

Extension Notes

extension.ca.uky.edu  
Family & Consumer Sciences

Russell County Extension Office

Limiting screen time for children

Source: David Weisenhorn, senior extension specialist

While technology can be a great educational tool and source of entertainment, far too many children spend too much time in front of a screen each day. According to the Kaiser Family Foundation, kids between the ages of 8 and 18, on average, spend 7.5 hours each day in front of a screen for entertainment purposes. Of these hours, they spend 4.5 hours each solely watching television. This does not include the hours they spend on a computer for educational purposes both at school and at home doing homework.

Too much screen time, regardless of device, can have negative effects on children including sleep deprivation, attention deficit, cognitive delays and impaired learning. Fortunately, there are ways you can limit the amount of time your child spends in front of a screen.

First, be aware that the appropriate amount of screen time varies among age groups. The American Academy of Pediatrics recommends the following amounts of screen time:

•Children younger than 18 months: none with the exception of video chatting

•18-24 month olds: Parents who want to start introducing their children to digital media can do so but should select quality programming for their children and watch it with them to explain what they are seeing.

•2-5 year olds: No more than one hour per day

•6 and over: No more than one to two hours per day. Set consistent limits on time spent in front of the screen and the types of media they can access. Do not let screen time interfere with adequate sleep, physical activity and other healthy behaviors.

Here are some ideas for ways you can reduce your child's screen time:

•Set limits. Keep devices out of your child's bedroom and turn all devices (including yours) off during meals. Allow older children to have screen time only after they have finished homework and their chores.

•Encourage physical activity. Children need at least one hour a day.

•Develop technology alternatives centered on family time. You can do several activities together including listening to music and dancing, playing board games, reading books, imaginative play or even taking a walk.

•Take an active role in screen time. When your child has screen time, know what they are watching. Help them select a video game or television show and do your homework beforehand so you know that the selection is age appropriate.

•Be a good role model. Limit your screen time as well. Be present with your children.

More information on raising healthy families is available at the Russell County office of the University of Kentucky Cooperative Extension Service.

Scholarship Opportunity

Russell County Extension Homemakers will be giving a \$500 scholarship to a Russell County resident attending a Kentucky college or university. Application is open to both traditional and non-traditional students. The deadline to apply is April 15. Applications are available at the Russell County Extension Office or online at russell.ca.uky.edu.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

LG&E and KU recognize Severe Weather Awareness Week March 1-7

Plan ahead, stay informed and be safe

Submitted

first aid kit, flashlights and extra batteries.

•Stay informed: During outage situations, system and restoration updates are provided through the LG&E and KU online outage map and automated phone system. In times of widespread power outages, general restoration information and safety tips are provided on LG&E and KU's website, Facebook page, Twitter feed and Instagram page.

•Plan ahead: Visit www.ready.gov to make a plan and learn how to build an emergency supply kit, which should include items such as prescription medicines, a weather radio, important phone numbers, a

See WEATHER, Page 9

CARETAKERS Annual Membership Ride



Caretakers MC Club ready for Springs and Riding Season

Cheyenne Popplewell  
The Times Journal

Caretakers Motorcycle Club of Russell Springs, Kentucky will be hosting their annual membership ride on April 18th, 2020. Registration begins at

9:00AM, kickstands up at 10:00AM. All times are CST. After registering, please take place in the 50/50 drawing.

Please join the Caretakers MC Community at the Russell County Rescue Squad Building.

Rain or Shine, the ride will take place. The cost is \$15 per rider, \$5 per passenger. A meal will be included with the pricing.

The Caretakers invites everyone to come out and enjoy fellowship

with some of the best people you can find, as well as raising money for local children.

All proceeds go toward Toys for Tots in Russell & Adair Counties.

**Kentucky Department of Agriculture**  
A Consumer Protection and Service Agency





**KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT**

KENTUCKY DAILY GRAIN PRICES - bids for next day		WEEKLY FEED INGREDIENT PRICE - bids for next day	
Wholesale prices, \$ per ton - Owensboro Grain KY			
Corn #2 Yellow - Louisville (\$3.87-3.88); Pennyrile (\$3.87-4.02)		Soybean Meal 48% sol .....292.10	
Soybeans #1 Y - Louisville (\$8.57); Pennyrile (\$8.51-8.86)		Soybean Hulls .....130	
Wheat #2 SRW - Louisville (\$5.80) Pennyrile (\$5.37-5.72)			

Russell County Stockyards - February 27, 2020 \*Cattle weighed at time of sale.\*  
Cattle Receipts:385• Last Week:684• Last Year:0

