



FOLIC ACID

TAKE FOLIC ACID TO IMPROVE YOUR ODDS OF HAVING A HEALTHY BABY

The CDC urges women to take 400 mcg of folic acid every day, starting at least one month before getting pregnant, to help prevent major birth defects of the baby's brain and spine.

Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid.

Folic acid is very important because it can help prevent some major defects such as spina bifida and anencephaly.

When to Start Taking Folic Acid

A woman needs to start taking folic acid at least one month before she becomes pregnant and while she is pregnant in order for folic acid to help prevent some major birth defects

Every woman needs folic acid every day, whether she's planning to get pregnant or not, for the healthy new cells the body makes daily. Think about the skin, hair, and nails.

There are two easy ways to be sure to get enough folic acid each day:

Take a vitamin that has folic acid in it every day. Multivitamins and folic acid pills can be found at most local pharmacy, grocery, or discount stores. Check the label to be sure it contains 100% of the daily value (DV) of folic acid, which is 400 micrograms (mcg). Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.

Another option to ensure that you get enough folic acid is to eat a bowl of breakfast cereal that has 100% of the daily recommendation of folic acid every day. Not every cereal has this amount. Check the label on the side of the box, and look for one that has "100%" next to folic acid

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place.

Source: Centers for Disease Control (CDC)

STILL LOVING THE CHRISTMAS STORY



Dawn Reed

My heart was heavy as I opened my Bible this morning. I'm not ready for the Christmas story to be over. I've read it or a portion of it every day since December first. Moving on feels like taking down the Christmas tree-another sad day.

It has been a delicious journey.

I've been in the tabernacle when Zechariah was visited by Gabriel and still get tickled when Gabe shut him up for nine months.

I have pictured the sign language (or perhaps written) conversation between Zechariah and Elizabeth about what happened by the altar

besides the burning of incense. I've tried to grasp the emotions Elizabeth felt upon the news.

My imagination has tried to capture Gabriel's next visit with Mary. Her complete and immediate surrender to God's plan. I want to be like that.

Oh, how I love Joseph! He followed the Lord's speaking right away. He didn't analyze or try to re-route. Each time he moved IMMEDIATELY. I want to be like that.

As I went to bed on Christmas Eve, I pictured Mary and Joseph in the stable. Delivering a baby in a BARN. Children. I can only imagine. No wonder SHE was the one chosen. In many ways, Mary and Joseph were still strangers to each other. Giving birth by yourselves? In the hay? And when they had just gotten everything together, they had surprise

guests. Unexpected visitors can fluster the most put together hostess, but in the aftermath of labor? Wow. Talk about being adaptable and easygoing. I want to be like that.

Oh, those shepherds! They didn't clean themselves up to go to Jesus. They hurried their dirty selves right to Him. And when they found Him, they couldn't keep it in. Luke 2:17 reports: When they had seen Him, they spread the word..." I want to be like that.

I picture Mary in Luke 2:19. She didn't have a cell phone, her mom to

talk to or a sister or a friend. Surrounded by guys, hay, and animals, she "treasured" and "pondered". Sometimes when God works in crazy amazing ways, there are no words. He moves and moves US. I want to be like that.

These have been my people this December. I don't want to let them go back to where they came from. And then I remember...Simeon and Anna. I haven't unpacked the trip to the temple!

The story of Christmas is only the beginning.

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KENTUCKY DAILY GRAIN PRICES bids for next day

Corn #2 Yellow - Louisville (5.68-5.71) Pennyrile (5.75-5.85)
Soybeans #1 Y - Louisville (11.79) Pennyrile (12.24-12.39)
Wheat #2 SRW - Louisville (NA) Pennyrile (7.90)

WEEKLY FEED INGREDIENT WHOLESALE PRICES, \$ PER TON Owensboro, KY

Soybean Meal 48%405.20
Soybean Hulls210.00

AUCTION

| | This Week | Last Reported 12/8/2021 | Last Year |
|----------------------------|------------|-------------------------|------------|
| Total Receipts: | 533 | 638 | 315 |
| Feeder Cattle: | 447(83.9%) | 600(94.0%) | 280(88.9%) |
| Slaughter Cattle: | 49(9.2%) | 32(5.0%) | 35(11.1%) |
| Replacement Cattle: | 37(6.9%) | 6(0.9%) | 0(0.0%) |

Special Note: Russell Springs will be closed for the holidays for two weeks will resume on Jan 3 2022.

Compared to last week: Feeder steer and heifer calves 2.00 to 4.00 higher. Slaughter cows and bulls 2.00 higher. Supply included: 84% Feeder Cattle (29% Steers, 48% Heifers, 23% Bulls); 9% Slaughter Cattle (90% Cows, 10% Bulls); 7% Replacement Cattle (81% Bred Cows, 19% Cow-Calf Pairs). Feeder cattle supply over 600 lbs was 39%.

