



Hodges - Cromer

Mr. and Mrs. Tommy E. Hodges and Mrs. Susan Cromer would like to announce the marriage of their children, Amber Camille and Jeffrey Calvin on Saturday, the twenty-fourth of March two thousand and one at six thirty in the evening. The wedding will be held at First Baptist Church of Mt. Vernon, West Main St. and Craig. All friends and family are invited.

14th Wedding Anniversary

Wesley and Paula Daniels of Mt. Vernon will celebrate their 14th wedding anniversary March 16th. Happy Anniversaries!

Mt. Vernon Personals

By Marie McKinney

Sunday guests of C.S. and Marie McKinney were their daughter, Mrs. Sharon Lovins and grandson, Jack Lovins and great granddaughter, Samarah Jaclyn.

Mrs. Dennis Sowder of Ohio visited Wanda's mother, Mrs. Pansy Nicely recently.

Mrs. Marie McKinney and Mrs. Sharon Lovins, Jack Lovins and daughter, Samarah visited Mrs. Jean Tompkins and family of McKee on Sunday.

Last Wednesday visitors of Mr. and Mrs. C.S. McKinney were their son, Jack McKinney, also Bud Parker.

both of Ohio.

Recent visitors of Mrs. Beissie Kirby were their daughter, Mr. and Mrs. Jim Sowder of Ohio.

Last Friday night supper guests of Mr. and Mrs. C.S. McKinney were their grandson, Mr. and Mrs. Joe Lovins, Jr. and great grandson Dalton Blake of Eubank.

Floyd and Myrtle Kirby and C.S. and Marie McKinney had breakfast together Thursday morning at Hardee's.

C.B. Owens, Tom Welch, and Sharon Lovins celebrated their birthdays at Hardee's Saturday morning with friends and family.

Fairview News

By Mrs. Hubert Chasteen

Hello to all. The month of March is moving on. Seems times goes so fast, and we all get older everyday. But I'm sure we are all thankful for the time God gives us here on earth. He has been so good to us down through the years.

Bro. Albert Griffin filled his regular appointment at Fairview over the weekend, with good attendance. Sunday School attendance was 30 for which we are thankful.

Bro. Jack Bruce and Mrs. Bruce attended worship services at Fairview Sunday night. We were so glad to see them, and so thankful that Mrs. Bruce is feeling better. We, at Fairview welcome friends, neighbors and others to worship with us anytime.

Our heartfelt sympathy is extended to the families and loved ones of Mrs. Daisy Peters of West Virginia and Mr. Wayne Stewart of Wildie, who passed away recently. May God bless and care for them at home.

Mrs. Ardille Tinch of Franklin, Ohio is here visiting relatives. She attended services at Fairview Sunday night. She and her husband, Virgil always try to attend church when

here. They are good Christian people and we are proud of them.

Mrs. Connie Lewis and infant son, of Eubank, visited Mrs. Ridgell one day last week.

Visiting Mrs. Mary Cope Saturday were her son, William Cope and his son, Billy of Eubank. Her daughter, Mrs. Jean Hayes of Winchester, visited her on Thursday.

Mrs. Myrtle Wilson of Berea and Charles Nolan of Independence visited Mt. and Mrs. Hubert Chasteen and Mr. and Mrs. Tip Reppert a few days ago. Myrtle is our first and Charles is our nephew. We had such a good time talking, laughing and looking at pictures. You know we don't take time enough to enjoy living any more. We need to relax, be of good cheer and love one another more. Also live a good Christian life and thank God for His many blessings that we receive every day.

Mrs. Hattie Alexander, Jemia Jewell Davidson and daughter, Jemia were in Lexington on Sunday visiting Mrs. Alexander's brother-in-law, Mr. Morton Jett who is hospitalized

there. Mrs. Geneva (Barnett) Long of Independence was a recent over-night guest of her mother, Mrs. Deale Barnett of Fairview.

