

A guide for successful heifers

And So It Goes . Cows get old and you need to invest in replacements. Many things in life are a cycle and so is managing a cow herd. The following is an excellent article from Sandy Johnson, K-State Extension s Beef Reproductive Physiologist.

Development of replacement heifers is a long and thus costly process that becomes even more costly when heifers fail to rebreed or must be culled for reasons other than age. The following guidelines highlight management impacts on development costs and performance.

Nutrition

- Target 60 percent of mature weight at the start of breeding season and a body condition of 5 to 6.

- A lighter target weight (53- 58 percent) is appropriate when additional heifers can be exposed for breeding than are needed to maintain herd size and if selling open heifers at the end of the breeding season is profitable. Higher target weights (60-65 percent) are appropriate when used with an AI program and feed cost is less of a concern. Body condition scores of 7 or greater are expensive to achieve and generally result in lower fertility.

- Determine needed gain from weaning until breeding season begins and develop ration appropriately. Usually .75 - 1.5 pounds per day gain will suffice.

- Monitor weight and body condition during development to achieve gain and condition goals.

And So It Goes...

Byron W. Hale



- Use of an ionophore can conserve forage and improve reproductive response.

- Gains on summer pasture are inversely related to gains over winter.

- Regardless of target weight at breeding, heifers should continue to grow post breeding and achieve a target of 85 percent of mature weight and a body condition of 5.5 to 6 at first calving.

- Experience grazing crop residue or winter pasture as heifer calves can be beneficial to future performance when nutrient demands are higher.

Health

- Consult with your local veterinarian for the optimum vaccination and parasite control program for your situation. In most cases three injections of a MLV respiratory complex prior to breeding should be used.

- Two doses of vaccine for Leptospirosis and Vibriosis, 21 days apart with the final dose 30 days before breeding are recommended.

- Response to vaccination is improved in animals in moderate to good body condition and with adequate trace mineral status.

Reproduction

- Heifers should be gaining weight 60 days before and during the breeding season.

- Reproductive tract scores (1=infantile to 5=mature and cycling) taken 50 to 60 days prior to breeding can be used to assess physiological maturity. If 50 percent of heifers have tract scores of 3 or greater 50-60 days prior to breeding, estrous synchronization programs are more successful.

- The postpartum interval to first estrus is longer in first calf heifers than mature cows. Breeding heifers to calve 2 to 3 weeks ahead of the cowherd reduces the risk of reproductive failure at the second breeding season.

- Risk of calving difficulty is minimized when high accuracy calving ease sires are used via artificial insemination.

- Use a short breeding season, 30 - 45 days or less, to improve odds of rebreeding at second breeding and concentrate calving season labor.

- Change of diet resulting in short-term decreases in energy intake can be detrimental to embryo survival (dry lot to pasture post AI). Stress from a new environment, novel feedstuffs, as well as energy content of feedstuffs can contribute. If pasture growth is short, delayed or even extremely lush during the early breeding season, short-term supplementation may be warranted in heifers transitioning from a dry lot.

- If heifers must be moved after AI, then transportation should be within 3-4 days of breeding or after 42 days.

Cop class!



Local law enforcement officers attended an eight hour class on Tuesday at the EMS Building, so they can safely and securely transport prisoners by vehicle. (From left to right) Elizabeth Tharman, Norton EMS, Gavlin Henderson, Norton Police Officer, Adam Wahlmeier, Norton Sheriff Officer, Larry Land, Norton Sheriff Officer, and Dana Hillebrand, Norton Sheriff Dispatcher, listen to instructor Jim Reeves explain how handcuffs can be circumvented by prisoners.

—Telegram photo by Mike Stephens

Norton County 4-Hers travel to Denver

For the past 65 years, local 4-H members of Norton County have taken part in the annual trip to Denver, Colorado, and the National Western Stock Show held in Denver, according to Keith P. VanSlike, Twin Creeks District Agent, Norton. The January 2014 delegation consisted of chaperones Patsy Maddy, Keith VanSlike, Deena Wente, and Ray Caldwell and 4-H'ers Kiana Estes, Jarrett Wente, Jessie Dawley, Ryan Johnson, Jace Ruder, Weston Harting, Keegan Smith, Caden Kinderknecht, Kaytie Henrickson, and Dustin Harting.

