

## National School Lunch Week Oct. 13-19

School lunch programs all over Kentucky will observe special events and hold open houses for visitors during National School Lunch Week, October 13-19.

Last year, an average of 502,542 Kentucky school children ate a nutritious lunch each school day at 1,435 schools. USDA contributed nearly \$69,492,749 in food commodities and cash reimbursements. Local school systems themselves made up the difference between USDA's contribution and the actual cost of providing school lunches.

Each year, the President proclaims the second full week in October as National School Lunch Week. It is an opportunity to recognize school food service workers and the vital role they play in providing balanced, low-cost lunches to our nation's children through the National School Lunch Program. It is also a good time to reflect on what a good "deal" school lunches really are.

To begin with, the school lunchroom is one of the few places a student can go every school day and know that a tasty, nutritious meal is available. And, at an affordable price. An affordable price means that students from low-income families only pay what they can afford—even if it's nothing. Paying children benefits as well from reduced costs resulting from USDA foods donated to the schools, and from cash assistance to the schools.

Studies have consistently shown that school lunches are the most nutritious, cost-effective and convenient way for students to eat lunch. The typical school lunch costs less than lunch at fast-food outlets and, generally, even less than the cost of lunch prepared at home.

This phenomenon didn't just happen. The National School Lunch Program has been in existence for 45 years. That's nearly half a century of experience accumulated in feeding school children. And, it represents the cooperation of government and private sectors at national, state and local levels. The U.S. Department of Agriculture's Food and Nutrition Service is the federal agency that administers the program nationally. It provides technical and regulatory guidance, established mandatory components for an acceptable school lunch and contributes cash and food commodities.

1. Day Care Providers and the advantages of having a state licensed day care facility.

2. Organizing a Parenting Skills class.

An election for a chairman of the Advisory Council will be held. Carolyn Baker was elected as chairwoman.

The next Advisory Council meeting will be held at the center of November 6, 1991 at 6:30 p.m. Mark this date on your calendar.

### Proclamation

William G. Whitson  
Governor

Commonwealth of Kentucky

### Comments of the Kentucky

1. *It is the honor of this office to proclaim the second full week in October as National School Lunch Week. It is an opportunity to recognize school food service workers and the vital role they play in providing balanced, low-cost lunches to our nation's children through the National School Lunch Program. It is also a good time to reflect on what a good "deal" school lunches really are.*

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### GET READY FOR WINTER!

**Frostrex**  
Pipe Heating Cables That's Home Safe.

**PREVENTS PIPE FREEZE-UPS IN HOMES OF ALL KINDS**

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Jim Warren - Sales  
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1985 MERCURY XR7 — Red, 5-speed, new tires, sharp, \$1,100 down, \$50 week.

1984 OLDS CUTLASS WAGON — New tires, V-6, air, 7-passenger, \$800 down, \$60 week.

1986 BUICK CENTURY — 4-door, new tires, runs good, \$750 down, \$50 week.

1983 CHEVY — Full size, custom van, V-8, sharp, \$1,000 down, \$60 week.

1985 BUICK REGAL — Black, 7-spek, air, power, super nice, \$1,400 down, \$60 week.

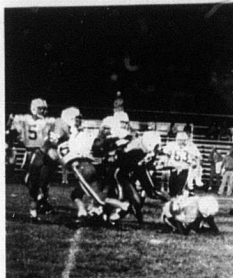
1988 FORD RANGER — Pickup, 76,000 miles, red, must see to appreciate, \$1,600 down.

1986 PONTIAC GRAND PRIX — New tires, \$800 down, \$50 week.

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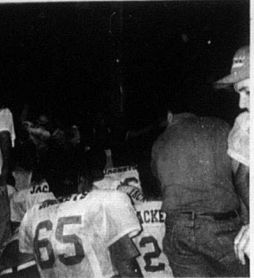
## Jackets celebrate Paris victory; clinch post season play



Kevin Morris tackles Paris to slow down as drive Friday night in district action as the jackets won 22-14.



Nevada McClain brings her ball in excitement Friday as Nicholas County rolled over Paris 22-14 in overtime.



Members of the Bluejackets team run out on the field as defense stopped Paris on its drive in overtime. The jackets won 22-14 in overtime Friday night.

Photos by Pam Bowles and Amanda Capps

Members of the Bluejackets team run out on the field as defense stopped Paris on its drive in overtime. The jackets won 22-14 in overtime Friday night.

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# Good Luck Jackets!

**THE CARLISLE MERCURY**  
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74th Congressional District  
Representing Nicholas County

**Woody's Auto Repair**  
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Joan Morris- 289-7085

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**Mark Mattox**  
Auctioneer and Real Estate Broker  
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**Dep. Adrian Arnold**  
74th Congressional District  
Representing Nicholas County

**Dep. Jay Auto Parts**  
340 West Main-Carlisle  
289-2208

## "If I built another house tomorrow, it would have a heat pump."

—Steve Stull  
Heating & Air conditioning dealer  
Carlisle, Ky.

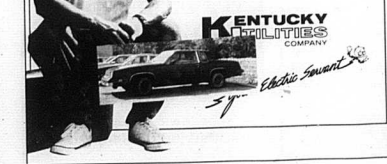
"I've got an electric heat pump in my home, and I tell people they're welcome to check with KU to see how low my bills are. That really sells them."

"In this area, most people can heat their homes cheaper, and cool them cheaper, with a heat pump. This area has proven that heat pumps are heating homes more efficiently than anything on the market."

"Besides, it's a clean heat. It doesn't yellow the walls or curtains, so it saves people a lot of money just in maintenance."

"I've never had a single complaint on heat pumps. I've had more four years now, and you couldn't take it away! And believe me, if I didn't really like it, it would be out of my house!"

Get the full story on the advantages of the electric heat pump—the all-in-one heating and cooling system. Contact a customer service representative at the local KU office or your heating and cooling dealer.



**KENTUCKY ELECTRIC SERVICES COMPANY**

Electric Services

Electric Services