

HEALTHY LIVING

SHAPE UP Summer Eating Habits



When school ends, life doesn't slow down. You still juggle kids' activities, work and family time...

Studies show that kids tend to gain more weight during the summer. To help keep your kids healthy this summer, follow these practices from the American Heart Association.

Dealing With a Picky Eater

- Getting a picky eater to eat a nutritious meal doesn't have to be a battle. Here are some things to try:
- Add healthy fruits and vegetables to foods that your child already likes.
- Include your kids when you grocery shop.
- Repeat the "clean your plate" rule...



Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

Chicken Fingers With Dipping Sauces

- Serves 3
1/2 cups chicken and 1 tablespoon plus 1/2 teaspoon soy sauce per serving
1 cup fat-free or low-fat plain yogurt
1 pound chicken tenders, all visible fat discarded
Vegetable oil spray
Custing Mustard
1/2 cup yellow cornmeal
1/3 cup plain dry bread crumbs
2 tablespoons all-purpose flour

Make Grocery Shopping Fun and Easy

Grocery shopping isn't always easy with your kids in tow, but you can change that. When headed to the grocery store, be organized and have a plan.

Sorted by category that you can save for later use and print or access from your Web-enabled mobile phone or PDA. Once at the grocery store, engage your kids in a nutrition game that keeps them focused and more manageable.

Take Control of Portion Sizes

- Portion size has a lot to do with why our kids are struggling with their weight.
- 1/2 cup rice or pasta (cooked)
- 1 small piece of fruit (1 super-large apple is 2+ servings)
- 1/2 cup cooked vegetable or 1 cup raw leafy vegetable
- 3/4 cup fruit juice
- 1 cup milk or yogurt
- 2 ounces cheese (about the size of a domino)
- 2 to 3 ounces meat, poultry or fish (this is about the size of a deck of cards)

Make Fast Food Friendlier

- When you eat on the go, use these tips to make fast food healthier for both your kids and yourself:
- Pass on the value size. When you increase the size, your bucket of fries isn't the only thing that gets bigger.
- Skip the salad. Eating a burger or sandwich by itself is often filling enough.
- Avoid double meat and bacon. Bacon is high in calories and fat with little nutrient content.
- Try the grilled chicken sandwich. Poultry without skin is significantly leaner than the meatiest fast-food computers use in their burgers.



Shop smart! Live well! Look for the heart-check mark!

- All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size of:
- Low in fat (3 grams or less)
- Low in saturated fat (1 gram or less)
- Limited in trans fat (less than 0.5 grams)
- Low in cholesterol (20 milligrams or less)
- Moderate in sodium, with 480 milligrams or less for individual foods
- Contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber

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GENERAL NEWS

Conservative Columnist

Yes To Drug Testing Welfare Recipients

State Representative Melvin Henley, a Democrat and Lonnie Napier, a Republican, have introduced a bill on a great way of saving the state millions of dollars from welfare fraud and at the same time making sure help gets in the hands of those who truly need it: drug testing welfare recipients and applicants.



By Leland Conway
The Michigan Supreme Court, but there was a caveat. The court said that they would consider the law if it was a case requiring "probable cause" before administering drug tests. So, Henley and Napier went back to the drawing board and are now pushing the Kentucky version again with the revision, (HB 15) I like the old one better, but I'll take this version as a step in the right direction.

high school seniors gained slightly over the 2007 composite score, according to the Kentucky Department of Education and the Council on Postsecondary Education. The 2008 composite score was 21.1, a loss of 0.1 from 2007. In 2008, 31,728 (72 percent) Kentucky public and nonpublic high school graduates took the test, compared to 19,900, when 24,942 Kentucky graduates (62 percent) did.

children's needs were being met while their parents were in rehab. It would be much cheaper to encourage people to break their drug addictions than to send checks for years on end without requiring any return. The privacy argument falls short as well. Many people in the private sector have to submit to random drug tests from their employers. As a conservative bordering on libertarian I am all for privacy. But when someone who could otherwise be employed becomes a ward of the state, they no longer maintain the same right to privacy regarding their finances.

