

IDOL

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LWC freshman Nicholas Miniard of Russell Springs, Ky., won the 20th-annual "Lindsey Idol" contest Thursday, February 13 at V.P. Henry Auditorium. From left, fellow "Lindsey Idol" finalists Camila Leite of Sao Paulo, Brazil; Keely Dennis of Greenville, Ky.; Cameron Harris of Leitchfield Ky.; Tess Levine of Louisville, Ky.; and Miniard.

Ky., won second place, and senior Camila Leite of Sao Paulo, Brazil, received third place.

The top three contestants were selected based on scoring from a three-judge panel.

The three-day singing event - sponsored by the LWC Student Government Association and the LWC Student Activities Board - began Monday night with 14 LWC students who competed for prize money.

The two other finalists were sophomore Tess Levine from Louisville, Ky., and Cameron Harris from Leitchfield, Ky.



The hosts for the 20th-annual "Lindsey Idol" singing competition at LWC were, from left, LWC Director of Alumni Relations Hannah Peck of Columbia, Ky., and Doris & Bob Holloway Health and Wellness Center Director Abe Cross of Columbia, Ky. The event was sponsored by LWC Student Government Association and the Student Activities Board. Pictured, right, SGA student body president Jakob Beckley from Pleasureville, Ky.



LWC freshman Nicholas Miniard of Russell Springs, Ky., is announced as the winner of 2020 "Lindsey Idol" on Thursday in V.P. Henry Auditorium. This is the 20th year the college has held the competition that is a parody of the television program "American Idol". More than 300 students and guests attended the three-night event that began on Feb. 11.



LWC freshman Nicholas Miniard of Russell Springs, Ky., won 2020 "Lindsey Idol" Thursday night, February 13 at V.P. Henry Auditorium. From left, fellow "Lindsey Idol" finalists Keely Dennis of Greenville, Ky., and Camila Leite of Sao Paulo, Brazil.

Owens named KFB's Sophomore of the Year



Chuck Osborne, KFB Insurance Vice President of Agency Support & Marketing (left), and Ken Wilson, KFB Insurance Director of Agency Support & Marketing (right), present Jim Owens (center), with the 2019 Sophomore of the Year Award.

Jim Owens, an agent at the Russell County agency for Kentucky Farm Bureau Insurance, has been named 2019 Sophomore of the Year for the largest property and casualty insurance company in the state.

The award was presented during the company's 65th annual sales conference, held in Louisville on Feb. 10.

The Sophomore of the Year award recognizes a second-year insurance agent's excellence in overall sales production, satisfactory loss-ratio, service to policyholders and an affirmative attitude.

Owens is a Kentucky native. He attended Adair County High School and Campbellsville College. He worked for the

United States Postal Service for 20 years before coming to Kentucky Farm Bureau in June of 2017. Jim has three children. He loves spending time with his family and enjoys hunting, sports and traveling.

Owens heads the list of a well-established network of approximately 375 Kentucky Farm Bureau insurance agents statewide. The company, founded in 1943, has offices in all of the Commonwealth's 120 counties. Kentucky Farm Bureau markets a wide variety of insurance lines, from homeowner's and automobile coverage to life and health insurance and retirement planning. For more information about Kentucky Farm Bureau Insurance, visit kyfb.com.

Dear Dietician

Dear Readers,

By now, you probably know someone who has adopted a vegetarian diet. Estimates put vegetarianism at around 5% of the American population (1). That may not sound like many, but it comes to roughly 16.5 million people. People cite different reasons for converting to vegetarianism, from better health to environmental factors to better treatment of animals.

There are various types of vegetarians, but all base their diets on plant foods.

1. Vegans- eat only plant foods.
2. Lactovegetarians-do not eat red or white meat, fish or shellfish, but do drink milk and consume cheese and yogurt.
3. Lacto-ovo vegetarians do not eat red or white meat, fish or shellfish but enjoy milk, eggs, cheese, and yogurt.
4. Pescatarian-sometimes considered semi-vegetarian or flexitarian. This group eats fish and shellfish but abstains from red and white meat. Some pescatarians consume milk products and eggs, while others do not.
5. Flexitarian-these are vegetarians that cheat. No, really these are people who are in the process of going vegetarian and on occasion, will eat a meat product

If you are considering vegetarianism, it may be wise to do some meal planning so that you get all the nutrients needed for good health. Below are some important nutrients to consider:

1. Iron is needed to take oxygen to our cells. But have no fear, it is abundant in lentils and leafy greens. Vitamin C aids in iron absorption, so have oranges available.
2. Calcium is needed for strong bones. Our bodies stop building bone between the ages 18-21, making it important to get this nutrient in your diet every day. Plant sources include fortified soy, almond, and rice milk. Be sure to check the label, as not every product is calcium-fortified. You can also get calcium in certain vegetables, like broccoli and bok choy.
3. Vitamin D is needed to lay calcium to the bone and aids in immune health. Our bodies have to capacity to make this vitamin, but it requires consistent sunlight exposure. Keep in mind that the sun is also the leading cause of skin cancer, so choosing fortified foods may be a better option. These include plant-based milks, orange juice, and breakfast cereals.



