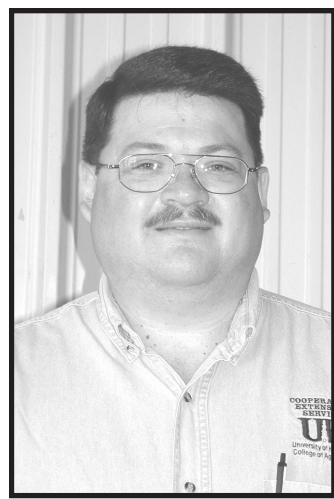


# Learn To Use Body Condition As Indicators Of Herd Health



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Estill County Extension  
Agent for Agriculture  
& Natural Resources

Early winter is an optimum time to prepare your spring-calving herd for reproductive success. Adequate nutrition from about 50 to 80 days prior to calving is critical to maximizing a cow's ability to rebreed and maintain a 365-day calving interval. A cow that gets inadequate nutrition or is thin at calving and breeding will take longer to come into heat and will require more services to conceive.

The best method to evaluate the nutritional status of your herd is to do body condition scores. A body condition score is an estimate of the degree of body fatness of an animal, which gives us an estimate of the amount of body energy reserves available to the cow. Scores range from 1 to 9, with 1 meaning a cow is emaciated or extremely thin, while 9 indicates an animal is extremely obese.

Beef producers should train themselves to identify cows that are too thin, cows that are marginal and cows that have an optimal body condition score for rebreeding. Body condition scoring is a tool to help plan your supplemental feeding program, so you can maintain adequate productivity in your herd.

You can determine body condition score by looking at the degree of sharpness or thinness in several areas of the cow's body. The ribs and backbone are two primary regions you need to examine to help establish body condition score. Other important areas are the tailhead, shoulder and brisket regions of the cow. In general, cows with more fat appear smoother in these areas to the point that individual bones are difficult to see.

Cows that are too thin, scores of 3 or less, have easily identifiable fore and rear ribs, sharpness across the backbone, sharpness over the hook and pin bones near the tailhead and sharpness across the shoulders. These cows need to gain approximately 150-200 pounds before calving, if you want them to rebreed in a timely fashion.

Cows that are borderline have a body condition score of 4. These cows have easily identifiable 12th and 13th ribs, but their fore ribs are covered. The backbone and hooks and pins are still prominent but are not sharp in appearance. The shoulders are less defined. These

cows need to gain about 75 to 100 pounds before breeding season.

Cows that are in optimal body condition have scores of 5 or 6 and have a good overall appearance. No ribs are visible unless the animal has been shrunk. The backbone, hooks and pins appear rounded and not easily seen, and the area around the tailhead is filled in but not mounded. These cows simply need to maintain their weight until calving.

Research has shown that cows with scores less than 5 at calving have lower pregnancy rates and take longer to rebreed than cows with scores of 5 or higher. The optimum body condition score for mature cows is a 5 or 6. Heifers that are calving their first calf need to have a score of at least 6 to maximize rebreeding success.

The best way to use body condition scoring is to sort cows according to their

score at 90-100 days before calving and feed these groups according to their score and nutrient needs to optimize reproduction. Each body condition score typically represents 75 to 100 pounds of body weight. Analyze your feedstuffs so that you can accurately balance rations to meet the needs of each group of cows. This method not only ensures adequate breeding potential of your cowherd, but is also an efficient method of supplying nutrients to your cows. (source: Les Anderson, UK Extension beef specialist)

For more information on scoring body condition in your cowherd, contact the Estill County Cooperative Extension Service at 723-4557.

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

## Wishing Well®

2	7	8	6	3	2	5	8	3	2	3	4	5
B	A	F	G	B	U	A	R	E	S	A	Y	D
3	7	3	8	4	7	8	2	6	3	7	8	3
D	G	V	I	O	R	E	I	E	E	A	N	N
8	2	8	7	4	8	6	5	7	2	6	5	3
D	N	S	N	U	H	T	V	D	E	O	I	T
8	7	8	4	2	3	4	8	6	3	5	8	5
I	A	P	F	S	U	O	I	R	R	S	S	E
7	8	6	2	7	8	6	5	7	3	7	5	2
D	F	G	S	D	O	A	O	I	O	T	T	T
3	2	7	2	3	6	2	4	7	6	5	8	7
U	R	I	I	S	N	P	R	O	I	H	U	N
6	4	8	6	5	8	4	6	5	4	5	4	4
Z	M	N	E	E	D	B	D	R	O	S	N	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: M equals O

TI MHWJNTIZSIZ JMMQ WEZW  
QWAA EMVI TIE YTPDWE GPNY  
ETGTZW. SO VTD ONW WTHW MQ  
EWDOJPYOSMI.

