

Yards to Paradise

By: Max Phelps

Lawn & Garden Priorities

When I am asked to do a landscape design for a homeowner I will ask if they have a "wish list." Though such a list would be a wonderful starting point, usually I have to ask a lot of questions to see if there is a "mental wish list".

Sometimes folks just turn the project over to me and say use your judgment and come up with something that will look good. (This is easier if I know how much they can afford to spend.) Most folks, however, have a bunch of ideas which they want included. They just want me to put them together with my own ideas and come up with something good. If only such ideas were written down and prioritized!

Whether yours will be a do-it-yourself landscape or you will contract with someone with experience to do it for you, I recommend you decide on some priorities and write them down.

To assist with constructing your list, I've included a priority "check-off" chart. You should feel free to add additional items to this list. My intention is to get you started organizing and prioritizing your home landscape needs today.

Now that you have considered some priorities and looked over the listings I have provided, you may realize you CAN'T HAVE EVERYTHING you want! Whether it be lack of space, lack of available money, or whatever other reason, you should pick items you consider "must haves" and find a way to work them into an overall scheme or design.

Add other items from your list as you are able or as space permits. Only when you have a PLAN will you be able to smoothly add other items at a later date. Nobody wants to have to tear up part of an earlier project in order to make a new garden or lawn addition. Unfortunately, if you don't have a prioritized master plan, you will someday find that happening in all likelihood.

Using our check-list may not actually make the design work a snap, but it will keep you focused as to what you must include and what elements are whimsical and can be included as an option if they fit.

The smartest looking designs will be a disappointment if they are not also functional. If you need a garden shed or a barbecue pit or a compost bin or a nook for the garbage cans but these were omitted from that cute

design or slick proposal, then it is a failure.

The best designs give you your highest priorities where you need them in your yard or garden paradise

and at the same time look pleasingly attractive.

The author is a freelance writer and landscape contractor. Contact at www.rockcastle.com. Your comments are welcome.

Heart Health

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

Cardiovascular disease is the term for several diseases which include high blood pressure, stroke, Coronary Heart Disease (CHD) and others. CHD is the leading cause of death in Americans - men and women. The best way to prevent CHD is through a healthy diet and other positive lifestyle behaviors.

Recent studies have shown that Kentuckians have a high incidence of some risk factors: smoking, obesity, incidence of diabetes, high blood pressure, lack of physical activity, lack of monitoring blood cholesterol levels, and low intake of vegetables and fruits.

Obviously, we can control some of these factors; others, we cannot. These include age and family history.

All these risk factors in some way contribute to elevated blood lipids - mainly as triglycerides and cholesterol.

Blood lipids are fatty substances in

the blood, including triglycerides, lipoprotein and cholesterol. Measuring blood lipids is the best predictor for risk of CHD. In general it is healthy to have:

• a total cholesterol level of 200 mg/dl or less;

• and HDL level of at least 25 percent of total cholesterol;

• triglyceride level of 100 mg/dl or less.

If your blood lipid levels are within normal range, you can follow dietary recommendations to keep them normal. If your levels are abnormal, your physician and a registered dietitian should help you to bring them into normal range by dietary changes, exercise, medications, and control of contributing conditions or diseases.

Lowering blood cholesterol by one percent can give you a 10 percent reduction in risk of CHD.

For more information, contact the Rockcastle County Extension Service at 256-2403.



