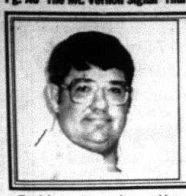

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Cut Large Round Bale Hay Losses

Decisions now on where and how large round bales of hay are stored will determine how much and what quality this winter's feed supply will be. One should also look at the financial consideration for using round bales by measuring hay losses.

Studies on the weathering effects of hay stored in different ways show some interesting facts. A round bale that is 4.5 feet in diameter and 4 feet wide occupies a total volume of 64 cubic feet. Even though 4 inches is only 7% of the bale diameter, a weathered layer 4 inches deep over the entire surface of the bale, including ends, would contain 39% of the total package volume. Even a layer that was only 2 inches deep over the surface would occupy 22% of the bale volume. Losses on the ends of exposed round bales do not penetrate as far into the bale as on the outer circumference of the bale. When losses on the end of the bale are disregarded, a 4 inch deep layer contains 28% of the total bale volume. Since the ratio of surface area to volume decreases with increasing bale size, larger round bales should have smaller storage losses on a percentage basis.

With these facts in mind, what can be done to save hay? Whenever possible, store hay inside. Better quality hay and alfalfa hays should be stored inside first. Long stem fescue will bale tighter and shed water better.

Bale storage sites should be well drained. Any method such as crushed stone, poles, tires, and pallets which will keep round bales off the ground will prevent damage from ground water. And don't forget the obvious. Store hay so that weeds and trees do not prevent good air movement for drying. Bale storage areas located under trees or allowed to grow up in weeds will have even higher losses than reported earlier.

New bale tarps are on the market that allow large stacks of hay to be covered. Special pockets allow pipes and ropes to secure the sides to prevent wind damage. Farmers find, with care, that bale tarps last up to 5 years and store hay just as well as barns. Tarps run just over $175. and cover 54, 5'x4' bales. A 5 year tarp life would mean 65 cents per bale storage cost to prevent $5 per bale hay loss.

One might look at hay loss like a mowing machine or rake that left 25% to 30% of the hay in your field. Most farmers would not stand for a shoddy job, but accept large bale storage losses as unpreventable.

For more information, call the Extension Office at 256-2403.

Buckle Up America! Week May 22-29

Traffic crashes are the leading cause of death to American children. Each year, more than half of all children who die in automobile crashes are unrestrained. Tragically, nearly half of these unbuckled children would be alive today if only they had been properly restrained.

May 22-29 has been designated as Buckle Up America! Week and Rockcastle Hospital and Respiratory Care Center, Inc. (RHRCC) is using the opportunity to remind Rockcastle countians of the importance of wearing seat belts and restraining their children every time they drive.

"Our mission is not just to heal the sick, but to help prevent accidents and illnesses whenever possible," said Lee Keene, RHRCC administrator. "That's why our doctors and staff are concerned about seat belt usage and want people to know that the majority of serious and fatal crashes occur close to home, on familiar roads, and on bright sunny days."

Health and safety officials strongly advise all drivers and passengers to wear seat belts, whether in front or back seat, and to always place children in proper child restraints on every ride.

"Many drivers don't believe they'll be involved in an accident, so they don't put on their own seat belt or make sure that children are properly restrained," said Rosalyn G., Millman, acting administrator of the National Highway Traffic Safety Administration.

"Some people may just need a friendly reminder to get in the habit of buckling up. However, the risk of getting stopped and ticketed is what it takes for many drivers to the message."

It is illegal in Kentucky and 48 other states to drive without a seat belt. In every state it is the law that children must be properly restrained. Infant seats, convertible seats and booster seats are 71 percent effective in saving children's lives during an auto accident.

"You may be an excellent driver, but not all drivers are," Keene said. "Wearing your seat belt and properly restraining your children are your best protection while driving."

In support of Buckle Up America! Week, the National Safety Council (NSC) has established a toll free number for the week of May 22-29 that the public can use to report vehicles with unbuckled children. Simply write down the state and license plate number and call 1-800-764-5755. The NSC will then send a reminder to the owner of the vehicle reminding him or her that it is dangerous and illegal to allow children to ride unbuckled.

