

Cost Share Program

The Rockcastle County Conservation District will be accepting requests for cost share funding under the Kentucky Soil Erosion and Water Quality Cost Share Program beginning February 1st and extending through February 28.

The Kentucky Soil Erosion and Water Quality Cost Share Program was created to help agricultural operations protect the soil and water resources of Kentucky. The 1994 Kentucky General Assembly established this financial and technical assistance program. The law establishes that annual cost share funds to the program by administered by local conservation districts and the Kentucky Soil & Water Conservation Commission, with priority given to animal waste related problems and agricultural district participants, where pollution problems have been identified. Funding for the program has been provided by the Kentucky General Assembly, Kentucky Department of Agriculture and direct appropriations from the Phase I Tobacco Settlement Funds.

Two new best management practices have been added to the sixteen

practices available for landowners to request for funding assistance under the program. The new practices are: KSW11 - Erosion Control on Pasture and Hay Land, to assist landowners in controlling soil erosion, concentrated water flow and water discharge to reduce pollution potential on pasture and hay land. KSW12 - Streambank Stabilization, to assist landowners where the natural streambank has been severely damaged by livestock access, or other activities associated with agricultural operation, to restore or protect the streambank from further damage.

Approval of applications will be done at the state level by the Soil and Water Conservation Commission at the Kentucky Division of Conservation, located in Frankfort and based on available funds. Cost share rates are a maximum of 75 percent of the actual cost not to exceed \$7,500 for agronomic practices and \$20,000 for animal waste concerns.

For more information stop by the conservation district office located at USDA Service Center, Hwy. 150, Mt. Vernon, KY 40456 Monday through Friday from 8:00 a.m. to 5:00 p.m. Phone: (606)256-2525 Ext. 3.

Third beef cattle production meeting

By: Tom Mills

County Extension Agent for Agriculture/Natural Resources

The Rockcastle Cattlemen's Association will be conducting their third and final Phase I Cost-Share Program, this one dealing with cattle handling facilities. Handling facilities are to help carry out herd health practices such as vaccinations, dehorning, castration, etc. Two levels of cost-share are available: 1) \$1,000 on a 50/50 match for producers who attain a BQA (Beef Quality Assurance Certification) and 2) \$2,500 for producers who attain BQA status plus wean a group of calves on the CFH45 guidelines (certified

practitioner for health).

The BQA Certification meeting will be Thursday, January 31, at 6:30 pm at the Extension office.

Items qualifying for the herd health program include head gates, alley ways, holding pens, corral panels, etc. Applications will be available at the January 31 meeting on a first come, first served basis. All applications are due in by March 1, 2002. See application for complete details.

Contact your local farm stores or the Rockcastle Extension Service at 256-2403 for information.

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Quick Nutritious Meals

By Hazel Jackson
County Extension Agent for Family and Consumer Sciences



Making quick meals for your family doesn't mean that you have to skimp on nutrition. The Food Guide Pyramid is a good place to start when planning nutritious meals. Begin with a main dish that gives each family member one serving of protein. Add a complementary food from the bread, rice, and pasta group. Include a hot or cold vegetable. Then, choose a fruit or vegetable that complements the main dish. Always remember to meet the daily milk requirement.

Here are some other suggestions for cutting cooking time:

- **Planning:** Keep a shopping list in the kitchen to get down items as you need them.
- **Try to plan several meals in advance.**
- **Plan around leftovers and plan for leftovers.** Leftovers can be used to create new meals, casseroles, and sandwiches.
- **Fix 2 dinners at once by doubling recipes.** Freeze the extra meal.
- **Get Organized:** Arrange your kitchen.
- **Make sure foods, utensils and equipment are conveniently arranged for fast-paced work.**
- **Make use of kitchen appliances that you have:** crock pots, outdoor grills, etc. Some save preparation and clean-up time.
- **Clean up as you go.**

Collect quick and easy menu ideas and recipes: Try at least one new quick recipe a week, or try a favorite food in a new way. When trying something new, be sure to include other foods that the family likes. Then, if the new recipe isn't successful, the meal will not be a total loss. Here is a new recipe to try.

