

DE BACA COUNTY EXTENSION E-BULLETIN

January, February, March 2018

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In this issue

Spray Weeds Early and Grow More Grass.....2

NMSU Certified Calf Program.....3

Are You Creating Marketing Opportunities For Your Calves.....6

How Catching the Right Amount of Zzz's Can Improve Your Health7

Up and Coming Events..10

Kitchen Creations.....10

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debacaextension.nmsu.edu/](http://debacaextension.nmsu.edu/)

Livestock Scale Certification

The Livestock Scale Inspection program is by request basis only. Livestock Scale Inspection requests are accepted annually during the months of January through March and are inspected between April 1 and December 31 of the current year. 2018 livestock scale inspection requests

can be completed by calling 575-646-1616, or by going online to <http://www.nmda.nmsu.edu/scs/licenseregistration/livestock-inspection-registration/>



Look for the DE BACA COUNTY 4-H

SPOTLIGHT each month on Facebook.

Each month a De Baca County 4-H member is randomly selected and featured. To see this months feature, Abby Wilton, go

to NMSU De Baca Extension Service/4-H and like

our page!



All About Discovery!™

New Mexico
State University

Spray Weeds Early and Grow More Grass

From 'The Pasture Advisor' by Gregg Alpers

For more grass, spray early

For most annual broadleaf weeds, it pays to spray early in the life cycle. When sprayed early, weeds are easier to control and are gone before they steal sunlight, soil moisture and soil nutrients from the grass. Studies have shown that whether or not it is a dry year, or a wet year, early spraying consistently yields more grass.

Plan to scout early

Be proactive! Start scouting early in the spring so that spraying can be done timely. There is no substitute for timeliness. You can direct resources to weed or feed early in the season and make a difference for the rest of the year. That is especially true if it turns dry later.

Here are your early rates

Early in the season, on most annual weeds, the No.1 recommendation from Gregg Alpers is Grazon-Next HL (liquid form) at the labeled rate of 1.5 pints per acre. For special situations, use Chaparral (dry form) at the labeled rate of 2 to 3.3 ounces per acre. This will control most common broadleaves up to 4-6 inches in height. It will also provide soil residual activity for several weeks after spraying.

About GrazonNext HL

The best solution for cost-effective, general weed control with soil residual activity. It controls more than 100 species of broadleaf weeds, and is excellent on thistles, broomweed, cocklebur, nightshades, rag-weeds, and many others, and is safe on desirable grass. It provides preemergent and postemergent control for several weeks after application.

About Chaparral

A specialized broadleaf, brush and grass management product. In our area, it controls virtually all of our broadleaf weeds and is essentially nonvolatile. It does not contain 2,4-D, so is a good product to use in 2,4-D cutoff counties. However, exercise caution during application to avoid any drift with the wind.

Graze without restrictions

Neither Chaparral nor GrazonNext HL have any grazing or haying restrictions for any class of livestock, including lactating dairy cows, horses, and meat animals prior to slaughter.

NMSU Certified Calf Program

Summary of 2017 — What is New In 2018

2017 Certified Sale Results

HEIFERS					
Weight	ACES	Value	Non-Value	ACES VS. Value	ACES VS Non-Value
400-449	\$ 171.00	\$ 161.28	\$ 164.40	\$ 9.72	\$ 6.60
450-499	\$ 156.11	\$ 158.43	\$ 149.02	\$ (2.32)	\$ 7.09
500-549	\$ 148.78	\$ 143.50	\$ 149.13	\$ 5.28	\$ (0.35)
550-599	\$ -	\$ 147.83	\$ 141.46		
600-649	\$ 136.15	\$ -	\$ 137.75		\$ (1.60)
650-699	\$ 132.73	\$ 133.57	\$ 121.88	\$ (0.85)	\$ 10.85
700-749	\$ 145.00	\$ 120.00	\$ 127.92	\$ 25.00	\$ 17.08
750-799	\$ -	\$ -	\$ 115.00		
STEERS					
Weight	ACES	Value	Non-Value	ACES VS. Value	ACES VS Non-Value
400-449	\$ 194.76	\$ 187.66	\$ 177.16	\$ 7.10	\$ 17.60
450-499	\$ 186.23	\$ 177.70	\$ 167.81	\$ 8.53	\$ 18.42
500-549	\$ 172.55	\$ 157.31	\$ 158.64	\$ 15.24	\$ 13.92
550-599	\$ 168.21	\$ 153.88	\$ 142.39	\$ 14.33	\$ 25.82
600-649	\$ 147.29	\$ 140.69	\$ 143.15	\$ 6.59	\$ 4.14
650-699	\$ 147.66	\$ 141.95	\$ 129.71	\$ 5.71	\$ 17.95
700-749	\$ 144.50	\$ 130.14	\$ 129.69	\$ 14.36	\$ 14.81
750-799	\$ 141.53	\$ -	\$ 122.58		\$ 18.95