Farm-to-Schools Meals Institute workshop held

On May 1st a southeast regional workshop was held in Georgetown, for USDA's Farm-to-Schools Meals Institute. Speakers included USDA officials, University agricultural specialists, Food Service Directors, farm cooperative representatives, and local producers. The informational meeting explained the marketing opportunities that farmers could develop for fresh produce like fruits, vegetables and other locally grown products. Area schools, institutions and companies all have food service directors that need to purchase a variety of quality foods on a timely basis to supply their kitchens. Cooks prepare thousands of meals daily that require large quantities of fresh ingredients. Making growers aware of the direct marketing opportunities and the necessary criteria like quality, packaging and timeliness is the focus of the Farm-to-School Meals Initiative.

Michael Dunn, Under Secretary for Marketing and Regulatory Programs at USDA spoke to the gathering and offered the administrations support for the initiative. Mr. Dunn encouraged growers to seek added value for their production, and explore avenues of more direct marketing. Kentucky's Commissioner of Agriculture, Billy Ray Smith welcomed the cooperative efforts of the Under Secretary and presented Mr. Dunn with an award for honorary commissioner of Kentucky agriculture.

Other USDA officials also addressed the crowd, along with Department of Defense (DOD), Fresh Food Program Coordinator, Patricia Scott. Ms. Scott described the distribution and transportation capabilities which DOD has available, and told farmers that the Defense Supply Center would welcome quality fresh produce from Kentucky fruit and vegetable growers, and could serve as distributor of Kentucky produce.

Food Service Directors like Melinda Turner of Booneville, know the favorite foods children eat most often, and plan school meals in accordance with their tastes. Kentucky school cafeterias serve an average of 26 million meals a day, which is more than McDonalds. Food procurement specialists know their business, and fresh quality food is in demand. Kentucky farmers can increase their profits substantially by contracting with cooperatives that supply schools and institutions. Providing the type of fruits and vegetables Food Services need on a regular basis takes planning and hard work, two things at which Kentucky farmers excel. Locally grown food in Kentucky is mutually beneficial for farmers and children across the state.

Ways to Leave Your Blubber

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

Don't waste your time and money on fad diets, diet pills, or magic potions that promise weight loss overnight. Most of the weight you lose on these is from water, not fat.

Keep records on how much you eat, when and where you eat, what you're doing while you eat, who you're eating with, and your mood. After a week or two, go over your records and look for any patterns or bad habits.

Have any bad habits you'd like to break - like eating chocolate when you're upset? Try curing just one habit at a time. Don't try tackling another until you're sure you've got the first problem licked.

Start to measure or weigh all you food portions so you know exactly how much food you're eating.

Try to eat your meals at the same time each day. That way, expect food at certain times.

Drink a glass of water before you eat - it will help make your stomach feel fuller.

If you are tempted to eat more, wait 20 minutes. It usually takes that long for your stomach to tell your brain that you're full.

Don't clean your plate just because of those poor, starving kids somewhere else. It is better to let food go to waste than to your waist.

While no single food is fattening, too much of anything can be. Your body will turn 3500 calories of unused energy into one pound of fat, regardless of whether those calories came from cookies or celery.

Eat fewer fried foods. Frying can quadruple the number of calories in foods. Look at what it does to half cup of potatoes: Boiled - 59 calories; Hash browned - 178 calories; and French fried - 228 calories.

Are you beginning to feel like you have to give up all your favorite foods while dieting? You don't have to - just eat less than you usually do. Have two slices of pizza instead of four, or share an order of fries with a friend.

For more information on Healthy Weight Loss, call the Extension Office at 256-2403.

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DAVID TAPP
Commonwealth's Attorney

Ask yourself:
Was Benny Ham a good prosecutor?

If your answer was yes, then you should be glad that he's been rehired as an Assistant Commonwealth's Attorney.

If, however, you believe that cases should be handled as quickly as possible, that probation and plea bargaining shouldn't be misused, and that victims should have a voice in the manner in which their cases are handled, then you probably said "NO".

Why would the Acting Commonwealth's Attorney rehire Benny Ham after Rockcastle County voted him out of office?

Birds of a feather. . .

This time, vote for a prosecutor, not another politician.

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98 Ford Taurus S/W loaded-everything Sale $9,990
98 Mercury Sable has it all Sale $10,990
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97 Dodge Intrepid must see Sale $8,990
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