



# The Superstition Behind Black-Eyed Peas and Other New Year's Traditions Around the World

We made it! 2020 is finally in the past and we have rounded into 2021. Every year, people welcome the New Year by cooking, throwing celebrations, and doing some rituals that are meant to bring them good luck.

As many of you may know, superstitions are “a belief or practice resulting from ignorance, fear of the unknown, trust in magic or chance, or a false conception of causation” (Merriam-Webster). In the Southern United States, it has been a superstition that black-eyed peas and cabbage/collard greens be consumed on the basis that it represents good fortune and prosperity. Here are some other traditions and superstitions that are practiced around the world.

In Latin America, carrying around empty luggage on New Year's Day will assure you a year full of traveling and adventure.

In Spain, it is said that if you eat 12 grapes at midnight, before the clock strikes 12:01 A.M., that you will have good luck. This ritual dates back to the 1880's.

On New Year's Eve in China and Latin America, the act of cleaning will sweep negativity away from your family and life.



While some believe the act of cleaning will sweep negativity away, it is said to avoid washing laundry, doing the dishes, and/or taking out the trash as this is a sign of throwing your luck right out the window.

In some households across the world, if you put cash or change in your wallet before midnight, a year of prosperity will come your way.

Bare cabinets and cupboards are a sign of bad luck in some countries. Some believe that it brings scarcity in life.

In the Philippines, opening doors and windows just before midnight allows the old to go out and the new to come in.

People around Japan eat buckwheat soba noodles at midnight to bring longevity and prosperity.

And Finally, a kiss at midnight is seen around the world is a determinant of how you will spend the year to come.

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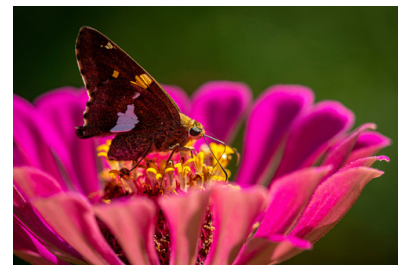
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# GARDEN TIPS FOR FEBRUARY!

*David Hillock, Consumer Horticulturist*



## General

- Base any plant fertilization on a soil test. For directions, contact your county Extension Educator.
- Provide feed and unfrozen water for your feathered friends.
- Clean up birdhouses before spring tenants arrive during the middle of this month.
- Avoid salting sidewalks for damage can occur to plant material. Use alternative commercial products, sand or kitty litter for traction.
- Join *Oklahoma Gardening* on your OETA station for the start of its season beginning in February on Saturdays at 11:00 a.m. and Sundays at 3:00 p.m.

## Trees & Shrubs

- Fertilize trees including fruit and nut trees and shrubs according to a soil test. ([HLA-6412](#))
- Most bare-rooted trees and shrubs should be planted in February or March. ([HLA-6414](#))
- Finish pruning shade trees, summer flowering shrubs and hedges. Spring blooming shrubs such as forsythia may be pruned immediately after flowering. **Do not** top trees or prune just for the sake of pruning. ([HLA-6409](#))
- Look for arborvitae aphids on many evergreen shrubs during the warmer days of early spring.
- Gall-producing insects on oaks, pecans, hackberries, etc. need to be sprayed prior to bud break of foliage.
- Dormant oil can still be applied to control mites, galls, overwintering aphids, etc. ([EPP-7306](#))

## Fruit & Nuts

- Spray peaches and nectarines with a fungicide for prevention of peach leaf curl before bud swell. ([EPP-7319](#))
- Mid-February is a good time to begin pruning and fertilizing trees and small fruits.
- Collect and store graftwood for grafting pecans later this spring.
- Begin planting blackberries, raspberries, strawberries, grapes, asparagus, and other perennial garden crops later this month.
- Choose fruit varieties that have a proven track record for Oklahoma's conditions. Fact Sheet [HLA-6222](#) has a recommended list.

## Turf

- A product containing glyphosate plus a broadleaf herbicide that are both labeled for this use can be used on **completely tan dormant** bermuda in January or early February when temperatures are above 50°F for winter weed control. ([HLA-6420](#))

## Vegetables

- Cool-season vegetable transplants can still be started for late spring garden planting.
- By February 15 many cool-season vegetables like cabbage, carrots, lettuce, peas, and potatoes can be planted. ([HLA-6004](#))

## Flowers

- Force spring flowering branches like forsythia, quince, peach, apple, and weigela for early bloom indoors.
- Forced spring bulbs should begin to bloom indoors; many will need 10 to 12 weeks of cold, dark conditions prior to blooming.
- Feed tulips in early February.
- Wait to prune roses in March.