Mr. Charles Nolan of Independence spent Friday night with his sister, Mrs. Barbara Croucher and Mr. Croucher of Berea. He attended the funeral of Mrs. Daisy Peters, Mrs. Margie Callahan of Berea

Agricultural News

By Warden Alexander, FSA Director

Marketing Cards

Producers who have sold the current years crop of tobacco are encouraged to return their marketing card to the FSA IMMEDIATELY.

Barley Tobacco

Leasing of Quotas

April 2nd is the first date producers shall execute a lease for the 2001 quotas. Leasing will end on July 1, 2001. Any producer wishing to post their name to the Tobacco Lease or Lease Out Listing may do so now. You do not need to wait until April 2nd. If you are unable to come to the office you may notify the office staff to post the listing by calling 606-256-2525.

2001 Barley Tobacco Quota

The U.S. Department of Agriculture has announced the provisions of the 2001 barley tobacco program.

For each farm, the 2001 basic quota will be approximately 34.4 percent from 2000.

The effective quota is expected to be about 352 million pounds, or 15.4 million pounds below 2000.

The barley tobacco no net cost assessment will be, in total, one cent on each pound of the 2001 crop barley tobacco that is marketed. As of April 2nd, as between the producer and purchaser of domestic 2001 crop barley tobacco, there is no net cost assessment.

Further program information is available by e-mail address: Daniel.Stavon@usda.fsa.usda.gov

Download Farm Prospects

Speakers from USDA's 2001 Outlook Forum, held in late February, are available now. Industry leaders, analysts, producers and government officials discussed the prospects and trends shaping agriculture's future. Topics included the next farm bill, world trade talks, the impact of industry changes and emerging environmental issues. USDA released new long-term commodity projections.

To download the speeches or the projections report from the Internet, access www.usda.gov/oc and click on Outlook Forum.

To get speeches delivered to you by e-mail, send an e-mail immediately to: usdareport@usda.mannlib.conell.edu Type "subscribe: ag-forum" as the message. Questions? Call 202-720-3050.

DMLA-II Sign-Up

Sign up for DMLA-II began February 26 and will end on March 30. Producers eligible for this sign-up include the following: Producers paid on less than 12 mos. base production under DMLA I or II, new dairy producers for calendar year 2000 and dairy producers who were eligible for DMLA I or II and never signed up. Producers should be advised the importance of the March 30 deadline. No late filed applications will be accepted.

Farm Changes

Producers who have purchased or sold land need to contact the local FSA office for proper reconstitutions of farms. Farms enrolled with PFC have until the deadline of June 1st to file for reconstitutions of farms. Farms

had supper with Mrs. Deale Barnett on Monday night. Also she and Bodie Barnett visited on Sunday.

Mr. and Mrs. Nicky Chasteen of Copper Creek visited Mr. and Mrs. Hubert Chasteen last Tuesday.

Please attend Sunday School and Church every time you can. We all need God in our life and we also need the prayers of others.

Love one another. God bless each of you in my prayer.

not enrolled with PFC have until the deadline of July 1st. Remember to bring your deed and/or so notify the new owner to do so. Also notify this office of any and/or all address changes. REMEMBER: our records are only as current as producers inform our office.

Dates to Remember

• CDP (Crop Disaster Program) began January 18th.

• Quota Referendum: ballot counting February 21st.

• FCIC Insurance: from other sources by March 15th.

• Crop Reporting: Small Grains (WHEAT) by May 31st.

• Tobacco Leasing: April 2nd through July 1st.

• Crop Reporting: required for ALL barley tobacco farms by July 1st.

USDA advises farmers to check corn seed before planting. Jeffery S. Hall, Kentucky State FSA Executive Director, announced today that USDA recommends farmers should not plant any corn unless they are certain that the seed has been tested and found free of the protein Cry9c.

According to Hall, farmers should insist that seed companies verify that the seed corn has been tested for the protein Cry9c to ensure that only tested seed is planted this spring.

