

Sun Safety Tips

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



AVOID THE SUN. When possible, avoid exposure to the sun between 10 a.m. and 2 p.m. This is when the sun's rays are strongest and can do the most damage. If it is impossible to avoid exposure, stay in the shade as much as possible.

COVER UP. When outdoors, wear protective clothing such as hats, long pants, and long sleeves to block the sun's harmful rays. Clothing with a tight weave provides the most protection.

HATS. Hats are especially important since 80 percent of skin cancers occur on the head and neck. Look for hats with wide brims.

WEAR SHADES. Sunglasses protect the delicate skin around the eyes. Look for sunglasses labeled UVA- and UVB-absorbing. Wraparound lenses provide the best protection.

USE SUNSCREEN. Sunscreen with a sun protection factor (SPF) of

15 to 30 should be used whenever you are outdoors. Thirty minutes before going outdoors, put a generous amount of sunscreen on all parts of your body that will be exposed to the sun. Re-apply sunscreen during the day, especially after swimming or exercising.

AVOID TANNING BOOTHS AND SUN LAMPS. Sun lamps and tanning booths are not safe ways to get a tan. Both can cause skin cancer.

DO SELF-EXAMS. Check your skin regularly for anything new - a sore that does not heal or a change in the size, feel, or color of a mole. Include all areas of the body.

DO SEE YOUR DOCTOR. Changes in the skin do not necessarily mean that you have cancer. However, see your doctor if the change lasts longer than two weeks. Don't wait for the area to hurt - skin cancer rarely causes pain.



Ethan Connelly, a fifth grade student at Mt. Vernon Elementary, won first place at the State 4-H Communication Day in the 10-year-old division. Ethan participated in the 4-H Involvement Communication Day for Junior members in Bullet County on May 20, 2000. In order for a member to participate in the state Communications Day they must have won on the county and the area level. Ethan won first place in all three divisions. The title of Ethan's speech was "The Championship Game" John McQueary, County Extension Agent for 4-H, congratulates Ethan on his achievements.

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Fire Blight



Fire Blight is a bacterial disease affecting apple, pear, fan flowering crab apple trees, to name a few of the more common trees. Home gardeners take notice this time of year when blossoms and leaves of infected limbs wilt suddenly and then turn dark brown to black as if scorched by fire.

Where does Fire Blight come from? Bacteria winters on infected trees in cankers formed during the previous year. Primary spread is accomplished by insects, wind, rain and movement of bacteria within the plant itself. The year of initial infection you may see only a few scorched limbs, however the bacteria may be building up for a much larger infection the following year bacterial infections are generally favored by high humidity and temperatures between 65-70 degrees F. Bacteria gain access to trees through wound sites, or natural openings such as flower parts, leaves and shoots. A 26 degree freeze during bloom this year, followed by warm wet weather, makes Fire Blight more likely this summer.

How do you control Fire Blight on affected trees? Best control will occur during the dormant season. When possible, prune out blighted twigs by pruning at least 4 inches below infected areas and destroying

the clippings. Completely cover the dormant tree with a copper sulfate spray. Use 4-5 pounds copper sulfate per 100 gallons of water. This should help reduce overwintering bacteria.

For home gardeners who wish to do something as they see the effect of Fire Blight, two things may help. When possible, prune out blighted limbs. Prune at least 6-12 inches below affected areas and clean pruning tools between cuts by using 70% alcohol or 10% chlorine bleach solution. The second step, when possible, is to spray trees with

antibiotic streptomycin (Agricultural Streptomycin at farm stores). Use 4 oz. of 21% streptomycin sulfate per 100 gallons of water at 4-5 day intervals during bloom and again weekly during post bloom period as long as shoots continue to elongate. Streptomycin is best applied just before sundown due to the sun's ability to break this product down.

Pruning and spraying large trees may be impractical for some home owners. In this case, seek out qualified helpers who understand that Fire Blight can inadvertently be spread if proper pruning and sterilizing tools are not used.

For more information, call the Extension Office at 256-2403.

Agricultural News

By: Warden Alexander, FSA Director

Tobacco Leasing

July 3rd is the final deadline to sign tobacco leases. Producers are reminded leases filed and/or on file in the county office must have all signatures (transferring and receiving farm) by the deadline to be approved. Leases with all signatures not obtained by the deadline shall be disapproved. If someone is growing your tobacco quota on a farm other than the farm the quota is established to remember you MUST sign a lease in the county office by the deadline of July 3rd.

