

# SAGE SIGNALS

*The Voice of the Nevada Livestock Industry*

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## NCA May Update

*By Martin Paris, Executive Director*

Happy May, everyone. As usual, there's a lot going on policy-wise lately that impacts cattle production, so I'll dive right in.

NCA recently attended the National Cattlemen's Beef Association & Public Lands Council Legislative Conference in Washington, D.C. During the conference, we heard from U.S. Forest Service Chief Tom Shultz, Bureau of Land Management Deputy Director Mike Nedd, Congressman LaMalfa (CA), Congressman Bentz (OR), and Congresswoman Maloy (UT). Additionally, senior staffers from the Senate Energy and Natural Resources Committee, House Natural Resources Committee, and Senate and House Agriculture Committees briefed attendees on upcoming natural resources and agricultural legislation.

This year's fly-in focused on several key topics, including expanding the use of grazing as a management tool, reforming BLM grazing regulations, updating the Endangered Species Act, addressing outstanding issues in the Forest Service handbook and directives, and determining priorities for grazing within the Fiscal Year 2026 appropriations process.

During the trip, we also had productive meetings with Senator Cortez Masto, Senator Rosen, and Congressman Amodei, where we discussed the above priorities. We also advocated for sound tax policy, continued management of wild horses and burros, and reminded our delegation of NCA's net loss of AUMs policy when

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it comes to the potential sale of public lands, as well as several other important topics. I'm very hopeful that around this time next month, I'll be able to report on a legislative effort that would significantly increase the ability to graze cattle in order to reduce wildfire fuel loads and prevent the spread of annual invasive grasses. Overall, we had a very productive trip and look forward to seeing results.

Last but not least, the Nevada Legislative Session is about a month away from wrapping up. Here's a brief summary of where a few key bills stand:

**Senate Bill 31**, which NCA opposed, proposes to exempt federal agencies from being required to file proof of their vested water rights by December 31, 2027. All other entities would still be required to submit proof of vested claims by that deadline. The bill passed out of the Senate Natural Resources Committee and is likely headed to the Assembly.

**Senate Bill 172**, dubbed the "Ag Worker Bill of Rights" or "Overtime Bill," also passed out of its respective Senate committee. The bill was amended to remove the proposal requiring overtime pay for agricultural workers. However, the "bill of rights" portion remains, allowing ag workers to collectively bargain, establish-

— May Roundup Continued on page 3 —

## CATTLEWOMEN'S CORNER OF THE CORRAL



## Spring in Nevada

*By Keri Pommerening, NVCW President*

Nevada Cattlewomen have been busy with ranching and home activities this month. Calving season is ending and branding season is beginning for most of us.

Stay tuned for information on our Summer Beef & Wine Event to be held in Minden at the Park Home Ranch Venue, date TBD. Last year

we had a great turnout and lots of compliments on the idea of sharing beef recipes, taste testing, and learning about complimentary wines.

I hope this busy season finds you surrounded by family and friends at brandings. May the grass grow green and lush, and cattle stay healthy.

*Cattlewomen – a voice from the past with a vision for the future.*





# PRESIDENT'S PERSPECTIVE

Hanes Holman, President, Nevada Cattlemen's Association

**"There are two spiritual dangers in not owning a farm. One is the danger of supposing that breakfast comes from the grocery store, and the other that heat comes from the furnace." — Aldo Leopold**

This quote from Aldo keeps ringing in my head as I return from the Legislative Conference in Washington DC. As per the Article Writing Agreement, Martin will update you on the professional going on's and I will share my jumbled insights in the world as Hanes sees it.

First let me thank our delegation, Senators Masto and Rosen, and Congressman Amodei for taking the time to meet with us and discuss Nevada issues. They truly have a firm grasp on the issues we face. Big thanks also to Public Lands Council and National Cattlemen's Beef Association for hosting NCA. Our industry is represented well by these folks. THANKS AGAIN!