# Garden Planting Guide for Cool-Season Vegetables

*David Hillock, Consumer Horticulturist*

<u>Vegetable</u>	<u>Time to Plant*</u>	<u>Days to Harvest</u>	<u>Method of Planting</u>
Asparagus	Fall or Spring	-	Crowns
Beet	March	50-70	Seed
Broccoli	March	80-90	Plants
Cabbage	Feb. 15 to March 10	60-90	Plants
Carrot	Feb. 15 to March 10	70-90	Seed
Cauliflower	Feb. 15 to March 10	70-90	Plants
Chard, Swiss	Feb. 15 to March 10	40-60	Seed
Kohlrabi	Feb. 15 to March 10	50-70	Seed
Lettuce, Head	Feb. 15 to March 10	60-90	Seed or Plant
Lettuce, Leaf	Feb. 15 to March 10	40-70	Seed or Plant
Onion	Feb. 15 to March 10	60-120	Sets
Onion	Feb. 15 to March 10	60-120	Plants
Peas, green	Feb. 15 to March 10	60-90	Seed
Potato, Irish	Feb. 15 to March 10	90-120	Tuber pieces 2-3 oz.
Radish	March 1 to April 15	25-40	Seed
Rhubarb	Fall or Spring	-	Crowns
Spinach	Feb. 15 to March 10	50-70	Seed
Turnip	Feb. 15 to March 10	50-60	Seed

\*These dates indicate planting times from southeast to northwest Oklahoma. Specific climate and weather may influence planting dates. For cool-season vegetables, the soil temperature at the depth where the seeds are planted should be at least 40°F.

# The Game Has Changed

*Trent Milacek, Extension Area Ag Econ Specialist*

Was 2020 bad for agriculture? Farmers have struggled against low prices for half a decade waiting for ample or record supplies to dry up. Farmers have become experts at patiently waiting in order to survive until relief arrived. Finally, it has come.

The soybean price on 12/31/19 was \$9.56/bu. but now is \$14.22/bu. The price of hard red winter wheat was \$4.86/bu. but now is \$6.23/bu. The price of corn was \$3.88/bu. but now is \$5.17/bu. These are not trivial changes; the magnitude of commodity price increases in the past year is profound.

If percentages can paint a better picture, soybeans prices have increased 49%, hard red wheat increased 28% and corn increased 33%. Basis bids have also increased substantially on a local level bringing cash prices for grain sorghum, corn, and wheat closer to the futures price increase of soybeans.

What does this mean for profitability? Time and again producers see inputs increase with increasing crop prices. However, the recent price increase has been fast and that gives opportunities. Consider pre-purchasing inputs in order to take advantage before input prices can react.

If it is assumed that input costs are similar to past years, then farmers have much more leverage in the 2021 growing season. A soybean crop that may have broken even at 20 bu. now only requires 10.2 bu. to generate the same desired revenue. A 30 bu. wheat crop drops to 21.6 bu. or a 60 bu. grain sorghum crop now falls to 40 bu. to generate the same revenue on changes in futures prices alone. Farming is not simple but higher prices simplify things.

Never consider that prices or input costs or weather predictions are set in stone. If 2020 has taught producers anything it's that volatility in production and prices continues to grow. Soybean prices are on the precipice of trading into a new trading channel. As mentioned earlier, it has been over 5 years since that has occurred. Excitement after years of suppression is not terrible but be cautious in planning.

There are many decisions to make with this new price structure. Should cropping systems be changed? Higher prices assist lower yields to breakeven but is it worth the risk of adopting a more difficult crop like soybeans? With high risk comes high reward but some producers are tired of the risk. Higher prices will shift acres in Oklahoma back to wheat, but those decisions won't be made for another year. The current wheat crop has already been determined.

Flexibility and attention to price risk management is more paramount now than in the past. As prices increase price volatility invariably increases. If volatility is measured as a percent change then it follows that higher prices will see larger daily price moves. This causes a great deal of stress when marketing grains, so have a plan to deal with those marketing decisions. Selling 5,000 bushels of soybeans and seeing the price increase by \$0.50/bu. the next day can be damaging to marketing self-esteem.

Knowing break evens and having a goal in place before the growing season can help offset some, but not all, of that stress. Making a profit is a good start but knowing the potential home-run price allows for some understanding of realistic marketing goals.

The important first step is to plan to sell into this bull market. That is the simple part. If you will change cropping systems drastically, consider the additional risk and strain that will put on your operation. Will forward contracts alleviate that stress? Will revenue crop insurance cover those forward contracts if weather is poor?

