Sugars and Other Sweetners in Your Diet



Sugars, syrups and other sweeteners play a varied role in-our diets. For example, they give foods sweetness, a quality, that many of us associate with pleasture.

In the second of the

such floods as puddings, Jams and jellies.

There is some confision over the fool of stigars as an energy source. Like other carbohydrates, sugars calories are gram. However, these sugar calories are empty, that is, by do not provide other nutrients, such as vitamins and minerals. Complex carbohydrates, on the other hand, provide some of these nutrients, as contain complex carbohydrates include beans, peas, nuts, seeds, fruits and vegetables, and wholegrain breads and cereals. Sugars are absorbed quickly by the body, thus providing quick energy provided by fast and proteins. For compared to the more lasting energy provided by fast and proteins. For onger lasting energy our should eat some protein and fast, as well as

carbohydrate.
There is much concern today about
the amount of sugars and sweeteners
in the diet. In fact, some people
think of sugars a poisonous to our
bodies. This is not true, but there is
amount of sugar in our
time of the sugar in the sugar in our
time of the sugar in the sugar in the sugar include its relationship to such
health problems as dental caries and
obesity.

health problems is dental cartes and obesity.

Obesity: Obesity is the result of consuming too many calories or using two few calories for physical activity. Simple sugars add loss of earn calories to agent and the sugars and so of earn calories and minerals. These extra calories and minerals in the calories will be considered to the calories of th

pounds of sweeteners a year, 100 pounds of these as sugar, it is easy to see how pounds can add up. For more information on sugar or for a free leaflet on sugar, contact the Extension Office at 236-2403.

determine now must be added to the control season. Bud scale cars that form a small ring in the tark around the shoot mark the point on which the shoot grew the evious season. The bud-scales that voyered the terminal bud during the revious winter leave these bud scale

in apples, it is best to have an rage of 12 to 15 inches of ninal growth. If a tree has more n this, use a little less fertilizer if there is less than this, use a

will push the fertilizer down into the root zone.

But remember, if a lawn isfertilized, this may supply all the
nitrogen fertilizer, needed, for an
Fruit trees should be pruned every
year to promote annual fruiting. The
goal is to open up the tree to allow
sunlight to get into its interior.
Pruning is best done between midTebruary and the tree's full bloom
fertilizer and the street of the
promote the street of the
trees and
makes them more susceptible to
winter injury.

Young trees should be pruned last
because they are most susceptible to
where injury.

when the worst of winter is overbecause pruning dehardens trees and
makes them more succeptible to
winter injury.

In which is a succeptible to
winter injury.

In which is a succeptible to
winter injury.

In which is a succeptible to
the case of the succeptible to
the succeptible
the s

The only spray required for apple trees at this time of year is a dormant oil reatment. Foll coverage with a control of the co

By: John McQueary

Attention everyone: There will be a Hunter Education Course held at the Rockcastle County Middle School on March 8, 9, and 10. The course will be conducted beginning School on March 8, 9, and 10. The course will be conducted beginning. Thursday evening: the 5° from 600 to 9:00 pm, on Friday, the 9° also from 6:00 to 9:00 pm. Testing will be on Friday night. On. Saturday, the 10° the instruction will move to an outside, location beginning at 9:00 am and run until veryorine. has completed all stations. Youth should have an adult with them throughout the

stations. Youth should have an adult with them throughout the class. Youth must attend all three sessions to complete the course. For more information, please call John McQueary at 256-2403 or Anthony Coffey at 256-218. Other upcoming 4-H activities include:

include:

4-H Variety Show to be held
Thursday, March 15, 6:30 pm at
Mt. Vernon Elementary School.
Deadline to register is Monday,
March 12.

Mt. Vemon Elementary School. Deadline to register is Monday, March 12.

4-H Clothing projects are scheduled as follows;

Brodhead Elem. — March 12-15 and April 2-5.

Roundstone Elem. — March 19-22

Mt. Vernon Elem. — March 26-29

Call the Extension office at 256-2403 for more information.

save a favorite tree by starting a new one, are invited to a Grafting Workshop on Monday, March 5, 7.30 pm, at the RCHS Vocational 7.30 pm, at the RCHS Vocational root stock will be mediated by the with hands on instruction. Collect-grafting wood from laws.

March is Nutrition Month

March is National Nutrition month. To encourage healthy eating not only in March, but for a lifetime Channel 36 (WTVQ) in cooperation with local health departments is promoting The 5 A Day Challenge. USDA recommends eating three servony Challenge.

Arecommends eating three servings of vegetables and two servings of fruit EVERYDAY.

Fruits and

ings of vegetables and two servings of fruit EVERTVDAY.

Fruits and vegetables provide phytochemicals. Phytochemicals are natural bioactive compounds that work with nutrients and dietary fiber to protect against disease. Research suggests that phytochemicals, working together with nutrients found in fruits, vegetables and nuts, may help slow the aging process and reduce the risk of many diseases; including cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis and urinary tract infections.

Pronounced "fight-o chemicals," phytochemicals fight to protect your health. They can stimulate our im-

and viruses.

