The Magazine of the Oklahoma Farm Bureau © Spring 2020 • Vol. 73 No. 2

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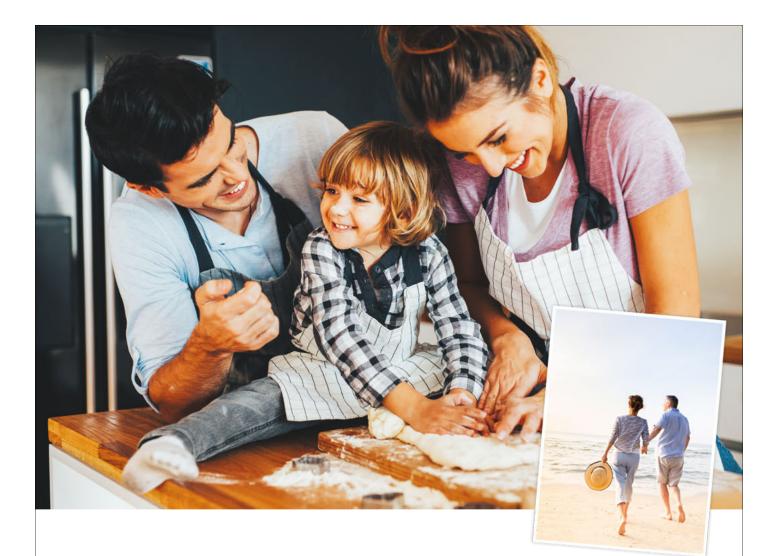
Brent Kisling shares his efforts to help build prosperity in Oklahoma through economic development, the 2020 Census, and a love for home.

The rural route Preparing to serve agriculture with a career in law

The way forward Unveiling a strategic action plan for OKFB

Presidentially speaking

In times of uncertainty, agriculture steps up



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Volume 73 No. 2 Spring 2020 (ISSN 1544-6476)

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ON THE COVER

Northwest Oklahoma native Brent Kisling currently serves as the executive director of the Oklahoma Department of Commerce and is committed to helping rural communities thrive. Photo by Dustin Mielke.

HIDDEN NUMBER WORTH \$50

One member family's Oklahoma Farm Bureau membership number is hidden somewhere in this issue of Oklahoma Country and could earn that member family \$50. To claim the cash prize, the member family must find its own hidden membership number and contact Brianne Schwabauer before the last day of the month, Monday through Friday, 8:30 a.m. to 4 p.m. at (405) 523-2325. The OKFB membership number hidden somewhere in Oklahoma Country must match the number on the face of your individual OKFB

membership card for you to claim the cash prize. The membership number that appears on your magazine's mailing label is not the hidden number, but also must match the hidden number for you to claim the cash prize.

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Strength in numbers By Hannah Davis

A rural Oklahoman at heart, Brent Kisling has dedicated two decades of his life to encouraging economic development and growth in communities – like the one he was raised in – and will continue to do so with the 2020 Census.



The rural route By Brianne Schwabauer

The products of rural Oklahoma communities across the state, four University of Oklahoma Law School students are pursuing their goals of protecting the communities they call home.

STRATEGIC ACTION PLAN

The way forward

For more than 75 years, Oklahoma Farm Bureau has served the needs of farmers and ranchers across the state. OKFB's strategic action plan serves as a blueprint to ensure the organization is strong for years to come.

Spring 2020



PRESIDENTIALLY SPEAKING

Knowing we are prepared as we sail into the unknown

By Rodd Moesel President, Oklahoma Farm Bureau & Affiliated Companies

n agriculture, we are used to setting sail into the unknown. We plant seeds that will be impacted by unknown weather. We raise animals even though we do not know how much they will bring by the time they are ready for market. We watch agricultural products leave our farm and ranch gates, unsure how they will benefit the people we have in mind as we provide food, fiber and fuel for our neighbors around the world.

2020 has served as a reminder that there is even more unknown than we ever knew. And even as I write this, I am uncertain about the conditions under which these words will be read.

The COVID-19 outbreak and ensuing concern, apprehension and questioning have sent our entire world into a time of global uncertainty that is unprecedented. Our daily routines have been upended. From working remotely to hoping our favorite goods are on grocery store shelves as we shop, the consumers for whom we produce food are waking up to a new reality each day.

With this new level of concern and care

about a way of life that once seemed certain and unshakable comes a renewed interest by consumers in our food and fiber system. Many people are learning for the first time in their lives what it is like to go to a grocery store devoid of the bread, meat or dairy products they are used to grabbing off the shelf with hardly a second thought.

As an agriculture community, this opens the door for us to connect with consumers and demonstrate the steady hand of farmers and ranchers upon our food value chain. We have the first-hand knowledge and the certainty that consumers desire: that there will be food on grocery store shelves because American agriculture is always ready to feed a hungry world.

Speaking as one voice to share the farm and ranch story is one of the key reasons why I am a Farm Bureau member. Our members join together as part of a larger body that shares our agricultural achievements, opportunities and concerns with consumers. And this is a prime time for just that. I encourage every Farm Bureau member to share the great things agriculture accomplishes during this time when consumers are curious about the food and fiber system. We can tell the great news that each American farmer grows enough food to feed 166 people each year. We can share that through dedicated animal care, our Oklahoma poultry producers can raise a chicken that grows to market weight in eight weeks, allowing us to meet increased demands of consumers in times of need. And we can inform the public that we are always

Agriculture has a job that never takes a vacation: we feed the world. working to raise food, but we must make a profit if we are going to continue to feed our communities, our country and our world. Agriculture has a job that never takes a vacation: we feed the world. Simple facts

like these can provide calm, steady reassurance that American agriculture continues to be productive, efficient, safe and steady to help our world grow, even when we face a global pandemic.

Rodd Moesel

I have no idea what will change between when I write this and when you might read it, but we can all take pride in – and find security in – the fact that our food and fiber system is continually growing, improving and meeting the needs of a growing world. And that's a good thing to know.

Tfold Moesel

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EXECUTIVE **OUTLOOK**

The certainty of our Farm Bureau family in uncertain times

By Thad Doye Executive Director, Oklahoma Farm Bureau

he only thing that seems certain in this world is uncertainty.

Farmers and ranchers are used to facing uncertainty on a daily basis. From the weather that impacts our crops, our livestock and every decision we make to market prices fluctuating based on a wide array of changing factors, we in agriculture are used to a rollercoaster ride of good times and lean times.

Now that our world has had to face the reality of a global pandemic, uncertainty has crept into almost every corner of our country and our world. The things that we assumed were rock-solid have been shaken, along with our daily lives.

In the years before a virus swept across the globe, Oklahoma farmers and ranchers faced challenging growing conditions and ever-sinking prices for their crops and livestock. It is not just last year – it has been a series of down years in agriculture that have impacted our farm and ranch families, along with their local communities. a challenge. Our agriculture family has never run from adversity. Rather, we come together, dig in our heels and work even harder to build a future as one community.

Through these unprecedented times, our agriculture community will stand as one. And Oklahoma Farm Bureau members will continue to speak with one consistent, measured voice. We will continue to work for our members – our farm and ranch families – to work on the tough issues that matter to our rural communities, even when farmers and ranchers must take care of business back home during critical times.

The power of a Farm Bureau membership is that we work together, along with our professional staff, to keep a watchful eye on our industry. As the Coronavirus outbreak demonstrated, the next challenge will not always be the one you expect, and OKFB is always ready to jump into action, speaking as one voice to ensure agriculture's future in our state, our nation and our world.

Through all the uncertainty, I am certain in the fact that farmers, ranchers and rural Oklahomans are a resilient people built out of hardship, and what we are experiencing today is just one more challenge in the path forward. It definitely is not our first, and we know it will not be our last.

And I am proud of the role that Farm Bureau will play tackling the

challenging issues, providing a voice for agriculture and leading the way in advocacy to ensure we all make it through not just this tough time, but the next ones as well.

- Thad Dove

Thad Doyp

Through these unprecedented times, our agriculture community will stand as one.

you can almost feel the unease around our country.

With so much uncertainty from our homesteads to our biggest cities, it is easy to get disheartened and find ourselves worrying.

But farmers and ranchers have never backed down from

Add to

all this the

uncertainty of an

upcoming presidential

election

and the

implications

it has for our

nation. and

Spring 2020-9



18 LOCATIONS IN OKLAHOMA & ARKANSAS



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FORWARD FOUNDATION

Coffey family named Oklahoma's 2019 Leopold Conservation Award recipients

C huck and Ruth Coffey are a driving force behind Oklahoma's emerging land stewardship movement.

The fifth-generation ranchers, who obtained rangeland ecology degrees and married in 1986, share a desire to protect, conserve and regenerate natural resources for future generations. They settled in south central Oklahoma, where Chuck was Murray State College's Agriculture Director before accepting a position with what would become the Noble Research Institute. In addition to advising fellow ranchers and farmers on pasture and range issues, he co-authored two books on plant identification before retiring in 2013.

