

Think Food Safety, Nutrition as Schools Open

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

Since schools doors have opened to thousands of Kentucky children, now is a good time to remember some food safety and nutrition tips for your children's "brown bag" lunches and after-school snacks.

To be sure food safety is the main ingredient of school lunches or snacks, keep cold foods below 40 degrees Fahrenheit. Put cold liquid foods in a previously chilled vacuum bottle. Use an ice pack or gel packs to keep solid foods cool. Freeze boxed juices or drinks in a plastic bottle the night before; then put the frozen drink in with the other foods.

Used chilled ingredients to make sandwiches. Freeze sandwiches made with simple ingredients such as peanut butter and sliced meat or poultry. The sandwich will thaw by mid-morning, but remain cold enough to prevent growth of bacteria that cause foodborne illnesses. Don't freeze sandwiches containing ingredients like mayonnaise or mayonnaise-like dressings, because freezing causes oil and water separation. This can make bread soggy. Instead, buy single-serving packets of mayonnaise and dressings, or put these in separate containers. Butter and stick margarine don't separate when frozen.

Maintain hot foods at 140 degrees F or higher. Use a vacuum bottle to maintain the temperature of hot liquid foods such as soups or stews. Boiling water in the bottle for a few minutes before adding hot foods.

Always throw away leftover lunch or snack food items that might have gotten too hot. Remember the saying, "when in doubt, throw it out."

Also, thoroughly clean lunch boxes; wash your hands well in hot soapy water before preparing foods of different types of food; and use clean utensils and work surfaces.

Letting your children help you prepare their school lunches or after-school snacks has several advantages. It gives children opportunities to think about the nutritional qualities and healthfulness of the foods they eat. Helping your children choose and prepare foods also boosts their self-confidence and makes them feel comfortable working in the kitchen. They might even want to help you pack their lunches or snacks, thereby learning more about food safety.

Since children agree to the food choices for their lunches or snacks, you have the opportunity to introduce new foods. In addition, you have the peace of mind that

they're eating what they want and not trading with friends, who might have less nutritional lunches or snacks.

Remember to take into account your children's overall eating pattern when preparing foods: one meal or snack won't break the nutritional bandwagon. Generally, a lunch should contain about one-third to the day's nutrients and calories. Offer a variety of foods including two servings of fruits or vegetables and two of bread and grains, as well as some protein and low-fat milk or other dairy product.

For more information, contact the Rockcastle Extension Service.

Back to School: Restful nights sleep means nine hours for students

School-age children need at least nine hours of sleep each night to ensure good health. Lack of sleep causes many problems with the school environment. Students can be too sleepy to learn, contributing to a negative overall performance.

Those that visited C.S. and Marie McKinney after the funeral of Donnie Sowder's were Mr. and Mrs. Roger Burkhardt and family of Morrow, Ohio, Mr. and Mrs. Jim Collins of Tennessee, Boyd Graves of Ohio, Raymond Groug of Somerset, Mr. and Mrs. Lee Norton of Berca, Bruce Kirby of London, all their daughter, Mrs. Sharon Lovins and great granddaughter, Samarah Lovins.

Parents can help children prioritize sleep by:

- Talking during sleep;
- Difficultly falling asleep;
- Daytime sleepiness;
- Nightmares or bed wetting;
- Teeth grinding or clenching; and/or
- Early waking.

Although children carry much of the responsibility for their evening schedules, parents must establish clear guidelines and enforce them to help children reach nine hours of sleep.

Many childhood sleep problems are related to irregular sleep habits. Anxiety about going to bed or falling asleep also ranks as a cause of problems. Persistent sleep problems could be symptoms of emotional difficulties.

Talk with your child about the stressful issues in his or her life. Parents can see what is worrying their children and interfering with a good night of rest.

The consequences of inadequate sleep include lack of focus, irritability, frustration and impulsive behavior. An untreated sleep disorder can interfere with school and increase the risk of accidents and illness.

