

Russell County Community BLOOD DRIVE

Thursday, March 5
12:30–5:30 pm


South Ky RECC
Community Room
2405 North Main St., Jamestown

Donors will be entered to win a \$100 gift card sponsored by Monticello Banking Company.

Limited-edition T-shirt for all donors!

kybloodcenter.org 800.775.2522 Please bring photo ID.

Live local • Give local



Dear Dietitian

Dear Dietitian,

I’ve recently stumbled upon a few articles touting a return to the diets of the 1950s, which were influenced by war-time rationing. They say people ate healthier. What are the pros and cons of following a typical diet from that era?

Sincerely,

Rick

Dear Rick,

These days there are several ways to eat healthy, and sometimes this can be confusing for people. Recently, there has been an interest in returning to a 1950s style of eating, but did people really eat healthier back then?

While it is true that foods were rationed, whether or not this led to healthier eating is unclear. Careful planning was in place so that everyone was allowed enough to eat, with men having a 3,000 calorie per day allotment, which is more than is recommended today. While rations were meant to be used by the named recipient, a bartering system developed so that people were sure to obtain the commodities they felt they needed. Even though sugar was restricted, corn syrup was substituted in recipes (1). It is more likely the difference in lifestyle that contributed to a healthier diet than rationing of goods.

There are several differences in American life today as compared to the 1950s. For starters, the median American household income was \$5,000. That means that half the population made more than \$5,000 a year, and half made less. In 2019, the median household income was \$63,000 (2). For every dollar spent on food in 1955, 25 cents went to restaurants; now it is more than half (3). Much of this includes high-calorie foods like pizza, burgers, and fries, which brings us to another big difference: portion sizes! Compare portion sizes of foods from the 1950s to today (4):

	1950s	Today
Soda	7 oz.	30+ oz
Hamburger	3.9 oz.	12 oz.
French Fries	2.4 oz.	6.7

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Interestingly, there are some areas of our diets that are actually healthier today than back then. Vegetables were often overcooked, decreasing their nutritive value. Today we are careful to prepare vegetables al dente in order to preserve nutrition. We have also been educated to choose lean proteins, even if sometimes we prefer not to. Seldom is animal fat used as a seasoning. When I was growing up, we kept a tin of bacon grease on the stove to season vegetables and fry meats. There is no such tin in my kitchen today.

We could definitely benefit from getting back to the basics. Enjoy a home-cooked meal for dinner with fruits and vegetables filling half the plate. Eat dinner as a family; it is one of the most important activities you will share with your children. Dine out as a treat instead of a convenience. And as always, keep it simple, and be healthy!

Dear Dietitian References

1. Rationing (n.d.) Retrieved from <https://en.wikipedia.org/wiki/Rationing>
2. PK. Household Income Percentile Calculator for the United States. (n.d.) Retrieved from https://dqydj.com/household-income-percentile-calculator/#What_was_the_United_States_median_household_income
3. Rogers, K. Restaurant spending set to hit high in 2019 as consumers spend more of their budget on dining out (Aug 19, 2019). Retrieved from <https://www.cnbc.com/2019/08/19/americans-putting-more-of-their-budget-toward-eating-out.html>
4. Rickert, K. 5 Reasons Why We Should Eat Like It's the 1950s Again! (Mar 15, 2015) Retrieved from <https://www.franciscanhealth.org/news-and-events/news/5-reasons-why-we-should-eat-its-1950s-again>



Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition.

Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.

CREDIT

“We are honored that Kentucky has been selected for this national workshop. This recognition from NGA and CHSA speaks volumes about the commitment that we are making as a state to give all of our high school students every opportunity to excel in school and life,” said Gov. Andy Beshear. “Making dual-credit programs accessible to all Kentucky students is a priority for my administration because it gives students a jump start on their postsecondary education path, whether that is a four-year university or technical school, and their careers.”

Lt. Gov. Jacqueline Coleman, who is secretary of the Education and Workforce Development Cabinet, said, “We often lose our young people in the most critical crossroads in their education from pre-k to k-12, and k-12 to postsecondary. Programs like dual credit can bridge the gap from high school to postsecondary education to make sure that Kentuckians have a greater chance at success and enter the workforce in a strong position.”

Drug Arrests over Weekend



Adam Matthews



Angela Fields



Coy Marcum

Submitted The Times Journal

Sheriff Derek Polston reported the arrest of 3 individuals on Drug Possession charges over the weekend.

Adam Matthews, age 31 of Russell Springs was taken into custody Saturday night after a traffic stop by Deputy Kenny Perkins at the Mt. Olive Church. He was charged with operating on suspended or revoked operator's license and possession of a controlled substance 1st degree, 1st offense Methamphetamine, and possession of drug Paraphernalia.

On Sunday evening Deputy Nathan Ginn arrested

ed Coy Marcum age 43 of Jamestown for Possession of a controlled substance 1st degree, 1st offense Methamphetamine, and served an active bench warrant.

Also arrested was an Angela Fields age 43 of Russell Springs for possession of a controlled substance 2nd degree pills.

Sheriff Polston reminds all citizens that if you suspect illegal drugs being sold in your neighborhood to contact the Russell County sheriffs Drug/ Wanted persons tip line at 270-343-8116, all callers will remain anonymous.

DRAMA



Members of the RCHS Drama Troupe

rector Tyler Flatt, runs through multiple stories that many teens in today's society go through. There are real world topics such as parental divorce, bullying, mental health issues, and other potentially sensitive topics that our audience will be made aware of. It is our hope that this production may help teens struggling with these problems find the courage and the will to stand up and TALK. We begin with Kyle, a role split between Troupe actors Jon Franklin and Eric Angel. Kyle continues to attempt getting the attention of his peers, but as a social outcast and a punching bag for everyone in his life, it is a very difficult task for him to overcome. Through various roles and people in his life, the Troupe actors show the way Kyle interacts and eventually ends up fixing his problems in the only way he knows how, thus showing the sensitive content audience members should expect.

On March 19th, at 7PM, you can find the production at the NEW Russell County Public Library. On March 20th, at 7PM, you can find us at the Somerset Community College Russell Center. On March 21st, at 7PM, you can find us at the Lindsey Wilson College VP Henry Auditorium. On March 22nd, at 3PM, students can find us at the High School's Library.

“I Don't Want to Talk About It” is produced in special arrangement

with Playscripts, Inc. (www.playscripts.com).



Eric Angel, Drama Troupe Member



Caleb Farris, Drama Troupe Member

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