Chuck is described as a "fearless pioneer" in trying new things that will protect soil and grass, and is widely known for his generosity in sharing time and knowledge to benefit others.

The Coffey's three children, Aaron, Seth and Sarah, are involved in the family's 30.000-acre cattle ranch in the Arbuckle Mountains. Cooperating with state and local agencies on innovative grazing strategies has sped up the return of perennial grasses to their landscape. In addition to providing the forage for their herd of 800 to 1,000 beef cows, the ground cover provides wildlife habitat, adequate fuel for prescribed fires, and reduces soil erosion from wind and water. Their grazing strategies have improved the ranch's profitability by lowering labor, equipment, fuel and feed costs.

Not every conservation practice has worked, but the setbacks only fuel their passion to protect and rebuild the soil and share their experiences with others. Coffey Ranch regularly



Chuck and Ruth Coffey, the 2019 recipients of the Leopold Conservation Award.

hosts tours on soil health, brush control, wildlife management, water development and distribution, and how coupling grazing management and prescribed fires promotes biodiversity. The goal of the tours is to inspire others to see the importance of managing livestock, wildlife and environment as one big system.

Partnering on conservation projects with the Noble Research Institute, Natural Resource Conservation Service, and Oklahoma State University allows the Coffeys to stay current with the latest agricultural innovations and technology.

Passionate about improving Oklahoma's water quality and quantity issues, the Coffeys have developed 20 solar wells since the 2011 drought. They have also added watering points and maintained adequate plant height and rest times between grazings.

Between 5,000 and 10,000 acres

are burned annually to control the encroachment of juniper trees onto pastures of native grasses. Experiments with prescribed burnings during the summer have shown great promise of regenerating the land. The largest trees are left on the grasslands to create a savannah effect that provides shade for the cattle.

Off the ranch, Chuck serves as chair of the National Cattlemen's Beef Board, and is a past director for the Oklahoma Society for Range Management. Ruth is president of the Oklahoma Cattlewomen's Association. Their children serve their community as well, including leadership roles with the Arbuckle Rangeland Restoration Association.

The Oklahoma Farm Bureau Foundation for Agriculture is proud to serve as a sponsor of Oklahoma's Leopold Conservation Award.





ABOVE: BURLINGTON NATIVE AND DEPARTMENT OF COMMERCE EXECUTIVE DIRECTOR BRENT KISLING IS PASSIONATE ABOUT RURAL OKLAHOMA.

STORY BY HANNAH DAVIS PHOTOS BY DUSTIN MIELKE STRENGTHIN STRENGTHI

A COMPLETE COUNT OF RURAL OKLAHOMA IN THE **2020 CENSUS** WILL HELP ENSURE A BRIGHT FUTURE FOR RURAL COMMUNITIES ACROSS THE STATE.

R ural communities are the lifeblood of Oklahoma. Since statehood and even before, the necessities that keep the world running have been managed, cared for, grown and produced in rural Oklahoma.

From golden heads of wheat growing across the plains of western Oklahoma to the cattle grazing on the rolling hills of eastern Oklahoma, and from the wind turbines that seem to rise to the sky to the pump jacks that have become synonymous with the rural landscape, the food, fiber and energy upon which the United States – and the world – depends is created outside of the urban cores of the state.

Brent Kisling deeply understands just how critical rural communities – and the industries on which they are built – are to the future of the state.

Born and raised in the small northwest Oklahoma town of Burlington, Kisling grew up as the fifth generation on his family's farm.

"There's no better place in the world to grow up than in rural Oklahoma," he said. "You learn hard work. My dad was big on making sure we only had to work half days – from 7 a.m. to 7 p.m. – on the farm."

Since earning a degree in agribusiness from Oklahoma State University, Kisling has dedicated two decades of his life to encouraging economic development and growth – particularly in rural Oklahoma. His career has featured roles such as state director for Sen. Jim Inhofe, state director of the U.S. Department of Agriculture Rural Development and executive director of the Enid Regional Development Alliance.

"I'm a fan of agriculture and I'm a fan of energy," he said. "Rural Oklahoma, that's where those natural resources are being mined or produced. That's the backbone of our Oklahoma economy.

"I've always heard if you're going to keep peace and win wars, you as a country have to do that. You have to make sure your people are fed, you have to make sure you have the energy to feed the machine. And they do that in Burlington, Oklahoma."

Now, serving as the executive director of the Oklahoma Department of Commerce, the northwest Oklahoma native remains committed to helping rural areas across the state continue to grow and thrive. Part of that job means leading the charge to ensure all of Oklahoma – including rural areas – is counted in the U.S. Census Bureau's decennial census this year.

Mandated by the Constitution, the 2020 Census is a count of every person living in the United States and its five territories. Households across the country began receiving invitations to



ABOVE: RAISED IN RURAL OKLAHOMA, KISLING HAS DEDICATED MUCH OF HIS CAREER TO ECONOMIC DEVELOPMENT IN RURAL AREAS.

participate in the census from the U.S. Census Bureau in mid-March. The census effort will continue through the summer.

The census is much more than just a count of the population; it provides lawmakers and leaders a critical snapshot of states and communities. Census responses will be utilized to determine political representation, allocate more than \$675 billion in federal funding every year and provide data that will impact communities for the next 10 years.

An accurate and complete count of rural Oklahoma can have an enormous impact on the state's small communities where resources tend to be more scarce. Though a vital part of the state's economy, rural Oklahoma faces its own unique challenges. Rural communities need broader access to health care. Farmers, ranchers and rural business owners lack vital reliable broadband. Rural roads and bridges, which are essential to moving commodities, require improvements. "If you're going to have food production and energy production in your state, you have to have people there – people that are well-represented and well-funded – taking care of those natural resources," Kisling said.

The 2020 Census can help address some of the needs in smaller communities, but the results are dependent on the participation of rural Oklahomans.

"In 2010, (Oklahoma) had a 75% response rate to the mailer that the U.S. Census Bureau sent to our homes, which was the second lowest response rate of any of the states in the nation," Kisling said.

He said an undercount in past censuses has resulted in a loss of resources and support.

"We've been behind for two decades, maybe longer, but for sure two decades," he said. "It's time for us to step up.

"For 10 years, I believe our numbers have been wrong when





TOP: KISLING VISITS WITH RURAL RESIDENTS DURING A VISIT TO HIS HOMETOWN OF BURLINGTON. **BOTTOM:** KISLING USES HIS RURAL VALUES AS HE LEADS THE OKLAHOMA DEPARTMENT OF COMMERCE.

it comes to federal funding coming here for social services or anything that might be covered. It's based on those population numbers. If we can ramp those up, I think that will help rural Oklahoma."

The Department of Commerce estimates each community will receive between \$1,600 and \$1,700 in federal funding per person counted per year over the next decade.

"That adds up very quickly," he said. "By hundreds of millions of dollars quickly."

Alfalfa County, where Kisling was raised, stands to lose more than \$11.2 million over the next decade by being undercounted by only 5%. An undercount could cost many other counties across the state just as much or more.

Those dollars bring funding for services including roads and bridges, hospitals and health care clinics, rural fire departments, health care clinics, emergency response services, schools, senior nutrition programs and more.

"If you are tired of driving on a road that has bumps in it and potholes, you need to fill out your census information," Kisling said, "because I guarantee you there's some type of federal dollar that is going – it may be passing through the state, it may be passing through your local government entity – but those federal dollars somehow end up filling potholes in our streets and in our highways."

The number of participants in rural areas also will impact government representation on the state and federal levels, Kisling said.

At stake in the 2020 Census is Oklahoma's representation in the U.S. House of Representatives as well as its determined number of electoral votes. But the population data also will be delivered to the state Legislature as it works to draw legislative district lines. "If Burlington, Oklahoma, is not fully counted, then they're going to part of a huge district and maybe not have the representation that they should if everybody showed up," he said. "That's true in Enid, that's true in Broken Bow, that's true in Altus."

Census responses also can lead to economic development and growth opportunities in rural Oklahoma. By offering insight into population and where needs are, census data can help business owners decide where to locate and where to expand operations.

"If a company is looking to locate in our state or to grow here, they're going to be looking at 'How big is your workforce? What's the diversity of that workforce?'" Kisling said. "Those numbers are all pegged back to the census also, so they need to be ramped up.

"Rural Oklahoma needs to make sure that they're talking to everybody in the coffee shop and telling people at the school and ball games, 'Hey when that comes in the mail in mid-March, please make sure you fill it out and turn it in.'"

As leader of the Department of Commerce, Kisling is partial to the economic development opportunities that could result from the 2020 Census. He envisions a future where the commodities grown and produced in rural Oklahoma also become value-added products in those same communities.

