

Agricultural News

By Warden Alexander, FSA Director

COC Advisor Outreach

County Committee Advisors continue to be a most valuable resource for FSA County Committees across the nation. Procedure calls for COC's or their representatives to contact groups and individuals who have members involved in agriculture who are an under-represented population.

As indicated in the Civil Rights Action Team's and the Commission on Small Farm's reports it is imperative that under-represented (female and minority) groups are included and represented at every level in FSA.

At this time we are hereby seeking your assistance. It is possible that you know someone who would be willing to meet with the COC once every month to represent this population? If so, please submit the name and address of the individual to the FSA office.

Marketing Cards

Producers which have sold all tobacco for the current year are reminded to return the marketing card back to the FSA office immediately. 2004 is a barley referendum year and cards are needed in the county office as sales are final. Also, this avoids producers misplacing the card.

Remember, when returning the marketing card, if you are a producer who has purchased a tobacco quota in the past 3 years you must furnish the FSA office a sale bill reflecting the monies allocated to each producer along with any expenses, (fertilizer, lime, chemicals, etc.).

Crop Disaster

Jeffery S. Hall, State Executive Director of the Farm Service Agency in Kentucky, wishes to take this time and opportunity to remind farmers that sign-up for the Crop Disaster Program (CDP) will end on January 30, 2004. CDP provides payments for producers who suffered 2001 or 2002 crop-year losses due to a natural disaster.

"FSA in Kentucky has issued over \$10 million in benefits under the Crop Disaster Program," said Hall. "All qualified farmers are encouraged to take advantage of this assistance."

Under CDP, producers are reimbursed for qualifying crop production

and quality losses (other than sugar cane, sugar beets or tobacco) for either the 2001 or 2002 crop years. Payments are issued for losses exceeding 35 percent of expected production at:

- 50 percent of the established price for crops that were covered by crop insurance

- 50 percent of the established price for crops for which crop insurance was unavailable; and

- 45 percent of the established price to producers for crops that could have been insured but were not. Eligible producers who did not have crop insurance or Noninsured Crop Disaster Assistance Program coverage during the year of the disaster must agree to purchase coverage for each of the next two crop years.

For more information on CDP and other USDA programs contact the local Farm Service Agency Office or the FSA's web site at: <http://fsa.usda.gov/KY>.

Farm Changes

Producers who have purchased or sold land should inform the FSA office of the change. A copy of the deed or land contract sales is required to update FSA records with correct ownership.

Producers are also reminded to inform the FSA office of any change of address.

Spousal Signature

Spouses may sign on behalf of each other for FSA and CCC programs in which either has an interest, unless written denial is on file in the FSA office.

Office Closure

Rockcastle County FSA and NRCS offices will be closed: Thursday, December 25th and Friday, December 26th for Christmas. Thursday, January 1st for New Years.

Important Program Dates

Return marketing cards when sales are final.

Grassland Reserve Program applications being accepted for 2004 funds.

Crop Disaster Program (CDP) sign-up began June 6, 2003.

Milk Income Loss Contract (MILC) Program-signup continues.

Farm Storage Facility Loan Program-signup continues.

Conservation Reserve Program.

signup continues

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Tips For Preserving Your Pre-Holiday Weight

By Hael Jackson
Rockcastle Cooperative Extension Service
Agent for Family and Consumer Sciences



The holidays are stressful enough without worrying about weight gain. Some people accept the myth that most people gain 5 to 10 pounds between Thanksgiving and New Year's and just figure they'll do the same and lose it later. A recent report from the National Institute of Health (NIH) indicated that Americans gain only about 1 pound over the holidays. The 195 volunteers in the study ranged in age from 19 to 82. They were weighed 6 weeks before, during and after the winter holiday season. Researchers found that the volunteers believed they had gained much more weight than they actually had. Fewer than 10 percent gained more than 5 pounds over the holiday season. However, overweight and obese volunteers were more likely to gain 5 pounds than those who were not overweight.

Weight problems result when recently added weight isn't lost before the next event of over-eating. Over time, those extra pounds contribute to obesity. Putting your focus on maintaining a balance of physical activity and food intake is one of the healthiest ways to approach the holidays because it takes some of the emphasis off food. Physical activity also is a proven way to reduce stress.