ASK Dr. Angelia

Remember Who You ARE

There's something inside; something in everyone that is the core. At our core we are pure Love! That is how we all came into this world. The core is who you really are. No matter the circumstances, the environment or situation, you are you. Even when everything comes against you; you are still you and your core is always Love. We have the choice to be true to ourselves. Really doesn't matter what others do. Remember who You Are.

We arrive here in love. Life batters us around, sometimes lose our way and react in ways that do not reflect our inner core of love. No matter, it's still there and can be accessed anytime if we choose. According to Marianne Williamson, "Love is what we were born with. Fear is what we have learned here. The spiritual journey is the relinquishment—or unlearning—of fear and the acceptance of love back into our hearts. Love is the essential existential fact. It is our ultimate reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is

the meaning of life." As others see us, that is our outer self-presentation—how well what we say and do matches who We Are. We are true to ourselves in our words and actions. As we see ourselves is our inner self—how well we actually know ourselves and are aware of our core – Who we really are....

No one is perfect in their self-presentation. But, hopefully, we spend more time living authentically than not. Ask yourself, Are you the same throughout the day? Are you the real you at home? At work? When you are with certain friends? Who is the real you? Do you need to change a situation to free to express our true selves? Are you living your true self from your core of Love?

Remember, never forget who you are and who He knows you to be. Choose to become all that you were created to be.

Be Grateful in all things, Live in Joy, Peace, Belief and Grace. Enjoy a Larger than Life - Life. Love God and all People. Amen. Dr. Angelia S. Bryant, angelia.s.bryant@gmail.com

ACTIVITIES

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stories together from the world you have created. The bath tub is a great place for creative imaginations and relaxed time playing as parent and child. You can also create your own bath bombs or bath slimes together.

4. Go to the library together. Winter is a great time to go to the library. You can borrow books, music CDs, and movies. These can then be used for family time such as family movie night, bedtime reading together, or a family dance party. Many libraries offer story times or structured craft activities for free or very low cost. They also offer many free events for parents and children together. If you have a local children's museum, this can be a great option as well. Museums also offer many free or low-cost events and activities.

5. Get up and get moving together. Your family can play Hide and Seek or Hello Neighbor together. You can plan out an indoor family scavenger hunt or obstacle course. You can play together with a family pet. You can do yoga, stretching, or meditation together without having to buy a single thing. Even though it may be cold, you can bundle up and take a walk or play in the snow together. Sometimes a little bit of cold, fresh air can be a great way to deal with boredom! No matter what time of the year, being outdoors is always good for your mental health.

6. Plan for regular family game nights. Board games or card games are a great way to bring the family together for lots of fun and laughs. There are many choices and lots of games that are very affordable. You can find all kinds of great ideas on the Internet that are free. Let each person in the family pick out a favorite game that you can all play together. Some family favorites that are passed down through generations are Monopoly, Go Fish, Pictionary, and Yahtzee. Start a tradition that your own children may even continue with their children someday.

7. Make a "bored box." This does not have to be fancy. Include simple items like paper, paint supplies, and crayons. Play dough and clay are also great to have handy. Adults and children alike love to color or draw. Slime ingredients are always a huge hit. Don't be afraid to get messy! Just stock up on a few items your family loves to do together and keep them stored in a box for an instant activity anytime.

Reference:
Beyer, M. (2017). Fun Family Night Activities That Take Bonding to a Whole New Level. Retrieved November 2019 from <https://www.sheknows.com/parenting/articles/842477/50-family-fun-night-ideas-for-families/>

Source: Dr. Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development

Scholarship Opportunity
Russell County Extension Homemakers will be giving a \$500 scholarship to a Russell County resident attending a Kentucky college or university. Application is open to both traditional and non-traditional students. The deadline to apply is April 15. Applications are available at the Russell County Extension Office or online at russell.ca.uky.edu.

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