# Points East

By: Ike Adams

Due to popular demand that I cease and desist, there will be no news about my bladder this week. I've had half a dozen emails and even more phone calls from readers insisting that the next time they hear about my peeing problem, it better involve last rites. So I've scrapped the catheterization episode and decided to submit it to MAD Magazine instead of your family newspaper.

In the meantime, it was dark and stormy here on the upper shores of Paint Lick last Sunday night. It was actually dark and stormy all day long but we only got a smidgen of rain and maybe three dozen power failures to shut down the computer and drive the microwave crazy. It was "hoonk-hoonk-beep-beep and Welcome!!" all day long. Of course, when somebody sneezes at the RECC office in Danville, we lose power here in Paint Lick for at least several seconds so I'm used to that.

I'm the last house on the end of the RECC line in Paint Lick. My next door neighbor is building a new place in spitting distance of my porch and Kentucky Utilities is installing his power. I grieve. Which one of those Commandments they're posting all over the Courthouse has to do with coveting? Just call me guilty of breaking it. I don't want the neighbor's wife nor him, but I'd sure like to have reliable electric service.)

Still I hustled in and out of the garden with a five gallon bucket picking the last of my Bufford Caudill Fall Beans and carrying in tomatoes and peppers and such to give to the host of friends and relatives who stopped by to see how I was doing.

Of course I was making the garden runs all stooped over and trying not to strain myself or lift too much because the catheter had left me awful sore and I know, I know, you don't want the hear about that but my garden turns to the same consistency as quicksand for about three days after a hard rain and it was get it now or let it rot and somebody had to do it.

You'd be amazed at the number of people who can't tell a pepper plant from a cucumber vine from a tomato vine. I have tomato plants trellised over 6 feet tall around these big 4 feet wide/6 feet tall wire hoops and they look like huge old tree stumps all sprouted out, especially since the morning glories have sprung up among them.

The cucumbers are about gone but they grow right on the ground. Peppers plants are about 30 inches tall and as dark as green gets before you start calling it black. My beans are on the same kind of growing hoops as the tomatoes but it never occurred to me that somebody might wonder which was which.

Never take anything for granted.

"The big round red things are tomatoes," I found myself explaining. "The little slender green things are beans and please watch where you're stepping unless you want to be catherterized with a cucumber," was my advice because I was ready to do just that.

"What's a catheter?" I heard one visitor ask another.

"A little smaller than one of those cayenne peppers but I don't think he has any growing in this garden," was the reply.

The cayennes may be larger but I bet they would feel better used for the same purpose. In the meantime, pray for rain.

# Our Readers Write

Dear Editor,

The outside of the building for the animal shelter looks wonderful. How soon it will be before it starts operating is a question. We are praying that ones who made their commitment to help will follow through. God created man to rule over all the creatures that move above the earth, on the earth and under the earth.

Animals make good companions when one is alone, and it has been proven that ones health will be in better condition. The question is making the right selection.

I have seen animals used in a variety of ways. We depend on them for food. They are used for protection to alert us. They are used to help us when they are adequately trained as the dogs are used by to carry or pull heavy loads. They are also used for entertainment.

Livestock grazing in a properly fenced area is a beautiful sight and can be a profit for our county.

But, I have seen animals in the wrong way the last few years. The law is one can kill a dog that damages you but who wants to destroy someone else's property. I have frightened dogs away from animals from the field above our property as they fought cows birthing.

Animals that have not been vaccinated or treated against communicable diseases can infect humans. Dogs are also used for protection against invaders against private property. The private property could be in use for illegal operations. Owners of animals will not feed them before they do themselves. I am wanting to see some policies set up by a board in order that this facility will be useful for our county. The health, agriculture; education and welfare departments should be interested. The fiscal court could see the policies were abided by. Please make it useful.

Sincerely.
Virginia Branscum
Brodhead, KY.

# The Family Room

By: Dr. Roy Don Whitehead

**Food, Fat and Addiction: Why We Can't Stop Eating**

How much do you know about food, fat and addiction? Take the quiz below and see how many you can answer correctly.

1. More than _____ per cent of Americans are overweight.
2. _____ per cent of Americans (_____ million people) are obese.
3. To find your Body Mass Index divide your _____ by your height in inches squared and multiply by 703.

| | |
|---|---|
| Healthy | 18.5-24.9 |
| Overweight | 25-29.9 |
| Obese | 30-39.9 |
| Morbidly obese | 40 |

(An easy BMI calculator is found at www.nhlbisupport.com/bmi/bmicalc.htm.)

4. From 1984-2000 the average American increased her daily calorie intake by _____ calories.
5. Americans consume the equivalent of _____ to _____ teaspoons of sugar per person per day.
6. When McDonald,s opened, its original burger, fries and 12-ounce Coke provided _____ calories.
7. Today a supersize Extra Value Meal with a Quarter Pounder with Cheese, supersize fries and a supersize drink is _____ calories.
8. When people eat out, they tend to eat (more or less) _____ than they eat at home.
9. Restaurant meals contain (more or less) _____ fat, saturated fat, cholesterol and calories than home-made meals.
10. Name all the places you can think of where food is sold.
11. True or False Being overweight means being a moral failure with a lack of will power.
12. The percentage of 6-11 year olds that are overweight has nearly _____ since 1980.

