

GRAYSON COUNTY, KENTUCKY

FALL 2022

AGRICULTURE EXTENSION NEWS

Grayson County Cooperative Extension Service

64 Quarry Road | Leitchfield, KY 42754

(270) 259-3492 | Fax: (270) 259-0291 | Graysonext.org



College of Agriculture,
Food and Environment
Cooperative Extension Service



ANR Update

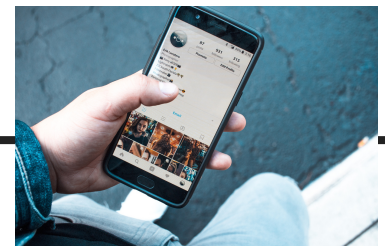
Whitney Carman, Grayson County
Agriculture and Natural Resources Agent

It has been some time since we sent out a newsletter, but don't be fooled- there have been many things going on around the county and the extension office! In this issue you will find information about different programs going on through the fall and beginning of winter. Now is also time to be considering tax season and getting those documents prepared.

Now is a good time to get those hay and soil samples finished up now that we have had some rain. Wishing readers a Happy fall season. As always, do not hesitate to reach out to us for information!

Whitney Carman,
Grayson County CES for ANR

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).



Go digital and request a copy of the newsletter online!

Contact the office at 270-259-3492
or e-mail whitney.carman.uky.edu

We are also on Facebook! at Grayson
County KY Cooperative Extension.



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

County ANR Loan Items

- Hay Probe
- Soil Probe
- Soil Penetrometer
- pH Meter
- Cattle Scales
- Freeze Branding Materials (irons, gloves, shears)
- Castration Banders & Bands
- Cattle Chute*
- Grain Moisture Tester
- Windrow Moisture Tester
- Hay Moisture Probe
- Sheep Shears

Stop by the Extension Office or call us in advance at (270)259-3492 to check availability and reserve any of the items listed above.

Is there a program or topic that you would like to learn more about?



Contact us today to request programs!
(270) 259-3492

ANR Meetings

Grayson County Ag Development Council: 2nd Tuesday of each month (AS NEEDED)

Grayson County Beekeeper's Association: Last Thursday of each month

Grayson County Cattlemen's Association: 2nd Thursday of each month

Master Gardener Association of Grayson County: 3rd Monday of each month



2022 GRAYSON COUNTY EXTENSION

HAY SAMPLING program

Through end of 2022

Open to Grayson County Residents

Hay probes available at the Grayson County Extension Office or contact the Agent to request a farm visit.

Still 15 free samples available! First come first served!



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**Contact the Grayson County
Extension Service TODAY!**

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Grayson County, Kentucky

YOUNG FARMER program

Monday, December 19, 2022 6:00 p.m. CST

Grayson County Cooperative Extension Service

64 Quarry Road, Leitchfield, KY 42754

Farm Tax Planning

Jonathan Shepherd

Farm Management Specialist

University of Kentucky



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Please RSVP by Friday, December 16 to the Grayson County
Cooperative Extension Service (270) 259-3492





Small Ruminant Program

Mondays:

January 9th, 2023

March 13th, 2023

May 15th, 2023

Topics will focus on production, herd health, and current issues in small ruminant production.

Please RSVP to attend by Friday before each meeting date to (270) 259-3492



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Grayson County, Kentucky Extension Service

BEEF QUALITY & CARE ASSURANCE TRAINING



Thursday, January 12, 2023

5:00 p.m. CST

Grayson County Extension Service

64 Quarry Road, Leitchfield, KY 42754 | (270)259-3492

The BQCA certification is required for anyone who participates in CPH sales as well as meeting education requirements for CAIP. The \$5.00 certification fee is to be paid the morning of training. Please make checks payable to KBN (Kentucky Beef Network).

R.S.V.P. to the Grayson County Extension Office by January 11, 2023.

Contact the Extension Office to sign up! (270)259-3492

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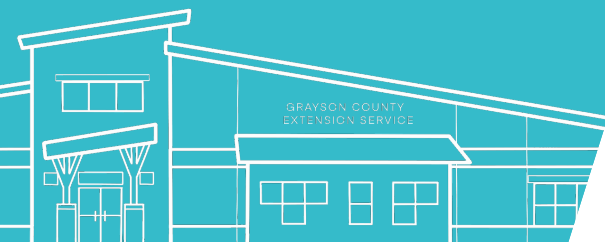
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Winter Market Dates

GRAYSON COUNTY FARMERS' MARKET



located inside the building

Join us on the upcoming Saturday's...

December 17

January 21

February 18

March 18

April 15

9 a.m. to 2 p.m. CST
Grayson County
Extension Service

64 Quarry Road Leitchfield, KY 42754



Please Note: These will NOT be a produce focused events due to produce not being in season. We are NOT accepting new vendors for these dates.

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Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.



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- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:

- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

REFERENCE:
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

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 123RF.com

ADULT HEALTH BULLETIN

University of Kentucky
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ADULT HEALTH BULLETIN

DECEMBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC:
 THE WINTER BLUES

Do you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

Symptoms

- Signs and symptoms of SAD may include:
- Feeling listless, sad, or down most of the day, nearly every day
 - Losing interest in activities you once enjoyed



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