

Waste Not Adds to Waist

By Hazel Jackson
County Extension Agent for
Family and Consumer Sciences



We're all familiar with the adage, "waste not, want not." But sometimes when we try not to waste food, it shows up on our waists and other parts of our bodies as well. The super-sized foods, so common today, can add to our sizes. And since portion sizes also have been getting bigger, so are people of all ages.

If you're an active person, the larger-sized food portions probably may be appropriate, but if you're sedentary, the food probably will be too much for your activity level. Remember to match food to your physical activity.

Research comparing common food portions with the standard serving sizes of the U.S. Department of Agriculture Food Guide Pyramid revealed some interesting facts. Servings of cooked pasta often were about five times the recommended FGP portion equivalent of a fist-sized portion of pasta. Muffins weighed more than three times the standard FGP size. Additionally, food portions in the marketplace have grown consistently larger. More than two-thirds, 67 percent to be exact, of Americans eat everything, or almost everything, on their plates. If you super-size a fast food meal for a few cents, the added calories won't make sense. Generally, consuming 100 calories beyond your nutritional needs each day can add 10 pounds annually to your weight. These extra pounds will add up over time. It's much easier and healthier to maintain an appropriate weight than to try to take off three or four years' of super-sized meals.

It's important to follow the recommended serving sizes of the major groups in the Food Guide Pyramid. These five general groups (bread, fruits, vegetables, meat and dairy and fats, oils and sweets) collectively provide the good balance of nutritional foods, essential for a healthy diet. General

daily recommendations are broad, six to 11 servings; vegetables, three to five; fruits, two to four servings; meat, five to seven ounces; and dairy two to three servings. Sparingly use fats, oils and sweets because they provide little nutritional value, but many calories. Consume only 53 to 93 grams of total fat and six to 18 teaspoons of total added sugars daily, depending on your activity level.

The higher numbers of servings total about 2,800 calories a day. This is a good diet for teenagers, active men and very active women. The lower serving numbers provide about 1,600 calories daily, which is a maintenance diet for smaller or more inactive people. Pregnant and nursing women, children under two years and some other groups have special nutritional needs beyond weight control.

Here are some more tips to help you consume the appropriate serving portions. Use the two-thirds, one-third rule for a balanced meal.

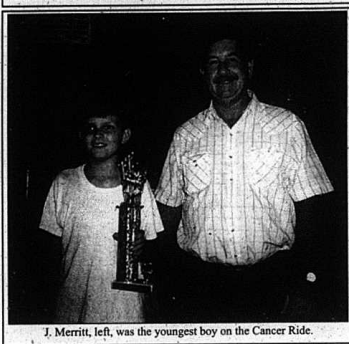
Vegetables, grains and fruits should occupy about two-thirds of the plate and meat, poultry or fish the remaining one-third. This is especially important when you're eating in a restaurant that has a buffet.

Determine the number of servings by reading food labels when you buy groceries. If the package has more servings than you have people to eat the food, prepare a portion of the food sufficient for eaters, or use the excess for leftovers. At home, measure servings with a food scale and measuring cup until you are comfortable estimating the recommended serving sizes. Prepare standardized recipes that make a known quantity. Prepare menus in advance to curb impulse eating.

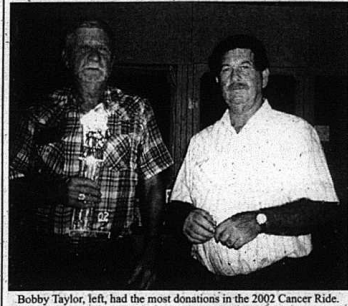
Since restaurants often serve large portions, share a meal with a friend or ask for a "doggie bag." For more information the Cooperative Extension Service at 256-2403.



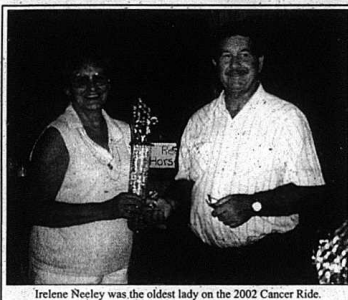
Gene Philbeck, right, is shown with Angel Philbeck, the youngest girl rider in the 2002 Cancer Ride.



J. Merritt, left, was the youngest boy on the Cancer Ride.



Bobby Taylor, left, had the most donations in the 2002 Cancer Ride.



Irene Neely was the oldest lady on the 2002 Cancer Ride.

