

Kentucky WIC Program is "Growing Healthy Families"

Pregnant women, new mothers, infants and children up to age five are eligible for WIC Program benefits through the Rockcastle County Health Department. WIC provides nutritious food, nutrition education, health care referrals and breastfeeding support to eligible clients at no cost.

The theme for the Kentucky WIC Program is "Growing Healthy Families." WIC enables parents to properly feed their children during critical early years of growth and development, assuring normal growth, reducing levels of anemia, increasing immunization rates, improving access to regular health care and immunizations.

Clients must meet income guidelines to participate in the WIC program. People who receive Medicaid

or Food Stamps automatically meet the income requirements. A family of four earning \$31,243 a year or less is eligible for WIC. Participants must also be a resident of the state and determined to be at nutritional risk by a health professional.

The health department contracts with grocery stores where clients redeem food instruments for nutritious food items high in protein, calcium, iron and vitamins A and C. WIC foods include milk, cheese, eggs, fruit juice, cereal, peanut butter, dried beans or peas and iron-fortified infant formula and infant cereal.

For more information about the WIC Program or any health department service contact the Rockcastle County Health Department at 256-2242.

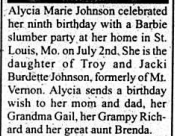


Kayla Lashay Knuckles celebrated her sixth birthday on Saturday, July 8, 2000. Kayla and her daddy, Alvin Knuckles would like to thank all of her family and friends who attended her birthday party and for all of the gifts she received. A special thank to Mamaw, Aunt Shaketta, Uncle Larry, Aunt Tammy, Aunt Susan and Heather. Kayla would like to say a very special thank you to her boss that she worked for this summer, JR Renner and his wife, Teresa. We All Love You Very Much Kay Kay. I love you Daddy

Birthdays Celebrated



Casey Lynn Coriell will turn seven on July 13th. She will celebrate her birthday with her little brother Shane and all of her family and friends. Happy Birthday Baby Love - Mommy, Shane, Mama & Papa



Alycia Marie Johnson celebrated her ninth birthday with a Barbie slumber party at her home in St. Louis, Mo. on July 2nd. She is the daughter of Troy and Jacki Burdette Johnson, formerly of Mt. Vernon. Alycia sends a birthday wish to her mom and dad, her Grandma Gail, her Grandpa Richard and her great aunt Brenda.



Erin Shayne Thompson celebrated her first birthday on May 14, 2000. She would like to thank everyone who attended her party and thanks for all the gifts and cards. Erin is the daughter of Scott and Angel Thompson of Brodhead.

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Free Miles
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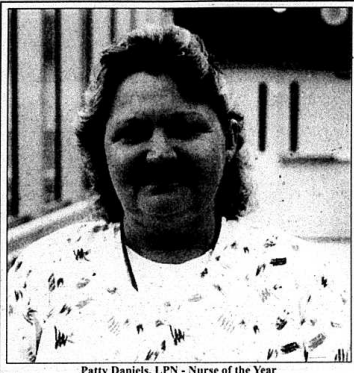
Hello! I'm Sydney Paige Robinson. I'm turning one Friday, July 14th. I'm the daughter of Stephanie Miller and the grand-daughter of Michelle and Darrel Miller. Happy Birthday Sydney! We Love You Mommy, Grammy, Grants, Ashley, Bub & Jason



Happy 13th Birthday Brooke! Love - Mom & Dad



Brenda Cable, RN - Nurse of the Year



Patty Daniels, LPN - Nurse of the Year

Cable and Daniels named Nurses of the Year at RHRCC

As part of National Nurses Week, the more than 100 nurses at Rockcastle Hospital and Respiratory Care Center, Inc. have chosen two of their co-workers as the hospital's Nurses of the Year.

Brenda Cable, RN, and Patty Daniels, LPN, were chosen by their peers for best representing registered nurses and licensed practical nurses at RHRCC. As part of their honor, the two attended the Kentucky Nurses Association banquet in Louisville on May 12.

Cable, who has been a nurse for 37 years, was a non-traditional student who juggled college with caring for her three children. She received her nursing degree from Somerset Community College.

