

Drought time weaning strategies

If you are a cattle producer, you have either already weaned your cattle, or are in preparation. Drought forces cattlemen to change practices in order to save their herd and livelihood. Early weaning, when done correctly, can be an effective drought management tool which benefits pasture recovery, cattle productivity and the calf crop.

Vet tips
Dr. Aaron White



A cow's goal in life is to produce a healthy plentiful calf crop. If the cow is unproductive, she is not profitable. For a cow to be productive she needs to be pregnant and/or nursing a calf for much of her life. All of this takes energy. In drought years energy sources are especially sparse, so efficiency is critical. For the cow, early weaning reduces lactation demands which lowers nutrient requirements. First-calf heifers are still growing, so early weaning not only reduces lactation demands, but allows the nutrients to be used to finish the heifer's growth and development. The unborn calves should be as much of a concern as the nursing calves. Drought causes stress. Stress in the pregnant cows will result in light, weak calves at birth and reduced colostrum quality and quantity. In severe drought, early weaning may be essential in allowing cattle to regain body condition. The brood cow must be in sufficient condition to winter well on low quality roughages, especially in drought years. This is vital in maintaining healthy cattle which will aid in producing a healthier calf the next year and subsequent rebreeding season. If a cow is in poor condition at breeding time, the result is a lower percent of the cows coming into heat, an increased postpartum interval, a lower conception rate, and more open cows during pregnancy exam.

The most important issue to be addressed is how to manage calves during early weaning. Facilities and feeds are critical and dependent on the age and weight of the weaned calves. Calves must be able to have reliable access to feed and water. A low-stress weaning program will go a long way in setting calves up for a healthy start and begin to gain on appropriate rations.

Even if you did not early wean this year, it is not too late to think about next year. If cows are behind in nutrition this Fall and finish the winter in poor condition, early weaning may be just what is needed to help the cows recover. Early weaning can enhance the efficiency of drylot cow-calf operations by allowing greater use of poor quality roughages by the cow herd. Early weaning will also give the pastures a longer window of recovery.

In situations when under-feeding is common, a more intensive and costly health program may result. It pays to process calves ahead of weaning. Processing is a stressful event for the calves. Stress will undermine exactly what needs to be done, boost the immune system to prevent disease. Disease will result in decreased gain and increased costs. Vaccination programs are essential in keeping these calves healthy. Vaccination programs will be very dependent on how and when the calves are weaned, so always discuss this with your veterinarian.

Letter To The Editor:

Growing up in Norton definitely had its advantages. I felt then, as I do now, that the community offered quality educational and recreational facilities. In grade school I remember my parents carpooling to drive to Arapahoe every day to take advantage of their beautiful swimming pool; then when I was in high school Norton built the current swimming pool where I was a life guard and water safety instructor. My husband, Ronald Johnson, was manager of the Norton Pool.

I have enjoyed the water aerobics classes for the past several years and have watched the deterioration of the swimming pool. It is in very poor condition now after fifty plus years of use.

Many adults and children (including my five grandchildren) would benefit from the proposed pool reconstruction project. So please Norton "vote yes" in the upcoming sales tax election. I would hate for my tax dollars to be spent in Phillipsburg, where they have recently decided to build a new swimming pool. Say yes to the pool, it is the time to be positive for future generations.

Elaine Kimmel Johnson
NCHS GRADUATE - 1958



In lieu of some criticism of Norton business people, I want to say I have only praise for them. Especially for Ron Kent, who so graciously helped me get my car untangled from his car wash after I drove both right side tires outside the guard rails. Thank you Ron. Emailed in.



The pecking order in the chicken coop

It's a case of "The Home Team" versus "The Intruder."

After two days in a separate cage inside the chicken coop, I thought Henny Penny, our single, half-grown, hen, would be accepted by the rest of the flock. Boy, was I wrong.

After putting feed in the big girls feed pan I opened H.P.'s cage door. She came right out and headed for food.

Bang! One of the hens nailed her with a peck. She tried again. This time it was the rooster that cocked his head sideways before landing a hard peck on her head. Another hen ran her into a corner, pecking all the way. Poor Henny Penny. She was scared to death.

I came to her rescue and put her back in her cage with her own food and water. The next day we tried it again with pretty much the same results. I'm afraid to leave her alone with the flock. They could all attack her at once and then she would be done for.

It seems like a lot of trouble for one chicken, but Jim is going to varmint-proof the calf pen which is right beside the chicken run and find H.P. a safe home free from fear of roommates.

Looking into the future I wonder if Henny Penny will be as mean to the new batch of chicks that are in her old coop. Will she remember her

Out Back

Carolyn Plotts



mistreatment and offer an olive branch to her little sisters. Doubtful. Chickens are chickens and the term "pecking order" is one they deserve and work hard to preserve.

-ob-

Hats off to all doctors. I couldn't begin to do what they do.

Jim's big toe was hurting him. But by the time he asked me to look at it, it was too late. Even with my untrained eye, I knew it didn't look good and told him he needed to see a doctor. It must have hurt enough that he didn't argue with me and I made his appointment.

Sure enough our doctor said the toenail would have to come off, but not until he got the infection under control with antibiotics. He came home with a prescription and instructions to soak his foot every night in epsom salts.