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## CryptoQuote

AXYDLBAAXR  
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

MDZFSMYSZNS KZM Z  
WNZBZJEMJ TX GTJS; DS  
VEISW AO KNEJEGC  
JDEGCM JT HPTJS.  
— D. APGGSN

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## Outdoors News

Saturday, November 14th @ 8:30pm

### Kentucky Afield TV Airs Live

"Kentucky Afield" TV airs live this Saturday night, Nov. 14, for a special half-hour call-in show focusing on deer and other fall hunting seasons. The show airs at 8:30 p.m. Eastern/7:30 p.m. Central on KET.

Experts from the Kentucky Department of Fish and Wildlife Resources will join Host Tim Farmer to field phone calls from hunters across the state. Questions on the yearly show often include season dates, limits, game behavior, private and public hunts, law enforcement and more.

"We expect calls about everything," Farmer said. "Everyone appreciates a little Q & A with the pros as they prepare for hunting season."

"Kentucky Afield" is a production of Kentucky Fish and Wildlife. It is the longest continuously-running outdoor television show in the nation.

## Stickeler's Puzzle



One of the numbers below does not belong with the others based on a simple reason. Which is the odd one out?

- 87,336
- 23,938
- 76,570
- 99,007
- 14,983
- 84,616

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Stickeler's Answer on Page 11

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TALK, TEXT, MMS

500MB DATA

New  
Phones  
Arriving  
Daily

## Community News

Saturday, November 14th - 9-3:30

### Estill County Fall Rabies Clinic

The Estill County Health Department will be holding their fall Rabies Clinic on Saturday, November 14, 2015 at the Animal Clinic on Richmond Road in Irvine, KY. The clinic will be held from 9:00 am until 3:30 pm. Dr. Linda Grimes will be the veterinarian. For information call (606) 723-5181.

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Mechanical Work

Main Street in Ravenna

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## Puzzle Answers

November 11, 2015

### Puzzles4Kids

Answer

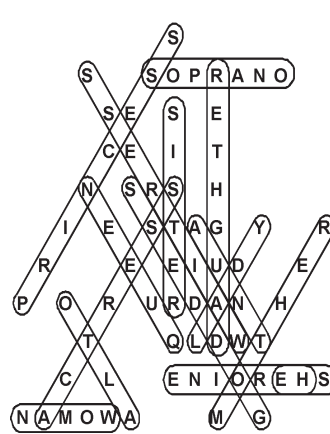
THRIVE	H	RIVET
SELFIE	E	FLIES
ARROWS	W	ROARS
AUSTIN	A	UNITS
CATERS	S	REACT
SPARSE	S	PARES
TESTER	T	TERSE
INSURE	U	RESIN
FRANCE	F	CRANE
STRIPE	F	TIERS
KENDRA	E	DRANK
OLDEST	D	STOLE

### Letter Box

Solution

T	N	U	C	I	G	A	H	O
A	H	C	O	U	T	G	N	I
O	G	I	H	N	A	U	T	C
N	T	G	A	C	O	I	U	H
U	O	H	N	T	I	C	G	A
I	C	A	U	G	H	T	O	N
C	A	N	G	O	U	H	I	T
H	U	T	I	A	N	O	C	G
G	I	O	T	H	C	N	A	U

### GIRLS ONLY



### CryptoQuip

answer

An overhanging roof edge fell down and caused much damage. It was the eave of destruction.

### CryptoQuote

answer

Shakespeare was a dramatist of note; he lived by writing things to quote.  
— H. Bunner

### FEAR & KNIGHT

answer



### Even Exchange

Donna M. Pettman

- Sample, Simple
- Cater, Water
- Daisy, Daily
- Barter, Barber
- Expert, Expect
- Baker, Biker
- Least, Leash
- Gobble, Wobble
- Cruet, Crust
- Lisbon, Liston

### Weekly SUDOKU

Answer

8	4	2	7	3	1	6	9	5
7	3	1	6	9	5	8	4	2
6	9	5	8	4	2	7	3	1
3	6	4	2	1	9	5	8	7
2	1	9	5	8	7	3	6	4
5	8	7	3	6	4	2	1	9
9	2	3	4	5	6	1	7	8
4	5	6	1	7	8	9	2	3
1	7	8	9	2	3	4	5	6

### King Crossword

Answers

Solution time: 27 mins.

A	S	P	E	N	R	A	M	C	P	A
L	L	A	M	A	A	L	I	H	A	P
L	Y	R	I	C	P	A	R	Q	U	E
S	T	R	A	P	S	U	R	A	L	
Z	E	N	E	W	E	P	E	N	N	Y
A	M	I	S	A	R	R	O	Z		
G	O	P	H	E	R	E	L	O	P	E
A	R	D	O	R						
T	I	A	R	A	R					
A	N	T	I	M	A	N	T	R	A	
P	A	R	F	A	I	T	R	I	D	E
A	N	I	P	R	O					
S	E	A	E	A	R					

### Bible Trivia Answers

Casey's trivia book "Know It? ... or Not?" is available from BearManorMedia.com

Laodicea  
(4) Job; (5) Dorcas; (6)  
(2) Hosea; (3) Moses;  
ANSWERS (1) Old;