

# Across the County

## Estrus synchronization planned updated

The warm temperatures make it feel as though spring is here. It may be a little early to start thinking spring, but not to early for cattle producers to start planning the upcoming breeding/artificial insemination season. That planning can be easier now, thanks to financial support from a multi-state extension group, beef producers are now able to access the Bovine Estrus Synchronization Planner on the Web at no charge.

The Estrus Synchronization Planner V11 for cattle producers includes the latest recommendations for application of estrus synchronization protocols and is now available as a free download from the Iowa Beef Center, [www.iowabeefcenter.org/estrus\\_synch.html](http://www.iowabeefcenter.org/estrus_synch.html).

The planner is a spreadsheet that assists herd managers in selecting a protocol, planning for implementation and creating a calendar to ensure the appropriate activity occurs on the correct day, said Kansas State University livestock specialist, Sandy Johnson.

The extension group – the Beef Reproductive Task Force

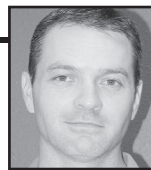
– updated the Web tool to help beef cattle producers make decisions for the breeding season. Johnson, who is based in Colby, represents K-State Research and Extension on the task force, which is comprised of specialists from K-State, the University of Missouri, University of Nebraska, South Dakota State University, University of Florida, and University of Idaho.

The Estrus Synchronization Planner V11 helps:

- Assist with planning and implementing some of the more complicated synchronization systems.
- Eliminate errors in the timing of injections, starting and ending the feeding of MGA, CIDR insertions, etc.
- Optimize labor use.
- Provide analysis and comparison of input costs of several synchronization systems.

It includes recommended systems for cows and heifers and helps select systems by type (heat detection and artificial insemination (AI) systems; heat detection and cleanup timed AI systems; and fixed-time AI systems). The planner also

By  
Marty  
Fear



County Extension Agent

provides a list of daily activities, a barn calendar and estimates cost per artificial insemination pregnancy.

A list of recommended synchronization protocols for beef cows and heifers, updated for 2011, is also available online at [www.beefrepro.info](http://www.beefrepro.info). This year's recommendations include a new protocol designed to reduce synchronization treatment costs.

Future Beef Reproduction Task Force meetings, which are open to veterinarians, artificial insemination technicians, producers and others with interest in artificial insemination in beef cattle, will be held Aug. 31-Sept. 1 in Joplin, Mo., and Sept. 30-Oct. 1, in Boise, Idaho. Watch [www.beefrepro.info](http://www.beefrepro.info) for information on these meetings. Online coverage of recent meetings is available at [www.appliedreprostrategies.com](http://www.appliedreprostrategies.com).

Contact the Cheyenne County Extension office at 332-3171 or <mailto:cfear@ksu.edu> with questions or comments. Till next week - Marty



PAT LAMB was one of the fishermen in the fishing contest on Sunday.

Herald staff photo by Karen Krien

# Moments With Mila

## Is obesity an issue in your home

Did you know that one-third of all American children are overweight and 17 percent are obese? And the number of overweight adolescents has doubled over the past three decades? What about your child? Follow these steps and help your kids avoid our nation's unhealthy trend.

**Step 1: Know your child's Body Mass Index (BMI) number.** Call the Cheyenne County Health Department and your child's number can be figured. All you need is your child's height and weight and we can calculate the Body Mass Index.

If your child's number is above the 85th percentile he or she is likely overweight

If above the 95th percentile then he or she is considered obese. Talk with your family medical provider about the next steps to take.

**Step 2: It's time for a metabolism makeover:** Convert unhealthy food choices to a sensible eating plan!

Change your frame of mind. "Diets" are all about rules, requirements and limitations.

Instead of focusing on what you "shouldn't" or "can't" do, emphasize what you can do, like choosing to eat healthy foods and increase your physical activity level.

The simplest changes count. Just skipping one or two cookies a day and adding 30 extra minutes of play time can make a difference.

Try to eat more foods that are focused on by the U.S. Department of Agriculture's "MyPyramid." Make half of your grains whole, vary your veggies with a variety of different vegetables, focus on fruits, get your calcium rich foods in the milk group, and go lean with protein in the meat and beans group.

**Step 3: Make it a family affair.** When the whole family is involved in making healthy changes you boost your odds in the battle against childhood obesity.

Studies have shown that children whose families eat dinner together are less likely to be obese. Also, kids who get adequate sleep and limit television time to two hours a day are less likely to be obese.

By  
Mila  
Bandel



County Health Nurse

Watch the computer and video game usage as well.

Be a sensible role model for your children; they will do what they see you do. Learn more about how to help your child develop healthy habits.

Practice what you preach; avoid that cookie and join your kids in their play time.

Take a family walk after dinner, go to the park and spend an hour playing with your kids, or go swimming at the pool!

**Step 4: Don't make it hard for kids to make healthy decisions!**

Build a healthy environment at home. Keep fruits and vegetables within arm's reach. Leave the junk food behind on the grocery store shelves.

Weight can be a touchy topic between children and parents. Avoid criticizing their eating habits. Instead, educate them about being healthy and benefits that come with it. Make sure to praise them for making healthy choices too!

