

Dear Dietitian

Dear Readers,

You’ve probably heard that the United States has one of the highest obesity rates in the world. Estimates put 42% of Americans in the obese category. The World Health Organization (WHO) defines obesity as a body mass index (BMI) of 30 or higher.

Several factors contribute to the problem, but the bottom line is overconsumption. We simply overeat. Americans consume an average of 60 pounds of sugar a year. That’s over 100,000 calories from sugar per person each year! Most sugar is consumed in the form of sugar-sweetened beverages (SSB). SSBs include regular soft drinks, energy drinks, sports drinks, sweetened water, and coffee and tea beverages with added sugar.

It is well-known that obesity increases the risk of chronic illnesses, such as Type 2 diabetes, stroke, heart disease, and non-alcoholic fatty liver disease. Changing consumption patterns isn’t easy. In some cases, the government has stepped in to add a tax on SSBs.

The results of these taxes have been mixed. The tax has resulted in decreased consumption of SSBs in some areas. The question is whether less consumption results in less obesity. We don’t know the answer yet, as it will take years to show results.

In 2012, New York City attempted to ban the sales of SSBs larger than 16 ounces. The court system reversed the ban, stating the government “exceeded the scope of its regulatory authority” by adopting the ban.

If we want to help America get healthier, what’s the answer? In a randomized study, 326 parents of children ages two to twelve were instructed to choose one drink and one snack for their child plus one household item. Some drinks were labeled with a pictorial image warning, such as a diseased heart. Other beverages were labeled with a bar code. The image warnings led to a 17 percent reduction in purchases of sugary drinks, with 45 percent of parents in the control group (bar code) buying an SSB, compared to 28 percent in the pictorial

warning group (1).

Warning labels with photographs are more effective than text and labels with numbers; a picture is worth a thousand words. It takes less time to develop a concept from an image than words and numbers. Pictures also appeal to our feelings in a way words cannot. Picture warnings were effective in this study, but it’s unlikely food and beverage manufacturers would embrace them.

Enjoying a home-cooked meal together as a family also leads to a significant decrease in obesity in children. In a study published in the Journal of Pediatrics, adolescents who had at least one meal per week with their families were significantly less likely to be obese ten years later (2). Home-cooked meals tend to be balanced, and the family bonding time is irreplaceable.

Until next time, be healthy!

Dear Dietitian

References

Hall MG, Grummon AH, Higgons ICA, Lazard AJ, Prestemon CE, Avendano-Galdamez MI, Taillie, LS. The impact of pictorial health warnings on purchases of sugary drinks for children: a randomized control trial. PLOS Medicine. Published Feb 1, 2022.

https://doi.org/10.1371/journal.pmed.1003885.

Berge JM, Wall M, Hsueh TF, Fulkerson JA, Larson N, Neumark-Sztainer D. The protective role of family meals for youth obesity: 10-year longitudinal study. J Pediatr, 2015 Feb; 166 (2): 296-301. Published online 2014 Sep 27. doi: 10.1016/j.jpeds.2014.08.030



Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Email her today at deardi-tian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or meal plans.

Community Calendar

McQueary Family Reunion

A reunion for the family of Willis and Ollie McQueary will be at Sportsman Club starting at 10:00 AM Pot Luck at 12:00 noon(dinner ware will be provided) on Sunday, May 28.

Russell County Extension District Board Meeting

The Russell County Extension District Board will have a called meeting, May 30, 8:00 a.m. at the Russell County Extension Office.

Cemetery Donations Needed

The Jamestown Cemetery Board would like to encourage everyone to make a donation to the cemetery this year. There will be a central donation area located in the center of the cemetery. Someone will be present to receive donations beginning Friday, May 26 through Monday May 29, 2023. As is true with everything, maintenance and upkeep costs continue to rise. The Jamestown Cemetery is mainly dependent upon your contributions. We are very proud of our beautiful cemetery and are most grateful for your donations that keep it looking this way. If you prefer, your donations can be mailed to: The Jamestown Cemetery Fund, c/o Jamestown City Hall, P.O. Box 587, Jamestown, Kentucky 42629. We thank everyone for your continued support in helping us see that the Jamestown Cemetery is one of the best in the area.

FREE AQUATIC EXERCISE CLASSES

Russell Springs City Park Pool - Mondays/Wednesdays/Fridays June 2-September 1. Class is from 9:00 - 10:00 AM Sponsored by Russell County Hospital Physical Therapy

Memorial Service-Hadley Cemetery

A memorial service is planned for May 28, 2023 at 1:30 PM at the Hadley Cemetery, Jamestown, KY. Brother Kenny Kimbler will be speaking. When decorating your loved ones' grave, please secure and label your flowers. Mr. Troy Young is in charge of cemetery maintenance. In case of storms and rain, service will be rescheduled. Please send donations to Betty Higginbotham, 3756 N. Highway 55, Jamestown, KY 42629 or Geneva Walters, 224 R. Helm Road, Jamestown, KY 42629.

Addiction Support Group

SMART Recovery – Overcome your addiction! Group support for any type of harmful habit (alcohol, drug, gambling, self-injury, eating, spending, etc.) using research-based methods. Meet every Friday at Noon at the Russell County Health Department. Use side environmental entrance. For more info, call 270-343-2181.

Adult Bereavement Group

A new adult bereavement group will begin at the Russell County Public Library on Thursday, March 2 from 10:00-11:30 AM CST. The group will meet on the FIRST THURSDAY OF EACH MONTH and is free and open to the public. There is a limit of 15 attendees. To join the group, contact the RC Library at 270-343-7323 or the Hospice of Lake Cumberland office at 606-679-4389.