"Too many of those commodities get loaded on a truck or

a train or, in Oklahoma, a barge and they get sent somewhere else to add value to them," he said. "In rural Oklahoma, we need to add value to those commodities. We do it very well in pockets throughout out state. We believe at the Department of Commerce we need to be more aggressive in that area."

Kisling believes adding value to commodities in the communities where they are produced will help rural Oklahoma grow and prosper.

"Rural Oklahoma is vital to the future of our state," he said. "We just need to make sure all communities are aggressively trying to grow. If we can get to that point, I believe we'll be a force to be reckoned with in the nation."

Census results can serve as one stride in the journey to securing bright futures for rural communities across the state. But for the rural Oklahoma native, preserving the rural way of life is personal. He grew up in rural Oklahoma, raised his kids in rural Oklahoma and spent the majority of his career up to this point advocating for rural Oklahoma.

"It's more than just maintaining the economy of rural Oklahoma," Kisling said. "We need to make sure that the social experience of rural Oklahoma continues as well. And could probably be amplified and shared with other areas of the country as well."

LEARN MORE AT OKFARMBUREAU.ORG/CENSUS.





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OVER THE NEXT DECADE





Oklahoma Beef Council 2019 Annual Report

OKC Pro Basketball Star Steven Adams Partners with the Oklahoma Beef Council



A unique partnership with Oklahoma City professional basketball player Steven Adams helped the Oklahoma Beef Council (OBC) energetically kick off 2019 with a digital marketing campaign on its website and social media channels. Through this new relationship, Adams, known for his aggressive play on the court and humor off, champions Oklahoma's farmers and ranchers by harnessing his love of beef, the role beef plays in fueling a pro basketball player and honoring his roots in agriculture.

In the first video of the series, Adams shared how he loves beef and he "smashes steaks," a phrase that took off in Oklahoma sports media. Going viral, the video achieved more than 700,000 views in four days and through earned media the campaign has achieved more than 20 million impressions. Both ESPN and "Inside the NBA" on TNT played the video on its broadcasts and stories have been featured across marketing and sports blogs as well as Yahoo News and local Oklahoma media. Other videos followed, including a very popular one featuring Adams spending the day on an Oklahoma ranch.

Nicely Done, Beef! You Reached Consumers 19 Million Times

In FY 2019, the OBC was thrilled with the success achieved through YouTube advertising, achieving more than 19 million video views through two campaigns. This would be the similar to a television commercial being viewed in its entirety, 19 million times. The vibrant videos showcased beef's protein and nutrition, the pleasure found by choosing beef and the people who raise beef with the ultimate goal of inspiring consumers to buy beef. The cost per view of the campaign was less than \$.03/view.

OBC Created Videos Shine in 2019



The OBC launched a series of videos in 2019 showcasing Oklahoma farming and ranching families and their commitment to family and raising high-quality beef in a sustainable manner. As one rancher says in a video, "We were sustainable before sustainability was cool." The videos were a big hit generating hundreds of thousands of views online. Check out the Oklahoma Beef channel on YouTube to learn more.

Neighborly Partnerships Inspire Nutrition Adventures



The OBC co-hosted with the Kansas, Missouri and Nebraska Beef Councils a select group of 25 registered dietitians from across the country for a checkoff-funded event emphasizing beef's nutritional profile, culinary versatility, and production methods. Those attending Nutrition Adventure in the Kansas City area in late May were selected for their extensive involvement on social media and blogs, giving them the ability to influence thousands of consumers.

Oklahoma Program Educate the Next Generation of Health Influencers

The OBC conducted four seminars with university nutrition programs for future dietitians. The objective of these programs was to provide an opportunity for future dietitians to learn more about beef nutrition, hot topics, culinary skills, sustainability and cattle production.

Healthcare Sponsorships Provide a Focus on Protein



The OBC hosted a national speaker at the Oklahoma Academy of Family Physicians and the Oklahoma Academy of Physician Assistants. More than 175 health care influencers heard the presentation entitled "Optimizing Dietary Protein in a Carbohydrate World."

Consumer Outreach Face-to-Face

The OBC staff and volunteers exhibited at seven consumer events in 2019, including the Oklahoma City and Tulsa Home and Garden Shows and the Oklahoma City and Tulsa marathon race expos. More than 18,000 recipes brochures and 17,000 beef samples were distributed.

The ''Blue and Gold'' Masters Beef Advocacy



In a unique effort pioneered by the OBC, more than 1000 Oklahoma FFA students received their Masters of Beef Advocacy certification, a program designed to equip ranchers, farmers and agriculture youth with the tools they need to be advocates for the beef community.

Oklahoma Beef Quality Assurance



The OBC provided the push and training for 1000+ new Beef Quality Assurance certifications in Oklahoma through online and in-person training. Beef Quality Assurance is a national program that raises consumer confidence by offering proper management

techniques and a commitment to quality within every segment of the beef industry. Learn more at www.bqa.org.

US Beef Around the World



The OBC sponsored foodservice and retail U.S. beef promotions in Japan and South Korea in 2019. Oklahoma beef checkoff dollars helped move more than 6 million pounds of U.S. beef as a result of these efforts. Additionally, the OBC supported beef educational efforts through seminars in Angola and China.

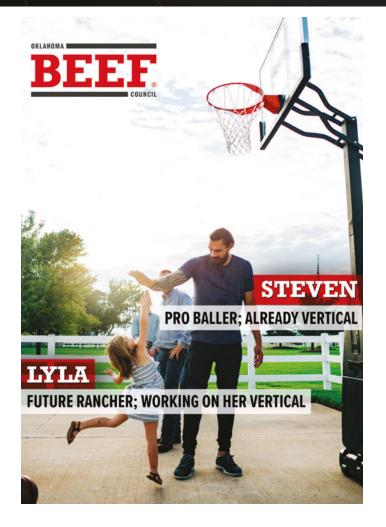
OKLAHOMA

COUNCIL

FY 2019 Revenues and Expenditures

Gross Assessment Revenues		\$4,409,238
Less remittance to		
Cattlemen's Beef Board		\$(1,902,864)
State of origin		\$(603,509)
Net assessment revenues		\$1,902,865
Expenses		
International marketing and development		\$289,041
Domestic marketing, education and research .		\$308,638
High population/low cattle programs		\$82,932
Oklahoma industry information	· · · · · · · · · · · · · · · · · · ·	\$181,497
Oklahoma promotions and consumer informati	ion	\$606,378
Producer communications		\$166,473
Oklahoma research		\$32,541
Oklahoma research		 \$103,641 /
General and administrative expenses		 \$102,448
Total expenses*		
Net assessment revenues in excess of expens	;e	\$29,276

*Total expenses include \$3102 in FY 2019 for USDA oversight. More information on national and international beef checkoff programs can be found at www.oklabeef.org/cattlemenscorner. For sources of information on key accomplishments, please contact the OBC. To sign-up for regular Beef Checkoff updates, please visit www.beefboard.org/the-drive-sign-up-form/.



Oversight

The Oklahoma Beef Council Board of Directors is a board of beef and dairy producer volunteers who pay the Beef Checkoff. To ensure the integrity of the Beef Checkoff in Oklahoma, the OBC takes the following steps:

- Undergoes annual independent audits with a regional accounting firm
- Institutes an Audit/Risk committee with an independent audit advisor to the committee
- Contracts with a third-party accounting firm with circulating accountants for all accounting services
- Utilizes a five-step review process for monthly financials
- Additional oversight is provided by the Cattlemen's Beef Board and the USDA/AMS.

OBC FY 2019 Board Members

Angie Meyer, Chairman Becca McMillan, Vice-Chairman Monte Tucker, Secretary-Treasurer Tom Fanning, Director Jess Kane, Director Brett Morris, Director Ron Reed, Director Melody Varner, Director Byron Yeoman, Director Clay Burtrum, Ex-officio Chuck Coffey, Ex-officio Jean Lam, Ex-officio Jimmy Taylor, Ex-officio



Have you checked out our Businessowner Policy?

