

Jody Holthaus, Agent
Meadowlark Extension District
Livestock and Natural Resources

May is Beef Month!

Every month is beef month on our farm! Every day, week and month, caring and thinking about our cows, as is every other farmer or rancher. It doesn't stop with our cows, when we're not thinking about the cows, then we're thinking about their pasture, their hay or their supplemental feed. Then there's their health programs and the genetics we are trying to get to. It's all a game, keeping all of the balls up in the air at once.

One of those management decisions at this time is mineral and vitamin supplementation while cattle are out to pasture. The three key minerals and vitamins for cows that utilize native range as predominate portion of the diet are phosphorus, Vitamin A and salt.

Phosphorus is particularly important to insure proper reproductive performance of beef cows. As such, with spring calving cows, making sure the cows have an adequate phosphorus supplement starting at least one month prior to calving and through the breeding season is important. Since most cows are wintered on dry grass or crop residue material which is fairly low in phosphorus, most producers will feed mineral supplement throughout the winter months. One key to proper feeding of phosphorus is to make sure the cattle are eating some of the phosphorus supplement: and to insure this, many will mix this with salt.

Vitamin A is generally quite high in forages during early lush growth. However, as the forage weathers and matures, Vitamin A levels decline. The time to make sure the cows are receiving supplemental Vitamin A is similar to phosphorus feeding in that they should particularly have adequate Vitamin A from calving through the breeding season. Vitamin A can be supplied either through a mineral mix, commercial supplements, alfalfa hay or through the use of injectable Vitamin A.

Salt should be self-fed year round and this is the typical approach taken by most producers.

Grill some beef tonight and every night, celebrate our beef and those that care for them!

David Hallauer, Agent
Meadowlark Extension District
Crop and Soils, Horticulture

FYI: David will self-submit if he has news this week. Busy times in the Crops and Soil area.

Cindy Williams, Agent
 Meadowlark Extension District
 Food and Nutrition, FNP

Eating Healthy Mexican Food

Mexican food is a favorite with many people, but a lot of Mexican food is fried with lard and topped with cheese, so it's loaded with saturated fat. It can be high in sodium too. But when you know what to choose, Mexican food can be fresh, tasty and more healthful.

Here are a few tips when eating out:

- *Tell your server not to bring fried tortilla chips to the table.
- *Ask for low-fat sour cream or use salsa to add flavor.
- *Veracruz or other tomato-based sauces are better than cream or cheese sauces.
- *If you order a taco salad, don't eat the fried shell.

Instead of...

Flour tortillas
 Nachos
 Carnitas (fried beef or pork)
 Refried beans
 Full fat sour cream and cheese
 Salsa, Pico de Gallo, cilantro,
 Jalapeno peppers
 Quesadillas
 Chalupas or tacos
 Taco salad or fajita salad (don't eat the
 tortilla shell and ask for low-fat sour cream)
 Flautas or burritos
 Chicken or beef enchiladas with red sauce or salsa

Try.....

Corn Tortillas
 Grilled shrimp
 Grilled fish or chicken breast
 Frijoles a la charra

Chicken fajitas

Nancy Nelson, Agent
Meadowlark Extension District
Family Life

Can You Stop the Clock?

There are many theories that attempt to explain the underlying cause of aging. While none of these can explain the aging process fully, research has provided a much better understanding of how your body changes as you grow older.

Aging is inevitable. There is really no way to stop the clock, but you can slow the march of time with regular exercise, better nutrition, and reducing or managing psychological stress.

Regular exercise is helpful in slowing down the aging process on the outside as well as the inside of your body. Muscles begin to change around age 35, when you start to lose muscle mass and gain fat. Exercise can slow down muscle loss and keep your metabolism high, which also prevents weight gain.

With regular exercise, most people have less joint pain, less bone loss, and they retain their mobility longer. All of these things change the way you look because your posture is better, and you are able to walk and move with less pain.

Exercise has a huge impact on the health of your body on the inside and is key to preventing many types of disease. In fact, it is hard to find a disease that exercise doesn't help with. Regular weight bearing activity strengthens bones, so enjoy walking, hiking, weight training, climbing stairs, playing tennis, and dancing. Even yoga can build bone health in your hips, spine, and wrists — bones that are most vulnerable to fracture.

Another benefit of an active life is a healthier heart. Your heart is a muscle and it gets stronger with exercise, just like any other muscle, and it is never too late to start exercising and reaping the benefits. Your chances of getting heart disease are almost double if you are not active.

Development of type 2 diabetes is influenced by genes you inherit, but they take a back seat to lifestyle and behaviors you choose in determining if you will develop the disease. For most people, type 2 diabetes can be prevented by losing weight, exercising regularly, making better nutrition choices, and avoiding smoking. For those who have diabetes, balancing good nutrition and exercise is the key to managing the disease.

Exercise is good for your brain, too. With regular activity your brain functions better, your memory improves, you have a brighter outlook on life, you feel more confident, and you have more energy.

While you might prefer a quick and easy road to the fountain of youth, exercise is well worth the effort you put into it.