



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



**Extension Notes**  
extension.ca.uky.edu  
4-H YOUTH DEVELOPMENT

**Christy A. Martin**  
Russell County Extension Office

## State 4-H Horse Show

Two Russell Co. 4-H youth competed in the Kentucky 4-H Horse Show during the first week in July at the Kentucky Fair and Exposition Center in Louisville, KY. Both youth competed in junior speed events. Chloe Watson and Fireball competed in the following events: showmanship (blue ribbon), barrels (blue ribbon), 3D barrels (3rd place and blue ribbon), pole bending (5th place and blue ribbon), stakes (6th place and blue ribbon), and flags (7th place and blue ribbon). Piper Garmon and Ruby competed in the following events: showmanship (blue ribbon), barrels (red ribbon), pole bending (white ribbon), flags (9th place and red ribbon), stakes (blue ribbon), and ground handling (7th place and red ribbon).



Piper Garmon



Chloe Watson

Both 4-H members qualified for the Southern Regional 4-H Horse Championship show that will be held in early August in Perry, GA. Congratulations to both 4-H members, their horses, their parents, and their club leaders! For more information about the Russell Co. 4-H Horse Program, please contact the Russell County Extension Office at (270) 866-4477.

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**Family & Consumer Sciences**

Russell County Extension Office

## Reducing sedentary behavior and screen time to prevent childhood obesity

The American Heart Association has recently come out with a new statement addressing the problem of inactive children, more specifically screen time and the frequency of childhood obesity.

According to the National Health and Nutrition Examination Survey, it is estimated that children and adolescents are sedentary, or not active, an average of seven hours per day. This survey also found that the amount of time children are sedentary increases as they get older.

During these sedentary hours, most kids are watching screens. Screen time or times that children are sitting, are among the most notable factors for obesity. Screen time was also seen to increase with children's age.

Screen time has become a part of our everyday lives and has increasingly become a part of a child's life. This study by the AHA found that screen time leads to weight gain and ultimately childhood obesity.

Although it's not yet clear how much screen time we should allow children, there is enough evidence to suggest that sedentary behavior and screen time should be reduced however possible.

With this new information and statistics, it is important to encourage children to be active. We can start by suggesting different activities to our children, and perhaps put a limit on television or computer time after school.

Outdoor play and face-to-face interaction with other children is highly suggested. Overall, the more active our children are, the better their health will be.

References: <https://www.ahajournals.org/doi/10.1161/CIR.0000000000000591>

Source: Janet Mullins, Extension Specialist for Food and Nutrition; Hannah Ford-Hickey, Graduate Student

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Kentucky Department of Agriculture  
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**KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT**

KENTUCKY DAILY GRAIN PRICES - bids for next day	WEEKLY FEED INGREDIENT PRICE - bids for next day
Corn #2 Yellow - Louisville (\$4.65-\$4.870); Pennyrile (\$4.47-\$4.62)	Wholesale prices, \$ per ton - Owensboro Grain KY
Soybeans #1 Y - Louisville (\$8.60); Pennyrile (\$8.53-\$8.78)	Soybean Meal 48% sol ..... 327.60
Wheat #2 SRW - Louisville (\$4.98-\$5.47) Pennyrile (\$5.26)	Soybean Hulls ..... 130.00

**Russell County Stockyards - June 26, 2019**  
\*Cattle weighed at time of sale.\*  
**Cattle Receipts: 406 • Last Week: 659 • Last Year: 684**

Compared to last week: feeders steers 2.00 Head Wt Range Avg Wt Price Range Avg Price  
- 3.00 higher. 1 335 335 134.00 134.00  
2 425 425 125.00 125.00  
1 530 530 120.00 120.00  
1 610 610 131.00 131.00

Feeder heifers 2.00 higher. Slaughter cows 1 530 530 120.00 120.00  
2.00 lower. Slaughter bulls 1.00 - 2.00 1 610 610 131.00 131.00  
lower. Supply included: 86% FeederCattle BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)  
(30% Steers, 1% Dairy Steers, 48% Heifers, 21% Bulls); 9% Slaughter Cattle (80% Head Wt Range Avg Wt Price Range Avg Price  
Cows, 20% Bulls); 5% 2 335-340 338 140.00-159.00 149.57  
1 355 355 160.00 160.00

Replacement Cattle (100% Bred Cows). 7 406-440 416 142.00-160.00 152.91  
Feeder cattle supply over 600 lbs was 56%. 7 450-495 484 140.00-152.00 146.46  
Groups of 20hd or more :Heifers: 69hd 6 505-516 511 126.00-148.00 138.11  
775 lbs 118.20 blk 2 550-575 563 138.00-142.00 139.96  
Steers : 55hd 923 lbs 118.75 50 blk / 3 red 9 607-642 623 124.00-135.00 128.74  
/2 chxb 9 660-692 675 117.00-125.00 122.20  
1 725 725 97.00 97.00  
5 757-797 776 94.00-116.00 104.23  
2 800-840 820 102.00-105.00 103.54

STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt) BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price Head Wt Range Avg Wt Price Range Avg Price  
2 365-385 375 132.00-145.00 138.33 3 415-430 420 132.50-133.00 132.67  
13 455-492 482 140.00-156.00 149.00 3 450-455 453 120.00-132.00 128.03  
2 515 515 147.00 147.00 2 515 515 126.00 126.00  
5 570-595 575 138.00-151.00 147.00 2 590 590 125.00 125.00  
1 640 640 144.00 144.00  
5 657-666 662 136.50-142.00 139.82  
2 760-765 763 120.00-121.00 120.50  
1 920 920 106.00 106.00

55 923 923 118.75 118.75 Value Added  
STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 450 450 126.00 126.00  
4 550-580 558 127.50-132.00 129.53  
DAIRY STEERS - Medium and Large 3 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
2 650 650 68.00 68.00

HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 200 200 125.00 125.00  
12 335-347 338 131.00-141.50 136.39  
1 390 390 129.00 129.00  
6 425-430 427 127.00-133.00 130.49  
14 455-495 473 127.00-134.00 131.16  
16 500-547 525 120.00-136.00 128.15  
11 513 513 134.00 134.00 Value Added  
2 560 560 124.00 124.00  
4 604-640 630 106.00-124.00 112.86  
3 655-685 672 105.00-118.00 110.93  
69 775 775 118.20 118.20 Value Added  
HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)

Source: USDA-Kentucky Dept of Ag Market News, Louisville, KY • Mike Bell, Market Reporter, 502-782-4139  
24 Hour Toll Free Market News Report 1-800-327-6568 • www.ams.usda.gov/mnreports/SV\_LS168.txt  
\*This report reflects prices of the majority of cattle with a USDA grade, weight and sex on this sale date. This report does not represent all animals at the sale on that date.\*

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