



Farm News

By: Tom Mills
County Extension Agent
for Agriculture
**Cross-County Tobacco
Leasing Referendum**

The Farm Service Agency has been authorized to conduct a referendum on statewide cross-county tobacco leasing for Kentucky, Ohio, and Indiana.

Kentucky's referendum will be held January 10-14, 2000. If the referendum passes by a simple majority vote, quota owners will be allowed to lease burley tobacco

quota to any county within the state registered with the 2000 crop. Currently, quota may only be transferred across county boundaries when disaster conditions are met. Unlike the vote on the tobacco program, which occurs every three years, this referendum, if passed, would result in a permanent change in the tobacco program. It is a one time referendum that will not be conducted again without congressional legislation.

In general, current tobacco quota owners and growers/tenants and their spouses will be eligible to vote in this referendum which was mailed to eligible voters last week. For more specific details on the

referendum and voter eligibility, check with the local FSA office.

TOBACCO EXPO 2000.

Tobacco producers are invited to attend the Tobacco Expo on Wednesday, January 19, 2000 from 9:30 am to 3:00 pm at Heritage Hall on West Main Street in Lexington, Kentucky. An Industry Trade Show as well as seminars on Irrigation, Meeting Labor Needs, and Integrating High Value Crops will be held before lunch. FSA Director, Hampton Hinton, will discuss Cross-County Leasing. Also, John Mark Hack will discuss the Tobacco Settlement. In addition, Danny McKinney and Will Stuell will give an economic update on tobacco.

activities. People often do more sitting and eating during the holidays than at other times and it is easy to continue that pattern. If you overindulge in eating, set a realistic goal to lose the two or three pounds you gained. Walking, bicycling, jogging, or calisthenics can help get your body in better physical condition.

Diversify your interests. Most of us have put too much time, money, and resources into a holiday time that we need new challenges. This may mean you become actively involved in a community organization whose goals and activities you support. As you involve yourself in community service, you may continue to nurture the pleasant feelings of the holiday.

Revisit old interests or hobbies. Fill the gap you feel from having the holidays end with activities you may have wanted to pursue in the past, but did not have the time.

Enjoy some of the simple pleasures of life. As the hustle and bustle slows down, rediscover the joy that comes from taking a walk, visiting a favorite place, watching birds eat from an outdoor feeder, or watching snowflakes fall.

Plan beyond the holidays. Plan fun activities for the months after the holidays. You can then begin to look forward to the future. If you overstep an already tight budget, develop a plan to pay your bills. Ridding yourself of that burdensome worry will be a great relief.

Visit trusted friends regularly. When you do, make a point of listening to them and sharing concerns, joys, and successes with them. You and your friends will enjoy your time together more during the relaxed post-holiday time than during the hectic pace of the holiday.

Even if you aren't prone to the post-holiday blues, these suggestions may help you manage the everyday stress which tends to plague most of us.

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Post-Holiday Blues

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

An event or series of events that take a lot of time and energy leave people feeling relieved and let down once the event has passed. As the holidays come to a close, family members may be returning to homes far away. Decorations must be packed away. The children are restless. Seemingly the balloon has popped. Many times people end up feeling bleak and sad after the holidays. Any of us can experience such post-holiday blues.

How can you avoid or get through these feelings? What can you do to prolong the festive, warm feelings of the holidays while re-adjusting to everyday routines? Consider the following as you try to answer these questions:

- Get ample rest. Be careful not to overdo it, however. Too much can cause sluggishness.
- Engage in a variety of physical

Clothing classes scheduled

4-H News

By: John McCreary, Agent

The 4-H Clothing Classes will again be offered after school at each of the elementary schools. At the first meeting, we will go over class schedules, supplies and materials needed. It is essential for anyone who plans to do a clothing project to be at the first meeting. The first meeting will be over at 4:30 p.m. This year the sewing projects will be conducted by local leaders and the Family & Consumer Science Agent. Following is the date and location of the first meeting at each school:

Tue., Feb. 22 - Mt. Vernon Elem.
Wed., Feb. 23 - Broadhead Elem.
Thur., Feb. 24 - Roundstone Elem.
NOTE: Middle School students may meet with the elementary school of their choice.

After the first meeting, the schedule will be as follows:
March 13-16 - Mt. Vernon Elem.
March 20-23 - Broadhead Elem.
March 27-30 - Roundstone Elem.
These classes will be over at 5:00 p.m. You will need to provide fabric and notions for the garment. DO NOT purchase these until after

the first meeting. 4-H'ers will choose their pattern at the first meeting and we will order for a cost of \$1.25.

Parents, you will need to provide transportation home after classes at 5:00 pm PROMPTLY. During the classes, your child will learn to use a sewing machine, follow a pattern, and construct a simple garment. First year students may make pants, shorts or skirt with elastic waistline. Second year students may make a skirt with a waistband or a simple top. Third year students will make a simple complete outfit; fourth year students, a garment using knits; and fifth year students will make a complete knit outfit using a challenging knit.

If your child wishes to participate in this 4-H project, please complete the permission form given to your child by the Extension Service and return it to their teacher by February 11, 2000.

For more information, contact the Rockcastle County Extension Service at 256-2403.

January designated as cervical health awareness month

January is cervical cancer awareness month, with the goal of educating and empowering women across America to visit their clinician for annual Pap smear test. It is important for women to learn about early detection through cervical cancer screening because cervical cancer, if caught early, is nearly 100 percent curable. Cervical Cancer is one of the most common causes of cancer worldwide, and one of the most preventable and treatable. The American Cancer Society (ACS) reports that between 60 and 80 percent of American women with newly diagnosed invasive (late stage) cervical cancer have not had a Pap smear in the past five years and may have never had one. The underscreened population groups include older women, the uninsured, ethnic minorities, and poor women, particularly those in rural areas.

In Kentucky, the Cumberland Valley district is one of three regions with a high rate of invasive (late

stage) cervical cancer. According to the Kentucky Cancer Registry data for 1996-1997, we have 12.73 cases per 100,000 compared to the statewide rate of 10.17 cases per 100,000. "We would love to see this rate come down, reflecting that more women are being screened and treated earlier," states Becky Simpson, Cumberland Valley Regional Coordinator of the Kentucky Cancer Program. "A women need not die from cervical cancer when it is treatable and preventable." Local cancer coalitions have been working hard to inform women of the importance of early detection. If you would like to learn more about joining a cancer coalition, please contact Becky Simpson

of the Kentucky Cancer Program at 104 Cumberland Avenue, Barbourville. You may also call her at 545-6444.

Check with your clinician about having your Pap test this month.

January Clearance Sale

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