FEEDER CATTLE  
STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
6 355 355 163.00 163.00  
6 403-411 407 148.50-152.00 150.27  
9 475-496 482 161.00-162.00 161.66  
9 502-541 530 134.00-158.00 148.86  
6 503 503 160.50 160.50 Fancy  
6 550-570 564 137.00-149.00 146.39  
16 605-645 621 134.00-142.50 139.27  
8 652-677 671 132.00-136.50 135.41  
7 772 772 123.50 123.50  
3 800-820 807 115.00-123.50 120.62  
1 1035 1035 89.50 89.50  
STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 625 625 134.00 134.00  
HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 210 210 125.00 125.00  
4 347 347 125.50 125.50  
22 360-396 379 137.00-153.00 146.12  
3 417-425 420 129.00-134.00 132.31  
6 450-485 470 123.00-136.00 130.09  
21 500-543 514 121.50-132.00 128.78  
13 560-589 585 116.00-128.00 126.67  
12 602-630 613 113.50-125.00 121.10  
13 650-692 676 105.00-118.00 114.22  
1 710 710 100.00 100.00  
2 782 782 112.00 112.00  
1 1210 1210 94.00 94.00  
HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
2 250-295 273 108.00-122.50 114.65  
6 310-335 323 110.00-127.50 115.56  
1 355 355 110.00 110.00  
1 485 485 105.00 105.00  
1 515 515 115.00 115.00  
2 557 557 119.00 119.00  
HEIFERS - Small 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 560 560 110.00 110.00  
BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
6 263-275 265 147.50-158.00 156.18  
1 340 340 159.00 159.00  
1 305 305 162.50 162.50 Fancy  
18 388-396 394 135.75-145.00 137.77  
2 355-360 358 154.00-160.00 156.98 Fancy  
6 406-447 422 142.50-149.00 147.39  
4 452-460 456 144.00-152.00 147.96  
8 508-520 513 149.00-154.00 152.10  
12 564-570 565 137.00-145.00 143.25  
5 622 622 132.00 132.00  
5 655-667 661 128.00-129.00 128.60  
1 770 770 105.00 105.00  
3 843 843 88.00 88.00  
BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 440 440 125.00 125.00  
1 595 595 121.00 121.00

BULLS - Small 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price  
1 440 440 122.00 122.00  
SLAUGHTER CATTLE  
COWS - Breaker 75-80% (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price Dressing  
2 1045-1075 1060 55.00-56.00 55.51 Average  
6 1045-1525 1235 57.50-67.00 62.74 High  
COWS - Boner 80-85% (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price Dressing  
12 845-1455 1128 41.50-50.00 46.42 Average  
1 970 970 50.00 50.00 High  
3 895-1180 1045 40.50-42.50 41.07 Low  
COWS - Lean 85-90% (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price Dressing  
2 735-805 770 38.00-42.00 39.91 Average  
2 860-925 893 45.50-50.00 47.67 High  
1 1205 1205 34.50 34.50 Low  
1 850 850 30.00 30.00 Very Low  
BULLS - 1-2 (Per Cwt / Actual Wt)  
Head Wt Range Avg Wt Price Range Avg Price Dressing  
5 1365-1860 1630 80.00-94.00 89.17 High  
REPLACEMENT CATTLE  
BRED COWS - Medium and Large 1-2 (Per Head / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
2-4 T2 1 1110 1110 975.00 975.00  
5-8 T3 3 1080-1235 1133 550.00-900.00 756.91  
>5 T3 1 1155 1155 800.00 800.00  
>8 T2 1 1220 1220 725.00 725.00  
BRED COWS - Small and Medium 1-2 (Per Head / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
2-4 T2 1 875 875 975.00 975.00  
5-8 T1 1 855 855 800.00 800.00  
5-8 T2 4 790-970 888 450.00-825.00 642.54  
5-8 T3 7 840-1035 916 485.00-1100.00 858.34  
>8 T2 2 825-965 895 550.00-760.00 646.79  
>8 T3 1 860 860 600.00 600.00  
BRED HEIFERS - Small and Medium 1-2 (Per Head / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
2-4 T1 1 840 840 675.00 675.00  
COW-CALF PAIRS - Medium and Large 1-2 w/ <150 lbs calf (Per Family / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
5-8 O 1 1085 1085 925.00 925.00  
COW-CALF PAIRS - Large 1-2 w/ >300 lbs calf (Per Family / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
5-8 O 1 1645 1645 1400.00 1400.00  
COW-CALF PAIRS - Small and Medium 1-2 w/ <150 lbs calf (Per Family / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
2-4 O 1 805 805 725.00 725.00  
5-8 O 1 1070 1070 1010.00 1010.00  
COW-CALF PAIRS - Small and Medium 2-3 w/ <150 lbs calf (Per Family / Actual Wt)  
Age Stage Head Wt Range Avg Wt Price Range Avg Price  
5-8 O 1 1085 1085 835.00 835.00

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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