

The need to test your feeds

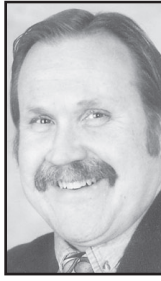
Nitrates - Well Worth the Worry . . . With the colder season approaching and the need to supplement this time of year, I wanted to remind producers about the need to test your feeds. Not only is it well to look at some of the nutrient values such as energy and protein, but consider the nitrate levels in the feeds you may have put up. Here are a few notes I have put together.

In sorghum or sudans and other related crops, nitrates can accumulate as a result of protein synthesis. Nitrates, consumed by the ruminant are converted quickly to nitrites and then these are converted to ammonia which helps to form proteins. Plants store nitrates in the lower stalk and lower leaves. Normally the nitrates are converted to plant proteins however when plant growth is interrupted as in a drought or freeze, the nitrates aren't metabolized properly and build up in the plant.

Nitrates decrease with age of the plants, and ensiling can reduce nitrates to half their original levels. Feeding high quality forage and grain can help reduce a nitrate overload in the animals consuming feeds high in nitrates.

Young fresh regrowth of forages under 18 inches tall, just after a freeze or drought should be suspect with high nitrates. Also heavily fertilized crops can be suspect for possible nitrate levels. Haying these crops by itself cannot reduce nitrates.

Views with Van Keith VanSike, Extension Director



Once the crop is harvested the nitrate levels will remain stable in the forage and not decrease much, the exception is that silage fermentation can reduce nitrate levels. Laboratories may express nitrates in different ways so you must be aware of how it is reported. It may be reported strictly as nitrate or nitrate-nitrogen. Each value may be different from the other so you must be aware of how it is reported.

What level of nitrate is toxic? That depends upon the type and the size of animal, health and type of feed used. Usually levels of nitrate in the range of 3,000 - 6,000 ppm are moderately safe but you should feed with caution at a rate of 50 percent of the ration. Levels that range from 6,000 - 9,000 ppm can be potentially toxic to cattle but can be fed when diluted with other forages and grains - manage with caution! If over 9,000 ppm the feed can be extremely dangerous to animals and often times will cause death.

If in question, have your feeds tested. You may still be able to utilize feeds by diluting the forages with grains or good quality

hays. If you find your feed test to be somewhat high you can feed it with caution and proper management. The higher the nitrate level, the more dilution you will need and more caution in feeding.

If possible, mix high nitrate forage with grain (4-5 pounds) or with grass or alfalfa hay (50:50) or up to 1/3 affected hay with 2/3 grass hay. After 2-4 weeks of feeding this hay or grain you probably can ease off some on the hay and grain as the animals should adjust to this high nitrate level. Work cattle onto high nitrate forage gradually by feeding smaller amounts.

Feed a balanced ration. The protein supplement should be of plant origin (i.e. soybean meal, alfalfa) as this will provide needed energy to utilize excess nitrates. Feed adequate Vitamin A and if drinking water has known high nitrate levels, this will compound the problem.

When roughages are made into silage, fermentation normally reduces nitrate levels by 40 to 60 percent. Forages with extremely high nitrate levels at harvest may still be dangerous after ensiling and should be analyzed before feeding. If forages are harvested as hay, nitrate concentrations remain virtually unchanged over time.

In the Extension Office we have an excellent brochure, ask for Nitrate & Prussic Acid Toxicity in Forage.

Leadership winners



Northern Valley Elementary School Leadership Award Winners for the month of October are (from left to right) second-grader Nolan Kinderknecht, third-grader Kai Cox, fourth-grader Coy Kinderknecht, first-grader Robert Vsetecka and kindergartener Ja'Nee Moore.

-Courtesy photo

Kindergarten - Ja'Nee Moore

Ja'Nee listens to her teacher and does what is asked of her. Ja'Nee comes to school with a smile and a positive attitude and is ready to learn each day. Ja'Nee treats her friends with respect and is helpful to others. Ja'Nee tries her hardest on each task she does. -Michael Thompson

1st Grade - Robert Vsetecka

The first grade leadership winner for October is Robert Vsetecka. Robert has a strong work ethic and does his very best on classroom work. He is a good listener and adds to classroom discussions. Robert is a good role model and leader for his classmates. He demonstrates good citizenship by obeying classroom and school rules and respects adults and his peers. Robert always has a positive attitude and does the right thing. -Tammy Vincent

2nd Grade - Nolan Kinderknecht

Nolan Kinderknecht is the second grade leadership award winner for October. Nolan inspires his classmates by modeling good behavior on a daily basis. He is cooperative and helpful to peers and adults. Nolan demonstrates integrity and honesty as he makes positive choices. He shows curiosity and intrinsic motivation as he takes responsibility for his learning. Nolan exemplifies the class motto as he challenges himself "to be the best student that he can possibly be." -Julie Thompson

