

Feeding Children

By Hazel Jackson
County Extension Agent for
Family and Consumer Sciences

Children need a variety of food for their bodies to feel good, look good, and grow. No single food can give them all the nutrients that they need. They need variety at every meal, every day. Following the Food Guide Pyramid will help your child grow healthily.

It is recommended that children eat the same number of servings from each group as adults except for milk. Young children should consume 3 glasses a day, but by the time children are over 10 years old

they should drink 4 glasses of milk. Another serving size should be age appropriate.

HUNGRY CHILDREN
About one-fourth of Kentucky children do not eat breakfast. Children who are hungry sometimes "act up." These hungry children might be labeled as trouble-makers, sleepy, slow, inattentive, or "spaced out." They cannot learn or play as well as children who eat breakfast. They make more errors, and they are less likely to get the nutrients they need. They are also more likely to have higher-cholesterol levels than children who eat breakfast.

Encourage your child to eat breakfast. Breakfast can consist of fruit, a muffin, a peanut butter sandwich, or even a piece of pizza. OBESITY

An obese child is not a healthy child. If your child is overweight, encourage him/her to make food choices by having healthy, low-fat food items readily available. Don't have "junk" foods around to tempt the child. Serve low-fat desserts. Cookies and cakes are party foods-not everyday foods. Eat meals and snacks at regular times.

Encourage your child to be active-not just busy. Limit TV time. Provide "child-size" servings, especially snacks. They may always get "seconds" if he/she is still hungry. Do not make your child clean his plate. If he is full, he is finished eating. Discuss food choices-not his weight. Help your child accept his body. If obesity is extreme, you and your child need to discuss this with your health care provider and a registered dietitian.

For more information on feeding children, contact the Extension office at 256-2403.

Renovating grass hay fields with red clover

By Tom Mills
Co. Ext. Agent for Ag/Natural Resources

Is it cost effective to seed red clover into grass hay fields?

For years farmers have used the seed of February's moon as a time to overseed clover into fescue or orchard grass. By adding clover through the renovation process, grass fields are improved in three ways.

Clover will add nitrogen to the soil and benefit surrounding grass. As much as 180 pounds of nitrogen may be added. With current nitrogen cost this year, clover renovation may be worth as much as \$400 of urea or just over \$45 per acre.

The second benefit to adding clover is the improved quality of feed. Clover is a higher protein feed that animals prefer over grasses such as endophyte infected fescue and orchard grass. Clover will also grow best during mid summer when other grass has stopped. Clover will fill in during mid summer, increasing the total yield.

The third benefit to adding clover is that fescue hay and pastures infected with the endophyte fungus will have a lower endophyte fungus. The endophyte fungus has silently lowered cattle production

through its detrimental effects during summer months and can carry through in hay. Adding clover dilutes the amount of fescue available and gives animals a choice. Clover being more abundant and preferred by animals, will then become a larger part of their diet. Keep in mind that cattle continuously grazing red clover will kill the stand out because of close grazing. A rotational grazing system of 7 days on and 30 days off is necessary to keep red clover in pasture.

Lowering fertilizer cost, increasing yield and improving the quality of feed available to livestock makes clover very cost effective. However, clover varieties vary in results.

Research at the University of Kentucky College of Agriculture has compared the performance of common or uncultivated clover with that of better certified varieties. The cost of better varieties has traditionally been as much as \$1 more per pound. However, in 2002 the additional cost is less than 25 cents. An additional seed cost of \$2 per acre was worth over 3500 pounds additional hay over the first 2 years.

Stands of the certified varieties were thick and vigorous going into their second winter, while common varieties were clearly thinning. Certified varieties lasted into the third season increasing their overall yield.

Farmers planning to seed clover should contact their farm supply store 10 to 14 days before you need seed. This allows store owners to be sure they have certified seed of the variety and amount desired.

