

## L.A. Weight Loss...For Your Goat...

### **Proper Diet & Exercise Plan for your Goat Operation**

**Breakfast:** 1 orange, 2 slices of Whole Wheat Toast, Skim Milk. **Lunch:** Turkey Breast, Green Beans. **Dinner:** Flounder, 1 cup of Cauliflower, 12 medium Strawberries, 3 cups Air Popped Popcorn. *(Meal schedule found in L.A. Express Menu Plan Kit)*

We all know this is not the eating regime of a goat. However, this is not that much different. They both take discipline and dedication. Frank and Bruce Pinkerton explain in an article titled, "Feeding Programs for Meat Goats," that all breeds, sexes and ages of goats require the same basic nutrients: protein, energy, minerals, vitamins and water. The diet must contain adequate protein; no other nutrient can substitute for it. However, energy needs may be derived from dietary carbohydrates (starches and/or fiber) or fats or even from excessive protein. Nutrients are required by the goat for: maintenance, growth, gestation, lactation, and fattening. Maintenance requirements are used for basal metabolism (maintain body temperature and support vital functions) and for physical activity. The daily maintenance requirements may range from 50 to 100% of total daily nutrient requirements, depending on whether the animal is also growing, lactating, gestating or fattening. To read more, please click on the link below.

[Feeding Programs for Meat Goats...](#)

## Boer Goat...Headin' for Hollywood...

### **Boer Goat Stars in National T.V. Advertisement**

Calling all couch potatoes! What latest National T.V. Advertisement stars a Boer goat? Click on the link below to find out!

[Headin' for Hollywood...](#)

## Marvel in the Marketplace...

Available in the newly implemented marketplace are ABGA caps! Good for golfing, fishing, hunting and those same ole everyday activities. Visit the ABGA Marketplace and purchase a cap today!

[ABGA Marketplace...](#)

## Ready, Set, GOat...

### **Start-up Supplies for Your Goat Operation**

Entering into the world of goats is often a challenging experience. However, knowledge on owning the right equipment and supplies will lead you in the right direction on a very rewarding journey.

Cassandra Vaughn, D.V.M., in a study titled, "Enhancing Goat Production," provides details on the proper equipment for any goat

operation. To view the equipment and supplies, please click on the link below.

[Goat Equipment and Supplies...](#)

## Know Your Goats...

### **The Keys to Healthy Livestock**

Susan Schoenian, Area Agent of Sheep and Goats of the Western Maryland Research and Education Center in an article titled, "General Health Care of Sheep and Goats," covers information regarding vaccinations, parasite control, giving injections, drenching (de-worming) and nutrition to better maintain your goat operation.

To view this article, please click on the link below. *(For more information on parasite control visit <http://www.das.psu.edu/goats/health/>).*

[General Health Care of Sheep and Goats...](#)

## Take Me Back To Tulsa...

### **2008 National Show Date Scheduled**

The 2008 American Boer Goat Association National Show date is scheduled for June 11-15, 2008 at the Expo Center in Tulsa, Oklahoma. Stay tuned for more details as the event approaches.