It is good to have options and the opportunities in 2021 will be embraced by the agricultural community. Now more than ever the OSU Extension service is here and ready to help you with your farm business planning. Stop by to chat and formulate a plan to be successful in the coming year.

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## Time to Evaluate Beef Cow Herd Breeding Potential

*Britt Hicks, Ph.D., Area Extension Livestock Specialist*

With spring calving approaching, now would be good time to evaluate the breeding potential of your cows. Research has shown that the body condition score (BCS) of beef cows at the time of calving has a huge impact on subsequent rebreeding performance. Body condition scoring is a practical management tool to allow beef producers to distinguish differences in nutritional needs of beef cows in the herd. Simply put, BCS estimates the energy status (fat cover) of cows. The scoring system used is a 1 to 9 point scale where a BCS 1 cow is extremely thin while a BCS 9 cow is extremely fat and obese. A BCS 5 cow is in average flesh or body condition. A change of 1 BCS is equivalent to about 90 lbs of body weight. To optimize pregnancy rates, mature cows should have BCS of 5 or greater at calving and 1<sup>st</sup> calf heifers should have a BCS of at least 6 at calving.

Research has shown that the BCS of beef cows at the time of calving has a huge impact on subsequent rebreeding performance. This occurs because the BCS of a cow influences days to first estrus after calving and calving interval. For a cow to maintain a 365 day calving interval, she must conceive within about 82 days after calving (283 day gestation + 82 day postpartum interval = 365 days). Figure 1 illustrates that 90% of the beef cows with BCS >5 at calving showed signs of estrus by 60 days post-calving, whereas only 59% of beef cows with BCS 4, and only 41% of beef cows with BCS <3 showed estrus. The rectangular box in this figure shows the critical breeding time in order to achieve a 365-day calving interval. Even though cows that calve in a BCS of 7 have a short postpartum interval, it is not economical to feed cows to a BCS of 7.

Research (Figure 2) suggest that increasing calving BCS from 3 to 4 would increase pregnancy rate by about 35 percentage points (from 32 to 68%). Increasing calving BCS from a 4 to a 5 would increase pregnancy rates by about 20 percentage points (from 68 to 88%). Note this same effect of BCS at calving on pregnancy rates has been observed in different regions of the country (Florida, Oklahoma, and Texas).

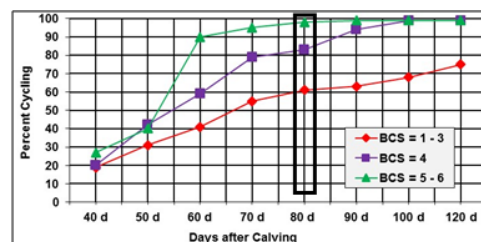


Figure 1. Body Condition Score at Calving and Return to Cycling (Adapted from Wiltbank., 1983).

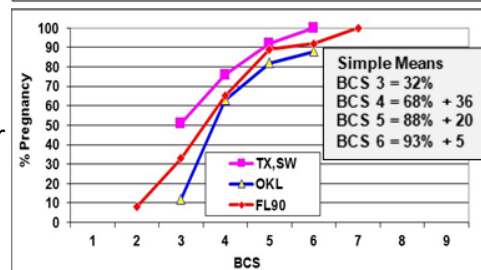


Figure 2. Effect of body condition score (BCS) at calving on pregnancy rate.

In addition, thin cows at calving (BCS 4 or thinner) produce less colostrum, give birth to less vigorous calves that are slower to stand and these calves have lower immunoglobulin levels, thus reducing their ability to overcome early calf-hood disease challenges. All of these data illustrate the importance of targeting mature cows to calve in a BCS of at least 5. Since 1st-calf-heifers have only reached about 85% of their mature weight after calving and require additional nutrients to support growth, it is recommended that they be fed so they are a BCS of 6 at calving.

If your cows currently have inadequate condition, there is still some time to change the BCS prior to calving. Manage your mature cows for a BCS of 5+ at calving. If the cows are in BCS of 5 at calving, a slow gradual weight loss after calving is acceptable. Whereas, if the cows are less than BCS 5 at calving then one needs to hold or increase BCS (weight gain) after calving. However, increasing BCS from calving until breeding will be difficult and costly since cows are lactating.

## Oklahoma leads the nation in heart disease



It always is good to be number one in something, such as first in your class, a championship sports team or collecting the most donations for a food drive. While Oklahomans have experienced a number of positive first-place rankings, there's something less positive the state is known for. According to the [Centers for Disease Control and Prevention](#), Oklahoma [ranks first in the number of deaths related to heart disease](#).