Now on to the fun stuff. As I (and the NCA team) made our way around DC it became obvious that we were the minority. People would stare, point at our cowboy hats, and ask us where we were from and what we do. In previous ar-

ticles I have written about our society being removed from agriculture before but this was a different level. I understand your average citizen from San Diego not knowing agriculture and can accept that to a point, but it was shocking and scary to me that our law makers and the people appointed to run the country and develop policy were just as clueless! I don't want anyone to get this twisted, I'm not talking about Nevada or Western State delegation. They understand and are fighting the good fight, but again they're the minority. I'm also not talking about party lines here, or personal representative issues, my rant is on the majority of society that have lost their direction on where food comes from.

The amount of food that is available to our society is amazing. A senator from New York who's voting on a grazing bill after lunch, doesn't have to worry about how everything on the

plate got on the plate, but maybe they should!

I know that there are several efforts that are trying to do the very thing I'm talking about and I applaud them. Our lobby groups are working as hard as they can to do this but I hope it's not too little, too late. I don't have an answer as to how to make people care. As I looked around Washington DC, I felt like Colonel Travis at the Alamo. Holy Shit, Aldo was right! We are dangerously close to legislating ourselves into starvation and we don't even know it. As an industry we argue and squabble amongst ourselves so much we don't even see our biggest threat.

I want to give everyone a real-world example—say you're reading this from your family's ranch. You have lots to do, you don't have time to worry about or engage in Washington politics. Most of it is just frustrating anyway. If the Death Tax or Kamala Harris' proposal of unrealized capitol gains tax were to take full effect, we would all get the chance to live out Yellowstone's last few episodes in real life.

My hope as I write this is that it may encourage some of our younger generation to become involved. One of the things I have really tried to achieve as President of NCA is to recruit new members but I feel like I'm failing. It is evident to me that reeducation of the country is an effort that is going to take a lot more of us pulling in the same direction and the sooner the better.

I feel obligated to note that foreign trade is above our pay grade at the Nevada Cattlemen's office. We engage where we can with our delegation but President Trump hasn't called us to see what we think the right move would

be and frankly I wouldn't know what to tell him. I do have a level of comfort knowing that there are folks in Washington DC watching our back and engaging heavily on this issue and NCA does talk to them on a regular basis.

## UPCOMING EVENTS

### **National Cattlemen's Beef Association Summer Business Meeting**

— **July 7–9, 2025** —  
San Diego, California  
Hilton San Diego Bayfront  
[www.ncba.org/events/summer-business-meeting](http://www.ncba.org/events/summer-business-meeting)

### **Public Lands Council Annual Meeting**

— **September 16–18, 2025** —  
Flagstaff, Arizona  
DoubleTree Hotel  
<https://publiclandscouncil.org/events/annual-meeting>

### **Nevada Cattlemen's Association 90th Annual Convention & Trade Show**

— **November 13–15, 2025** —  
Elko, Nevada  
Elko Conference Center  
[www.nevadacattlemen.org/events-meetings/convention-and-trade-show](http://www.nevadacattlemen.org/events-meetings/convention-and-trade-show)

## MEMBERSHIP UPDATE

*We would like to thank the following people for joining or renewing their membership with Nevada Cattlemen's Association between March 25 and April 25, 2025.*

*(New members are in bold.)*

- A2 Bit Ranch, Chad Bliss
- Bison Pipe, Darren Sparks, Les Carberry
- Conley Land & Livestock, Ken Conley
- Linda Dufurrena
- Galeppi Land & Livestock, Russel & Barbara Byington
- Hodges Transportation Inc., Cami Hodges
- Lazy D Livestock, Pete Delmue
- Cyd McMullen, Russell and Anne McMullen
- Modoc Co. Cattleman's
- Quinn River Crossing Ranch, Wallace Slough
- Small Livestock, Wade & Cara Small
- Ward Ranches, Gary Ward
- Maureen Weishaupt
- Travis & Jennifer Whiteley
- Winnemucca Convention Vis. Authority, Kim Petersen



# NEVADA CATTLEMEN'S ASSOCIATION NEWS

## May Roundup: *Continued from page 1* —

ing required meal and rest periods, and requiring ag employers to provide unfettered access to “key service providers,” among other provisions.

