

Weight loss diets

Family and Consumer Sciences

Hazel Jackson

Rockcastle County Extension Office



The holidays have passed, a new year has begun, and swim suit season is just around the corner. Many Kentuckians no doubt have made New Year's resolutions to lose weight. With weight loss aspirations come questions about the newest diets and best ways to lose weight in time for spring weddings or summer vacation. The number of fad diets and quick trick weight loss schemes circulating on the internet, television and in magazines is enough to boggle the mind. While some of these diet approaches may help an individual lose weight, they do not necessarily leave the person well-nourished and healthier. How does one recognize a fad diet? Remember the acronym fad diets:

Foods with Super Powers

Foods with super powers promise that the consumption of a certain food or group of foods will help

burn calories.

The problem: No known food burns calories. The only way to burn calories is through physical activity or body processes.

Anything You Want to Eat Except...

These diets allow an individual to eat as much as they want of all their favorite foods but require them to cut out a certain food group. An example of this would be the diet that allows a person to eat everything except carbohydrates. Some diets also do the opposite of this, requiring dieters to cut out all foods except one specific food group. An example of this is a diet which restricts someone to eating only fruit.

The problem: These types of diet changes can leave an individual deficient in specific nutrients.

Dieting again!

These are the diets that an individual finds themselves restarting every few months because they have regained

the weight they lost.

The problem: Fad diets are well known for quick weight loss that is very hard to maintain because of the low number of calories allowed per day and boredom associated with very limited food choices.

Disease States Not Addressed

Most fad diets do not take into account the needs and limitations of those suffering from chronic diseases, such as diabetes or cardiovascular disease.

The problem: Chronic diseases can be profoundly affected by diets that alter nutrients such as fat, sodium and carbohydrates. For example, some diets promote consumption of prepared meals or supplements which may be high in sodium. This could cause serious problems for a dieter with high blood pressure. Diets which severely limit or eliminate carbohydrates would interfere with a diabetic's ability to regulate their blood glucose.

Inflexible Menu

Some diets set strict guidelines for certain foods that must be eaten at specific times throughout the day.

The problem: These diets can only be maintained for a short time, as most people's work and social

schedules do not permit such rigid eating plans.

Exercise Is Optional

Many diets promise that weight loss can be achieved by making a few easy adjustments in diet or taking a particular supplement.

The problem: In order to lose weight, calories used must exceed calories eaten. Physical activity uses up calories, promoting weight loss. It also speeds up metabolism, so that body processes use more calories. Other benefits of physical activity include regulation of cholesterol, blood pressure and blood glucose, toning of muscles, and stress reduction.

Too Good to Be True

If a diet seems too good to be true, it probably is.

The problem: Before and after weight loss pictures in advertisements most likely are not representative of most dieters' results. Even if the pictures are accurate representations of an individual using that diet, it is impossible to know if the weight loss was sustained. A diet which achieves rapid loss of large amounts of weight most likely does not supply the nutrients needed for good health and will be difficult to maintain.

Speedy Weight Loss

These diets promise in-

credible results in a matter of a few weeks.

The problem: Weight loss in excess of two pounds per week is difficult to maintain. Very low calorie diets can be dangerous and should only be attempted when prescribed and monitored by a physician to address urgent health concerns.

Although the promises of fad diets can be enticing, the safest and most effective way to lose weight and maintain weight loss is through a balanced diet and physical activity. Visit

www.ChooseMyPlate.gov to determine an eating pattern that is best for your gender, age and activity level. An individual can lose one pound per week by using 500 more calories per day than he eats. Thus, weight loss may be achieved by eating fewer calories, burning more calories, or using a combination of both approaches. Simple lifestyle changes, sustained over time, allow for gradual loss of weight and improved health that is easy to maintain for years to come.

