



Texas AgriLife Update! Garrett Gilliam, Texas AgriLife Extension Agent for Coke County, presented an update on the department's activities during the annual Bronte Community Banquet Monday, April 11.

calved to a clean pasture. Be prepared to give fluids to scouring calves that become dehydrated. Consult your veterinarian for advice and send fecal samples to diagnostic lab to determine which drug therapy will be most effective. Try to avoid feeding hay in excessively muddy areas to avoid contamination of the dams' udders.

- Separate cows that have calved and increase their feed. Energy supplementation to cows receiving hay is necessary to prepare them for rebreeding. For example, a 1250 lb cow giving 25 lb/day of milk would need about 25 lb of fescue hay and 5 lb of concentrate daily to maintain condition. If you need to go from a condition score of 4 to 5, you will need to add about 2 more lb of concentrate. Cows must be in good condition to conceive early in the upcoming breeding season.
- Plan to vaccinate calves for clostridial diseases (Blackleg, Malignant Edema) as soon as possible. You might choose to do this at the pre-breeding working in late April or early May.
- Prepare bulls for the breeding season. Increase feed if necessary to have bulls in adequate condition for breeding.
- Finalize plans for your spring breeding program. Purchase new bulls at least 30 days before the breeding season – demand performance records and check health history including immunizations. Use visual evaluation and expected progeny differences (EPD's) to select a bull that fits your program. Order semen now, if using artificial insemination.

Fall-Calving Cows

- Bull(s) should be away from the cows now!
- Creep feed calves with grain, by-products or high quality forage. Calves will not make satisfactory gains

on the dam's milk alone after about 4 mos. of age – since there isn't much pasture in March, fall calves need supplemental nutrition. Consider creep grazing on wheat pasture, if available. Calves can also be early-weaned.

- Calves intended for feeders should be implanted.
- Plan to pregnancy check cows soon.
- Consider adding weight and selling your fall calves as "heavy" feeder calves while prices are high. Keep them gaining.

General

- Repair fences, equipment and handling facilities.
- Renovation and fertilization of pastures should be completed.
- If you have a dry, sunny day, use chain-link harrow to spread manure in areas where cattle have overwintered. This may be done in conjunction with renovation.
- Watch for lice and treat if needed.
- Start thistle control. They can be a severe problem in Kentucky pastures. Chemical control must be done early to be effective.

• Repair fences, equipment and handling facilities.

• Renovation and fertilization of pastures should be completed.

• If you have a dry, sunny day, use chain-link harrow to spread manure in areas where cattle have overwintered. This may be done in conjunction with renovation.

• Watch for lice and treat if needed.

• Start thistle control. They can be a severe problem in Kentucky pastures. Chemical control must be done early to be effective.



The Hunt for a Healthy Easter

Just when you thought all the holidays were behind you—and no longer threatening your diet—along comes Easter.

Towering displays of marshmallow chicks and chocolate bunnies tempt you in the stores, and you or your relatives may be planning a massive feast. But you can enjoy this festive celebration without abandoning your diet. All it takes is a little

planning. A holiday is one day! So if you do tend to overindulge, don't fret. It's not something to throw the towel in for. There is only so much damage you can do in 24 hours.

Watch That Basket- The best approach to Easter? Focus on the meaning and the non-fat traditions of the holiday, instead of obsessing over the meals. Then, once you're looking at the bigger picture—not just your child's Easter basket—figure out how to incorporate some of your low-calorie foods into the holiday for a healthy approach to weight loss. Here are some more tips:

- Since you know sweets will be around, plan for them—save calories elsewhere in the day for a small splurge. Some chocolate can be good for you. Try buying small, individually wrapped chocolate eggs and jelly-bean packs. Avoid the giant chocolate bunnies, no matter how cute they are!
- Don't sit down to dinner on an empty stomach—you're more likely to overeat. Try snacking on those colorful hard-boiled eggs—one large egg has just 76 calories. It's a filling, nutritious choice.
- Get active. Go for a walk before church or coordinate a street-wide Easter egg hunt or parade.
- Rethink that Easter basket: sometimes nontraditional gifts

(books, costume jewelry, CD's) are even more appreciated than the usual candy.

