



## CERVICAL CANCER

Cervical cancer is highly preventable with regular screening tests and appropriate follow-up care. It also can be cured when found early and treated.

Cervical cancer is almost always caused by the human papillomavirus infection (HPV). Vaccines are available to protect against the types of HPV that most often cause cervical cancer.

HPV is very common in the United States and is passed from one person to another during sex. It is so common that nearly all sexually active men and women get it at some point in their lives, but few women will get cervical cancer. Talk to your health care provider about whether the HPV test is right for you.

### Screening Tests

Two tests can help prevent cervical cancer or find it early—

The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

The HPV test looks for the virus that can cause these cell changes.

The Pap test is recommended for women between ages 21 and 65, and can be done in a doctor's office or clinic. Women should start getting Pap tests regularly at age 21. If your Pap test results are normal, your doctor may say you can wait three years until your next Pap test. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. Both tests can be performed by your doctor at the same time. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say you can wait as long as

five years for your next screening.

If you have a low income or do not have health insurance, you may be able to get a free or low-cost Pap test through CDC's National Breast and Cervical Cancer Early Detection Program.

### HPV Vaccine

Get the HPV vaccine if you are in the age group for which it's recommended. The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26. Make an appointment today for you or your child's vaccination. If you don't have insurance, or your insurance does not cover vaccines, CDC's vaccine for children's program may be able to help.

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. Visit our website at [www.LCDHD.org](http://www.LCDHD.org) and click the "52 Weeks to Health" banner to learn more about each of these areas.

Source: Centers for Disease Control (CDC)



Dawn Reed

God has given His followers invisible but crucial armor for our daily fight against spiritual forces of evil. Each article is described in Ephesians 6:10-17. Oh, you don't HAVE to wear it. No one will force you. But when facing the enemy head on, you'll wish you had every single piece in place.

As I watched my beloved clearing our neighbors' driveways from snow last Friday, I realized my heart and mind were racing. My brain was spinning

## USING MY ARMOR

with terrible possibilities. Though he was using a snowblower, I thought of people who've had heart attacks from shoveling snow. Suddenly, I had tears in my eyes thinking of funeral arrangements.

I'm not typically a worrier. I know God is not only my Father, but my Provider and Friend. Nothing will ever happen that He can't get me through.

While I rushed out in the snow to help, wearing gloves, scarf, and coat, I left my helmet of salvation behind and allowed the devil to get in my head. Quoting Scripture replaced scary thoughts that had been playing on 'Repeat': "When I am afraid, I will trust in You," Psalm 56:3.

Overthinking and worrying are tools the

devil is using more than ever before. What's a good plan for the battle of the mind?

In our daily armor, we have the Sword of the Spirit, which is the Word of God. We can carry it, post it, and speak it. (That's what I'm doing.)

Remember that God is in control. We do not pray to a skinny god who is tired from all of our problems or surprised when crisis comes. When we pray, we are talking to the Creator of the Universe who loves us beyond measure.

Say "Stop!" to the lies the devil is trying to implant in your

brain. Go ahead, say it out loud.

In Priscilla Shirer's *The Armor of God*, she wrote about our enemy the devil, "He wants to terrorize you until you're rendered incapacitated."

Outside, I had a shovel in my hand but where was my shield of faith? I needed to hold it high to extinguish all the flaming arrows of the evil one (Ephesians 6:16). Frozen in place, but not because of the snow, my brain had been stuck in worry mode. Lesson learned!

Later, my beloved asked if I was out there to help or keep an eye on him. No comment.

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**KENTUCKY DAILY GRAIN PRICES bids for next day**

Corn #2 Yellow - Louisville (5.85-5.96) Pennyrile (95-6.05)  
 Soybeans #1 Y - Louisville (13.36) Pennyrile (13.55-13.70)  
 Wheat #2 SRW - Louisville (NA) Pennyrile (7.62)

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

Soybean Meal 48% .....451.10  
 Soybean Hulls .....210.00

**AUCTION**

	This Week	Last Reported 1/5/2022	Last Year
Total Receipts:	909	1,601	1,005
Feeder Cattle:	805(88.6%)	1,544(96.4%)	905(90.0%)
Slaughter Cattle:	55(6.1%)	57(3.6%)	87(8.7%)
Replacement Cattle:	49(5.4%)	0(0.0%)	13(1.3%)

Compared to last week: Feeder steer and heifer calves sold firm. Slaughter cows and bulls 2.00 higher. Supply included: 89% Feeder Cattle (64% Steers, 30% Heifers, 6% Bulls); 6% Slaughter Cattle (81% Cows, 19% Bulls); 5% Replacement Cattle (83% Bred Cows, 17% Cow-Calf Pairs). Feeder cattle supply over 600 lbs was 52%.

