

Library News

By Geraldine Robbins



The calendar still says winter but it seems spring is here already. Of course, we could still have snow and cold weather, but we have been blessed with great weather for the last three or four weeks. And as always this gives me spring fever when the daffodils, crocus and other early blooming plants show their beautiful colors. I want to be out cleaning up the debris from the winter and making plans setting out more plants and sowing seed for annuals. I'm looking forward now for the dogwoods and redbuds to make their grand showing then we definitely know spring is here, also, about this time I start seeing humming birds once again. I always hang a humming bird feeder at my kitchen window so I can enjoy them when I'm in the kitchen. We have had as many as ten at one time fighting over the feeder.

Carol has her book display out now for all our other spring enthusiasts. These include books on perennials, annuals, vegetable gardens, bulbs, pruning and landscaping. And

for the bird lovers, books on bird houses, bird feeders, how to make them and how to care for the birds that are only with us in the spring and summer. Also, several seed catalogs are available for those who like to look and maybe order plants or seeds.

Our automation project is coming along well, almost all of the bar codes are in place and we are now waiting for the software to complete our project. We have been told though that this may not happen until May. By this time we hope to have a new checkout desk in place and another computer in front for the staff to use. I guess we are all over anxious for the project to be completed. When I start something I like to see the finish as soon as possible but in this case we will have to wait a little longer.

Have not ordered as many books for the last two months due to all the automation work but I am continually getting the best sellers and others of special interest. We will make up for a lost time soon and have a better

selection for adults and the younger patrons. We do have 100 new children's books that haven't been cataloged yet. We were waiting for the new system to be in place so we wouldn't have to do them twice, but we have decided to get some of them ready for circulation now that the bar codes are almost finished.

Some of the new books now available are... *Grave Undertakings* by Ralph M. Inerney... in the small town of Fox River, Illinois, the body of a local mobster had disappeared. How

does this relate to the death itself? Father Dowling begins to realize that the answers involve a manuscript by an Italian poet and a love triangle between two very different young men and the women the body cover.

Other books ordered that should arrive soon are: *Carolina Moon* by Nora Roberts, *Day of Reckoning* by Jack Higgins, *Deep South* by Nevada Barr, *Jugger Mugged* by Robert B. Parker and *Where You Belong* by Barbara Taylor Bradford.

Catch Stress Early

By Hazel Jackson
County Extension Agent for
Family and Consumer Science



Challenges are part of life for everyone. How we respond to them plays a major role in determining our well-being. If we allow the pressures of life to get the best of us, we become stressed out, edgy and less sensitive to those around us. It becomes all too easy to strike out verbally or physically.

Fortunately, this cycle of stress build-up can be broken. You can learn to catch the negative stress in your life early. You can lessen it before it becomes destructive to your health and relationships.

Unwanted stress can be a friendly signal if you pay attention to it. Like a warning light that flashes on the dashboard of your car, symptoms of stress let you know there's a problem that needs correcting. Some common signals of negative stress include:

- *Tension in neck, shoulder or stomach muscles
- *Frustration, nervousness, depression, worry
- *Shallow breathing, rapid heartbeat
- *Fatigue, insomnia, nail biting, stomach problems
- *Headaches, backaches
- *Craving for alcohol, cigarettes or food
- *Cold, sweaty hand and feet
- *Resentment, anger, short temper

Have you noticed in yourself these or other indicators of stress? Whatever your signals are that unwanted stress is building up, learn to recognize them as soon as possible. The more you practice this, the better you'll become. The goal is to catch unwanted stress early while it's still easy to manage.

When you're really tense, avoid hurtful words and unpleasant situations with those around you by taking positive action. If you are about to lash out in anger, back off! Take a deep breath and try one or more of the following suggestions:

- *Leave the situation immediately if possible. Go outside or to another room and calm yourself.
- *Run, jog or walk briskly.
- *Call or visit a friend, neighbor or family member.
- *Do as many push-ups or sit-ups as you can.
- *Read from an inspirational source.

- *Take a cold shower or soak in a hot bath.
- *Write in a journal or draw a picture.
- *Call a crisis hotline or counselor.
- *Do some physically demanding work. Scrubbing a floor or digging in the garden gives you an outlet for your energy and time to think.

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Cattle farmers need to be aware of Grass Tetany during early grazing



Adult beef cows nursing young calves while grazing grass or small grain pastures in late winter or early spring are especially susceptible to an extremely acute disorder known as grass tetany. Affected cattle die suddenly and in fact are frequently found dead before the disorder is discovered.

They graze heavily on the new growth which grass and refuse other feed offered to them. Each loss is especially damaging, because it is invariably a big, sleek cow with a healthy young calf that dies.

