

Rogers Announces

Major new counter-drug initiative in Southern & Eastern Kentucky

U.S. Congressman Harold "Hal" Rogers (KY-5) announced recently that he has secured \$8 million for a new comprehensive counter-drug initiative in southern and eastern Kentucky.

The new project will bring together law enforcement, citizens groups and health care professionals for one specific purpose - to fight the drug epidemic in southern and eastern Kentucky. The region-wide grant program will focus on three main tasks: creating regional drug task forces that pool resources for interdiction, confiscation and undercover operations; working with citizens groups in local communities to establish drug treatment programs and working with educators to expand drug awareness and education programs. The project will be operated out of the Center for Rural Development in Somerset.

"The drug epidemic is the worst scourge we've ever faced in southern and eastern Kentucky," said Rogers. "These drugs have torn families apart, ruined lives and stretched the resources of law enforcement and social service agencies to the absolute limit. This new initiative will help equip our law enforcement citizens groups, and health care professionals with the resources necessary to tackle this problem head on, thus funding gives us a major boost in our war against drugs."

Rogers also announced that he has

obtained \$7.5 million to continue the Hal Rogers Prescription Drug Monitoring Program. The competitive grant program allows states that are either looking to create a monitoring program, or upgrade their current system, to apply for federal money to supplement state funding. There are currently 17 states, including Kentucky, which have prescription drug monitoring programs in place. This year, four new states are expected to start programs, bring the total number of partners to 21. This funding provides enough money to allow most of the other non-participating states to get monitoring programs up and running if they choose.

Congressman Rogers became heavily involved in efforts to combat the drug problems in southern and eastern Kentucky after hearing from numerous Kentuckians about the devastating effects of illegally used prescription drugs, particularly OxyContin. Prescription drug abuse is a national epidemic, and in some cases, even more prevalent than that of the traditional killers like heroin, cocaine and methamphetamine.

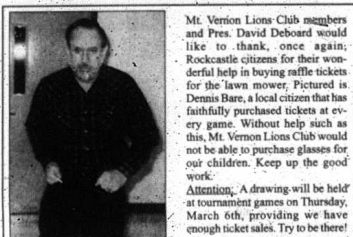
The funding is included in the final version of the FY 2003 Omnibus Appropriations bill, which is comprised of 11 different federal spending bills, the congress approved the legislation last Thursday night. The President is expected to sign the bill into law as early as next week.



Mt. Vernon Lions Club Pres. David DeBoard held his second zone chairman meeting District 43 C. We were honored to have State Police Trooper Craig Sutton, head of Trooper Island. Trooper Island provides a summer fill of fun and camping for the ones that cannot afford the pleasures of camping. We thank Officer Sutton for his fantastic job of describing what the campers will be able to do for a summer full of fun. Pictured from left are Cleith Thacker (Sec.), Officer Sutton, and Pres. David DeBoard.



Also attending the meeting were district zone chairman James Anderson and wife, pictured in rear, and Leon "Speedy" Gonzales, in the foreground. Not shown in picture were Eye Glass Chairman Bill Dowell and member Mike DeBoard.



Mt. Vernon Lions Club members and Pres. David DeBoard would like to thank, once again, Rockcastle citizens for their wonderful help in buying raffle tickets for the lawn mower. Pictured is Dennis Brea, a local citizen that has faithfully purchased tickets at every game. Without help such as this, Mt. Vernon Lions Club would not be able to purchase glasses for our children. Keep up the good work.

Attention: A drawing will be held at tournament games on Thursday, March 6th, providing we have enough ticket sales. Try to be there!

Agricultural News

By Warden Alexander, FSA Director

Burley Tobacco Bits and Pieces

Producers who have completed marketing burley tobacco are reminded to return their marketing cards to the FSA as soon as possible.

If you have stored tobacco at the warehouse for marketing next year, we urge you to bring a copy of the weigh sheet to the FSA office.

If you received notification-requesting documentation for sharing in the risk pertaining to purchased tobacco quota in the past three years, you will need to furnish FSA receipts

(seed/chemicals) and the marketing sale bill for the 2002 marketing year.

Burley Clean-Up Sales

We have been notified that burley tobacco auction markets will have cleanup sales beginning the week of March 10th. Cleanup sales schedules for burley are as follows:

Mt. Sterling-March 10th, A.M.; Somerset-March 11th, A.M.; Danville-March 11th, P.M.; Madison-March 12th, A.M.; Camptown-March 12th, P.M.; Lexington-March 13th, A.M. and Cynthiana-March 13th, P.M.

