

Vinegar

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

When you think of vinegar, you probably think of food. But vinegar has many uses related to clothing care and personal grooming.

To add shine to your patent leather shoes, moisten a soft cloth with white vinegar and wipe your shoes. When letting out a seam or hem, dampen a cloth with white vinegar and place it under the section to be pressed. Pressing will remove holes and stitch marks.

To remove slight scorch from fabrics, lightly rub white vinegar on the fabric; then wipe with a soft, clean cloth.

Creases will remain longer in slacks if you use a pressing cloth dampened with a solution of one-part white vinegar and two-thirds water. Place a brown paper bag over the crease while pressing.

Vinegar also can help your nail polish last longer. Dip fingernails in a solution of two teaspoons of white vinegar to half a cup of warm water.

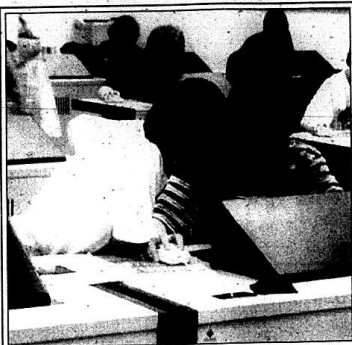
Dry hands aid nails, then apply nail polish.

To remove soapy film from your hair after shampooing, rinse hair in a solution of one tablespoon of white vinegar to one cup of water. Your hair will feel soft and clean.

You can relieve itching from wasp stings, bruises, chapped hands, hives or sunburn by applying white vinegar to the spot.

Remove deodorant and antiperspirant stains on washable clothing by rubbing the stain with white vinegar before laundering. Test the vinegar on a seam first to make sure the dye doesn't change color.

To eliminate mothball odor from stored garments, hang them in the bathroom, fill the tub with hot water, add one quart of vinegar and close the door. Remove clothing from the bathroom after the water has cooled. You shouldn't be able to smell the vinegar or mothballs.



John Lambert and Chris Jones discuss a computer project during Camp Centerseek at The Center for Rural Development.

Lambert attends computer camp

Twenty-four youngsters and just as many computers could be a dangerous combination, but at Camp Centerseek hosted by The Center for Rural Development on June 12-16, students, including John Lambert of Rockcastle County, learned vital lessons of technology. While most 8-11 year olds were watching television, these campers were participating in a week of adventure in computer basics, web page design and internet and e-mail use.

Louise Simpson, a teacher at Southwestern High School, was the instructor. "We try to incorporate a few games with our programs, such as Jumpstart, which includes curriculum in English, Mathematics, Social Studies and Science," said Ms. Simpson, who tested the Jumpstart

program before teaching it to her class. "These are challenging exercises," said added.

Campers were so involved in the afternoon's activity that many chose to work through their break. Students who finished the program early offered help to others. Several of the campers counted on their fingers to calculate answers for the math segment, while others waited patiently with hands raised.

"It's really neat," said Camper Elysa Pribala.

Camper Samantha Dykes added, "I've learned a lot of things about computers."

Other activities for the week included designing flyers, creating web pages and participating in scavenger hunts on the Internet.

This was the first in a series of summer camps that The Center for Rural Development's Training Department administered this year. They are also conducting two camps in conjunction with the Christian Appalachian Project in Louisa and Prestonsburg and held a camp for 12 to 15-year-olds, June 19-23 at The Center.

If you would like more information on computer training opportunities, contact the Training Department at (606)677-6000.

GED testing dates

Soherst Technical College's Assessment Center announces that July Testing Schedule for GED. The tests will be scheduled for July 11th (Tuesday) from 9:00 a.m. to 5:00 p.m. (All times are EST).

Please note the following:
GED testing cost is \$30.00 for all five subject areas or \$6.00 for each subject. Examinees must preregister for the GED by calling 606-677-4049 to schedule with the Assessment Center Secretary Donna Fallahay by 4:00 p.m. on the Friday prior to the exam date.

Examinees. Registration may also be completed by email or fax at the following addresses: (email)

doona.fallahay@kctcs.net and (fax) 606-677-4053.

A maximum of 25 individuals will be tested on any exam day on a first come first serve basis. A waiting list will be kept for last acceptance upon cancellations or no-shows.

On examination day, all examinees must bring the following:

1. Picture ID (driver's license)
 2. DAEL-6 Form from the Learning Center
 3. Check, cash, money order or voucher for payment.
- Please arrive 15-30 minutes prior to starting time to complete the registration/payment process.

Bobo on Dean's List

The academic affairs office at Black Hills State University in South Dakota has released the names of students included on dean's list for the spring 2000 semester.

The dean's list names 483 who were selected by maintaining a grade-

point average of at least 3.5 on a 4.0 scale with an academic course load of at least 12 semester hours.

Kathy Carter Bobo formerly of Mt. Vernon was among those named to the Dean's List.

Local students named to EKU's Dean's List

Ten Rockcastle Countians are among 1,230 students at Eastern Kentucky University who were named to the Dean's List for Spring Semester study.

