Feeding the Teen Machine

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

Parents, did you know that teen dieting can stop teens from growing to their full height? Bodies need calories and other nutrients to grow and develop fully.

Did you know that bones take in the most calcium during teen years and early twenties? Calcium gives bones strength. The best sources are milk, yogurt, and cheese.

Did you know that if teens don't eat breakfast, their body is like a computer without power?

And, did you know that eating cookies, candy, or other sweet foods before an athletic event won't give an energy boost?

Should you be concerned if your teenager skips meals? An occasional skipped meal is no cause for concern. But when teens skip meals on a regular basis, they may be missing out on essential nutrients.

Teenage girls often skip breakfast or lunch as a way to save on calories. In so doing, they often miss out on foods needed for health; high calcium foods, such as milk; iron-fortified cereals; and vitamin C-rich fruits and juices. Often they satisfy their hunger later with high-calorie, high-fat snack foods. The net result; they may consume more calories and come up short on nutrients.

You should continue to have meals, and continue to expect you child to be at them. Meals will provide you with a social time with your teen when he is so very busy with his adolescent life. Once you get him to the table, don't criticize the way he eats. Teenagers who are criticized about their eating skip more meals and have worse diets than those whose families are more supportive and accepting.

Finally, you need to understand the fact that, no matter how much food there is in the house, or on the table, you teen may complain that there is nothing to eat.

For more information on controlling weight, contact the Extension office at 256-2403.

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Nodding Thistle Robbing Farmers of Pasture Land

A controllable weed is robbing Kentucky farmers of pasture production. The weed, called nodding thistle, can be controlled by attacking them at the right time. The Weed produces thousands of seed each year capable of producing thousands of new plants.

The key to controlling the weed is to take measures to control it before it sets seed, which is usually in late May and early June. Once seed has set, it is difficult to control the spread of the seed and farmers will need to wait until fall or next spring to obtain control of even more weeds.

The nodding thistle emerges as a rosette which is a circular cluster of leaves with the growing point close to the ground. The dark green rosette is 6 to 8 inches in diameter. Rosettes appearing in the spring can be sprayed and killed. Herbicides such 2,4-D and Banvel are more effective when the rosette is small and actively growing. They can be sprayed in the spring as long as daytime temperatures are above 50 degrees. Timing is critical for good control. The weed must be attacked when it is small if the sprays are to be most effective. This means late April will be the last chance for farmers to get an effective chemical control this spring.

If spraying is delayed until the plant is older, it can be controlled by either mowing the plants or hoeing it out by hand. However, with either method, the weed must be destroyed before it sets seed. Moving at or after bloom may mean that the seeds produced will be scattered to a larger area.

Chemical control is the best means in eliminating seed production. The Department of Agriculture and local Extension Service will be conducting 10-acre demonstrations in April. If you have pasture or hay fields infested with nodding thistle and would like to participate, call Tom Mills at 256-2403. The Department of Agriculture supplies the chemical and sprayer. The farmer supplies the water and applies the chemical with his farm tractor.

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

Quality On Tap!

Our Commitment Our Profession

Mt. Vernon Water Works
Annual Water Quality Report
PWSID # 1020299

We are very pleased to provide you with this year's Annual Water Quality Report. We want to keep you informed about the quality of our water and services we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. We want you to understand the efforts we make continually to improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water satisfies at the highest level and the lowest price as we meet the needs of our community.

Our water supply comes from Lake Linville located at Rockcastle Valley. Mt Vernon Water Works routinely monitors for contaminants in your drinking water according to Federal and State laws. The table explained within shows the results of our monitoring for the period of January 1st to December 31st, 2000.

Sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or human activity. Contaminants that may be present in source water include microbial contaminants, inorganic contaminants, pesticides and herbicides, organic chemical contaminants, and radioactive contaminants. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems.

The final source water assessment plan has not been completed but is scheduled to be completed by May 2003. A summary of the system's susceptibility to potential sources of contamination will be included in the plan and will be available for inspection at City Hall and the Cumberland Valley Area Development Office in London, Kentucky.

