

Safe Bedding for Children

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



As many as 900 baby deaths each year attributed to Sudden Infant Death Syndrome (SIDS) may actually be caused by suffocation in soft bedding, such as quilts, comforters, pillows and sheepskins. Many major retailers are making changes to crib displays in retail stores, catalogs, advertisements and websites. Beginning this Spring, shoppers will see far fewer cribs made up with pillows, quilts and comforters. Many retailers will be including cautionary statements about the use of soft bedding for younger babies in their catalogs, on signs attached to cribs, and on inserts that accompany baby comforters and quilts. When babies are featured in crib ads, they will be pictured sleeping on their backs. Other retailers are going to create bedding - safety brochures for customers and add quilt racks to their nursery product lines.

For babies under 12 months, the American Academy of Pediatrics, the National Institute of Child

Health and Human Development, and the U.S. Consumer Product Safety Commission recommend the following to help reduce the risk of SIDS:

- Place baby on his/her back on a firm, tight-fitting mattress in a crib that meets current safety standards.
- Remove pillows, quilts, comforters, sheepskins, pillow-like stuffed toys and other pillow-like soft products from the crib.
- Consider using a sleeper as an alternative to blankets with no other covering.
- If using a blanket, put baby with his or her feet at the foot of the crib. Tuck a thin blanket around the crib mattress, only as far as the baby's chest.
- Make sure your baby's head remains uncovered during sleep.
- Do not place baby on a waterbed, sofa, soft mattress, pillow or other soft surface to sleep.

For more information on child safety, contact the Extension Office at 256-2403.

Instructors in the Kentucky Master Logger Program are busy trying to insure there are enough trained personnel available to properly operate under the new guidelines. Approximately 3000 loggers have already passed the training program and 500 additional requests for training have been made. Those who will be taking the training this fall will be issued a letter signifying their intent to complete their training later this year. That letter should be carried with them until they graduate from the program. It is extremely important to understand that they still could be cited for improper harvesting practices if best management practices are not used.

Although the new laws are directed towards loggers, the landowner should allow the logger to complete the best management practices required to harvest timber on that specific site.

It is critical for landowners to know that they will be held responsible for any water pollution problems. One of the quickest ways to get into trouble is to not allow the master loggers to implement the appropriate BMP's.

Landowners are urged to take three important steps to insure their timber is correctly harvested:

1. Contact a professional forester to help with the timber sale.
 2. Make sure the logger chosen is a Kentucky Master Logger graduate.
 3. Urge and support the logger to use the correct BMP's for their site.
- The workshops teach safety and management techniques that protect the logger, the young trees left for future forests and the entire forest environment.

It is estimated that about 75 percent of all the timber being harvested in the state is cut by loggers who have gone through the three-day training course. The plan is to have all of them trained within a reasonable amount of time.

The program is a partnership among the University of Kentucky Cooperative Extension Service, the Kentucky Division of Forestry, the Kentucky forest Industries Association and is supported by the Kentucky Division of Water. It stresses a variety of best management practices that are basically common sense measures used to reduce water pollution and protect the soil from eroding. These practices include leaving some trees around streams, installing water bars

on roads and log beds, and keeping trees out of streams. Recent landowner surveys suggest that hiring a trained logger pays off. Landowners have an 80 percent approval rating for work done by master loggers while the approval rating dropped to around 40 percent for untrained harvesters.

Good quality timber can be produced and the water kept clean, but it will take a concerted effort between landowners and trained loggers to insure that our environment is protected.

For more information, contact the Rockcastle County Extension Office at 256-2403.

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\$22,500/\$405

99 Ford Windstar
LX, 4 Dr., Alloys, Loaded
\$17,995/\$339 Mo.

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LE, 4x4, Leather, Sunroof
CD, 23K
\$19,995/\$402 Mo.

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Silverado
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\$22,500/\$405

99 Ford Windstar
LX, 4 Dr., Alloys, Loaded
\$17,995/\$339 Mo.

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(or wholesale to any church)

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Farm News

By: Tom Mills
County Extension Agent
for Agriculture
New Key Forest
Conservation Act Will
Require Trained Loggers



Kentucky landowners planning to harvest timber after July 15 should use a trained logger to insure they are using the proper best management practices to help avoid water pollution problems.

To comply with the Kentucky

Forest Conservation Act, as of July 15, 2000, commercial logging operations must have a master logger on site and in charge. These loggers must use best management practices or BMP's in their logging operations.

Band Concert

Tuesday, May 9th • 7 p.m.
RCHS Auditorium

Title of the event -

"Rockcastle Co. High School Band
2000 Spring Concert"

Prayer Walks are being conducted by churches all over Rockcastle County on Wednesday - May 3rd and Wednesday - May 10th Celebrate JESUS Crusade - May 14 - 19



For More Information about these Prayer Walks or Prayer Rally, or about the Celebrate JESUS Crusade call the Rockcastle Association of Kentucky Baptists at 606-256-4571

County Wide Prayer Rally!

Saturday - May 13, 2000

5:00 p.m.

At the Rockcastle County Middle School Gym!

Sponsored by the Rockcastle Association of Kentucky Baptists

For Additional Information Contact Wayne Harding - County Wide Crusade Prayer Chairman - at 606-256-5278

You're Invited to help kick off the Celebrate Jesus 2000 Crusade that starts on Sunday Night - May 14th with this Special Event. Allen Witham will be our Featured Speaker for the Rally.

- There will be Special Music
- A Special Time of Prayer for our County and for the Crusade
- A Special Guest Speaker
- Fellowship with other Christians