

APPLE CIDER VINEGAR



Remember the old saying “AN APPLE A DAY KEEPS THE DOCTOR AWAY”, well the apple cider vinegar is a concentrated form of the nutritional benefits of the apple. The AVC that we are talking about is raw and unfiltered unlike what you buy at the grocery store. This product still has all the enzymes intact so we get much improved digestion, usually a 10% feed savings for a ruminant animal. The acetic acid in this product also aids in the digestion process and is a pure form of energy, so we usually see better production in the form of meat and or milk. Another component of the AVC is malic acid which acts as a blood purifier and all the minerals are in a colloidal form so they are readily available. This combination of nutrients is where we see all the health benefits from feeding the AVC. We feed this to dogs, cats, rabbits, chickens, pigs, horses, cattle, goats and sheep. We sell the AVC in 55 gallon drums and also 275 gallon totes.

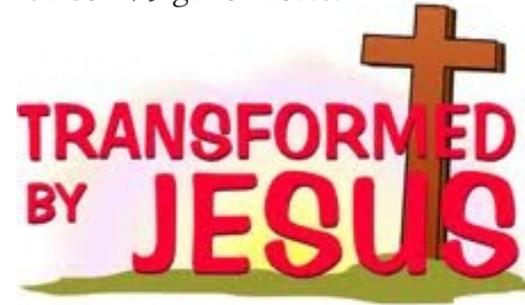
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Devotion Corner "An Attitude of Gratitude"

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”Philippians 4:5-7

Its hard to be grateful when we face a challenge after challenge, but isn't that what God calls us to do. “I can do everything through him who gives me strength.” Philippians 3:13

Have you ever heard something like someone telling you something. The first time, you think it may be a random thing. You hear it for the second time, maybe I need to pay attention to it. That maybe God is trying to tell you something, that I need to hear. The third time? There's no doubt, I best be listening! So have you begun to detest the things of God because they just aren't quite what you wanted? If we want to be in a place of gratitude we must walk in that direction. We live in a place of negativity, so that's the direction our attitudes take. We have a choice to choose the path of gratitude.

As I read in a book Choosing Gratitude, we expect a lot out of life. We most of the time show we need more from our worldly life than our Godly life. We need God. We don't always think we want God. We expect people to take that place of God in our lives. But what happens when our worldly doesn't meet our needs and wants. We are resentful in our hearts and relationships. But if we were grateful for Gods unchanging love and His faithfulness our wants would be met.

When gratefulness returns, it brings with it the attending blessings and beauties of holiness. And that's an expectation we can live with. “Always giving thank to God the Father for everything, in the name of our Lord Jesus Christ” Ephesians 5:15.

An ungrateful heart is fast to notice that you yourself is feeling unsatisfied. And that its easy to fall to sinful acts and behaviors to prevent pain and satisfy your own wants. A grateful heart is a full heart, while an unthankful is an empty heart. God calls us to do everything with thanks.

So **STOP**. Look up to Jesus, He took your sin to heal your heart, so that you may live and have Him as your Lord of you life. That's the destination of gratitude. Choose your course wisely.

1Corinthians 1:8 “He will keep you strong to the end, so that you will be blameless on the day of our Lord Jesus Christ.”

What's Happening

Well, things are happening around here. Getting Heifers Bangs Vaccinated, bulls freeze branded, now feeding hay. The everyday life on the ranch. The yearling bulls are growing very nicely and so are the 2 yr old bulls.

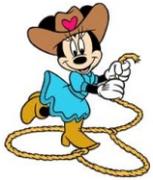
For the family part of things, its slowed down a lot with no kids in the winter sports, so we're just waiting for the rodeo season to start. We're getting Kenny our oldest ready for college he will be attending Mitchell Tech in Mitchell SD, doing scholarship forms, seeing the school and lining things up there. Trying to get things lined up for graduation. How time flies by when your having fun, and we still have to do it 3 more times.

Isn't it amazing what we are given by God, to teach them, help them and then some day they will be doing it on their own. That God can give us something so precious to take care of for him, then some day let them go.