**Senate Bill 180** was passed out of the Senate Growth and Infrastructure Committee. It calls for minimum liability insurance of \$1.5 million on vehicles with a manufacturer's gross vehicle weight rating of 26,000 lbs. or more that transport freight within Nevada. The liability insurance requirement would increase incrementally: \$1 million in 2026, \$1.25 million in 2028, and \$1.5 million by 2030.

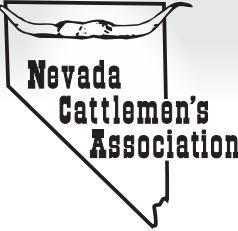
NCA intends to keep our foot on the gas to ensure these pieces of legislation don't saddle our industry with additional regulatory nonsense or financial burden for those who are simply trying to feed people.

On the flip side, NCA is aggressively working on Senate Bill 382, which aims to eliminate the annual or three-year trailer registration fee. Instead, it would establish a one-time, lower-cost permanent registration for trailers used to transport

livestock, agricultural products, or for general ranch and farm use.

At this point in time, several bills—both good and bad—that NCA has provided testimony on are continuing their way through the process. NCA is gearing up to respond accordingly as these bills move from the Assembly to the Senate, or vice versa, for approval.

This is just a snapshot of some of the work NCA is doing on your behalf. If anyone has any questions, concerns, or input on the above or any other issue, please don't hesitate to reach out to us at [nca@nevadabeef.org](mailto:nca@nevadabeef.org) or (775) 738-9214.



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# Extension Hosts Workshop for Livestock Producers to Help Them Prepare for Disease Outbreaks

Additional \$500,000 awarded to Extension to help ensure continuity of business and supply for consumers

RENO, Nev. – The recent outbreak of a virus in dairy cows across 17 states, including Nevada, has highlighted the ongoing and increased need for livestock biosecurity efforts to protect livestock from foreign animal diseases, including foot-and-mouth disease that affects livestock and is expected to hit the U.S. relatively soon. To help producers prepare, University of Nevada, Reno Extension is offering a workshop on June 5 at the California Trails Interpretive Center, off U.S. Highway 80 between Carlin and Elko. Those who can't attend in person may opt to attend virtually.

When a foreign animal disease hits, producers may not be allowed to move their livestock without movement permits issued by the Nevada Department of Agriculture, interrupting continuity of business for the producers and impacting supplies for consumers. The June 5 workshop, Enhanced Biosecurity Planning for the Farm & Ranch, is designed to help livestock producers initiate their own enhanced biosecurity plans that will ensure appropriate precautions are being taken to limit the spread of disease. Producers then submit those plans to the Department of Agriculture for approval. When an outbreak occurs, the Department will be able to issue movement permits to those who have approved plans on file, allowing continuity of business and flow of goods to consumers.

"The workshop will be helpful to anyone who wants to learn about livestock biosecurity, but we'll be focusing on enhanced biosecurity plans for foot-and-mouth disease and other foreign animal diseases," said Tracy Shane, a livestock specialist who co-leads Extension's Livestock Biosecurity Program with Extension colleague Gary McCuin, an agriculture and natural resource specialist.

"Beef cattle, sheep and goats will be the focus," Shane said. "But, any livestock producer with any size herd will be able to apply the concepts learned to their operations. We also want to encourage our region's Tribal producers to attend."

Both Shane and McCuin will be on hand at the workshop to provide some local Nevada examples of successful enhanced biosecurity plans, and have been certified by the American Sheep Industry Association to train others on creating livestock biosecurity plans. Shane said two national-level security food supply plan trainers are also coming in to help with the training, Erica Sanko from the American Sheep Industry Association, and Danelle Bickett-Weddle, owner of Preventalytics and a veterinarian.

In addition, Nevada Department of Agriculture Director J.J. Goicoechea, who is a doctor of veterinary medicine, and Leah Trapp, emergency coordinator with



Photo Credit: Kent McAdoo

University of Nevada, Extension will host a workshop on June 5th to help livestock producers prepare for outbreaks of foreign animal diseases.

the USDA's Veterinary Services in Utah and Nevada, will be on hand to discuss why we need secure food supply plans and the USDA's role in preparing states for foreign animal diseases. Others who will be presenting at the workshop include Nevada State Veterinarian Peter Rolfe and representatives from the Nevada Department of Emergency Management, the Nevada Department of Wildlife and the Bureau Land Management.

