

GENERAL NEWS



How does your garden grow?

Mr. and Mrs. Roger L. Bowles, 117 Orville Street, garden a different way. The couple's grandsons (above, left to right), Cliff Garrett, Daniel Bowles and Jake Garrett, stand next to four barrels the Bowles use to contain their tomatoes and cucumber plants. According to Mrs. Bowles, this method is more convenient, saving time while watering, spraying and weeding the plants. The Bowles plan to add more barrels to their garden next spring. —Monica Moore Photo.

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GENERAL NEWS



Barbara Kenney, head girls basketball coach at Nicholas County High School, and her assistant, Penny Breit, hold basketball camp last week at the elementary school gym for girls entering grades three through six. There were 30 girls participating. —Monica Moore Photo.

KEY AFIELD

By Norm Minch
 Chris Henry of Livonia, Michigan has been named as the new research fisheries biologist for graduate fish evaluation for the Kentucky Department of Fish and Wildlife Resources.
 Henry will be working with several predator fish species including crappie, muskie, walleye and striped bass in an effort to help develop and maintain these fisheries statewide. He will be based at the Fisheries Lab located at the central office of the Department of Fish and Wildlife Resources in Frankfort.
 The biologist comes to the department from the U.S. Fish and Wildlife Service where he worked at the National Fisheries Center, Southeast Research Center in Columbia, Missouri.
 He was involved in ascertaining the effects of trawling on various fisheries throughout the United States and in designing equipment to survey fish in the laboratory.
 Henry received his B.S. degree in fisheries from Michigan State and master's degree from Oklahoma State University. He has worked with several species of fish including crappie, in the area of habitat use patterns and the relation of non-living factors to fish abundance.
 One of Henry's primary responsibilities will be to develop solutions to the problems Kentucky is experiencing with crappie fisheries at some lakes. An intensive effort to collect baseline data on crappie at each of the major reservoirs has been ongoing for several months through district fisheries biologists' research.
 Henry will be working with this data to find out what steps, if any, can be taken to improve crappie size and populations. More specifically, he will be studying the feasibility of thresholds about stocking an effort to improve fishing.
 "At this point, we have several ideas of what problems we have with crappie fisheries at different lakes, but this species has been very difficult to manage across our state and many other states."
 Chris will spearhead the effort we're making to decide whether or not crappie management strategies can be developed to improve fishing and what those strategies involve, said Benjamin Kinman, technical fisheries program coordinator.
 Crappie is one of the most popular game species in the commonwealth. Thousands of anglers, both resident and non-resident, pursue crappie in the spring and fall at lakes across the state.
 The predator fish species evaluation program is funded through the Walleye-Bass Act that provides federal money to states to improve sport fishing opportunities.
 The Walleye-Bass funds have been used in a variety of areas to develop trophy fisheries like the striped bass trophy fishery at Lake Cumberland and the muskie fishery at Clear Run Lake.
 However, this money has also helped make possible the study of crappie, a species not particularly targeted by the Walleye-Bass Act. While district biologists collect data on crappie, Henry will select two lakes for a more intensive study of crappie and its environment.
 The information will form the basis of a statewide model to improve crappie fishing, but may be modified by district biologists to apply to the differences found at each lake.