Price per hundred weight for heifers and steers from the following programs: ACES High+ (ACES), calves that were self-advertised (by the producer) as being weaned and vaccinated (Value), and calves that had no announcement (Non-Value). Overall values were different for the programs with ACES High + consistently receiving the highest price in steers. Programs were sorted into 50 pound weight classes and hundredweight was determined by dividing total pounds sold in each 50 pound class by the total dollars received in that class and then transforming to per hundred weight price. Not all sale ACES High + lots in the 2017 received a premium and normal market discounts (muscling score, color, breed, fleshy, etc.) were observed despite participation in the program.

NMSU Certified Calf Program, continued

Summary of 2017 — What is New In 2018

Ranch-to-Rails Option

For producers who are interested in obtaining health, feedlot performance, and carcass data for their calves, the Ranch-to-Rails program is a new option in 2018. Producers must enroll in either the ACES High or ACES High + program. 10 steer calves will be RANDOMLY selected by NMSU from their 2018 calf crop (must be randomly selected). After the 45-day weaning period, calves will move to either a feedlot in the TX panhandle or to Clayton Livestock Research Center. Individual health and gain data (not feed intake) will be gathered. After finishing, carcass data will be obtained. Producers can utilize the data to promote their calf crops in future years. Feed and yardage fees will apply.

ACES High Certified Heifers

At the request of producers, an ACES High Certified Heifer program will be initiated for producers and County Agents who are interested in participating. Details are still being worked out. However, all interested producers should enroll heifers in either the ACES High or ACES High + program (Age and Source Verification not required for ACES High Certified Heifers that are being retained for the heifer program). Prior to weaning, fall vaccination requirements will be made available. Heifers will be weaned on grass and remain on pasture for development through the winter (no feedlot development). NMSU will organize a Spring 2019 open heifer sale at area sale barns. Additional information coming soon, but interested producers can enroll heifers Spring 2018.

Quick Guide

ACES High +

Spring

- Enroll at nmbeef.nmsu.edu
- Document 1st Calf born.
- Purchase vaccines and provide receipt.
- Order tags 2 weeks prior to branding.
- Document branding date.
- Apply program tag, vaccinate, castrate, dehorn.

Weaning

- Video calves in July.
- Complete IMI form and order EID tags in July.
- Purchase vaccines and provide receipt.
- Vaccinate, wean, put in EID tags.
- Treat for internal/external parasites.

45-Day Weaning

- Wean calves minimum 45 days.
- Booster vaccines.
- Final IMI form end of weaning & last vaccine.
- Booster vaccines
- Preferred to familiarize calves with feed.
- Obtain final documents for private or certified sale.

ACES High

Spring

- Enroll at nmbeef.nmsu.edu
- Document 1st Calf born.
- Purchase vaccines and provide receipt.
- Order tags 2 weeks prior to branding.
- Document branding date.
- Apply program tag, vaccinate, castrate, dehorn.

Weaning

- Video calves in July.
- Complete IMI form and order EID tags in July.
- Purchase vaccines and provide receipt.
- Vaccinate, wean, put in EID tags.
- Treat for internal/external parasites.