The workshop runs 8 a.m. to 4 p.m., and is free, due to funding from the American Sheep Industry Association. But, online preregistration is required by May 28. Those who opt to attend in person should register online at <https://rb.gy/7ny21v>, and can bring their own lunch or purchase lunch at the event. They will also receive a free binder of materials to help them with their enhanced biosecurity plans. Those who plan to attend online should register at <https://rb.gy/sif92a>, they will receive the

Zoom link after registering, and will be able to access the materials online.

The workshop is funded by the American Sheep Industry Association through a grant from the USDA Animal and Plant Health Inspection Service (APHIS) National Animal Disease Preparedness and Respond Program (NADPRP).

## More training and assistance in the works

The same federal program recently approved over \$500,000 more in support for Extension to continue offering assistance to agriculture producers over the next two years to help them prepare for foreign animal diseases (and plant diseases) and to minimize impacts to their operations, and to consumers.

Almost \$100,000 of the funds will be used specifically to reach Nevada's 28 tribal communities, which are scattered throughout the state. In addition to a statewide training, several workshops will be held on site at tribal communities that often have limited access to programs held closer to more urban areas. Online resources will be developed, and Extension experts will use a variety of other methods to help tribal producers be prepared for animal disease outbreaks.

"This project's long-term goal is for 85% of Nevada Tribes to develop and enhance an animal disease emergency response plan related to livestock, equine and poultry," said Extension Professor Staci Emm, director of the programs designated specifically for tribal outreach. "Weed and pest identification and management will also be an educational topic and is identified as a need by Nevada tribes."

The rest of the \$500,000 grant will continue to support producers statewide, tribal and nontribal, and to help coordinate efforts among governmental agencies

(Continued from page 4)

and producers to be prepared for emergency response to an outbreak.

"This project will raise producer awareness of the acute risk of foot-and-mouth disease and help producers using private and public lands to voluntarily prepare for and defend against an outbreak," said McCuin, who, with Shane, will direct the grant-funded statewide programming. "It will provide information and actions needed before and during an outbreak to protect their animals and meet state and federal movement criteria."

In addition, McCuin and Shane will engage University students in the preparation efforts. The project includes educating undergraduate and graduate students in livestock biosecurity planning and training through a service-learning course format over two semesters. After the two semesters of education, the students will then be paired with livestock producers to assist them in completion of enhanced biosecurity plans.

Taking it a step further, the project will also train youth livestock leaders and advisors in enhanced biosecurity planning. Extension will provide club and chapter leaders of programs such as Extension's 4-H Youth Development Program and FAA with classroom toolkits, curriculum materials and other assistance to help them train Nevada's next generation of livestock producers how to plan for and minimize effects of foreign animal disease outbreaks.

For more information on the June 5 workshop or livestock biosecurity planning, contact Shane at [tshane@unr.edu](mailto:tshane@unr.edu) or 775-934-5646, or McCuin at [gmccuin@unr.edu](mailto:gmccuin@unr.edu) or 775-237-6134. Persons in need of special accommodations or assistance for attending the workshop should contact Paul Lessick, civil rights and compliance coordinator, at [plessick@unr.edu](mailto:plessick@unr.edu) or 702-257-5577 at least five days prior to the scheduled event with their needs or for more information.

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# Registration Opens for PLC's 57th Annual Meeting in Arizona

WASHINGTON (April 23, 2025) – Today, the Public Lands Council (PLC) opened the registration for their 57th Annual Meeting to be held in Flagstaff, Arizona from September 16-18, 2025.

“Annual meeting is when we come together as an industry to plan our advocacy efforts for the upcoming year, hammer out grassroots policies, and discuss upcoming rulemakings and legislative priorities. As federal lands ranchers, we have the opportunity to modernize antiquated laws including the Endangered Species Act and NEPA, as well as cut government red tape that is getting in the way of meaningful, long-term planning for land health. We bring together as many permittees as possible at this meeting to give their input and share what they are seeing on the ground across the West,” said PLC President Tim Canterbury. “Being involved in the conversation is the single best way to protect Western livestock production and our way of life. There




is no better time than now to participate in grassroots policymaking.”