McGuire, Mildred and Anji Rigby, Randy, Donna, Matthew, Stacie, Emily and Virgie Reynolds, Rob, Tina and Robbie Rogers, Judy Rigby and wife, Virgil McNew, Jr., Carl Gill, Sr., Carl Jr., Brenda, Nikki and Brittany Gill, Wanda, Scott, Kyle and Jacob Buswell, Jean Clark Bell, Vernon and Stella Coffey, Byron and Glenna Baker, Bill and Karla Abney, Steve and Glynn Hanahan, Kyle and Leah, Muriel (Fish) Dunham, Marshall Vincent Fish, Walter Coffey, Conrad Coffey, Shirley Fish, Jesse and Sharon Thacker, Ann McManis and friend, and Garret Abney.

We want to thank everyone who helped in any way to make this a great year Mt. Vernon Signal and WVRV radio, the ones who prepared the food, put up the tent, got the chairs and returned them, the tractor wavers. Hope to see everyone next year.

Hunter Education

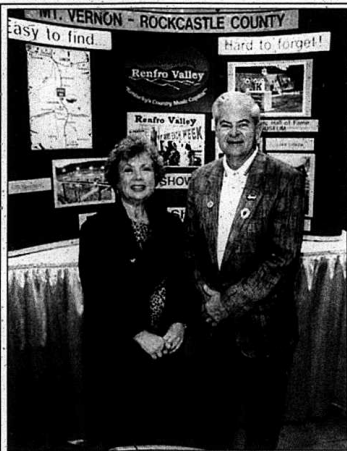
Attention youth!! There will be a Hunter Education course offered September 12, 13, and 14, at the Rockcastle Co. Middle School. The course will begin on Thursday evening from 6:00 to 9:00 p.m. Friday evening hours are also 6:00 to 9:00 p.m. The test will be given on Friday night session. The course will conclude with range work on Saturday from 9:00 am to approximately 1:00 pm. Participants must attend all three sessions.

Anyone born after 1975, and planning to hunt this fall will need to take this course. Call a neighbor or a friend and bring them to this important course. Call the Extension Office at 256-2403 or RCMS at 256-5118 for more details.

Fall Display Clearance!!
28x60 Fleetwood Home
4 bedrooms/2 bath, Great Room layout, Sliding Glass door, Fireplace, Kitchen w/ granite, Kitchen w/ granite, Kitchen Sunroom, & More.

\$42,573!
Includes, Delivery, Installation, Kitchen w/ granite, Anchors, & 3 ton A/C unit!!
Affordable Housing
Richmond-800-755-5360

for quality Child Care call COUNTRY CARE @ 256-2403
www.countrycare.com



Linda Gumm was on hand to greet Kentucky Commissioner of Agriculture Billy Ray Smith at the Mt. Vernon - Rockcastle County tourism display at this year's Kentucky State Fair. The "Pride of the Counties" area of the fair was among exhibits visited by almost 619,000 this year.

Mt. Vernon Personals

By Marie McKinney

C.S. and Marie McKinney and Myrtle Kirby and husband, Floyd celebrated Myrtle's birthday at Hardee's on August 24th. We wish her many more birthdays.

Those that visited C.S. and Marie McKinney after the funeral of Donnie Sowder's were Mr. and Mrs. Roger Burkhardt and family of Morrow, Ohio, Mr. and Mrs. Jim Collins of Tennessee, Boyd Graves of Ohio, Raymond Groug of Somerset, Mr. and Mrs. Lee Norton of Berca, Bruce Kirby of London, all their daughter, Mrs. Sharon Lovins and great granddaughter, Samarah Lovins.

Mrs. Ada Kirby and daughter, Barbara French of Indiana visited Mrs. Bessie Kirby over the weekend. Labor Day weekend visitors of C.S. and Marie McKinney were their son, Mr. and Mrs. Jack McKinney of Reading, Ohio and Marie's nephew, Mr. and Mrs. Clinton Graves of Wichita, Kansas and Mrs. Eunice Craft and granddaughter, April of Waco.

Our deepest sympathy is extended to all who have lost loved ones recently. May the good Lord bless each and every one.