Chicken Primavera Alfredo
1 pkg. noodles & sauce - Alfredo
1 1/2 cups water
1/2 cup milk
2 tablespoons butter or margarine
1 cup thinly sliced zucchini or mushrooms
2 cups cut-up cooked chicken
1 medium tomato, chopped

In a large saucepan, bring water, milk and butter to a boiling point. Stir in noodles and sauce and vegetables. Continue boiling on medium heat, stirring occasionally, 5 minutes. Stir in remaining ingredients and cook an additional

3 minutes or until noodles are tender. Makes about 4 servings.
For other ideas and recipes, attend a free class at the Extension Office entitled Quick Dinners. The class will be taught at 12:00 noon on February 14. Call 256-2403 for details.

RCMS

(Cont. from A5)

Carpenter 4 each; Mize and Mullins each; J. Cobb and Lear 2 each.

RCMS 37 - Corbin 42

RCMS 8 - 6 9 14 37

Corbin 10 8 13 11 42

Smith 15; Woodall 7; Poynter 6;

Mize and Carpenter 3 each; Lear 2;

Hasty 1.

8th Grade

David Perkins, Coach

RCMS 41 - Wayne Co. 68

RCMS 9 13 11 8 41

Wayne Co. 18 19 15 15 68

Kyle Mullins 16; Colby Brown and

Weston Riddle, 7 each; Jarrod Brown 8; Justin Albright, Derrick McClure and Jeremy Cook, 2 each and Ty Bottoms 1.

RCMS 51 - Meece 50

RCMS 12 16 5 18 51

Meece 10 11 17 12 59

N. Pulaski 9 8 8 10 35

Colby Brown 20; J.C. McClure, 7;

each; Riddle 6; Mullins 5; Terry

Miller 4 and Albright 2.

RCMS 44 - N. Pulaski 35

RCMS 7 8 6 21 40

N. Pulaski 9 8 8 10 35

Colby Brown and Mullins 11 each;

Riddle 8; J.C. McClure 6; Miller 4;

Albright and Stallworth 2 each.

RCMS 62 - N. Laurel 66

RCMS 20 14 14 14 62

N. Laurel 17 22 11 16 66

Miller 12; Riddle and C. Brown 11

each; Mullins 9; Albright 7;

Stallworth 6; J.C. McClure 4 and

Cook 2.

RCMS 40 - S. Laurel 34

RCMS 5 10 13 12 40

S. Laurel 12 6 7 9 34

C. Brown 15; Riddle 10; Stallworth

and Miller 6 each; Mullins 3.

RCMS 48 - S. Pulaski 42

RCMS 13 11 13 11 48

S. Pulaski 8 10 6 18 42

C. Brown 15; Miller and Riddle 8

each; Mullins 7; J.C. McClure and

Stallworth 4 each; J. Brown 2.

RCMS 35 - Corbin 50

RCMS 4 12 11 8 35

Corbin 19 14 9 9 50

Miller 11; Mullins 9; C. Brown 7;

Stallworth 4; Riddle 3; J.C. McClure

1.

7th Grade

Steve Phelps, Coach

RCMS 34 - Wayne Co. 30

RCMS 9 13 8 4 34

Wayne Co. 6 4 2 18 30

Chandler 5; Izak McQuerry 5; Paul

Payne 4; Lance Baldwin 2; Donovan

Pigg 1.

RCMS 31 - Meece 20

RCMS 9 10 7 5 31

Meece 2 5 9 4 20

McQuerry and Childers 10 each;

Pigg 3; Payne 2; Baldwin 1.

RCMS 29 - N. Pulaski 43

RCMS 4 0 6 19 29

N. Pulaski 17 8 13 5 43

Hunter 8; Baldwin 7; Childers 6;

Jacob Harding 5; Payne 3.

RCMS 36 - N. Laurel 43

RCMS 5 6 11 24 36

N. Laurel 11 5 10 17 43

Payne 15; Baldwin 11; McQuerry

and Childers 4 each; Hunter 2.

RCMS 18 - South Laurel 48

RCMS 2 0 1 9 18

SLMS 17 11 12 7 48

Baldwin 12; Pigg and Harding, 3

each.

RCMS 41 - S. Pulaski 45

RCMS 9 9 14 9 41

S. Pulaski 9 6 7 28 45

Childers 12; Harding 10; Pigg 5;

Baldwin and Payne 4 each; Clint

Daugherty, Lynn Miracle and Hunter,

2 each.

RCMS 106 - Corbin 38

RCMS 10 4 4 8 26

Corbin 12 9 9 8 38

Childers 6; McQuerry, Pigg,

Harding and Daugherty, 4 each;

Baldwin and Dusty Miller 2 each.

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