PLC is the only national group that defends the rights and interests of cattle and sheep producers who utilize federal lands and grazing permits as part of their operations. Every year PLC's Annual Meeting brings these ranchers together in the West to discuss pertinent issues, develop producer-focused policy, and plan advocacy efforts for federal agencies and Congress. Registration for this event is

\$375, with discounted rates available for family members, students, and media. Early bird registration closes August 15, 2025, after which registration is \$425. The entire event will be hosted at the DoubleTree Hilton Flagstaff, with PLC room rates available. Join PLC in the Grand Canyon State as we work to preserve the future of public lands grazing!

Register at [publiclandscouncil.org/events/annual-meeting](https://publiclandscouncil.org/events/annual-meeting).



## Northeastern Nevada Stewardship Group

# Grass and Forb Identification Workshop



Learn from local rangeland experts!

- Paul Meiman, Associate Professor, Rangeland Livestock/Wildlife Interactions Specialist for the University of Nevada Reno Extension
- Seasoned Conservation Specialist Gerald Miller, recently retired from the NV Department of Conservation and Natural Resources
- Bill Wells, Certified Professional in Range Management, President-elect of the NV Section of the Society for Range Management


**May 29th, 2025, 9 am to 3 pm**  
 RSVP to Doug Clarke: 775-340-9162, [clarkedouglas@ymail.com](mailto:clarkedouglas@ymail.com)

Meet at the UNR Extension at 701 Walnut Street between 8:30 and 8:45 am for carpooling. Park along Willow Street, behind the Extension Office. Prompt 9 am departure for the field location, 15 minutes up Mountain City Hwy to East Adobe Creek turnoff. Attendees may also meet the crew at the turnoff around 9:15 to 9:30.

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# Be Vigilant for New World Screwworm

By Buck Wehrbein, NCBA President

When I was a 10-year-old boy, I heard stories from my grandpa about the days when New World screwworm (NWS) was the number one threat to the cattle business. I heard about all the ways cowboys had to doctor their cattle — cover dehorning spots and clean out open wounds — and the incredible damage that screwworms caused to the cattle business.

I never want those days to return.

Since last year, the New World screwworm has been marching north through Central America into Mexico where it has become a major risk to the American cattle herd. In February, NCBA worked with U.S. Department of Agriculture (USDA) on their strategy to eradicate these pests. Using a tool called “sterile insect technique,” millions of sterile male screwworm flies are released into the environment. These sterile flies mate with wild female flies, ultimately creating no new offspring.

These sterile flies were how we eradicated New World screwworm from the U.S. in the 1960s. So that's the good news — we have a playbook for how to handle this with a sterile fly program. USDA's Animal and Plant Health Inspection Service is currently coordinating the dispersal of flies in Mexico. Unfortunately, we do face numerous challenges. First on the list is the number of sterile flies. When we successfully eradicated NWS in the 1960s, there was no need for sterile fly production so many of the facilities creating sterile flies closed up shop. Today, just one facility in Panama is providing these sterile flies, which must be transported at specific temperatures and released under specific conditions to survive in the wild.

We also face issues with ensuring that planes carrying these sterile flies can land and disperse flies in Mexico. Numerous paperwork and financial hurdles have been thrown at the companies running these flights, but NCBA is working with USDA to continue the push for more fly dispersal. NCBA is also working with the Confederación Nacional de Organizaciones Ganaderas (National Confederation of Livestock Organizations) and the Mexican Embassy to make sure

they are doing their part in relaying the need for protection against the pest and corresponding actions.

Now is the time for heightened vigilance against screwworms, especially for producers along the southern border with Mexico. Prevention is crucial when dealing with pests like NWS. Screwworm flies lay their eggs in open wounds and sores on animals and when the eggs hatch, maggots feed on living flesh and the result is massive infection and even death in otherwise healthy animals. Pay close attention to open wounds, scratches, scabs, cuts and insect bites. Treat any open wounds immediately. NWS often lay their eggs in sensitive areas on cattle, such as near the navel, vulva or perineum. For bulls and steers, closely monitor the sheath or prepuce. Additionally, inspect cattle's nasal passages and eyes for signs of larvae.