Local students named to EKU's spring semester Dean's List include: James Nathaniel Bullock, Marcia Ethel Coffey, M' 'e E. Coffey, Melissa Nicole Kirby, Angie Laine Lawless, Angela Faye Marcum, Angela L. Parsons and Kevin D. Scott, all of Mt. Vernon, Elizabeth Jean Jones of Brodhead and Anita Ann O'Neal of Berea.

To achieve Dean's List honors at EKU, students attempting 14 or more credit hours must earn a 3.5 grade

point average out of a possible 4.0. Students attempting 13 credit hours must earn a 3.65 GPA, and students attempting 12 credit hours must earn a 3.75 GPA.

"We are pleased to recognize outstanding academic achievement

at Eastern Kentucky University," said EKU President Bob Krusta. "These students' classroom performance reflects both their diligence and the hard work of our faculty."

Of all the Dean's List students last semester, 477 earned a perfect 4.0 grade point average.

Eastern Kentucky University is a comprehensive university serving about 15,000 students on its 725-acre Richmond campus, at its educational centers in Corbin, Danville and Manchester, and throughout Kentucky.

Classified Deadline is Noon Tuesday



Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Slime Molds: Return of the Blob

Slime molds have been common in the last few weeks in the lawn and landscape as well as other settings. Slime molds are fungal-like organisms that live in thatch, mulch, and the upper layer of soil. Their body (called a "plasmodium") is an "amoeboid" mass of protoplasm that creeps along unseen most of the time, much like the Blob of science fiction movies but on a smaller scale. The plasmodium feeds on bits of decaying organic matter and on microorganisms present in their environment. Thus, slime molds are not parasites of plants.

When the plasmodium is triggered to sporulate, it creeps into some position where it is exposed to light

and air movement—such as on the surface of mulch, on tips of grass leaf blades, or on branches in contact with the soil. There the plasmodium turns itself entirely into crusty structures of spore-bearing bodies, many of which can be best appreciated with a hand lens. The microscopic spores are spread by the wind and rain to new locations, where they can form a new plasmodium.

The fruiting structures of slime molds may be easily removed from plant surfaces. Rubbing, lightly sweeping, or spraying with a hose are easy ways to remove them. As mentioned above, slime molds are not parasitic. No control is necessary for slime molds.



Lex and Vanna Jankowski are proud to announce the birth of their son, Ethan Mitchell, born April 11, 2000 at Rush North Shore Medical Center in Skokie, Illinois. Ethan weighed 8 lbs. 2 ozs. and was 20 1/2 inches long. He was welcomed home by his big brother, Kyle. Grandparents are Garlan and Barbara DeBorde of Mt. Vernon and Danielle Donato of Schaumburg, Illinois. Great grandparents are Lucille Houk, Zelta DeBorde and Petronella Baginski.



Lordy Lordy
Looks Who's 40!
Happy Birthday Jack Hayes



Happy 11th Birthday
Michael Aaron
We love you very much and always will. Hope your birthday was as wonderful as you are!! We will always be here for you.
Lola & Love,
Mommie, Sis Andrea, Mom Sharon, Uncle Kevin, Crystal & Elizabeth



Above, Jamie Bryant and Connie Graham, below, were recently recognized with plaques of appreciation from principal John Hale. They served as parent representatives on the 1999-2000 Rockcastle County Middle School SBDM Council.



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Vincent Fish, left, presents William K. Bullen of Rockcastle Co. Farm Bureau a plaque for outstanding leadership and service in promoting and developing Rockcastle Co.



Members of the Hot Rods 2000 are pictured above, front row from left: Matthew Hayes, Courtney Mullins, Tristin Cox, Kayla Reynolds, Tristin Blake Girrod, Kayman McClure, Dalifa Lovins, Roy Scott Winstead, Kayley Harper, Kezley Goff, September Miller, Kayla Elaine Cromer, and Dalton Miller. Back row from left: Michael Carper, MaZzy Rudder, Evan Singleton, Samantha Callahan, Bryan King, Jacob Lawson, R.C. Kirby, R.J. Smith, Kyle Shelton, Jessica Thacker, Sara Burdine, Jay Lawson, Davis Faulkner, John Logan Hughes, Justin Hughes, Tyler Harper, and Jacob McKinney. Standees are coach Doug Proctor holding Matthew Newcomb and Carrie Stallsworth holding granddaughter Samarah Lovins. Not present were Cody Brown, Justin Houk, Jacob Houk, William Wheat, Tucker Rose, David Morris, Douglas Nicely, Joshua McNew, Dylan Nicely, Waylon Mink. Sponsors for this year were Galaxi Sign Co., Foster Trophies, Wendy's, Snack Shack, Food World, Peg's, McKinney's Tire, and Godfather's Pizza. Thank you sponsors. Sorry Jerry about the mix-up on the shirts. Last practice is July 8th. Come out and see the young ones play, 10 a.m. to 1 p.m. Picnic and trophies will be on July 15th at 11 a.m.