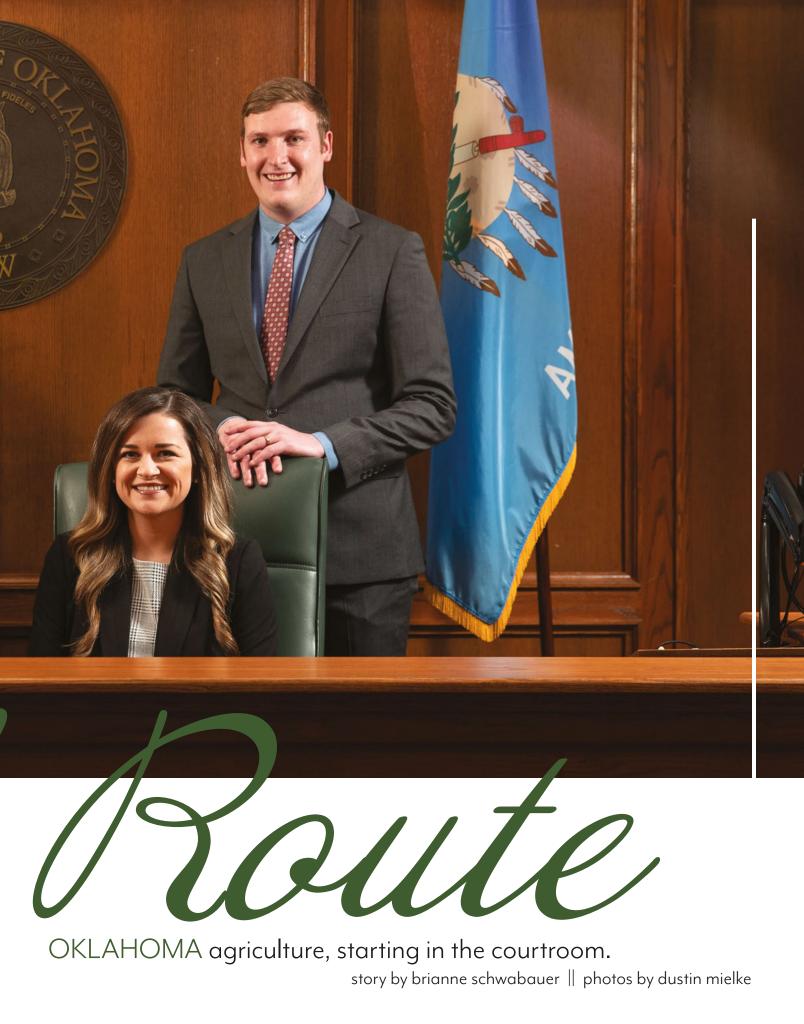
This flexible policy is tailored to meet the insurance needs of owners of particular types of small businesses including but not limited to:

Retail and Resale Wholesale Convenience Stores and Grocery Stores Apartments Barber and Beauty Shops Restaurants, Delis and Coffee Shops Artisan Contractor Mini-Storage Rental Professional's Office



Farm Bureau Life Insurance Company+/West Des Moines, IA. Oklahoma Farm Bureau Mutual Insurance Company/Oklahoma City, OK. +Affiliates









he long rows of books neatly lining the shelves of the law library on the University of Oklahoma campus are a far cry from the long rows of corn, wheat, soybeans and other crops that grow in main farms

fields on Oklahoma's farms.

With leather-upholstered chairs, dim lighting and volumes of bound legal materials lining impressive wood shelves, the reading room where University of Oklahoma law students come to study is an impressive sight. Although it feels far removed from rural Oklahoma, a group of OU law students gather together to nurture their passion for agriculture and rural Oklahoma as they learn and grow in their legal knowledge.

After attending Oklahoma State University, four students – Allison Christian, Hammons Hepner, Garrett Reed and Gatlin Squires – each felt a calling to protect and preserve the life that they had grown up with and the people within those communities. Having those values instilled into them from their rural upbringing has played a valuable role for each of them, in more ways than one.

"It was character building, as my family would call it," Gatlin said, smiling. "Whether it was building fence with grandpa in the summers, working cattle, early mornings, late nights – it was something that set me up for understanding what work ethic means and how to apply that to better myself."

Today, as they walk the halls of the OU College of Law in Norman, they share a common background with one another, drastically different in comparison to many of their fellow classmates, but it simply pushes them onward.

With their common passions and interests, Allison, Hammons and Gatlin established the Agricultural Law Association, an oncampus club specifically geared towards students with an interest in pursuing a career in agricultural law or simply wanting to learn more about what it entails. With no agricultural law class being offered at the university, they had to seek out alternative ways to learn for themselves and those who will follow.



hope that we can garner sufficient interest to establish another ag law class back at OU and have this club serve as an auxiliary function of that," Allison said. "These students are going to be the lawyers in our communities who will advocate for agriculturalists and rural Oklahomans on policy and legal matters, and we need to start bridging that connection now."

Each the product of rural communities from across the state with their own individual connection to agriculture, they each have their own unique reasons for pursuing a career in agricultural law. In the end, it all boils down to two major links: agriculture and a sense of community.

All four grew up as active members of both 4-H and FFA, spending long days and busy nights preparing cattle for a show or memorizing their newest speech. Little did they know the public speaking skills they learned early on would some day give them the confidence to represent clients before a judge. And that the responsibility they gained caring daily for their livestock would provide the perseverance to continue on, even through the most difficult cases.

"When I was younger, if I wanted to go to a football game or stay with a friend, I had to make sure my show calves were fed and cared for before I went," Allison said of growing up in agriculture. "I sometimes envied my other friends who didn't have this extra responsibility. Looking back, I am so thankful I had the opportunity to grow up like this. The work ethic and sense of responsibility instilled in me at a young age has proved invaluable in all facets of life."

Yes, the extra-curricular activities may have helped prepare each student for the real world, but more importantly, it was the people within their communities. From their own families to FFA advisors to coaches and community leaders, each impression had an impact in shaping who they are today and will be in the future.

"Along the way, I've had a lot of people who have devoted meaningful time and effort to help me succeed along the way," Garrett said. "If it weren't for those people, I'm not sure I would be where I am."

And wherever they go, others quickly





take notice of those qualities.

"I remember when I went to visit the OU College of Law for the first time," Allison said. "I was an OSU ag major and they said, 'You know, we really have good success with those OSU ag kids,' which struck me. It made me proud of my upbringing and agricultural roots, and I was excited that the law school recognized the value of it."

With the number of farmers and ranchers continuing to decline in comparison to the rapid growth of urban populations, agricultural law issues will only become more prevalent in the years to come. With the help of lawyers who have a personal connection to understanding what it is like to face the rollercoaster that is Oklahoma agriculture, farmers and ranchers can be better represented.

"Clients are able to feel comfortable

with us," Gatlin said. "Growing up in that background has enabled me to have this opportunity with agriculturalists and help them feel comfortable because when you need an attorney, it isn't always under the best circumstances."

As they continue law school and make preparations for the future, each shares the hope of one day returning to a rural Oklahoma community to raise their own family. It may not be the one they grew up in, but they understand the value it will have on their own families one day and hope to serve as a mentor like so many did for them.

"It is a sense of connectedness that you don't get in larger areas," Gatlin said. "It is driving down the road and waving at everybody because you know where they have been, where they are going and where they stopped along the way." In the end, they simply hope to represent the people just like them who spend long days in the cab of a combine during harvest, have experienced the loss of a newborn calf and share the passion that is Oklahoma agriculture.

"There's something really attractive to me to be a part of something bigger than myself," Hammons said. "At the end of the day, it doesn't matter your political beliefs, your hair color, what kind of car you drive or how much money you make. The big common denominator is that everyone has to eat. Whether I'm involved in true production agriculture or legal representation or helping with policy work that helps make it easier and safer for farmers, I want to be a part of that."

"These law students are going to be the lawyers in our communities who will advocate for agriculturalists and rural Oklahomans on policy and legal matters, and we need to start bridging that connection here."

- Allison Christian

he way Oklahoma Farm Bureau's strategic action plan plots

the course for decades more of agriculture advocacy.

Oklahoma Farm Bureau has helped its members navigate the twists and turns that have impacted agriculture throughout the decades. As a grassroots organization, OKFB relies upon its members to forge the direction for the organization.

To ensure our organization is prepared to the tackle emerging issues and continue to meet the needs of Oklahoma's farm and ranch families, OKFB embarked upon the development of a strategic action plan to provide clarity, direction and focus to allow our organization to serve the needs of Oklahomans well into the future.

In 2019, the strategic planning committee met at the OKFB home office in Oklahoma City to assess our organization's progress and place in the agriculture community and in Oklahoma. With guidance from American Farm Bureau staff, the committee developed a mission statement, a vision statement, core values, goal areas, and specific goals and objectives to form this strategic plan. The OKFB Board of Directors adopted the plan in October 2019.

This plan serves as a blueprint to guide the activities, programs and efforts of OKFB as our organization rises to meet the changing needs of agriculture, our rural communities, our state, our nation and our world.

We are excited to share this overview of the strategic plan, as adopted by the OKFB Board of Directors. The full report is available online at okfb.news/StrategicPlan.

Our mission:

Supporting the agriculture community to improve the lives of Oklahomans.

Our vision:

To be the champion for excellence and prosperity in the agriculture community through advocacy, education and policy development.

