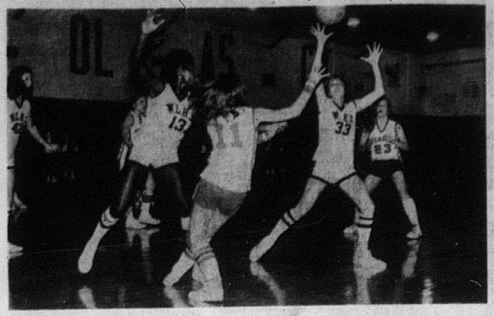


Pam Hopkins [11] passes to Tammy Roser [23] during a recent game against Woodford County as Lady Yellow Jacket defenders apply the pressure. — Mercury photo.

Carlisle Automotive

Passing off

Half of diet is fat

U.S. food habits change dramatically

Dramatic changes in our food consumption patterns over the years are pointed up in figures released by the U. S. Department of Agriculture. We are eating more beef, chicken and fish than our grandparents did but less fruits, vegetables, bread and cereal products.

"From a nutritional point of view, the most significant changes in the American diet in the last 65 years have been an increase in fat and sweetener consumption," says Fudeko Maruyama, Extension specialist in the University of Kentucky College of Agriculture.

The foods and nutrition specialist adds: "Fat provided 42 per cent of our calories in 1976, about a third more than in 1910. Refined sugar, corn syrup and other caloric sweeteners supplied 18 per cent of our calories in 1976, a full 50 per cent more than the 12 per cent of calories that sweeteners added to 1910 diets."

Vending machines were rare 100 years ago. Now we spend about 5 per cent of our food dollar — $10 billion a year — at these machines.

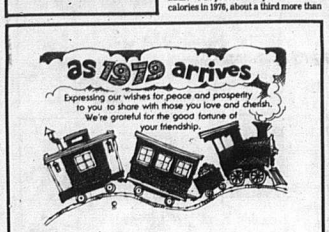
Maruyama points out that one of three food dollars is spent away from home, mostly in restaurants. A big share of that dollar is spent in fast food restaurants.

Per capita consumption of calories has decreased 3 per cent over the past 65 years. But our lifestyle has become more sedentary — calorie expenditure has decreased more than 3 per cent. The difference, then, is a surplus of calories consumed, resulting in a gradual increase in the incidence of overweight and obesity, according to Maruyama.

Consumption of fruits and vegetables, which had been declining steadily for 50 years, have made a reversal and have begun to increase.

A USDA survey of 1400 households in 1976 indicated a renewed interest in nutrition and health. About one-fourth of the respondents said that someone in their household had changed his or her diet as a result of a health problem (overweight, high-blood pressure, etc.). Another quarter of the respondents said that someone in their household was altering their food habits to prevent such health problems.

"Reducing fat and sugar consumption and eating more vegetables, fruit and whole grain or enriched cereal products would be a good start toward a healthier america," says Maruyama.



M. C. Blair Insurance

Grannis named Outstanding Farmer

Eston W. Glover, Jr., a 30-year-old Todd County farmer, has been named Kentucky's Outstanding Young Farmer by the Kentucky Farm Bureau Federation.

Glover's selection for the honor was announced at a Dec. 8 young farmers luncheon held during the 59th annual Kentucky Farm Bureau convention in session at the Executive West Hotel in Louisville.

Milburn C. Hardy, 27, Route 5, Cadiz (Trigg County), finished second in the statewide young farmer judging, and Daryl Grannis, 29-year-old Fleming County farmer, placed third.

The winner receives a Ford lawn and garden tractor and travels to Miami, Fla., in January for the national Outstanding Young Farmer finals. Second prize is a microwave oven, while the third-place winner receives a set of Safemark automobile tires.

Grannis, who was judged third in the statewide competition, produces primarily hogs, tobacco and hay on 179 acres. He and his wife Willa have been farming full-time since 1972.

Last year's production included 37 acres of corn, 37 acres of alfalfa hay, two-and-a-half acres of burley tobacco, 20 acres of oats and one acre of bell peppers. In addition, Grannis marketed 375 hogs and 15 calves.

Expansion in terms of land and production facilities is high on the Grannis's priority list. Besides the need for additional land, Daryl wants to modernize and expand his hog production facilities, which presently include a seven-crate farrowing house and a 28 by 64-foot feeding floor.

An 84-foot-long hay shed provides storage for the several tons of alfalfa hay he markets annually.

Grannis has been quite active in Farm Bureau, serving in several leadership positions for the Fleming County Farm Bureau, and as young farmer chairman, and member of the Board of Directors for Kentucky Farm Bureau. He has also served as director and chairman of the Southern States Flemingsburg Cooperative.

The Grannis's have two sons, ages three and six.

Gene's T.V.

Kathy's Beauty Boutique
and
Try It On Jeans Store

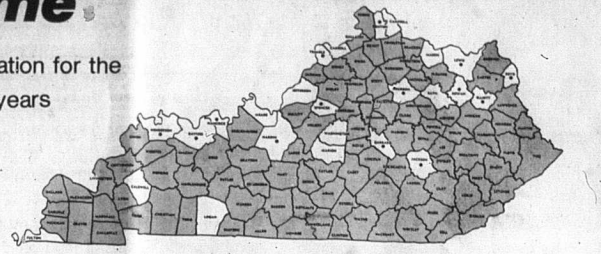
ONE PRAYER...
ONE HOPE

PEACE
In This New Year
1979
Mathers-Shearer

Every day in every way we hope your year will be the best ever! Thanks to our loyal friends.
Eastern Ky. P.C.A.

