On The Go? Take Breakfast Along

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

Want to eat breakfast but just don't have time? Does the thought of food at 6:00 a.m. make your head swim? Breakfast to go is your answer.

Breakfast to go can be eaten anytime and most anywhere. It's perfect for those who aren't ready or don't have time to eat before leaving the house. Here are a few ideas.

Beverages like milk and juice travel best in containers with tight-fitting lids. Use clean bottles with screw-on tops that once held single servings of juice, soda or water. Wash the bottles with hot, soapy water before each use. Rinse in clean water. Soak the bottles to remove labels if you like. Purchased plastic "sipper" bottles are another choice.

Food choices for eating on the run vary widely. Try:

*Dry ready-to-eat cereal packaged in a plastic container or bag. Eat out of hand.

*Muffins or slices of fruit bread. These can be made ahead and frozen. These breads thaw quickly. Once thawed, eat as is or heat first. Wrap in a paper towel to catch crumbs and keep hands clean.

*Scrambled eggs wrapped in a soft tortilla. Add salsa, ketchup, cheese or another topping.

*Sandwiches. Make these from peanut butter and jelly, cheese, or leftover meats.

*Fruits and vegetables. Grapes, apples, pears, peaches and bananas are packaged to go by nature. Also, try celery or carrot sticks, radishes, or zucchini slices.

*Hard-cooked eggs. Make and peel a day or two ahead of time. Place each egg in a small plastic bag. Store in the refrigerator until you need to grab and go.

Breakfast to go can be eaten on the way to school or work. It also can be eaten once you arrive before your work day or classes begin.

Avoid eating in the car if you are the driver. Drivers should stay focused on traffic and road conditions, not food. Children may eat in the car on the way to school or day care. Ask the car owner's permission before eating or drinking during the trip if you or your children ride with someone else in the morning. Eating and drinking are often not allowed on public transportation.

Keep plastic forks, spoons and knives as well as paper napkins and plates in your car or at your workstation. That way, you'll always be prepared to eat the breakfast you only had time to grab at home.

Farm News

By: Tom Mills
County Extension Agent for Agriculture

Phase II Tobacco Application Training

Rockcastle County tobacco farmers will be applying for nearly $935,000 as their share of the 2000 Phase II tobacco settlement funds. To assist farmers in completing applications, the Cooperative Extension Service will conduct a producers meeting on Thursday, September 28, at 7:00 p.m. in the RCHS auditorium.

Farmers will receive applications from the Kentucky Tobacco Settlement Trust Corporation through First Union National Bank in Charlotte, North Carolina. Applications will be mailed starting September 18, 2000. Completed applications are to be mailed NO LATER than October 31, 2000.

Farmers receiving applications will be those who, on July 1, 1999, were listed in the FSA office as quota owner or farm operator. Each FSA farm number with quota will receive an application whether tobacco was grown or leased away. Farmers who have tenants will need to work with the tenant in getting all the signatures to complete applications.

For more information, mark you calendar for Thursday, September 28 at 7:00 pm in the RCHS auditorium.

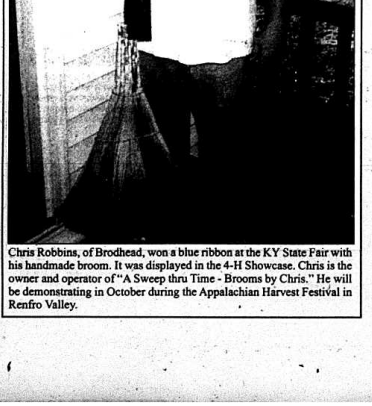
Bookmobile Schedule and Note

The bookmobile is currently off the road, due to repairs. The transmission is being rebuilt. Unfortunately, the parts for this were shipped incorrectly and this further delayed the repairs. I would like to apologize to all of the bookmobile patrons around the county. I hope to be back on the road by Monday, Sept. 25th and will get back around to all of you as time permits.

Thank you for your patience. Feel free to use the library while the bookmobile is off the road. Call 256-2388 for an update on the schedule.

Bookmobile Schedule

Mon., Sept. 25th: Brodhead and Copper Creek.
Tues., Sept. 26th: Green Hill, Conway, Boone, Fairview, Lambert Rd., and Respiratory Care.
Wed., Sept. 27th: Mt. Village, Mt. Vernon Manor, Senior Citizens and Brindle Ridge.
Thurs., Sept. 28th: Pine Hill, Maple Grove, Climax, Three Links.