Hamm Reunion held

The Hamm Reunion was held September 1 at Quail Park. Those attending were Edith and Willard Nicely, Hazel F. Smiley, Dawn Brock, Albert Hamm, Alan Hamm, Steven Hamm, Vicki, Ariel and Trevor Scheffler, Marge Tatem, John Reynolds, Willard Brown, Danny, Colene, Brian and Keith Albright, Jimmy, Angela, Alisa and Bridgette, Patricia Adams, Julia Scott, Emily Scott, Joanna Caskey, Christopher Caskey, Sussie and Dene Sewell, Elaine Murphy, Paul and Elizabeth Hamm, Paul Hamm Stearns, James and Roberta McClure, Jason and Shonia Bullock, Thomas, Kathy, Amber and Thomas Coffey, Bobby and Bonnie Barron, John Reynolds, Chester Reynolds, Ivis

Reynolds and daughter, Wilma, Joel Reynolds, Pauline Coleman, Beth Coleman, Michael, Julie, Will and Mitchell McClure, Joe McClure, Lorene and Bobby Lawrence, Marianne and Paul David Albright, Joyce and Ronald Rogers, Jill, Jimmy and Zachary Kersey, Keith and Janice Albright, Mary Harper, Everett and Jean Harper, Jamie Lynn Lawrence, Brandon Sneed, Jewell and Larry Kidwell, Leon McClure, Lisa Hopkins, Heather Hopkins, David Cromer, Tressa Lawrence, Tim Albright, Anita Shackelford, Teddy, Marcy, Greg, Angie and Kyle Lawrence.

All enjoyed the day. Will be same time and place next year 2003. (Others attended, but did not write their names down.)

Constitution Week

"Let it be borne on the flag under which we rally in every exigency, that we, have, one country, one CONSTITUTION, one destiny."
(Daniel Webster)

Miss Gertrude S. Carraway, while President General, was responsible for the annual designation of September 17-23 as Constitution Week. She submitted a tentative resolution to the National Chairman, Resolutions Committee, NSDAR, that was adopted April 21, 1953 by the Continental Congress.

Members of the United States Congress received copies of the DAR resolution and on June 7, 1955, at a flag presentation to the Senate by the Executive Committee, the NSDAR resolution about Constitution Week was discussed. On June 14, Senator William F. Knowland of California introduced Senate concurrent Resolution 140, authorizing and requesting that President Eisenhower follow the DAR example by proclaiming September 17-23 as Constitution Week. Following passage of this resolution by both Houses of Congress, President Eisenhower issued his proclamation on August 19, 1955.

The first observance of Constitution Week was so successful that on January 5, 1956, Senator Knowland introduced a Senate Joint Resolution to have the President designate September 17-23 annually as Constitution Week. This resolution was adopted on July 23 and signed into Public Law 915 on August 2, 1956. For his patriotic aid and interest, Senator Knowland received an Award of Commendation from the Continental Congress, NSDAR, in April 1956.

Why Is the Celebration So Important?

The Constitution of the United States of America is the safeguard of all our liberties, champion of our freedoms. The purposes of the observance and celebration are (1) to emphasize the responsibility of protecting and defending the Constitution, and preserving it for posterity; (2) to understand that the Constitution is our great heritage and the foundation of our lives and (3) to study the historical events which occurred during September 17-23.

The Proclamations:

Throughout our country, our leaders as governors, mayors and those associated with councils, make known the importance of this observance by the issuance of proclamations, urging all citizens to reflect during this week on the many benefits of our Federal Constitution and American citizenship, to study the Constitution and express gratitude for the privilege of being an American in a Republic which functions under the freedoms guaranteed to us through this guardian of our liberties, remembering that lost rights may never be regained.

What Is It?

Embodied in the Constitution is the concept that human beings CAN govern themselves and, to do that, they must be free. We celebrate the 215th birthday of the Constitution but in the long sweep of history 215 years is but a moment. It is well to remember that the Constitution does not GRANT you your rights. The grants, in the Constitution are NOT TO the people, they are FROM the people.

Yards to Paradise

By: Max Phelps

Waterfeatures Transforming Yards

Ponds, waterfalls and naturalistic man-made streams make a noticeable difference in a yard. In fact, the difference water makes is truly amazing!