NWS is spread by warm blooded animals, even humans and household pets like cats and dogs, so also be sure to inspect your pets too. Keep wild animals away from your cattle to the greatest extent possible, and practice good biosecurity by keeping clothes, boots, vehicles and equipment clean.

Cattle suffering from NWS infestation usually exhibit signs like bloody or light-colored drainage coming from a wound, cuts that rapidly enlarge for seemingly no reason, eggs in and around a wound, the presence of larvae in wounds, irritated behavior, head shaking, reduced appetite, fever, and foul odor or smell of decay.

While NCBA is working with policymakers and USDA to combat the New World screwworm, you can join the fight by vigilantly monitoring your herd, protecting your cattle, and ensuring you have a biosecurity plan in place. If you notice anything unusual, don't hesitate to report it. Contact your veterinarian immediately with any concerns. Visit our website, [ncba.org](http://ncba.org), for additional resources. Until next time, happy trails.



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# Using the Stick

By Colin Woodall, NCBA CEO

Teddy Roosevelt is one of my favorite former U.S. presidents, and I love reading about his life. In particular, I enjoy learning more about his time as a rancher in North Dakota. He famously said later in life that he would not have been president had it not been for his years in North Dakota. That is a ringing endorsement for our values and way of life.

International relations and trade were also a significant part of his public life and presidency. As a member of the famed Rough Riders, he played a key role in helping win the Spanish-American War, thus increasing U.S. access to places like Cuba, Puerto Rico and the Philippines. In a projection of American power and goodwill, he sent the Great White Fleet to circumnavigate the globe and claimed our spot as an international power. While an effort to build a canal between the Pacific and Atlantic had been talked about for years, it was President Roosevelt who finally got the project going and the resulting Panama Canal changed the scope of international trade. Throughout all these actions, his approach of speaking softly and carrying a big stick was always top of mind.

Now, under President Trump, the big stick is being wielded to once again change the scope of international trade. First and foremost, it is important to remember NCBA is supportive of international trade and has spent years working to open markets for our beef. May is beef month and Memorial Day weekend serves as the unofficial beginning of grilling season. However, the majority of Americans aren't inviting their friends and families over for beef tongue. Tongue is just one example of the beef variety meats and offal that other countries and cultures crave and are willing to pay for, while our domestic customers aren't. Trade has evolved over time, and we now send more than just variety meats overseas because once our international customers get a taste of our beef, they want more.

Trade must be reciprocal, so that brings me back to the big stick. Tariffs are a big stick, but they can be an effective tool in getting the attention of your trading partners. The president is right to expect fair treatment from the nations who wish to do business with us. Our trading relationship with Australia is a prime example of a relationship that isn't working. In the past 20 years, Australia has sold roughly \$29 billion in beef to American consumers. During the same time frame, we haven't sold a single dollar's worth of fresh beef to their consumers due to unnecessary trade restrictions being

positioned under the guise of biosecurity.

For several years, they've given us lip service about wanting to lift the restrictions they've had in place, but enough is enough. You can't have a trade relationship that only works one way, and now we have a president who wants to help us address the imbalance. President Trump even called out the Australian beef issue during comments he made in the Rose Garden at the White House. Rather than come to the table to discuss the actions needed to fix the issue, Australians from the CEO of Cattle Australia to their Prime Minister decided it was best to question the safety and quality of our beef. With "mates" like these, who needs to worry about enemies?

The United States sets the gold standard when it comes to safety, and our production technologies are tested and proven. We simply want trade deals built on sound, evidence-based science. You might be interested in knowing that the Cattle Australia CEO was once the agriculture attaché at their embassy in Washington, D.C., and never seemed to have a problem eating U.S. beef. Australia isn't the only country guilty of using pseudo-science barriers. The European Union banned any beef from cattle receiving hormone implants many years ago. It was a politically motivated and protectionist move that we've also brought to the president's attention.

