



Matthew Whitaker and Andrew Nelson placed in the top four in the Junior Division of the Ky. State Fair 4-H Land Judging Contest. Matthew, son of Harold Ray and Sandy Whitaker, received fourth place plaque. Andrew, son of David and Barbara Nelson, placed first for the second year in a row. Andrew received the championship watch and plaque. Matthew and Andrew will advance to the senior division next year for competition on the senior team. Senior teams, which win the state contest, represent Kentucky at the Nationals held each May in Oklahoma.



Shown are the Rockcastle County 4-H Youth at the Kentucky State Fair Land Judging Contest. Front row from left: Andrew Nelson, Matthew Whitaker, Bill Burdette. Back row from left: Brandon Reams, Jamison Cable, Emily Whitaker, Ryan Graham, Blake Arnold, Josh Lyons and Jeremy Neely.

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Land Judging

Rockcastle County's 4-H Land Judging team participated in the Kentucky State Fair 4-H Land Judging Contest on August 18. For the second year in a row, Andrew Nelson placed first in the Junior Division capturing the championship watch and plaque. Matthew Whitaker placed 4th followed by Brandon Reams at 6th and first timer, Ryan Graham with 11th place. Bill Burdette and Emily Whitaker rounded out the junior team with 15th and 20th respectively. Senior team members Jeremy Neely, Blake Arnold, Josh Lyons and Jamison Cable received 6th Place Team.

Team members would like to thank Sandy Whitaker for her continual support as chaperone. A special thanks for sponsorship from Farm Bureau Federation and the Soil Conservation Service as they invest in young leaders of tomorrow.

Increase Your Activity Level

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

Have you ever started an exercise program in an effort to trim down, but quit after a week because you didn't notice any difference in your weight? Remember, it took time to gain those extra pounds and it will take time to lose them.

When you increase your activity level, common sense is an important guideline, especially if you have been sedentary for a while. Set realistic goals for your exercise program. Start out slowly and work up.

Begin with 10 to 15 minutes of simple stretching exercises to warm up our body. This also lowers your chance of injury. Then, get at least 30 minutes of aerobic exercise.

Walking is one of the best forms of aerobic exercise. You also could try swimming, walking stairs in an aerobic dance class. Be sure to wear proper shoes or other equipment for the activity in which you are participating. As you can, increase the duration and intensity of the aerobic activity. Remember though, that the saying "no pain, no gain" is wrong. Don't push yourself until it hurts - you'll just increase your chances of injury or rapid burnout on exercise. After your aerobic activity, cool down with 10 to 15 minutes of gentle stretching.

Be sure to have a physical examination before beginning any exercise or weight loss program.

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There IS School Friday

Food Service failed to provide the menu for this day. Jeannine Parsons, Director of Food Service, regrets any inconvenience this error has created.

Rockcastle Community Bulletin Board

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TOPS

(Take off Pounds Sensibly)
TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. For more info, call 1-800-932-TOPS or locally 758-4047.

Bookmobile Schedule

Mon., Sept. 4th: No service.
Tues., Sept. 5th: Brodhead and Copper Creek.
Wed., Sept. 6th: Green Hill, Conway, Boons, Fairview, Lambert Rd., Resp. Care.
Thurs., Sept. 7th: Mt. Vernon Manor, Sr. Citizens, Brindie Ridge.

Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Marine Corps League

Bluegrass Chapter 1012 of the Marine Corps League meets every fourth Thursday of the month at the Igloo Club at the Bluegrass Army Depot. For more info, call Jack Dimmer at 369-7310 or Nathan Seals at 256-0741.

VA Rep Here

VA representative will be at the Rockcastle County Courthouse the first and third Mondays of each month behind County Judge Executive's office from 9 a.m. to 2 p.m.

Conway TOPS

TOPS (Take off pounds sensibly). We are celebrating with an Hawaiian Open House Thursday, August 31st at 7 p.m. For more info, call 256-3633, 256-9448 or 1-800-932-TOPS. TOPS meets every Thursday at 6:30 p.m. at BRVFD.

R.A.A.P. Meeting

Rockcastle Adoption Agency for Pets Inc. meets the first Sunday of each month at 2 p.m. Help build an animal shelter in Rockcastle County. Call Terry at 758-9202 or Vickie 256-5183 for directions.

RCHS SBDM

The RCHS SBDM Council will hold its regular monthly meetings on the first Tuesday of each month at 6 p.m. in the RCHS Conference room.

Saddle Club

The Rockcastle County Saddle Club meets the first Monday of each month at the clubhouse on Hwy.

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