Chris Robbins, of Brodhead, won a blue ribbon at the KY State Fair with his handmade broom. It was displayed in the 4-H Showcase. Chris is the owner and operator of "A Sweep thru Time - Brooms by Chris." He will be demonstrating in October during the Appalachian Harvest Festival in Renfro Valley.

Agricultural News

By: Warden Alexander, FSA Director

Phase II Tobacco Payments

Tobacco growers/tenants, quota owners, and growing farm operators who produced tobacco in 1999 and shared in the risks of production are eligible to receive a portion of Kentucky's share of the National Tobacco Growers Settlement Trust (Phase II). The funds will be divided equally with 1/3 for quota; 1/3 for land, and 1/3 for labor.

Applications will be mailed, like last year, to all farm operators involved in tobacco production. The forms will go out in mid-September and will be due back at the end of October. Applicants will find this year's form looks a bit different than last year's. It's easier to understand and easier to complete.

A toll-free phone help line wil be up and running a week before applications are distributed. You can get answers to funds by calling 1-877-549-2537 beginning September 10th. Funds will be distributed by December 31, 2000. Exact rates for payment will be known after November 15, 2000.

The Farm Service Agency has been authorized to help operators fill out the Phase II forms by phone at 256-2525 or in the office on Mondays and Tuesdays only. If anyone needs assistance completing their applications on other days, we enourage you to call the Rockcastle County Extension Office at 256-2403 or the toll free number of Phase II.

Phase II Tobacco Meeting

There will be a Phase II Tobacco meeting September 28, 2000 at 7 p.m. to be held at the Rockcastle County High School Auditorium. The meeting is being conducted by the Rockcastle County Extension Office and the Farm Service Agency. Please bring your Phase II applications and any questions to the meeting.

County Committee (COC) Election

The Farm Service Agency (FSA) is now soliciting everyone's help in obtaining names and address of all eligible voters before the COC election scheduled for December 2000. FSA continues to seek voters and candidates for the upcoming COC election. All eligible voters, including spouses, are urged to contact the local FSA office if they have not received election ballots in the past.

Nomination forms are now available from the FSA office for the area of LAA #2, Community B. This area is the southeast section of Rockcastle County bound by Pulaski and Laurel County, Highway boundaries are Highway 70, Highway 150 and 25.

To work best, the COC must represent the whole of local agriculture. By seeking diversity, FSA will bring a greater range of expertise, different perspectives, and a broader understanding of the various business and marketing aspects to the committee's work.

FSA Quiet Time

The Farm Service Agency will be processing payments on Wednesday mornings, therefore, limited service will be available during these quiet hours. Applications and other documents may be left on the front counter. The quiet time will become effective Wednesday, September 20, 2000.

Program Payments

The Rockcastle County FSA has made the following payments to producers for a total of $188,265.00:

• Emergency Conservation Program (ECP) in the amount of $12,009.00 in March 2000.

• Dairy Marketing Loss Assistance (DMLA) in the amount of $11,990.00 in April 2000.

• Oilseed Program (OP) in the amount of $2,098.00 in May 2000.

• Agricultural Marketing Transition Act (AMTA) in the amount of $77,413.00 in August 2000.

• Marketing Loss Assistance (MLA) in the amount of $84,755.00 in September 2000.

Pork Referendum

People and businesses who owned and sold hogs or pigs or imported hogs, pigs, pork, or pork products during the representative period from August 18, 1999 through August 17, 2000 will be eligible to vote in a referendum to determine if producers and importers favor continuation of the Pork Checkoff Program, formally known as the Pork Promotion, Research, and Consumer Information Order.

There are three types of eligible voters: 1) Persons who own and sell hogs or pigs in the US in their own name 2) Persons who import hogs, pigs, pork, pork products into the US in their own name; and 3) Persons who are designated to cast the single vote for a business entity that owns and sells, or imports hogs, pigs, pork, or pork products into the US.

All eligible voters need to request a ballot at the Rockcastle Farm Service Agency September 19th - 21st in order to vote.

Burley Tobacco Lease and Transfer Referendum

Congress has now amended Section 319 in the Agricultural Risk Protection Act of 2000 to clarify that the Secretary may permit the lease and transfer of a burley tobacco quota from one farm to another farm within the State if a majority of tobacco producers voting, as opposed to a majority of those that could have voted, will be sufficient to approve such lease and transfer by a statewide referendum.

The Secretary has called for a referendum of growers to determine whether they favor or oppose the lease and transfer of quota across county lines within the State beginning with the 2001 and subsequent crop years.