Also, with this notice, the national office has advised that designation will be suspended for the rest of the marketing year. Therefore, farm operators will NOT be required to redesignate pounds before marketing.

Tobacco Payment Program (TOPP)

The Tobacco Payment Program (TOPP) will provide \$53 million to eligible applicants to help enhance the economic stability of tobacco producers. On Feb. 20, 2003, the President signed the Agricultural Assistance Act of 2003, which included provisions to provide direct payments to all acreage allotment/marketing quota holders and tobacco growers.

Applications for direct payment sign-up for TOPP begins March 17 and ends May 16, 2003. Late filed applications will not be accepted. Funds will be dispersed according to allocation formulas tied to the various types of tobacco with payments being issued between mid-May and June 1, 2003.

Eligible producers are one who owns, controls or produces eligible tobacco on a farm for which an acreage allotment/marketing quota was established for the 2002 marketing year.

Eligible types of tobacco include blue-cured (types 11-14), Burley (type 21), blue-fired (types 21-23), Dark air-cured (types 35-36), Virginia sun-cured (type 37), Cigar filler/binder (types 42-44 and 54-55).

If you need more information about TOPP, please contact your local FSA office.

Making Small Dietary Changes Leads to Large Weight Loss

By Hazel Jackson
County Extension Agent for
Family and Consumer Sciences

A single dietary change might be all it takes to lose excess pounds that have crept up over the years. By eating just 100 fewer calories each day for a year, you can lose 10 pounds in that year.

Nutritionists usually recommend a gradual weight loss of no more than one-half to two pounds a week. It's also suggested that obese children and older adults lose weight under the guidance of a healthcare provider. It's hard to attain adequate nutrition if you consume less than 1,200 calories a day. Seek the supervision of your physician or a registered dietitian if you drop below this caloric level.

It's easy to consume half of more of your daily calories at one fast-food meal, especially if you're super-sizing portions. You can save 100 calories or more by following these suggestions when next visiting a fast-food restaurant. If you're not very hungry, order the smallest hamburger the restaurant offers. Order the smallest size of French fries, or split them with a friend. Better yet, order a side salad with fat-free dressing. Remember to check the number of calories on the dressing. A dressing just might contain about 100 calories or more per packet. Try using half a packet of dressing. Instead of a regular soft drink, order a diet version or plain water. Skip the mayonnaise or sauce when ordering your favorite hamburger or other sandwich.

Following are more suggested small dietary changes that can cut 100 calories. Using just one of these suggestions could help you lose 10 pounds a year. If you'd like to lose more weight, try two or more changes daily.

Drink two glasses of one-percent, low-fat milk or skim milk rather than two glasses of whole milk. The nutrients are comparable. Substitute two tablespoons of low-fat mayonnaise for regular mayonnaise or use mustard to replace mayonnaise.

If you've been drinking a 20-ounce beer or soft drink, colinize to a 12-ounce container size. Even

better, substitute a 12-ounce can of a diet soft drink, with no calories, for a similar amount of a regular soft drink with 150 fewer calories. An alternative is to drink a glass of cold water, perhaps with a slice of lemon or lime.

"Don't drown your salad in dressing. If you're been using three-plus tablespoons of dressing per two cups of salad, try cutting back to one and one-half tablespoons or less. Some nutrition sources recommend about one tablespoon of dressing for each two cups of salad. Also, experiment with reduced-calorie salad dressings.

Adults often eat more than one serving of cereal based on the size listed on the box. This might be one way calories are sneaking into your diet. Compare the amount you're eating to the serving size listed on the cereal box to determine if you're pouring more calories. To aid portion control, try using a smaller bowl.

It's easy to put a couple of tablespoons of butter or margarine, which can contain up to 200 calories, on a baked potato without giving it a second thought. By switching to sour cream, you can have as much as one-fourth cup for 100 calories. For even fewer calories, use a light or fat free sour cream, or substitute yogurt for the sour cream.

Microaving popcorn at home or work is a common occurrence. It's easy to eat one-half a bag or more of popcorn. One single cup of buttery popcorn might contain about 100 calories. To gauge how much you're eating, remember one cup is about the size of a baseball, or your fist. While microwave popcorn is a great snack, experiment with low-fat versions if you'd like to eat more than a few cups at one time.