- Instead of buying lots of candy, buy plastic eggs and fill them with stickers, money or small toys. Kids love them because they can hide them over and over again.
- Share is the key word. Don't buy a big bag of candy. But if it ends up that you have one—Share, share, share!!
- As the Easter Bunny for some non-fat rewards, or ask for things that will help with your weight-loss journey: individual size puddings, granola/cereal bars, dried fruit.

Hayrick Lodge Cemetery

Association meets

The Hayrick Lodge Cemetery Association that oversees the care of the Robert Lee Cemetery met to discuss the ongoing projects at the cemetery. The cemetery runs solely on donations and memorials. The generous response to this year's letter is sincerely appreciated.

Mowing season is already here, and work has begun in the cemetery. The maintenance staff will be trimming shrubs and trees so that mowing under them is possible. They will also be

removing faded flowers and other objects that impede the trimming process.

An ongoing concern of the association is graves that are marked only by metal markers or graves that are not marked at all. The association bylaws require a permanent marker on each grave, but, more important, unmarked graves are much more likely to be lost.

Permanent markers need not be large, but they do need to be permanent.

Please remember that the cemetery falls under the same watering restrictions as the rest of our community.

Donors

Craig & Paul Adams, Mrs. Bobbie Allen, Pam Bauerlein, Gina Bell, Ben & Mary Bessent, Nina Brewer, Larry & Johnnie Brock, John L. & Janie Bruton, Dora W. Carlyle, Mrs. Harry Carmichael, Ernest Clendennen Estate, Maude Conley, Carleen & B.F. Craddock, Joan Davis, Nona C. Davis, Mrs. Vaughan Davis, Mrs. Joyce Dodson, Victor & Joyce Eckert, Greg & Elaine Eddings, Dale C. Fields, Bill & Judy Gibbs, Good Living Trust, Bill & Rhonda Hood, David & Sheila Hooper, Coy & Martha Jones, Alta Bell Kay, Kenneth & Kay Lackey, Thomas & Suanne McBroom, William D. McCutchen, Billy & Patsy

(Continued on Page 11)

How much do you know about your deregulated electric service? Take this short quiz to find out.

Who restores power after a bad storm?
 1) Your Retail Electric Provider
 2) The company that generates electricity
 3) AEP Texas
 4) All of the above
 5) None of the above

AEP Texas
 1) Sells electricity
 2) Delivers electricity
 3) Generates electricity
 4) All of the above
 5) None of the above

Who is installing new Smart Meters?
 1) AEP Texas
 2) Your Retail Electric Provider
 3) The company that generates electricity
 4) All of the above
 5) None of the above

Who is known as "the wires company"?
 1) Your Retail Electric Provider
 2) The company that generates electricity
 3) AEP Texas
 4) All of the above
 5) None of the above

If you answered 3, 2, 1, 3, congratulations!
 You made a 100%!

AEP Texas has roots that run deep in south and west Texas. For nearly a century, we have partnered in the growth and progress of these regions by ensuring a safe and reliable supply of electricity. AEP Texas provides a reassuring presence and a friendly face, whether it's repairing power lines after a storm, electric metering, coaching a little league baseball team or participating in a local charity event. That's because we work here, and we live here. We are proud Texans who are connected to the communities where we live and work.

No matter which company you choose as your Retail Electric Provider (REP), AEP Texas delivers electricity to your home or business, and maintains the overall electric system... just as we've always done. AEP Texas is connected to more than 935,000 customers and nearly 300 cities, communities, and counties. **Please remember to call your REP at the number listed on your electric bill if you have questions about that bill or your electric account.**

AEP TEXAS
 A unit of American Electric Power
 AEPTexas.com