The referendum will be conducted by mail ballot during the period October 23 through October 27, 2000.

If more than 50 percent of the producers voting in the State referendum are in favor, lease and transfer of burley quota across county lines within the State will be in effect beginning with the 2001 crop.

Rockcastle Community Bulletin Board

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Cox Funeral Home

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80 Maple Drive, Mt. Vernon, Ky. Ph. 256-2345
Toll Free 1-888-825-2345

TOPS (Take off Pounds Sensibly)

TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. For more info. call 1-800-932-TOPS or locally 758-4047.

Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Marine Corps League

Bluegrass Chapter 1012 of the Marine Corps League meets every fourth Thursday of the month at the Igloo Club at the Bluegrass Army Depot. For more info. call Jack Ditmer at 369-7310 or Nathan Seals at 256-0741.

VA Rep Here

VA representative will be at the Rockcastle County Courthouse the first and third Mondays of each month behind County Judge/Executive's office from 9 a.m. to 2 p.m.

Conway TOPS

TOPS (Take off pounds sensibly). We are celebrating with an Hawaiian Open House Thursday, August 31st at 7 p.m. For more info. call 256-3633, 256-9448 or 1-800-932-TOPS. TOPS meets every Thursday at 6:30 p.m. at BRVFD.

R.A.A.P. Meeting

Rockcastle Adoption Agency for Pets Inc. meets the first Sunday of each month at 2 p.m. Help build an animal shelter in Rockcastle County. Call Terry at 758-9202 or Vickie 256-5183 for directions.

RCHS SBDM

The RCHS SBDM Council will hold its regular monthly meetings on the first Thursday of each month at 6 p.m. in the RCHS Conference room.

Saddle Club

The Rockcastle County Saddle Club meets the first Monday of each month at the clubhouse on Hwy. 1326 (old Brodhead Road) at 7 p.m. A potluck dinner is served. The directors meet the last Thursday of each month if called by the Saddle Club president. Questions? Comments? call 758-4706

JobStart

Want to earn great prizes while learning new skills and increasing your chance of getting a great job? JobStart is the place for you. For more info. call Jennifer at 256-9612 or fax us at 256-8232. E-mail jobstart@kih.net.

Singing/Cookout

Singing/Cookout Fri., Sept. 22nd at LEAP, 2 miles north of Livingston and 7 miles south of Mt. Vernon. Proceeds from the evening events will go to help Golden Ky. Products and Countryside Crafters. 5 p.m. live music by Russell and Carol Blackburn with Ken Hopkins, Ruby Powell, Brady Hensley and friends. Also will be selling hamburgers or hot dogs, cole slaw, potato salad, baked beans and drinks. Adults $3.50 Children 10 and under $2.50

Rabies Vaccination Clinic

Dr. Adams Veterinary Clinic, Sat., Sept. 23rd, 9 a.m. to noon. $5 per dog or cat, all dogs and cats must be on a leash or in a pet cage. Sponsored by Dr. Adams, DVM and Rockcastle Vet. Clinic (Dr. Chism, DVM) in conjunction with Rockcastle Health Dept.

Notice to BES Parents/Staff

Please do not park at Watson's Funeral Home on Friday, Sept. 22nd. Due to an auction that day there will be no extra space.

RCMS Pictures

Due to a scheduling conflict, school pictures for Rockcastle Co. Middle School have been postponed until Fri., Sept. 22nd.

RCMS SBDM

The School Based Decision-Making Council for RCMS will meet the 4th Monday of each month at 3:30 p.m. if there is no school, there will be no meeting.

Gear-Up Kickoff Night

Gear-up Kickoff Night at the library has been changed from Sept. 21st. New date is October 5th from 5 to 8 p.m.

Davidson Family Reunion

Those who came together to meet in Morris Valley on September 3rd in memory and honor of Henry and Louie Davidson were:

David L. McGuire; Ronnie McGuire; Robert "Bobby" McGuire; Rick and Sonya McGuire; Cindy and Jim Bennett; Logan Davidson; Buster and Doris Carpenter Jones; Bill and Debbie Carpenter Borden; Naomi Carpenter Williams; Oneida Carpenter Music; Vickie Parsons Hannah; Ella Myrtle Carpenter; Norma McGuire Short; Edna Jones (McGuire); Eileen McGuire McClain; Cash A. Hannah; Megan (Kamer) Moore; Becky (Davidson) Ladd; James Ladd; Clay Ladd; Andrew Jones; Todd Moore; Cynthia Summers; Jamie Davidson; Michael Ballard; Terry Pierson; Bobby Davidson; Eugene and Betty Scott; Josephine Nelson; Paul Scott; Ralph Allen; Jeff Pierson; Mica Pierson; Heather, Casey and Samantha Pierson; Darlene and Elwood Saylor; Joshua Saylor; Keith Saylor; Kylie, Scottie and Skyler Howard; Kevin and Krystal Wood; Michell Newman; Dana Saylor; Kevin and Kaitlyn Lane; Brian Pierson; Krissie Wood and Jason Pulaski; Terry and Lori Wood Pierson and Kraig; Kelsie Masters and Tyler Wood; Ben DeSoto; Marilyn Lailon DeSoto; Marilyn Watson, Bobbie DeSoto; Gilbert DeSoto; Jacob Schiessler; Tabitha Schiessler; Dewey T. McGuire; Michael L. McGuire; Richard Davidson; Linda Davidson Kamer; Darren Allen and son, Ben; Marvin Kamer; Kimberly Ann Pierson; Leola Allen Huffman; Tony McGuire; Bruce Guire; Robert McGuire; Dewey McGuire; Jimmy and Carol Fordyce; Carleen Renshaw; Melissa Turpin; Teddie Clemmer; Ruth Pierson; Tom and Mary Williams; Sandra and David Miracle; Glen, Halia and Wesley Baxter; Dora Pigg; David Thompson; Bentley Allen; Gary Davidson; Orbin Davidson; Armel and Mabel Davidson; Virgil McGuire; Gracie and Estill Alcorn; Leslie McGuire; Janice McGuire; Amanda McGuire and Hunter Summers.

Bittersweet Festival 2000

October 6th - 8th

"A little bit of something for everyone!"

All activities will be held on Main Street unless otherwise noted.

Admission to the festival is free!

Friday, Oct. 6

4:00 p.m.	Festival Opens Various booths, food concessions, entertainment and more)
5:00 p.m.	Entertainment
6:00 p.m.	Radioactive Sounds (DJ Jeff Petrey) Dance contests (the Twist, couples dance and more)
11:00 p.m.	Festival Closes

Saturday, October 9

7:00 a.m.	Final Registration for 5K Bittersweet Run (for registration and information, call 256-3284 - Entry fee $)
8:00 a.m.	5K Bittersweet Run
9:00 a.m.	Festival open to the public
10:00 a.m.	Horseshoe Tournament (Sponsored by Lumber King and Barry McClure Builders) to be held at Mt. Vernon City Park & Nail Driving Contest (Sponsored by Lowe's Home Center of Lexington) Mt. Vernon City Park
11:00 a.m.	Baby/Little Miss and Little Master Pageant (for registration forms and information, call 256-3284 or 878-8000)
12:00 p.m.	KID'S FUN TIME (all ages up to 12 years) Just for kids - 1 mile Bittersweet Race (entry fee$) Games, prizes, music and lots of fun! State Police fingerprinting Booth featuring SP The Robot; Sponsored by the Ky. State Police
2:00 p.m.	**Parade** (floats, ball teams, cheerleaders, 4-wheelers, Jr. ROTC, Pageant winners, VFW, Dance Team, fire engines, Ky. Trail Blazers wagon train and more). For information forms and information, call 256-4428. Must register before 4 p.m.
3:00 p.m.	Senior Bingo Game (Bingo just for ages 50 and up - prizes)
4:00 p.m.	Variety Talent Show (for categories: youth up to age 15 & adults 16 and over. For registrtion forms and information, call 256-4428. Must register before 4 p.m.)
6:00 p.m.	Best "Bittersweet Dessert" - Bring your best dessert to be judged. Winners receive award. Sponsored by the Rockcastle County Hospital and Respiratory Care Center, Inc.
7:00 p.m.	Country and Southern Rock Music Featuring "Legal Limit" Sponsored by the Rockcastle County Hospital and Respiratory Care Center, Inc.
11:00 p.m.	Festival Closes (booths removed)

Sunday, Oct. 8

1:00 p.m.	All Day Gospel Singing in Town
5:00 p.m.	Festival Closes

For more information, call the number listed for that event, contact any of the festival committee (Carol Kirby, Phyllis Deatherage, Janet McClure, Sharon Thacker, Sherry Hansel, Teresa Bussell or Minnie Kirby) or Mt. Vernon City Hall at 606-256-3437