Keep these tips in mind when making your family grocery list or planning a family vacation! Soon these steps will be part of your routine.

For more information regarding Body Mass Index calculating and/or nutritional information, contact the Cheyenne County Health Department at 785-332-2381.

# Performance coming to Oakley

Direct from the Legends Family Theatre in Branson, Mo., a superb family show, The Brett Family is coming on Saturday, Feb. 26, 7:30 p.m. in the Oakley High School auditorium, Oakley. This is the next performance of the season for the Western Plains Arts Association.

The Brett Family will sing, dance, and smile their way into your heart. The Bretts are known for their breathtaking family harmonies, but also as fabulous soloists. This fast-paced variety show is jam-packed with feel-good music including classic favorites from the '30s to the present; country, gospel, and some of the best a cappella in Branson. Their original heart-felt patriotic finale brings them accolades after every

show as having "captured the words and spirit" veterans have been struggling to express for years. Elegant costuming and stunning lighting, and superb musicianship give this show a professionalism and class that ranks with the very best.

Some song favorites in the Brett program will include

"Come On, Get Happy", "When I Fall in Love", "Put a Little Love in Your Heart", "Where the Boys Are", "Old Time Rock and Roll", and "Cry Me a River".

Bring the whole family! Admission is by Western Plains Arts Association season ticket or at the door.

# Farmers are eligible

Some farmers in township 5, range 40, Cheyenne County, will be eligible to apply for the Agricultural Water Enhancement Program in that Groundwater Management District 4.

The Department of Agriculture Natural Resources Conservation Service report that there are two other districts, 2 and 5, authorized in Kansas that will be open for accepting applications until March 4. There is not expected to be any additional sign-up periods for this year's program.

The Agricultural Water Enhancement Programs effort approved for the northwest Kansas Conservation Partnership involves annual payments for converting irrigated acres to non-irrigated acres within the six, designated high priority areas in the Northwest Kansas Groundwater Management District. In Groundwater Management District 4 this is a three-year program providing five annual payments to convert irrigated acres for six years. Last year, the annual payments ranged from \$179 to \$221 per acre depending on the Natural

Resources Conservation Service conservation practice or suite of practices applied for.

For those interested in permanent irrigated acre conversions and retiring the water right, the Kansas Water Transition Assistance Program is also available to piggyback with Agricultural Water Enhancement Programs. The Water Transition Assistance Program is expected to have funds available this year for permanent water conservation, but the final funding level is not yet known. The person must have an Agricultural Water Enhancement Programs contract first to be competitive for a Water Transition Assistance Program application bid.

For questions or more information contact your local Natural Resources Conservation Service Office for the Agricultural Water Enhancement Programs program, or the Northwest Kansas Groundwater Management District No. 4 office for the Water Transition Assistance Program program.

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# C-BAR

## Red & Black Angus Production Bull Sale

### Thurs., Mar. 10, 2011

at the Ranch, Brownell, KS  
I-70 Exit 135, then 19 miles south to 34042 CC Road

## Sale starts at 1 p.m.

Balanced trait excellence for today's real-world cattlemen!  
Carcass - Maternal - Growth - Calving Ease

**Selling 90 Bulls**  
20 Rugged "Age-Advantages"  
Bulls ready for Heavy Service!  
70 Strong Yearling Bulls



Lot 1  
BW .7 WW 52 YW 97 M 17  
IMF .62 RE -.01

Videos, Pictures & More Information at [www.c-barranch.com](http://www.c-barranch.com)

**Steve and Cynthia Maier**  
785-623-9736  
[steve@c-barranch.com](mailto:steve@c-barranch.com)  
Brownell, KS

Free board until 4/1 & Free delivery

**Tri-State Engine & Thresher Show ANNUAL MEETING**

**Saturday, March 5**

10 a.m.

**Show Grounds Shop**

This Year's Show Dates:  
**July 28-30**




**Reminder**

**Time to renew your recreational vehicle license.**

St. Francis Police department



Fifth Street Apartments in Bird City, Kansas, have 2-bedroom duplex apartments for rent. We are offering free cable television for one year to new tenants. Applicants must income qualify for this property. For more information and an application you may contact N.W. Kansas Housing, Inc. at 785-421-2151 or pick up an application at Century II in Bird City.



Access

640 ACRES CROPLAND & CRP  
CHEYENNE & SHERMAN COUNTIES, KS

## LAND ABSOLUTE AUCTION

SELLER: THE FULLER FOUNDATION, TRUSTEE  
**Thur, March 3, 2011 @ 10:30 A.M., CST**

AUCTION LOCATION: Legion Hall, Bird City, KS



From Hwy 36 go 13 mi South & 2 mi East to Tract 4

Land will sell in 4 tracts and combos with 3 qtrs located near Bird City and 1 qtr in Northern Sherman County

CHEYENNE COUNTY

TRACT 1: SW/4 of 22-3-37 – 80 ac planted to wheat  
TRACT 2: SW/4 of 2-4-38 – All planted to wheat  
TRACT 3: SE/4 of 12-4-39 – 80 ac planted to wheat

SHERMAN COUNTY

TRACT 4: NE/4 of 1-6-38 – Stubble & CRP

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