

Kentucky Department of Agriculture’s annual poster, essay contest announced

Kentucky students are invited to enter the Kentucky Department of Agriculture’s (KDA) annual Poster and Essay Contest, Commissioner of Agriculture Dr. Ryan Quarles has announced.

The theme of the 2023 contest is “Kentucky Agriculture is Everywhere,” encouraging contestants to illustrate in words or pictures how agriculture impacts their everyday world.

“Agriculture is everywhere. It’s in the things we eat,

the things we wear, the places we live,” Commissioner Quarles said. “Emphasizing the importance agriculture plays in our everyday lives reveals its importance in all we do and have. This year’s contest allows students to give that knowledge greater thought.”

Students in grades K-12 may submit a poster, an essay of 500 words or less, or a digital entry, which may be photos or original digital artwork. Each entry must include the actual written theme and be

postmarked by Friday, March 3, 2023.

Winners will be notified by Friday, April 14, 2023. Winners in the poster and essay competitions will be selected in each grade. One statewide winner will be selected for digital artwork. Each winner will receive a \$100 award from Kentucky Agriculture and Environment in the Classroom and will be recognized at the 2023 Poster and Essay Contest Awards Ceremony next year. Winning entries

will be displayed in Commissioner Quarles’ Frankfort office and at the 2023 Kentucky State Fair in August in Louisville.

For more information, including complete contest rules and an entry form, go to <https://www.kyagr.com/marketing/poster-essay-contest.html> or contact Elizabeth Gordon, director of the KDA’s Education and Outreach Division, at Elizabeth.Gordon@ky.gov or (502) 782-4125.

Dear Dietitian

Dear Dietitian,

My boyfriend is a big believer in dietary supplements. He has type 2 diabetes, and he takes medication for this. He eats right most of the time and exercises three times a week. He recently started taking cinnamon to help improve his blood sugar levels. Does cinnamon really help with blood sugar?

Sharon

Dear Sharon,

It sounds like your boyfriend is exercising good judgment in his diabetes management. It also sounds like he has a kind, supportive girlfriend. Type 2 diabetes is very manageable, but it requires exercise, monitoring blood glucose levels, a healthy diet, and sometimes, medication. Many people may include an integrative approach to diabetes management. One such technique includes cinnamon.

In 2018, 34.2 million Americans, or 10.5% of the population, had diabetes (1). About 1.5 million new cases of diabetes are diagnosed every year in the US. In type 2 diabetes, the pancreas still

secretes insulin, but it may not produce enough, or the body cannot use it efficiently. In contrast, in type 1 diabetes, the pancreas’s beta cells have been damaged and can no longer secrete insulin.

Cinnamon comes from the Greek, meaning “sweet wood.” It is in almost every kitchen cabinet in America and is created from the Cinnamomum tree’s inner bark. There are two main types of cinnamon: Ceylon cinnamon and cassia. Cassia is most likely the type of cinnamon in your spice rack, as it is the most common type sold in the US. Cassia cinnamon contains coumarin, which may cause liver damage when taken in high doses. Ceylon cinnamon would be the wiser choice if you plan to take a supplement.

The manner in which cinnamon may help lower blood sugar levels is unclear. Scientists believe the spice helps in two ways. Cinnamon may play a role in transporting glucose into the cell where it belongs, lowering the amount of glucose in the bloodstream. Cinnamon may also improve insulin sensitivity, which is how well your body responds to insulin. In other words,

does your body allow insulin to perform its duty?

Several small studies on cinnamon’s effect on blood sugar levels have produced mixed results. Different types of cinnamon are used in studies, and doses are variable, making it difficult to compare results. In a meta-analysis of sixteen randomized controlled trials, cinnamon significantly reduced fasting blood sugar levels and reduced insulin resistance. Interestingly, it did not reduce hemoglobin A1C levels, the three-month average blood sugar levels (2). However, other studies have found that cinnamon lowered both fasting blood sugar and A1C.

The American Diabetes Association does not recommend using cinnamon to help control blood sugar levels, stating there is insufficient evidence to show that it is effective (3). Talk to your doctor before using cinnamon as a part of your diabetes treatment regimen.

Until next time, be healthy!

Dear Dietitian

References

Type 2 Diabetes (2019 May 30) <https://www.cdc.gov/diabetes/basics/type2.html>

Deyno S, Eneyew K, Seyfe S, Tuyiringire N, Peter EL, Muluye RA, Tolo CU, Ogwang PE. Efficacy and safety of cinnamon in type 2 diabetes mellitus and pre-diabetes patients: A meta-analysis and meta-regression. Diabetes Res Clin Pract. 2019 Oct;156:107815. doi: 10.1016/j.diabres.2019.107815. Epub 2019 Aug 16. PMID: 31425768.

McCulloch, M. Herbs and Spices: Cinnamon’s Link to Diabetes Control. Today’s Dietitian

2015 Nov; 17(11): 12.



Leanne McCrate, RDN, LD, is an award-winning dietitian based in St. Louis, 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.

Community Calendar

Toys 4 Tots

Russell County Jaycees TOYS 4 TOTS radio auction on WJRS (104.9) and You Tube LIVE~RC Online, 6:00 PM - ? November 24-25

Christmas on the Square

Christmas on the Square in Jamestown December 2, 5:00-8:00

Santa in the Studio

Santa in the Studio at Artworks from 2:00-4:00 December 3

Grinch Event

GRINCH Event at Lake Cumberland Tourist December 15 4:00-7:00

Samaritan’s Purse Operation Christmas Child Drop-Off Locations/Dates

Russell Springs, KY - Fairview Baptist Church, 2594 E Highway 80 Russell Springs, KY 42642-9469.