The growth of waterfeatures continues unabated, having even grown since the terrorist attacks on America. The size increases in the catalogs of pond supplies alone would attest the veracity of this. Not to mention the proliferation of water plant availability at "big box" stores.

It is the "cocooning," the vacationing at home, the escaping into our own little world, the creating of a mountain waterfall when we can't buy that retirement house we want by a roaring creek; these are some of the motives behind the growing number of watergardens and waterfalls in American yards.

My own new pond occupies about half of the front yard. Less grass, moving is wonderful. But, the sound of water every time I step outside or go to the mailbox, the clean lush greenery and the water lily blooms, the peacefulness of sitting on a nearby bench at dusk with my sweetie and a refreshment in hand... those are beyond words.

A waterscape may not be for everyone, but if properly built, it is lower maintenance than an equal-sized lawn. And water plants don't need watering... they live in it al-

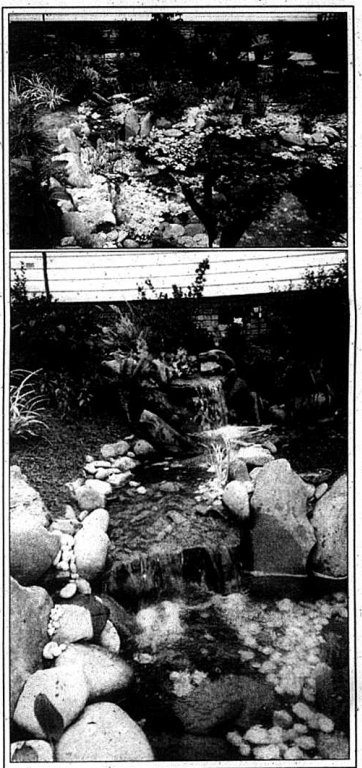
ready. A small waterfall, together with a ten by fifteen foot pool may require adding a modest amount of water a couple times a week, unless one has an auto-fill device. We all want low maintenance these days; ponds and waterfalls built with the latest know-how are very easy-care.

Once in awhile, a few dead water lilies or leaves should be removed. If the pond has Koi or goldfish, they do not have to be fed every day like a cat or dog... just when you feel like feeding them and watching them.

"Home entertainment center" takes on a whole new meaning with waterfalls! Every pond owner wants to show off his or her garden addition. Children will spend hours around a goldfish pond! And since most are less than two feet deep, they are much safer than a swimming pool. Actually, picnicking by a creek or in a park may be fun, but with a backyard waterfeature you can enjoy the same (and usually nicer) facilities and never leave home.

I confess that I might have a little prejudice since I build such special creations for a lot of nice folks. But you really ought to experience an evening by a waterfall. Then tell me if I am blessed or if I am a nut!

This author is a freelance writer and landscaper. Leave a message at www.rockcastle.com if you have questions, comments or topics you'd like covered in the future.



National Society Daughters of the American Revolution

CONSTITUTION WEEK

September 17, 2002

- Whereas: September 17, 2002 marks the two hundred fiftieth anniversary of the drafting of the Constitution of the United States of America by the Continental Congress; and
- Whereas: It is fitting and proper to accord official recognition to this significant document and its innumerable anniversary, and to the patriotic devotion which will commemorate the occasion; and
- Whereas: Public Law 915 guarantees the issuing of a proclamation each year by the President of the United States of America designating September 17 through 23 as Constitution Week;
- Now, Therefore, I, Thurgood Marshall, by virtue of the authority vested in me as Chief Justice-Lawful Officer of the County of Rockcastle, in the state of Kentucky, do hereby proclaim the week of September 17 through 23 as

CONSTITUTION WEEK

and ask our citizens to reaffirm the ideals the Framers of the Constitution had in 1787 by vigilantly protecting the freedoms guaranteed to us through this guardian of our liberties, remembering that lost rights may never be regained.

In Witness Whereof, I have hereunto set my hand and caused the Seal of the County of Rockcastle to be affixed this 12th day of September of the year of our Lord Two Thousand and Two.

Signed
Thurgood Marshall
Laura Durham-Ch. of Constitution Week