If you have any questions about this report or concerning your water utility, please contact Dennis McClure or Tomba Lear at (606) 256-2875 between the hours of 8:00 a.m. and 4:00 p.m. Monday through Friday. Jack Edwards at (606) 256-4441 between the hours of 4:00 p.m. and 12:00 midnight. Also if you have any questions you may attend the monthly council meetings held at City Hall the first Monday of each month at 7:00 p.m. You may also pick up a copy of this report at City Hall located at 125 Richmond Street in Mt. Vernon.

In the test results table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Below Detection Levels (BDL) - laboratory analysis indicates that the contaminant is not present.

Parts per million (ppm) - one part per million corresponds to one minute in two years or a single penny in $10,000

Parts per billion (ppb) - one part per billion corresponds to one minute in 2,000 years, or a single pepper in $10,000,000

Parts per trillion (ppt) - one part per trillion corresponds to one minute in 1,000,000 years, or a single penny in $10,000,000,000.

Action Level (AL) - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Nephelometric Turbidity Unit (NTU) - a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Treatment Technique (TT) - a treatment technique is a required ammolod to reduce the level of a contaminant in drinking water.

Maximum Contaminant Level - (MCL) is the highest level of a contaminant that is allowed in long water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It is important to remember that the presence of these contaminates does not necessarily pose a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency Safe Drinking Water Hotline at 1-800-426-4791.

As authorized and approved by EPA, the State has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Some of the data in this table, though representative, is more than one year old.

	Allowable Levels	Highest Single Measurement	Lowest Monthly %	Violation Y/N	Likely Source
Turbidity (NTU) TT	Less than 0.5 NTU 95% of samples each month.	0.24	100%	N	Soil runoff

REGULATED CONTAMINANT TEST RESULTS

Contaminant [code] (units)	MCL	MCLG	Highest Detection	Range	Date of Sample	Violation	Likely Source of Contamination
Total Coliform Bacteria [3100] (% positive samples)	5%	0	0.0001	N/A	6/21/00	N	Naturally present in the environment
Alpha emitters [4000] (pCi/l)	15	0	1.5	BDL-1.3	9/13/99	N	Erosion of natural deposits
Asbestos (MFL)	7	7	0.195	BDL-0.195	7/31/95	N	Decay of asbestos cement water mains; erosion of natural deposits
Copper [1022] (ppm)	AL=1.3	1.3	0.08 (90th percentile)	0 sites exceeded the AL)	6/25/98	N	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Fluoride [1025] (ppm)	4	4	1.4	0.86 - 1.4	6/15/00	N	Erosion of natural deposits; water additive which promotes strong teeth, discharge from fertilizer and aluminum factories
Nitrate (as Nitrogen) [1040] (ppm)	10	10	0.4	BDL-0.4	5/3/00	N	Runoff from fertilizer use; leaching from septic tanks, sewage, erosion of natural deposits
Dalapon [2031] (ppb)	200	200	1.3	BDL-1.3	11/3/00	N	Runoff from herbicide used on rights-of way
Ethylene dibromide [2946] (ppt)	50	0	20	BDL-20	7/29/00	N	Discharge from petroleum refineries
Hexachlorocyclopentadiene [2042] (ppb)	50	50	0.1	BDL-0.1	8/3/00	N	Discharge from chemical factories
Carbon tetrachloride [2982] (ppb)	5	0	0.9	BDL-0.9	7/29/00	N	Discharge from chemical plants and other industrial activities
TTHM [total trihalomethanes] (ppb)	100 (80)*	0	77	1-145	4th Quarter 2000	N	By-product of drinking water chlorination
Xylenes [2955] (ppm)	10	10	0.5	BDL-0.5	7/29/00	N	Discharge from petroleum factories; discharge from chemical factories

UNREGULATED CONTAMINANTS TEST RESULTS	Unit	Average	Range
Bromodichloromethane [2943]	ppb	8.7	4.5 - 9.4
Chloroform [2941]	ppb	57.5	27-85
Dibromochloromethane (Chlorodibromo) [2944]	ppb	0.35	BDL - 0.5
Dibromomethane [2408]	ppb	0.7	BDL - 0.7

* The current MCL for total trihalomethanes (TTHM) is 100 ppb but will change to 80 ppb in the year 2001.