Coming home

Kentucky is gaining in population for the first time in more than 100 years



Counties in white have a net population loss since 1970

They're coming home to Kentucky. The 1970 Census had confirmed the pattern set by Kentuckians a hundred years ago. Since 1870, the government's statistics had shown that as soon as they left school, or reached adulthood, the state's youths had left for greener pastures — the industrialized north, the coastal cities, wherever opportunities appared greater.

But no longer. Many still leave, of course, but many more are remaining. And hundreds who left in previous decades are returning, and following in their footsteps are non-natives who are finding homes in the Bluegrass state.

Dr. Thomas R. Ford, University of Kentucky professor of sociology and director of the UK Center for Developmental Change, says that "unless the population estimates of the Bureau of the Census are in serious error, the 1980 Census will probably will reveal a migration gain for Kentucky."

Gain since '70

Ford points to provisional estimates for July 1, 1978, which showed a modest net gain since 1970 of some 66,000 persons — roughly two per cent of he 1970 Kentucky population. "But this increase stands in sharp contract to the net migration loss of 140,000 for the 1960-70 period, and the record loss of 300,000 registered during the 1950 decade."

The rapid growth of Lexington and other Kentucky metropolitan areas during the last decade is evident to even the most casual observer, but the cities are just part of the story. Since 1970, approximately four-fifths of Kentucky's 120 counties have had net migration gains. Of the 25 counties which lost population through migration from 1970-76, there nevertheless were population gains in all but 11.

If the migration flow from Kentucky's rural hinterland into the large cities and their immediate environs has been almost continuous since the nation became industrialized, why, in the last quarter of the 20th century, is the pattern being reversed?

Some demographers, Ford says, have contended that the turnaround is a temporary phenomenon resulting from the economic recession of the early part of the decade. Others have suggested that the so-called "white flight" from the central cities because of social problems and efforts to solve racial integration perplexities through busing has simply been accelerated.

Rural areas growing

The flow has been much more than the flight to the suburbs. There is evidence that the entirely rural counties of the state are growing almost as rapidly as the counties adjacent to metropolitan areas and nearly twice as fast as the metropolitan counties.

In the previous 100 years, most Kentuckians left because of the lack of opportunities at home. They are returning "because of jobs that were not there before," Ford says. The resurgence of coal, brought about by the energy crisis, has created more jobs, both within the industry itself and in allied service areas. And industry, while not on the grand scale of northern manufacturing centers, has been moving increasingly into Kentucky's rural areas. Ford cites the expansion of industry into the London-Corbin-Glasgow area as "undoubtedly influencing population growth in the souther counties."

The completion of the interstate highway system and the building of other first class highways "have permitted many metropolitan workers to realize the dream of residing outside the cities," and commuting to jobs in the bigger towns.

'Hear the leaves rustle'

Also, the increase in the employment of women has made it possible for two-income families to live "where the people prefer to live". They have returned to non-metropolitan areas for nostalgic reasons. A desire for country living — "where you can hear the leaves rustle" — is a way of life many Americans long have yearned for, if only they could find a way to make a living.

Many have found it possible to purchase small acreages where they can raise food to supplement their incomes.

Finally, there are those who collect social security and other reirement benefits and can afford to relocate to areas that offer better living conditions or are easier on limited budgets. "Many of these retirees," Ford says, "apparently laid returned to the areas from which they migrated in their youth."

Even in the central cities, there is reason for optimism. Ford says more younger people are moving into older neighborhoods and into the central city because of the cost of housing in the suburbs. "This makes for revitalization of these areas," Ford says.

While Jefferson County is losing its people to surrounding counties such as Bullitt and Oldham, Fayette County, as a core county, is holding its own. He points to Jefferson as representative of what has been happening nationally. In the six-year period to 1976, Jefferson had a net loss of 6,000 people, but 36,700 people migrated from the county:

Who are they?

Although knowledge of who the new migrants are and why they moved is somewhat limited and will not be fully known until the 1980 Census, Ford says studies in other states show some common features that probably apply as well to the Kentucky migrants.

These studies have shown the majority of new migrants to be younger and better educated than the general population of the areas to which they migrate. A high-proportion of them are families with young children, "suggesting that young parents perceive their new locales as better places to rear children."

He adds: "For the first time in many years we are not bearing the inequitable burden of educating and training young people, who, for the most part, will apply their skills — and pay taxes on their earnings — in other states."

Federal phone tax to be reduced

The federal excise tax on communication services will be reduced by one per cent Jan. 1, 1979.

The tax applies to local service, long-distance and WATS line telephone calls. On Jan. 1 it will be reduced from four to three per cent.

Congress in 1971 voted to gradually reduce the tax until it is phased out. The original figure was 10 per cent. It will be completely eliminated Jan. 1, 1982.

South Central Bell officials in Kentucky estimate that the tax reduction for 1979 will be $3 million for Bell customers in the state.

Noncommunication services such as directory and service communications are exempt from the tax.

Saying thanks for the pleasures of our day to day relationship and wishing you the happiest New Year ever!
Nicholas County Clerk's Office

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Reaching out to devoted friends with thanks and sincere wishes for lasting joy in the New Year.
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