Saddle Club news

The Rockcastle County Saddle Club recently held its annual cancer ride. Several awards were given to club members.

Angel Philbeck was awarded for being the youngest girl rider. Junior Merritt was awarded for the youngest boy to ride trophy.

Bobby Taylor raised the most donations during the cancer ride. Emmett Davis won the "ugly man contest" at this year's ride.

Irene Neely was the "most senior" lady riding at the cancer ride.

this year.

The Saddle Club raised over \$900 this year that was donated to the Markey Cancer Center in Lexington. The Rockcastle County Saddle Club invites anyone and everyone to come to the many rides and events that the Club has throughout the year.

For more information please call Gene Philbeck (shown in the photos presenting the awards) at (606)758-4706.

Happy Trails!



The Wilderness Trail Area Fall Cooking School held on October 3, 2002, was attended by Cliff Stages, right, a Rockcastle Extension Home, maker. Brenda Saylor, Nutrition Assistant, provided an educational exhibit on cooking with beans. For more information on other health and foods programs offered by the Extension Service call 256-2403.

Subscribe to the Signal
(606)256-2244

Cattlemen:

Why Supplement with Pro-Lix Liquid Feed?

- *Industry's leader in liquid feed technology, backed by proven research
- *Provides balanced Nutrition of Supplemental protein, energy, vitamins, and minerals
- *Convenient and Safe
- *Free Choice and Economical to Feed
- *Proven Consumption Control

Rockcastle
Farm
Supply
1998-2002



606-256-2241



SIGMON FARM'S ANNUAL
Pumpkin Festival
and
Hog Roast
October 12th and 13th
Saturday 10 to 10 FREE ADMISSION
and Sunday 10 to 7
Hog Roast Saturday 7pm
\$5 a plate
YARD SALE STREET
Clear out the Garage and more
TRADER'S TENT
Buy, Sale or Trade
MOLASSES
Pick your own
MAKIN'
Hog Rides to Pumpkin Patch
Free Craft, Sale and Trade set up
3 miles North of R. into Valley on U.S. 25 JNC 3275
For more info, call 606-256-2781

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court - Division I
Civil Action No. 02-CI-00154

Chase Manhattan Bank
USA, N.A. Plaintiff

V.

Shonda Nicole Singleton,
Randy Lee Singleton and
Commonwealth of Kentucky
County of Rockcastle Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on September 27, 2002, for the purpose of satisfying the judgment against the defendants in the amount of SIXTY ONE THOUSAND THREE HUNDRED FORTY FOUR DOLLARS AND 01/100 (\$61,344.01), plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street

Mt. Vernon, Kentucky

on Thursday, October 24, 2002

Beginning at the Hour of 2:00 p.m.

Said property being more particularly bounded and described as follows:

Beginning on an 18' x 1/2" rebar with a yellow plastic survey cap denoted "B.L. Price L.S. 2449," said iron pin being set within the existing Southeast right of way of Ky. Hwy. No. 1249, a new corner with the aforesaid grantor herein, Nona McFerson, DB 145, Pg. 390-394; thence leaving said Hwy. R/W and running the next three (3) lines being new lines with said grantor (1) 57' 45" 39" 36.33' to an LP (2) 51' 28' 39" 179.98' to an LP (3) N 81° 37' 23" W 116.28' to an LP or within aforesaid R/W by Ky. 1249; thence leaving said McFerson lines and with last said Hwy. R/W N 21° 00' 22" E 208.85' to the point of beginning, containing 0.499 acres, as surveyed by Bradley L. Price, L.S. no. 2449, Kentucky. Also, a 2001 Fleetwood Sportside manufactured home, VIN: 1N7127A85559-5813.

Being the same real property which Randy Lee Singleton and Shonda Nicole Singleton obtained by deed dated May 4, 2000, and recorded in Deed Book 179, page 435 and by Deed of Correction dated May 18, 2000 and recorded in Deed Book 179, page 579 both in the Office of the Rockcastle County Clerk.

The property shall be sold on the following terms and conditions:

1. The property and mobile home shall be sold together.
2. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional security for the payment of the purchase price.
4. Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of sale.
5. The purchaser shall pay the 2002 local, county and state property taxes.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.
9. The successful bidder shall at his own expense, carry fire and extended coverage insurance on the collateral and any other improvements from the date of sale until the purchase price is full paid with a loss payable clause to the Master Commissioner of the Rockcastle Circuit Court.

Willis G. Coffey, Master Commissioner
Rockcastle Circuit Court