Groups of 20hd or more:  
 Steers: 163hd 608 lbs 161.85 mixed  
 Heifers: 66hd 803 lbs 142.00 blk

**FEEDER CATTLE**

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
10	366-387	379	187.00	187.00
6	368	368	182.00	182.00
2	440	440	168.00	168.00
18	421-435	427	171.00-180.00	175.06
10	462-466	464	166.00-175.00	171.38
24	470-490	482	172.00-187.00	179.72
1	545	545	162.00	162.00
29	500-544	523	163.00-184.50	174.10
22	552-587	563	154.00-166.00	158.91
62	550-590	580	159.00-179.00	168.63
185	601-645	609	157.00-164.50	161.79
19	650-682	661	157.00-158.00	157.36
29	707-740	728	140.00-153.00	148.69
9	750-795	766	136.00-149.00	143.95
5	857	857	135.00	135.00
6	880	880	138.00	138.00
12	906-920	913	130.00-133.50	132.24

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

Head	Wt Range	Avg Wt	Price Range	Avg Price	Dressing
2	1650-1750	1700	90.00	90.00	Average
3	1900-2200	2067	100.00-104.00	102.24	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
2-8	T1	2	966	966	1000.00	1000.00
2-8	T2	21	1100-1433	1258	922.00-1250.00	1020.16
2-8	T3	12	1100-1322	1226	1025.00-1275.00	1169.26
>8	T1	2	1210	1210	780.00	780.00
>8	T2	2	1290	1290	900.00	900.00
>8	T3	5	1377-1415	1392	900.00	900.00

**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	7	1100-1490	1237	1200.00-1385.00	1269.77

**COW-CALF PAIRS - Medium and Large 1-2 w/ >300 lbs calf (Per Family / Actual Wt)**

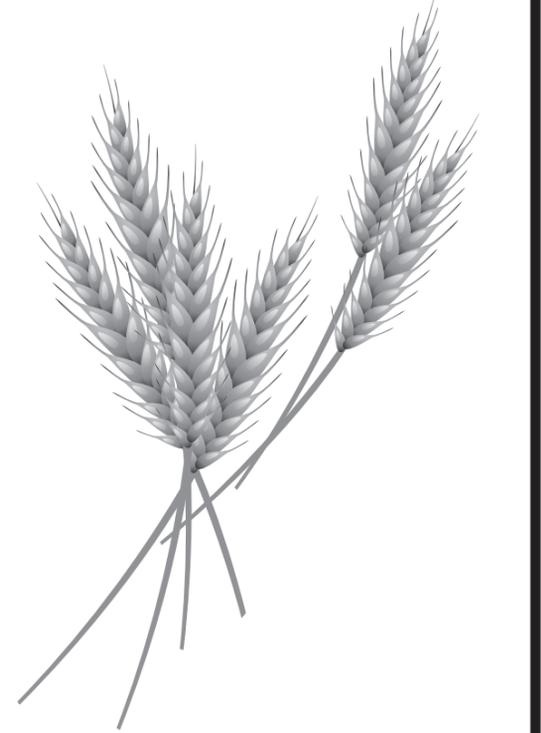
Age	Stage	Head	Wt Range	Avg Wt	Price Range	Avg Price
2-8	0	2	1100	1100	1195.00	1195.00

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	392	392	148.00	148.00
3	379	379	165.00	165.00
5	445	445	141.00	141.00
12	414-439	429	154.00-162.00	157.22
16	460-477	470	139.00-143.00	140.61
15	457-485	472	153.00-155.00	154.19
7	502-507	505	135.00-137.00	135.85
19	503-545	518	149.00-155.00	152.02
11	550-582	566	132.00-145.00	135.48
17	556-582	573	132.00-142.00	139.36
3	633	633	133.00	133.00
18	608-615	611	137.00-139.00	138.00
3	666	666	133.00	133.00
6	665	665	137.00	137.00
6	746	746	133.00	133.00
66	803	803	142.00	142.00

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	265	265	173.00	173.00
10	355-385	370	179.00-184.00	181.40
3	400	400	158.00-174.00	163.33
5	465	465	167.00	167.00
5	525	525	145.00	145.00
8	555-570	564	148.00-158.00	154.31
3	640	640	131.00	131.00



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It meant so much to us.

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