

# DERBY,

During the derby, held south of Jamestown at the Wolf Creek Dam, kids up to 15 years old fish in Hatchery Creek during specified time slots and are awarded prizes for largest fish.

Door prizes are given out, and activities including archery, face painting, visiting Smokey Bear and Goldie the Fish, and casting competitions are held.

"We feed everyone free hotdogs, snow cones, and drinks," Foley said.

The family-friendly event is known nationwide, and has become a destination point for travelers.

"This has been an annual tradition in Russell County with participants from across the country for over 30 years," Foley said. "But it has been cancelled the last two years."

She said she is aware of challenges due to the recent pandemic.

"We usually start much earlier in the year but with COVID numbers previously so high, we waited to get a definite 'yes' on having the derby," Foley said. "We already have heard that some of our big sponsors can't afford to support us this year, so we need extra help to make

this happen."

"If you are a previous sponsor, please go ahead and contact us about your donation," she said. "We are extremely short-handed and may not be able to visit everywhere in person this year."

Donations can be sent to:

Friends of WCNFH  
50 Kendall Rd.  
Jamestown, KY  
42629

Anyone wishing to volunteer to help the Kids Fishing Derby, or to learn more about the Friends of Wolf Creek National Fish Hatchery can call (270) 343-3797, or

message friends-of-wolfcreeknfh@gmail.com.

The Friends of Wolf Creek Fish Hatchery Board consists of President James Clark, Vice-President Foley, Administrative Assistant/Treasurer Lisa Rosenthal, and others.

"We need board members," Foley said. "Being on the board requires coming to our monthly meetings - usually held at the hatchery - on the second Tuesday of each month at 1 p.m., and helping plan and carry out fundraising and events. It's very rewarding as our main events are for

children, senior citizens, and veterans."

Current attention is focused on the upcoming Kids Fishing Derby.

Foley encourages everyone to become

involved "to make this amazing day possible."

"Please message us if you are interested," she said. "Help us to help kids get hooked on fishing, not on drugs!"



Thousands of people attend the Catch A Rainbow Kids Fishing Derby at the Wolf Creek National Fish Hatchery. After a two-year hiatus due to COVID, organizers are asking for assistance with the event's return. (Photo provided)

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# Dear Dietitian

Dear Dietitian, I have recently lost about 20 pounds, but the problem is that I cannot seem to lose weight around my mid-section. What foods can I eat to lose belly fat?

Signed,  
Maria

Dear Maria,

Oh! That stubborn belly fat! I know it all too well. While researching this topic, I found several sites on the internet with claims that certain foods will burn belly fat. The problem is that it is a MYTH that any food will burn fat on a specific area of your body. Food is fuel for your body, like gasoline is fuel for your car. Studies have been conducted on foods to see if they increase metabolism, and the results showed that some foods minimally raised metabolism but not enough to affect weight loss.

Two factors determine body fat. First, if you consume more calories than you burn, your body will eventually store that as fat to be used later when you do not get enough to eat. Another thing that largely determines where you put on weight is genetics. If your parents gain extra weight around the mid-section, it is more likely that you will, too.

While some studies have shown that certain weight-loss diets reduce intraabdominal fat, this is fat around the stomach and other organs, not around the waist. We know that carrying extra weight around your waistline is a risk factor for heart

disease and type 2 diabetes. For women, a waist greater than 35 inches determines a higher risk; for men, a waist greater than 40 inches.

Increasing muscle mass by exercising will increase metabolism, but most people will not gain enough muscle to affect weight loss. However, exercising has many positive benefits; you will feel better, sleep better, and look better with toned muscles.

As far as weight loss, there is no magic trick. You simply have to take in fewer calories than you burn. If you lose weight slowly (one pound per week), you will lose fat instead of muscle. Try to be patient. You should start seeing results in 2-4 weeks. Weight loss occurs all over the body, even those stubborn places like the belly. Talk to your doctor or a Registered Dietitian Nutritionist (RDN) before beginning a weight loss plan.

Until next time, be healthy!

Dear Dietitian



Leanne McCrate, RDN, LD, 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 [deardiitian411@gmail.com](mailto:deardiitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.

