

## Getting The Most Out Of Fast Foods

By: Hazel Jackson  
County Extension Agent for  
Family and Consumer Science

Fast food won't win a prize as the most nutritious food around, but for parents with young children, it's hard to beat the convenience and predictability. Since fast food meals typically contain 40 to 50 percent fat, you won't want to make a habit of them. But as an occasional treat for youngsters (and an inexpensive kitchen escape for parents), your family can enjoy fast food without going off the nutritional deep end.

While fast food can't be recommended as a steady diet, it's unrealistic to think that adults can keep children away from fast food settings. Fast food is not all bad. Many fast food companies, responding to consumer pressure for better nutrition, are offering more low fat items and fresh foods.

Parents need to make up for shortcomings of fast food by serving well-balanced meals and snacks at home. If most of a child's meals are nutritionally sound, an occasional fast food meal is not a problem.

Here are some tips for getting the most nutrition from fast food:

- When ordering combination meals for children, substitute fruit juice or low fat milk for the soft drink.
- Look for a salad bar. Many children like fresh fruit, carrot sticks, broccoli flowerettes, cottage cheese and yogurt.
- Order the smallest, plainest hamburger or cheeseburger on the

menu. These usually contain a lot less fat than the deluxe or super burger, because they are smaller and served without sauce or special dressing. Roast beef sandwiches often have less fat than hamburgers.

- Try a plain baked potato. Let your child top the "spud" with selections from the salad bar, like crunchy raw vegetables, cottage cheese and/or grated cheese.
- If french fries are the choice, order the smallest size.
- If available, try a grilled chicken sandwich. Regular chicken nuggets and sandwiches are usually deep-fried and loaded with fat.

- A soft taco or tostada with beans and a small amount of cheese are a good choice at a Mexican fast food outlet. Get guacamole, sour cream and extra cheese on the side to control the amount. Avoid crisp tortillas (fried).
- Select the thin-crust pizza and choose vegetable toppings like green peppers, onions and mushrooms. Lean ground beef is also a good topper.

- For thirst quenchers, choose fruit juices, low fat milk or even water.
- For dessert the best bet is a soft-serve cone or low fat frozen yogurt.

- If you need to watch calories, fat, cholesterol, or sodium, ask the restaurant cashier for the nutritional contents list for the foods that they offer. Most restaurants have these available for customer use.

## Summer Camp 2000

By John McQueary  
Co. Ext. Agent for 4-H/Youth Dev.

Hey, Kids! Look here! I know the weather outside is frightful, but summertime is not far off. Please read this important information:

- Summer 4-H Camp will be held June 12-16, 2000.
- 4-H'ers ages 9 - 14 are eligible to attend.
- Camp will be held at the J.M. Felner 4-H Camp in London, Ky. (Across from Levi Jackson State Park).
- The cost is \$73 per person. This includes transportation to and from camp, three meals and two snacks per day, and four nights lodging.
- A limited number of scholarships are available.
- All fees and registration forms must be in as soon as possible. Campers will be on a first come/first serve basis.

For additional information on cost, schedule, supervisors, lodging, etc., or for an application, contact the Rockcastle County Extension Service at 256-2403.

You can sign up for camp now! So, get an early jump on the rush. We are limited to about 60 4-H campers. Go ahead and sign up today.

## The Family Room

By Dr. Don Whitehead

### An Emergency

Room is a Busy Place  
Last week I spent almost forty hours in the emergency room at Lake Cumberland Regional Hospital in Somerset. I was there for treatment of a chronic leg condition. The treatment involved being hooked to an IV which gradually improved my condition.

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Rev. 18:1 (A Cloud of Heaven)  
Matt. 24:27 Matt. 26:64

The Son of Man said as long as I'm in the world I'm the light of the world, but when he was lifted up, then Christ was preached, the four gospels is the Son of Man preaching the gospel of the kingdom of heaven the Son of Man's kingdom, he had to get his people out of the lost sheep of Israel MAT. 15, 24, they were not all believers. MAT. 15, 52, REV. 15, 3.

