

BE A KIND HUMAN



Dawn Reed

"Blue" is the brown horse that lives at the mouth of our hollow. ("Holler" if you are from the mountains.)

Everybody loves Blue-men, women, children of all ages. It's not unusual to see little kids walking up our narrow road with carrots in hand, taking them to their favorite horse. Cars are often stopped by his pasture, ours included. Drivers and walkers speak in hushed tones drawing Blue right over.

Earlier today I drove out of the hollow, and as usual, someone had stopped to speak to Blue. It made me smile. People don't have to stop and speak to a horse. They really don't gain anything by it. Blue doesn't say much. At least he doesn't to us. It's just a simple kindness.

The Bible encourages us again and again to be kind, especially to humans:

Galatians 6:10: "So then, as we have opportunity, let us do good to everyone..."

Ephesians 4:32: "Be kind and compassionate to one another..."

I Corinthians 13:4: "Love is patient, love is kind..."

Proverbs 16:24 reminds us: "Kind words are like honey. They are sweet to the spirit and bring healing to the body."

It's easy to talk kindly to a horse, they don't say much back. Humans are a bit trickier. Yet, Ephesians 4:29 gives instructions on our words with people: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building up others..." Kind words can be a balm for a tired soul, ointment on an injured heart.

Has anyone been extremely kind to you and built you up just when you needed it? Last week, I received the kindest mail from someone I didn't know and it absolutely touched my heart. Even now, days later, it still blesses me. (I saved it in a folder to read in emergencies.)

We often come in contact with men, women, boys, and girls who need a kind and encouraging word. They are stressed, tired, worried, and weary. God can use us to build them up as mentioned in Ephesians 4.

In this day and time when gas prices, fears, and frustrations are quickly rising, we can be God's instruments of kindness, ultimately pointing people to Him. As His followers, we are continuously "on mission". When we pray to be used by Him, He will bring people into our paths, out of the blue.



ASK Dr. Angelia

May is Mental Health Awareness Month

According to Mental Health America, self-reflection is essential to mental wellness. Reflecting on mental health wellness this month, we should look to ourselves and how we are doing in our lives. It is important that you check in with yourself periodically. Checking in with yourself allows you the opportunity to evaluate where you are in your life journey. You may find that you need to readjust your plans or try different coping tools.

If you have had low times in the past, you understand how hard it can be to get out of those places. Learning all that you can about your mental health will help let

you know that your hard times are not your fault. Making a list of those things that make you happy and a list of things that make you sad. The goal is to do more that makes you happy and less of what makes you sad.

Another tool that may help you is to journal about your experiences. Keeping a journal is a great way to learn about yourself. Being completely honest in your journal is important; in your journal, you should feel free to write your truth and find answers through your writing. This will help you discover how you really feel, vent your feelings and find answers through your writing.

Another method of connecting with yourself is to become an advocate and share your story. There has been a lot of research that explores the power of storytelling as a form of therapy. Sharing your own experiences through writing or talking is an important stage of your journey. Just as you are supported by reading the thoughts and experiences of others you can also be the person that helps lift another.

Every time you write or speak about your story, you heal a little more each time. Don't keep your pain inside; it will keep you unhappy and ultimately, will make you sick. Seek help when you are in need. Reach out to

someone or seek the help of a professional. Your life can only get better with help.

Remember my friends and readers, embrace Jeremiah 31:16 This is what the LORD says: "Restrain your voice from weeping and your eyes from tears, for your work will be rewarded," declares the LORD. "They will return from the land of the enemy. So there is hope for your future," declares the LORD. Love God and All People, Amen.

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KENTUCKY DAILY GRAIN PRICES bids for next day

Corn #2 Yellow - Louisville (7.97-8.00) Pennyrile (7.60-7.70)
 Soybeans #1 Y - Louisville (16.08) Pennyrile (16.22)
 Wheat #2 SRW - Louisville (NA) Pennyrile (10.34-10.39)

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

Soybean Meal 48%442.80
 Soybean Hulls220.00

AUCTION			
	This Week	Last Reported 5/11/2022	Last Year
Total Receipts:	793	555	766
Feeder Cattle:	754(95.1%)	496(89.4%)	721(94.1%)
Slaughter Cattle:	30(3.8%)	50(9.0%)	24(3.1%)
Replacement Cattle:	9(1.1%)	9(1.6%)	21(2.7%)

Compared to last Wednesday: Feeder steers sold steady with feeder heifers and bulls selling 4.00-6.00 higher with a high demand. Slaughter cows and bulls sold 4.00-6.00 higher. Supply included: 95% Feeder Cattle (40% Steers, 47% Heifers, 13% Bulls); 4% Slaughter Cattle (80% Cows, 20% Bulls); 1% Replacement Cattle (100% Bred Cows). Feeder cattle supply over 600 lbs was 37%.