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## KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT

Kentucky Department of Agriculture  
A Consumer Protection and Service Agency

### KENTUCKY DAILY GRAIN PRICES bids for next day

Corn #2 Yellow - Louisville	(7.12-7.35)	Pennyrile	(7.33-7.43)
Soybeans #1 Y - Louisville	(16.50)	Pennyrile	(16.51-16.52)
Wheat #2 SRW - Louisville	(NA)	Pennyrile	(9.10-9.16)

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

Soybean Meal 48% .....	517.10
Soybean Hulls .....	220.00

### AUCTION

	This Week	Last Reported 3/23/2022	Last Year
Total Receipts:	1,001	795	1,244
Feeder Cattle:	921(92.0%)	742(93.3%)	1,035(83.2%)
Slaughter Cattle:	68(6.8%)	53(6.7%)	69(5.5%)
Replacement Cattle:	12(1.2%)	0(0.0%)	140(11.3%)

Compared to last Wednesday: Feeder steers under 600 lbs steady to 3.00 lower, over 600 lbs steady, Feeder heifers steady to 3.00 higher, Good demand for feeder classes. Slaughter cows 3.00-5.00 lower, Slaughter bulls steady, Moderate demand for slaughter classes. Supply included: 92% Feeder Cattle (37% Steers, 0% Dairy Steers, 52% Heifers, 11% Bulls); 7% Slaughter Cattle (3% Steers, 76% Cows, 22% Bulls); 1% Replacement Cattle (17% Bred Cows, 75% Bred Heifers, 8% Cow-Calf Pairs). Feeder cattle supply over 600 lbs was 41%. Groups of 20 head or more

Steers	Heifers
65 BLK/CHARX 788 LBS 148.25	22 BLK 504 LBS 163.25
61 BLK/CHARX 805 LBS 145.75	22 BLK 530 LBS 158.50
	61 BLK 550 LBS 162.25
	54 CHARX/RED 757 LBS 135.50

### FEEDER CATTLE

Head	Wt Range	Avg Wt	Price Range	Avg Price
<b>STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)</b>				
1	270	270	177.50	177.50
2	320	320	187.50	187.50
1	330	330	200.00	200.00
9	355-390	371	185.00-191.00	186.83
10	412-437	421	170.00-192.00	177.53
7	415-442	430	196.00-205.00	201.28
7	460-490	468	160.00-184.00	172.66
14	474-475	474	190.00-192.00	190.86
14	500-543	521	162.50-182.00	172.57
3	518	518	193.00	193.00
7	550-595	570	163.00-176.00	169.84
28	570-577	574	181.00-185.50	184.06
1	635	635	135.00	135.00
8	605	605	180.50	180.50
20	617-647	628	162.00-166.00	164.52
6	697	697	150.00	150.00
13	657-675	658	161.00	161.00
4	717-730	724	129.00-135.00	132.03
7	705-708	708	156.50-162.50	157.35
8	752-785	756	132.00-140.00	138.96
65	788	788	148.25	148.25
1	815	815	139.00	139.00
61	805	805	145.75	145.75
1	885	885	131.00	131.00
9	915-940	921	116.00-129.50	126.64
1	975	975	116.00	116.00

5	525-543	538	132.50-151.00	140.12
72	504-536	519	157.00-163.25	160.05
30	550-580	573	141.00-154.00	149.38
86	550-581	559	156.00-162.25	160.42
12	610-635	623	131.00-144.00	137.38
15	655-676	666	124.00-144.00	136.68
26	717-737	720	133.50-134.50	134.28
6	763	763	128.00	128.00
54	757	757	135.50	135.50
6	896	896	110.00	110.00
1	945	945	106.00	106.00

### HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	498	498	135.00	135.00
1	595	595	123.00	123.00
2	620	620	117.00	117.00
1	755	755	110.00	110.00
1	800	800	100.00	100.00

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	405	405	120.00	120.00

### STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	440	440	159.00	159.00
2	487	487	159.00	159.00

### DAIRY STEERS - Large 3 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	760	760	82.50	82.50

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	200	200	160.00	160.00
3	250-255	252	170.00-177.50	174.17
4	315-340	326	168.00-173.00	170.20
17	350-395	380	160.00-177.50	172.23
6	400-445	425	145.00-160.00	155.47
25	402-443	427	170.00-181.00	175.49
23	456-495	480	148.50-166.00	159.54
27	451-496	478	168.00-171.50	169.44

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
7	295	295	170.00	170.00
6	325-346	339	177.50-190.00	181.92
2	387	387	180.00	180.00
13	407-445	435	160.00-183.00	174.65
16	450-497	479	166.00-189.00	175.80
17	500-547	529	153.00-175.00	165.44
4	558-585	565	160.00-173.50	170.00
3	600-635	623	154.00-158.00	155.68
7	650-685	661	135.00-152.00	144.63
2	655-665	660	154.00-157.00	155.49
1	720	720	141.00	141.00
1	805	805	128.00	128.00
1	895	895	120.00	120.00
1	935	935	116.00	116.00

### BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	395	395	150.00	150.00
4	410-435	420	133.00-156.00	140.63
2	460-475	468	147.50-159.00	153.34
1	595	595	129.00	129.00
1	835	835	102.00	102.00
2	965	965	90.00	90.00

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