Core values



Goal areas

Each goal area listed is accompanied by action statements to guide the work of our organization within that goal area. The strategic planning committee outlined specific objectives within each area to focus the activities and programs of Oklahoma Farm Bureau. For the specific objectives, please visit our strategic plan website at okfb.news/StrategicPlan.

Grow and engage membership

Provide opportunities for all aspects of the agriculture community through Farm Bureau activities and programs.

Leadership development

Cultivate and develop proactive leaders by training, mentoring and empowering current and future generations.

Financial solvency

Practice responsible management of existing resources, identifying and developing new sources of income.

Strategic alliances

Identify and communicate with individuals and organizations that have shared policy objectives or professional goals.`

Communication

Use all forms of communication to share the importance of Farm Bureau and agriculture with members and non-members.

Policy and advocacy

Develop and implement grassroots policy through advocacy and education while communicating our policy to the public as well as to local, state and national leaders.

Committee members

Below are the strategic planning committee members who dedicated their time to help create our strategic plan:

- Mignon Bolay Noble County, OKFB WLC Chair
- Brent Bolen McCurtain County
- Chad Budy Woods County
- Jordan Cook Washita County
- Gary Crawley Pittsburg County, OKFB State Director
- John Grundmann Pottawatomie County, OKFB State Director
- Brent Haken Payne County, 2019 OKFB YF&R Chair
- Jimmy Wayne Kinder Cotton County, OKFB State Director
- **Greg Leonard** Ottawa County
- **Jim Meek** Okmulgee County, OKFB State Director
- Rodd Moesel Canadian County, OKFB President
- Leon Richards Texas County
- Charles Rohla Pontotoc County
- David VonTungeln Canadian County, OKFB State Director
- Thad Doye OKFB Executive Director

ALL AROUND OKLAHOMA

AFBF 2020 Convention in Austin a success for OKFB members

ore than 50 Oklahoma Farm Bureau members traveled to Austin, Texas, Jan. 17-22 to attend American Farm Bureau's 101st Annual Convention with fellow farmers and

ranchers from across the country.

To view more pictures from the convention, visit okfb.news/afbf2020.



OKFB President Rodd Moesel waves the Oklahoma state flag during the opening general session during the 101st AFBF Annual Convention in Austin, Texas. Visiting the AFBF Annual Convention for the third year, President Donald Trump addresses Farm Bureau members from across the country Jan. 19. President Trump provides a variety of legislative updates on topics that affect farmers and ranchers on a daily basis such as USMCA, rural broadband and farm labor.



Members of the OKFB Women's Leadership Committee participate in AFBF Women's Leadership Activities Jan. 18.



OKFB members attend the AFBF Annual Convention gathered together for a group breakfast while in Austin.











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OKFB WLC shares Oklahoma agriculture at state Capitol during Farm City Festival

embers of the Oklahoma Farm Bureau Women's Leadership Committee gathered together from across the state to prepare 320 hot lunches that were hand-delivered to state legislators and their administrators for the WLC's Farm City Festival Feb. 26.

"We all know the importance of legislation, and this is just an opportunity for us to say 'thank you,'" said Mignon Bolay, OKFB Women's Leadership chair.

A chance to share information about the importance of Oklahoma agriculture, the event is made possible with monetary donations from county Women's Leadership Committees from across the state. Women interested in joining their county Women's Leadership Committee should contact their local Farm Bureau office. If your county does not have an existing program, please contact Marcia Irvin at (405) 523-2300 for more information. 00109664



Mignon Bolay, WLC Chair, and Jan Long, District Eight WLC member, help assemble the 320 meals that were delivered to the state Capitol for Farm City Festival Feb. 26.



2020 Congressional Action Tour canceled

• ut of an abundance of caution, the Oklahoma Farm Bureau board of directors decided to cancel the 2020 OKFB Congressional Action Tour trip to Washington, D.C., along with the planned add-on trip to New York City.

Due to the health situation surrounding the Coronavirus and COVID-19, especially in the cities of Washington, D.C., and New York City, the trip was not held during its planned dates, March 26-29, 2020. The possibility of a fall trip will be considered along with the option of waiting until 2021 to reschedule the event.

For questions surrounding your travel plans with Congressional Action Tour, please contact Melisa Neal at (405) 523-2475.



Terry Pederson, District Seven WLC member, takes a moment to share some facts about Oklahoma agriculture with a legislative assistant during Farm City Festival.

OKFB Leadership Conference draws crowds with list of prominent speakers

O klahoma Farm Bureau members from across the state traveled to Oklahoma City Feb. 17-18 to attend the annual OKFB Leadership Conference.

Members had the opportunity to hear from an array of speakers throughout the two-day event including Gov. Kevin Stitt, Lt. Gov. Matt Pinnell, Oklahoma Secretary of Agriculture Blayne Arthur, Rep. Kendra Horn, Republican candidates for Oklahoma's Fifth Congressional District and national pollster Ed Goeas.

Industry speakers at the event included Oklahoma Department of Agriculture, Food and Forestry Investigative Services Chief Agent Michael Hooper and USDA experts Jim Bellmon, Gary O'Neill and Scott Biggs.

Members concluded the event by visiting their local legislators at the state Capitol to share their concerns about bills that will be heard this session.



Rep. John Pfieffer visits with Kay County Farm Bureau member Darlene Engelking during a visit at the state Capitol.



Gov. Kevin Stitt speaks to members at the OKFB Leadership Conference Feb. 17 in Oklahoma City and shares information about his executive order to reduce state regulations to help farmers and ranchers.



Members hear from a panel of Republican candidates running for Oklahoma's First Congressional District Feb 18. Left to right are Janet Barresi, Stephanie Bice, David Hill and Terry Neese



Rep. Kendra Horn shares her efforts to help rural Oklahomans.



Cherokee County Farm Bureau members Kelly Blair and Allen Campbell visit with Rep. Matt Meredith to learn about legislation this session they are interested in.

OKFB members help set AFBF national policy in Austin

ive Oklahoma Farm Bureau members joined fellow Farm Bureau members from throughout the country to set policy that will guide the organization's work in 2020 at the American Farm Bureau Federation's 101st Annual Convention.

Oklahoma delegates included (left to right) Jimmy Wayne Kinder, District Four Director and Cotton County member; OKFB President Rodd Moesel, Canadian County member; Cindy Shoenecke, OKFB WLC member and Lincoln County member; Nocona Cook, OKFB YF&R Chair and Washita County member; and John Grundmann, District Eight Director and Pottawatomie County member.

OKFB recognized for member programs, achievement



O klahoma Farm Bureau was recognized for excellence in the implementation of outstanding member programs and membership achievement during the American Farm Bureau Federation's 101st Annual Convention Jan. 17-22 in Austin, Texas.

OKFB received four Awards of Excellence for demonstrating outstanding achievements in the program areas of advocacy, engagement and outreach, leadership and business development, and membership value. OKFB earned awards in four out of four total categories awarded by AFBF.

The awards were based on judging written entries in each of the four categories. The entries detailed the wide array of programs and activities OKFB conducts for its grassroots members across Oklahoma.

The state organization was also recognized with the Leader Award for exemplary financial support of the American Farm Bureau Foundation for Agriculture.



Candidates prepare with campaign management seminar Feb. 6-7

he Oklahoma Farm Bureau campaign management seminar held Feb. 6-7 welcomed potential political candidates from across the state.

From hopeful school board members to potential legislators, the seminar featured a variety of topics presented by political experts with a wide array of knowledge and experience.

Topics covered included successful campaign management, message building, grassroots engagement, social media tips and techniques, fundraising and more.



Six legislators honored with 2019 OKFB Champion Award during leadership conference

S ix of Oklahoma's top advocates for agriculture and rural Oklahoma were presented with the 2019 Oklahoma Farm Bureau Champion Award during the organization's leadership conference held Feb. 17-18 at the Embassy Suites Hotel in downtown Oklahoma City.

The award is presented to state lawmakers who went above and beyond to represent farmers and ranchers in the 2019 legislative session. "Oklahoma farmers and ranchers have the crucial job of feeding and clothing our country and our world, so it's vital that the decisions made at the state Capitol preserve our ability to grow food and fiber," said Rodd Moesel, OKFB president. "We are thankful for the opportunity to honor these outstanding legislators who worked tirelessly on behalf of agriculture and rural Oklahoma."

The 2019 Champion Award recipients included House Speaker Charles McCall, Rep. Dell Kerbs, Rep. John Pfieffer, Sen. Casey Murdock, Sen. Roland Pederson and Sen. Roger Thompson.

Champions are nominated by county Farm Bureau members and the OKFB board of directors. Award recipients received a plaque in recognition of their service to agriculture and rural Oklahoma.













Five Collegiate Farm Bureau members named NEO A&M Top 10 Freshmen

R ecognized for their civic engagement and academic excellence, five Oklahoma Farm Bureau Collegiate Farm Bureau members at Northeastern Oklahoma A&M were named Top 10 Freshmen at the college's 11th Annual Top 10 Freshmen ceremony Jan. 30.

