

HEALTH

Nutrition Therapy addresses child obesity

Six million U.S. children are overweight enough to endanger their health, and another 5 million are at risk. According to the Centers for Disease Control, 15.6% of Kentucky students are obese compared to 13% nationwide. 86.8% of Kentucky kids are eating fruits and vegetables less than five times a day vs. 78.6% nationwide. With busier schedules, children are eating fewer home-cooked meals. Restaurants with fried foods in excessive portions have become the substitute for the evening meal. The introduction of television, com-

puters and video games caused a more sedentary lifestyle. "I hear parents of overweight children say 'I grew up on bacon and sausage and never had this soft drink,'" says Jara Bauer, HMMH registered dietitian. "Unfortunately, they're no longer working physically like our ancestors did. There were no cars and no processed foods. They had to work hard to provide food," she says. Dietitians rarely recommend diets for children and teens that need to lose weight. The challenge as a family, start serving healthier foods in smaller portions

and find physical activity the key to long-term success. Research shows that severe dieting can affect a child's development and may lead to eating disorders. And many dietitians don't recommend dieting at all, but rather maintaining a child's weight until he grows into the right height/weight ratio. Health problems as-

sociated with obesity in children include Type 2 diabetes, obstructive sleep apnea that can affect learning in the classroom, increased blood pressure/cholesterol, early puberty and bone deformities. "Pack appropriate-sized healthy foods, including fruits and vegetables, in school lunches; limit or eliminate fast-food items; and bring back the sit-down meal at the family table. For more information on proper nutrition and/or diabetes education, contact Jara Bauer, registered dietitian, at 859.235.3698.



LETTER TO THE EDITOR

As an advocate for domestic violence victims I would like to respond to the recent domestic violence incident that happened in East Carroll County on Sunday, January 4, 2009 where Isaac Lee Cornett was shot by his 16-year old son after he threatened his wife with a knife. Unfortunately, it is very common for an older child to intervene in the defense of his mother or other siblings against the abusive behavior of the father. The Bluegrass Domestic Violence Program is greatly saddened that yet another family has had to experience the tragic results of the effects that violent behavior can have on both victims and their children. The experience of this family is not unique. A newly released National Crime Victimization Survey shows a tremendous increase in the U.S. in violence against women. The Survey also reported that among all violent crimes, incidences of domestic violence, rape and sexual assault had the large-

est increases. The number of violent crimes committed by intimate partners against women increased from 389,100 in 2005, to 654,260 in 2007. By comparison, the number of violent crimes against men by intimate partners went down. Although the numbers are overwhelmingly under reported, they indicate that intimate partner violence is widespread and pervasive problem in our country, and thus, in our community. The prevalence is staggering with 1 in 4 women being physically abused at some point in her life. We also know that most incidents (between 80-90% of intimate partner abuse are witnessed by children (Children of Domestic Violence, 2000) and growing up in a violent home can be a terrifying and traumatic experience. Children who are exposed to batterers' ongoing abusive behaviors are found to show more anxiety, depression, traumatic symptoms, and temper-

mental problems than other children. We also know that a child's exposure to one parent abusing another is the strongest risk factor for transmitting violent behavior from one generation to the next. (Children Living with Domestic Violence, May 2002) Because of the perpetual fear and intimidation, intimate partner violence renders both adult and child victims powerless. I have heard and read comments that the adult victim should have left before the situation had an opportunity to escalate. The reality however, is that many families in our community remain trapped in a violent home and for many, leaving may be a life-threatening option. I feel compelled to clarify that the responsibility for the damage done to families belongs with the person who engages in violent, threatening behavior as a means to control and intimidate. As a community, we must focus on hold-

ing the perpetrators of violence accountable for the behavior and provide the resources to help protect and support victims of violence and their children. No child should ever have to shoot a parent to protect a family member or himself and no adult victim should have to stay in an abusive situation because we as a community blame her rather than hold the batterer accountable. It is the batterer's choice to continue in abusive behavior which causes the harm. And that is where the accountability lies. Darlene Thomas Executive Director Bluegrass Domestic Violence Program If you or anyone you know is in an abusive relationship, help is available. Bluegrass Domestic Violence Program has a 24 hr confidential crisis line: 1-800-544-2022

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LIFESTYLES

Treasured moment in my life

Susan N. Beymer, of Lawrenceburg, formerly of Carlisle, received the ultimate Christmas gift from her husband Wesley, two tickets to the Tony Bennett concert at the Norton Center for the Arts, Centre College, Danville, KY, on Friday, January 16th. Susan was able to go back stage to meet the legendary crooner and share a memory or two from his and her father's past.



Tony Bennett, given name Anthony Dominick Benedetto, was born in 1926 in Astoria, NY, the son of a grocer. Mr. Bennett sang while waiting tables, honing his talent. Mr. Bennett enlisted in the Army and during his enlistment he performed with military bands in WWII. It was while performing during an USO show for the troops in the Pacific Theater that Mr. Bennett "met" Copi Powell V. Neal, Susan's father. Both men were sons of a grocer and found they had other mutual interests, love of music, jazz, and growing up in a small town, when they shared a 'fox hole during an air raid'.

ended a Tony Bennett Concert in Lexington, at the Norton Center and where Mr. Bennett recognized Copi Neal and they shared a few memories. At the concert, Mr. Bennett reminisced how not only had Bob Hope given him his shortened version of his name (Tony Bennett) but also given Mr. Bennett his big break to perform at an Ella Fitzgerald concert. Friday night, Mr. Bennett had once performed with military bands in WWII. It was while performing during an USO show for the troops in the Pacific Theater that Mr. Bennett "met" Copi Powell V. Neal, Susan's father. Both men were sons of a grocer and found they had other mutual interests, love of music, jazz, and growing up in a small town, when they shared a 'fox hole during an air raid'.

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World Award which aptly describes the scope of his accomplishments. Susan is shown sharing her father's USAF picture with Mr. Bennett when she was invited back stage after the concert. Susan said meeting the WWII heart throb, the man who shared a fox hole with her dad while both were serving their country, was the "bow on the ultimate gift" she received from her husband.

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IN LOVING MEMORY OF JAMES EARL "TRAMPY" BERMAN If You Could See Me Now

Mr. and Mrs. Harry Lee Feedback visited their daughter, Julia and her family in Louisville on Monday. Another daughter, Nanette and her husband attended the inauguration of the President on Tuesday.

Betty Livingdon who fell on ice last Sunday and injured her shoulder. Mrs. Phyllis Brady visited several the past week including Mildred Gifford, Glen Thacker, Holly McCree Perrine and family, Daley Kenney, Maxine and Fred Whitson and Margie and Andy Fryman.

Get well wishes go to Betty Livingdon who fell on ice last Sunday and injured her shoulder. Mrs. Phyllis Brady visited several the past week including Mildred Gifford, Glen Thacker, Holly McCree Perrine and family, Daley Kenney, Maxine and Fred Whitson and Margie and Andy Fryman.

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