Phytoisa Greek word that means plant. Phytochemicals are usually related to plant pigments: So, fruits and vegetables that are bright colors - yellow, orange, red, green blue and purple - generally contain the most phytochemicals and the most nutri-

cnts.
You can benefit from all of the phytochemicals and nutrients found in plant foods by eating 5-9 servings of fruit and vegetables a day and eating more whole grains, soy and

eating more wines governous.

Stay turned to Channel 36
(WTVQ) to see how you can, win
great prizes and improve you health
by participating in The 5 A Dg-L
lenge. Contest entry forms will be
available at the Rockessite County
Health Department next week.
For this and additional information about phytochemicals visit
www.dole5aday.com



Farm News

By: Tom Mills County Extension Agent for Agriculture

Fertilizing & Pruning **Home Apple Trees**

Well-managed, homegrown apple rees will yield larger crops and sipher qualify fruit when they get off o a good start. Fruit trees can be etrilized in February and late March. When fertilizer is applied now, tree oots are able to pick up the nitrogen n preparation for spring growth. If, introgen is applied mid-to late

ner, this may promote wigter because hardiness

summer, this may promoting in the process of a summer and the summ n Line Deals • Come See The Difference • Bottom Line Deals • Come S **Hunter Course**

METAL ROOFING & SIDING FACTORY DIRECT 1-800-474-4321 **DAVCO STEEL**

ABSOLUTE

of Bobby and Debra Bullock's

Modern Brick Home & 30 Acres in Two Tracts Farm Machinery and Personal Property Saturday, March 10, 2001 at 1:30 p.m.

2335 Liberty Road

Near the Bee Lick Community in Pulaski Co., Ky.

Location: 18 miles north of Somerset - 10 miles south of Crab Orchard. Turn west off Hwy. 39 near S&M Grocery onto State Route 328. Follow Highway 328 one mile to Liberty Road. Turn on Liberty Road and proceed 7/10 of a mile to the property. Auction signs are posted.

Due to the dissolution of their marriage. Bobby and Debra Bullock have authorized our firm to sell this property for the

absolute high dollar. The property will be offered in two tracts, reserving the right to combine.

That It Consists of a modem brick home and 22 acres. This nice right high home has a floor plan of living room: drining likthen combination, three bedrooms, one bedroomloffice, one full bath, two one-half baths and a giffing room, as well as a partially finished full basement infamily, room, kitchen, bedroom and a stotage area. Thefe is also an attached one-car garage. Added features include heat pump, central air, city water and well water. It also has hardwood floors in the drining area, half and program dwall to wall capte in the remainder.

Besides the house, there is a 30x80 machinery and hay shed as well as a 40x48 barn.

That 2 Contains accordinated, acrea willoof forcinge on the 18 bear, flood. There are no buildings source can be lift.

Tract 2: Contains approximately 8 acres wiroad frontage on the Liberty Road. There are no buildings so you can build to suit yourself. There is a pond and city water is available.

suit yourself. There is a pond and city water is available.

Farm Machinery that will be selling includes: 1997 Massiey Ferguson 283 Tractor with 522 hours - Quick attach 310 with high jork, and bucker Monra & Disc Mower - Agric 707 Rear Tiller + Olliver Wheel Disc - 81t. cut + John Deere 3 Bottom Plows - spring trip - New Holland Manure Spreader + K & F 3 bin long range cherry joicker + 925 Micrographise + 20 bin Joak and Press + parts washer - 20 gallon + several galles - cattle head cather + feed drough + water fank + 90 gallon - popier larmber - 2x6 and 2x4 - 16 and 18 feet long - electric fence box + parts bin Furniture and personal property that will be selling includes: Harrock Maple diring room vulte will Chairs, china cabinet, sideboard buffer + 3 pc; Modern bedroom suite - extra nice - sofa-hide-a-bed wimatching chair and ottoman - oriental salle cabinet + Early American living room suite which dustris - chair and a half with ottoman - marble top wash stard - library saller in rise coffee and ratifices will cut when the property of the start of the property of the start of the property of the start of the sta

infoundations and crimina cases of which tolerand inaberbooks criminal information and criminal states of the crim

an Riding moiwer 12 172 - 42 in. cut wibagger • Murray lawn mower 35" cut • 12 hp • miscellaneous lawn mower 0" Montoomery Ward pushmower • Briggs & Stratton engine • gas grill • like new • lawn and gargen furniture •

Statesman Hiding mower 12 1/2 - 42 in. Cut weagage: *murray sem interpret or cut * 12 in.* *inscrease and number of parts * 20" Montpower Ward purchinver - Briggs & Stratton engine * pas grill - like new *lawn and gargien furniture wheel barrow plus much more *Auctioneer's Notes: If you're looking for a dandy small farm in the country, then looking further. The Bullocks have done an extraordinary job of taking care of this well-constructed home. This qualify home is "in immaculate condition. The equipment and furniture that will be selling is all top quality. Be sure to mark your calendar to attend this absolute auction **Calendar March 1 this a 11-30 in. **

eQuipment are number of the service of the service

FORD BROTHERS, INC. AUCTIONEERS - REALTORS