I was caused to know Christ was free then he joined a satan church. God said try the Spirits to see if they are of God or not, so you go to a church of a different name and you will see that Spirit in their church feels different it is a different God, if church people could see the God's they are worshipping they would vomit, the Lord let me see one it looked like an old sow only it was smaller and it was feeding a group of people in a church its Spirit through a crack in the wall when you joined that beast church it impregnated you with its Spirit, then you were no longer Christ's, and God is going to destroy you.

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time I was hungry, food or drink was sent in. (Kudoo the chef! The cole slaw was some of the best I have ever had. And that pineapple, marshmallow, sour cream salad was delicious.) When I complained of being cold, a nurse brought me a warm blanket. Let me digress for a moment: if you have never had the pleasure of having a warmed blanket draped over your cold body, let me tell you how pleasant that is. Somewhere in the

back of ER, they must have had this gigantic blanket warmer that kept these blankets cozy for all of us. I could easily have become accustomed to this kind of treatment. When I suggested to my wife that I should be this well taken care of at home, she did not seem to think that our twenty-eight years of marriage entitled me to this special treatment. Perhaps I can convince her during our next twenty-eight years together.

The medication I was taking was immunoglobulin, made up of antibodies taken from human blood. It takes many months to make one dose of immunoglobulin, so I am grateful to all who have given blood. You made my treatment possible. When the hymn writer said, "There is power in the blood," he was right in several ways.

The hospital pharmacy did a good job of providing the medication on time. The immunoglobulin is scarce, and at least once they had to scramble to find extra. I do not know where they found it, but they did.

Interesting things happen in ER. Late one afternoon, I heard a dog barking. I told myself that my ears must be deceiving me, but soon a nurse came by with the message: someone had brought dog to the ER for treatment. No, they did not treat the dog, but they did find a veterinarian who did. (Please do not take your animals to your local ER for treatment or they will blame me.)

My warmest appreciation to the nurses and staff in the ER who took care of me. Special thanks to Karen, Sandy, Penny, Grace and Jennifer. You did good work.



Hi, my name is Jaclyn Paige Carter. I was born on November 24, 1999 at Central Baptist Hospital. My proud parents are Zaus and Glenna Carter of Berea and my proud grandparents are Glyn and Pat Bullock of Orlando and Douglas and Jacqueline Hardy of Philadelphia, Mississippi.



Marion E. Allen has been promoted to the E-4 Ammunition Specialist in the Army Ops Group at Fort Irwin, Ca. She is the daughter of Orba and Beatrice Allen of Orlando.

## Fish Fry

North Atlantic Cod  
Lil's Place

Main St., Livingston

Sat., Jan. 8th, begins 2 p.m.

Adults \$5 - Children \$2.50



## Farm News

By: Tom Mills  
County Extension Agent  
for Agriculture

### Phase II Tobacco Checks

Rockcastle tobacco farmers and quota holders received bonus tobacco check in the mail Monday from the Phase II Tobacco Settlement. This payment, which many may consider a windfall, actually comes on the heels of a 2 year quota cut of 30 percent. Payments are to ease the pain caused by lowered consumption following recent tobacco tax hikes as well as the settlement between tobacco companies and states.

Kentucky will receive 1.5 billion over 12 years through the Phase II Settlement. The 1999 payment to Kentucky farmers at just over 110 million will drop in the 2nd year to just over 80 million and then to the 3rd year to just over 118 million.

Local farmers may have actually received more than one check. Since the calculations were made in 3 parts (the quota one, growing farm, and grower/tenant), separate checks were written for each part.

If farmers operate on more than one farm, separate checks will be created. Each check has the FSN on the left hand side, which may help in sorting checks. Farmers are also reminded to keep the top half of the check for 1999 tax records.

