Seed</td>
<td>1 1/2 ft.</td>
<td>3 in.</td>
<td>1/2 in.</td>
<td>1/8 oz</td>
<td>Semi-Hardy</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Feb. 15 to March 10</td>
<td>15</td>
<td>70-90</td>
<td>Plants</td>
<td>3 ft.</td>
<td>1 1/2 ft.</td>
<td>1/2 in.</td>
<td>6-8 plants</td>
<td>Hardy</td>
</tr>
<tr>
<td>Chard, Swiss</td>
<td>Feb. 15 to March 10</td>
<td>10</td>
<td>40-60</td>
<td>Seed</td>
<td>1 1/2 ft.</td>
<td>3 in.</td>
<td>1/2 in.</td>
<td>1/2 oz</td>
<td>Semi-Tender</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Feb. 15 to March 10</td>
<td>10</td>
<td>50-70</td>
<td>Seed</td>
<td>2 ft.</td>
<td>6 in.</td>
<td>1/2 in.</td>
<td>1/8 oz</td>
<td>Hardy</td>
</tr>
<tr>
<td>Lettuce, Head</td>
<td>Feb. 15 to March 10</td>
<td>10</td>
<td>60-90</td>
<td>Seed or Plant</td>
<td>1-1 1/2 ft.</td>
<td>1 ft.</td>
<td>1/4 in.</td>
<td>1/8 oz or 20 plants</td>
<td>Semi-Hardy</td>
</tr>
<tr>
<td>Lettuce, Leaf</td>
<td>Feb. 15 to March 10</td>
<td>10</td>
<td>40-70</td>
<td>Seed or Plant</td>
<td>1-1 1/2 ft.</td>
<td>3 in.</td>
<td>1/4 in.</td>
<td>1/8 oz or 40 plants</td>
<td>Semi-Hardy</td>
</tr>
<tr>
<td>Onion</td>
<td>Feb. 15 to March 10</td>
<td>25</td>
<td>60-120</td>
<td>Sets</td>
<td>1-1 1/2 ft.</td>
<td>4 in.</td>
<td>1 in.</td>
<td>1/4 qt. sets</td>
<td>Hardy</td>
</tr>
<tr>
<td>Onion</td>
<td>Feb. 15 to March 10</td>
<td>25</td>
<td>60-120</td>
<td>Plants</td>
<td>1-1 1/2 ft.</td>
<td>4 in.</td>
<td>1 in.</td>
<td>1/8 oz or 75 plants</td>
<td>Hardy</td>
</tr>
<tr>
<td>Peas, Green</td>
<td>Feb. 15 to March 10</td>
<td>30</td>
<td>60-90</td>
<td>Seed</td>
<td>3 ft.</td>
<td>2 in.</td>
<td>2 in.</td>
<td>1/4 lb.</td>
<td>Hardy</td>
</tr>
<tr>
<td>Potato, Irish</td>
<td>Feb. 15 to March 10</td>
<td>50</td>
<td>90-120</td>
<td>Tuber pieces 2-3 oz.</td>
<td>3 ft.</td>
<td>1 ft.</td>
<td>4 in.</td>
<td>6-8 lbs</td>
<td>Semi-Hardy</td>
</tr>
<tr>
<td>Radish</td>
<td>March 1 to April 15</td>
<td>15</td>
<td>25-40</td>
<td>Seed</td>
<td>1 ft.</td>
<td>2 in.</td>
<td>1/2 in.</td>
<td>1/8 oz</td>
<td>Hardy</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Fall or Spring</td>
<td>12</td>
<td>—</td>
<td>Crowns</td>
<td>4 ft.</td>
<td>2 ft.</td>
<td>3 in.</td>
<td>3-4 crowns</td>
<td>Hardy</td>
</tr>
<tr>
<td>Spinach</td>
<td>Feb. 15 to March 10</td>
<td>35</td>
<td>50-70</td>
<td>Seed</td>
<td>1 1/2 ft.</td>
<td>2 in.</td>
<td>1 in.</td>
<td>1/4 oz</td>
<td>Hardy</td>
</tr>
<tr>
<td>Turnip</td>
<td>Feb. 15 to March 10</td>
<td>20</td>
<td>50-60</td>
<td>Seed</td>
<td>1 1/2 ft.</td>
<td>3 in.</td>
<td>1/2 in.</td>
<td>1/8 oz</td>
<td>Hardy</td>
</tr>
</tbody>
</table>

**Source:** OCES HLA-6004

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Feel free to contact me anytime by phone: 580-298-5563 or email: elizabeth.witt@okstate.edu
5 smart ways to

Get in Great Shape This Year

Everyone knows the bottom line. Getting plenty of physical activity is a smart move. You are less likely to get a serious disease. You may need fewer medications. You may also perform better at your job or school. And physical activity puts you in a good mood! Here are some ways to get fit.

1. Get into fun aerobics with friends.
Aerobics are activities that make your heart beat faster. For the best health, adults need at least 30-60 minutes a day. How you get those minutes is up to you! Do something you enjoy. You can walk, dance, swim, bike or run. Maybe you can join a sports team. Be active with friends for extra fun and support!

2. Pump those muscles with some weight.
It's never too late to get stronger. People in their 80s and 90s can still build muscles! And you don't have to join a gym. You can get strong with simple equipment and activities at home. Pump homemade hand weights made of water bottles filled with sand or water. Or use your own body weight. You can do push-ups, pull-ups, abdominal crunches and lunges. For more ideas, check out: www.cdc.gov/physicalactivity/.

3. Don't forget about flexibility.
Flexibility helps to prevent injury. It makes you feel and look younger. Simple stretches and twists are all you need. You can even do these while watching TV. Your local Parks and Rec department may have classes like yoga, tai chi and Pilates. These are good ways to learn and practice flexibility. Here are some stretches to get you started: www.myeatsmartmovemore.com/StartMovingMore.html.

4. Strengthen the core with balance activities.
Core strengthening is not just a trend! Fitness experts have known for a long time that it is important to have strong and flexible muscles in your belly and back. A strong core helps you stand taller and look better. You will also have less back pain. Balance activities are especially good for your core. For some exercises you can try, go to www.livestrong.com.

5. Make play part of every exercise routine.
If you want to get into great shape, listen to your inner child and focus on play. Throw a Frisbee® or jump rope. Have a dance party – by yourself or with friends. Borrow your neighbor’s dog and explore nearby parks and trails. If you have trouble being active alone, sign up with a buddy. Playtime is always more fun with friends!

For more information on Nutrition classes contact Amanda Alford (580)298-5563.
2018

Pushmataha County Jr. Livestock Show

Chin Up!