\$

Dollar Value Plus & Variety

\$

2750 Battlefield Memorial Hwy. US 421
at Kingston, Berea, KY 40403
Phone: (859) 986-1217



All fabric is 20% off from 8 a.m. until noon, after noon all fabric is 10% off through the month of January. Come early and shop.
Come check our Valentine and Easter Dept.
Bags - all types of decorations, plus many unique handmade items, all for Valentine's Day.

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 12-CI-00146

JPMorgan Chase Bank, N.A.
Plaintiff

V.

Donnie Carpenter,
unknown occupant, and
County of Rockcastle
Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 11, 2013 for the purpose of satisfying the judgment against the defendants in the amount of SIXTY EIGHT THOUSAND ONE HUNDRED NINETY EIGHT DOLLARS AND 25/100 (\$68,198.25) 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 Friday, February 15, 2013
Beginning at the Hour of 11:30 a.m.

31 Honeycomb Road, Mt. Vernon, KY 40456
Near Pine Hill and beginning at a post, L&N RR Co. corner, running east 150 feet to a small cherry tree; thence north 150 feet to a stone; thence west 150 feet to L&N RR Co. road; thence south 150 feet with L&N RR Co. line to the beginning. This lot lies east of the L&N RR Co. lot.

Being the same property conveyed to Donnie Carpenter, single, by deed executed by Carl Clayton, single, dated August 6, 2009 and recorded in Deed Book 227, Page 71, in the Office of the Rockcastle County Clerk.

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

1. 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.
2. 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 surety for the payment of the purchase price.
3. Unpaid delinquent state, county and/or city ad valorem real estate taxes shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2013 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
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".

John D. Ford
Master Commissioner
Rockcastle Circuit Court

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 12-CI-00231

PBK Bank
Plaintiff

V.

Max C. Meyer a/k/a
Maxmillian Meyer,
Reylinda Meyer and
Matthew Tackett, D.C.
Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on December 20, 2012 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED FORTY-FIVE THOUSAND TWO HUNDRED SIXTEEN DOLLARS AND 19/100 (\$145,216.19) 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 Friday, February 15, 2013
Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

Situated in the City of Mt. Vernon, County of Rockcastle, the Commonwealth of Kentucky and being more particularly bounded and described as follows:

Beginning at a masonry nail set in the intersection of the northerly right of way of School Street and in the easterly right of way of Clark Street and being the southwesterly corner of said Lot 2 and being the POINT OF BEGINNING of the tract herein described; thence along the easterly right of way of Clark Street and westerly line of Lots 2 and 3, N 31 deg. 00'00" E, a distance of 124.73 feet to an iron pin set; thence leaving the right of way of Clark Street, S 57 deg. 00'00" E, a distance of 94.00 feet to an iron pin set; thence S 33 deg. 51'15" W, a distance of 124.67 feet to an iron pin set in the northerly right of way of School Street, thence with the northerly right of way of School Street, N 57 deg. 00'00" W, a distance of 87.79 feet to the POINT OF BEGINNING and containing 0.260 acres, by survey. Subject to all legal highways and right of ways whether of record or not. All iron pins set are 1/2" by 24" rebar with orange plastic caps labeled "HUPP #3623". All measurements are based upon an actual field survey by Covenant Surveying, LLC on the 25th day of January in the year of our Lord 2005. All bearings are based on the northerly right of way of School Street as being North 57 deg. 00'00" West and being recorded in Plat Book 3, Page 6 of the Rockcastle County Clerk's Office.

Mortgagors obtained title to the real property by deed dated March 12, 2005, executed by James Chism, et ux., and recorded in Deed Book 204, Page 265 in the Office of the Rockcastle County Clerk.

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

1. 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.
2. 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 surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2013 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
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".

John D. Ford
Master Commissioner
Rockcastle Circuit Court

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 12-CI-00206

Wells Fargo Bank, N.A.
Plaintiff

V.