RVEC prepares for March Bluegrass Bonanza

Renfro Valley Entertainment Center is getting ready for Saturday nights in March, featuring the best in bluegrass music. The Bluegrass Bonanza starts on Saturday, March 8, with Ronnie Bowman, along with Blue and Lonesome. Enjoy bluegrass favorites I'll Be Tyme Out and the pride of Nicholasville, The Moron Brothers on March 15. Charlie Walker and The Country Gentleman, with Higher Vision will perform on March 22. The Bluegrass Bonanza concludes on March 29 with a performance by the Osborne Brothers, along with Dean Osborne.

All shows are in the New Barn Theatre and start at 7 p.m. Tickets are \$12 and \$14, plus tax and handling. As part of your Renfro Valley "experience" take in a Renfro Valley show, including the Friday Jambores, Saturday Morning Gospel Jubilee, Saturday Barn Dance and the nationally-syndicated 'Renfro Valley Gatherin'' on Sunday morning. Enjoy a home-cooked meal in the Lodge.

Restaurant, shop in our unique village, overnight in our RV Park or just enjoy the day with your friends in the Valley. While visiting the Valley, take a tour of the Kentucky Museum and Hall of Fame.

Renfro Valley Entertainment Center is located just off I-75 at exit 62. Let the friendly folks at Renfro Valley entertain you. Call 606-256-2638 or 800-365-7464 for information and reservations. Visit Renfro Valley's web site at renfrovalley.com

"Kirby"

Cont. from Front

Griffin in March of 1993 and sentenced for a period of four years in jail.

The case was moved from Rockcastle County from Rockcastle County due to not being able to get jurors to hear the case.

Kirby shot Griffin in the head during an argument between the two men and Kirby contended during his trial that he was only defending himself.

Griffin was Kirby's Uncle. Kirby also received a five year sentence for the offense of DUI, fourth offense in Madison County. The sentences are running consecutive for a total of nine years in jail.

Kirby, who had been out of jail on an appeal bond, began serving his sentence last week, according to Montgomery.

"Arrested"

Cont. from Front

Willie Tommy McClure, 35, of Mt. Vernon, was charged with possession of a controlled substance first degree.

John Delno McClure, 19, of Mt. Vernon was charged with possession of a controlled substance first degree.

Stewart is the only one in jail and the other three are out on bond.

"Water"

Cont. from Front

water tank system, which would take some tanks out and build new ones.

Mt. Vernon Mayor Clarice Kirby said the council agreed to go ahead with the project because the city's water plant is responsible for producing 95 percent of the water used in Rockcastle County.

Only a few years ago the city spent \$4 million to upgrade the plant, but the plant has never produced as much water as the city was told it would by engineers.

Mayor Kirby said the city would attempt to get as many grants as possible to pay for the project and they would also have to look for some low interest funding.

She also admitted the city would likely have to raise water rates to help pay for the improvements.



It is that time again. Joe Matekovich is shown above working at last year's Rockcastle and Lincoln County game for Project Graduation. Project Graduation is an annual alcohol and drug free party held each year after graduation at Rockcastle County High School.

Fish for Pond Stocking

Delivery will be: Monday, March 3

Brodhead - Adams Feed & Supply

1:00 - 2:00 p.m. Phone 606-758-8813

To place an order call the store above or call 1-800-247-2615

Farley & Farley Fish Farm

Cash, Arkansas 72421

Community Walking Program

The Community Walking Program is for all residents of Rockcastle County who are interested in improving their health. The goal of the program is to walk a minimum of three days a week for thirty minutes or ideally, five days a week for thirty minutes. The program will last for 10 weeks. Participants who complete the program and turn in their walking logs will be eligible to receive incentives or prizes.

Participants will register at the Rockcastle County Health Department. Each person will receive a registration packet and a walking log book to track their time or mileage. At the time of registration, it is not required but walkers can have their height, weight, blood pressure, and pulse recorded. In addition, optional body measurements such as: circumference of waist, hips, thighs and arms can also be recorded. These body measurements can provide the walker valuable information and encouragement as you see positive changes in your body with a consistent exercise program. Follow-up measurements will be offered at the end of the program.

Walking will be done at each individual's convenience, wherever he or she desires. Mileage or time will be documented on the log book. At the end of the program, walkers that complete the program will be eligible to receive incentives and recognition for their outstanding effort!

