

Local youth attend 4-H Camp

Fifty-seven 4-H youth and leaders from Rockcastle County attended J.M. Felner 4-H Camp in London the week of June 11-15. The youth from Rockcastle County camped with youth from Bell, Clay, Jackson, and McCreary Counties resulting in a total of 260 campers for the week.

Youth took part in classes such as riflery, boating, swimming, archery, recreation, line dancing, crafts, ropes challenge, first aid, foods, and nature, just to name a few. Youth not only participated in traditional camp ceremonies, but also experienced new friendships.

learned how to live cooperatively with others, and experienced independence.

The Rockcastle Co. 4-H Council would like to express thanks to the following adults and teens for volunteering at 4-H camp: Kathy Price, Faith Spire, Jessica Denny, and Melinda Coffey. Also thanks to Brenda Saylor and Patsy Morgan for teaching Expanded Food and Nutrition Education Program classes at camp.

Several county businesses and individuals donated money toward scholarships to provide youth the opportunity to attend 4-H Camp. We express our thanks to Rockcastle Kiwanis Club, Cox Funeral Home, Citizens Bank, Rockcastle Board of Education, Roundstone Youth Services, Community Trust Bank, Quail Homemakers, Retired Teachers, Mt. Vernon Elementary Family Resource Center, Brodhead Elementary Youth Services, and RCHS Youth Services. Your contributions are greatly appreciated.



Morgan Kincer is shown wearing a Sombrero while participating in the Mexican Fun Foods class taught by Brenda Saylor and Patsy Morgan at 4-H Camp.

**Photos By:
John
McQueary**



57 campers and leaders from Rockcastle County attended J.M. Felner 4-H Camp in London the week of June 11-15.

Herbal Supplements in Food?

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science



Have you thought about drinking one of those herb-booster beverages? Well the FDA would like for you to think again. Three manufacturers of drinks supplemented with ginkgo biloba, Siberian ginseng, and echinacea have been notified that their products violate federal regulations governing what can and cannot be added to foods. While some herbs may offer medicinal benefits, their effectiveness and safety is far from proven. And medicinal herbs

probably do not belong in the food supply. Some herbs, such as ginkgo biloba, may present health hazards to consumers. If these herbs are present in the conventional food supply, you might unintentionally consume much more than you bargained for in that glass of iced tea or fruit drink. If you want to drink something with proven health benefits, try tomato juice, orange juice, lowfat milk or tea. You'll find these beverages to be readily available and much more affordable than the herb-spiked variety.

affected trees? Best control will occur during the dormant season. When possible, first prune out blighted twigs by pruning at least 4 inches below infected areas and destroying the clippings. Completely cover the dormant tree with a copper sulfate spray. Use 4-5 pounds copper sulfate per 100 gallons of water. This should help reduce over-wintering bacteria. For home gardeners who wish to do something as they see the effect of Fire Blight, two things may help.

When possible, prune out blighted limbs. Prune at least 6-12 inches below affected areas and clean pruning tools between cuts. Sterilize tools between cuts by using 70% alcohol or 10% chlorine bleach solution. The second step, when possible, is to spray trees with antibiotic streptomycin (Agricultural

Streptomycin at farm stores). Use 4 oz. of 21% streptomycin sulfate per 100 gallons water at 4-5 day intervals during bloom and again weekly during past bloom period as long as shoots continue to elongate. Streptomycin is best applied just before sundown due to the sun's ability to break this product down. Pruning and spraying large trees may be impractical for some home owners. In this case, seek out qualified helpers who understand that Fire Blight can inadvertently be spread if proper pruning and sterilizing tools are not used.

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Farm News

By: Tom Mills
County Extension Agent
for Agriculture
**Cut Large Round
Bale Hay Losses**

Fire Blight is a bacterial disease affecting apple, pear, and flowering crab apple trees, to name a few of the more common trees. Home gardeners take notice this time of year when blossoms and leaves of infected limbs wilt suddenly and then turn dark brown to black as if scorched by fire.

Where does Fire Blight come from? Bacteria over-winters on infected trees in cankers formed during the previous year. Primary spread is accomplished by insects, wind, rain and movement of bacteria within the plant. The year of initial infection may see only a few scorched limbs, however the bacteria may be building up for a much larger infection the following year. Bacterial infections are generally favored by high humidity and temperatures between 65-70 degrees F. Bacteria gain access to trees through wound sites, or natural

openings such as flower parts, leaves and shoots.
How so you control Fire Blight on

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FREE
ADMISSION

Everyone
Welcome!

Everyone
Welcome!

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Joy Callahan, R.N., didn't go to school to become a teacher, but she is one: As the training director for Rockcastle Hospital and Respiratory Care Center, Inc., Joy teaches employees and community members everything from CPR to pain management.

- Technological advances, such as satellite systems that bring classes into the hospital from as far away as the University of Dallas, make it possible for our doctors, nurses, respiratory therapists and other professionals to stay abreast of the latest developments.



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— Joy Callahan, R.N.

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