Dwight Lee Brown
Defendant

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on November 13, 2012 and order to reschedule the sale entered on January 11, 2013 for the purpose of satisfying the judgment against the defendant in the amount of ONE HUNDRED EIGHTY FIVE THOUSAND ONE HUNDRED EIGHTY SIX DOLLARS AND 99/100 (\$185,186.99) 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 Friday, February 15, 2013
Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

353 Grace Loop Road, Mt. Vernon, KY 40456
A certain lot or parcel of land lying on the South side and adjoining Grace Loop in Rockcastle County, Kentucky; more particularly bounded and described as follows (based upon April, 2007 Minor Subdivision Survey performed by Joshua D. Bills, PLS, #3537):
All bearings stated based upon S 46 degrees 30'99"W, 820.48' call on Plat Book 4, Page 469 (Slide 697) recorded in the Rockcastle County Court Clerk's Office. All Iron Pins (set) are 1/2" x 18" #4 rebar with yellow plastic cap marked "J Bills PLS 3537." Sixteen feet (16') from the centerline of Grace Loop is hereby dedicated to the County along the road frontage of the Lot described herein. Beginning at an Iron Pin (set) 16 feet from the center of Grace Loop, said point bearing N 51 degrees 07'02"W, 44.29 feet from a found 1/2" witness iron pin with orange plastic cap labeled "Hupp 3623" a point on the call line S 46 degrees 30' 00" W, 820.48'; on Plat Book 4, Page 469-Slide 697. Thence a new line severing property owned by Dwight Lee Brown (Deed Book 206, Page 415; Plat Cabinet 4, Page 469-Slide 697) for six calls: (1) S 87 degrees 55' 20" W, 81.79 feet to an iron pin (set) (2) S 89 degrees 30' 46" W, 64.53 feet to an iron pin (set) (3) N 81 degrees 14' 44" W, 44.40 feet to an iron pin (set) (4) S 18 degrees 08' 18" W, 55.77 feet to an iron pin (set) (5) N 68 degrees 50' 33" W, 274.57 feet to an iron pin (set) (6) N 37 degrees 20' 30" E, passing a 14" pine tree at 186.5 feet, in all 188.62 feet to an iron pin (set) in the dedicated right-of-way for Grace Loop; Thence with said right-of-way and continuing a severance of property owned by Dwight Lee Brown for nine (9) calls: (1) N 75 degrees 11'00" E, 16.27 feet to a point in the right-of-way; (2) N 83 degrees 02'32" E, 38.73 feet to a point in the right-of-way; (3) N 85 degrees 38' 14" E, 43.47 feet to a point in the right-of-way; (4) S 81 degrees 19'03" E, 44.51 feet to a point in the right-of-way; (5) S 64 degrees 53' 45" E, 49.54 feet to a point in the right-of-way; (6) S 46 degrees 11' 03" E, 60.63 feet to a point in the right-of-way; (7) S 40 degrees 03' 05" E, 35.64 to a point in the right-of-way; (8) S 40 degrees 55'41" E, 75.37 feet to a point in the right-of-way; (9) S 39 degrees 04'45" E, 74.10 feet to the point of beginning and containing 1.58 acres as surveyed and described by Joshua Bills, PLS #3537 on April 18, 2007.

And being a part of Tract 2 of the property conveyed to Dwight Lee Brown from Brown et al. by deed dated April 21, 2006, recorded in Deed Book 210, Page 416 recorded in the Rockcastle County Clerk's Office.

Being the same property conveyed to Dwight Lee Brown, single who acquired title by virtue of a deed from Felix Delton Brown and April Brown, husband and wife and Debra Lynn Lynch and William Lynch, wife and husband, dated April 21, 2006, filed May 12, 2006, recorded in Deed Book 210, Page 416, County Clerk's Office, Rockcastle County, Kentucky.

Subject to all restrictions, conditions and covenants and to all legal highways and easements.

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

1. 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.
2. 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 surety for the payment of the purchase price.
3. Unpaid delinquent state, county and/or city ad valorem real estate taxes owed to those government entities and not sold pursuant to the provisions of KRS 134 of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2012 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
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".

John D. Ford
Master Commissioner
Rockcastle Circuit Court