The five Collegiate Farm Bureau members recognized for their efforts

include Georgia Agan, Venedy, Illinois; Owen Coon, Wingate, Indiana; Mattie Haynes, Jay, Oklahoma; Katie Krehbiel, Inman, Kansas; and Roy Stovall, Wyandotte, Oklahoma.

"It is inspiring to see these highachieving students give passionate evidence of the impact our staff and faculty have in the lives of each student," said Dr. Kyle Stafford, NEO A&M President.

Now in their sophomore year of school, the students were selected by a committee consisting of President's Partners representatives, faculty, and student activities representatives. Each student was presented with a scholarship and the opportunity to participate in several leadership development activities.

OKFB YF&R gather for YF&R Legislative Day in OKC

ore than 30 Oklahoma Farm Bureau Young Farmers and Ranchers and Collegiate Farm Bureau members ages 18 to 35 gathered Feb. 16-18 to meet fellow agriculturalists from

across the state, speak with their local legislators and participate in the OKFB Leadership Conference.

YF&R and Collegiate Farm Bureau members started the three-day event by with an evening at Dust Bowl Lanes and Lounge in Oklahoma City. The group then spent the next two days advocating for Oklahoma agriculture with their state leaders and legislators.



YF&R and Collegiate Farm Bureau members gather to spend an evening together connecting with fellow members from across the state at Dust Bowl Lanes & Lounge in Oklahoma City.



More than 30 members ages 18 to 35 gather at the state Capitol to speak with their local legislators about Oklahoma agriculture and upcoming legislation scheduled to be heard this session.



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Jackson County member named secretary of NAWG

uring the annual meeting of the National Association of Wheat Growers Feb. 27-29 in San Antonio, Texas, Jackson County Farm Bureau member Keeff Felty was elected to serve as the association's secretary.

Consisting of 20 state associations, the NAWG is the main representative of wheat producers across the country and in Washington, D.C., working closely with state association representatives, NAWG grower leaders, members of Congress and the public.

JOIN OKFB IN NORMAN

Make plans to join us for our

2020 OKLAHOMA FARM BUREAU ANNUAL MEETING

Oklahoma Farm Bureau members will return to Norman for our 2020 annual meeting. Be sure to join your fellow OKFB members at our largest annual gathering held at the Norman Embassy Suites and convention center.

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County Farm Bureaus across the state celebrate Farm Bureau Week

n honor of Farm Bureau Week Feb. 17-21, more than a dozen county Farm Bureaus gathered together within their communities to celebrate and promote the grassroots organization.

Events hosted included a lunch for members, charitable donations, grand prize drawings, a coloring contest, and distributing free coffee and donuts. In addition, several counties met with local officials to proclaim "Farm Bureau Week" within their county.







Comanche County Farm Bureau receives regulatory and legislative update during Capitol visit

embers of Comanche County Farm Bureau traveled to Oklahoma City March 3 where they received regulatory and legislative updates while visiting the Oklahoma Department of Agriculture, Food and Forestry and the state Capitol.

At ODAFF, members had the chance to speak with Dr. Rod Hall, state veterinarian, and JanLee Rowlett, legislative liaison, and were able to ask questions about what concerns them most as producers in our state.

Due to COVID-19, all OKFB Capitol visits have been cancelled until further notice.

For more information, contact the OKFB Public Policy Division at (405) 523-2300 or visit with your area field representative.



Rep. Rande Worthen took a moment off the floor of the State House to speak with Comanche County members directly and answer questions on upcoming legislation



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Regenerative agriculture is about direction over perfection

By Jeff Goodwin, senior pasture and range consultant and conservation stewardship manager; Jim Johnson, senior soils and crops consultant; and Hugh Aljoe, director of producer relations

n today's agricultural climate of fluctuating markets, erratic weather patterns and growing social restlessness, the resolve of the American farmer and rancher has never been more tested. As stewards of the nation's private working lands, many progressive producers are working to mitigate those uncertainties by refocusing efforts on the foundational building block of their operation: the soil resource.

For most agricultural enterprises, success and long-term viability ultimately hinges on soil health. For decades, the agriculture industry has focused, studied and ultimately understood the physical and chemical characteristics of our

What is regenerative agriculture?

To Noble, regenerative agriculture is the process of restoring degraded soils using practices based on ecological principles.

Regenerative agriculture promotes:

- Building soil organic matter and biodiversity
- Healthier and more productive soil that is drought- and flood-resilient
- Decreased use of chemical inputs and subsequent pollution
- Cleaner air and water
- Enhanced wildlife habitat
- Capturing carbon in the soil to combat climate change

Regenerating the land is achievable, but there is no set formula. Regenerative agriculture is a process or a journey, not a destination. Foundationally, it begins with an understanding that the soil, plants, animals and humans are all connected, meaning every decision must work with this natural system and not in spite of it. Regenerative agriculture requires more focus on the positive direction of ecological trend rather than a perfected set of standardized rewards. soil resource.

However until recently, little emphasis has been placed on the biological constituents and their importance in a healthy, functional soil. As researchers work to better understand the complexities of soil health, further understanding tends to lead to more questions.

Noble Research Institute has recently focused efforts to gain critical insight into these soil health questions and help producers understand their impacts. Today, Noble Research Institute is poised to deliver producer-focused solutions in the area of regenerative agriculture.

Principles, not practices

Regeneration is addressed by following principles that rebuild processes from the ground up rather than focusing on specific singular management practices. Maintaining a solid foundation with healthy soil is the cornerstone to any agricultural enterprise. Soil health is the cornerstone of regenerative agriculture and is often defined as "the continued capacity of the soil to function as a vital, living ecosystem that sustains plants, animals and humans. "Soil health management" is often thought of as a new strategy, but it is actually not.

For instance, in 1949, Aldo Leopold in *A Sand County Almanac* stated, "Land, then, is not merely soil; it is a fountain of energy flowing through a circuit of soils, plants and animals."

Healthy soils with effective nutrient and hydrologic cycles were functioning well before man decided to manage them. However, agriculture in the early 1900s tended to focus more on plowing the prairie soils with industrial technology and machinery rather than its ecology, thus soils were largely viewed as a medium to grow crops. For some, the Dust Bowl of the 1930s changed the perception or view of the soil. Fast forward to now and a lot has changed in how soil is "viewed." What has not changed is the responsibility of land stewards.





Reducing feed, inorganic fertilizer and fuel out of necessity

For more than a decade, a regenerative movement has been taking the agriculture industry by storm. However, this movement was not born in a laboratory nor was it born by legislation. It was born by farmers and ranchers who wanted to do things differently. Sixty years ago, the agricultural industry was operating on cheap feed, cheap fertilizer and cheap fuel. During that time period, the industry and its science focused on the chemical and physical characteristics of soils with little to no consideration of soil biological interactions. During this period, the prices of inputs eventually increased to the point at which they became unsustainable for many operations. Some farmers had to make a choice: what has always been done or find new ways to farm. Born out of equal parts necessity and frustration, some farmers began to experiment with farming techniques that limited the use of feed, inorganic fertilizer and fuel. They began to see that limiting or eliminating tillage reduced their fuel bill and using an ageless practice of "cover crops" began to keep the ground covered and provided numerous benefits to the soil. In essence, they were building a foundation of principles that is followed today in managing healthy soils.

Know your farm or ranch

When applying these principles, it is important to also operate within your context. Know your environment and understand that no two farms or ranches are the same. The same could be said for ecological regions and major land resource areas. These principles should be applied within the context of each individual farm or ranch. Practices that provide positive results in North Dakota may not be the same combination of practices that are effective in Oklahoma. The aforementioned principles should

5 soil health principles

1. Armor the soil: Bare soil has no protection from erosion. Soil health cannot be built if the soil is moving. Cover on the soil surface armors and protects the soil from erosive processes. Armored soil also serves as a mitigation mechanism for soil temperature. Excessive increases in soil temperature can have drastic and destructive effects on soil microbial life. Soil cover is largely accomplished by growing crops and forages and leaving crop residue.

2. Minimize unnatural disturbance: Mechanical soil disturbance, such as tillage, alters the structure of the soil and limits biological activity. If the goal is to build healthy, functional soil systems, tillage should only be use in specific circumstances. However, tillage is not the only disturbance. Over-grazing, removal of fire, pesticide applications, etc., are all disturbances. For this reason, some might use the term "optimize disturbance" to ensure that the timing, frequency, intensity and duration of these management activities are implemented in a planned manner mimicking what would occur naturally in the absence of man.

3. Increase diversity: Increasing plant diversity above ground allows for a more diverse under-ground community. Specific soil microbes require specific plant types. The more diverse the microbial population within the soil, the better the forage will respond due to increased biological activity.

