Sweet and Sour

By Zi Graves

Double Talk; No Action

If we, the parents and grandparents of the school children needing an improved education system, and children of the aging population needing affordable health care and living conditions are responsible, why aren't we doing something about it? The lawmakers we voted into office are talking with a forked tongue when they promised to do these things when they asked for our vote during election time. Where are they now? In nice cozy offices somewhere in Washington, arguing about tax cuts and who will benefit from it, of course. From my point of view, the childrens' education and senior problems of being able to have their next prescription filled should have the attention first. The rich, which most of our elected officials are, have no worries. They have health insurance the government pays for and are able to send their children to schools of their choice.

The idea of "no child will be left behind," sounds like a fairy tale to me, and I don't believe in fairies. A good education for all children begins in kindergarten, or more importantly, in the home, and is continued through high school and college -- if the child is lucky enough to be from a family financially able or willing to sacrifice their own needs for his benefit.

If those who make laws will shift gears, if they know how to get out of reverse, and get into the reality of the need for more schools, located in areas where the children live, no busing across town, or miles over country roads with children half asleep from lack of it at home because the distance to and from school is greater than the time at home. Then we have the mistaken idea that teachers of our next generation, the people we are entrusting with the welfare of our children's minds, the one who will be instrumental in shaping his/her lifestyle, isn't worthy of their pay. They should have a pay raise that will put them in the professional category. We don't refuse to pay our doctor when he fixes a stubbed toe, nor do we refuse to pay the attorney, when he hands us a bill for his work. So, why have we put the very people who are training our children to be fit citizens for the future, a salary barely above the minimum wage? Doesn't their college years count for anything? Where was Mitch when the bill came up for a raise for them?

Where was he when Medicare needed a raise? The bill for prescription drugs for the elderly? Maybe he needs to visit more people in the areas where the need is greatest and talk to those not able to afford the price of a dinner just so they can be in his presence.

If we ever get these two problems taken care of, maybe we can begin thinking about giving the tax cut break and put a smile on the faces of the affluent the congress seems so concerned about.

Health Department launches campaign for car seats & belts

Motor vehicle crashes remain the leading cause of death for all children ages 5-15, as well as for older teens and young adults.

If 100% of motor vehicle occupants under five years old were protected by children safety seats, an estimated 472 lives (that is, and additional 173) could have been saved in 1998.

Failure to buckle up contributes to more fatalities than any other single traffic safety-related behavior.

To educate and inform our community of the life-saving benefits of car seats and seat belts, the Rockcastle County Health Department will be coordinating many activities during the months of March, April and May.

A Safety Seat Fair with Vince and Larry, the Crash Dummies, will be conducted to provide parents with the opportunity to have car seats inspected by a child safety seat technician. This activity will conducted in conjunction with Drive Smart and will take place on April 17 from 10-1 at the Save-A-Lot Parking Lot.

Watch for flyers, posters and fact sheets at local businesses.

"Safety Sacks" with coloring sheets, crayons, safety information, and other goodies will be given to children at various events.

A visual survey was performed last week to determine the number of children in car seats or buckled up; a follow-up survey will be conducted in May to determine improvement.

A visual survey was conducted at the high school to determine the percentage of young drivers who wear safety belts; a follow-up survey will be conducted to determine improvement.

The best things families can do to safeguard the health and well being of children is to establish safety habits that set a pattern for safety for the rest of their lives.

The Rockcastle County Health Department is counting on everyone to help make this effort a success.

Let's take the time to STOP and BUCKLE UP our children!

Green Thumb search for 2001 outstanding older worker

Green Thumb, Inc., is searching for Kentucky's 2001 Outstanding Older Worker. Green Thumb, America's leader in senior employment, launched the National Prime Time Awards Program in 1998 to highlight the valuable contributions that older workers are making in their communities and places of work. For the fourth year, outstanding workers from every state, the District Columbia, and Puerto Rico will be honored in Washington, D.C. and in their home states. This year National Prime Time Awards activities take place in mid-September with a series of evehts in the nation's capital, capped by a gala awards banquet and ceremony on Saturday, September 15, at historic Union Stat.

Kentucky is currently soliciting nominations from businesses and individuals. Contestants must be 65 years of age or older, a resident of Kentucky, currently employed, and working at least 20 hours each week for pay. The winner must be willing and able to travel to Washington, D.C. for the National Prime Time Award Program events.

Nominations must include a brief narrative to discuss the older worker's overall contribution to the business, including longevity, experience, skill level, work ethic, any disabilities the nominee has overcome to perform his/her job, and a description of his/her community involvement.

