

PALMYRA VETERINARY CLINIC, LLC



6255 Hwy 168
PO Box 349
Palmyra, MO 63461

Office: 573-769-0441 Fax: 573-769-0443

Chad Lehenbauer DVM **Angela Lehenbauer DVM**
573-248-9129 573-406-7042

PAT COSTELLO

Farm & Industrial Painting

Grain Bins - Grain leg Setups
Roofs-Tanks
Barns-Fences-Houses
Morton & Butler Buildings

All types of Paint

Cell: 219-670-1052 or 800-940-8289
Leave Message

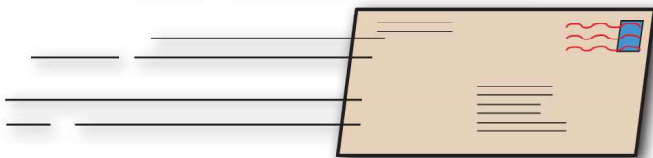
KEEPING UP

F & T LIVESTOCK MARKET
HWY 24 SOUTH
P.O. BOX 309
PALMYRA, MO. 63461

ADDRESS SERVICE REQUESTED

PRSR STD
US POSTAGAE PAID
MONROE CITY, MO
PERMIT NO. 9

**GET YOUR IDEAS
IN THE MAIL!**



**We Can Design,
Print and Mail
Your Piece!**

A&S Printing

Mailing Service & Office Supplies!
222 S. Main ▪ Monroe City ▪ 573-735-2683
www.a-sprint.com ▪ asprint@centurytel.net

CLEAR FOCUS HEDGING

Allen Gard

Palmyra, MO 63461
(573-769-4193 (800) 205-1700
www.cfgag.net

Futures & Options
Livestock - Grains
Softs - Metals

Located at the F & T Livestock Market Facility



KEEPING UP

Published By
F & T Livestock Market
P.O. Box 309
Palmyra MO 63461
800-769-2237



Volume 35 No. 29

July 24, 2017

MONDAY'S FED CATTLE Sale Starts 8:30 AM	MONDAY'S COWS & BULLS Sale Starts 9:30 AM	MONDAY'S FEEDER CATTLE Sale Starts 12:30 PM
<p>RECEIPTS THIS WEEK: 23 Steers & heifers \$1.00-\$2.00 lower.</p> <p>STEERS Choice 2-3 1250-1425# - 117.75-119.50</p> <p>HEIFERS Choice 2-3 1050-1250# - 119.25-121.75 Select 1-3 1100-1250# - 117.25-119.25</p>	<p>RECEIPTS THIS WEEK: 23 Cows steady.</p> <p>COWS Breaking Avg Dressing 72.00-73.00 Lo Dressing 64.75-69.75 Boning Avg Dressing 72.25-76.75 Lo Dressing 67.00-68.00 Lean Lo Dressing 64.00-65.00</p> <p>BULLS YG 1-2 1300-1800# - 92.75-95.00 Lo Dressing 80.00</p>	<p>RECEIPTS THIS WEEK: 308 Too few feeder cattle of most weights for a market test except for a few strings of yearling heifers that traded near steady with two weeks ago. It's a bit cooler this week which is the first time in quite a while when high temperatures & humidity haven't dominated every cattlemen's daily work schedule.</p> <p>FEEDER STEERS Medium & Large 1-2 Pkg 495# - 171.50 Pkg 593# - 156.00 Few 700-750# - 149.50-152.00 Medium 2 Pkg 440# - 148.00 500-600# - 150.50-161.25 Pkg 650# - 152.50</p> <p>FEEDER HEIFERS Medium & Large 1-2 400-500# - 153.00-157.00 500-600# - 143.00-148.00 600-700# - 144.00-146.75 Load 799# - 143.00 Pkg 861# - 135.00</p> <p>FEEDER BULLS Medium & Large 1-2 Pkg 587# - 145.00</p>
<p><u>UPCOMING SALES SCHEDULE!!</u></p> <p>Regular Feeder Cattle Sale - Monday July, 31st Special Feeder Cattle Sale - Monday August, 7th Regular Feeder Cattle Sale - Monday August, 14th Special Bred Cow & Feeder Cattle Sale - Monday August, 21st Several cows pending!!! Give Us A Call With Your Listings!!!</p>		

Exercise for people over 50!!!!

Begin by standing on a comfortable surface, where you have plenty of room on each side. With a 5 lb. potato sack in each hand, extend your arms straight out from your sides & hold them there as long as you can. Try to reach a full minute, then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10 lb potato sacks. Then try 50 lb. potato sacks & then eventually try to get to where you can lift a 100 lb. potato sack in each hand & hold your arms straight for more than a full minute. (I'm at this level now). After you feel confident at this level, put a potato in each of the sacks.