Dell Ponder, right, of Livingston, and Curtis McHargue, left, Mayor of Livingston, who are members of the Rockcastle Development Task Force for Clean-up and Beautification, are shown presenting Mike Bryant with a Certificate of Appreciation for his efforts in helping to clean up the Richmond Street area recently. Mike, who is pastor of the Faith Harvest Fellowship Church sponsored the July cleanup event. Several members of his congregation along with John Holbrook, Buford and Nancy Parkerson worked to make a difference along this very important entrance to our town. Mike says that he feels our community really needs a sweeper or some way to keep our city streets cleaner. He also said he was disappointed at how quickly the litter came back after the clean-up. Mike says he was hoping for more of a collective effort from all the community churches that was contacted to help, but did not get any response from any of the local churches. The Rockcastle Task Force is challenging the community to step forward to help educate our children by being an example in volunteering to help to keep our roadways clean and free of litter. The next clean-up date has been set for August 17th. Watch the Signal for more details about time and place for this next important effort. Thanks again to Mike and the Faith Harvest Fellowship for ending your prayer walk with this important community service.

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Columbia Steak House
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Local youth attend 4-H Camp

Fifty 4-H youth and leaders from Rockcastle County attended J.M. Felmer 4-H Camp in London the week of July 1-5. The youth from Rockcastle camped with youth from Bell, Clay, Jackson, and McCreary Counties.

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, Melinda Coffey, and Daniel Bustle. Also thanks to Brenda Saylor 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 Association, Mt. Vernon Elementary Family Resource Center, RCHS Youth Services, and Mrs. Janet Burke. Your contributions are greatly appreciated.

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Time to make a change in your life? Would a GED help?

Our classes can help you:

- Get a GED • Learn Computer Skills
- Improve your reading, math or writing skills



Classes are FREE

Adults of all ages are welcome
Now is the time! We can help you!
Christian Appalachian Project
Learning Center in Mt. Vernon
Open Monday - Friday
Evening classes available.

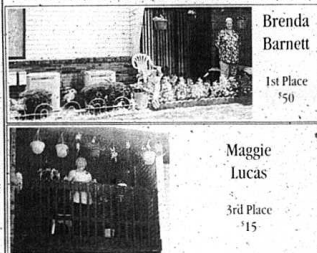
A new GED/Adult Education class is now meeting in Livingston! Thursdays 4:30 p.m. - 6:30 p.m., in the new Livingston City Hall building
For information on any class call 256-5307

Winterwood, Inc. Properties of Rockcastle County would like to congratulate all our Green Thumbers. Unfortunately, only three per property were picked. Better luck next year!!!

Mt. Vernon Greens

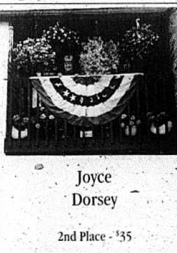
(1) and (2) Bedroom Units • 606-256-5223

Office Hrs. Mon. 2 to 4:30 p.m. • Tues. 9 a.m. to 4:30 p.m. • Wed. 7 to 2 p.m. • Fri. 7 a.m. to 2 p.m.



Brenda Barnett
1st Place
\$50

Maggie Lucas
3rd Place
\$15

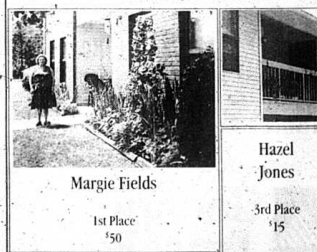


Joyce Dorsey
2nd Place - \$35

Livingston Manor

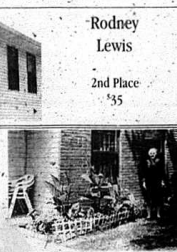
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Office Hrs. Tues. 7 a.m. to 9 a.m. • Thurs. 7 a.m. to 11 a.m.



Margie Fields
1st Place
\$50

Hazel Jones
3rd Place
\$15



Rodney Lewis
2nd Place
\$35

Mt. Vernon Manor

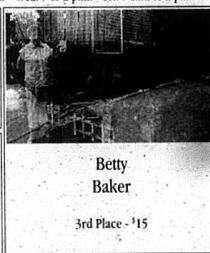
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Rhoda Brown
1st Place
\$50

Jane Gray
2nd Place
\$35



Betty Baker
3rd Place - \$15

Town Branch Apartments

(1) Bedroom Units

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No Participation

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