

4-H Poster Contest Winners announced

By: John McQuarry
County Extension Agent for 4-H/Youth Development

The Rockcastle 4-H Poster Contest was held this fall at each of the elementary schools with over 300 students submitting posters for judging. The winners were as follows:

4th Grade: First place, Brandon Burdette of Mt. Vernon Elementary; second place, Kayla Howard of Brodhead Elementary; and third place, Rachel Renner of Brodhead Elementary.

In 5th Grade winners were: First place, Amanda Swinney of Brodhead Elementary; second place, Jessica Renner of Brodhead, and

third place, Laura Dollins of Roundstone Elementary.

Winners in 6th Grade were: First place, Tonya Brock; second place, Carrie Hunt; and third place, Sara Adams, all of Rockcastle Co. Middle School. The 8th Grade winners from Rockcastle Co. Middle School were: first place, Veronica Miller, second place, Josh Blair, and third place, Brittany Blair.

A special thanks goes out to all the youth who prepared a poster.



Brandon Burdette was a 4-H Poster Contest first place winner from Mt. Vernon Elementary.



Laura Dollins was a third place winner in the 4-H Poster Contest.



Winners in the 4-H Poster Contest from Rockcastle Co. Middle School were: Veronica Miller, Josh Blair, Carrie Hunt, Sara Adams, Tonya Brock and Brittany Blair.



Winners of the 4-H Poster Contest from Brodhead Elementary included Rachel Renner - 3rd place, Jessica Renner - 2nd place, Amanda Swinney - 1st place and Kayla Howard - 2nd place.

Protecting Children's Health

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

Children, especially young ones, are just naturally curious and often explore potentially hazardous things in and around their homes. Curiosity, along with other factors, can put children at an increased risk from environmental health hazards.

Children have a higher risk than adults because the youngsters are still-growing inside. Young organs and developing immune systems are less able to combat hazardous substances. Plus, children costume more air, food and liquids per pound of body weight than adults.

Environmental health hazards for children in and around the home include toxic household chemicals, pesticides, lead in paint and air pollution.

Common household products such as bleach, oven, toilet and drain cleaners and paint products can contain toxic chemicals. A number of products also contain pesticides including bug spray, flea collars, garden weed and pest killers and rat poison. To reduce the need for pesticides in and around your home, eliminate food and water that attract pests, block their entry to your home, and use baits and traps as alternatives.

The number for the Poison Control Center is 1-800-222-1222, post it near your telephone. To protect children, always follow the label directions when you use household products and pesticides and be sure to store products in locked cabinets out of children's reach.

Homes built before 1978 might contain lead paint. Keep everything clean to help protect children from lead in paint. Regularly mop floors; wet-wipe window ledges; and wash children's toys, bottles and pacifiers in hot, soapy water. If paint is peeling or chipping, consider hiring

a certified contractor to permanently wall up the paint or remove it.

Air pollution, including mold and tobacco smoke, can cause health hazards for children by triggering asthma and causing breathing

problems or ear infections. To protect your children, keep your home clean, especially carpets and floors; control moisture to help prevent mold; and keep pets outdoors, or out of bedrooms. Limit children's time outdoors when ozone is high.

If possible, make your home and automobile smoke-free zones and discourage others from smoking around children. If someone does smoke in your home, open windows or use exhaust fans to remove the smoke and circulate air in the home.

Other environmental hazards include radon, carbon monoxide, unsafe drinking water and excessive sun exposure.

Radon, a radioactive gas that can cause lung cancer, enters your home through cracks in the foundation, porous cinder blocks and granite

walls. To protect your family, have the home tested for radon and take action to reduce unsafe levels.

Carbon monoxide is a colorless, odorless, tasteless gas produced by vehicle exhausts and appliances like gas heaters, water heaters, furnaces, stoves and dryers. Install a carbon monoxide detector near sleeping areas and have furnaces, flues, chimneys and fuel-burning appliances checked annually.

Safe drinking water is important to good health. Have a well or spring used for drinking water tested once a year. If you're building or buying a new house, be sure the water source

is as far as possible from the septic tank and any other potential pollution sources.

Bad sunburn, before age 18, increases the risk of skin cancer later in life. To protect your children, keep infants under six months out of direct sunlight and use a sunscreen with a Sun Protection Factor of 15 or higher on children more than six months old. Always dress children in light-colored, firmly woven clothing with a full-brim hat and well fitting sunglasses.

For more information, call the Rockcastle County Extension Service at 256-2483.

Thanksgiving Menu

\$7.95

Choose from:

- Roast Kentucky Turkey w/ Dressing
- Plantation Ham w/ Raisin Sauce
- Choice Cut of Roast Beef w/ gravy
- Oven Baked Chicken w/ Mushroom Gravy

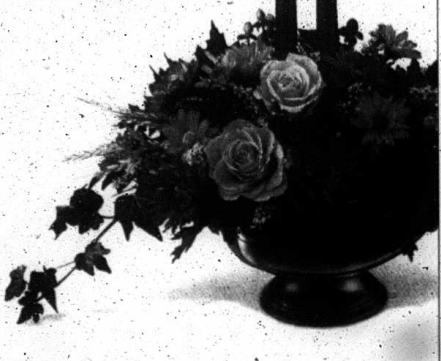
Includes Tossed Salad and Hot Rolls or Corn Muffins - and -

- Choice of Two Side Items
- Whipped Potatoes Green Beans
- Corn Pudding Broccoli Casserole
- Candied Yams Fried Apples
- Try one of our delicious desserts for only \$1.99
- Southern Pecan Pie • Pumpkin Pie
- Coconut Creme Pie • Butterscotch Creme Pie
- Cherry Cobbler • Peach Cobbler
- Blackberry Cobbler

Dinner Bell Restaurant

1-75 Plaza Dr. • Berea
859-986-2777

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With a richly glazed bronze ceramic bowl, holiday candles and a festive arrangement of autumn flowers, it's a Teleflora Gift Bouquet that says "Happy Thanksgiving."



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