The Answers:

1. Sixty-one per cent of Americans are overweight.
2. Twenty-five per cent of Americans are obese. That is 50,000,000 people.
3. BMI is found by dividing weight by your height in inches squared multiplied by 703. (Ask your child for help with the math.)
4. We increased calorie intake by 500 calories a day.
5. We eat the equivalent of 20-33 teaspoons of sugar a day, the largest part of it in soft drinks.
6. Original McDonald's meal had 550 calories.
7. Today's meal has 1550 calories. Super-sizing has added a lot of calories.
8. We eat more when we eat out. If you put it in front of us, we will eat it.
9. Restaurant meals have more fat and calories. Eating out has cost us in health.
10. Food is sold nearly everywhere! From gas stations to pharmacies.
11. False.
12. Doubled. The percentage of adolescents has tripled.

(Source: US News and World Report, August 19, 2002).


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# RCHS Class of 1992 Reunion

**Saturday, October 5th @ Rockcastle Co. Middle School**
**4:30 p.m.**

**Costs: $20 Per Person**
**We will have dinner and a DJ**
**Reunion info is posted on www.classmates.com**

**Please send registration to:**
**Alethea Cromer**
**Rt. 1 Box 498A • Brodhead, KY 40409**

**For more info. call 606-758-8183 or email: adawn@hyperaction.net**
**website: www.rock92.netfirms.com**

**If you have any questions you can contact April Lee at dfiplee@kih.net 270-563-9227 • 270-746-7489 work or Vanna Jankowski at vannaj@prodigy.net 847-487-0092 or 800-933-9203 ext. 225 work**

Name_____
First Middle (Maiden) Last

Address:_____

Phone/email:_____

Bio: (Include family, career, interests, and any other info. you would like your classmates to know about you)

*Please send family/individual photo for Photo/Bio board to be posted at reunion.*

**Please RSVP as soon as possible!**


# 2002 FALL COURSES

21st Century Community Learning Center
Rockcastle County Middle School

## STUDENT CLASS OFFERINGS

***Survivor: Circles of Learning***
**Math/Technology • Science/Technology Communications • Humanities**
***Extended learning experiences in a fun, interactive environment. Field trips.***
**Mondays & Tuesdays beginning Sept. 9th**

***Computer Class***
**Instructor: Joanne McClure**
***Learn Microsoft Word, Publisher, Excel, and using the internet for research.***
**Wednesdays beginning Sept. 11th**

***Archery***
**Instructor: Jason Simms**
***Learn the basics of archery in a safe and orderly environment.***
**Wednesdays beginning Sept. 11th**

***Beginning Sewing***
**Instructor: Charlotte Bullock**
***Learn the basics of sewing: threading a needle, patching, sewing machine. All supplies provided.***
**Mondays beginning Sept. 9th**

***ROCK TV***
**Instructor: Markita Mink**
***Be a part of a total digital TV Studio as a reporter, anchor, camera operator or director. Register in Mr. Coguer's office.***
**Mondays & Tuesdays beginning Sept. 9th**

***Conversational French***
**Instructor: Angie Hendrickson**
***Focus on basic conversational French and French culture.***
**Wednesdays beginning Sept. 11th**

***Quilt Making***
**Instructor: Charlotte Bullock**
***Learn all the basics of creating and making a quilt. Sewing machines available.***
**Tuesdays beginning Sept. 10th**

***Gymnastics***
**Instructor: Tracy Gabbard**
***See separate ad in newspaper.***
**Tuesdays beginning Sept. 10th**
**Thursdays beginning Sept. 12th**

Bus transportation provided for all Monday - Wednesday classes. Monday & Tuesday at 5:00 p.m. Wednesdays at 4:45 p.m. Students need to register for classes at school.

***Questions?***
***Call Jason Coguer at 606-256-3512 Monday -Thursday 8 a.m. - 6 p.m. for more information about any of our programs.***



# *Hiatt's 5 & 10* proudly invites you... to our Fenton Family Signing Event!

**Tom Fenton**

**Saturday, October 12**
**2:30 - 5:30 p.m.**

FENTON
*Handcrafted American Glass Artistry*

## Come meet Tom Fenton...

As Vice President of The Fenton Art Glass Company, Tom plays a key leadership role in the Fenton factory's quest for *Continuous Improvement of Quality.* "Our goal is to constantly improve the product we make for Fenton's followers throughout the world. Crucial to the achievement of high quality, at a reasonable cost, is the Fenton craftsman's skills for quickly executing new designs."

Tom's early education included Ohio Wesleyan University, Ohio University Graduate School and the US Army Reserve.

On Fenton craftsmanship Tom says, "We offer our customers unique, often complex designs and colors. After our best efforts to produce these items, we certainly enjoy the kind words and recognition offered by our collectors and dealers."

Tom and his wife, Sharon, enjoy traveling, aerobics and mountain hiking plus spending time with their three fun-loving adult children and two wild grandchildren.

Tom Fenton

FENTON
*Handcrafted American Glass Artistry*

*For the best selection make your Fenton purchases prior to October 12th and Hiatt's will hold your pieces and have them signed on October 12th, for you to pick up the following week.*