

Pointers For Parents

By Dr. William Sears
(NAPSI)—For more and more parents who are concerned about the quality of their children's nutrition, mealtime has become the central battlefield in a campaign to teach the lessons of good health. A good strategy is to extend nutrition education beyond the dinner table and make it part of your children's everyday experience.

It's never too early to teach kids how to make good food choices on their own. Follow these simple tips to transform family mealtimes into a fun, educational and nutritious experience for all.

Colorful shopping. Make your child's next trip to the supermarket a hands-on learning experience. Start in the produce section and send your child on a color-finding mission. Help choose items that are colorful, such as bright red peppers and orange carrots. Include green and yellow vegetables. Bright, naturally colored produce indicates high levels of nutrients and offers eye appeal to your child.

Look at labels. Help your child understand food labels. Many yogurt products, for instance, now carry a seal that lists what they have sufficient levels of live and active cultures. These cultures help contribute to your child's digestive health. Researchers are studying the beneficial effects these cultures may have on the immune system and on combating certain types of cancer, particularly in the digestive tract.

Eat well to feel well. Help your children understand that eating nutritious foods provides energy, helps their bodies function properly and makes them feel good.

Denver Brown photo

'Nice job, ladies!'

Nicholas County softball coach Bobby Strupha leads his club as they come off the field, forcing Fleming County into a three-up, three-down tie in the Lady Jackets' win over the Lady Panthers earlier this season.

Kentuckians with flood damages must register with FEMA

Registration with the Federal Emergency Management Agency (FEMA) is the necessary first step in recovery for those Kentuckians in 24 counties who suffered damages from the recent spring storms and flooding.

Federal Coordinating Officer Mike Bolch of FEMA emphasized that federal help can be received only after eligible persons with damages in the 24 Kentucky counties included in the presidential disaster declaration have made the call to FEMA on the national application registration line.

Persons who suffered damages from the March 17-21 storms and flooding should call the toll-free telephone registration number 1-800-822-FEMA (1-800-421-3262). Persons with hearing or sight impairments should call TDD 1-800-492-7215.

Those same numbers can be used by registered applicants with questions regarding the status of their requests. The toll-free numbers will be available for registrants between 8 a.m.

and 6 p.m. seven days a week until further notice.

The presidential disaster declaration made the following counties eligible for federal and state assistance: Bath, Bell, Bourbon, Boyd, Carter, Clay, Elliott, Fleming, Greenup, Harlan, Knox, Laurel, Lawrence, Letcher, Leslie, Lewis, McGreevy, Menifee, Montgomery, Morgan, Nicholas, Perry, Rowan and Whitley.

Additionally, FEMA funds will be provided for the state affected local governments to pay 75 percent of the cost of restoring damaged public facilities.

"We want all of those with flood-related damages to make that application call, regardless of the extent of damages," said W.R. Padgett, Director of the Kentucky Division of Emergency Management. "Even though you have insurance, they could be eligible for assistance for the damage not covered by insurance."

In the counties included in the declaration, housing assistance could be available

for residents forced from their homes. Another aid source is low-interest Small Business Administration loans to help residents and businesses cover uninsured losses.

Further, grants may be available for home repairs and other serious disaster-related needs. FEMA's Hazard Mitigation Assistance Program, which is designed to prevent future flooding harm, also has been activated by the declaration.

FEMA officials reminded applicants that before making the registration call, they should have available their name, address of the damaged property and where mail can be received, social security number, estimated household income, any insurance information and a telephone number where they can be contacted by an inspector.

The applicants should make specific and detailed notes and photographs. Records should be kept of any out-of-pocket expenses made relative to flood damages.

may be very different than yours.

- Ask for activity reports.
- Review each employee's tasks to determine which projects are taking the most time.
- Make sure the most critical initiatives are getting the majority of resources.
- Reward smart work habits - Someone who is putting in long hours without working hard, but is he or she also managing time wisely?
- Clarify your expectations with employees, and take steps to recognize teamwork, innovative ideas and problem-solving skills.

Survey shows executives know employees have too much work

Workers today may have too much to do and too little time to do it, a new survey suggests. Seventy percent of executives polled said the average employee at least somewhat overburdened. One in 10 said the workload is significantly too heavy.