The delegation's funds are raised at the annual "Denver Trip Benefit" meal held each fall. They visited sites of Denver and the National Western Stock Show. The first groups of 4-H'ers were invited in 1950 to attend the stock show and tour the Central Bank of Denver by Mr. Elwood Brooks, former Norcat, KS, school teacher and businessman. Mr. Brooks, the former Chairman of the Board of the large Central Bank of Denver, wanted the 4-H'ers to see the bank facilities and related sites surrounding the stock show.

The youth are able to spend an afternoon at the National Western Stock Show, looking at the

professional livestock shows, horse pulls and other exhibits. The PRCA rodeo is a big treat with its variety of events and intermission shows, not to mention the rodeo clowns.

While in Denver, the delegation attended IMAX film "Mysteries of the Unseen World". They also made a scenic stop over Look Out Mountain, west of Denver and Bill Cody's gravesite. The group also had an opportunity to take in a tour of the Capitol Building, The Federal Reserve Bank and downtown Larimer Square Area. The delegation will tour Rocky Mountain Sires, a com-

mercial bull semen collection unit that is east of Denver. "The group was shown some of the animals that are collected from, semen analysis, freezing and shipments. This tour gives the group more awareness of the science and technology involved in artificial insemination and embryo collection," said VanSlike.

The Denver Trip Committee and this year's 2014 delegation wish to thank the local Norton County businesses and all individuals who made it possible for them to attend the 65th Annual Denver Trip by supporting the program.

SCHOOL CALENDAR

NCHS

Monday, Jan. 27
UNK Honor Band and Choir
Tuesday, Jan. 28
Jay Singers, 7:30 a.m.
JV/V BB vs. Trego, 4:45 p.m.
Wednesday, Jan. 29
Show Choir Clinic at Oberlin, TBA
MTSS Team Training at USD Office, 8 a.m.
SAC meeting, A.P.
Thursday, Jan. 30
Jay Singers, 7:30 a.m.
Jazz Band, A.P.
MCL Scholar's Bowl (re-scheduled from Jan. 6) at Stockton, 4 p.m.
Friday, Jan. 31
NCHS Prospective Member meeting, A.P.
Artist of the Month, A.P.
JV/V BB vs. Colby, 4 p.m.

Saturday, Feb. 1
Forensics at Oberlin, 8 a.m.
Varsity wrestling: Western Kansas T.O.C. at Ellis, 9:30 a.m.
JV wrestling at Arapahoe, Neb. Invitational, 10 a.m.

NJHS

Thursday, Jan. 30
Wrestling at Hoxie w/Hill City, Leoti, Trego and Tribune, 5 p.m.

EES

Friday, Jan. 31
Grades 1 and 2 Vocal Concert rehearsal at East Campus, 12:30 p.m.
Little Kids Dance Camp—participants perform at HS BB game.

Northern Valley

Monday, Jan. 27
UNK Honor Choir in Kearney, Neb.

NVJH BB vs. Logan/Damar at Damar, 3:30 p.m.

Tuesday, Jan. 28
NVHS BB at Stockton, 4:45 p.m.

Wednesday, Jan. 29
FFA Kansas Day celebration in Logan, 8:30 a.m.

KAY during, A.P.
Thursday, Jan. 30
NVJH BB vs. Triplains-Brewster at Alma, 3 p.m.

8th Grade Bake sale/Cake Raffle during JH game.

Friday, Jan. 31
NVHS BB vs. Golden Plains at Alma, 5 p.m.

Saturday, Feb. 1
Oberlin Forensics Meet, 7:30 a.m.

Grade School Dance Camp, 9 a.m.-noon

SCHOOL MENU

NCHS-NJHS

Monday, Jan. 27
Breakfast-Assorted cereal, toast w/margarine, grape juice, fruit and milk.

Lunch-Chicken strips, whipped potatoes, country gravy, broccoli and cauliflower, rolls w/margarine, pears and milk.

Tuesday, Jan. 28
Breakfast-Waffles, syrup, sausage links, pineapple tidbits, grape juice and milk.

Lunch-Corn dogs, baked beans, carrots, pineapple tidbits and milk.

Wednesday, Jan. 29
Breakfast-Breakfast rounds, applesauce, grape juice and milk.

Lunch-Taco salad, lettuce and chopped tomato, celery sticks, rosy applesauce and picante sauce.

Thursday, Jan. 30
Breakfast-Breakfast burrito, fruit, picante sauce, apple juice and milk.

Lunch-Chicken nuggets, potato puffs, carrots, Mandarin oranges, french bread and milk.