Call the Rockcastle County Health Dept. if you want more information or have questions.

To register, fill out the form below and mail or drop off your form at the Health Department. If you mail your form, you should contact the Health Department to find out when you can come in to pick up Registration Packet and be measured.

Important Dates: Sign-Ups begin: March 1, 2003

First Day to begin walking: March 17, 2003

Walking Logs should be turned in by June 27, 2003

Detach and Return to: Rockcastle County Health Dept., 120 Richmond St., PO Box 840
Mt. Vernon, KY 40456, 256-2242

Name: _____ Street Address: _____ City: _____ Zip Code: _____

Age: _____ Sex: _____ T-Shirt Size: _____

Signature: _____ Date: _____
I, above, signed and fully understood and appreciated the risk of participating in the walking program and knowingly accept them as my responsibility.

Sponsored by Neighborhood Mortgage

London/Laurel

YMCA Basketball

league features

local talent

Several Rockcastle County athletes are playing extremely well in the London/Laurel County YMCA Tuesday night Basketball League. Members of the team are: Jeff French, Nick Leger, Gary Bunch, Chris Miller, Kennel Brummett, Thomas Coffey, Andrew Carrera and Corey Scott.

Sponsored by Neighborhood Mortgage of London, the team has run off four straight wins to remain undefeated at 4-0 and have sole possession of first place.

The league features many outstanding players, including former UK standout Jeff Sheppard, former Jackson County player Mitchell Madden and Jeremy and Steven Asher of Clay County fame.

Neighborhood's play has been anchored by very strong defensive performances. Neighborhood plays excellent team defense, which starts with Miller's aggressive pressure on the ball and Burns' shot-blocking ability on the inside. French and Leger have been leading the way in the scoring department, with a combination of great three point shooting and slashing penetration to the basket. Burns has also been a big lift, draining some deep three pointers and on penetration. Carrera has added strength in the post, with scoring and rebounding, while French, Burns and Leger have hit the offensive and defensive glass with authority. Scott adds floor leadership, outside shooting and ability to push the ball up the floor and find the open man from the point guard spot. Coffey and Brummett both bring quickness and defensive and rebounding ability. Brummett has been shooting well from the outside and Coffey has been effective on drives to the basket and getting to the free throw line.

In the last two games, Neighborhood came away with 68-43 wins.



Members of the Raptors Jr. Pro team are pictured above, front row from left: Brent Callahan, Angie Lawrence, Tyler Parsons, Kyle Shelton and Brandon Stewart. Back row from left: head coach Teddy Lawrence, Jonathan Singleton, Tyler Holman, Jennifer Daniels and Jonathan Alexander. Not pictured was asst. coach Rodney Stewart. The team finished first in the Training League and won the Training League tournament. The team finished 13-1 for the season.

Rheumatology Services Now Available in Richmond

Dr. David Axelrod

Dr. Axelrod received his medical degree from the University of Michigan Medical School. He completed an Internal Medicine residency at the University of Toronto and at William Beaumont Hospital in Royal Oak, Michigan and a Clinical Immunology fellowship at McGill University in Montreal. Dr. Axelrod is certified in Rheumatology, Internal Medicine, and Medical Laboratory Immunology. His professional interests include treating rheumatoid arthritis, Sjogren's Syndrome, and asthma. Dr. Axelrod will be hosting a satellite clinic for local Rheumatology consultation at the Lexington Clinic Richmond Office located at 858 Eastern Bypass.

Appointments are available now. To make an appointment, call the Rheumatology Department at 1-800-565-6641, ext. 4450 or (859) 258-4450.

Lexington Clinic
www.lexingtonclinic.com

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One Beast with up to five of your favorite toppings for only

\$16.50

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ARCADE

256-5000

POOL TABLES

Pizza- Thick, thin or regular hand tossed crust. All your favorite toppings including these new items: BBQ chicken or beef, diced tomatoes, Ranch style pizza.

SUBS- Choose from ham, meatball, chicken, pizza, or our delicious steak hoagies.

Wings- Hot Mild or BBQ

Cheddar Fries

Mozzarella Sticks