For more information on nutrition and health, contact your County Extension Service. The Kentucky Cooperative Extension Service serves all people regardless of race, color, sex, religion, disability or national origin.

"Murder"

Cont. from Front

she said.

"I know that everyone who worked with Kenna, and even those that didn't actually work with her on a daily basis, is glad that some justice has been served," said Cindy Anderkin, a counselor at Mt. Vernon Elementary School.

"She was a very caring person and she did love her family, especially her grandchildren," the counselor said. Because of their jobs, Anderkin and Lanham worked together on a weekly basis. "She was an excellent employee who took her job as a school psychologist very seriously and she always put the students she worked with first," said Rockcastle County Superintendent Larry Hammond.

"Kenna was the school system's first ever school psychologist who carried a heavy work load for many years, before it became obvious that she needed help - she was just really dedicated to her job and to the kids," Hammond said.

"She had such a soft heart and all of her co-workers, including myself, will never forget her," Hammond added.

Kenna Lanham's position was based at the Rockcastle County Central Office, but she worked in each school in the county.

Phillip Lanham, wearing a black turndown with his hair pulled back into a ponytail, sat quietly throughout the trial which began last Tuesday.

His attorney, Susanne McCollough, did not call him to the stand or any other witnesses and rested Wednesday after the prosecution presented its case.

Phillip Lanham had told an emergency dispatcher that he had awakened 7 or 8 a.m. that October morning to find his wife lying next to him on the floor. He told police he had put her to bed and then cleaned the house but she was still unresponsive when he called for an ambulance after 5 p.m.

Lanham had told the dispatcher and police that he thought his wife had died of hypothermia.

But police and an emergency medical technician said they could see that Kenna Lanham had been beaten because she had bruises and cuts all over her body. And they could see that there had been an attempt to

clean the house, with a towel in a washer and the house smelling of bleach. He had also tried to vacuum up blood from the floor.

Forensic pathologist Dr. Cristin Roll testified that Kenna Lanham had died of asphyxiation from a blunt object, although it was never specifically identified during the trial.

Both Lanham's attorneys had suffered from substance abuse addictions and the days preceding Kenna Lanham's death had been filled with a series of phone calls to Garrard County's 911 seeking help because the couple was fighting.

Phillip Lanham told police that his wife was "blind stone drunk" and was cut and bruised because she kept falling down and running into things.

"We propose she could have had a seizure," he said with a shrug, McCollough said.

"The thing is, Kenna knew her husband struggled with emotional difficulties, however Kenna loved him and was determined to help him in any way she could," Anderkin said.

"That is who Kenna was - she was always looking to help others and especially students," the counselor said.

During closing arguments, Commonwealth Attorney Tom Lockridge stopped any speculation that Kenna Lanham was impaired when he told the jury that blood-alcohol results showed that she was not even legally impaired.

Lockridge told the jury that given the bruises and cuts all over Lanham's body it made sense that she was beaten and suffocated.

Lockridge noted that Roll said it takes two minutes of compression on the nose and mouth for a person to lose consciousness and another two minutes to cause brain damage and death.

To demonstrate the intentional nature of what he called "the ultimate crime," Lockridge was silent as he testified for the jury the two minutes it would have taken Kenna Lanham to lose consciousness.

After a minute had passed on his wristwatch, Lockridge looked up to say, "that is one minute of Kenna struggling to get her breath with the defendant holding something over her mouth."

Sentencing for Phillip Lanham has been scheduled for March 21st. (Editors Note: Much of the information for this story was taken from last Saturday's Lexington Herald-Leader)

Rockcastle County Goat Association being formed

Local goat producers are joining together to organize a Rockcastle County Goat Association. A core group of local goat owners have started working on identifying people who own goats. Through meetings and personal contacts, the group plans to establish a mailing list. From this list, local producers will be notified of producer meetings, field

day demonstrations, and group marketing opportunities.

If you own goats and would like to participate, the next meeting will be at 7:30 p.m., Monday, March 24th, at the Extension Office on West Main Street. For producers who would like to be added to the mailing list, contact Tom Mills at 256-2403, Jeff Whitaker at 256-3261, or Geoff McGuire at 256-2241.



Everett Vanizant and his family are building a herd of Boer goats. His nanny, pictured with three female kids, is adding to the herd fast. Everett and local goat producers are working to develop a local goat association. Call 256-2403 if you would like to be added to their mailing list.

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