

# Celebrate Beef Month This May

BROOKINGS, S.D. - South Dakota celebrates its beef industry throughout the month of May.

"This tradition began more than 40 years ago and recognizes beef production as one of South Dakota's largest economic sectors," explained Holly Swee, the Director of Nutrition & Consumer Information for the South Dakota Beef Industry Council.

Because beef is so important to the state's well-being, Swee said South Dakota cattlemen and women take great care in their production practices. "Cattle producers are constantly finding ways to improve beef production and sustainability practices to help ensure a safe, wholesome and nutritious product now and well into the future," she said.

The South Dakota Beef Industry Council utilizes checkoff dollars paid in by South Dakota beef producers from the sale of beef cattle to fund research. "This research supports the fact that animal protein, like lean beef, provides a complete,

high-quality protein which contains all the essential amino acids the body needs for optimal health," Swee said.

She added that new research indicates many consumers may benefit by spreading their protein intake evenly throughout the day to achieve health and wellness goals.

"Unfortunately, people tend to consume about 65 percent or roughly two-thirds of their daily protein needs at dinnertime," Swee said. "This doesn't leave much room for spreading protein intake throughout the day during other meals and snacks."

By distributing protein more evenly throughout the day, Swee said people have a tendency to feel more satisfied, which helps reduce mindless eating. "Additionally, meals and snacks with high-quality protein also help to build muscle and reduce body fat, which helps to boost your metabolism," she said.

Celebrate with a 30-Day Protein Challenge

Recently the Beef Check-off Program developed the 30 Day Protein Challenge across the country. This health challenge is a step-by-step way to get an optimal amount of protein throughout the day.

"This designed to help consumers better balance their protein consumption within their calorie limits," Swee explained.

Swee said if you are looking for a way to kick-start your overall health and wellness goals, this 30 day challenge may just be for you. "Once you sign up, this free online resource will provide you with helpful tools and a quick email every day for 30 days that includes tips, advice and inspiration to keep you dialed in for the duration of the challenge," she said.

For more information and beef recipe ideas, contact at 605.224.4722 or visit the SD Beef Council website.

■iGrow

# Feeding Sorghum as Alternatives to Corn

BROOKINGS, S.D. - The combination of poor margins for row crops and the threat of continued dry conditions are prompting many producers to re-evaluate cropping plans. Warren Rusche, SDSU Extension Cow/Calf Field Specialist encourages them to consider crops like sorghum which require fewer inputs and use water more efficiently.

How well do these crops fit livestock production? Rusche said the answer depends on the class of livestock fed and feedstuff. There are two general options for sorghum crops for feed usage: grain and forage.

As for grain sorghum or milo, Rusche said it produces a crop that can substitute well for corn. The energy content of milo is usually about 85 percent of that for corn grain, which is usually reflected in price.

Because milo is more variable in starch and protein content than corn, Rusche said periodic feed testing is warranted if it will be the base of a finishing diet. "The seed coat of milo is essentially indigestible, so the crop needs to be ground or rolled for feeding. In general, grinding milo finer results in improved feed efficiency compared to coarser particle sizes," he said. "Grain sorghum residue is very similar to corn stalks and makes an excellent resource for fall grazing cows."

When it comes to forage sorghum, Rusche said it works best as a silage crop and has been grown successfully by a number of producers. "The crop can produce silage yields similar to corn but with 40 percent less water. Reduced cash input costs per acre represent another advantage," he said.

Sorghum silage is lower in energy content compared to corn silage. Typical compositions are listed in Table 1. "Of course, actual composition can vary depending on hybrids, harvest maturity, and storage losses, so producers should sample their own feedstuffs for analysis," Rusche said.

The impact of using sorghum silage depends on the class of livestock, explained Rusche. "Sorghum silage works well in gestating cow diets. Growing and backgrounding cattle would most likely gain more slowly because of the lower energy content compared to corn silage unless cattle feeders add additional amounts of energy dense feeds such as grains or distillers," he said. "There likely would be only small differences for finishing cattle because of the small amount of roughage included in those diets."