45-Day Weaning

- Wean calves minimum 45 days.
- Final IMI form end of weaning.
- Booster vaccines
- Preferred to familiarize calves with feed.
- Obtain final documents for private or certified sale.

NMSU VAC-Verified

Spring

- Enroll at nmbeef.nmsu.edu
- Document 1st Calf born.
- Purchase vaccines and provide receipt.
- Order tags 2 weeks prior to branding.
- Document branding date.
- Apply program tag, vaccinate, castrate, dehorn.

Weaning/Selling

- Purchase booster vaccines and provide receipt.
- Vaccinate.
- Treat for internal/external parasites.
- Obtain VAC-Verified Receipt

Enrollment is now open. Please contact Aspen for the updated guidelines. Materials have been updated and are easy to read and clearer to understand. Some requirements have changed as well.

TUCUMCARI
BULL TEST

EST. 1961

BULL SALE
MARCH 10, 2018

1 p.m. • NMSU Ag Science Center



NM Youth Ranch Management Camp
June 10-18, 2018
CS Ranch—Cimarron, NM
Ages 15-19—Cost-\$300

Contact the extension office for more details

22nd Annual
MANZANO BULL SALE
March 20, 2018

150+ Angus bulls
40 PAP tested
2 year old bulls

GARDNER FAMILY
ESTANCIA, NM
Bill (505) 705-2856
Cole (575) 910-5952
Clayton (505) 934-8742

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SUPERIOR Livestock Auction
Efficient. Maternal. Profit Driven.

Are You Creating Marketing Opportunities For Your Calves?

by Aspen Achen

It's time for us to recognize that the consumer of today is different than the consumer of the past. Especially when it comes to meat, and even more in particular when we start talking about beef. If you aren't participating in any value added programs, I encourage you to at least take a look. Bottom line, opportunities are opening up for age and source, non-hormone, grass fed, and several others. The more diverse your calves are allows buyers to have a broader range of marketing avenues, often times meaning more dollars for you. Interestingly enough, the requirements for some of this stuff doesn't ask for anything more, or only slightly more, than what you already do routinely on your operation. To us in the industry, these labels mean little to how we view the product we eat, but to the consumer they offer reassurance that the beef they are eating is healthy, wholesome, and safe. Take a look and start considering your opportunities, because now is the time to enroll in value added programs.

AGE AND SOURCE VERIFICATION: Source verification provides the platform for traceability throughout the entire beef production chain, and is what enables your buyers to be sure of the claims you are making about your cattle. Utilizes EID tags. To qualify cattle must be born and raised on the operation, and calving records must document the first and last calf born. Calves are weaned and the program tag applied prior to shipping. Verifying the source of origin of any live animal is the basis to most programs.

source: IMI Global. <http://imiglobal.com/beef-programs.html>

VERIFIED NATURAL: Cattle are eligible for specialty markets requiring natural beef, and exporting beef products to the European Union. Calves can not receive growth promotants, antibiotics, or animal by-products. Utilizes EID tag.

source: IMI Global. <http://imiglobal.com/beef-programs.html>

NON-HORMONE TREATED CATTLE: Allows cattle to be eligible for buyers exporting beef products to the European Union. Calves can never receive any growth promotants of any kind. Utilizes EID tag.