STEERS:		HEIFERS:	
69-BLACK/BWF 842 LBS.-	148.50	69-MIXED 782 LBS.-	129.35
		24-BLACK 465 LBS.-	171.00

FEEDER CATTLE

STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
2	265-270	268	180.00-188.00	183.96
2	295	295	200.00	200.00
10	335-346	344	184.00-194.00	188.47
9	357-398	379	167.50-180.00	172.96
8	415-440	431	175.00-185.00	183.42
3	443	443	200.00	200.00
17	450-490	468	165.00-180.00	173.84
6	482	482	202.00	202.00
22	500-545	530	177.00-185.50	183.08
20	518-541	530	188.00-200.00	194.22
9	557-595	562	166.00-177.00	174.01
36	552-558	553	182.50-190.25	186.29
3	615-640	627	152.00-161.00	154.94
11	601-635	612	172.00-179.50	175.23
11	650-686	674	156.00-163.00	159.54
17	715-734	726	156.00-157.50	156.68
2	825-830	828	127.00-134.00	130.49
69	842	842	148.50	148.50
3	855	855	139.00	139.00

STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	440	440	167.00	167.00
1	460	460	161.00	161.00
5	500-536	524	154.00-164.00	157.08
1	575	575	144.00	144.00
2	685-695	690	144.00-145.00	144.50
1	875	875	120.00	120.00

HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	220	220	193.00	193.00
4	250-265	254	160.00-174.00	164.89
7	300-330	314	155.00-165.00	162.32
9	380-395	387	160.00-173.00	168.64
13	383-391	387	174.00-175.00	174.46
11	405-434	428	150.00-165.00	161.69
7	416-447	425	168.00	168.00
29	450-485	471	150.00-163.00	159.36
30	460-465	464	167.00-171.00	170.30
25	500-543	520	145.00-159.50	154.91
8	508-531	522	164.00-165.00	164.64
27	550-588	574	140.00-149.00	144.14
23	557-585	572	154.50-161.25	157.36
21	605-635	625	130.00-142.00	136.02
8	670-690	674	120.00-134.00	127.21
6	710-740	724	119.00-133.50	129.23

HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	430	430	138.00	138.00
2	500-545	523	125.00-130.00	127.61
1	660	660	128.00	128.00

HEIFERS - Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
2	577	577	139.00	139.00

BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
3	230	230	197.50	197.50
1	290	290	195.00	195.00
9	316-345	329	172.50-184.00	179.76
5	315-345	331	189.00-193.00	191.04
4	360-373	370	180.00-181.00	180.76
8	400-445	428	165.00-180.00	174.78
5	447	447	185.50	185.50
15	450-495	473	167.00-180.00	175.56
4	451-485	460	185.00-187.00	186.47
5	502-545	511	160.00-175.00	169.05
11	550-598	581	155.00-169.00	160.76
2	605-620	613	149.00-152.00	150.52
5	655-695	669	137.00-145.00	141.96
3	727-730	728	129.00-137.00	131.67
1	760	760	120.00	120.00

BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	420	420	155.00	155.00
3	460-485	475	146.00-160.00	154.94
2	505-535	520	143.00-151.00	147.12
1	565	565	145.00	145.00
2	630	630	138.00	138.00

SLAUGHTER CATTLE

COWS - Breaker 75-80% (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
6	1245-1690	1436	86.50-93.50	89.62
4	1220-1390	1318	97.50-109.50	103.15
4	1210-1475	1345	80.00-84.00	82.46

COWS - Boner 80-85% (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	1135	1135	76.50	76.50

COWS - Lean 85-90% (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
4	905-1000	956	72.00-78.50	75.36
1	945	945	85.00	85.00

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