



The Bull's Eye

hitting the target



McDowell County Center

October 2012

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McDowell Cattlemen's Association Meeting



The McDowell Cattlemen's Association will meet on Tuesday, October 30 at 6:00pm at the

Pleasant Gardens Baptist Church fellowship hall. The church is located off Hwy 70 W at 214 P G Baptist Church Road.

The topic of the meeting will be mineral and feed supplementation. If you have questions about what you are currently using, bring a tag from a bag and we can evaluate your minerals to see if your cows are getting what they require.

The meal will be sponsored by **Crystalx** and **Eagle Roller Mill Co.** with door prizes from **Rhineharts Saw & Lawn Equipment**.



Please call 652-7874 or email Cheryl or Greg by Friday, October 25th, so we will know how many meals to prepare. Looking forward to seeing you on the 30th.

Contact Us

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Warning About Corn Gluten Pellets

Several of the large national suppliers of corn gluten pellets have issued the following disclaimer:

Do not use in feed for immature animals, dairy animals, pets or other animals.

This is likely a result of the drought and higher levels of mycotoxins found in corn this season. You should discuss this with your feed supplier and look at other feed options. If you have any questions feel free to call me at 652-7874.

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Empowering People • Providing Solutions

Selecting a Mineral Supplement

Dr. Matt Poore

Right now we are getting a lot of questions about minerals because of increased prices. Just a few years ago you could get a good quality custom mixed high magnesium mineral with 4% phosphorus that worked very well for about \$7 per 50 lb bag. The same supplement today will cost you about \$18 per bag! With a \$7/bag price, it was possible just to provide that mineral year-round for about \$10 per cow per year (assuming average intake of 3 oz/day).

Given today's ingredient costs, especially for phosphorus, it makes sense to rethink those formulas. Recent decreases in phosphorus prices will help moderate the prices some, but it is unlikely that prices will decline enough to change our new thoughts on mineral phosphorus levels. Most of the state has plenty of phosphorus in the soils and the forages, so phosphorus can likely be removed from our cattle minerals with little if any impact on performance on any farm. We also need to reconsider giving high-magnesium mineral year-round in all systems. Systems with high fertility (poultry litter application) still need that high-magnesium year-round, but many of our producers could use the high-mag from about 2 weeks before the start of the calving season until the end of May, and use a good quality trace mineralized salt during the rest of the year.

One of the keys to selecting a mineral supplement is to make sure it has adequate trace mineral levels. Copper, zinc and selenium are low or marginal in many of our forages in the Carolinas so it makes sense to provide them at a good level in all supplements. Our general recommendation for major and trace minerals are in the following table.

Mineral levels needed in trace mineralized salt (1 oz.day) , regular (2 oz/day), or high magnesium (4 oz/day) mineral supplements

Mineral	Trace Mineralized Salt, 1 oz/day	Regular, 2 oz/day	High-mag, 4 oz/day
Calcium, %	-	12-24	6-12
Phosphorus, %	-	0-12	0-6
Magnesium, %	-	0-4	10-14
Salt, %	90-95	15-30	15-30
Zinc, ppm	10000	5000	2500
Copper, ppm ¹	5000	2500	1300
Manganese, ppm	3000	1300	700
Iodine, ppm	104	52	26
Selenium, ppm	104	52	26
Cobalt, ppm	72	36	18
Vitamin A, IU/lb	400,000	200,000	100,000
Vitamin D, IU/lb	48,000	24,000	12,000
Vitamin E, IU/lb	600	300	150

¹Copper can be 900 ppm in 4 oz minerals and 1800 ppm in 2 oz minerals, and zinc can be 1800 ppm in 4 oz minerals and 3600 ppm in 2 oz minerals when cattle are predominantly of British breeding and minerals interfering with copper absorption are expected to be low.

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Selecting a Mineral Supplement

Continued from page 2

There are a number of mineral supplements available that deliver an ionophore, either Rumensin or Bovatec. This is an important technology we need to consider using, and either product would be profitable in most situations. Based on current feed prices and the increased efficiency and performance you get with ionophores, their use is something that is easily recommended to a majority of producers. Ionophores are toxic to horses, so producers that have horses grazing with the cattle, or where they might get access to the mineral supplement would be an area where the producer might not want to have an ionophore product on the farm.