4. Keep living roots in the ground all year: Soil microbes tend to utilize active carbon first. This active carbon is the exudates from living plant roots. Therefore, to keep soil biology working as long as possible, a living root in the ground is desired. A living root provides a food source for beneficial microbes and provides opportunity for symbiotic relationships between plant roots and mycorrhizal fungi.

5. Properly integrate livestock: Soil and plant health is improved by proper grazing, which recycles nutrients, reduces plant selectivity and increases plant diversity. Grazing should be managed to optimize the timing, frequency, intensity and duration of the grazing event.

be applied as strategies to guide the application of individual management practices. The practices (no till, cover crops, etc.) are simply tools used to implement the principles.

Looking for tools

As producers begin to implement these principles into their operating plans, tools are looked for to help achieve these goals. Cover crops are commonly utilized in agronomic systems to meet several management goals, such as keeping the ground covered and adding biological diversity. Cover crops are an incredible tool and can be utilized to directly or indirectly meet any or all of the soil health management principles. Many producers have been utilizing mixed species cover crops in cropland and pasture systems to increase diversity, increase organic matter, increase soil microbiological function, etc. However, with that said, simply planting cover crops is not one of the principles. Cover crops are facilitators; they facilitate the producer's ability to follow the soil health principles.

Soil health influences water, plants, minerals and animals

The primary goal of regenerative agriculture should be to improve soil health as it is a foundational precursor to the proper function of many ecological processes. The health of our landscapes and soil are interdependent. The land's condition is characterized by the functioning of both the soil and plant communities. Following these principles will allow the site's production, health of the soil, and mineral and water cycles to greatly improve, ultimately creating an opportunity to regenerate the landscape.

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Mark Newhall, Editor, FARM SHOW: "My dad, who is 93, goes through about 6 bottles of Pain Formula a year. He uses it on his knee every day. He tells me he's never found anything else that works even a fraction as well as Steuart's. The direct quote from my dad is, 'I don't know how I would get by without Steuart's Pain Formula.'

Davey Peterson, Mabel, Minn.: Davey had been experiencing very sharp pain in his left knee for several months. His job as a welder kept him on his feet; his work day was painful and it was difficult to sleep. He started using Steuart's Pain Formula each morning and is able to work pain free. His sleep is uninterrupted by his pain. He says "I am so glad I tried this product and I reccomend it to others!"

Mike Kirik, Union City, Penn.: Mike was introduced to Steuart's Pain Formula upon discharge for open heart surgery by a staff person at the Pittsburgh VA hospital. Mike was told to use the product on his chest for pain relief during the healing process. He was able to get relief from the postsurgical pain in his chest plus he now uses it on his arthritic knee.

Thomas Lindberg, Two Harbors, Minn.: He says, "I have arthritis pain in my shoulders and back and was having trouble sleeping through the night because of the pain. I read about Steuart's in a magazine and was a bit skeptical at first but thought I'd give it a try. I was absolutely amazed at how well it worked and now use it every day. It works better than anything on the market." **Daniel Poray, Alexandria, Va.:** "I was diagnosed with arthritis in my right leg and knee. I use Steuart's Pain Formula 2X/day and the pain has dramatically gone away and my movement, flexibility and range of motion have increased. The doctor recommended a cortisone shot but I was skeptical. Then I found Steuart's and glad I did!"



War broke out in Eastern Ukraine in 2014 between Ukraine and Russia backed separatists. In April of 2015 Gary Steuart reached out to the Ukraine military in the war zone, and was able to introduce Steuart Lab's products to the medical personnel and soldiers.

One person who became familiar with Steuart's products was a Special Operations soldier named Andre. In 2018 Andre was injured in a vehicle accident. He had multiple fractures to his left leg. He started using Steuart's Pain Formula. He applied it topically twice daily. He experienced significant pain relief. Steuart also advised him that the product would stimulate healing because it contains Comfrey, a recognized healing agent.

One year later, Andre's leg is healed and he has returned to active duty. His doctors in Kiev told him his expected recovery time was shortened by using Steuart's Pain Formula.

Other Steuart's products used by Ukraine military include Steuart's Wound Cream, Propolis Tincture, and Foot Cream.





The larger 5-oz. size Pain Formula sells for \$34.90. A smaller 1.8 oz. bottle sells for \$18.90. Shipping is free within the continental US with code OK20.

Betty Brooks, Buhl, Idaho: "I put Pain Formula on my knees about 10:00 a.m. this morning, and it's now 9:00 p.m. and I'm still pain-free. I've had knee surgery - and tried just about every product on the market - and this works. I've had a very good day! I could feel it working as soon as I put it on."

Tom Donelson, Fargo, N.Dak.: He has been using Steuart's Pain Formula for over 2 years. "I give samples to anyone I meet who complains of joint or muscle pain. I've had minor knee surgery and a torn meniscus, as well as a degenerating disc. I originally used to take 2 to 3 ibuprofen a day. But now, after using Steuart's, I'm down to 2 to 3 a week. This product is great for anyone that doesn't want to or can't take drugs to manage pain. One woman I gave a sample to had jaundice in her liver from taking pain medication for arthritis. She's off medication and completely satisfied with this alternative. It's a wonderful product!"

No-hassle Money Back Guarantee

"If you find that Steuart's Pain Formula doesn't give you the relief you need, we want to issue you a prompt, courteous refund - no hassles, catches, or hoops to jump through. You can even use the ENTIRE bottle. Just send back your receipt and empty container, and we'll refund your payment as soon as possible," says Steuart.

Contact: Steuart Laboratories Inc P.O. Box 306, Mabel, Minn. 55954 877-210-9664 www. steuartlaboratories.com STEUART'S

COUNTRY GARDENING

Gardening for beginners is easier than you think

By Trisha Gedon Oklahoma Cooperative Extension Service

or some folks, gardening is a mystery - even intimidating. They believe they do not know enough about it to try, or are simply convinced they do not have a green thumb. Whatever the case, there are some who think they are not cut out to get a little dirt under their nails.

Even if one does not know a rose bush from a tomato plant, there is still hope. David Hillock, Oklahoma State University Extension consumer horticulturist, said anyone can garden, no matter their skill level or the size of the landscape.

"Obviously, big, elaborate gardens and landscapes take time and talent," Hillock said. "But, if you start slowly, maybe with just a tomato plant, a pot of herbs or even a few colorful annuals, you're bound to have success. Starting small and slow also is a great way to get kids interested in horticulture. It's easy to get started gardening by planting a dish garden, container garden or a succulent garden."

A dish garden is a type of container garden, typically made with shallow

dishes or bowls and with multiple plants in one container. The great thing about a dish garden is you can mix and match different plant species. However, make sure the plants you choose have similar water and light requirements as this will help with gardening success.

Hillock said the dish must have enough room for the plants as well as the media to support the plants. Also, keep drainage in mind.

"Don't use a layer of gravel in the bottom of the dish. This actually will hinder water movement away from the roots," he said. "The media used for a dish garden will vary, depending on the type of plants. Choose something that drains well, but holds adequate moisture. The soil also should not be very fertile, as this encourages rapid growth."

The great thing about dish gardening is the plants used generally stay small or grow slowly. A popular plant group for dish gardening is succulents. Succulents do not need as deep a dish as other plants, since they can tolerate shallow rooting and longer dry spells. Do not make the mistake of planting a succulent with a plant that likes moist soil and high humidity.

Container gardening is another option for beginners, and it opens up even more possibilities than dish gardens.

"Some people may think container gardens are just for flowers or small shrubs, but you actually can grow a wide variety of edibles, including vegetables and herbs," Hillock said. "Herbs or a tomato plant are great choices for novice gardeners. Although container gardening includes many of the same elements as traditional gardening, it isn't nearly as time consuming, which makes it perfect for those just getting interested in gardening. Basically, once the flowers, herbs or vegetables are planted, all you have to do it is keep it fertilized and watered."

Keep in mind the Oklahoma summer heat quickly can dry out the potting soil



in the containers, so be vigilant with proper watering. The extra time you may spend watering compensates for the lack of time spent weeding.

Another bonus of container gardening is not only does the plant being grown add something to the landscape, but also the container itself can add texture, color and whimsy. Hillock said to get creative when selecting the container.

"Think way beyond the basic flowerpot," he said. "Find something that reflects your interests and personality. If there's a pair of old rainboots taking up space in your house, take them outside, fill with soil and plant something in them. Have the kids outgrown that old toy dump truck or wagon? Fill them with plants. Repurpose an old galvanized tub into a planter. Gardeners are limited only by their imaginations."

As with dish gardens, drainage is a key factor with container gardens. When potting soil becomes waterlogged, the plants

often will experience root rot and die. Simply drill a few holes in the bottom of the container and the issue is resolved.