Grass tetany is a result of a magnesium deficiency in the cow. Weather and soil fertility seem to govern factors. Grass tetany occurs when soil temperature is between 40-60 degrees and often during changeable weather. High levels of nitrogen, potassium and moisture in the soil increase the incidence, because they apparently decrease the level of magnesium found in plants naturally.

Symptoms of the disorder usually begin with nervousness and then progress to a stilted gait, staggering, convulsions, coma and death. It always requires immediate veterinary treatment.

About 2/3 of the cows treated intravenously with magnesium and calcium compounds recover. However, to prevent relapses, treated cows should be removed from the pasture. They should be fed hay and grain plus 2 ounces of magnesium oxide daily for at least a week.

Because animals do not store up magnesium, their dietary requirements have to be supplied on a day-to-day basis. The only way to prevent grass tetany is to supplement the diet with additional magnesium. This can be done with commercial mineral mixtures containing magnesium or with home made mixtures. Mixing 1 part magnesium oxide, 1 part trace mineral salt and 1 part distillers dried grain will do fine if it is the cattle's only source of salt.

State Auto offers people age 50 and over extra-value coverages!



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ABSOLUTE ESTATE

Auction

The Late Mr. Willie Powell's

200 Acre Farm, m/I, in Tracts

Farm Machinery • Personal Property

Saturday, March 18, 2000 at 10 a.m.

Roundstone Section of Rockcastle County



Location: 7 miles north of Mt. Vernon - 8 miles south of Berea. Turn off U.S. 25 between Mt. Vernon and Berea at Parsons Gas and State Road 1617 (the Scaffold Cane Road). Proceed about 1 mile to the auction site. Auction signs are posted.

The heirs of the late Mr. Willie Powell have authorized our firm to sell, at absolute auction, this desirable farm, equipment and personal property. The farm will be sold in tracts, reserving the right to regroup and offer as a whole, selling in the manner that generates the best results for the sellers. The farm is presently being surveyed and tract divisions and plots will be available before the auction day. There will be five or six tracts and the house will be offered with a smaller tract, fronting on the Scaffold Cane Road. The farm contains approximately 200 acres.

The above-pictured brick house has three bedrooms, laundry room, kitchen/dining combination, living room with fireplace, wall to wall carpet and electric ceiling heat. Water to the house is provided by a spring.

Besides the house, the farm is improved with two barns and four ponds. City water is available at Scaffold Cane Road.

The 2000 basic tobacco allotment, in the amount of approximately 2,274 lbs., will be sold separately from the farm.

Farm Machinery that will be selling, includes: 4610 Ford Diesel Tractor - 90 Model • 275 International Disc Harrow - 59 Model • 24 ft. wagon • 20 ft. Wagons • 16 ft. wagon • 14 ft. wagon • 10 ton wagon running gears • New Holland Square Hay Baler • New Holland Hay Rake • New Holland 7 ft. mower • New Holland Slage Chopper • Hesston Haybine • 11 ft. International bush hog • Hay Scissor Super Spear • Hay Spear • Hay unroller • 6 Hay Feeder Rings • Hay Tetter Golefer • Set of 2 - 16 Turning Plows • Set of 16 Turning Plows • 12 ft. International Disc Harrow • #14 Ford Disc Harrow • 3 pt. hitch • Mechanical Tobacco Setter • Century Tobacco Sprayer • 7 Row Sprayer - 3 pt. Hitch • 12 ft. Chain Drop • Sub Soiler • 20 Corn Panels and Gates • 350 Gallon Water Tank • 50 Gallon Water Troughs • 4 - 10 ft. Bunk Cattle Feeders • Air Compressor • 3 Baler Boxes • Bush Hog Post Hole Digger.

Auctioneer's Note: If you're in the market for an excellent farm that's conveniently located between Mt. Vernon and Berea, then look no further. Here's an excellent farm with privacy. Remember to pick up your plot of the farm at our office or give us a call and we'll mail it to you.

Terms: Real estate: 20% down day of sale, balance in 30 days • Equipment: Cash or check day of sale

Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

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APPRISERS AUCTIONEERS
DANIELA FORD ALLEN
BILLY DANN HERRANT
MATTHEW FORD

Blackfire Coal Company, Inc. obtained title to the above described real property by deed dated October 26, 1984, executed by Charles R. Hasty of record in Deed Book 123, page 642 in the office of the Rockcastle County Clerk.

The property shall be sold on the following terms and conditions:

1. The real property shall be sold for cash or upon a credit of sixty (60) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid property taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of sale.
4. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
5. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
6. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.

Willis G. Coffey, Master Commissioner
Rockcastle Circuit Court