Once you have decided which supplement or supplements you will use, there still is a lot of management involved in having a good mineral program. Most products need to be fed from a covered feeder and while there are many on the market there most have one or more limitations. My favorite is one made from a large tire and barrel (see photo). I have put a video on You Tube showing how to make one of those feeders. Either go to this specific link: <http://www.youtube.com/watch?v=ZInDfWWeJd8> or just go onto www.youtube.com and search for mineral feeder and you can watch that short video.



Another very important thing you need to do is to monitor mineral intake. Most products are targeting 4 oz of intake for high-mag products and 2 oz of daily intake for low magnesium products. That essentially means 2 lb/cow (for 4 oz) weekly, or 50 lb for a herd of 25 cows. Make it a habit of writing down when you put out a bag and see if you are near the target intake. There are considerable differences in intake from farm to farm and from season to season, so monitoring intake and doing something to increase or decrease it as needed is very important to a successful program.

Would you or someone you know like to learn more about the aspects of gardening and landscaping and then use that knowledge to help others? If the answer is yes, **the Extension Master Gardener Volunteer Program** is for you. Applicants for the



**Extension
Master
Gardener**

NC COOPERATIVE EXTENSION

program should have some experience with gardening, a willingness to learn, and a desire to share their knowledge with others. The Master Gardener Training will include thirteen 3-hour sessions that will begin on Thursday, February 7, 2013. The class will be from 5:30pm until 8:30pm. The cost for the Master Gardener Program will be \$100.00 plus 40 hours of volunteer time.

For more information or an application, please call the Cooperative Extension Service at 652-8104.

FREE Pesticide Collection Day
Thursday, October 11
10:00am-2:00pm
Public Works Garage
3849 Hwy 226S

Nearly all pesticide products will be accepted. For liquid pesticide containers larger than 5 gal or for unlabeled pesticides, please contact our office before bringing to the collection site. No gas cylinders accepted. Contact our office at 652-8104 for more information.



**Dispose of
Pesticides Properly**

Fence Line Weaning Reduces Stress During Weaning of Beef Calves

Contributed by Clyde Lane, UT Animal Science

Producers should try to reduce the stress of weaning to improve calf health and subsequent performance and to add value to the calves. The stress of weaning beef calves can be reduced by following a few simple guidelines. Removal of a calf from its mother is second only to birth in creating stress. Weaning stress can be reduced by letting the calf become familiar with the area where the weaning will take place. This can be accomplished by moving the cows and calves into the weaning pen a few days before the weaning process begins. During this time calves can learn from their dams where the feed and water are located. Calves can also learn from their dams that it is alright to eat the feed and drink the water. At weaning, remove the cows from the weaning area to an adjoining pasture and leave the calves in place. The process of weaning calves while they can have limited contact with their dams is called fence line weaning. The fence should be adequate to keep the calf from reaching through to nurse its dam. Usually 7 to 14 days are required for the weaning to be completed. The stresses caused by the weaning process can also be reduced by using fence line weaning. Calves that cannot see or hear their dams undergo greater stress. A research trial on different methods of weaning produced the results given in the table below.

Percentage of Observations That Calves Were Exhibiting Various Behavior During First Three Days of Weaning by Different Methods

Variable	Nonweaned (pasture)	Fence line contact (pasture)	Separated (pasture)	Separated, preconditioned to hay (drylot)	Separated, not preconditioned to hay (drylot)
Eating	41.1% ^a	37.3% ^a	23.7% ^c	28.9% ^b	21.5% ^c
Walking	8.6% ^a	10.1% ^{ab}	28.1% ^c	9.6% ^{ab}	14.8% ^b
Lying down	22.9% ^a	23.3% ^a	16.0% ^b	21.9% ^a	20.6% ^{ab}
Vocalization s/h/10-calf group	0.1 ^a	216.7 ^b	434.6 ^c	371.2 ^{bc}	518.2 ^c