"I really enjoy my patients," Cable said. "I care for people of all ages, and the variety keeps me on my toes, because caring for infants is so dif-

ferent from caring for the elderly." Daniels, an LPN at RHRCC for 20 years, said she has seen a lot of patients during her nursing career. For her, meeting people is one of the things she likes best about nursing.

"I enjoy educating patients about their illnesses and what they can do to stay healthy," she said. "It really all about helping people."

Betsy Purcell, RHRCC's director of nursing, said the Nurse of Year Award is a tradition at the hospital.

"I think we have an exceptional nursing staff, and my personal satisfaction surveys agree with me," Purcell said. "I'm very proud of all our nurses. Each one of them deserves recognition for the wonderful job they do caring for the community."

RHRCC is known nationally for its respiratory care program and treats patients from all across Kentucky and parts of Tennessee. The hospital was established in 1956.

Heat Exhaustion & Heat Stroke

By Hazel Jackson
County Extension Agent for Family and Consumer Science

Summer is here and with it comes a lot of hot days. For people who work or play hard outdoors, the heat can become seemingly unbearable. The body's normal reaction to this heat is to form perspiration, or sweat. This perspiration then cools the body. If this normal reaction does not occur, heat exhaustion or a heat stroke can occur.

Anyone can experience either of these conditions, however, heat exhaustion is most commonly seen. Very young people can be the elderly are the two groups at the greatest risk of developing heat exhaustion.

Heat Exhaustion

Heat exhaustion results when the body loses its water and salt. This occurs with excess perspiration in hot temperatures while doing heavy work or exercise.

Signs and symptoms of heat exhaustion include: face - pale, cool, moist; skin - cool, clammy, heavy perspiration; temperature - may be slightly elevated or subnormal; pulse - thrifty and rapid; respiration - shallow and quiet; muscles - tense, contracted; and eyes - pupils are normal.

If you suspect someone around you is suffering from heat exhaustion, move that person to a

quiet place to rest. Give the person cool liquids to drink. However, never give liquids to a person who is semi-conscious or unconscious. He will choke as the fluid will go down into his lungs causing additional problems. Watch for signs of heat stroke. Have the person checked by a doctor.

Heat Stroke

Heat stroke occurs when the body's cooling system fails. This is an emergency because the body cannot cool itself and is literally cooking itself. A heat stroke can result in damage to the major organs. If not treated, death will occur.

Signs and symptoms of a heat stroke include: face - red, dry, hot; skin - hot, dry, no perspiration (the key difference between heat stroke and heat exhaustion); temperature - 104 degrees F or higher; pulse - strong, pounding; respiration - difficulty breathing, noisy respiration; muscles - tense, possible seizures; and eyes - pupils dilated but equal.

If you suspect someone around you is suffering from a heat stroke, cool that person's body immediately. You can do this by placing the person in cool water (not ice) or by sponging him or cover him with cool, wet cloths. Call 911 immediately.

Library News

By Kristiana Burk
In the Library News today, I wanted to bring you all up to date with the Summer Program, some new faces you will see at the library and some plans for the future.

As many of you are already aware, we are in the middle of our Summer Reading Program. On June 28th, we hosted a Reptile Show that was a great success! With over 40 in attendance, the adults and children were amazed (and perhaps a little unnerved) by some of the creepy reptiles brought in. Those who attended the program were able to see alligators, snakes, a huge python and more first hand. Another excellent benefit of the program was the wealth of information given on how to care for animals, how to deal with the animals in the wild, as well as safety tips if someone ever comes face to face with poisonous snakes or other "dangerous" animals.

These craft sessions are a fantastic way to have fun, discover books, and go somewhere cool and relaxing on a hot summer day!

One thing that I have been impressed with in the past few weeks is the number of young readers that have been eagerly coming to the Library to check out books and participate in the Summer Reading Program - encourage each and every adult in this community to take the time to encourage these children to come in to the Library so that we can produce a love of learning and literacy in our children. Remember that these children are the future of Rockcastle County and literacy is the key to a Community's growth. Also, don't forget that as a added incentive on Tuesday, July 18th, Ronald McDonald will be here to hand out prizes and certificates to all the participants in the reading program. And

let me tell you, kids, there are some pretty neat prizes this year for the top readers in each age group! Just remember that you must figure out Reading logs in no later than 3:00 p.m. on Saturday, July 15th either at the main library branch or to Pam, our Bookmobile Librarian. Without the Reading logs, we can't figure out the winners and hand out prizes. Keep reading and see you soon!