Friday, Jan. 31
Breakfast-Breakfast pocket, fruit, grape juice, picante sauce and milk.

Lunch-Breaded beef patty, whipped potatoes, country gravy, broccoli and cauliflower, rolls w/margarine, apples and milk.

EES Menu

Monday, Jan. 27
Breakfast-Oatmeal muffin, whole grain cereal, strawberries, apple juice and milk.

Lunch-Spaghetti, tossed salad, peaches, garlic bread and

milk.

Tuesday, Jan. 28
Breakfast-Stat Spangled Pancake, sausage links, orange juice and milk.

Lunch-Corn dog, sweet potato tots, pepper strips, fruit cocktail and milk.

Wednesday, Jan. 29
Breakfast-Whole wheat bagel, chilled yogurt, oranges, grape juice and milk.

Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk.

Thursday, Jan. 30
Breakfast-Breakfast combo, hash browns, toast with jelly, kiwi, apple juice and milk.

Lunch-Beef burrito, cheesy broccoli, applesauce, baby carrots and milk.

Friday, Jan. 31
Breakfast-Sausage breakfast sandwich, fruit cocktail, orange juice and milk.

Lunch-Turkey and noodles, whipped potatoes, green beans, orange half, whole wheat roll and milk.

Northern Valley Menu

Monday, Jan. 27
Breakfast-Waffles, syrup and assorted cold cereal.

Lunch-Ham-n-scalloped potatoes, whole wheat roll, seasoned beets and pineapple ring.

Tuesday, Jan. 28
Breakfast-Sausage biscuit and assorted cold cereal.

Lunch-Hamburger on a bun, french fries, seasoned peas and carrots and frosted banana.

Wednesday, Jan. 29
Breakfast-Banana bread and assorted cold cereal.

Lunch-Beef-n-noodles, mashed potatoes, seasoned

broccoli and oranges.

Thursday, Jan. 30
Breakfast-Breakfast casserole and assorted cold cereal.

Lunch-Burrito, sauce, cheese, tossed salad w/dressing, seasoned carrots and fruity jell-o.

Friday, Jan. 31
Breakfast-Cherry coffeeecake and assorted cold cereal.

Lunch-Chicken Tetrazini, tossed salad w/dressing, seasoned spinach and cherry crisp.



COLLEGE NOTES

Jessie Thalheim of Beaver City, Neb. qualified for the fall 2013 President's List at Chadron State College.

The President's List, which requires a grade-point average of 4.0 on a scale of 4.0. Students must be enrolled in 12 credit hours of coursework during the semester to qualify.

Call Mike with all your social news.

877-3361

mstephens@nwkansan.com

NOTICE OF NOMINATIONS FOR DIRECTORS TO THE ANDBE HOME BOARD

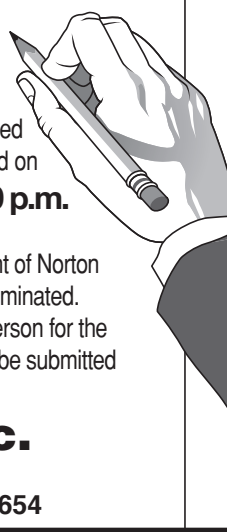
Three positions on the Andbe Home Board of Directors expire in 2014. These positions will be filled by election at the Annual Meeting which will be held on **SATURDAY, MARCH 8, 2014, at 2:00 p.m.**

Nominees will be chosen by the Andbe Home, Inc. Nominating Committee. A director must be a resident of Norton County. A director whose term is expiring may be nominated. Any person may propose in writing the name of a person for the committee to consider for nomination. Names must be submitted by February 15, 2014 to:

Andbe Home Inc.

c/o President

201 W. Crane St., Norton, KS 67654



Partnering To Bring Medical Specialists To Norton

Norton Outreach Clinic Schedule
Norton County Hospital
102 E. Holme - Norton

Mobile Echocardiography
Weekly (785) 877-3351

Wound Care
Weekly (785) 623-5602

Cardiology
Clinic Three Times Monthly
Dr. Christine Fisher
Dr. Jose Dimen
Monthly

Oncology/Hematology
Dr. Anne O'Dea
Monthly

Orthopedic - Dr. Alex DeCarvalho
Monthly

Surgery
Dr. Brandon Cunningham
Dr. Zurab Tsereteli
Dr. Paul Teget
Monthly

Urology
Dr. Faris Azzouni
Monthly

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