Farm Acreage Reports

Farm acreage reports of crops are now being taken for the current year. When all crops are planted, producers are encouraged to report all acreages of crops for history, disaster programs and loan deficiency pro-

grams. The final reporting date for all crops, except small grains and tobacco, is July 15th. Producers failing to file by the final reporting date will be charged a late fee.

Farm Changes

Producers who have purchased or sold land need to contact the FSA office for proper reconstitution of farms. Farms enrolled with PFC have until the deadline of June 1st to file for reconstitutions of farms. Farms not enrolled with PFC have until the deadline of July 1st. Remember to bring your deed and/or to notify the new owner to do so. Also notify this office of any and/or all address changes. Remember our records are only as current as producers inform our office.

Conservation Reserve Program's Continuous Signup
Agricultural Secretary Dan Glick-

man has announced that landowners can receive more money for participation in the Conservation Reserve Program continuous signup. The new financial incentives—totaling up to \$350 million in the next three years—include signing bonuses and more money for installing and maintaining, conservation practices.

Unlike the regular CRP program, the continuous signup program allows producers to enroll eligible highly environmentally sensitive land anytime, without waiting for a signup period or competing against other offers. Conservation practices protect streams and rivers by keeping sediment and nutrients from entering the water, providing cleaner drinking

water, enhancing recreation and improving wildlife habitats.

For more information pertaining to CRP contact the local FSA office.

Pasture Recovery Program (PRP) Signup
The Pasture Recovery Program signup period ended on Friday, April 14, 2000 and required a request for funds report. Regulations for PRP have not yet been published in the Federal Register and payments are not to be issued until funding is available. For this reason, PRP has been extended until further notice. If you failed to signup for this program in the first go around please come to the FSA office and signup now. Remember we have no idea when sign up will end.

Subscribe to the Signal

Rockcastle County Board of Health

6/1/2000

In accordance with KRS 65.070 the following is a list of the Rockcastle County Board of Health members, and their address:

Jerry Cox Chairman: P.O. Box 1350, Mt. Vernon, KY 40456

John Parsons DMD: P.O. Box 56, Mt. Vernon, KY 40456

Martha Cox: P.O. Box 421, Mt. Vernon, KY 40456

Judge Buzz Carlolitis: Mt. Vernon, KY 40456

C. Douglas Mullins: P.O. Box 734, Mt. Vernon, KY 40456

Lee Cain OD: P.O. Box 1050, Mt. Vernon, KY 40456

James Chism DVM: P.O. Box 450, Mt. Vernon, KY 40456

Kimberly Cornelius MD: P.O. Box 1721, Mt. Vernon, KY 40456

Wm. P. McElwain MD: P.O. Box 1859, Mt. Vernon, KY 40456

Michael Hamilton MD: P.O. Box 735, Mt. Vernon, KY 40456



Ford Brothers, Inc. would like to welcome

Jeff Cromer

as the company's newest real estate agent.

Jeff is the son of Jimmy and Shirley Cromer of Mt. Vernon. He is a graduate of Rockcastle County High School and former owner of Convenient Food Mart. Jeff currently owns and operates the new Dollar Plus Store near Renfro Valley. He is married to Anissa J. Wilson Cromer and they have one, Jeffrey W. Cromer, II.

Jeff is a veteran of the United States Army and was a member of the Airborne Division at Ft. Campbell, Ky. He served in Germany and Lebanon and also attained the rank of Sergeant.

Jeff is also a graduate of the A-Pass Weikel Institute in Lexington and a graduate of the Reppert School of Auctioneering in Auburn, Indiana.

Jeff will be a valuable asset to Ford Brothers, Inc. He can be reached by calling Dollar Plus at 256-8092 or at his home at 453-9300.

Give Jeff a call for all your real estate needs.

Centennial Certificate of Deposit

Centennial Certificates of Deposit Rates:

- 4.97% 100 Days
- 5.10% APY
- 6.58% 100 Weeks
- 6.80% APY

The Bank of Mt. Vernon is celebrating 100 years of quality financial service.

BMW is offering two special CD promotions.

The Centennial Certificate of Deposit is a safe, easy way to get a "cen"tational return on your investment. You can choose a high performing 100 day CD or 100 weeks CD and lock in a rate that fits your investment plan.

BMW

The Bank of Mt. Vernon

For Information Call

Main Street 606-256-5142 Highway 441 606-256-5141

Somerset 606-879-8826 Richmond 606-824-2212

Loan Production Office Berea 606-885-0561

Substantial Interest Penalty for Early Withdrawal
Member FDIC Equal Housing Lender

\$500.00 MINIMUM