## Yards to Paradise

By Max Phelps Harvest Festivals and Farmers Markets Good for Economy

Tis the season for apple festivals, honey festivals, and numerous other local and regional festivals for both fun and for making local purchases from local growers and producers. Also, farmers markets contribute to the local community in numerous ways; dollars spent locally recirculate locally. Dollars spent with huge chain stores, dollars spent on items imported or from places far away are not helpful to our local economy.

Why make this a landscape issue? Well, first, you may want to grow some of your own food in your landscape. Further, you may have friends or family who farm, and buying their produce that is both fresher and generally cheaper helps them, and again recirculates the dollars locally. Or if

#### September declared as National Childhood **Obesity Awareness Month**

September is National Childhood Obesity Awareness Month. In Kentucky, efforts to curb childhood obesity continue to gain momentum. A number of efforts are underway including the work of the Shaping Kentucky's Future Collaborative, a multifoundation approach to policy-level change designed to make the healthy

choice the easy choice. "Lowering childhood obesity rates is a positive lever for overall health change, reduc3ed risk of chronic disease and an improved quality of life. Foundation polling and recent news reports signal growing awareness among Kentuckians of the importance of and the need for lowering our obesity rates," said Susan Zepeda, President/CEO of the Foundation for a Healthy Kentucky. "A recent Greater Louisville Project (GLP) report examined the impact of obesity on health, education, jobs and a vibrant economy. Good health and a good economy

are inextricably linked" Two important studies undertaken through the Cabinet for Health and Family Services – Shaping Kentucky's Future: Policies to Reduce Obesity (2009) and Unbridled Health: A Plan for Coordinated Chronic Disease Prevention and Health promotion (draft in preparation) contain policy recommendations for work communities, corporations, schools and the state itself can do, to help us all eat better and move more. Nationally, the recent report F as in Fat: How Obesity Threatens America's Future 2013, compiled by Trust for America's Health and the Robert Wood Johnson Foundation will be discussed during a Congressional briefing in Washington, DC Thursday (September 12) morning. The report includes a growing set of strategies that have improved health but stress that they are not yet implemented or funded at a level to reduce obesity trends significantly. Some key recommendations from the report regarding strategies that should be taken to scale include:

•All food in schools must be healthy;

 Kids and adults should have access to more opportunities to be physically active on a regular basis;

- •Restaurants should post calorie information on menus;
- •Food and beverage companies should market only their healthiest products to children;
- •The country should invest more in preventing disease to save money on
- •America's transportation plans should encourage walking and biking;
- •Everyone should be able to purchase healthy, affordable foods close to

"Here at home, Kentucky will host the Southern Obesity Summit in 2014 and several organizations are hard at work to advance health policies that support sound nutrition and active living at work, at school and in our communities," concluded Zepeda. "These efforts create op-

portunities to discuss strategy and create more awareness of the compelling need to reduce childhood obesity rates in the Commonwealth."

About the Foundation for a Healthy Kentucky

The Foundation for a Healthy Kentucky is a nonprofit, philanthropic organization working to address the unmet health care needs of Kentuckians. Our approach centers on developing and influencing health policy, to promote lasting change in the systems by which health care is provided and good health sustained, to:

- improve access to care, reduce health risks and disparities, and
- promote health equity. The Foundation makes grants, supports research, holds educational forums and convenes communities to engage and develop the capacity of the Commonwealth to improve the health and quality of life of all Kentuckians.

For more information about the Foundation, visit our website: www.healthyky.org.

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you're a service contractor or a merchant, you know the local economy affects your income, and what you can afford. That swimming pool or patio or pond or sunroom may not get to happen if the local economy sours too much. That real estate saleslady may close fewer sales at reduced fees. How many people stop to realize (or look at the labels at the store) to see where the item they're about to buy is coming from? The bottom line I want to draw your attention to in today's column is that when those profits go to foreigners (or even distant American cities), it drags down the livelihoods of almost all the local citizenry. Growing some yourself,

be it from a blueberry bush, a pawpaw tree, or a farm pond stocked with fish is a really sensible activity. Not to mention the exercise and relief from mental stresses we are bombarded with these days. Even the computer and tv can get us all wound up—back when kids walked to the creek with a pole over their shoulder, we had a much more decent country. And back when families grew all or part of what they ate, they had a greater appreciation for their bounteous blessings. And the local economy afforded kids out of school for the summer a chance to make some spending money picking berries, housing tobacco, hauling in bales of hay, and so forth. Today the local economy is about drug growing or making, and that's a real shame. But, did anyone think or have the foresight to know buying California strawberries, Washington apples, Mexican tomatoes and peppers, or Chilean grapes had anything to do with that?

Helping your neighbor who has a few veggies by the highway for sale, or at a local farmers market, or buying some eggs from a coworker at the office can yield some mighty fine vittles. It can also make our communities more prosperous—and that ain't too shabby for just a little inconvenience.

Not to even mentionhow much tastier fresh local produce is. And, local apples may have a few bumps and not have any wax to make them shine, but do you really want to know what is on those peels or what the wax is made out of? If it comes from someone you know, you can simply inquire if you have concerns—most farmers are the most honest folks around.

As you see pumpkins, apples, honey and a variety of other local produce for sale, consider stopping and spending some of that grocery money with a neighbor. You'll receive excellent product for a fair price, and you'll feel good about helping keep the local growers and the local economy stimulated.

The author is a landscaper specializing in waterfalls. Contact Max: www.mountain waterfalls.net



Recently, 11 firefighters from MVFD completed a 40 hour HAZMAT class gaining them certifications as HAZMAT Technicians. This class was a 4 day, 40 hour class over the course of 3 weekends. It was a very detail oriented and informative class taught by OAI Safety Training with all OAI Instructors present being experienced officers with Lexington Fire Department. The 11 new certified HAZMAT Technicians join 3 previously certified ones giving MVFD 14 Certified HAZMAT

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# Need help to quit smoking?

If you would like to quit smoking, the Kentucky Cancer Program can help. Using an innovative smoking-cessation program called the Cooper-Clayton method we can help you become a non-smoker.

Join us **SEPTEMBER 17, 2013** to start the 12-week program sponsored by Rockcastle Regional Hospital. Classes are Tuesdays at 6 p.m. in the hospital's large conference room. Thanks to the ASAP (Agency for Substance Abuse Policy) Grant, free nicotine replacement patches will be available.

Join the hundreds of other Kentuckians who have quit for life!

Interested in participating? Call Rodney Weaver at 256-2195 ext. 5088

### See if your Choles (2) of is in check



In recognition of Cholesterol Awareness Month, you're invited to participate in a

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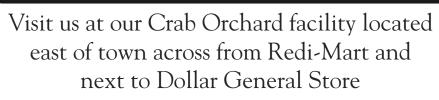
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