With February being National Heart Month, now is a good time to become informed about heart disease and how to prevent it.

What exactly is heart disease? This term refers to several types of heart conditions, said Diana Romano, [Oklahoma State University Extension](#) assistant specialist.

"The most common type of heart disease is coronary artery disease, which can cause a heart attack. Other types may involve your heart valves. In addition, the heart may not pump well and cause heart failure," Romano said. "Heart disease isn't just something that affects older people. In some cases, people are born with heart disease."

Heart disease can occur when plaque builds up in the arteries, causing them to narrow and reducing blood flow to the heart. While some factors that lead to heart disease are out of your control, there are several factors people can control, including smoking, eating an unhealthy diet, and not getting enough exercise.

Romano said high cholesterol, high blood pressure or diabetes also can increase the risk of heart disease.



“Symptoms of heart disease vary, depending on the type of disease you’re dealing with. Many people don’t experience any signs until they have a heart attack,” she said.

Signs of a heart attack can include:

- Chest pain or discomfort that doesn’t go away after a few minutes.
- Pain or discomfort in the jaw, neck or back.
- Nausea, light-headedness, weakness or cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

There are several medical tests your doctor can perform to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms or a stress test.

“Lifestyle changes can help lower your risk of heart disease. Be physically active and eat foods that are low in saturated fat, *trans* fat, sodium and added sugars,” Romano said. “Your doctor can help you learn about the best ways to reduce your risk of heart disease.”

\*OSU Extension offers research-based information about [health, nutrition and wellness on its website](#). To learn more about heart disease, visit the [American Heart Association website](#).

## Raised beds can keep gardeners busy until spring

Gardeners are counting the days until they can get back to tending their landscapes without the need for hot chocolate breaks. While Oklahoma still has a few cold weeks until gardening season traditionally takes off, gardeners can keep themselves busy building [raised garden beds](#).

The idea behind raised bed gardening isn’t complicated: It’s an area that is elevated anywhere from a few inches up to 2 or 3 feet above the soil level, said David Hillock, [Oklahoma State University Extension](#) consumer horticulturist.

“The options for raised-beds are limited only by your imagination. They can be as simple as a rectangular plateau of soil or a more elaborate bed framed in sturdy material,” Hillock said. “Not only can they add visual interest to your landscape, raised bed gardens also have several other benefits, especially for landscapes with poor soil quality and poor drainage.”

Gardeners tend to reap higher yields because raised beds allow more space for growing plants. In addition, gardeners will enjoy better soil since amendments and fertilizer are applied only to the growing area. Hillock said there’s little need to rototill, and the soil drains better. As an added bonus, plants grown close together will shade the soil, which decreases evaporation and keeps roots cooler.

Raised bed gardens also are great for people with physical limitations. If built tall enough, the beds eliminate the need to weed on hands and knees, and harvesting is easier. Raised beds can be accessed from all open sides, which is useful for gardeners who use assistive walking devices.

“Raised-bed gardens allow gardeners to get outside a bit earlier in the season because the soil warms up faster and can be worked sooner than traditional beds,” he said. “Rainy weather is less of a deterrent for working in the garden because mud won’t be an issue. Another benefit is plants planted closely together in a raised bed helps keep weeds crowded out.”

As for pests, raised beds can be covered with insect screening fabric. Crop rotation is easier, which helps mitigate the attraction of plant-specific species.

While a raised bed can be nearly any shape, Hillock recommended a maximum width of about 4 feet to ensure gardeners can reach the back side if the bed is adjacent to a structure.

Before gardening enthusiasts get started building a raised bed, there are a few things to consider:

- For best light exposure, build beds in a north/south orientation.
- Make sure paths between the beds are wide enough to walk comfortably, push a wheelbarrow or accommodate a walking device or wheelchair.
- Before construction, stake out beds and walk through them to make sure it’s a workable arrangement.
- Decide whether an unframed or framed bed best suits your needs. For an unframed bed, eliminate weeds and turf first, then dig a furrow on both sides of the area and pull up the soil around the edges to create a mound.
- If building with wood or other hard materials, level the area and put the frame in place before preparing the soil. In addition to treated lumber or landscape timbers, concrete blocks, rocks or bricks, snap-together plastic blocks, hay bales and recycled materials can be used.

“Be creative with your materials for the beds and the plants you select. Raised beds are a great way to add visual interest and texture into your landscape,” Hillock said.

Casey Hentges, host of the popular [Oklahoma Gardening](#) show, demonstrates an [easy and inexpensive way to construct a raised-bed garden](#).

More gardening information is available on [OSU Extension’s website](#).