Visual interest is a big part of gardening and easily can be created with container gardening by planting a tall plant in the middle and filling in the space around it with smaller plants. Finish the look by choosing a few plants that will drape over the edges of the container.

Hillock said yet another advantage of container gardening is the container is portable. The containers can be moved around the patio to create different looks. And if relocation is in the future, the containers can make the move as well.

"Young folks, or those with a few more years of life experience, who haven't gardened for one reason or another really should consider a dish or container garden," Hillock said. "You just never know what you're capable of until you get a little dirt under your fingernails."



COUNTRY CLASSIFIEDS

AUTOMOTIVE

1993 Chevy ¾ ton, 2 WD, LWB, ext. cab, propane/gasoline fuel, auto, ac, H/A rack, t. hitch, good tired & breaks. Clean, dependable daily driver. \$3,950. Can send photos. (405) 317-8175.

2004 Ford T-Bird red convertible with hard top. Excellent condition. 34,000 miles. \$25,500 OBO. (405) 203-3519.

1957 Oldsmobile - very good. 1950 trike with Harley rear-end. 1957 Walker golf cart - need to restore. (918) 770-0822.

FARM MACHINERY/EQUIPMENT

Extra heavy-duty box blade, all attachments included. Great condition. Tire size 16.00 R20 - W-4' - D2' - L12'. (405) 213-6448.

New Holland 311 sq. baler. Works great, new tires. Retiring from cattle operation. (918) 321-5889.

John Deere 2700 5-bottom plow with coulters and trash boards, all hydraulic hoses. Brand new, one new tire, very good condition. \$3,225. (405) 201-7266.

1947 Cub bought new by my grandad. Needs restored. Have plow that came on it. (580) 554-6221.

Restored antique garden tractors of different brands. Restored 1949 Massey Harris Pony tractor ready for parade or show. One set of Wheel Horse hubcaps. No parts. (580) 854-6549.

TW10 Ford tractor. 110HP with duels and weights. IH front end loader with bale spikes and bucket. This is a very good tractor. Approximately 2,800 hours. (918) 623-6698.

2019 Sooner Livestock trailer 8' x 30', like new in Stratford, OK. (605) 881-7824.

1976 John Deere 4030. Air conditioning, 6,000 hours QR 3pt, 2 hyd, PTO. New hyd pump and fuel pump. Runs good. \$16,000 OBO. (405) 210-3500.

70 HP MF275 tractor with front end loader, cab, good rubber, Strong Perkins diesel engine. \$7,500. (918) 721-9662.

John Deere parts, books, tractors, combines, mowers and rakes. (405) 368-8337.

Old farm equipment - 2 AC combines PTO pull type; AC D15 tractor; John Deere PTO baler twine tie. Lincoln County. (806) 383-7584.

DewEze Bale Bus, IHC 1050 Grinder, 3'x8' platform scales, aluminum step ladder, 3 pt. arm brush hog, 94 Fruehauf semi flat bed and small items. (405) 380-8618.

New - John Deere heavy duty tree puller, \$2,800. 80 inch tined grapple bucket, \$4,200. Both fit John Deere 328E skid steer. Leave message. (580) 762-1439.

REAL ESTATE

280 acres, cropland/pasture, creek, 2-bedroom farmhouse, barn, grain bin, well, septic, tranquil living, great for hunting. Willow, OK. Greer County. \$1,600/acre. Zillow.com. (405) 659-5681.

Two lots, Sequoyah County, Mountain Ridge, Lots 4 and 5, block 6. \$100. (303) 986-1207 or (913) 390-0881.

68-year-old farmhouse on 8.61 acres for sale. Located on Highway 3, 10 miles east of Antlers in Pushmataha County. (405) 216-8338.

Established business for sale in Idabel. M&M Grocery at 402 NW Texas St. Meat market, produce, canned goods, and pizza. Priced to sell. (580) 286-5144.

COUNTRY CLASSIFIEDS	Each OKFB member family is limited to one free classified ad per issue. No call- in ads will be accepted. The length of the ad cannot exceed the number of lines on this form. Ads run one time. We reserve the right not to publish submitted ads. Return to Country Classifieds, 2501 N. Stiles, Oklahoma City, OK 73105.
All information must be completed.	Please type or print legibly.
Name	
OKFB Membership Number	
Address	
City State Zip	
Phone	Deadline for the next issue is June 12. The summer issue will publish in mid-July 2020.



MISCELLANEOUS

1964 Airstream travel trailer. \$9,500. (405) 249-6049 or (405) 224-1222.

Trailer mounted smoker. Propane starter and oven. (918) 344-1268.

Have to see it to believe it. Driftwood bar. Driftwood on top and bottom. Honey stain. Storage in back. \$1,500. (405) 598-1202.

15 ft. Aliner solid wall fold down. Sleeps 4, a/c and microwave. Only 1,200 lbs. \$11,650. Tuttle, OK. Call 10 a.m. to 6 p.m. (405) 550-0387.

"Barn Quilter Express" - offers classes and commissioned quilts. Many sizes available. Text or call Deborah. (918) 289-1438.

All sizes of pipe for corrals and fencing. All sizes of sucker rods. (405) 613-6274.

2010 Meyers Cedar Saw and business. Only 2,100 hours - Perkins diesel. Extra tires, very good machine. Very nice trailer. Good business opportunity. (580) 571-1639.

Fence charger repair. All brands. Warranty service for Parmak and Woodstream products. Pioneer Electronics. Waukomis, OK. (580) 603-0063.

Duck hunting by the day. South of Chandler. No lease. For more information, call (405) 258-2154.

ERTL - farm tractors and etc. 40+ models 1/16 to 1/64 scale. All pre 1999. New in boxes. Sell all or separate. (405) 320-1603.

G.E. range. 4 burners and grill. Propane. Electric self-cleaning convection oven. Broiler drawer. \$450. Choctaw, OK. (405) 205-2987.

Must sell deceased parents coin collection. Morgan, peace dollars, Ike money, buffalo 5¢, Indian 1¢, old Kennedy \$4.50, silver eagles. (405) 482-4929.

1972 (5) tape with book John Lennon set. 1981 motorcycle, \$300. Huffy bike - never used. \$25. (918) 770-0822.

WANTED

Small lakeside cabin on the water with dock. Prefer Oklahoma lakes. (918) 645-1748.

Abandoned farmhouse on +-5 acres, preferably near Adair or in Mayes County. (580) 352-8077.

Railroad items from the (MV) Midland Valley, (KO&G) Kansas, Oklahoma & Gulf, the Frisco, the (OC&AA) Oklahoma City, Ada & Atoka Railroads, and the Oklahoma Railway Company. Also, crocks from Ada Pottery Company, advertising reflectors for cotton gins and elevators. Will trade items from my lock collection, my CO&G collection or pay cash. (580) 399-8866.

LIVESTOCK & POULTRY

Serviceable age Angus or Maine bulls. Have F.T. tested. Two male donkeys. Tuttle, OK. (405) 381-4307.

Black Angus bulls - sons of top EPD bulls in the Angus breed. Low birthweight, tremendous weaning and yearling weight growth. Fertility tested, wormed and shots up to date. Seyler Farms. Greenfield, OK. Call Sandy at (580) 614-1150.

Red Angus bulls, breeding age, several A.I. sired. Apache, OK. (580) 450-1735.

Registered Polled Hereford cow herd. 51 years as lifetime membership breeder. Famous genetic bloodlines. Retiring. (580) 332-2468.

Miniature donkey for \$150, young purebred Angus bulls and heifers as available, \$1,200. Also, game poultry. Call for info. (580) 564-3579.

Reg. Black Limo bull. Improve calf crop, low bw, tested, shots, wormed, well bred. Reasonable. (918) 638-1279.

Five 2 ½ year old Black Angus bulls ready for breeding. \$2,600. LBW, fertility tested, shots up to date. Also, 60 5x6 bales clean, native grass hay, \$50. Meredith, Saddlehorse Farms. Stillwater, OK. (405) 742-6500.

Game Creek Angus. All registered. Offering 5 young black bulls with low birth weight. None nicer. Karl. (405) 845-5621.

Registered Santa Gertrudis, American Reds and Red Angus Santa Gertrudis heifers available. Young bulls also 12 to 16 months. Rance Reynolds. (918) 232-7870.

Polled purebred Charolais bulls. 12 to 16 months old. Sullins Charolais. Red Rock. (580) 763-7345.

Reg. Angus bulls and females, A.I. sires, McPhail Angus. Snyder, OK. (580) 480-5131.

Registered Hereford bull calves. Available late May 2020. \$1,000. (918) 801-6447.

Registered Brangus bulls and heifers - 12 to 24 months. Excellent selection of quality cattle. Delivery available. Discounts for veterans. Horseheadranch.net. (918) 695-2357.

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