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

Total Coliform: The Total Coliform Rule requires water systems to meet a stricter limit for coliform bacteria. Coliform bacteria are usually harmless, but their presence in water can be an indication of disease-causing bacteria. When coliform bacteria are found, special follow-up tests are done to determine if harmful bacteria are present in the water supply. If this limit is exceeded, the water supplier must notify the public by newspaper, television or radio.

Maximum Contaminant Levels (MCL):

MCL's are set at very stringent levels. To understand the possible health effects described for many regulated contaminates, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

Most water systems in Kentucky must test for the contaminants listed below. Some water systems are not required to conduct all of these tests. Some tests are not required every year. Only those contaminants that were detected are included in the test results table. For a complete listing of the tests actually conducted you may contact the water system office.

Turbidity

Microbiological Contaminants:
Total Coliform
Fecal Coliform

Radioactive Contaminants:
Beta/photon emitters
Alpha emitters
Combined radium

Inorganic Contaminants:
Antimony
Arsenic
Asbestos
Barium
Beryllium
Cadmium
Chromium
Copper
Cyanide
Fluoride
Lead
Mercury
Nickel
Nitrate
Selenium
Thallium

Synthetic Organic Contaminants:
2,4-D
2,4,5-TP (Silvex)
Acrylamide
Alachlor
Atrazine
Benzo(A)pyrene(PAH)
Carbofuran
Chlordane
Dalapon
Di(2-ethylhexyl)adipate
Di(2-ethylhexyl)phthalate
Dibrochloropropane
Dinoseb
Diquat
Dioxin
Endothall
Endrin
Epichlorohydrin
Ethylene Dibromide
Glyphosate
Heptachlor
Heptachlor epoxide
Hexachlorobenzene
Hexachlorocyclopentadiene
Lindane
Methoxychlor
Oxamyl (Vydate)
PCBs
Pentachlorophenol
Picloram
Simazine
Toxaphene

Volatile Organic Contaminants:
Benzene
Carbon tetrachloride
Chlorobenzene
o-Dichlorobenzene
p-Dichlorobenzene
1,2-Dichloroethane
1,1-Dichloroethylene
cis-1,2-Dichloroethylene
trans-1,2-Dichloroethylene
Dichloromethane
1,2-Dichloropropane
Ethylbenzene
Styrene
Tetrachloroethylene
1,2,4-Trichlorobenzene
1,1,1-Trichloroethane
1,1,2,-Trichloroethane
Trichloroethylene
TTHM (total trihalomethanes)
Toluene
Vinyl Chloride
Xylenes

Unregulated Contaminants:
Aldrin
Bromobenzene
Bromodichloromethane
Bromoform
Bromomethane
Butachlor (Machete)
Carbaryl
Chloroethane
Chloroform
Dibromochloromethane
Dibromomethane
Dicamba
Dieldrin
p-Dichlorobenzene(1,3-)
Alachlor
Methylchloride (Chloromethane)
Methomyl
Metribuzin (Sencor)
o-Chlorotoluene
p-Chlorotoluene (1,4-)
Propachlor (Ramrod)
1,1-Dichloroethane
1,1-Dichloropropene
1,1,1,2-Tetrachloroethane
1,1,2,2-Tetrachloroethane
1,2,3-Trichloropropane
1,3-Dichloropropane
1,3-Dichloropropene
2,2-Dichloropropane
3-Hydroxycarbofuran

Special Precautions:
Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

This report is being published in the local newspaper and will not be mailed to customers unless requested. If you would like a copy of this report contact City Hall.

Fifth Annual Rockcastle Incentive Scholarship Trust Banquet

April 17, 2001 at 6:30 p.m.
Rockcastle County
High School Cafeteria

Guest Speaker, Michael Pritchard

If you are interested in attending, please call Jenny Sweet at (606) 256-2125.