

Dear Dietitian

Dear Dietitian,

My fiend is always on the latest health kick, so now she takes probiotics every day and swears she feels so much better. She keeps bugging me to take them too, but I priced them at the drugstore, and they are expensive. Are they worth it?

Sharon

Dear Sharon,

In recent years, probiotics have been a popular health trend, with sales reaching \$47 billion in 2020 and projected to grow to \$76 billion by 2026. In order to be labeled as probiotic, a product must contain “live microorganisms that, when administered in adequate amounts, provide a health benefit to the host.”

First, let’s discuss the difference between probiotics and prebiotics. Prebiotics are specialized plant fibers that act as “fertilizers” in your gut, thereby increasing the number of good bacteria in your intestines. Conversely, probiotics actually contain live organisms, usually certain strains of good bacteria, that add to the number of healthy bacteria in the gut. Both prebiotics and probiotics are found in food and can also be purchased in capsule form.

Most research performed on probiotics has been in the area of bowel disorders. In a 2017 review of 17 studies involving more than 3,500 participants, probiotics were beneficial in reducing antibiotic-associated diarrhea in young and middle-aged adults, but not in people 65 years of age and older. The lack of benefit for elderly adults may be due to the low numbers of study participants in this age group (1).

Probiotics were also effective in reducing diarrhea caused by Clostridium Difficile (C. diff). C. diff is a bacterium that is always present in the large intestines of humans, but it may cause diarrhea when the healthy gut flora is diminished. This type of diarrhea may occur when the immune system is suppressed.

Those who suffer from Irritable Bowel Syndrome (IBS) have found relief in

probiotics. IBS is a condition fraught with abdominal pain, diarrhea, constipation, or alternating constipation and diarrhea.

In recent years, probiotics have been studied in other areas of health. A review of 12 studies with 3,720 people showed that those taking probiotics might have fewer and shorter respiratory infections. However, the result is uncertain because the quality of some of the studies was poor (1).

Acne is a condition many of us have suffered during adolescence and early adulthood. Some evidence has shown a favorable influence of probiotics on acne. However, the research on using probiotics for acne treatment is relatively new.

When purchasing a probiotic, look for one with the USP emblem on the label. The United States Pharmacopeia (USP) is a non-profit organization that tests supplements for quality. Probiotics vary in cost from \$15 to \$50 for a quantity of thirty.

Consult your doctor before starting a probiotic regimen. He will advise you on the best product for you, as well as the proper dosage. Also, probiotics are not without side effects, as they have actually caused harm in people whose immune systems are compromised.

Until next time, be healthy!

Dear Dietitian



Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardi-tian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.

Reference

“Probiotics: What You Need to Know” (Aug 2019). National Center for Complementary and Integrative Health. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5995450/>

Kindergarten Registration



Russell Springs Elementary School will be holding registration for ALL incoming kindergarten students (MUST BE TURNING 5 BEFORE AUGUST 1, 2022)

MONDAY, MARCH 14TH 8:00 AM - 1:00 PM

TUESDAY, APRIL 19TH 3:30 PM TO 5:30 PM

Students will come with their parents to registration as there will be a screening at this time.

Call during school hours to schedule your appointment (270) 866-3587)

You are encouraged to bring any enrollment documents you may already have: birth certificate, social security card, immunization, eye exam, dental exam, and student physical exam as well as any custody papers, if applicable.

MAKING YOUR MOMENTS COUNT



Dawn Reed

I love how God puts the puzzle pieces of our lives together. He orchestrates days, years, events in our lives for a purpose.

In Acts 16, Paul, Silas, and friends had gone to pray. A slave girl who was possessed by an evil spirit, a miraculous healing, angry slave owners, and a mob all contributed to Paul and Silas being stripped, beaten, and thrown into

prison.

This week, I realized the brevity of Paul and Silas’ presence at the jail. They were only there for a short time—just hours. At midnight, when they were praying and singing, an earthquake shook the foundation of the prison and broke every chain. In a dramatic moment, the jailer awoke, was terrified inmates had escaped and nearly took his own life. Paul urgently called out that everyone was accounted for. Overwhelmed with gratitude, the jailer asked how he could be saved. Ultimately, he and his whole household believed and were baptized.

I’ve been wondering about the prisoners

who were left in the jail. They were there when Paul and Silas had been dragged in bruised and bleeding, then put in stocks. They were there when Paul and Silas began praying and singing at the darkest time of the night. They were there when the earthquake shook the foundation of the prison. Their chains had been broken, too. Yet, after Paul and Silas left, they remained. How were they affected by the presence of Paul and Silas? Did they also give their hearts to Jesus after the earthquake? Did they walk in the ways of Paul and Silas’ Jesus after their final release?

Paul and Silas would have never met the jailer had they not been

arrested. If the angry slave owners hadn’t stirred up the mob, the jailer would have continued his work unphased and lost. Yet, God orchestrated the paths of the missionaries to intersect with both physical and spiritual prisoners.

In one day, Paul and Silas impacted a slave girl, her slave owners, magistrates, a crowd, prisoners, the jailer, the whole jailer’s family, and some officers. In one day! We never know how our words and actions can affect this lost world. Minutes and hours can make a mark on a life.

Today, this amazing story can impress on us to make our moments count!

