



# KEEPING UP

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



Volume 36 No. 26

June 25, 2018

<b>MONDAY'S FEDCATTLE</b> Sale Starts 8:30 AM	<b>MONDAY'S COWS &amp; BULLS</b> Sale Starts 9:30 AM	<b>MONDAY'S FEEDER CATTLE</b> Sale Starts 12:30 PM
--	---	---

<p><b>RECEIPTS THIS WEEK: 23</b> Steers &amp; heifers \$1.00-\$2.00 lower.</p> <p><b>STEERS</b> Choice 2-3 1200-1300# - 113.75-114.25</p> <p><b>HEIFERS</b> Choice 2-3 1150-1250# - 112.00 Select &amp; Choice 2-4 1100-1500# - 107.50-109.00</p>	<p><b>RECEIPTS THIS WEEK: 166</b> Cows steady to \$3.00 higher.</p> <p><b>COWS</b> Breaking Avg Dressing 62.50-65.50 Hi Dressing 67.50-72.25 Lo Dressing 57.50-62.00 Boning Avg Dressing 62.00-66.00 Hi Dressing 66.50-68.00 Lo Dressing 56.00-61.75 Lean Avg Dressing 57.00-63.00 Hi Dressing 64.00-68.00 Lo Dressing 30.00-45.00</p> <p><b>BULLS</b> YG 1-2 1385-2075# - 79.00-95.00</p>	<p><b>RECEIPTS THIS WEEK: 89</b> Too few for a market test.</p> <p><b>FEEDER STEERS</b> 400-500# - 150.00-158.00 500-600# - 129.50-145.00</p> <p><b>FEEDER HEIFERS</b> 400-500# - 135.00-148.00 Few 500-600# - 113.00-136.00 Few 600-700# - 125.25-130.00</p>
---	--	---

### The Importance of Walking !!

Walking can add minutes to your life, this enables you at 90 years old to spend an additional 5 months in a nursing home at \$7000/month.

My grandpa started walking five miles a day when he was 60. Now he's 97 and we don't know where he is.

I joined a health club last year, spent about \$400, haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I know I got a lot of exercise the last few years, just getting over the hill.

We all get heavier as we get older, because there's a lot more info in our heads. That's my story and Im sticking to it.

## UPCOMING SALE SCHEDULE !!!

**Monday, July 2nd - NO SALE**  
Monday, July 9th - Special Feeder Cattle Sale

## Don't Forget our Summer Weekend Hours

Saturday 8:00am - Noon  
Sunday 7:00am - 7:00pm

If these hours don't work for you just give us a call and we will make arrangements with you.

Tim Browning  
Palmyra, MO  
573-248-6908

John Browning  
Monroe City, MO  
573-248-4004

Jim Browning  
Palmyra, MO  
573-248-8623

Tim Lay  
Ewing, MO  
573-248-4178

Jeff Woods  
Baylis, IL  
217-491-0224

Tonya Teasley  
Bowling Green, MO  
573-470-3845

email: ftlivestock@gmail.com

Like us on Facebook

Check out our web page at www.ftlivestock.com