On a sad note, Lynda Mullins, our Children's Librarian put in her resignation last week. As many of you know, she just had a new baby girl and made the decision that right now she would prefer to stay at home with her children. We are very sorry to lose her and know that she has done a wonderful job serving this community; most especially the young children and young adults. We wish her the best and want her to know that she will be sorely missed.

In Lynda's place, the Library has hired Kathy McKibben of Brodhead. Kathy has worked closely with children for many years through a variety of activities in addition to raising four boys of her own. I am excited about some of her ideas and abilities. Kathy will be writing an article next week to introduce herself to you a little bit more in depth.

On a final note, we want to welcome Pam back from her vacation. I know that her Bookmobile patrons missed her and we are glad she is "refreshed" and happy to get back to the great job that she does on the road.

Remember, the Library is open Monday-Wednesday, Friday 10:00-5:00, Thursday 12:00-8:00, and Saturday 10:00-4:00. Drop in and cool off during these hot and humid summer days with a book, movie, to read the newspaper, or just to say hello! The Library is here to serve Rockcastle County's need to know!



Farm News

By: Tom Mills
County Extension Agent for Agriculture
What's Turning
The Black Locusts Brown

Many of the black locusts in Kentucky are beginning to turn brown. It is probably not a sign of an early fall. Instead, the browning is caused by an insect that has apparently set up housekeeping for some time to come.

A close inspection of leaves on the lower branches of damaged trees will bring you into contact with one of the most serious insect pests of black locusts, which is appropriately called the locust leafminer. The adult of this insect is a beetle that is about 1/4 inch long and has an orange body with a black stripe down the back and black head, antennae and legs.

The adult beetle hibernates wherever winter protection can be found, often in litter under the locusts. As temperatures warm in the spring, the beetles move to the developing foliage and begin to feed on lower leaf surfaces, leaving speckled, shot-hole type damage.

The beetles then lay eggs and the resulting larvae eat into the inner layer of leaf tissue, forming a mine. Preferred feeding sites are near the tips of leaflets, where the mines take on the shape of irregular blotches.

After emerging in midsummer, adults of this second generation begin feeding on the leaves, subjecting the trees to more damage. This second generation will again lay eggs on the leaves and second-generation larvae will add more damage to the foliage. After adult

beetles emerge in late summer and fall, they will look for overwintering sites. It's no wonder that black locusts are turning brown!

Black locust trees may produce a second growth of leaves during a growing season. If damage by the locust leafminer is extensive on this foliage in successive years, trees may die or at least be weakened to the point where they may be susceptible to other pests and diseases.

In year such as we're having, drought stress is a real concern as well. Although black locusts are the most obvious plant host, other plants such as false indigo, bristly locust, Japanese pagoda tree, and golden chain tree are fed on as well.

The adults are known to feed on dogwood, elm, oak, beech, cherry, wisteria, Hawthorne, and several herbaceous plants.

The locust leafminer is found throughout the eastern United States and Canada. Several natural control agents including parasitic wasps and predators such as the white bug prey on various life stages of the locust leafminer.

Most black locusts are found in the wild or along roadsides and control measures for this pest are seldom used in this setting. If a tree is part of a residential or recreational area, there are pesticide applications that can be used to reduce the damage.

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

Lake Linville Open Bass Tournament

Sponsored by Boat Dock
Every Tuesday Night - 6:30 to 11 p.m.
• Entry Fee - \$20 per boat
• 100% Entry Fee Payback
"Big Fish Pot" sponsored by boat dock



Call 256-9696 for further info. & rules

Top left: Jim Cox & Doug Rowan took 2nd on 6-27 with 4.19 lbs. and top right: Tyler Souk & Jeff Noe won first 6-27 with 4.47 lbs.
Bottom left: Jeff Richards & James Robinson won 2nd 7-4 2000 with 2.23 lbs.
Right: Kyle Robinson and John Woods took 2nd on 7-4 with 7.39 lbs.