

By  
Marty  
Fear



County Extension Agent

## District staff seeks public opinions

The Kansas offices of Congressman Tim Huelskamp announced that district staff will host local office hours in 46 towns across Kansas' Big First.

During these local office hours, a member of Congressman Huelskamp's staff will be available to hear constituents' opinions, ideas, and concerns about issues being debated in Washington. A representative will also be available to help constituents who need assistance with federal agencies and programs, including Social Security, Medicare, Veterans' Affairs, and visas.

Constituents with questions should contact Congressman Huelskamp's Salina office at 785-309-0572 or visit <http://huelskamp.house.gov/events>.

### July 31

Cheyenne County - 11 a.m. to noon at the St. Francis Library, 121 N. Scott, St. Francis. Following his visit in St. Francis, the representative will travel to Sherman County where he will be at the Goodland Public Library, 812 Broadway, from noon to 1 p.m. mountain standard time.



NAOMI STRAUB takes a swing at the ball during a T-ball game.  
*Herald staff photo by Karen Krien*



## Early Calf Weaning May Prove Beneficial This Year

Dry conditions through large swaths of the Plains states are forcing management decisions on cattle and other agricultural operations. Among them may be the decision to wean calves earlier than usual.

"Most areas have gotten a reprieve from the 2011 drought, but others are still feeling the lingering effects of low rainfall and high feed costs," said Kansas State University animal scientist, Chris Reinhardt. "Early weaning is an effective way to save on summer pasture and preserve cow body condition going into the winter. In fact, weaning earlier may be worth considering every year regardless of summer pasture conditions."

Reinhardt, who is a beef specialist with K-State Research and Extension, said a calf's rumen begins to develop at the first opportunity to consume solid food. Although calves rely on milk as their primary nutrient source as long as the supply is abundant, they also will begin to graze alongside their dam at a few weeks of age. This is when their mother teaches them what to eat

and what to avoid.

The grass that is consumed early in life enters the rumen and begins to be fermented by bacteria which the calf picks up from its mother and the world around it, he said. As this fermentation progresses, and the calf consumes greater quantities of grass, the rumen grows in size and develops papillae, or finger-like projections, which aid in nutrient uptake from the rumen. So the suckling calf is actually a fully functioning ruminant by 90 days of age.

In addition, the six- to seven-month weaning age window may have disadvantages compared to weaning at a younger age, Reinhardt said. The passive immunity provided by colostrum remains active for three to four months but then wanes, after which time the calf must rely completely on its own immune system. But in many cases its system is not fully competent to battle all antigens that attack the newly-weaned calf, such as viruses, bacteria, dust and internal parasites. So it is possible that the 90-day-old calf may have an immunological advantage to the 205-day-old calf in battling

pathogens.

"Weather also plays a large factor in weaned calf health," he said. "If we could guarantee sunshine and moderate temperatures throughout the fall weaning season, calf health would not be an issue. But, cold temperatures, precipitation, wind and mud in the fall further suppresses an already incompetent immune system--a perfect recipe for respiratory disease."

Finally, the elimination of milk production after weaning allows the nutrients consumed by the cow to go back into rebuilding body condition. This could result in substantial reductions in winter feed requirements because nutrients harvested by the cow are nearly always lower cost than feeds harvested and transported to the cow, and forage quality in late summer and fall is nearly always greater than during the winter.

Please contact the Cheyenne County Extension office at 332-3171 or [cfear@ksu.edu](mailto:cfear@ksu.edu) with questions or comments. Till next week - Marty

## Kansans encouraged to declare independence from tobacco

Cheyenne County Healthy Communities Coalition encourages Cheyenne County residents to declare their independence from tobacco use and addiction this Fourth of July.

Tobacco use remains the leading cause of preventable death and disease in Kansas. Nearly one out of every five (18.2 percent) adult males ages 18 or older and one out of every six (15.9 percent) adult females ages 18 or older in Kansas smoke according to the 2010 Kansas Behavioral Risk Factor Surveillance System.

The majority of Kansas smokers want to quit, but quitting on their own is not easy. When Kansans are ready to quit using tobacco - cigarettes or smokeless products - the Kansas Tobacco Quitline is ready to help online at [www.ksquit.org](http://www.ksquit.org) or by phone 1-800-QUIT-NOW (784-8669).

The Quitline is a service provided at no cost to Kansas participants.

Enrollment is available 24 hours a day, seven days a week online or by phone. A counselor works with participants during emails, live chats or one-on-one phone calls to prepare for a quit date and create a plan to fight cravings and face other challenges. Follow-up emails, live chats or phone calls are arranged around participants' schedules. Studies have found that using a tobacco Quitline can more than double a person's chances of successfully quitting tobacco.

Quitting smoking will reduce the risk of heart disease, stroke, lung cancer, emphysema, bronchitis and oral cancer. Quitting smoking will also improve people's health in ways they will notice every day. Quitting will lower heart rate, reduce shortness of breath, reduce coughing and improve the taste of food.

Quitting smoking will also save people a considerable amount of money. A person who smokes a pack

a day spends approximately \$35 per week on cigarettes, \$150 a month and \$1,825 a year. Smokers can calculate how much they have spent with the American Cancer Society's online tobacco cost calculator at:

[www.cancer.org/Healthy/toolsandcalculators/calculators/app/smokingcostcalculator.aspx](http://www.cancer.org/Healthy/toolsandcalculators/calculators/app/smokingcostcalculator.aspx)

The county coalition is based in Saint Francis through the Cheyenne County Health Department that is working to reduce tobacco use and its deadly effects. The coalition has information on how to help reduce tobacco use and help people who use tobacco quit.

The Kansas Tobacco Use Prevention Program provides resources and technical assistance to community coalitions for development, enhancement and evaluation of state and local tobacco prevention initiatives. For information about the Kansas Tobacco Prevention Program, visit [www.kdheks.gov/tobacco](http://www.kdheks.gov/tobacco).

## Registration books close July 17

By Karen Krien

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The registration books for the Aug. 7 primary election will close at 5 p.m. on Tuesday, July 17. The books will remain closed until Aug. 8.

Election officer, Terry Miller, said those wanting to register to vote in the primary election

can come to his office in the courthouse or the St. Francis clerk's office during regular business hours. People may also register at the First National Bank in Bird City.

To register, the person must be an 18-year-old or older citizen of the United States. They can apply in person or by mail to

the election officers. Application forms will be provided by the officer by request or in writing.

After registering, the registration will continue to be valid until the voter changes their name by marriage, divorce or legal proceedings or changes their place of residence.



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