I played nursemaid and fixed his footbath every night, then bandaged his toe and put on his socks. One night Jim

said, "Maybe I should have you bring me some mittens. That way you could be waiting on me hand and foot."

On the day of his appointment for the toenail removal I tried to think of any excuse I could as to why I shouldn't go in with him. But I always came back to the knowledge that Jim would go with me if the tables were turned, so I "guttered it up" and went along.

When our doctor came in with the needle to numb his toe, I couldn't watch. Jim didn't flinch. He said she did it so well, he never even felt it. Subsequently, he didn't feel the other shots, either.

I still couldn't watch when she pulled out the pliers to pull off the nail. All I could think of was Nazi torture chambers. I was ready to tell her anything she wanted to know and she wasn't even touching me.

It was over in an instant, with Jim cracking jokes all the way. I was white as a sheet and he was having a ball. However, the last straw came when he said he was going to cut the toenail in half and make me a set of earrings.

Just for that, I gave him a double dose of pain killer and he didn't wake up for five hours. I don't get even, I get ahead.

The key to a healthy diet is moderation and variety

The key to a healthy diet today is to eat a variety of foods including grains, milk, vegetables, meat and fruits - all in moderation. Each of us needs to make smart choices about when we eat and how much.

Another key ingredient in personal health is exercise. Something as simple as a 20 minute walk several times each week will go a long way toward personal health.

In spite of this widespread consensus to eat in moderation and variety, there are plenty of detractors who are trying to limit the amount of protein, especially red meat from the everyday diet. Most of these opponents preach eating less or no beef.

Dietary guidelines are supposed to tell us what we should eat for good nutrition. Such recommendations are as plentiful as the half-truths or flat-out-falsehoods we're bombarded with daily during this presidential election.

Numerous organizations have been issuing their own guidelines about what they would have us eat based on their agendas. Oftentimes these guidelines are too dogmatic, containing specific recommendations for everyone while overlooking allowances for individual differences.

An example is the recent Healthy, Hunger-Free Kids Act that places

Insight

John Schlageck



a ceiling on the amount of proteins and overall calorie content of school lunches.

The United States is made up of individuals who need to adjust their diets to allow for their own states of health, age, development, risks of chronic disease and personal tastes. And when it comes to choosing meats as a source of protein, the key is to choose lean cuts and trim the fat from the meat before or after cooking.

Beef, chicken, fish, lamb, pork and poultry should be roasted, baked, broiled, grilled or simmered. No matter how you cut it - all lean meats are high in nutritional quality. They're good for the body as well as the mind. Beef, pork, chicken, fish and lamb have been recognized as healthy sources of top quality protein. They also contain thiamin, pantothenic acid, niacin and vitamins B-6 and B-12.

Red meats are also excellent sources of iron, copper, zinc and manganese

- minerals not easily obtained in sufficient amounts in diets without meats. Well-trimmed, lean meats contain approximately 4 to 9 percent fat when uncooked.

Meats of all kinds, whether fat or lean, are low in cholesterol, approximately 70 to 90 milligrams per serving. This amount is too small to have a significant effect on blood or serum cholesterol of most of the population. This includes those with normal blood cholesterol levels and who are not genetically likely to respond abnormally to dietary cholesterol.

Confusion about cholesterol arises when physicians or nutritionists speak of a cholesterol lowering diet. They are referring to a diet that lowers blood cholesterol, not specifically to a low-cholesterol diet.

Lean meats in moderation as part of a varied diet are not now and are not expected to become a cause of heart disease or cancer. Beef steak, pork roast, grilled chicken and lamb chops are healthy and a necessary part of our daily diets.

When it comes to eating, the truth is, nothing compares to the smell, sound and taste of a steak sizzling over an open fire.

Cheeseburger, pork chop, grilled chicken or T-Bone anyone?

THE NORTON TELEGRAM

E-mail: nortontelegram@nwkansas.com

ISSN 1063-701X

215 S. Kansas Ave., Norton, KS 67654
Published each Tuesday and Friday by Haynes Publishing Co., 215 S. Kansas Ave., Norton, Kan. 67654. Periodicals mail postage paid at Norton, Kan. 67654.

Postmaster: Send address changes to Norton Telegram, 215 S. Kansas, Norton, Kan. 67654
Official newspaper of Norton and Norton County. Member of the Kansas Press Association, National Newspaper Association, and the Nebraska Press Association

Nor'West Newspapers
Dick and Mary Beth Boyd
Publishers, 1970-2002

Kansas Press Association



OFFICE HOURS:
8 a.m.-5:30 p.m. Mon.-Thur.
8 a.m.-5:00 p.m. Friday
Phone: (785) 877-3361
Fax: (785) 877-3732

STAFF

Dana Paxton..... General Manager
Advertising Director/
email: dpaxton@nwkansas.com
Carlleen Bell..... Managing Editor
cbell@nwkansas.com
Dick Boyd..... Blue Jay Sports
nortontelegram@nwkansas.com
Michael Stephens..... Reporter
Society Editor/Area Sports
mstephens@nwkansas.com
Vicki Henderson.....
Marcia Shelton..... Office Manager

Letters to the Editor and Thumbs Up:

e-mail dpaxton@nwkansas.com or to write 215 S. Kansas Ave., Norton, Kansas 67654