As the Kentucky General Assembly convenes this week for the bi-annual session, all eyes will be on how the Phase I money will be used. Phase I money is funds directly to the Kentucky state government in the amount of 3.45 billion over 25 years. Kentucky agriculture leaders are concerned that part of this money will be used to ease the pressure caused by farmers growing 30 percent less tobacco as well as an anticipated 20-30 percent additional cut possibly to the 2000 crop.

For questions or more information contact the Rockcastle County Extension Service at 256-2403.

### Notice of FSA Operations

The Rockcastle County Farm Service Agency (FSA) will accept applications for Office Clerk through the close of business on Friday, January 14th. This position is for clerical assistance to help in delivery of Federal farm programs to producers in Rockcastle County.

All applicants shall:

1. Be a citizen of the United States; 2. Be a High School Graduate or have a GED
3. Have a Social Security Number; 4. Be at least 18 years of age, or 17 years of age for High School graduate.
5. Have typing and/or keyboard experience.

This job will be a temporary position, not to exceed September 30, 2000. Salary will depend on the experience of the person selected, but not less than \$12 per hour.

Applications will be accepted at the Rockcastle County FSA Office at 1590 and Freedom School Road, Mt. Vernon, Ky or mailed to Rockcastle County FSA, Rt. 4 Box 2748, Mt. Vernon, Ky 40456.

FSA is an equal opportunity provider and employer and prohibits discrimination in its programs and activities on the basis of race, color, national origin, gender, age, disability, political beliefs, sexual orientation, and marital or family status.

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| 90 FORD TAURUS, loaded, 11K miles                    | \$15,500 | 96 CHEVY CAVALIER, 4Door, alloy, 30K miles          | \$9,990  |
| 90 PONT. FIREBIRD, 2dr, 10000, loaded, 11K miles     | \$18,900 | 96 BUICK LESABRE, auto, air, loaded, 30K miles      | \$15,600 |
| 90 PONTIAC GR. PRIDE, 4dr, auto, air, 10K miles      | \$18,600 | 90 TOYOTA CAMRY LE, loaded, 30K miles               | \$15,600 |
| 90 CHEVROLET MONTE CARLO, auto, air, loaded          | \$15,650 | 97 DODGE STRATUS, 4Door, auto, air                  | \$7,990  |
| 90 PONTIAC GRAND AM, 2dr, V-6, loaded, 12K miles     | \$15,990 | 96 NISSAN ALTIMA, 4Door, 30K miles                  | \$11,500 |
| 90 MERCURY SABLE GS, 4Door, auto, auto, 17,000 miles | \$14,990 | 97 TOYOTA TERCEL, 4Door, 30K miles                  | \$8,990  |
| 90 PONTIAC GRAND AM, 4dr, auto, air, loaded          | \$13,990 | 97 SATURN SW, Auto, Air, 34K miles                  | \$11,990 |
| 90 PONTIAC GRAND PRIDE, 4dr, auto, air, loaded, red  | \$16,990 | 97 SATURN SLZ, 4Door, 5Speed                        | \$10,800 |
| 96 SATURN SCZ-CPE, super, loaded, 25,000 miles       | \$13,800 | 97 CHEVY MONTE CARLO, Sunroof, Leather              | \$13,700 |
| 96 CHEVY MALIBU, V-6, auto, air                      | \$12,900 | 97 CHEVY LUMINA, Auto, Air, 31K miles               | \$9,990  |
| 96 CHEVY LUMINA LS, 4dr, loaded, 27,000 miles        | \$12,650 | 97 CHRYSLER TOWN & COUNTRY, 4Door, Loaded           | \$16,990 |
| 90 PONTIAC SUNFIRE, 4dr, auto, air, red              | \$11,990 | 98 OLDS CUTLASS SUMMRE, 4Dr, white                  | \$9,990  |
| 96 CHEVY CAVALIER, 4dr, auto, air, loaded            | \$11,500 | 97 OLDS 88 LS, loaded                               | \$12,500 |
| 90 FORD TAURUS, 4dr, auto, air, loaded               | \$9,990  | 97 CAD. ELDOADO, 3dr, Young City, Loaded, 34K miles | \$26,990 |
| 90 PONTIAC GRAND AM, auto, air, 4dr                  | \$11,600 | 97 TOYOTA COROLLA DX, auto, air, 21K miles          | \$11,990 |
| 96 CHEVY CAVALIER LS, 4dr, auto, loaded              | \$10,950 | 96 CHEVY MONTE CARLO, auto, air, loaded, 42K miles  | \$11,990 |
| 96 CHEVY LUMINA, auto, air, loaded                   | \$9,350  | 96 NISSAN MAXIMA, auto, air, sunroof 30K miles      | \$14,990 |
| 96 BMW 324IS, 4dr, 5 spd, sunroof, loaded, 10K miles | \$26,700 | 96 NEON, 2dr, 4dr, auto, air, 24K miles             | \$7,990  |
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| 90 FORD CONTOUR, 4dr, Auto, Air                      | \$7,990  | 96 CHEVROLET CORSICA, 4dr, auto, air                | \$6,990  |
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| 90 CHEVY LUMINA, V-6, auto, air, loaded              | \$10,500 | 96 LEXUS LS 400, loaded, leather, sunroof, black    | \$26,990 |
| 96 OLDS CUTLASS, 4dr, V-6, Loaded                    | \$9,990  | 96 PONTIAC ACCLAIM, 4dr, auto, air                  | \$5,990  |
| 90 MITSUBISHI ECLIPSE, 5Speed, Air, Black            | \$12,750 | 96 CHEVY MONTE CARLO, Loaded                        | \$8,650  |
| 90 PONTIAC SUNFIRE GT, Auto, Air, 31K miles          | \$11,990 | 96 PONTIAC GRAND AM, 2Door, V-6                     | \$7,990  |
| 90 PONTIAC SUNFIRE, 2Door, Auto, Air                 | \$10,850 | 94 PONTIAC SUNBIRD, 1Dr, sharp                      | \$5,990  |
| 96 CHEVY CAVALIER, 2Door, 5Speed                     | \$9,850  | 96 PONTIAC Fiero GT, 50K                            | \$3,650  |