Warning issued to elderly

With one death already attributed to the heat and plenty of 90-degree days still in August, Kentucky health and aging officials are warning the state's senior citizens to take action to protect themselves against dangerous and potentially fatal heat-related stress.
 Prudence Moore, director of the Cabinet for Human Resources, Division of Aging Services, and Michael Moore, M.D., Kentucky's chief epidemiologist, agree that the most serious heat-related health threat is faced by the elderly on fixed incomes who attempt to cut corners on their home cooling expenses.
 "Older people on limited budgets are very frugal and that can be dangerous during a heat wave," Moore said.
 "If they've got the money at all, this is the time to spend on cooling their homes."
 Moore said some people visiting elderly relatives in nursing homes are there in order to avoid turning on their air conditioning or fans during the heat of the day.
 "It's not unusual to have our patients come in early in the morning and stay until late in the afternoon simply to avoid the expense of cooling the house," she said.
 "Our centers are authorized to extend hours of operation to hot weather and we encourage elderly people, especially those with respiratory or other health problems, to use the centers as shelters from the heat."
 Moore said it's especially important for the elderly to do things that will help cool their bodies.
 "Air circulation, especially circulation of cold or cool air, is critical to assist the body in keeping its internal temperature down," he said. "Some cooling helps, so does keeping out of unventilated, upstairs rooms during the hottest part of the day."
 Another problem facing many elderly people is extremely hot weather is related to medication they may be taking.
 "Some blood pressure and heart medicines cause increased loss of body fluids," Moore said.
 "That treatment can be complicated when an elderly person has increased body temperature and, thus, loss of additional fluids by perspiration."
 According to Moore, Kentucky's growing network of senior citizens' volunteers and professionals are on the alert in times of extreme weather for signs of heat stress among the elderly.
 "If families who are already working with utility companies in the 'Ginkgoer Program' are especially trained meter readers, they, among other things, be on the lookout for older customers whose signs of being unable to cope or protect themselves from the heat," she said.
 "Elderly workers also perform similar 'Ginkgoer' functions for their elderly clients in other parts of Kentucky."
 Although age, limited mobility, respiratory tract problems and other factors make senior citizens more susceptible to heat stress, Moore warns that the heat of the mid-day sun can be just as dangerous to the very young.
 "Most precautions for children are common sense," she doctor said. "Don't leave them alone in a closed automobile for even for a short time. Outside play or sports activities should be curtailed and breaks up with rest periods."
 "Everyone should take precautions when, not only, high temperature occur, such as increasing humidity, but also during making realistic use of air conditioning, cooling their bodies or, if possible, limiting activities to shaded areas."

Blue Mold warning canceled

A blue mold warning that was issued last week has been suspended as a blue mold watch continues in effect for all Kentucky counties east of a line extending south from Carroll County to Clinton County, according to Bill NeSmith, University of Kentucky Extension plant pathologist.
 Several factors have come together that should slow development of the tobacco disease, NeSmith said.
 First, he said, the level of blue mold fungus in the state is low and is widely scattered.
 In fields where blue mold has been identified generally only a few plants have been found.
 Second, the disease is not developing in all plant beds due to the extent that it has in previous years.
 In addition, the crop is much more mature than it has been in previous years when blue mold has developed.
 These older plants, he explained, seem to be more resistant to attacks by the fungus than younger, more succulent plants.
 "Third," he said, "hot, humid weather over the weekend, which is expected during the days also will tend to kill air-borne spores and should reduce the chances of spores being blown over long distances."
 Lesions developing from last week's spores, however, will develop rapidly.
 But, apart from those new lesions, he said, he anticipates that the damage to tobacco tissue collapse and die, NeSmith said.

Grote reflects on first month in office

By Judy Yancy, Director
 MHC Public Information
 With less than a month on the job, Morehead State University's new president, Dr. C. Nelson Grote, is facing some challenges he described as "exciting."
 "The need for more student housing, extra classroom space and additional faculty are among the concerns as the University prepares for the opening of the fall semester."
 "These are the kind of problems that administrators really deal with," said Grote. "It's a pleasure to be faced with the prospect of stretching our resources to meet the increased demand."
 While Grote and other MSU officials stress that projecting enrollment increases is risky, the agree and Registration (ROAR) programs. The University already has registered more students (1,987) than it did in five consecutive years. Last year only 910 students participated in the ROAR program.
 The lease and department chairs already have begun adding additional sections for some of the general required courses." Dr. Grote said. "That also means finding classrooms and, in many cases, housing faculty members to teach the additional classes," he added.

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