StarLink is the trade-name for corn genetically modified to be pest resistant by producing a protein called Cry9c. The protein acts as a pesticide and is able to protect the plant from pests, such as the European Corn Borer. The protein was developed by Aventis Crop Sciences, a subsidiary of the French company, Aventis S.A., sold through various U.S. seed companies.

Last week some seed companies reported finding isolated occurrences of extremely low levels of Cry9c in seed originally intended for sale this year. Based on aggregate information voluntarily provided by the American Seed Trade Association (ASTA), of those companies reporting, it is estimated that less than one percent of corn seeds for 2001 planting, may contain Cry9c protein.

Companies involved have recovered and taken control of all lots of hybrid corn seed found to have this protein. Seed companies routinely test their products for impurities and

many took steps to detect Cry9c before USDA recommended testing procedures on December 29, 2000.

Major seed companies have informed USDA of their intent to continue following recommended testing procedures designed to detect Cry9c, and USDA will monitor this activity. In the event Cry9c is found, these companies will not sell the corn seed for planting.

USDA continues to work closely on this issue with the Food and Drug Administration, the Environmental Protection Agency, Iowa State University, National Corn Growers Association, American Seed Trade Association, and Aventis.

Additional information can be obtained from the following web sites:

• US Department of Agriculture: <http://www.usda.gov/gipsa/biochem/starlink/starlink.htm>

• Food and Drug Administration: <http://vm.fda.gov/dms/scarguid.html>

• Environmental Protection Agency: <http://www.epa.gov/pesticides/biopesticides/factsheets/fsc06466.htm>

• Iowa State University: <http://www.extension.iastate.edu/Pages/grain/publications/buxpup/0010star.pdf>

• National Corn Growers Association: <http://www.noga.com/biochemistry/starlink/index.html>

• American Seed Trade Association: <http://www.amseed.com/newupdate/asta.state.new.022601.html>

Aventis: <http://www.uscropscience.aventis.com/AventisUS/CropScience/starlink/starlink.html>

The Basics of Losing Weight

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



Whether you have 5 pounds to lose or whether you have 20, there's only one way to lose weight and that's to use up more calories than you take in. This means that you must either select foods containing fewer calories than you normally eat or you must increase your activity - preferably both. Generally, to lose one pound a week, you must either decrease calorie intake by about 500 calories a day or burn up those 500 calories by increasing physical activity. A steady loss of 1/2 to 1 pound a week is about right.

All calories count - regardless of the food they come from. But, some foods have more calories than others. The fat in foods and alcohol in alcoholic beverages have about twice as many calories as carbohydrates and protein.

Protein, vitamins, minerals, and some fat and carbohydrates too, are

essentials of a good diet regardless of its calorie count. The healthy approach in losing weight is to choose a variety of foods providing the nutrients needed, and to go easy on foods that supply many calories. Examples are sugars, sweets, fats and oils, foods that are high in sugars and fats and, of course, soft drinks and alcoholic beverages.

Nutrition scientists recommend that everyone avoid, too much fat, sugar, and alcohol. However, when trying to lose weight it's especially important to moderate intake of foods high in fat, sugar, and alcohol. They're often the source of "extra" calories.

For more information on healthy weight reduction, call the Extension Office at 256-2403. Ask for the publication entitled "Maintain a Healthy Weight".

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ARE YOU SICK AND TIRED?

Sick of having family and friends destroyed by drugs, alcohol, abuse, disease and other devastation?

Tired of feeling like there is nothing that can be done?

There is something that we can do. Again I tell you, if two of you on earth agree about whatever [anything and everything] they may ask, it will come to pass and be done for them by my Father in heaven. For wherever two or three are gathered [drawn together as my followers] in my name, there I AM in the midst of them." Matthew 18:19-20 AMP

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then I will hear from heaven, and will forgive their sin, and will heal their land." 2 Chronicles 7:14 KJV

IT'S TIME

Please join us for the following community prayer services
March 17 @ 7 p.m. - Mt. Vernon Pentecostal Church
March 24 @ 7 p.m. - First Christian Church
April 20 @ 7 p.m. - First Baptist Church