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| 90 DODGE GRAND CARAVAN SE, 4Door, dual air               | \$19,990 | 97 PLY. GRAND VOYAGER, 4dr, dual air, 35K miles | \$16,990 |
| 90 DODGE DAKOTA SPORT V-6, auto, air, 12K miles          | \$14,850 | 94 FORD RANGER SR-8, V-6, Loaded                | \$22,700 |
| 90 CHEVY S-10, P.O., 4dr, 5 speed, auto, air             | \$10,990 | 96 FORD WINDSTAR LX, dual air, good seats       | \$14,500 |
| 90 GMC SONOMA, P.O., air, 50K miles                      | \$10,400 | 96 PLYM. GRAND VOYAGER, 4Door, 4 doors          | \$14,990 |
| 96 CHEVY X-CAB, 4x4 V-6 auto, air, loaded                | \$22,700 | 96 GEO TRACKER R 5 speed, air, 33K miles        | \$9,990  |
| 90 FORD F-150, 50th anniversary V-8, auto 17K miles      | \$16,500 | 96 DODGE CARAVAN SE, V-6, Air                   | \$8,990  |
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| 90 GMC JIMMY SLT, Loaded, Leather, 19K                   | \$21,900 |                                                 |          |
| 90 GMC SONOMA, P.O., 5 speed                             | \$9,990  |                                                 |          |
| 90 FORD CARAVAN, 4dr, dual air, loaded                   | \$14,990 |                                                 |          |
| 97 JEEP GR. CHER. LAREDO, 4x4, loaded 30K miles, leather | \$18,990 |                                                 |          |
| 97 FORD RANGER XLT, Auto, Air                            | \$9,990  |                                                 |          |
| 97 CHEVY 1500 X-CAB, auto, air, 18K miles                | \$16,990 |                                                 |          |
| 97 TOYOTA TACOMA, 4x4, 5 speed, 22K miles                | \$16,900 |                                                 |          |

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