

Fenceline

by Jody G. Holthaus

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Livestock-Natural Resources

Cattle Working Facilities

There's a lot of talk about working cattle designs using either Temple Grandin's plan or Bud William's Bud Box. There are quite a few YouTube videos on the subject.

Whatever system or design you go with, using the cattle's natural behavior will be beneficial. These are the five traits to keep in mind. Cattle like to go back through which they came. If you gather them into an alley on the north end that is where they will likely want to escape to. If you are in the pen putting pressure on them, then they will want to go around you. This is part of their predator instinct. They want to be able to see you, so no sneaking behind fence posts. They are herding animals, so they will go with other cattle. The last trait, they can only process one main thought at a time.

The Bud box, is a design with an open box theory. Temple Grandin's designs are usually curved and closed. Temple Grandin is a renowned Animal Behaviorist, she has made designs for most of the packing plants and admits that her designs are "idiot proof". They are usually more expensive and take more land but with less walking for the human worker.

Bud William's Bud box, is cheaper to build, takes less land, requires a better understanding by the operator and requires more walking by the humans.

Stockmanship is more important than whatever design you have. As our Ag Engineer Joe Harner says, "Working cattle is different than a rodeo—it is not a timed event". Which he is saying, take the time required to use the cattle's natural behavior.

The goals for working cattle should be to keep the people safe with less stress, keep the animals under control, keep them safe with less stress. Be efficient, in your walking distances, fence passes-so you can get away from cattle if need be and keep the chute conveniently located.

I'm looking forward to a new publication on working facilities. It should be available in 2017. Let me know if you'd like a copy.

November 4, 2016

MEADOWLARK EXTENSION DISTRICT AGENT NEWS

David Hallauer
Meadowlark Extension District Agent
Crops & Soils/Horticulture

David may send his in separate.

Cindy Williams
Meadowlark District Agent
Foods/Nutrition/Money Management

Soups On For Fall

There are so many things to love about fall: football, boots, scarves, comfy sweaters, leaves changing, pumpkin flavored everything and one of my favorite foods—soup!

Soups can make a quick, hot and healthy dish that fills us up with fewer calories. Some studies suggest that soup consumption can be linked to lower obesity risk and many diet plans and soup companies advertise how people lose weight by eating soup. When making soup at home, you have full control over what you are adding. Follow these tips and ideas to keep your soups slimming this fall and winter.

Base: Stick with broth-based soups instead of cream-based soups to keep the calories and fat lower. When purchasing broths or bouillons be sure to purchase sodium free or unsalted versions. There are also reduced sodium products on the market, which can range from 33-50 percent less sodium. Make sure to boost flavor with herbs and spices!

Protein: Be sure to load your soup with lean protein sources such as poultry, lean beef, and nutrient-rich beans and legumes. Whether its black beans, kidney bean, pinto, garbanzo, cannelloni, lima, or navy, all canned versions should be drained and rinsed to reduce sodium content. You could also purchase no-salt added canned beans or use dry beans, which are sodium free and less expensive.

Vegetables: Most Americans (87 percent) do not meet the federal dietary recommendation for vegetables. Soup can be an easy way to incorporate more vegetables into your meals as you can keep it as simple as you want. Chop up whole vegetables, use pre-cut vegetables, or simply add a bag or two of frozen vegetables that contain no added sauces or preservatives.

Frozen vegetables can actually contain more nutrients than fresh since they are picked and frozen at their nutritional peak. Homemade soup can also be a great way to use those vegetables, leafy greens, and herbs that are starting to go bad. Be sure to eat or freeze all leftover soup within 3 to 4 days.

Nancy Nelson
Meadowlark District Agent
Family Life

Reducing Screen Time

For many of us, limiting our computer use and getting away from all screens can be a challenge. The National Institutes of Health encourage families to help kids reduce screen time and move more.

“Screen time” means television screens, computer monitors, and even the handheld devices we use for checking email, listening to music, watching TV, and playing video games on the go.

Health experts say screen time at home should be limited to two hours or less a day. The time we spend in front of the screen, unless it’s work or homework related, could be better spent being more physically active.

As a parent or caregiver, you can set a good example for your kids and set rules that limit their computer time, TV watching, and video game playing to reduce how much time they spend in front of a screen.

Research by the Henry J. Kaiser Foundation shows that setting rules about media use is hard for many parents. In 8 to 18 year olds: 28% said their parents set TV watching rules, 30% said their parents set rules about video game use, and 36% said their parents set rules about computer use. However, the same study also showed that when parents set any media rules, children’s use is almost three hours lower per day.

The following ideas may help you and your family reduce screen time and increase energy out. Track your family’s screen time, then track your family’s physical activity. The goal for screen time is no more than 2 hours each day. Give your family ideas for other activities rather than watching TV or playing video games like playing outside with friends or learning an active hobby. Turn off the TV during family meals, instead talk with your children. Try to have family meals at least two or three times a week. Families who eat together tend to eat healthier.

Studies show that children and teens really listen to their parents. Children follow their parents’ actions. If you reduce your screen time and move more, your children will too.