Official nomination forms may be obtained from Green Thumb, Inc., PO Box 656, Livingston, KY 40445. Entries may be mailed, faxed or emailed to: Wil Kincer, Fax 606-453-4019; email: willkincer@kih.net. The deadline for nominations is May 25, 2001.

A committee of business and civic leaders will evaluate nominations. The winner and runner-up will be announced no later than June 6, 2001.

In addition to special activities and recognition within the state, the winner will attend the 2001 National Prime Time Awards in Washington, D.C. next September. The visit will include a tour of the city's landmarks, meetings with congressional representatives, U.S. Senate and U.S. House events, a tour of the White House, and the Awards Banquet and Ceremony at Union Station.

Kentucky's 2000 outstanding older worker was 82-years old Clayton E. Stoess from Crestwood. Mr. Stoess is still working in the family hardware business six days a week, sometimes staying until 6:00 p.m. to close the store. Previous winners include Howard Whitmore, 78, a food handler permit tester for Lexington/Fayette Health Department, and Helen Clemons, 86, Louisville, who has worked at the Progressive Paint Manufacturing Company in the production line since 1928.

A search for America's Oldest Worker is also under way. Last year's winner, Robbie Eisenberg, 103, manages a zipper manufacturing operation for Zabin Industries in Los Angeles, California. The 1999 winner, Dr. F. William Sunderman of Philadelphia, Pennsylvania, now 101, continues to edit a national medical journal. Applicants must work 20 hours a week for pay, and the one with the earliest birth date is declared the winner. Nominate via the Internet at: willkincer@kih.net or contact the state office: Green Thumb, Inc., PO Box A, Beattyville, KY 41311.

Garlan Vanhook, right, who attended Somerset Community College from 1976-78, was the featured speaker at Somerset Community College's Mu Alpha Theta and Sigma Zeta Initiations. After graduating from the University of Kentucky School of Architecture, Vanhook started his own business, and currently is working for the Judicial Branch of the State Administrative Offices of the Court and serves as facilities manager for Chief Justice Joe Lambert for courthouses across the state. With Vanhook from left are professors Jean Bowdan and Gail Stringer.

Five-A-Day Challenge

There is still time to join the Five-A-Day Challenge. The Five-A-Day Challenge is designed to inspire and support you to eat five or more servings of fruits and vegetables every day. Not only will you be healthier, you'll have the chance to win some great prizes in the March 2001 contest. You can pick up your contest form at the Rockcastle Health Department.

Eating Five-A-Day is one of the best things you can do for yourself. Overwhelming scientific evidence shows that eating five or more servings of fruits and vegetables a day helps prevent cancer, heart disease, stroke, cataracts, hypertension, obesity and diabetes.

Only 16% of Kentucky citizens reach the Five-A-Day goal. Just a few simple changes can help us reach the goal and improve our health. Start your day with a glass of 100% fruit or vegetable juice. Lighten you day the 5-A-Day way be eating a salad for lunch and a fruit or vegetable for a snack. You'll feel healthier, and look it too! Variety is the spice of life. Try a new fruit or vegetable. Have you ever eaten a kiwi, a starfruit or a kohlrabi?

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?? Kia - Sephia -94K miles	9,990	8,990	$198/MONTH
?? Gr. Am. -2 Dr. -28K miles	12,990	11,990	$264/MONTH
?? Dakota -Piu -6K miles	13,990	10,990	$242/MONTH
?? Gr. Prix -White - Loaded	13,950	10,990	$242/MONTH
?? Taurus -S/E -Loaded	12,195	9,990	$220/MONTH
?? Cavalier -(2 to choose from)	10,990	9,990	$220/MONTH
?? Toyota P/U-4X4 -Like New	12,990	11,990	$264/MONTH
?? Ranger XLT P/U 32K miles	8,990	7,990	$176/MONTH
?? Maxima -Loaded -39K miles	14,990	13,990	$308/MONTH

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ARE YOU SICK AND TIRED?
Sick of having family and friends destroyed by drugs, alcohol, abuse, disease and other devastation?
Tired of feeling like there is nothing that can be done?
There is something that we can do. "Again I tell you, if two of you on earth agree about whatever (anything and everything) they may ask, it will come to pass and be done for them by my Father in heaven. For wherever two or three are gathered (drawn together as my followers) in my name, there I AM in the midst of them." *Matthew 18:19-20* AMP
"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then I will hear from heaven, and will forgive their sin, and will heal their land." *2 Chronicles 7:14* KJV
IT'S TIME
Please join us for the following community prayer services
March 17 @ 7 p.m. - Mt. Vernon Pentecostal Church
March 24 @ 7 p.m. - First Christian Church
April 20 @ 7 p.m. - First Baptist Church