Harris County Cattlemen

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The Rustler

Harris County Cattlemen's Association Monthly Meeting

Where: Harris County Agri-Center

When: October 27, 2026 @ 7:00 pm

Sponsor: Harris County Farm Bureau

- Call Steve Morgan – (706)628-7724
- Email: harriscountycattlemen@gmail.com

NEW WEBSITE!!

To RSVP online use the following URL
https://www.hcca-online.com

Meal Cost:
Members: $20.00
Non-Members: $25.00

Reservations Deadline: October 26th at noon

PLEASE HELP US CONTROL FOOD COST**

If you RSVP, please make every effort to attend.
If your plans change, please cancel your reservation prior to the meeting.

Online Educational Resources:

Spotlight Favorites **Grilling Temperatures**

Beef By The Cut **Harris County AG & Natural Resources**

Metal T-Posts For Sale

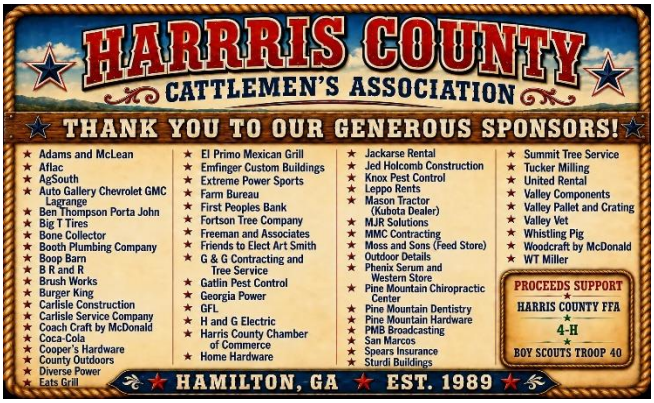
Harris County Cattleman's Association has received a donation of 39 metal T-Posts that we are offering for sale. **Asking price is $150**. All proceeds will be added to the scholarship fund. First come, first serve. Please contact me at (706)628-7724 or harriscountycattlemen@gmail.com. I will deliver them to the October cattleman's meeting.
The lengths are:

2 – 7 foot
17 – 6 foot
20 – 5 foot

Rodeo News

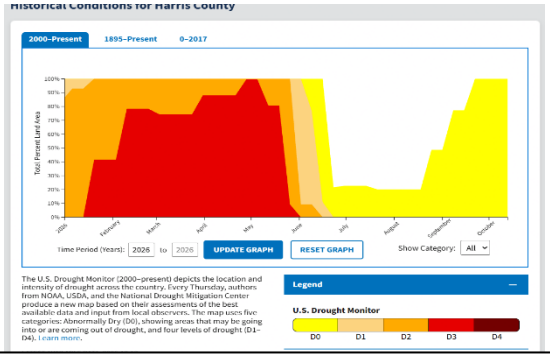
The 37th Annual Harris County Cattleman's Rodeo is in the books. To say it was a success would be a gross understatement. This one will go down as our biggest to date. This is **ONLY** because we have such overwhelming support from our members, volunteers, spectators and so many others throughout the county that supported us. A very special "Thank You" goes out to our sponsors. They stepped up this year in a **BIG** way. From beginning to end, the 2026 rodeo was a truly humbling experience. We are already getting sponsorships for the 2028 Rodeo.





PICTURES ARE WORTH 1000 WORDS

Drought Update











The graph above shows drought conditions for Harris County as reported by the US Drought Monitor. The pictures on the right are what beef cattle producers in Harris County are facing. The only way to change the graph is to report drought conditions. Please send me any pictures of drought conditions you are experiencing.
smorgan@harriscountyga.gov

To file a Condition Monitoring Observer Report
https://droughtimpacts.unl.edu/Tools/ConditionMonitoringObservations.aspx

Harris County Young Cattleman's Council

HCCA would like to introduce the newly formed Harris County Young Cattleman's Council. Their Mission Statement is:

- Connecting young adults through agriculture, leadership and community.
- Building the next generation of agricultural leaders and supporting the future of agriculture.