3rd Grade - Kai Cox

Kai Cox is the 3rd Grade Leader for the month of October. He is always kind to his friends and is an amazing peer role model to other students. He is willing to help others. He always has a positive attitude and has a fabulous sense of humor. Kai works hard on his school work. He always follows directions and shows integrity. He comes prepared for class and is responsible by always having his planner

signed. He enjoys having fun but also knows when it is time to work hard. Kai is a great asset to our class and shows others what it is like to be a leader. -Jill Gebhard

4th Grade - Coy Kinderknecht

Coy Kinderknecht is the 4th grade class Leadership Award winner for the month of October. Coy has set a great example for his class the first few months of school. He is an excellent leader and is a friend to all. He is very honest with teachers and peers. He is an organized student who makes sure he has all homework completed every day. Coy is the first to lend a helping hand whenever it is needed. Coy is a great role model not only for his classmates but for the whole elementary school. -Monica Wilson

Leadership award winners receive a certificate, a Husky bag and a coupon from the Norton Dairy Queen for a free Mini-Blizzard.

SCHOOL CALENDAR

NCHS

Monday, Nov. 18
Winter sports practices begin
Assembly: Stull Gym, 10 a.m.
FCCLA meeting, A.P.
Mid-Plains Community College representatives available, A.P.
Scholar's Bowl Tournaments at Atwood and at Logan, both begin at 4 p.m.
FFA PALs Party, 7 p.m.
Tuesday, Nov. 19
Jay Singers, 7:30 a.m.
Student Focus Group, A.P.
Wednesday, Nov. 20
Progress Reports Due
Forensics Team meeting, A.P.
Site Council, 5 p.m.
Thursday, Nov. 21
MCL Principals' meeting at Hill City, 10 a.m.
Jay Singers, 7:30 a.m.
Friday, Nov. 22
Turkey Skit practice, 7:45 a.m.
P.B.I.S. and B.A.S.S. meetings
Artist of the Month, A.P.
NIHS

Monday, Nov. 18
Assembly: Stull Gym, 10 a.m.
Tuesday, Nov. 19
Basketball vs. Phillipsburg, 5 p.m.
Wednesday, Nov. 20
Progress Reports Due
Site Council, 5 p.m.
Thursday, Nov. 21
Basketball vs Thomas More Prep, 5 p.m.

EES

Monday, Nov. 18
Assembly: Grades 3-5; NCHS Stull Gym, 8:45 a.m.
Tuesday, Nov. 19
Kindergarten Thanksgiving Program: Cafeteria, 2 p.m.
Wednesday, Nov. 20
Progress reports due S.I.T., 7:30 a.m.
Thinking Cap Quiz Bowl: Grade 6, 3 p.m.
TEAM meeting, 3:40 p.m.
Northern Valley

Monday, Nov. 18
Camfel Productions Assembly, 3rd-4th grade in Norton, 8:45 a.m.

Camfel Productions Assembly, 5th-12th grade in Norton, 10 a.m.

Logan Scholar's Bowl, 4 p.m.
HS BB practice begins
Tuesday, Nov. 19
NVJH BB at Stockton, 4 p.m.
Wednesday, Nov. 20
Forensics meeting in HS conference room, 7:45 a.m.

Regional Driver Ed. meeting in Colby, 9 a.m.

Positive Attitude Assembly in HS auditorium, A.P.
Midplains Community College, McCook will be visiting, A.P.

Thursday, Nov. 21
Advance Foods Chili Cook-off in FACS, 2-6 p.m.
NVJH BB vs. Grinnell/Wheatland at Alma, 3:30 p.m.
Saturday, Nov. 23
Almena Congregational Church Soup Supper in HS cafeteria, 5-7 p.m.

SCHOOL MENU

NCHS-NJHS

Monday, Nov. 18
Breakfast-Sausage gravy, biscuits, fruit, apple juice and milk.
Lunch-Hamburger, pickles, lettuce and tomato, peaches and milk.
Tuesday, Nov. 19
Breakfast-Apple cinnamon bars, applesauce, orange juice and milk.
Lunch-Beef and bean tostada, lettuce and tomato, french bread, applesauce and milk.
Wednesday, Nov. 20
Breakfast-Assorted cereal, toast w/margarine, fruit, grape juice and milk.
Lunch-Chicken enchilada, lettuce and tomato, Mandarin oranges, celery sticks and milk.
Thursday, Nov. 21
Breakfast-Breakfast quesadilla, fruit, grape juice and milk.
Lunch-Pepperoni pockets, green beans, Mandarin oranges/peaches, cottage cheese and milk.
Friday, Nov. 22
Breakfast-French toast sticks, syrup, fruit, orange juice and milk.
Lunch-Turkey, whipped potatoes, corn, turkey gravy, rolls and pumpkin pie.

