



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

Extension Notes

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Agriculture & Natural Resources

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Russell County Extension Office

Gardening Improves the Look of Things

Source: Rick Durham, Extension Professor, UK Department Of Horticulture; Journal of Psychiatry and Neuroscience; Psychology Today

A vegetable garden can improve your health. A beautiful flower garden can improve the look of your home. But the mere act of planting and tending a garden can improve the way you look at things. After a few hours spent planting, weeding or pruning, most people have a more positive outlook, despite suffering a few muscle aches or maybe feeling tired. It's a good tired, after all. A tired born of having accomplished something. A tired born of being in touch with nature.

The benefits of time spent outdoors in a garden are many.

Stress melts away in a garden. Whether it's the fresh air or the sun or the birdsong or just the physical activity, studies have shown that gardening is one of the best ways to reduce stress. Go into a garden feeling a little tense, and a few whacks at a weed or clips to an unruly shrub will take care of any minor aggressions you're feeling. Don't take it out on your family, take it out on a weed, in other words.

Gardening can help overcome loneliness. Especially now, when so many of us have to work from home and avoid socializing to reduce the spread of COVID-19, gardening can be therapeutic. Being outside in the fresh air, stretching those winter-stiffened muscles behind a rake or shovel, and reconnecting with other gardening neighbors, albeit from a safe 6-foot distance across the fence, can make you realize you're not in this alone.

Gardening makes us feel better, because it can trigger the release of certain "happy" chemicals in our bodies, one of which is serotonin. Serotonin is a neural chemical our bodies produce that affects mood, anxiety levels, digestion, cognition and many other important functions of our bodies. Light exposure is often used as a treatment for seasonal depression, but it also seems to have an effect on other types of depression as well. Being outside in the light, even on a cloudy day, can serve to raise serotonin levels in our bodies.

Exercise, too, can boost serotonin. And researchers have discovered that Mycobacterium vaccae, a bacterium that lives in soil, also triggers serotonin release. When we turn over soil in a garden, we breathe in M. vaccae spores, which studies have shown can improve mood and cognition in mice.

Think about starting a garden this year. Large or small, in the ground or in a couple of pots, it's hard to hold negative thoughts for too long when you're touching earth and promoting new life.

For more information about gardening, contact the Russell County office of the University of Kentucky Cooperative Extension Service.

Announcements

In an effort to keep our clients and staff healthy during the coronavirus outbreak, the Russell County Extension Office is limiting public foot traffic by mandate from the University of Kentucky, and county government. Agents and staff are still available to answer questions related to Agriculture, Family and Consumer Sciences, and 4-H. Contact the office by phone at 270-866-4477, through email at russell.ext@uky.edu or through social media pages on Facebook.

The Russell County Extension Office can still send soil samples to the University of Kentucky to be tested. Please leave samples and in the metal trash can on the porch of the office with your name and phone number for office staff to contact for crop/plant information.

Educational programs of the Kentucky 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 expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Super Crossword

Answers

F	L	A	G	A	F	L	A	M	E	E	B	B	S	S	H	I	N	
I	O	T	A	L	O	U	D	E	R	N	O	A	H	T	A	C	O	
B	R	A	V	O	E	N	C	O	R	E	L	I	K	E	O	W	E	
S	I	D	E	B	D	I	N	E	M	I	S	E	R	P	A	S	S	
	L	O	A	D	I	S	C	O	V	E	R	Y	S	P	I	K	E	
C	O	R	S	I	C	A	S	T	O	N	E	L	I	L	I	A	N	
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N	F	L	O	D	I	O	U	S	R	A	L	P	H					
B	A	I	T	E	R	S	M	A	R	L	E	E	B	O	O	G	I	E
O	W	N	O	V	A	T	I	O	N	O	X	Y	G	E	N	L	O	G
Z	A	G	R	E	B	D	R	E	D	G	E	R	E	D	D	E	N	S
	O	L	I	V	E	D	E	A	R	T	O	E	S	O				
T	D	S	D	I	A	L	T	N	T	H	A	L	L	M	A	R	K	
W	A	I	T	S	P	L	A	T	A	O	N	E	L	P	E	A		
I	N	N	A	T	E	T	R	I	O	S	S	A	D	D	E	S	T	
N	I	C	K	E	L	O	D	E	O	N	H	U	B	F	Y	I		
P	E	L	E	A	M	E	N	D	M	A	Y	S	D	O	D	G	E	
A	L	A	S	P	A	T	E	C	A	B	L	E	L	I	N	E	U	P
C	L	I	O	S	H	E	S	A	G	L	A	R	E	N	A	M	E	
K	E	R	N	E	A	R	S	P	E	E	W	E	E	E	L	S	E	

Congratulations to Bella Blakey!