This is our chance to force these "partners" to answer for the way they are treating our beef. We maintain constant communication with the team at the White House to share data and our concerns about other countries. Yes, we still believe in trade and will continue to show the president how important trade is to our success, but let's strike now to find ways to expand our access in existing markets while also finding new trade partners. Remember, President Trump believes in the art of the deal, and NCBA will work with him to find long-term benefit for you and our industry.



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# Grazing Management: Easy as 1, 2, 3

By National Cattlemen's Beef Association

Managing grazing lands effectively can keep pastures productive for generations to come. Cattle producers are always looking for ways to improve their management practices to maximize grass production for their cattle. Whether producers are just getting started or are already implementing grazing strategies, here are three simple ideas to help guide land management decisions.

## 1. Develop a Grazing Management Plan

Developing a written grazing management plan (GMP) helps inventory resources and provides a roadmap to improved pasture management. It is a resource that can optimize productivity of the land through implementation of cost-effective practices supporting forage growth and quality, cattle productivity and improved environmental factors. It can help to further the farm or ranch's resilience and increase the efficiency of the operation. Having a GMP is essential to the success, longevity and profitability of operations.

Grazing Management Plans Serve to:

- Enrich grazing lands' conditions
- Maximize water resources
- Improve soil condition and forage quality
- Optimize cattle grazing and pasture utilization
- Enhance wildlife habitat
- Identify risk factors and implement response actions

While many producers have a grazing plan in their heads, it is important to

develop a written plan to effectively track successes, make changes and transfer knowledge.

"When you sit down and put a plan on paper it makes you rethink things and opens discussions with other people, so don't be afraid to change," said Suzanne Schuchart with Running V Ranch in Jourdanton, Texas.

Producers don't have to design a plan on their own; help is available. Technical advisors with groups such as grazing lands coalitions, state cattlemen's associations, university extension and USDA-NRCS are available to support knowledge-based decisions for producers. With expert assistance, the grazing management decisions made today can have a lasting impact on the success of the operation.

## 2. Track and Manage Data

New technologies including software platforms and precision data tools are available to help producers manage resources and make informed and efficient choices. Advanced analytics and precision tools allow farmers and ranchers to track and identify which practices yield the best results. Tracking data and keeping accurate records such as rainfall, cattle movement and forage amount, helps form the business case for decision making at the ranch level for the future.

"It is really about trying to create efficiencies," said James Rogers with Northway Ranch Services in Twin Falls, Idaho. "We have limited time and money, and collecting data in real time helps us make better decisions."

Another benefit of utilizing data management technology is transferring knowledge to the next generation. A critical aspect of transitioning operations successfully is ensuring that those next in line have the time-tested knowledge of what does and does not work for the operation. Technology lends a helping hand by creating a recorded account of information that aids decision making. This ensures the next generation has historical knowledge that can sometimes be lost during the transition.

Incorporating technology is also appealing to the tech-savvy mindset of younger individuals. Utilizing new technology may help encourage them to stay in agriculture.

"There is so much advancement in technology that it provides an entry point for young people to come back and leverage their skill set and what they've learned, which can catapult their operation even further," Rogers explained.

## 3. Share Successes and Mistakes

Cattle producers respect one another's opinions and value their experiences, whether successful or not. Networking with neighbors and peers allows other cattlemen and women to learn what techniques worked well in different regions. Additionally, continuing education is key to the future of beef production. There are a variety of in-person and virtual workshops at the state, regional and national levels that feature grazing management strategies.

"There are two things that motivate me: the relationship of people to people and the relationship of people to the land," said Chad Ellis, CEO of Texas Agricultural Land Trust. "Grazing management workshops help us engage so we can be better tomorrow than we are today."

Find grazing-related tours, workshops and other educational events through NCBA, state cattlemen's associations, extension offices and other organizations.

Implementing grazing strategies that benefit operations now and, in the future, doesn't have to be difficult. Get started today by using the Grazing Management Workbook at [ncba.org](http://ncba.org). This template serves to provide a starting point in developing a personalized grazing management plan that benefits the goals of individual operations.