Mon, Nov. 14: 4:00 PM - 8:00 PM
Tue, Nov. 15: 4:00 PM - 8:00 PM
Wed, Nov. 16: 4:00 PM - 8:00 PM
Thu, Nov. 17: 4:00 PM - 8:00 PM
Fri, Nov. 18: 4:00 PM - 8:00 PM
Sat, Nov. 19: 6:00 PM - 8:00 PM
Sun, Nov. 20: 6:00 PM - 8:00 PM
Mon, Nov. 21: 1:00 PM - 3:00 PM

Free Community Thanksgiving Dinner

The 2nd Annual Betty Fisher Memorial Thanksgiving Dinner will be held on Thursday, November 24, 2022(Thanksgiving Day) from 10:30 A.M. until 2:00 P.M. at Russell Springs First Baptist Church, 392 E, KY-80, Russell Springs, KY To volunteer or donate, contact any of the following: Lisa Clark 270-250-5707, Rada Morrow 270-585-9297 OR Shawna Wallace 270-566-2844

2022 Russell Springs Christmas Parade

2022 Russell Springs Christmas Parade/Lights in the park immediately following the parade. Saturday, November 26th at 5 P.M.

Good Will Virtual Expungement Clinic

December 15 10:00 A.M.-11:30 A.M. EST. goodwillkentucky.org/expungements to register. Email virtualexpungement@goodwillky.org, or call 1-877-309-0262. Expungement is how a record of criminal convictions erased, destroyed, or sealed from a state or federal record. Good Will is focused on providing legal and financial assistance to participants because of the barriers an individual’s background can have on securing stable employment, housing and other basic needs.

Yule Light Up the Night Sky 5k Run/Walk

Yule Light Up the Night 5k Run/Walk December 17th Race begins at 9:00 PM 100% of the registrations will be donated to Toys for Tots. This great course will take you through the Russell Springs Light Up the Park Christmas Lights display. www.runsign-up.com More information on the Facebook page.

Russell County Senior Center located at 132 Brian Walters Drive Russell Springs in Middletown

For seniors 60 and older. Open Monday – Friday 8:00 am-2:00 pm We offer transportation to and from the senior center at no cost. Provide lunch. Lunch times are 10:30 – 11:00 in our drive thru 11:00-11:30 if you want to eat inside Daily activities (BINGO, Music, Checkers, Rook, etc.) Trips every month Contact Tiffany Hammond at 270-866-2899 for more information. We would love for everyone to come join us.

Al-Anon

“A mutual support program for people whose lives have been affected by someone else’s drinking”) Monday nights 6:00 PM Russell Springs United Methodist Church, Russell Springs, KY

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Alcoholics Anonymous(AA) Women

Saturday mornings at 11:00 AM Senior Citizens Center, Russell Springs, KY

Alcoholics Anonymous(AA)

Wednesday nights at 7:00 PM Senior Citizens Center, Russell Springs, KY

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY. Celebrate Recovery Thursday nights at 6:00 PM, Russell Springs United Methodist Church

ADVERTISEMENT FOR BIDS Russell County Fiscal Court Russell County 911 Center Facility (REBID)

Separate sealed bids for the construction of this contract will be received by the Russell County Fiscal Court, 410 Monument Square, Jamestown, KY, 42629, until **December 12th, 2022 @ 3:00 PM CST.**

Immediately following the scheduled closing time for reception of bids, all proposals which have been submitted in accordance with the conditions set forth will be publicly opened and read aloud at the **Russell County Judge Executive’s Office, 410 Monument Square, Jamestown, KY 42629.**

The work to be bid consists of:

The Project will consist of the site development and construction of a new Russell County 911 Center facility in Jamestown, Kentucky. Site work includes grading, utilities, new parking lot, and other site improvements. A new 2,800 SF facility will also be constructed. The Contractor shall furnish all materials, equipment, and labor necessary to complete the construction of the entire project. Time of completion for the contract is **240 calendar days.**

Attention of bidders is particularly called to the requirements as to conditions of employment to be observed. These include Section 3, Segregated Facility, Section 109 and Executive Order 11246.

This project is funded by the use of local/general funds.

A Pre-Bid Meeting will be held at the site located along Brian Walters Drive in Jamestown, Kentucky on **November 30th, 2022, at 9:00 AM CST.** All potential bidders are encouraged to attend.

Sealed proposals for the Contracts shall be clearly marked on the outside of the envelope as follows:

Sealed Proposal For:

Russell County Fiscal Court
Russell County 911 Center Facility
Not to be opened until December 12th, 2022 @ 3:00 PM CST

If forwarded by mail, the sealed envelope containing the proposal must be enclosed in another envelope and mailed to allow sufficient time for such mailing to reach this address, **410 Monument Square, Jamestown, KY, 42629**, prior to the scheduled closing time for receipt of proposals.

Plans and specifications may be viewed on or after **October 20th, 2022** at the following locations:

Russell County Judge Executive’s Office, 410 Monument Square, Jamestown, KY 42629

Copies of the Contract Documents may be obtained at the office of Lynn Imaging (859)-255-1021 upon receipt of a non-refundable printing and/or shipping charge of **\$250.00 per contract.**

Bids shall be accompanied by a certified check or bid bond made payable to The Russell County Fiscal Court in an amount not less than 5 percent of the base bid. No bidder may withdraw his bid for a period of 90 days after the date bids are opened. He may, however, withdraw his bid at any time prior to the time and date scheduled for opening of same or any authorized postponement thereof. Any bid received after the time and date specified shall not be considered and will be returned unopened to the bidder.

Award will be made to the lowest, responsive, responsible bidder.
The Russell County Fiscal Court is an Equal Employment Opportunity Employer.
The Russell County Fiscal Court reserves the right to reject any or all bids.