For the girls we're busy doing queening projects, here during the Black Hills Stock Show we were down there doing various duties. They helped with the Littlest Rodeo, where 3-5 yr olds did rodeo events with stick horses. It's such a treat to watch the little ones thinking that horse is really doing a good job, and the queens enjoying themselves with the little ones not wanting them to leave their sides. They also did 2 sessions of autographing, its so heart touching to see these little ones come up with such amazement of asking for their pictures with their signatures on them. How innocent they are.

For Kyler he just gets to hang back, not much happening with him. But he's always finding something around here to keep us busy and on our toes.

The place has been a hoppin busy station, getting things lined up for the bull sale, and preview. Still working on new projects, lining them up for when the warmer weather starts rolling around they can be put into action.



TALE OF A RANCHERS WIFE



You're only a ranching housewife? The doctor asked one day. And with a check on the proper line he put my chart away. No need to waste my breathe, I thought, explaining my life and so,. While his brief remark made me angry, I let the matter go. But the more I think about it, the more I'd like to scream. For being a ranching housewife's not as easy as it seems! I do all the normal housewife chores, like mend, and clean, and bake. And when it's time to harvest the hay I mow, or bale, or rake. I'm a short-order cook, and a laundress: I make the beds and sweep floors. And in the spring I'm a surrogate mother to baby calves galore(or not). I pay the bills and answer the phone, keep book work simplified. And every year when we brand the calves I'm there to assist a hand. I can feed and water livestock, and drive a team of horses. I can stretch a dollar till it squeals to save on our resources. I'm a veterinary assistant, I give shots just like you do, and when my husband's on the road I've pulled a calf or two. I try to be a peace maker, though I'll never win a prize. But it helps if we can laugh a bit when tempers start to rise. I can handle a fifth-wheel trailer, take a cattle truck to town, If they need a part or package, they send me to run it down. Not the least of all I'm a mother, and I thank God every night that we're raising our family on our own ranch and trying to teach them right. Yes, I'm only a ranching housewife. I have no framed degree, But don't feel sorry for me, Doc. I'm happy being me!

OUR PROGRAM (FRAME SCORE)

Their seems to be a lot of confusion about frame scoring. Our cowherds average is 5.3, the bulls we've been raising range from 4.0 to 5.5 frame.

Frame score is nothing more than hip height compared to age. It has nothing to do with the width, depth, or capacity. When people say cattle have good frame it's not the same as frame score. I know when someone talks about smaller or medium framed cattle, most people think of narrow, shallow cattle with nothing to offer, (they are just little). But that's not true, in fact smaller framed cattle are thicker, deeper and have more meat and muscle than larger framed cattle as a general rule. Because in the larger taller cattle there is a lot more bone structure there so it carries and spreads everything it has.

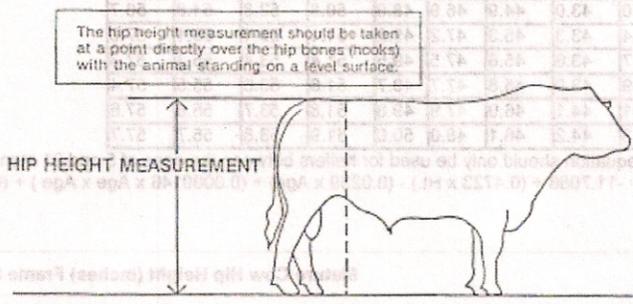
A lot of seed stock producers say in their notes wether a bull is large or medium(moderate) framed. Compared to what, if the animal is not measured you can't tell. At 12 months of age the difference between a 4 frame and a 6 frame bull is 4 inches. That's pretty hard to see especially with bulls that are made different. Even if you could see it maybe the difference is between a 5&7 frame or 6&8 frame.