The survey was developed by OfficeTeam, a leading staffing service specializing in highly skilled administrative professionals, and conducted by an independent research firm. The poll includes responses from 150 executives with the nation's 1,000 largest companies.

Executives were asked, "Would you say the average employee has too much to do or too little to do in his or her job?" Their responses: 70 percent; somewhat too much, 10 percent; somewhat too little, 60 percent; just enough, 20 percent; somewhat too little, 10 percent; somewhat too much, 60 percent; just enough, 3 percent.

"Many people are more productive when they're juggling multiple tasks, but the amount of work should be within reason," said Liz Hughes, executive director of OfficeTeam. "Project loads that are consistently unmanageable can lead to burnout and the associated problems of reduced morale, high turnover, and increasing hiring and training costs for businesses."

Hughes said the best managers do more than acknowledge their employees are stretched too thin - they offer solutions. She suggests the following:

- Talk to staff - How do employees view their responsibilities? Are unrealistic deadlines impacting the quality of their work, or level of job satisfaction? Their perceptions

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Avant America's petcare mixers and syrup at www.auntjemima.com.
The annual Drabau World Golf Championship at www.greentandguide.com/golf.asp or www.drabau.com.
Cung at www.cung.com.
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IWMC World Conservation Society at www.iwmc.org.
The Kamon Method at www.kumon.com.

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IRS offers relief for storm victims

The IRS has granted special tax filing and payment relief to taxpayers in 24 Kentucky counties recently declared eligible for federal disaster assistance following severe flooding and flooding occurring over the period March 17 through 21.

Taxpayers located in the designated areas are granted an extension of time to file returns and pay tax until May 15, for Federal tax Form 990 originally due on or after March 17, and before May 15. Taxpayers are advised to label the top margin of the tax forms filed under this relief provision in large, red letters with the words "Kentucky Severe Storm and Flood Disaster."

This automatic extension does not apply to the 5500 series tax returns (generally retirement plan returns) filed by self-administrators, information returns (such as Form W-2 and 1099), employment tax deposits (employers income tax deposits) and excise tax deposits (such as fuel, luxury and manufacturers' sales deposits); however, penalties on these returns and deposits may be abated during this period.

Affected taxpayers in these counties who received copies of previously filed tax returns will have their requests

expedited and will not be charged the usual processing fees. Taxpayers should label the top margin of Form 4506, Request for Copy or Transmittal of Tax Form, in red letters as indicated above.

This special relief applies to affected taxpayers in the following counties: Bath, Bell, Bourbon, Boyd, Carter, Clay, Elliott, Fleming, Greenup, Harlan, Knox, Laurel, Lawrence, Letcher, Leslie, Lewis, McGreevy, Menifee, Montgomery, Morgan, Nicholas, Perry, Rowan and Whitley.

The Federal Emergency Management Agency (FEMA) has set up two Disaster Recovery Centers for taxpayers needing assistance. These sites are located in Harlan (Village Center Mall, 205 State Road, 421 South) and Morehead (Duesse Squad Building, behind the Carl Perkins Community Center).

The Centers will be open Monday through Sunday, from 7 a.m. to 7 p.m. until further notice. The toll-free number for FEMA is 1-800-621-3362.

Taxpayers needing additional tax information or assistance may contact the IRS toll-free at 1-800-822-1040 during the hours 7 a.m. to 10 p.m., Monday through Friday, or may visit the IRS web site on the Internet anytime at www.irs.gov.

Saddle club holding trail ride for hospital

The trail will be well marked for those who are late. The trail is approximately 15 miles long.

Concessions, restrooms, and water will be available all day and everyone is invited to come out and ride or just sit around and chat and chew. Participants may also bring packed lunches to eat on the trail, just remember to pack out what was packed in.

St. Jude Hospital encourages the community to support the riders generously with donations. All proceeds from the trail ride and concessions will go to St. Jude. Last year a little over \$6,000 was raised. In past years, between \$1,500 and \$3,500 was raised. Organizers hope to meet or exceed that total this year. However, any amount is greatly appreciated by the hospital.

For more information contact Linda Tipton, (606) 464-3226.

NCHS council meeting canceled

The regular scheduled Nicholas County High School-based council meeting for April 17 has been canceled. There will be a special-called meeting on April 30 at 5:30 p.m. in the faculty work room.