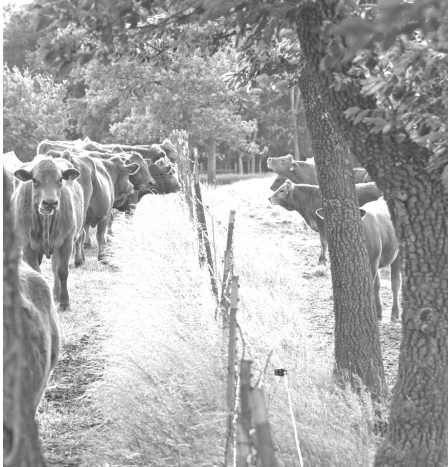
^{a, b, c} Rows with treatment means with different superscripts differ P<0.05

As noted from the table, four different methods of weaning were evaluated. The observations indicate that calves weaned by the fence line method spent less time vocalizing (bawling) than calves weaned away from their dams. The fence line weaned calves also spent less time walking around in the pen than did those separated in a pasture and more time either resting or eating than those separated and placed in a drylot. Common sense indicates that calves that are eating, resting and not bawling are having less stress. These calves will be better able to withstand disease challenges and will have greater gains.

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Fence Line Weaning Reduces Stress During Weaning of Beef Calves

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Other things that can reduce stress at weaning are related to management practices. Management practices, such as dehorning and castrating, should be completed prior to weaning. Ideally these practices will be performed when the calf is just a few days of age when there is less sexual development and the horns are smaller, therefore, creating less stress. Vaccinations should also be completed prior to weaning. This will insure that the calves have acquired immunity prior to weaning. In addition the calves vaccinated prior to weaning will have already gone through the stress caused by the vaccinations. Although the stress caused by vaccinations is quite small, it does not need to be added to the others that occur during weaning. Weaning should be combined with a minimum of a 45-day preconditioning program so calves can better handle the stress that will occur during shipping, backgrounding and finishing. The key to reducing

stress during the weaning process is utilizing those techniques that keep calves calm and eating. Fence line weaning is the best way to wean calves while keeping the stress level low.



Garlic-Herb Crusted Beef Roast

Boneless beef round rump roast or beef bottom round roast (3 to 4 pounds)
Salt and ground black pepper

Rub:

- 2 teaspoons garlic-pepper seasoning
- 2 teaspoons dried basil leaves, crushed
- 2 teaspoons dried thyme leaves, crushed
- 1 teaspoon dried parsley leaves, crushed



Heat oven to 325°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef roast. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 1-1/2 to 2 hours for medium rare doneness.

Remove roast when meat thermometer registers 135°F for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.)

Carve roast into thin slices; season with salt and black pepper, as desired.

Nutrition information per serving (1/6 of recipe): 203 calories; 7 g fat (2 g saturated fat; 3 g monounsaturated fat); 92 mg cholesterol; 186 mg sodium; 0.5 g carbohydrate; 0.4 g fiber; 35 g protein; 6.2 mg niacin; 0.5 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 3.4 mg iron; 39 mcg selenium; 5.9 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.



Funded by The Beef Checkoff



In a first of its kind study, researchers at The Pennsylvania State University demonstrated that eating beef everyday as part of a heart-healthy diet can improve cholesterol levels. Texas medical doctor and cattleman Richard Thorpe said the **B**eef in an **O**ptimal **L**ean **D**iet (BOLD) study proves what he has known for years – lean beef not only tastes great but it also plays an important role in a heart-healthy diet.

“As a father, medical doctor and beef producer, I have proudly and confidently served my family beef and have recommended it to my patients for years,” Thorpe said on behalf of the National Cattlemen's Beef Association (NCBA). “The BOLD study is further proof that Americans should feel good knowing the beef they enjoy eating and serving their loved ones is not only a nutrient-rich, satisfying food that provides 10 essential nutrients in about 150 calories but is good for their heart health as well.”

The BOLD study, which was funded by the Beef Checkoff, will appear in the American Journal of Clinical Nutrition in January. The study followed 36 men and women with moderately elevated cholesterol levels who consumed four diets for five weeks each to measure the impact of each diet on heart health risk factors, such as LDL (bad) cholesterol levels. The four diets evaluated were BOLD, which included an average of 4 ounces of beef per day; BOLD-PLUS, which included an average of 5.4 ounces of beef per day; the Dietary Approaches to Stop Hypertension (DASH) diet, which included an average of an ounce of beef per day; and the Healthy American Diet (HAD), which included an average of 0.7 ounces of beef per day.