If someone wants privacy, then they should support themselves. Other programs similar to this one have proven effective in saving taxpayer dollars while making sure that welfare assistance gets into the hands of those who actually need it. In San Diego they have a program called "Project 100%" which sends social workers to the homes of applicants to make sure that they are being truthful. (Applicants do not know when they are coming, otherwise what's the point?) Some couples were deliberately not getting married, while having more kids in order to qualify for more government aid.

complaints to the proposed Kentucky law. Still, officials went forward and the controversial program has saved the taxpayers of San Diego millions of dollars. If Frankfort wants to get serious about saving the state money, they need to support Rep. Melvin Henley and Lonnie Napier's legislation. Unless they simply favor throwing taxpayer money away for the fun of it, I cannot see why they would be against this idea.

Nicholas County ACT scores increase in this year's results

Nicholas County students improved overall on this year's battery of ACT results. Nicholas County had 43 students take the ACT test in this period, down five from the 2007 testing year. The state had 31,728. In English the composite score was 21.1, a loss of 0.1 from 2007. In Mathematics Nicholas County students showed progress improving from 17.5 to 17.7 year over year, doubling the state average of increase.

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research indicating that males of all ethnic groups in Kentucky were minimal in most subjects, with males posting a composite score of 21.1 and females a score of 20.6. On ACT, which offers only multiple-choice questions, males tend to outscore females in mathematics and science. Females tend to outscore males in English and reading.

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Nicholas County Schools Menu

ly will continue to work with schools, districts and teachers to help all students across the commonwealth receive the level of education they desire and deserve," he added. ACT asks test-takers to report the courses they took in high school. Over the past 18 years, there has been a dramatic increase in the percentage of Kentucky students reporting that they are taking ACT's recommended core courses, with an increase of more than 12,000 students in 2008. In 2008, 65 percent of Kentucky high schoolers who took the ACT also took the recommended core courses. However, that percentage is likely higher due to differences in course names and non-completion of surveys.

In 1990 24,942 were tested with 7,088 taking CORE classes. In 2007, 31,728 were tested with 20,486 taking CORE classes. The overall ACT assessment consists of tests in four areas: English, mathematics, reading and science reasoning. ACT recommends that college-bound students take four or more years of English; three or more years of mathematics (including algebra I, algebra 2 and trigonometry); three or more years of social studies; and three or more years of natural sciences. ACT defines specific courses in these areas. Kentucky's graduation requirements define four credits in English; three in mathematics; three in science; one in history and appreciation of art; and one-half each in health and physical education. ACT developed College Readiness Benchmarks in English, mathematics, science and reading, with

improving the high school experience. We must continue this momentum, closing achievement gaps and provide the support all students need to be successful in this critical measure. "Increasingly, Kentucky is making progress. More Kentucky high school students took the ACT this year than ever before, and still our state average scores rose. We're also pleased that more students are electing to take the ACT recommended core courses," said Richard Crofts, interim president of the Council on Postsecondary Education. "Our colleges and fac-

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Lewis wins class Caleb Lewis won the Market Class on July 12th at the Grant County District Goat Show.

Thursday, August 21 Breakfast: Scram. eggs, Bacon, Toast Lunch: Grilled Ham and Cheese, Tater Bites, Pinto Beans, Fruit, Milk Friday, August 22 Breakfast: Sausage Egg on Bun Lunch: Chicken Patty on bun, Mashed Potatoes, Green Beans, Fruit, Milk Monday, August 25 Breakfast: Bacon Cheese on Bun Lunch: Sloppy Joe on Bun, Mac N Cheese, Cole Slaw, Fruit, Milk Tuesday, August 26 Breakfast: Biscuit and Gravy Lunch: BLT Sandwich, Potato Wedges, Cottage Cheese, Pickle Spears, Fruit and Milk Wednesday, August 27 Breakfast: Sausage Biscuit Lunch: Sub Sandwiches, Lettuce, Tomatoes, Chips, Pudding, Fruit Milk