source: IMI Global. <http://imiglobal.com/beef-programs.html>

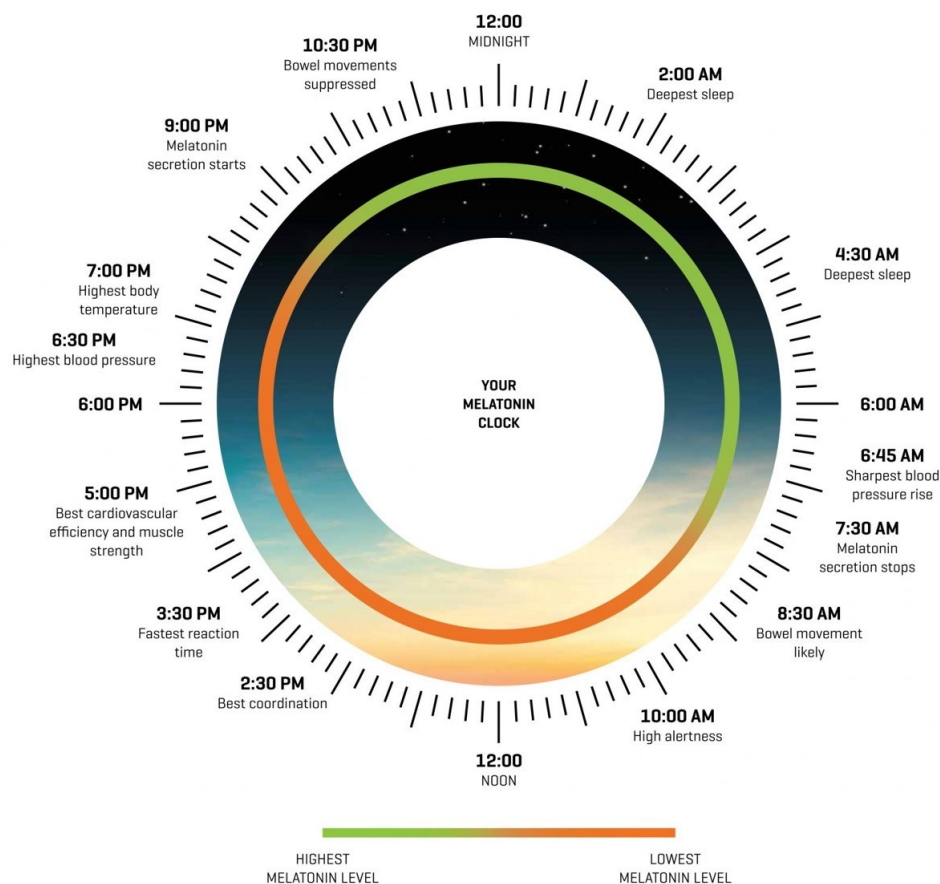
OTHER OPPORTUNITIES TO LOOK INTO:

- Organic
- Grass Fed
- Animal Welfare/Humane Programs
- NMSU Certified Calf Program

How Catching the Right Amount of Zzz's Can Improve Your Health

Adapted from: Sleep: The What, Why, and How!
By Raquel Garzon, NMSU Nutrition and Wellness Specialist

Everyone has a different mindset for sleep. Some prefer more, some prefer less. Some spend all night trying to sleep, and all day trying to stay awake. No matter the mindset, everyone should start looking at it from a health commitment standpoint, not a convenience standpoint. What we do know is that you get better sleep results when you work alongside your body.



Stages of Sleep

Your body cycles through stages of sleep. Each time you wake up, your body has to start again with the first cycle.

Stage 1: This is a light sleep that occurs in the first 5-10 minutes. If you have ever had the sensation of falling, or muscle twitching, it occurs here.

Stage 2: 50% of your time sleeping is spent here. Brainwaves, breathing, and heart rate slow down, and body temperature drop.

continued page 7

Sleep continued

Stage 3 and 4: 30% of your time sleeping occurs. This is where you catch your beauty sleep. No kidding! Restoration, repair, and growth of muscles and bones occur in stage 3. Along with growth hormones being released, energy is restored. You have slow breathing and relaxed muscles.

Stage 5: 20% of your time sleeping happens here. Known as the REM (Rapid Eye Movement) sleep cycle. The eyes move but the muscles don't. This is when dreams occur. There is increased respiration and brain activity. The mind repairs itself in this stage, where you get the feeling of having a good night's rest. This sleep is what supports your performance the following day. Those who don't get the required hours of sleep, or are continuously waking up, short themselves of this stage.

How much sleep do you need?

7-9 hours
ages 18-25

7-9 hours
adults

7-8 hours
elderly

What Are the Implications of a Lack of Sleep?