## Good money management habits begin young



Learning is a life-long process beyond reading, writing and arithmetic classes in school. It also includes money management skills, said Cindy Clampet, [Oklahoma State University Extension](#) assistant family resource management specialist.

Although Oklahoma requires students to take a personal financial literacy class to graduate from high school, Clampet said learning principles of earning, saving, protecting and investing can start even earlier at home.

“Start by giving small children money for purchases at the store. Exchanging coins for candy teaches them money has value,” Clampet said. “The next lesson is that the value of money is tied to effort or work. By paying them for extra chores – beyond what would normally be expected in the family – they learn the money represents a certain amount of work.”

It can be a real eye-opener for a child who wants a \$200 item when they realize that amount equals 28.5 hours working in the yard for \$7 per hour. One of two things will happen in that scenario: the child will be more appreciative of the item, or they’ll decide that much effort isn’t worth it.

“Either way, the child learns that things cost money and won’t be handed over without putting forth some work,” she said.

Another way to help develop those skills is to set up a savings account at a local bank or credit union. Go with them as they make deposits; they’ll get excited when they see the balance grow.

Clampet said by the time a child is in high school, they should set up a student checking account to budget their money and pay for expenses. Student checking accounts typically have low or no fees but may come with perks such as mobile money apps and transfer options. Some banks require a student’s account be linked to the parent’s account, or they require a minimum balance. Check with several banking institutions and compare their benefits and drawbacks.

There are some good websites that have games and apps, as well. One site, [www.moneyprodigy.com](http://www.moneyprodigy.com), is designed for children 4-18 years old. Clampet said some of the games are as simple as putting together a puzzle of dollar bills, while others require counting coins and sums. Other games introduce the hazards of payday loans, earning money as an Uber driver or budgeting for a month.

Those who may be weary of video screen content can turn to classics such as the board games Monopoly and Life. New games that are highly recommended for teaching money skills are Act Your Wage, Franklin’s Fortune, Pay Day and Managing My Allowance.

“Take advantage of this time at home with your children. The things they learn now can be a valuable investment in their financial future,” Clampet said. “Plus, you’ll get the added benefit of spending extra time with your children and passing on your values about money.”

## Should you buy or lease your next vehicle?

When it comes to buying a new vehicle, consumers have three options – buying outright, buying with a loan or leasing. For most people, buying outright is not an option, so consumers are left with a loan or lease option.

The choice between buying and leasing can be a tough call, said Cindy Clampet, Oklahoma State University Cooperative Extension family resource management assistant specialist.

“Typically, buying involves higher monthly costs, but you’ll own the vehicle at the end of the loan agreement and the car will still have cash value,” Clampet said. “Leasing, on the other hand, may look attractive due to the lower monthly costs. However, you’ll never own the vehicle and there isn’t any equity at the end of the lease agreement. You also may get into a cycle in which you never stop paying for a vehicle.”

Also, loan payments are usually higher because the consumer is paying off the entire purchase price of the car, plus interest, finance charges, taxes, and fees. A lease payment is almost always lower because the consumer is paying only for the vehicle’s depreciation during the lease terms, plus rent charges, taxes and fees.

Clampet also noted a person who buys a vehicle is free to sell or trade at any time. There are penalties for ending a lease agreement early.

Most people hop in their car and drive wherever they want to without much thought to how many miles to the destination. When consumers own the vehicle, they can drive it as many miles as they wish without penalty. Lease agreements often have a mileage limit of around 10,000 miles per year, and if you go over that amount, the fees can be high. The average driver puts about 12,000 to 15,000 miles per year on a car.

Clampet also pointed out when consumers buy a car, there is no penalty for wear and tear.

“It’s natural for a family or individual to cause wear and tear on a vehicle. Drinks get spilled, seat coverings can get torn and carpeting wears down,” she said. “In the typical lease agreement, there will be something in there regarding excessive wear and tear. Make sure to read those details and find out exactly what is meant by excessive. Obviously, there’s going to be normal wear and tear, but it’s important to understand the verbiage in the lease agreement.”

Something else to consider is the ability to customize the vehicle. When you buy a car, it is yours to modify as you wish. Be careful not to void your warranty. A leased vehicle cannot be customized. If you do add parts, you may have to pay to have them removed.

To put numbers to a car buying vs leasing scenario, consider this hypothetical situation comparing a six-year note on a \$29,429 car at 2.9 percent interest, compared to two back-to-back three-year leases of the exact same car at .024 percent.