ON THE RECORD

Nicholas County

Edgar Allen Carson, arraigned, 2 counts of theft by receiving, review April 22.
Larry Edgar Bowles Jr., show cause hearing, community service eligible 40 hours April 18.
Daniel R. Brainerd, show cause hearing, review April 22.
Sean D. Carson, show cause hearing, has enrolled in ADE, review May 13.
Kyle Gabriel Curtisinger, community service, show cause hearing, April 8.
Jeremy D. Dunn, show cause hearing, paid in full.
Jose P. Gutierrez, show cause hearing, bent warrant, failure to appear.
Denver G. Jolly, show cause hearing, pay today.
Karen E. Jones, show cause hearing, dismissed.
John Steven Lewis, show cause hearing, failure to appear, bent warrant.

Art professor presented creative productions award

Three Morehead State University faculty members were selected by their colleagues to receive the most prized faculty awards for distinguished service in their respective fields.

In re Christopher Thomas McCarty, other hearing, show cause hearing, April 8.
Eric Raymond Asbury, show cause hearing, show cause hearing, April 8.
Pedro Puntas Beltran, show cause hearing, April 8.

Art professor presented creative productions award

Three Morehead State University faculty members were selected by their colleagues to receive the most prized faculty awards for distinguished service in their respective fields.

Dr. Lloyd Jaisingh, professor of mathematics, who specializes in algebra, statistics, mathematics, operations research and industrial engineering, was named the Distinguished Teacher.

Dr. Sarah Morrison, professor of English, whose published research projects have focused on the literary works of Milton, Samuel Johnson and Jane Austen, was named the Distinguished Humanist.

David Bartlett, professor of art, who has received an almost forgotten photographic process known as photogravure, will receive the Distinguished Creative Productions Award.

Awards were presented at the University's 18th annual Academic Awards Convocation April 14 in Button Auditorium. The ceremony also honored outstanding graduate and undergraduate students, perfect grade point average students, Academic Honors Program seniors as well as faculty and staff service award recipients.

Bartlett, who joined MSU's faculty in 1980, has used his love of photography to revive a lost art known as photogravure. Developed in the 1800s, the costly process creates photography and intaglio printmaking to create richly detailed images with the ink art quality of a lithograph.

Introduced to it as a graduate student in Michigan,

he decided to study and master the forgotten art form after his arrival at the university to receive his M.A. His creations have been displayed at hundreds of juried exhibitions around the world, claiming nearly 40 awards. In 1996, his work earned him a prestigious James H. Smith Fellowship from the Kentucky Arts Council. In 1997, he received a bachelor's degree in philosophy from Carleton College in Minnesota and a Master of Philosophy degree from Yale University. He later earned his Master of Fine Arts degree in photography from the University of Michigan.

As a Peace Corps volunteer, he taught school in Micronesia from the early 1970s. Before arriving at MSU, he taught photographic processes at the Center for Creative Studies in Detroit.

As a faculty member, Bartlett has conducted workshops, obtained grants, served on the Faculty Senate and various committees, lectured and published some of his photographs. In 1985, with the support of the Kentucky Historical Foundation, he collaborated on a project to compile photographs of "Vintage Filmmakers of the University of Kentucky," part of which now belongs to the University.

In 2000, he lectured and exhibited his photogravure prints during a month-long trip of China. His work has been honored recently with solo exhibitions in Boston and New York, as well as in group exhibitions in Texas, Nebraska, Tennessee and Washington D.C.

cause hearing, paid 330.00, balance probated 2 years.
Crystal M. Bowles, show cause hearing, show cause order April 22.
Larry Edgar Bowles Jr., show cause hearing, community service eligible 40 hours April 18.
Daniel R. Brainerd, show cause hearing, review April 22.
Sean D. Carson, show cause hearing, has enrolled in ADE, review May 13.
Kyle Gabriel Curtisinger, community service, show cause hearing, April 8.
Jeremy D. Dunn, show cause hearing, paid in full.
Jose P. Gutierrez, show cause hearing, bent warrant, failure to appear.
Denver G. Jolly, show cause hearing, pay today.
Karen E. Jones, show cause hearing, dismissed.
John Steven Lewis, show cause hearing, failure to appear, bent warrant.

Simple as it seems, it was great discovery that the key of knowledge can turn both ways, that it could open, as well as lock, the door of power to the many.
- James Russell Lowell ***

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