Groups of 20hd or more:

Heifers:
81hd 629 lbs 146.75 mixed

FEEDER CATTLE

| STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt) | | | | |
|---|----------|--------|---------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 11 | 325-340 | 333 | 175.00-189.00 | 182.79 |
| 1 | 365 | 365 | 180.00 | 180.00 |
| 18 | 410-438 | 429 | 169.00-184.00 | 176.04 |
| 5 | 430 | 430 | 189.00 | 189.00 |
| 16 | 455-473 | 463 | 160.00-175.00 | 165.75 |
| 5 | 540 | 540 | 165.00 | 165.00 |
| 20 | 521-548 | 533 | 170.50-175.50 | 172.27 |
| 11 | 596 | 596 | 168.50 | 168.50 |
| 15 | 607-645 | 621 | 153.00-160.00 | 157.97 |
| 14 | 600-645 | 614 | 165.00-167.00 | 165.85 |
| 15 | 725-730 | 727 | 147.00-155.00 | 149.21 |
| 4 | 750 | 750 | 149.00 | 149.00 |
| 6 | 954 | 954 | 135.00 | 135.00 |

| HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt) | | | | |
|--|----------|--------|---------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 3 | 295 | 295 | 155.00 | 155.00 |
| 10 | 355-370 | 363 | 145.00-148.00 | 146.53 |
| 20 | 400-432 | 421 | 140.00-145.00 | 142.26 |
| 8 | 415-433 | 426 | 148.00-150.00 | 149.27 |
| 10 | 455-488 | 472 | 140.00-143.00 | 141.45 |
| 41 | 500-540 | 525 | 133.00-143.00 | 137.71 |
| 3 | 517 | 517 | 148.00 | 148.00 |
| 23 | 554-585 | 567 | 135.00-140.00 | 136.90 |
| 8 | 605-630 | 621 | 128.00-135.00 | 132.44 |
| 81 | 630 | 630 | 146.75 | 146.75 |
| 6 | 660 | 660 | 135.00 | 135.00 |
| 6 | 715 | 715 | 115.00-127.00 | 121.00 |
| 7 | 775 | 775 | 125.50 | 125.50 |
| 5 | 825-837 | 830 | 116.00-119.00 | 117.79 |

| BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt) | | | | |
|--|----------|--------|---------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 15 | 310-345 | 332 | 167.00-185.00 | 176.96 |
| 8 | 350-365 | 359 | 167.00-176.00 | 172.71 |
| 3 | 430 | 430 | 182.00 | 182.00 |
| 30 | 455-495 | 478 | 153.00-182.00 | 161.62 |
| 15 | 500-515 | 510 | 140.00-156.00 | 147.07 |
| 16 | 560-597 | 581 | 136.00-149.00 | 144.07 |
| 4 | 640 | 640 | 140.00 | 140.00 |
| 10 | 655-675 | 665 | 129.00-139.00 | 133.92 |
| 10 | 760-771 | 766 | 123.00-128.00 | 125.52 |

SLAUGHTER CATTLE

| COWS - Breaker 75-80% (Per Cwt / Actual Wt) | | | | |
|---|----------|--------|-------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 2 | 1300 | 1300 | 57.00 | 57.00 |
| 1 | 1600 | 1600 | 61.00 | 61.00 |

| COWS - Boner 80-85% (Per Cwt / Actual Wt) | | | | |
|---|-----------|--------|-------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 4 | 970-1300 | 1135 | 51.00-52.00 | 51.43 |
| 10 | 1100-1400 | 1268 | 58.00-63.00 | 61.55 |

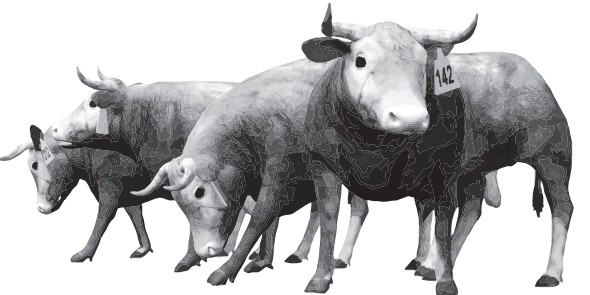
| COWS - Lean 85-90% (Per Cwt / Actual Wt) | | | | |
|--|----------|--------|-------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 6 | 745-940 | 828 | 41.00-46.00 | 44.45 |
| 4 | 900-1100 | 1000 | 30.00-32.00 | 30.90 |

| BULLS - 1-2 (Per Cwt / Actual Wt) | | | | |
|-----------------------------------|-----------|--------|-------------|-----------|
| Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 2 | 1880-1900 | 1890 | 90.00-92.00 | 90.99 |
| 1 | 2200 | 2200 | 100.00 | 100.00 |

REPLACEMENT CATTLE

| BRED COWS - Medium and Large 1-2 (Per Head / Actual Wt) | | | | | | |
|---|-------|------|-----------|--------|----------------|-----------|
| Age | Stage | Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 2-8 | T1 | 3 | 855 | 855 | 1000.00 | 1000.00 |
| 2-8 | T2 | 2 | 1185 | 1185 | 1000.00 | 1000.00 |
| 2-8 | T3 | 11 | 1100-1287 | 1185 | 875.00-1275.00 | 1077.53 |
| >8 | T1 | 6 | 1298 | 1298 | 675.00 | 675.00 |
| >8 | T2 | 3 | 1221 | 1221 | 800.00 | 800.00 |

| COW-CALF PAIRS - Medium and Large 1-2 w/ 150-300 lbs calf (Per Family / Actual Wt) | | | | | | |
|--|-------|------|----------|--------|-----------------|-----------|
| Age | Stage | Head | Wt Range | Avg Wt | Price Range | Avg Price |
| 2-8 | 0 | 6 | 800-1280 | 1040 | 1025.00-1385.00 | 1246.54 |



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