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Kentucky Department of Agriculture
A Consumer Protection and Service Agency

KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT

KENTUCKY DAILY GRAIN PRICES bids for next day

Corn #2 Yellow - Louisville (5.85-5.96) Pennyrile (5.95-6.05)

Soybeans #1 Y - Louisville (13.36) Pennyrile (13.55-13.70)

Wheat #2 SRW - Louisville (NA) Pennyrile (7.62)

WEEKLY FEED INGREDIENT bids for next day

WHOLESALE PRICES, \$ PER TON

Owensboro, KY

Soybean Meal 48%451.10

Soybean Hulls210.00

AUCTION

	This Week	Last Reported 2/9/2022	Last Year
Total Receipts:	1,786	921	0
Feeder Cattle:	1,730(96.9%)	874(94.9%)	0(0.0%)
Slaughter Cattle:	45(2.5%)	47(5.1%)	0(0.0%)
Replacement Cattle:	11(0.6%)	0(0.0%)	0(0.0%)

Special Note: Removed entry showing 1 lbs slaughter cows
COWS - Breaker75-80% (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price	Dressing
5	1-1750	1267	65.00-68.00	66.98	Average

Compared to last week: Feeder steer and heifer calves sold steady to 2.00 higher. Slaughter cows and bulls steady. Supply included: 97% Feeder Cattle (48% Steers, 42% Heifers, 10% Bulls); 3% Slaughter Cattle (78% Cows, 22% Bulls); 1% Replacement Cattle (100% Bred Cows). Feeder cattle supply over 600 lbs was 62%. Groups of 20hd or more:

FEEDER CATTLE

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
14	305-320	308	192.50-202.00	199.89
1	365	365	206.00	206.00
13	407-440	422	201.00-211.00	203.95
29	472-492	484	175.00-201.00	191.57
23	509-540	524	170.00-190.00	182.79
30	528-545	538	194.00-200.00	196.96
26	575-588	579	163.00-183.00	168.47
75	555-573	559	180.00-196.00	188.20
40	628-647	639	144.00-169.00	158.59
50	603-648	627	160.00-185.50	172.95
36	650-692	663	152.00-159.50	154.31
160	650-694	663	162.00-170.75	164.11
28	720-730	723	146.00-157.00	147.59
94	700-744	706	154.50-163.00	157.45
28	754-782	764	143.00-155.00	152.35
20	765-786	776	143.00-152.00	144.33
14	810	810	136.00	136.00
9	800	800	152.00	152.00
17	858-865	859	134.00-138.00	134.71
35	873-878	875	140.00-143.00	141.38
14	922	922	137.50	137.50

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
8	327	327	162.00	162.00
29	365-395	375	148.00-158.00	155.46
49	413-447	437	146.00-160.00	156.61
11	407-435	422	163.00-164.00	163.56
45	465-495	485	135.00-158.00	148.55
44	490	490	162.25	162.25
37	505-540	518	134.00-155.00	147.46
58	500-540	517	145.75-163.50	153.70
20	553-595	587	137.00-153.50	142.03
3	620	620	156.00	156.00
154	600-649	632	139.00-148.75	145.59
50	650-681	667	126.00-141.00	137.32
61	672-681	679	136.50-145.25	141.42
24	700-740	717	116.00-136.00	123.30
5	777	777	132.00	132.00
6	849	849	129.00	129.00
9	821	821	129.00	129.00
3	912	912	123.00	123.00
40	905-940	923	118.50-127.35	123.23
3	1115	1115	101.00	101.00

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	325	325	190.00	190.00
25	350-377	367	185.00-205.00	191.89
12	403-440	418	160.00-194.00	179.10
15	482-485	484	185.00-190.00	186.67
22	509-530	524	159.00-162.00	160.33
3	590	590	154.00	154.00
29	605-645	621	135.00-153.00	139.96
10	650-655	653	131.00-145.00	137.97
20	730-735	731	139.00	139.00
5	887	887	115.00	115.00
6	935	935	99.00	99.00

SLAUGHTER CATTLE

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	1345-1750	1584	66.00-68.00	66.98
2	1400-1490	1445	73.00-75.00	73.97

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	1200-1400	1317	68.00-72.00	69.72
1	1100	1100	78.00	78.00

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	975-1205	1073	53.00-60.00	56.70

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	1900	1900	100.00	100.00
2	1850-1875	1863	105.00-109.00	107.01
1	1715	1715	85.00	85.00

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	2	1100-1115	1108	710.00-720.00	714.97
2-8	T2	4	1015-1375	1285	910.00-1120.00	951.47
2-8	T3	1	1300	1300	975.00	975.00
>8	T2	2	1000	1000	650.00	650.00
>8	T3	2	1100-1200	1150	525.00-720.00	618.26

Please Note:

The above USDA LPCMN 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.

Explanatory Notes:

Represent pregnancy stage (0 = open; 1 = 1st Trimester, 1 to 3 months; T1-2 = 1st/2nd trimester, 1 to 6 months; T2 = 2nd Trimester, 4 to 6 months; T2-3 = 2nd/3rd Trimester, 4 to 9 months; T3 = 3rd Trimester, 7 to 9 months; T1-3 = all trimesters, 1 to 9 months)

Age - Numerical representation of age in years.

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