With that in mind, here are tips to prevent holiday weight gain:

- Plan holiday celebrations around activities, not food.
- Concentrate on quality, not quantity. Keep your portions in proportion.
- Give yourself the gift of planned physical activity. Physical activity is an effective method for preventing weight gain during the holidays by burning calories, suppressing appetite and helping deal with stress. Physical activity is the common denominator to

losing weight and keeping it off.

- "Never skip meals before or after a big celebration, this creates a famine-fast-famine cycle."
- "Put eating in perspective! Overeating at one meal does not spell catastrophe."
- "Spend less time in the kitchen. Do you really need to make dozens of different cookies, candies or breads?"
- "Rethink the food gifts you give. Consider replacing your usual box of homemade candies for the neighbors with an assortment of fresh fruits or nuts."

- "Get adequate sleep! Chronic sleep loss may affect various components of metabolism that influence hunger and weight gain."
- Plan ahead.

For more information contact the Rockcastle County Cooperative Extension Service at 256-2403. Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Farm News

By Tom Mills
County Extension Agent for
Agriculture & Natural Resources
Goat Cost Share
Program



The Rockcastle County Goat Producers Association will be implementing a Goat Diversification Program through use of Phase I Tobacco Settlement Funds. A 50/50 cost-share program for the purchase of meat-type doe's will assist local producers in expanding their herds. Applications for the cost-share program will be available Monday, January 5 through Thursday, February 5, 2004, at the Rockcastle County Cooperative Extension Service on West Main Street. Applications will be accepted on a first come, first serve basis. Pending state approval and funding, successful applicants will receive an approval letter as soon as funds are available.

General program guidelines and requirements are as follows:
• Cost share funding is for the purchase of meat-type doe's at least 4 months old.
• A maximum of \$500 dollars per farm, not to exceed \$100 per doe or 50% of actual cost, whichever is less.

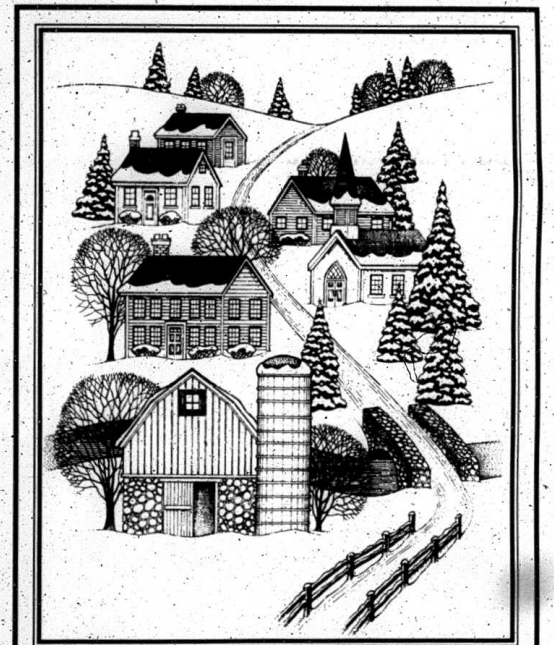
- Approved applicants will have till December 1, 2004 to make their purchases. All purchases must show receipts, copies of checks and show permanent identification of each animal.
- All animals must be owned by applicant for three years.
- Participants must be willing to complete production records (or annual reports for the 3 year period).

A complete description of guidelines is included on the application. Funds will be limited and the Goat Association anticipates that 20 farms can receive assistance. For more details contact Jeff Whitaker, Association president, or Tom Mills, Co. Extension Agent for Agriculture at 256-2403.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.



Taco Bell
Six Pack Tacos 3⁹⁹
Chicken Quesadillas 1⁹⁹
Redeem this coupon
and receive
50¢ off any combo meal
Located at Exp. 62 - Mt. Vernon



To Our Good Neighbors At CHRISTMAS

We're proud to be a part of this fine community and are grateful for the privilege of serving you.

Happy Holidays and heartfelt thanks!

Rockcastle Sheriff Darrell Doan & Patricia

Deputies Nathaniel Price, William Harris, Joe Rush, Kenny Holt, Rick Brummett, Derrick Price

Merry Christmas

from

Kentucky Farm Bureau Insurance
Mt. Vernon • 256-2050



Front row: Marlene Lawson. Back row from left: Shelly Mullins, Stacie Thacker, Bobby Cummins, Ashley Lawson, Tina Adams and William K. Bullen.

Farm Bureau will be closed Christmas Eve and Christmas Day
Also closing at noon New Years Eve and closed New Years Day