She was the champion in the Kentucky 4-H Coolest Cat Contest that was held in April. The contest was conducted by the University of Kentucky 4-H Office in Lexington, KY. Bella is a 4th grade student at Russell Springs Elementary School and the daughter of Beth and Dancy Blakey.

Upcoming 4-H Activities and Events

4-H has activity kits available for youth one day per week on the porch of the Extension Office. Follow the Russell County 4-H (KY) Facebook page for dates each week for the activity kits. They are available on a first-come basis until kits are gone.



All county 4-H programs are suspended until at least May 31 per University of Kentucky guidance.

All 4-H communication events (speech and project demonstrations) will be held virtually this year.

The final decision regarding the 4-H Camping program will be made by May 8, 2020.

The Russell Co. Extension Office is still open but not available to walk-in traffic at this time; please call (270) 866-4477 for assistance.



KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT

KENTUCKY DAILY GRAIN PRICES - bids for next day

Corn #2 Yellow - Louisville	(6.55)
Pennyryle	(6.62-6.65)
Soybeans #1 Y - Louisville	(14.84)
Pennyryle	(14.80-14.95)
Wheat #2 SRW - Louisville	(6.14)
Pennyryle	(0)

WEEKLY FEED INGREDIENT PRICE - bids for next day

Wholesale prices, \$ per ton - Owensboro Grain KY

Soybean Meal 48% sol	442.00
Soybean Hulls	155.00

Russell County Stockyards - April 29, 2020 *Cattle weighed at time of sale.*

Cattle Receipts: 570 Last Week: 460 • Last Year: 0

STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
2	220	220	172.50	172.50
3	440-445	443	136.00-146.00	142.69
9	462-497	470	132.00-145.50	142.25
8	515-537	527	133.00-144.00	140.09
9	560-585	578	129.00-135.00	130.90
11	600	600	132.00	132.00
31	655-672	665	119.50-129.00	126.82
10	728-735	732	113.00-119.50	115.59
4	760-768	766	108.00-109.50	109.13
22	789	789	114.50	114.50
12	808	808	113.75	113.75
3	856	856	104.00	104.00
54	929	929	107.10	107.10
4	520-531	528	123.00-129.50	127.90

BULLS - Small 1-2 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	495	495	113.00	113.00

COWS - Breaker 75-80% (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	1285-1610	1421	50.50-55.50	53.97
7	1150-1455	1292	56.00-64.00	58.11

COWS - Boner 80-85% (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
7	1040-1130	1078	44.50-50.00	47.13
4	940-1165	1064	39.00-43.00	41.38

COWS - Lean 85-90% (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
2	970-1075	1023	51.00-52.50	51.79
2	905-940	923	34.50-35.50	34.99

BULLS - 1-2 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	1410-1620	1522	86.50-92.50	89.19

BULLS - 2 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	1145	1145	43.00	43.00

BRED COWS - Medium and Large 1-2 (Per Head / Actual Wt)

Age	Stage	Head	Wt Range	Avg Wt	Price Range	Avg Price
2-4	T1	1	1060	1060	575.00	575.00

BRED COWS - Small and Medium 1-2 (Per Head / Actual Wt)

Age	Stage	Head	Wt Range	Avg Wt	Price
2-4	T2	1	844	844	575.00
5-8	T2	1	810	810	325.00

BRED COWS - Small 1-2 (Per Head / Actual Wt)

Age	Stage	Head	Wt Range	Avg Wt	Price Range	Avg Price
2-4	T2	1	785	785	675.00	675.00
>8	T2	1	800	800	335.00	335.00

Please Note:
The above USDA LPGMN price report is reflective of the majority of classes and grades of livestock offered for sale. There may be instances where some sales do not fit within reporting guidelines and therefore will not be included in the report. Prices are reported on an FOB basis, unless otherwise noted.

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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