EES Menu

Monday, Nov. 18
Breakfast-Pumpkin chocolate chip muffin, whole grain cereal, oranges and milk.
Lunch-Potato Boats, baked beans, fruit cocktail, whole

wheat roll and milk.
Tuesday, Nov. 19
Breakfast-Sausage pancake stick, warm syrup, hash brown patty, apple juice and milk.
Lunch-Macaroni and cheese, little smokies, cooked carrots, rosy applesauce, pepper strips, french bread and milk.
Wednesday, Nov. 20
Breakfast-Chilled yogurt, strawberries, toast with jelly and milk.
Lunch-Peanut butter and honey sandwich, cottage cheese, warm peas, celery stick, Mandarin oranges and milk.
Thursday, Nov. 21
Breakfast-Biscuit breakfast sandwich, pears and milk.
Lunch-Turkey, dressing, whipped potatoes, gravy, green beans, apple ring, pumpkin custard, french bread and milk.
Friday, Nov. 22
Breakfast-Breakfast burrito, peaches and milk.
Lunch-Sloppy Joe, homemade bun, 1/2 corn, sweet potato tots, kiwi and milk.

Northern Valley Menu

Monday, Nov. 18
Breakfast-Oatmeal, toast, eggs, juice and assorted cold cereal.
Lunch-Bierocks, french fries, seasoned green beans and sliced peaches.
Tuesday, Nov. 19
Breakfast-Banana bread, links, fruit, juice assorted cold cereal.

Lunch-Pizza, tossed salad w/dressing, seasoned corn and banana half.

Wednesday, Nov. 20
Breakfast-French toast, syrup, hash browns, juice and assorted cold cereal.

Lunch-Turkey, dressing, gravy, mashed potatoes, roll, salads, peas, relish plate and pumpkin dessert.

Thursday, Nov. 21
Breakfast-Pancake on a stick, hash browns, juice and assorted cold cereal.

Lunch-Frito pie, tossed salad w/dressing, seasoned broccoli and oranges.

Friday, Nov. 22
Breakfast-Breakfast pizza, fruit, juice and assorted cold cereal.

Lunch-Hot beef sandwich, mashed potatoes, coleslaw and applesauce.

For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com



Mortensen Computer Service

Customer Appreciation Day!!

SPECIAL SESSION TO BE HELD TUES., NOV. 19

1:00-3:00 P.M.

Come visit with a Verizon Representative to get answers about your phone issues

REGULAR SESSION WILL STILL BE HELD AT 4:30 P.M.

101 S. State, Norton, KS
785-874-4844

Norton County Arts Council

CHRISTMAS LIGHTING CONTEST

Wednesday, December 13, 2013

1st Prize \$100 Chamber Bucks
2nd Prize \$50 Chamber Bucks
3rd Prize \$25 Chamber Bucks

Participants will decorate their homes/yards in the spirit of Christmas and members of the community, who wish to vote for their favorite display, will be provided a list of the participating homes. Voting will take place throughout the week and prizes will be awarded.

If you wish to participate in the contest, send your Name, Address of the display, and your contact information to:

**Norton County Arts Council,
P.O. Box 225, Norton, Kansas
or call Nancy at (785) 577-4940**

DEADLINE FOR ENTRIES IS NOVEMBER 30.

Voting ballots and display lists will be available at: The Norton Telegram, The Norton Area Chamber of Commerce, Norton and Lenora Nex-Tech Offices, Almena State Bank-Almena and Norton or ballots may be clipped from the ad in The Norton Telegram. Completed ballots may be deposited in the boxes at the Norton Telegram, The Chamber of Commerce, both Nex-Tech offices and both Almena State Banks or may be mailed to the Norton County Arts Council at the above address.

BALLOTS MUST BE RECEIVED BY DECEMBER 13, 2013

Wed. Nov. 20 • 9 am to 7 pm and Thurs. Nov. 21 • 9 am to 4pm

McCook
Farm & Ranch Expo

The Place To Be For The
Newest & Latest In Farming Technology

Speakers & Seminars Both Days 10 am & 2 pm
SPONSORED BY PLAINS EQUIPMENT GROUP®

For more information contact Darren or Tana Dale at 866-685-0989

email: info@starexpos.net or go online to www.starexpos.net

1053
GOVOTE COUNTRY

PLAINS
Equipment Group

VAP CONSTRUCTION
Post Frame Buildings

American
HAT COMPANY, INC.

Like Us On Facebook