

White goods clean-up

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

Hey kids! Do you know what white goods are? Let me give you a big hint: appliances in your home. They include refrigerators, freezers, air conditioners, dryers, washers, stoves and water heaters.

The Rockcastle County

Conservation District is sponsoring a collection of white goods May 1 through May 5. Your items can be dropped off at Mt. Vernon Scrap between 8:00 a.m. and 5:00 p.m. 4-H can get some extra money if you and your parents would like to donate in the name of 4-H. Just tell Mrs. Dandy Whitaker when you drop off your appliance to put them down for 4-H to receive the funds.



4-H Clothing Projects were held at Brodhead Elementary March 20-23. A special thanks goes to the volunteers who assisted: Lorraine Raulerson, Faye Harper, and Jean Artist. Students participating in the projects were front row from left: Jessica Newcomb, Becky Gevedon, Kim Cottrell, Destiny McDaniel. Back row from left: volunteer Lorraine Raulerson, Cheri Canagin, Emily Whitaker, volunteer Faye Harper, Erica McKinney and volunteer Jean Artist.



These students participated in the 4-H Clothing Project from March 27-30 at Roundstone Elementary. A special thanks goes to Faye Rucker for volunteering assistance. Participants are shown above, front row from left: Brockie Blount, Shian Mahaffey, Catelyn Williams and Jay Cobb. Back row from left: Ashley Seals, Kelley Poynter, Jessi Rucker, Brittani Gregory and Seth Cain.

Ovarian Cancer Screening

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



Ovarian cancer is one of the most common gynecologic malignancies in the United States. This year over 24,000 new cases will be detected; and 13,600 women will die of the disease. Women at highest risk to develop ovarian cancer are over the age of 50 or have a relative with ovarian cancer. Early ovarian cancer produces no symptoms so the disease is often advanced by the time it is diagnosed. Therefore, medical research has focused on methods for the early detection of this disease.

The most common symptoms of ovarian cancer are: a feeling of bloating, increasing abdominal size and pelvic pressure. Although many women experiencing such symptoms will not be diagnosed as actually having ovarian cancer, it is recommended that all women noting the described symptoms consult their physician as soon as possible.

Scientific knowledge of ovarian

cancer grows daily as research finds new keys to controlling and in some cases eliminating the disease. However, scientific knowledge can only be applied if the cancer is discovered promptly. Therefore, each woman should be aware of the described symptoms of ovarian cancer, schedule a regular yearly pelvic examination and participate in the University of Kentucky Ovarian Cancer Screening Program at yearly intervals. Women over the age of 55 can have Ovarian Cancer Screening at the University of Kentucky at no cost. This screening program is supported by Kentucky Extension Homemakers across the state. Rockcastle County Homemakers members donate \$100 of their dues each year to this program.

For further information concerning the Ovarian Cancer Screening Program, please call: 1-800-766-8279 or 606-323-4687.



Farm News

By: Tom Mills
County Extension Agent
for Agriculture
Take Good Soil
Samples For
Reliable Test Results

The saying "garbage in, garbage out" often is associated with computers. This adage applies to taking soil test samples too.

The result of a soil analysis is no better than the sample collected. Since a pound of soil can represent several acres, take samples that depict the area on which you want fertility data.

Take random core samples at a uniform depth throughout the area. Mix cores together well in a clean dry plastic bucket; then fill the sample bag and take it to the County Extension Office. Analyses

will be done at a University of Kentucky soil test laboratory. You will receive research-based recommendations on lime and fertilizer requirements for the crop or land use.

How many cores should you take for a soil test sample? If you are sampling a 5-acre area, take at least 10 cores; 10-acre area, take 15 cores; 20-acre area, take 20 cores. No single sample should represent more than 20 acres.

When sampling a large field, divide it into smaller areas based on soil type, cropping history, or

problem areas. Label each area with a letter or number to make record keeping easier.

When collecting soil samples for a home garden or lawn, separate samples according to land use. Take separate samples for a garden, lawn, fruit trees, ornamental shrubs and azaleas, because each may have different fertility, acidity or alkalinity requirements. Take at least 10 cores for each separate area and mix them together well.

How deep you go to take cores depends on the tillage system used. Cores from tilled areas should be taken to plow depth, usually 6 to 8 inches. Take cores 4 inches deep in no-till fields and pastures.

In home lawns, collect cores at a depth of 4 inches. Take cores 6 inches deep for gardens, ornamentals and fruit trees.

Collect cores at the same time each year so you can compare results from year to year. Although you can take samples through much of the year, fall and spring are the best times to take them. Don't take cores when soil is too wet because it is difficult to mix them well and they are hard to handle. The soil should be dry enough to till when you take samples.

For more information, contact the County Extension Office at 256-2403. Soil probes are available for you to check out.

"Sweet n' Sour"

(Cont. from A2)

of where they are found. By taking turns at reading and picking up rocks I soon had a pile of them at the foot of a big tree in my front yard and if anyone needs rocks for a chug hole in your own country road you are welcome to them. But you will have to pick them up yourself. The rake did a fair job of loosening the ground underneath the grass seed so after two days of intermittent raking, picking up rocks, dislodging roots and sowing grass seed I was ready for a rest. On the farm that task would have been accomplished in two hours at the most. Just goes to show time has a way of slowing one down a bit.

Many bits of wisdom from old sayings come to mind, such as: If you want a job done, do it yourself. So I did. Another one. If a task is one begun, never leave it till it's done, be the labor, great or small, do it well or not at all. I skipped a bit on this one

for I did leave it several times to take a break and the finished job was not what I would have wished for.

Another bit of what was supposed to be wisdom was, never look back, keep your eyes to the front and upward. Now how in the world can I keep my eyes and mind, looking forward when I am writing about the past? And if I keep my eyes to the front or upward I may miss the beauty of the flowers by the wayside, or a memory that brings back more happiness and security than an uncertain future.

One more. Action is the best medicine in the world. Quite true. I am feeling better and may try another project if it isn't picking up rocks.

"Points East"

(Cont. from A2)

nanas, pineapples were all on the shelf and folks, if you haven't had dried pineapples you haven't haven't lived. I don't much care for the raw or canned stuff, but I can eat a pound of dried pineapples.

I would up buying Genny and her husband, Maher at least one bag of everything they had in the store as well as some canned stuff. It took two trips to carry it all to the truck. Total bill: \$28 and change and that included several bags of pineapples and apricots that I bought for myself.

I asked the young lady behind the counter-way too young to be Granny- where I might find some baskets to put all the stuff in and she directed me to another Amish store on Fall Lick Road where I found three for a couple dollars each that were as nice as anything I've seen at these upscale craft places for 30 bucks or more.

And that's what Genny got for Christmas. Three baskets heaped with good wholesome food. She was so enthused that she made me take her back to the store where she bought several more bags of nearly everything. Suffice it to say that she and Maher left Kentucky with a car load of food and I haven't worried about them going hungry all winter.

If any Amish folk are reading this column I hope you aren't offended by the publicity. I'm just trying to do both yourselves and my readers a favor by recommending they make haste to get to Granny's Country Store. After all she does have a sign out beside the road and I'm sure its readership is at least as large as my columns.

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