

Nourishing kids when they don't feel well

It may seem like young children are constantly battling a cold or some other minor illness. Rest assured this normal process of building up an immune system should slow down by the time they start kindergarten. Good nutrition can help prevent and fight off illnesses. So what should you do if a child is sick and does not feel like eating?

In addition to lots of rest and tender loving care, you want to make sure children stay hydrated. Kids are good at knowing whether they are hungry, so offer small amounts of food throughout the day and keep the focus on fluids. Water, broth, fruit-infused water, and 100 percent fruit juice diluted with water are great ways to vary the type and flavor of fluids. You can also offer cow's milk or plant-based milks like soy milk or almond milk. Older children may enjoy decaffeinated herbal tea.

Chicken soup can be good for the soul and soothing for a cold. Try

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Family & Consumer Sciences

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plain broth or a heartier soup with noodles, rice, or vegetables. If a child has a sore throat, try frozen fruit or popsicles made from 100 percent juice or frozen yogurt. Avoid greasy foods and continue to offer a variety of nutritious foods like fruit, vegetables, whole grains, protein, and dairy.

If your child continues to lack an appetite, does not seem to be getting better, or starts to experience more severe symptoms like vomiting or diarrhea, be sure to follow up with their pediatrician.

Source: Courtney Luecking, Extension Specialist for Food and Nutrition

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Upcoming Events

Sweet Enough without all that Sugar

Sugar in its many forms has become a headliner in recent years. We know the overindulgence of foods high in calories and low in nutrition can lead to chronic health problems. Many of these foods are high in added sugar. This leads many to question what role sugar plays in the diet. This program will aim to answer the questions of how much sugar we should consume, the differences in nutritive and non-nutritive sugars, and how we can reduce sugar in our diet.

This class is FREE and open to the public. Class will be held Monday, January 27 at 10:00 a.m. at the Russell County Extension Office.

Pre-registration is required by January 20th. To register call 270-866-4477.

South Kentucky RECC Outage Update:

South Kentucky RECC crews began working on the numerous outages caused mostly by the wind at 10 a.m. Saturday (January 11) morning.



At peak, the co-op had about 10,000 members without power from high winds and falling trees.

The outages were widespread, said SKRECC V-P of Engineering Kevin Newton, and there were restoration efforts across the system.

"The outages were widespread across our entire system, but most were located in Clinton, Wayne, Pulaski and McCreary Counties. Crews began working immediately Saturday morning, and we called in contract crews to assist, as well. In all, we

ended up with about 40 broken poles. SKRECC is still working on about 13 outages affecting about 30 members, many that require pole change outs."

South Kentucky RECC CEO Ken Simmons says he is appreciative of the effort of all the SKRECC employees that worked tirelessly through the weekend and for the assistance of our contractors.

"Although I am new to the co-op, I learned this weekend that South Kentucky RECC has some of the best employees. They worked in extremely difficult conditions, away

from their families, to restore electric to our members. We appreciate their dedication to our membership. We also want to thank the contract crews that came in to provide assistance."

Simmons and Newton both say that they are grateful for the patience, kindness and understanding shown to the co-op by the membership during the outage event.

Newton adds that if anyone knows of any issues with trees or tree limbs, they should contact their local office and let them know so SKRECC is aware of it.

NOMINATIONS

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mailed to Leopold Conservation Award, c/o Franklin County Conservation District, 103 Lakeview Court, Frankfort, KY 40601. Electronic nominations and supporting materials are preferred and may be submitted to colemansteve51@gmail.com on or before the

deadline.

The award will be presented at the Kentucky Association of Conservation Districts Convention on July 7 in Lexington. The award is presented by the Sand County Foundation, a nonprofit conservation organization, in part-

nership with the Kentucky Association of Conservation Districts and the Kentucky Agricultural Council.

For more information, including award criteria and honorees from previous years go to leopardconservationaward.org.



ASK Dr. Angelia

No One is Better...

Have you ever felt lesser than someone? Be honest. It's human to feel inferior to some who are more successful, have big cars and homes. There is a saying, "The true measure of a man (woman) is how he (she) treats someone who can do him (her) absolutely no good." This quote has been attributed to several people, inevitably, it doesn't matter who said it; God said it first and it is a biblical principle.

If we treat people with loving kindness and respect, the way we want to be treated, or even better than they treat us, many problems would be solved. We are talking about selfless love. Humility instead of pride and selfishness. To love like this, we have to take on the same attitude as Jesus Christ, who humbled himself and became a servant.

Jesus spoke the parable of the tax collector and the pharisee praying in the temple. The pharisee prayed that he obeyed the God's laws, was more moral than others and he gave 10% of all his earnings to God. His prayer consisted of telling God how good he was. When the tax collector prayed, he confessed that he was a sinner and ask for God's mercy. The answer lies in this scripture: For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted" (Luke 18:13-14).

The moral of this story is: no one is greater than you. And you are not greater than anyone else. We are all equal. This week, Set the intention for loving kindness to be in all your interactions with everyone. And so, be Grateful in all things, Live in Faith, Peace, and Grace. Love God and All

People. Amen.

Dr. Angelia S. Bryant, Certified and Licensed Counselor at angelia.s.bryant@gmail.com

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