The loan payment is \$416 per month, and the lease payment is \$287. The loan requires a \$2,000 down payment and the lease calls for \$2,000 at each new signing. After three years, the consumer who bought the vehicle has paid out \$16,976 and the leased vehicle has required \$12,332 in payments. At the end of six years, the car buyer has paid a total of \$31,952, while the person leasing the vehicle has paid \$24,664, which includes the two \$2,000 payments at the beginning of each lease.

“You may look at those numbers and think the lease obviously is the best option. However, the owner of the car now has a vehicle worth \$9,675 and can drive it now for just the cost of gas, insurance, and maintenance,” Clampet said. “The person with the leased vehicle has nothing left over at the end of the lease and must now either purchase a vehicle or lease another one. If you’re trying to figure out which option is best for you, put a pencil and paper to it. If you enjoy having a newer vehicle every few years, maybe a lease is right for you. If you’re on the other end of the spectrum and enjoy not having a car payment for a few years, buying may be the better option for you.”

## SWINE PEDv: What is it and How Can You Prevent it?

Recently, there has been an outbreak of PEDv amongst mainly show swine in Oklahoma. What is PEDv, you might ask?

Porcine Epidemic Diarrhea Virus (PEDv) is a type of coronavirus that affects swine, causing diarrhea and vomiting, and death of 50-100 percent of infected piglets. Adult pigs can become infected but generally do not have mortality (USDA).

How can you prevent it?

The number one thing you can do to prevent the spread of PEDv is to monitor your pig’s health and to make sure if your pig is sick, to not bring it anywhere.

If you notice that your pig is sick, a first great step is to isolate the pig and disinfect yourself and the area that the pig is in.

We have been notified of a number of show pigs from multiple locations in the state that have developed gastrointestinal issues in the past 7-10 days. The symptoms are diarrhea, some vomiting, listlessness, and off feed. It appears that the condition is contagious. We have not heard of any deaths associated with the condition in show pigs but some of these types diseases can cause high death rates in younger pigs if they are exposed. We are working to get diagnostics done today but regardless of what we find out, this is a serious disease that appears to spread easily and quickly when pigs are commingled.

With County Shows and OYE being scheduled in the next 2-4 weeks it’s very important that we control this now! Please alert everyone you know who deals with show pigs about this. It’s incredibly important for exhibitors, parents, Ag Educators, and Extension Educators to act responsibly and not take pigs that are sick or have been in association with sick swine to shows for at least 10 days after the illness has subsided. Educate yourselves and others about good biosecurity and how to maintain it.



Keep pigs that have commingled with other pigs away from sows and other pigs at home. Take care of show pigs and sick or exposed pigs last and change clothes and boots before going back to sows and other pigs.

We want to remind pig owners and exhibitors that taking steep biosecurity measures is the best way to prevent PEDv from entering your herd

Email Haley Shawhan at [haley.shawhan@okstate.edu](mailto:haley.shawhan@okstate.edu) for more information and fact sheets about biosecurity and PEDv.

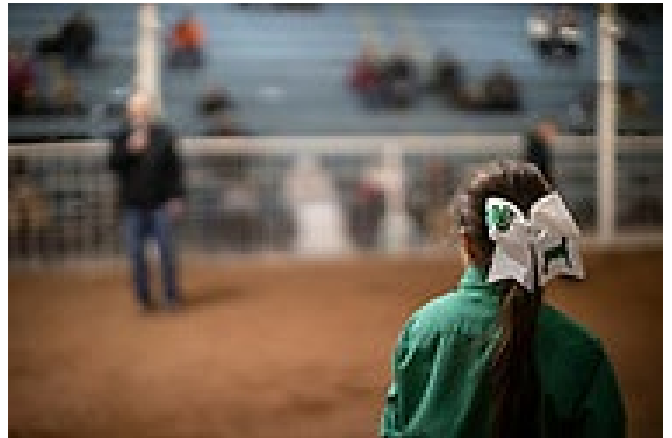
Also if you have any questions about PEDv contact:

**Oklahoma State Vet Office**  
**405.522.0270**

## Preparing for the show – stepping your way into success with proper clothing

*Julie Thelen, Michigan State University Extension*

Being ready to walk into the show ring for a jackpot show or fair involves more than just having your animal with you. The [Michigan State University Extension](#) “Preparing for the show” series is a four article series that helps youth become better prepared to walk into the ring and have a successful experience. This is the fourth article in a series which focuses on preparation and the three C’s about preparing for the show: cleanliness, confidence, and clothing.



The show ring is not a style show. Although bling seems to be finding its way onto show halters, show harnesses, show sticks, jeans, shirts and so much more - your preparation will take you farther than a few rhinestones, so be sure to plan ahead for proper show ring attire.