If you are between the ages of 18 – 40, enjoy meeting others with similar interests, and like having fun, take a look at the HCCA, Young Cattleman's Council. Membership is $25 per year. Feel free to reach out to harriscountycattlemens@gmail.com.

Eating Animal Protein Will Not Shorten Your Life: Researcher Debunks Anti-Beef Narratives

Much of the past decade's anti-meat headlines stemmed from a widely cited 2014 study in *Cell Metabolism* claiming high protein intake quadrupled cancer mortality. Papanikolaou and his research team re-examined the data set using the National Cancer Institute's gold-standard usual intake methodology across nearly 16,000 adults, tracking long-term mortality in the National Death Index.

The result? The previous anti-meat findings completely fell apart.

“Guess what? We were not able to replicate the findings,” Papanikolaou explains. “Looking at death from any cause, there was no association with animal protein. Cardiovascular disease: animal protein, no association... Whether you ate animal protein or plant protein, it wasn’t associated with death.”

Furthermore, the data showed animal protein provides a 5% statistically significant risk reduction in cancer-related deaths.

“Eating animal protein will not shorten your life,” Papanikolaou stresses. “And probably the most important takeaway is that methods matter. When you’re looking at these studies, examine the methods.”

Consumer nutrition guidelines have long understated human protein needs. Papanikolaou points out modern dietary guidance is shifting away from outdated baseline minimums — such as the baseline recommended dietary allowance of 0.8 grams/kilogram of body weight (56 grams daily) toward 1.2 to 1.6 g/kg, or 84 to 112 grams daily for an average 154-lb. adult.

Dietary guidance now actively prioritizes high-quality, nutrient-dense protein distributed across every meal, especially to combat sarcopenia — age-related muscle waste in aging adults. High-quality animal proteins like beef provide complete amino acid profiles and high leucine content, which plant sources struggle to match gram-for-gram without excess calories.

“What is currently happening — the way Americans are currently eating — is not working,” Papanikolaou says. “If adding more protein to the diet has benefits, as a lot of the evidence is suggesting, I don’t see why we wouldn’t do that.”

While activist narratives push an “either/or” battle between plant-based foods and livestock agriculture, real-world nutrition data tells a different story.

Papanikolaou’s research into bean consumption revealed that the highest-scoring dietary patterns resulted in lower body weights, smaller waist circumferences and superior diet quality — did not eliminate meat. Instead, optimal patterns paired legumes with whole grains and nutrient-dense animal proteins.

“A lot of people say to me, ‘Oh, are you against plant proteins?’ I’m not,” Papanikolaou explains. “I believe that plant proteins play a complementary role to animal proteins, so it’s not one or the other. Both should be included... Think in dietary patterns. It’s not just about one food or one ingredient.”

For beef producers, this reinforces a strong marketing truth: Beef does not need to be displaced for consumers to achieve a healthy, nutrient-dense diet.

Sound science requires investment. Papanikolaou explains the National Cattlemen’s Beef Association (NCBA), as a contractor to the Beef Checkoff, is currently funding an expanded follow-up study analyzing mortality data through 2018.

This expanded dataset provides an even larger sample size to evaluate the relationship between beef, total animal protein and long-term health outcomes — arming the beef industry with independent, peer-reviewed evidence to counter misleading dietary claims and regulatory overreach.

With the rapid adoption of GLP-1 receptor agonist medications — such as Ozempic and Wegovy — millions of consumers are drastically cutting calories while unintentionally shedding vital lean muscle mass.

During the Q&A session, Papanikolaou shares his concerns regarding the long-term consequences of GLP-1-induced sarcopenia if patients fail to consume adequate protein and engage in resistance training. “I do think 10 to 15 years, maybe 20 years, we’ll start seeing a lot of unintended consequences.”

As healthcare professionals and consumers increasingly seek strategies to preserve muscle while on weight-loss therapies, nutrient-dense, protein-dense real beef stands as an ideal protein solution.

Cattle producers do not need to be defensive about producing nutrient-dense animal protein. With protein demand rising, flawed anti-meat research being systematically corrected and modern health guidance focusing on muscle maintenance, the evidence supporting beef’s place in the diet remains solid.



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