

New Year Diets

By: Hazel Jackson
County Extension Agent for
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Agricultural News

By: Warden Alexander, FSA Director

County Committee (COC) Election

The 2001 County committee held the first monthly COC meeting of the year on January 4th. The members voted and elected officers as follows: Darrell Wayne Whitaker, Chairman; Joe C. Bullen, Vice Chairman; Clarence Raymond Brown, member. The committee meets the first Thursday of each month at 8:00 a.m. in the Rockcastle County FSA Office, Hwy. 150 and Freedom School Road and is open to the public.

Marketing Cards

Producers who have sold the current years crop of tobacco are encouraged to return their marketing card to the FSA as soon as possible. Marketing cards then compared to sales recorded for accuracy. Failure to return marketing cards promptly delay correct information for the 2001 data.

Dairy Market Loss (DMLAI) Payments

Rockcastle FSA Office recently issued over \$58,000 in DMLAI payments. These payments were for

to help dairy farmers cope with the low milk prices, which have declined for three consecutive years, and are now at the lowest level since 1991.

FSA Quiet Time

The Farm Service Agency will be processing payments on Wednesday mornings, therefore, limited service will be available during these quiet hours. Applications and other documents may be left on the front counter. The quiet time became effective Wednesday, September 20, 2000.

Office Closure

The USDA Service Center will be closed Monday, January 15th in observance of Martin Luther King Day. The office will reopen on Tuesday, January 16th.

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The number one most common New Year's resolution is losing weight. Whether you plan to lose 5 pounds or 20, there's only one way to lose weight and that's to use more calories than you take in. This means that you must either select foods containing fewer calories than you normally eat or you must increase your activity - preferably both.

Generally, to lose one pound a week, you must either decrease calorie intake by about 500 calories a day or burn up those 500 calories by increasing physical activity. A steady loss of 1/2 to 1 pound a week is about right.

All calories count - regardless of the food they come from. BUT, some foods have more calories than others. The fat in foods and alcohol in alcoholic beverages have about twice as many calories as carbohydrates and protein.

Protein, vitamins, minerals, and some fat and carbohydrates too, are essentials of a good diet, regardless of its calorie count. The healthy approach in losing weight is to choose a variety of foods providing the nutrients needed, and to go easy on foods that supply mainly calories. Examples are sugars, sweets, fats and oils, foods that are high in sugars and fats and, of course, soft drinks and alcoholic beverages.

Be suspicious of diet gimmicks and fad diets that promise wonders. They can be dangerous. Some are appealing, because they promise quick and easy weight loss. But unless a diet is balanced nutritionally - as many fad diets are not - it could be harmful if followed over a long period of time. Diets that encourage little or no eating, diets that promote heavy eating of one kind of food, and very low-calorie diets can all cause health problems.

For more information or a free publication on Maintaining a Healthy Weight, call the Extension Office at 256-2403.

If your New Year's resolution was to lose weight, which out for harmful, fad diets.

Every year an assortment of diets, nutritionally unbalanced diets are circulated among those looking to lose weight. The diets all promise quick weight loss. Many of these diets can actually undermine your health, cause physical discomfort and lead to frustration when you regain the weight back.

How do you recognize a fad diet? The American Heart Association (AHA) has declared war on fad diets. AHA suggests using the following criteria to recognize a fad diet.

***Magic or miracle foods that burn fat.** Foods don't burn fat. If we eat more than we need (too many calories), the extra food energy is stored as fat.

***Bizarre quantities of only one food or type of food.** All foods can be a part of a healthy diet. But eating large quantities of one food could lead to intestinal gas, bloating, flatulence and bad breath, as well as nutritional imbalances that could have a serious impact on your health. Emphasizing only one food or food type is also boring.

***Rigid menus.** Some fad diets allow a very limited selection of foods, which must be eaten exactly as written and at a specific time and day. These limited diets don't allow for the taste preferences of a diverse American population.

***Specific food combinations.** There is no scientific evidence that eating goods in certain sequences or combinations has any scientific or medical benefit.

***Rapid weight loss of more than two pounds a week** can be dangerous over a long period of time.

***No health warning for individuals with chronic diseases** such as diabetes or high blood pressure to seek medical advice before going on the diet. Some fad diets can have serious impact on your health even if you lose weight.

Tobacco Expo

By Tom Mills

The annual Tobacco Expo will be held Wednesday, January 17, from 9:00 am to 3:00 pm in Heritage Hall located in downtown Lexington. This annual event includes a trade show with over 100 companies showing the latest equipment from tray washers to harvesting aids.

Workshops will start at 10:00 am covering topics on managing tobacco diseases, Nitro-namines and the Star project, variety update, NO-Till, as well as a 46 update on Phase I and Phase II tobacco settlement funds.

Farmers will also be given information on the upcoming vote for continuing a quota and price support system, projections on commodity purchase incentives, as well as the 2001 quota allotment.

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SOFAS

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Hughes 2 Pc. Sofa & Chair.....	\$599 ⁹⁵
Broyhill Sofa - Blue Plaid.....	\$699 ⁹⁵
Hughes Sofa.....	\$399 ⁹⁵
OCCASIONAL TABLE & CHAIRS	
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Cherry Curio.....	\$199 ⁹⁵
3 Pc. Table Set.....	\$199 ⁹⁵
Odd Tables.....	\$49 ⁹⁵
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