As mentioned in [Stepping your way into success with cleanliness](#), reading the rules for the event you are exhibiting at ahead of time is essential. For some shows and events, the rules will tell you exactly what is allowable in terms of clothing. In those cases, there is no exception; you need to follow the rules.

However, most fairs and shows do not have a dress code for livestock and as a result, a lot of variation can be found. As a rule of thumb when entering the show ring, you should be dressed in a clean, appealing, and practical outfit but it does not have to be costly. Showing animals is expensive enough; you don’t need to add an additional financial burden in the clothing you are wearing.

In regards to show ring attire, I have four basic recommendations.

1. **Jeans.** While jeans that look well-worn or have small holes may be stylish, when you are showing animals your jeans should be a solid color and not have holes. Since you are working with animals, dark jeans are recommended as they tend to hide more accidents that could happen at the fair. More importantly, having pants cut at the proper length is critical for safety when moving with the animal.
2. **Collared shirt.** Whether a polo or a button down, a collared shirt makes you and your animal look more professional. The length of the sleeve should be determined by the comfort level of the exhibitor and the temperature of the show ring. Solid or plaid shirts are acceptable.
3. **Boots.** Safety is the most important reason for wearing boots. Additionally, they will keep debris off of your skin while walking in an arena and the barn area. If possible, make sure to clean your boots before entering the show ring to look more professional.
4. **Belt.** Belts keep things in place and provide a nice finished look to your show ring attire.

Remember, you are showing your animal, not you. To allow you to do this, make sure to keep your hair out of your face so you can make eye contact with the judge. Additionally, make sure to remove your baseball hat and spit out your gum before entering the show ring. On a final note, make sure to silence your phone or better yet, give it to someone else, to avoid the embarrassment of your phone ringing when you are in show ring. For additional show clothing attire recommendations, consider reading [Rachel Cutrer's](#) blog about [Proper Cattle Showmanship Attire](#).

Looking for more information on how to prepare for the show? [Part1: Practicing](#), [2: Cleanliness](#) and [3: Confidence](#) in this series will further explore the three most common questions in relation to getting you and your animal ready for the show. Best of luck on your showing experience!

This article was published by [Michigan State University Extension](#). For more information, visit <https://extension.msu.edu>.

## State 4-H'ers learn while observing presidential inauguration

Although they weren't standing on the National Mall in Washington, D.C., a group of Oklahoma 4-H'ers got a different perspective of the recent inauguration of Joseph R. Biden, the 46th president of the United States.

Selected through an application and interview process, eight Oklahoma 4-H'ers were on tap to attend the inaugural festivities last month in Washington, D.C., but had to cancel the trip due to the COVID-19 pandemic. Four of the eight were able to attend an alternative event in Chickasha, Oklahoma, on inauguration day, with all social distancing guidelines in place. Taking part in the day's activities were Teegin Crosthwait, Payne County; Emily Ward, Mayes County; and Hunter Haxton and Emily Griffith, both of McClain County.

Cathleen Taylor, state leadership and civic engagement specialist with the State 4-H office at Oklahoma State University, said while it was disappointing to have to cancel the trip to Washington, D.C., she still wanted the Citizenship Washington Focus – Presidential Inauguration delegates to have a meaningful and educational experience.

“We had a lot of hands-on learning experiences for the delegates along with watching the inauguration itself,” Taylor said. “Before the event, each delegate was assigned a type of government and they gave an oral presentation that day.”

Taylor said the group also discussed all aspects of elections, including how to file to run for office, how to register to vote, as well as the various types of ballots.

Former Sen. Ron Justice, who served District 23 in Oklahoma, was on hand to share his personal experiences about his civil service.

“To learn the importance of elections and patriotism is absolutely critical to the future of our country and our freedom,” Justice said. “It’s important for today’s youth to be involved and participate in the election process.”

In addition, Taylor said the group played a Kahoot game about the presidential cabinet and what each role consists of and also watched the School House Rocks program about how a bill becomes a law.

Payne County 4-H’er Teegin Crosthwait, said she was excited to take part in the CWF-PI educational experience.

“It’s very important for youth to be politically engaged. Ever since my trip to Washington, D.C. for the Citizenship Washington Focus trip, I’ve been more appreciative of our government and have been more politically active and engaged,” Crosthwait said. “Even though we weren’t able to attend the inauguration like we had hoped, seeing the process of events happening was still a cool experience. Hearing from Sen. Justice was very cool and informative.”

Hunter Haxton, an active 4-H’er from McClain County and who currently is serving as state 4-H president, said he believes it is important for today’s youth to be politically engaged.