Another factor to consider is the effect crop choice has on the entire operation. "One advantage of corn over forage sorghum is that producers have the option of harvesting as either silage or grain, depending on weather and market conditions," Rusche said. "Once farmers decide to plant forage sorghum, they have also decided to devote those acres to forage production." ■iGrow

# HELP WANTED

**Now Hiring For A Security Officer**  
**Part time opening in Yankton, SD**  
**Hours: Wednesday, 3pm - 11pm**  
**Thursday, 11pm - 7am**  
**Friday, 11pm - 7am**

**Requirements**

- Must be 18 years of age or older
- Reliable transportation
- High school diploma or GED
- Able to pass a drug screen
- Clean criminal background
- Must be able to read, write, and speak English

**Apply on line at [www.securitasjobs.com](http://www.securitasjobs.com)**  
 And select Sioux City Iowa for the work site.  
 This will direct the application to the correct person.  
 EEO/M/F/D/V

**MtronPTI**  
 ...when timing matters

**MtronPTI is now accepting applications for the following full time position:**

**Production Operator:**  
 Seeking dependable individuals, capable of following documented work instruction while performing electro-mechanical assembly. Position requires good hand eye coordination with and without the use of a microscope. Has the ability to operate semi automatic equipment.

**MtronPTI offers a complete benefit package including:**  
 full health care, paid time off, holiday pay, and 401K.

**Apply at:**  
 MtronPTI  
 1703 East Hwy 50 · Yankton SD, 57078  
 (605) 260-1232

**allPOINTS Health Services**  
 allPoints Leads to Good Health

**Front Desk Receptionist**  
**Full Time - Yankton**

allPOINTS is seeking a front desk receptionist for medical/dental practice. Must have good attention to detail, a strong work ethic and customer service skills.

Send resume to  
**[kim.hutcheson@allpointshealth.com](mailto:kim.hutcheson@allpointshealth.com)**  
 Application can be found on our website under careers.  
[allpointshealth.com](http://allpointshealth.com)  
**605-356-3317** EOE

**MICHAEL FOODS INC**  
**Egg Products Company**

*Michael Foods Egg Products Company, the largest processor of eggs in North America, has the following opportunities:*

**Layer House Maintenance**  
 This full time, first shift position is responsible for maintaining equipment and following preventative maintenance procedures for our layer houses. Qualified applicants must have a valid driver's license and be able to obtain a CDL. The hourly pay on this position starts at \$14.00 but pay will be based on experience.

**Part Time**  
 We are looking for individuals to work on a part time basis in different areas of our facility ex. Truck Drivers, Maintenance, Poultry Care Persons, etc. Part time employment offers flexible schedules and shifts. Qualified applicants will possess an ability to work as a team as well as the ability to work independently.

**We provide a number of benefits to regular full-time employees including, but not limited to:**

- Medical, Dental and Vision Coverage
- Company Matched 401 (k) · Paid Life Insurance
- Tuition Reimbursement Program (100 %)
- Paid Vacations/Holidays
- Company Paid Short Term Disability

**Michael Foods Egg Products Company**  
**ATTN: Kim Wachter**  
 402-373-6303  
 54080 Hwy 84  
 Bloomfield, NE 68718 EOE

**MEDIA CONSULTANT**

Do you have exceptional sales and customer service experience? Enjoy a challenging and rewarding career opportunity in a fun, fast paced environment, working for one of the most established media companies in the area?