Many people believe they have moderate framed cows or think they have a certain frame. If you measure your cows you'll find out some of your better or better built cows are not as big as you think. A lot of purebred outfits would like you to believe a 6 frame is moderate, but according to the Beef Improvement Federation and USDA Meat Grading Scales a 6 frame and up is considered Large framed. Medium framed cattle are 4&5 and small framed is 3& under. The 4 to 5.5 frame seems to be the most efficient for us. Most of our cattle fit in this range, but we do have outliers. When we develop our replacement heifers we have a pretty good idea which ones will be open just by measuring their frame score. That tells us to keep them or not. Yes, higher the frame score the higher the percentage of being open.

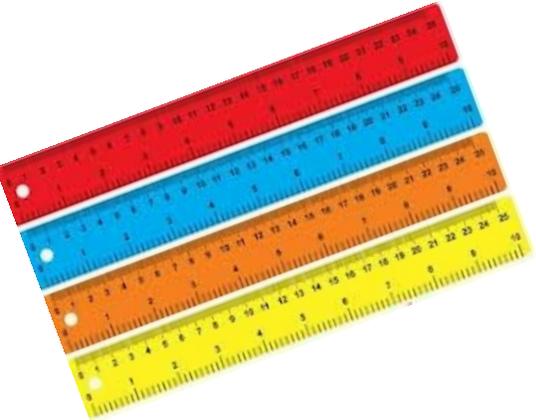
There is a frame score sheet here for you to use that we use for our own use by the Beef Improvement Federation. Just something to think about, do we want easy fleshing and easy keeping cattle that breed back at higher percentage.

Hip Heights (inches) and Frame Scores for 5 - 21 Month-Old Heifers

Age (months)	Frame Score								
	1	2	3	4	5	6	7	8	9
5	33.1	35.1	37.2	39.3	41.3	43.4	45.5	47.5	49.6
6	34.1	36.2	38.2	40.3	42.3	44.4	46.5	48.5	50.6
7	35.1	37.1	39.2	41.2	43.3	45.3	47.4	49.4	51.5
8	36.0	38.0	40.1	42.1	44.1	46.2	48.2	50.2	52.3
9	36.8	38.9	40.9	42.9	44.9	47.0	49.0	51.0	53.0
10	37.6	39.6	41.6	43.7	45.7	47.7	49.7	51.7	53.8
11	38.3	40.3	42.3	44.3	46.4	48.4	50.4	52.4	54.4
12	39.0	41.0	43.0	45.0	47.0	49.0	51.0	53.0	55.0
13	39.6	41.6	43.6	45.5	47.5	49.5	51.5	53.5	55.5
14	40.1	42.1	44.1	46.1	48.0	50.0	52.0	54.0	56.0
15	40.6	42.6	44.5	46.5	48.5	50.5	52.4	54.4	56.4
16	41.0	43.0	44.9	46.9	48.9	50.8	52.8	54.8	56.7
17	41.4	43.3	45.3	47.2	49.2	51.1	53.1	55.1	57.0
18	41.7	43.6	45.6	47.5	49.5	51.4	53.4	55.3	57.3
19	41.9	43.9	45.8	47.7	49.7	51.6	53.6	55.5	57.4
20	42.1	44.1	46.0	47.9	49.8	51.8	53.7	55.6	57.6
21	42.3	44.2	46.1	48.0	50.0	51.9	53.8	55.7	57.7



This is a diagram of how to measure for the frame score on your cattle.



$$\text{Frame Score} = -11.7086 + (0.4723 \times \text{Ht}) - (0.0239 \times \text{Age}) + (0.0000146 \times \text{Age}^2) + (0.0000759 \times \text{Ht} \times \text{Age}), \text{ where Age} = \text{days of age.}$$

Hip Heights (inches) and Frame Scores for Mature Cows

Age (months)	Frame Score										
	1	2	3	4	5	6	7	8	9	10	11
24	43.1	45.0	46.9	48.8	50.7	52.5	54.5	56.4	58.2	60.1	62.0
30	43.8	45.8	47.5	49.4	51.3	53.1	55.1	57.0	58.9	60.8	62.5
36	44.2	46.1	48.0	49.8	51.8	53.6	55.5	57.2	59.2	61.0	62.8
48	44.6	46.5	48.2	50.0	52.0	53.9	55.8	57.5	59.4	61.2	63.0