“Through this experience, I learned more about our government, all of the different parts, how it functions and the importance of being involved,” Haxton said. “It’s important for youth to be politically involved and stay up to date because we are the future. We are blessed as Americans to be part of the process.”

Taylor said she was pleased with how the day turned out.

“We just made the most of the situation we were in, but as with all things in the Oklahoma 4-H program this last year, we’ll continue to bend over backwards to make sure our club members get the best experience possible,” she said. “As long as National 4-H Council continues to support CWF-PI, we will have delegates participate.”

All of the lessons, games, and activities in which the delegates participated soon will be available to county OSU Extension educators to use locally. Contact Taylor at [cathleen.taylor@okstate.edu](mailto:cathleen.taylor@okstate.edu) for more information.



## Upcoming Activities for 4-H Families



*The Art of Breadmaking*  
4 SERIES VIRTUAL BREAD WORKSHOP

THURSDAYS, 4:30-6:30PM

March 18th: **Making Basic Bread Dough**  
April 1st: **Bread and Roll Shaping**  
April 15th: **Focaccia Bread Artistry**  
April 29th: **Bread Painting and Decorating**

\*REGISTRATION DEADLINE: MARCH 5TH, 2021  
\*LIMITED REGISTRATION

- ✓ INTERACTIVE BREADMAKING IN THE COMFORT OF YOUR KITCHEN
- ✓ \$30 FOR ALL 4 CLASSES\*  
PRICE COVERS ALL MEMBERS OF A HOUSEHOLD
- ✓ CALL 405-713-1125 TO REGISTER  
OKLAHOMA COUNTY OSU EXTENSION  
CASH, CHECK, OR CARD ACCEPTED

WORKSHOP INCLUDES A MAILED KIT WITH BAKING SUPPLIES, RECIPES & MORE!

Oklahoma Wheat Commission  
FOR MORE INFORMATION VISIT [WWW.OKWHEAT.ORG](http://WWW.OKWHEAT.ORG)

OSU OKLAHOMA COUNTY EXTENSION

### LIVE WEBINARS

## RANCHERS' THURSDAY LUNCHEON SERIES

► Feb. 11, 2021 - Mar. 4, 2021  
Thursdays at 12:30 p.m.

OSU EXTENSION




# HORSE JUDGING Camp

February 2021

Experts from 4 universities! Topics to include:

- Note taking & reasons
- Halter classes
- Horsemanship
- Ranch Riding
- Oral reasons with feedback!

**\$30**

Online course with at-home assignments, 4 interactive meetings, reasons critiques, quizzes & more!

OSU P S N



# Tack Box Talk

Horse Stories with a Purpose.

EIH  
EXTENSIONHORSES.ORG

# Listen in on the Extension Experience Podcasts: *Giving Insights into Oklahoma Agriculture*

This week on *The Extension Experience* podcast, Earl Ward is a special guest and the topic is: **Are your Cows Prima Ballerinas?**

Click our logo below to listen on Spotlight or access the episode via Spotify, Apple Podcast, or Google Podcast apps.

Be sure to check out the show notes for additional information about this week's topic.

Access to all other episodes can be found on our [Spotlight](#) page.

If you are reading this in paper form, the online link to these podcasts is:

<http://spotlight.okstate.edu/experience/podcast/>



## SUNUP TV Presents:

This week on SUNUP, we travel to Logan County to see how CARES Act funding is helping local meat processors through the pandemic.



Join us for [SUNUP](#):  
Saturday at 7:30 a.m.  
Sunday at 6 a.m. on [OETA-TV](#)  
[YouTube.com/SUNUPtv](https://www.youtube.com/SUNUPtv)  
[SUNUP.okstate.edu](http://SUNUP.okstate.edu)

- [Josh Lofton](#) tells us how using cover crops can help control weeds in the field.
- In the [Mesonet](#) weather report, [Wes Lee](#) explains how snow impacted soil moisture. Gary McManus shows us how the drought monitor looks after the recent rains.
- [Alex Rocateli](#) says planting [oats](#) as a rescue forage crop is a good option for producers if their wheat crop has failed.
- In Cow-Calf Corner, [Glenn Selk](#) explains Stage 2 of calving, and tells us how to ensure newborn calves get enough oxygen.
- [Derrell Peel](#) offers a beef market update and explains why he expects cautious optimism in the latter half of this year.
- Finally, [Kim Anderson](#) says wheat prices are good and forward contracting might be a good option for producers.

## Harmon County Extension Office

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Haley Shawhan – Harmon/Greer 4-H Educator, and Harmon County Agriculture Educator

Sources for New Year's Traditions article:

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