Wolf Creek National Fish Hatchery

2023 Calendar of Events. All events take place at Wolf Creek National Fish Hatchery unless specified. Please call before coming to any event listed, as they are subject to change. 270-343-3797

June 3: 35th Annual Catch A Rainbow Kids Fishing Derby 8:00 am-3:00 pm CST

June 10: 2nd Saturday Fly Fishing Clinic with Mark Lamberth at 10:00 a.m. CST Call (615) 513- 6193 to reserve your spot! Classes are limited in size, and you must pre-register.

June 13: Friends of Wolf Creek NFH, Inc. Meeting 1 - 2 PM CST (Wolf Creek National Fish Hatchery Classroom) Call 270-343-3797 for information.

June 21: Longest Day of Play 8:30 a.m. –11 a.m. CST (this date not confirmed yet)

Cemetery Donations Needed

Donations needed for Jack Lawless Cemetery in Jamestown. Please send donations to Donnie Knight or Romal Selby at 530 Lawless Cemetery Road, Jamestown, KY 42629

Cemetery Donations Needed

Poplar Grove Cemetery on Highway N. 127 is in need of donations for mowing and upkeep of cemetery. Send donations to Junior Cunningham, 4562 West Highway 76, Russell Springs, KY 42642

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 The Church at the Springs, 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. Thursday night at 6:00 P.M., The Church at the Springs, Russell Springs, KY

NOTICE OF MASTER COMMISSIONER SALE

In order to comply with the orders of the Russell Circuit Court, the Master Commissioner of the Russell Circuit Court shall proceed to offer for sale to the highest and best bidder at public auction the below properties on **Friday, May 26, 2023, at the hour of 9:00 a.m., CT, Russell District Courtroom, Russell County Judicial Center, Jamestown, Kentucky.**

Said properties shall be sold to raise the amounts hereinafter set forth, together with interest and the costs of the action, and upon *(unless otherwise indicated)* the following terms and conditions:

- A) For the purchase price, the Purchaser(s) must pay in full by cash or good check on the date of sale or the Purchaser(s) may pay ten (10%) down on the day of sale and shall execute a good and sufficient purchase money bond, with approved surety thereon, equal to the balance of the purchase price payable to the Master Commissioner within thirty (30) days. Any such purchase money bond shall have the force and effect of a Judgment and shall be a lien upon the property sold as additional security for the payment of the balance of the purchase price. The Master Commissioner’s bond shall bear interest at the rate the judgment bears from the date of sale until paid in full. **In the event the successful bidder is not paying the full amount of the purchase price on the date of sale, purchaser will be required to post bond and furnish an acceptable surety thereon.** In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the Judgment amount.
- B) Purchaser shall be required to pay property taxes for current tax year and all taxes thereafter, for which the Purchaser(s) shall receive no credit against the purchase price.
- C) The property shall otherwise be sold free and clear of any right, title and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Russell County Court Clerk’s Office and such right of redemption as may exist in favor of the United States of America or the Defendant(s).

The Master Commissioner Sale/Deed is not a warranty of good title. Possession shall be given to the Purchaser(s) with the delivery of the Master Commissioner’s Deed thereto. Purchaser(s) will assume and be responsible for all risks of loss to the premises upon acceptance of their bid by the Master Commissioner at the Master Commissioner’s Sale.

Bidder should examine the records of the Russell Circuit Clerk and the Russell County Clerk prior to the sale for further information. Any statements made the day of the sale shall take precedence over advertised material. Bidder shall be prepared to comply promptly with these terms.

(Sale bonds will bear interest at the rate of Judgment entered in each separate action)

SALE NO. 1		
Property address: 280 Grider Lane, Russell Springs, KY 42642	Map ID: 020-90-08-015.00	
AMERIHOMEMORTGAGE COMPANY, LLC VS.. PAULINE DAVENPORT, SERVICE FINANCE COMPANY, LLC		
Civil Action No. 22-CI-00179	Amount to be raised: \$115,012.19	
SALE NO. 2		
Property address: 38 Primrose Street, Russell Springs, KY 42642	Map ID: 043-20-04-023.00	
CITIZENS NATIONAL BANK v. HEATHER LADAWN GARRETT, UNKNOWN SPOUSE OF HEATHER LADAWN GARRETT, RUSSELL COUNTY, KENTUCKY		
Civil Action No. 22-CI-00291	Amount to be raised: \$58,253.74	
SALE NO. 3		
Property address: 7154 N. Highway 55, Jamestown, KY 42629	Map ID: 007-00-00-043.01	
CANCELED		
SALE NO. 4		
Property address: 49 Woolen Mill Road, Jamestown, KY 42629 (includes 2008 Clayton mobile home)	Map ID: 035-00-00-022.02	
VANDERBILT MORTGAGE AND FINANCE, INC. v. RICKIE L. BELL a/k/a RICKY BELL; UNKNOWN SPOUSE OF RICKIE L. BELL a/k/a RICKY BLL; J.D. BELL; MADISON COUNTY FEDERAL CREDIT UNION f/k/a MADISON COUNTY SCHOOL EMPLOYEES FEDERAL CREDIT UNION; COMMUNITY TRUST BANK; UNKNOWN SPOUSE OF RUTH BOLIN; AND COUNTY OF RUSSELL, KENTUCKY		
Civil Action No. 23-CI-00109	Amount to be raised: \$38,339.84	

M. GAIL WILSON, MASTER COMMISSIONER, RUSSELL CIRCUIT COURT