Subjects following the BOLD and BOLD-PLUS diets experienced a 10 percent decrease in LDL cholesterol from the start of the study. Further, according to the study's outcomes, after five weeks, there were significant reductions in total cholesterol and LDL cholesterol in the BOLD, BOLD-PLUS and DASH diets compared to the HAD.

“This research adds to the body of evidence concluding that there are heart-health benefits to including lean beef in your daily diet,” said Billy Powell, PhD, and Executive Vice President of the Alabama Cattlemen's Association. “The BOLD study provides strong evidence that including daily lean beef in the gold-standard DASH diet has heart health benefits.”

Powell said the BOLD and BOLD-PLUS diets are easy to follow as many recipes used in the BOLD study were from The Healthy Beef Cookbook, which includes a collection of healthy beef recipes.

“As families across the country prepare their meals this month, lean beef is a perfect fit,” Powell said. “Americans should feel confident putting beef on their dinner table knowing that it is part of the solution to building a nutrient-rich, well-balanced and heart-healthy diet.”

Livestock Market Report

WNC Regional Livestock Center, Canton, NC

Report for Monday Sep 17, 2012

Cattle Receipts: 292

Last Week: 356

Last Year: 361

Feeder Steers

Medium and Large 1 - 2

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	340-340	340	165.00-185.00	177.67
2	365-370	368	169.00-173.00	170.99
4	405-445	420	150.00-168.00	156.87
6	450-480	465	119.00-139.00	133.13
8	510-535	526	127.00-145.00	134.09
8	550-580	572	132.00-139.00	136.63
9	600-645	624	112.00-130.00	121.55
5	660-685	678	115.00-127.00	122.46
2	700-735	718	117.00-125.00	120.90



Feeder Heifers

Medium and Large 1 - 2

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	305-340	322	135.00-160.00	151.51
4	365-395	375	135.00-150.00	143.13
6	400-445	413	128.00-147.00	138.12
8	455-490	479	120.00-132.00	124.75
11	505-535	519	115.00-130.00	122.04
11	555-595	577	109.00-127.00	116.16
11	600-645	620	109.00-126.00	113.00
4	650-695	663	106.00-117.00	112.78
3	705-735	717	94.00-111.00	104.20

Feeder Bulls

Medium and Large 1 - 2

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	400-445	423	150.00-167.00	158.01
2	475-485	480	142.50-143.00	142.75
11	505-545	519	120.00-137.00	130.93
4	560-590	573	119.00-132.50	123.31
4	620-640	630	100.00-113.00	107.70
5	650-665	657	105.00-125.00	114.49
5	755-790	779	86.00-96.00	92.18
3	805-830	820	94.00-101.00	97.70
1	910-910	910	99.00	99.00
1	985-985	985	110.00	110.00

Slaughter Cows

Breaker 75-80% Lean

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	1280-1380	1317	78.50-79.50	78.99
1	1235-1235	1235	67.50	67.50 Low Dressing
1	1550-1550	1550	78.00	78.00
2	1590-1605	1598	81.50-82.50	82.00 High Dressing
Bonor 80-85% Lean				
7	955-1315	1104	72.00-79.50	76.15
2	1155-1230	1193	80.00-83.00	81.45 High Dressing
Lean 85-90% Lean				
4	960-1385	1125	64.00-69.00	66.80

Slaughter Bulls

Yield Grade 1-2

Head	Wt Range	Avg Wt	Price Range	Avg Price
2	1235-1325	1280	90.00-95.00	92.41
2	1185-1375	1280	82.00-87.00	84.69 Low Dressing
3	1649-1954	1846	93.00-97.00	95.59

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For up-to-date event schedule
check our Events page at:
<http://mcdowell.ces.ncsu.edu>

Mark Your
Calendar!



PLACES TO BE

October 4	NC Cattle Industry Assessment Referendum
October 11	Pesticide Collection Day, Marion NC
October 11-21	NC State Fair, Raleigh NC
October 25	RSVP for Cattlemen's Association Meeting
October 30	McDowell Cattlemen's Association Meeting
December 21	NC BCIP Bull Test Sale, Butner NC
January 5	NC BCIP Bull Test Sale, Waynesville NC
January 17	McDowell Cattlemen's Association Annual Meeting

For accommodations for persons with disabilities, contact the McDowell County Center at 828-652-7874,
no later than five business days before the event.

Compiled and edited by:

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