- **Effects on health:** Increased body weight, obesity; poor glucose metabolism, diabetes; increased cortisol levels (response to stress, metabolism, immune response); decreased melatonin levels; gut inflammation; adrenal fatigue; increased cardiovascular disease; increased risk of certain cancers; risk of cognitive decline and Alzheimer's.

*** Have you ever felt like you are 'LOSING YOUR MIND'?
Studies have shown that losing 2 hours of sleep in a night can keep the brain from turning information from your day into long term memories. It also causes 'local sleep' which means your brain is asleep even though you are awake! We end up living our lives with our emotional brain while the rational side is sleeping.*

- **Effects on eating:** Leptin decreases (our ability to know to stop eating when we are full) and Ghrelin increases (what tells our body to eat when it's hungry), both result in extra calories being consumed; the body doesn't use or store food normally, food is used for coping, or mindless eating; poor choices in the types of food and drinks we choose.
- **Effects on exercise:** Decrease in exercise performance; increased risk of injury; too tired or unmotivated; poorer mindset about exercise.

Alarm set for 6:00am
Wakes up at 5:59

Who else lies back down to cherish that last minute of sleep?



continued page 8

Sleep continued

- **Effects on stress:** Reduces self-regulation; reduces emotional stability; decreased self-awareness; impaired cognition.
- **Effects on work:** Reduced task performance; reduced productivity; lack of innovation; unethical behavior; increased workplace injuries and accidents; decreased job satisfaction.

Answering Yes To the Following Could Mean You Are Sleep Deprived.

- Do you need an alarm clock to wake up on time?
- Do you regularly use the snooze button?
- Do you have a hard time getting out of bed in the morning?
- Do you feel sluggish in the afternoon?
- Do you get sleepy in meetings, lectures, or warm rooms?
- Do you get drowsy after heavy meals or when driving?
- Do you need to nap to get through the day? (nap time should only last between 10-30 minutes)
- Do you fall asleep while watching tv or relaxing in the evening?
- Do you feel the need to sleep in on weekends?
- Do you fall asleep within 5 minutes of going to bed?



Get Better Sleep Now

Environmental recommendations: Dark room or eye mask; white noise or earplugs; eliminate the use of electronic devices a few hours before bed; expose yourself to bright lights in the morning; spend time outside during the day.

Emotional and psychological recommendations: Decrease stress; positivity and gratitude; relaxing music; mindfulness, relaxation, meditation, or sleeping apps.

Physical recommendations: Eliminate sleep disrupters (caffeine, alcohol, diet pills, large meals); exercise during the day promotes deeper sleep; implement breathing exercises before bed; don't overeat in the evening; lose weight; fix your gut if you have issues; don't exercise or elevate heart rate 2-3 hours before bed.

Sleep hygiene recommendations: Create bedtime routines and follow them; don't sleep in on the weekends, stay within 1 hour of normal waking time; sleep in your bed only, no reading or watching tv in bed; sleep alone if possible or necessary; don't stay in bed awake, get up and read or do something else until you get sleepy again, then go back to bed.



What's On the Up and Coming...

February 28	Guadalupe County Spring Herd Health Program, Blue Hole Convention Center, 4:00-8:00 pm
March 10	Tucumcari Bull Test Bull Sale, Tucumcari
March 20	Manzano Angus Ranches Bull Sale
April 21	NMSU Horse Expo and Sale, Las Cruces
April 21	NMSU Bull Sale, Las Cruces
May 16-18	Indian Livestock Days, Route 66 Casino, Albuquerque
June 10-18	NM Youth Ranch Management Camp, Valles Caldera
TBA	De Baca BQA certification, if you are not BQA certified and want to be, contact the extension office.



Kitchen Creations

A cooking school for people with diabetes

Participate in a series of 4 cooking classes.

Learn to plan and prepare meals that help manage diabetes.

Receive a free manual and cookbooks.

This is a great class for ANYONE wanting to learn to eat healthier.

March 20, 22, 27, 29
5:30-8:30



From: Aspen Achen
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The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and extension programs.