County Livestock Show And Judging Contests

Schedule of Events

The Pushmataha County Jr. Livestock show will be held on March, 2, 3 and 4th, 2017 at the Pushmataha County Fairgrounds in Antlers.

Thursday, March 2nd  9 AM – Swine Weigh and Check In
  Show at 6pm

Friday, March 3rd  9 AM Cattle, Sheep and Goats Weigh and Check in
  6pm Cattle Show followed by sheep and goat show

Saturday, March 4th, 2017  10 AM
  Livestock Judging Contest
  7 PM Premium Sale

Livestock Judging Day Camp
  Tom will be having a livestock judging day camp at the county fairgrounds on March 24th from 9am—Noon.
  There is no cost to attend.

S.E. District Livestock Judging Contest
  April 4th in Tishomingo
  Pre-registration is due by March 29th.

“Twenty years from now you will be more disappointed by the things you didn’t do than by the things you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”
  ~ Mark Twain

Public Speaking Contest Information

The County Public Speaking Contest and county officer elections will be held on March 23rd at the First United Methodist Church in Antlers. Registration will be from 9am until 9:30am. Contest begins at 10am. Please bring a sack lunch. Registration deadline is March 10th, 2017.

The 2017 S.E. District Public Speaking Contest will be held March 30th at 4pm at the First Baptist Church in McAlester. Registration will be from 2:30-3:30pm. The contest will start promptly at 4pm. Registration fees for this contest will be paid by the County 4-H program fund. Pizza will be served for dinner.
The county Share the Fun Program was held on January 27th at the Clayton School Auditorium. Sixteen county 4-H members participated in the event. Our two Sr. Champion acts advanced to the S.E. District Share the Fun contest on February 18th in Kiowa. They were Lauren Robertson, singing “Lost Boy” and small group act Lauren Gibson and Binion Stephenson singing “All I ask of You.”

Lauren Robertson from the Antlers 4-H Club recently completed her citizenship project by gathering food and supplies for the children’s book box at the little people’s park and the adult Food Donation box at the food bank.

Lauren Gibson and Binion Stephenson won Grand Champion at the S.E. District Share the Fun contest.
Implanting and Deworming Your Calves

Extension Notes

By Tom Smith

Every rancher I know spends countless hours trying to figure out how to get his animals to gain more and make more money. If you are in that group, I have a couple of suggestions for you: 1. Implant your calves, and 2. Deworm your calves.

Implants contain natural or synthetic compounds that produce responses similar to hormones already present in the animal’s body. Between now and next fall, implants can add 15 to 21 pounds to each of your calves. At a cost of approximately $1.15 per calf and allowing for a price decrease for increasing weight, that should increase the value of calves by about $21/calf.

There are some restrictions or precautions. While heifers implanted at 2 months of age have shown little decrease in fertility, there is no economic incentive to use implants on them. Heifers implanted at birth, after weaning, or multiple times have all shown much lower reproductive rates. Bull calves intended for later use as bulls should never be implanted. Cattle intended for “Natural” or “Organic” markets cannot legally be implanted. Follow the label directions to avoid problems.

Also, implants have recently received a bad rap for increasing hormone levels in beef. While it is true that hormone-implanted beef has 33% more estrogen than non-implanted beef, the quantities of either are extremely small. In fact, 4 ounces of raw peas contains 28 times as much estrogen as 4 ounces of implanted beef.

Deworming calves also makes economic sense. Trials at the research station near Haskell, Oklahoma demonstrated that use of an ivermectin pour-on added an average of 21 pounds/calf above the weight of untreated calves. Deworming the dams resulted in an extra 5 pounds of calf weight. With the current price of Ivomec (not one of the reduced price competitors), deworming a 330# calf would cost $1.50. The resulting 21 additional pounds should increase the calf’s value by approximately $25.

In short, investing about $2.65 in each calf for implants and dewormer, along with a little of your time and effort, can add roughly $46/calf to your bank account, assuming calf prices remain steady through this fall. And that’s a far better return than your bank savings account or Certificate of Deposit pays.

2017

Yard and Garden Show

When: Saturday, April 1st
Where: Antlers Train Depot
Time: 8am until 3pm

Tom will be presenting two classes:

10am—Establishing a Pecan Orchard
1pm—Growing Better Tomatoes

Outdoor vendors are welcome to set up in depot parking area.

No fees
Extension Notes/ Ticks

By Tom Smith

Well, warmer weather is here. The flowers are blooming, the birds are singing, the bees will soon be buzzing... and the ticks will soon be biting! It is all too true that when the weather becomes pleasant, we want to be outside. Regardless of whether you enjoy gardening, bird-watching, hiking, sports, working with livestock, or a multitude of other outdoor activities, spring and early summer are the times when ticks most frequently find a human blood donor.

Tick bites affect different people in various ways. For some, they only cause a small red spot and a slight itch which lasts for a few minutes, while other people have severe itching, large sores and severe allergic reactions. Rarely, humans become infected with one of a number of diseases carried by ticks. Among these diseases are Rocky Mountain Spotted Fever, tularemia, human Ehrlichiosis, tick paralysis and the dreaded Lyme Disease. The good news is that only about 1% of ticks carry a disease, so don’t panic if you find one crawling or stuck to you. Remove by grasping as close to the skin as possible. Some sources recommend using tweezers or paper towels to protect the fingers, but use caution to prevent breaking off the head.

Keep yards mowed and keep areas around buildings, fence rows and shrubbery free of tall grass. To reduce the chance of contact with ticks in recreation areas, stay on prepared trail and avoid tall grass or overgrown bushy areas. Wear DEET (20 to 40%, or greater) or other tick repellent that contains the active ingredient N,N-diethyl-M-toluamide). Frequently check your children, pets and yourself for ticks. Upon returning home, shower and change clothes to eliminate unattached ticks. If your yard or premises become infested with ticks, treat with recommended insecticides. Contact your local Extension Educator for a list of insecticides to control ticks.

There are also options for those wishing to avoid use of toxic chemicals. Wrapping tape around cuffs of pants with the sticky side out helps limit the ability of the pests to climb up a person’s legs. Spraying the pants, legs and shoes with a mixture of dish soap, vinegar and water is claimed by some to repel ticks and chiggers as well, but I am not aware of any research to determine the effectiveness of this method. Wearing high socks with pant legs tucked into the socks helps keep ticks on the outside of clothing. You can also spray your lawn with dish soapy water. This will kill most of the ticks it contacts, but has no lasting residual action.
Community Nutrition Education Programs

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Variety + being active + keeping hands clean = good health

For good health, choose a variety of foods, be physically active and wash hands to remove germs. Your children learn by watching you. Do these things and they will too!

What can you do to help your child choose a variety of foods?

Children love to be involved in choosing food. Make the recipe on the back of this newsletter together. It uses foods from most of the food groups.

Don’t Forget!
Move More - together!

Physical activity is an important part of good health. Make family time, active time. Do things together such as walking in the park, playing games and swimming. Here are other ideas to help you get movin’ with your child:

• Play music and dance together.
• Move like the animals. Prowl like a tiger, fly like a bird, hop like a bunny, slither like a snake.
• Walk together in every season. Look for tracks in the snow or new flowers in the spring. Find fun shadows in the summer. In the fall, collect leaves.

MyPlate is your plate!

Use MyPlate to remind you and your family to choose a variety of foods when planning a meal.

A healthy meal starts with half your plate fruits and vegetables and with smaller amounts of grains and protein foods. Dairy foods can be in the form of a drink, low-fat foods like cheese, or low-fat, nonfat yogurt with fruit as a dessert.