Employees receive outstanding compensation and benefits, including:

- Commission based
- Unlimited, sales performance based earning potential
- Medical, dental, vision
- Paid vacation/holidays
- Hours: 8am-5pm, M-F
- Professional work environment

To apply send resume to:  
 Missouri Valley Shopper  
 Attn: Micki Schievelbein  
 319 Walnut  
 Yankton, SD 57078  
 or email:  
[micki.schievelbein@yankton.net](mailto:micki.schievelbein@yankton.net)

**Yankton Media Inc.**  
 Equal Opportunity Employer

**Single Copy Sales Manager**

Yankton Media, Inc. is currently looking for a **Single Copy Sales Manager**. This position will work closely with the Circulation Director to ensure that all over the counter and news box locations are functioning properly. This includes (but is not limited to) regular phone and in-person visits, ensuring signage is properly posted and regular maintenance on news box locations. Applicant will also be responsible for draw maintenance, management of delivery contractors and be asked to seek out new sales locations.

The ideal applicant will be proficient in a PC environment, be detail oriented and have sales and marketing background. This is not your typical office job. Interested candidates must be able to multi task and switch gears quickly based on what the day brings.

The Single Copy Sales Manager is an entry level position with some managerial duties. Normal hours are Monday - Friday 8-5 with some weekend and evening work. Medical, dental, and vision insurance is available, paid time off available after 90 days.

Interested applicants please send a cover letter and resume to:

**Kristina Tunink**  
**Circulation Director**  
 Yankton Media, Inc.  
 319 Walnut St., Yankton, SD 57078  
[kristina.tunink@yankton.net](mailto:kristina.tunink@yankton.net)

EOE **Yankton Media Inc.**

**When you finish reading, Please RECYCLE.**

**GREAT PAY, BENEFITS & ADVANCEMENT OPPORTUNITY.**  
**INDUSTRY LEADER WITH IMMEDIATE OPENINGS**

**STARTING at \$13.00**  
**Including Incentives**

**INCENTIVES & BENEFITS**

- Medical Insurance
- Dental Insurance
- Life Insurance
- Vision
- 401K
- Paid Vacation
- Paid Holiday
- Annual Bonus

Cimpl's LLC is looking for people to work in our Slaughter and Fabrication Departments. Hours vary based on production needs. Overtime required. Qualified applicants will earn \$13.00 per hour immediately including incentives. Qualify for a skilled job and receive top pay without a waiting period.

American Foods Group, LLC is an industry leader who strives to provide its customers and partners with wholesome, safe food. We believe in caring for and helping our employees succeed. This philosophy has made AFG a great place to work and a trusted partner for years.

**AMERICAN FOODS GROUP**  
 an equal opportunity employer  
[www.AmericanFoodsGroup.com](http://www.AmericanFoodsGroup.com)

**Cimpl Meats Human Resources**  
 1000 Cattle Drive  
 Yankton, SD 57078

**GREAT PAY, BENEFITS & ADVANCEMENT OPPORTUNITY.**  
**INDUSTRY LEADER WITH IMMEDIATE OPENINGS**

**STARTING at \$10.00**  
**Including Incentives**  
 (Top pay - \$12.33 plus incentives)

**INCENTIVES & BENEFITS**

- Medical Insurance
- Dental Insurance
- Life Insurance
- Vision
- 401K
- Paid Vacation
- Paid Holiday

Cimpl Meats has a full time Accounting Clerk position open immediately. Hours will be 8:00 a.m. to 4:30 p.m. There is mandatory overtime when needed. General Accounting A/P and A/R background is preferred. Must have experience in Microsoft office, ten key, and strong people skills. Must be highly organized and be detailed orientated. Starting pay is \$10.00 plus attendance incentive of \$.50/hour. Top pay is \$12.33 plus incentives.

Please submit resumes to:  
 Cimpl Meats - Human Resources, P. O. Box 80, Yankton SD, 57078.  
 Cimpl Meats is an equal opportunity employer.

**AMERICAN FOODS GROUP**  
 an equal opportunity employer  
[www.AmericanFoodsGroup.com](http://www.AmericanFoodsGroup.com)

**Cimpl Meats Human Resources**  
 1000 Cattle Drive  
 Yankton, SD 57078