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# Nevada Beef Council Update — May 2025

Your Checkoff Dollars at Work

## Higher Protein Diets with Lean Beef Can Support Weight Loss and Improved Body Composition, Leading to Improved Type 2 Diabetes Status in Adults

*Courtesy of Beef. It's What's For Dinner.*

With approximately half of all adults in the United States living with type 2 diabetes (T2D) or prediabetes, there is an urgent public health need to identify dietary strategies that can reverse this debilitating condition. Most Americans with T2D are overweight or obese, and research suggests that diet and weight loss can help reverse T2D, by returning blood glucose levels to normal levels.

New evidence recently published in *Obesity* adds to the growing body of evidence demonstrating the benefits of higher protein diets, including their impact on supporting weight loss and improving T2D status. The study, titled “High and normal protein diets improve body composition and glucose control in adults with type 2 diabetes: A randomized trial,” found that a balanced diet higher in protein (40% protein of total energy) and a diet lower in protein (21% protein of total energy), combined with regular exercise, are both effective in reversing T2D status by supporting glucose control, weight loss, and improvements in fat mass and lean body mass percentages.

At a time when people are increasingly interested in adopting higher protein diets because of their demonstrated benefits such as appetite control and improved body composition, this study shows two variations of higher protein diets, both with and without lean beef as the primary protein source, can effectively achieve weight loss and manage T2D. The study was funded by the National Cattlemen's Beef Association, a contractor to the Beef Checkoff, which was not involved in the study design, interpretation, or publication.

“High-quality, clinical research has illustrated the benefits of higher protein diets as lifestyle-based interventions to support weight loss, yet research was needed to further explore the impact of these diets on adults with type 2 diabetes,” said study co-author James Hill, PhD, professor, The University of Alabama-Birmingham, Department of Nutrition Sciences, and director, Nutrition Obesity Research Center. “Importantly, beef is a preferred protein food for many Americans, and we know people are more likely to maintain a healthy diet if it is also satisfying and enjoyable. This long-term, clinical intervention study shows people can enjoy fresh lean beef four or more times a week, as part of higher protein diets that effectively support weight loss and manage type 2 diabetes.”

In the multi-site, randomized controlled trial, 71 study participants followed a



higher protein (HP) diet with four or more 4- to 6-oz servings of lean beef per week (as the only source of red meat) or a normal protein (NP) diet with no red meat, for 52 weeks. The HP diet was composed of 40% protein, 32% carbohydrate, and 28% fat of total energy – while the NP diet was composed of 21% protein, 53% carbohydrate, and 26% fat of total energy (which is higher in protein than the average American diet, with protein intake averaging 14-16% of total energy). All participants had T2D and followed the State of Slim (SOS) weight management program, with both diets being reduced in calories and limited to food lists for each phase of the SOS program.

In addition, participants worked up to exercising up to 70 minutes per day, six days per week.

Researchers assessed weight loss, body composition changes, and indicators of T2D status (e.g., glucose control). All study participants, regardless of their diet assignment, on average, lost weight with no statistical difference between groups. In addition, both groups experienced a reduction in fat mass percentage (HP: -4.3% and NP: -3.8%) and an increase in lean body mass percentage (HP: +4.2% and NP: +3.8%). Importantly, all participants significantly improved in key indicators of T2D: HbA1c and fasting glucose levels. At baseline, 74% of HP group and 62% of NP group had biomarkers in the range for T2D. At end of study, 38% of HP group and 39% of NP group no longer met diagnostic criteria for T2D.

“Type 2 diabetes is a growing public health concern, and this research demonstrates higher protein diets can be an effective tool in supporting weight loss and improving type 2 diabetes status,” added study co-author Drew Sayer, PhD, assistant professor, The University of Alabama-Birmingham, Department of Family and Community Medicine. “Importantly, this research illustrates higher protein diets can be flexible in managing type 2 diabetes, with protein intake at both 40% and 21% of calories – and with and without lean beef – to help people achieve goals based on their protein preferences. Diet can play a critical role in managing and reversing type 2 diabetes, and it's particularly important that we offer science-based strategies to help people successfully follow diets with foods they enjoy.”

The study was funded by the National Cattlemen's Beef Association, a contractor to the Beef Checkoff, which was not involved in the study design, interpretation, or publication.

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