Nicholas County School Menus

Breakfast
Monday
May 28-breakfast pizza or pop tart, milk/juice
Tuesday
May 29-biscuit and gravy or pop tart, milk/juice
Wednesday
May 30- bacon, egg, cheese on bun or pop tart, milk/juice
Thursday
May 31-sausage and biscuit
Friday
June 1-chef's choice

Lunch
Monday
May 28-chicken patty on bun, french fries, baked beans, fruit, milk/tea/lemonade
Tuesday
May 29-grilled ham and cheese, tater bites, tossed salad, fruit, milk/tea/lemonade
Wednesday
May 30-hamburger on bun, lettuce/tomato/onion/pickle, french fries, fruit, milk/tea/lemonade
Thursday
May 31-Chef's choice
Friday
June 1-sack lunch

Elementary menu

Breakfast
Monday
May 28, scrambled eggs, cereal, cinnamon toast, jelly, juice/milk
Tuesday
May 29-sausage, biscuit, cereal, jelly, juice/milk
Wednesday
May 30-french toast sticks/syrup, cereal, toast, jelly, juice/milk
Thursday
May 31-bacon/cheese/biscuit, cereal, toast, jelly, juice/milk
Friday
June 1-sausage gravy/biscuit, cereal, toast, jelly, juice/milk

Lunch
Monday
May 28-pizza (home mad), corn, tossed salad, fruit, milk
Tuesday
May 29-sausage/biscuits, mashed potatoes, green beans, fruit, milk
Wednesday
May 30-chef's choice
Thursday
May 31-sack lunches, sandwiches, chips, cookie, candy bar, milk

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Ladyjackets take awards at banquet

By BEVERLY HOWARD
Staff Associate

The Nicholas County Ladyjackets Basketball Boosters held a banquet on Sunday for the Ladyjackets.

A meal was served with Bill Whalen giving prayer. Special guests included Ms. Hammonds, Coach Story, and Greg Reid.

Two seniors Heather Howard and Whitney Massey were recognized with clocks and plaques for the hard work and dedication that they have given to the team.

Other players recognized were: Academic Award All State 3.0 -3.5 GPA: Hannah Gray Jennifer Amburgey, Courtney Dale, Heather Howard, and Whitney Massey.

First Team All State 3.5-4.0 GPA: Tabitha Fryman, Whitney Gray, Ashley Hamilton, Ashtine Howard, Jenny Hunter, Ashton Markland, Kelly Roberts, Heather Treadway, Ashley Whalen, Kari Beth Stacy, Krystal Tubbs, Beth Grimes and Jenci Smith.

Coach Smoot said he was very proud that the Ladyjackets had so many girls receive awards for there high grade point average.

Coach Smoot also thanked the cheerleaders for all their support that they had given the ball players and the time spent cheering the ball team on.

Coach Hughes gave awards to: Hannah Gray for being the only seventh grader playing on the freshman team. The eighth graders being recognized were Tabitha Fryman, Ashtine Howard, Jenny Hunter, Kelly Roberts, and Jennifer Amburgey. They were recognized for playing freshman, J V, and varsity.

Ashton Markland, Krystal Tubbs, and Amber McCord were recognized for playing freshman and J V.

Coach Smoot presented gifts to manager Chris Hunter, statistician Tara Cameron, bookkeeper Megan Darrell, bus driver Sue Doyle, clock keeper Bill Ray Hunter and concessions, Jane Whalen.

Varsity players that received bars were Whitney Gray, Heather Treadway, Kari Beth Stacy, Courtney Dale, Beth Grimes, Ashley Hamilton, Jenci Smith, Whitney Massey and Heather Howard.

Special awards were also given by Coach Smoot: Heather Treadway for 54% field goals; Whitney Gray for 70% free throws; Courtney Dale for guard; Jenci Smith for the most improved player; Kari Beth Stacy for 6th person award. Senior Heather Howard was presented two special awards; the most rebounds for the team (138) and the extra effort award.

Ladyjackets that received letter jackets from Mr. Randall Dale and the boosters were: Kari Beth Stacy, Jenci Smith, Amber McCord, and Tara Cameron.

Every player also received a sweatshirt from the boosters for all their hard work during the season.

Have a story idea? Call the newsroom at 784-4116

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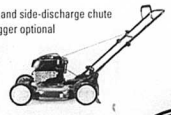
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The spawn: most important time to practice CPR

Kentucky Afield

by Lee McClellan

When most hear the letters "CPR", they immediately think of Cardio Pulmonary Resuscitation, a lifesaving technique for humans. CPR for an angler also saves lives — the lives of the bass they catch after they practice "Catch, Photo, Release".

The water temperatures are topping the 70-degree mark for the first time of the year and largemouth bass are actively spawning. "CPR" becomes critical at this time of the year for the future of a largemouth bass fishery. Those spawning bass must stay in the lake, stream or river at this time of the year to insure the future of the population.

"Big female bass may have 30,000 eggs in her at this time of the year," explained Ted Crowell, assistant fisheries director for the Kentucky Department of Fish and Wildlife Resources (KDFWR). "Most people sight fishing catch the male first and then the female. After the male is gone, bluegill, turtles and other egg eaters move in and feed. They can decimate a nest in a short amount of time".

Harvesting these spawning fish robs the water body of its full bass producing potential. "It certainly has the potential to hurt this year's class of bass," Crowell continued.

Largemouth bass in the wild struggle to survive even in the most optimal conditions. Every year, 40 to 60 percent of all largemouth bass in a lake die from natural causes, predation or the harsh conditions of winter. Whether a particular lake is in the low or high end of this spectrum is dependent upon environmental conditions, namely the fertility of the water. The more fertile the water, the less mortality.

Most of these bass that die each year are the fish that were born that year. A good spawn is paramount for the future of the bass fishery with the annual mortality so high in our bass waters.

Those who pursue bass at this time of the year can still enjoy bass fishing. It is just very important that the fish be released as quickly as possible and handled in the gentlest manner. "If you catch and release a spawning bass, it immediately returns tot he nest," Crowell explained.

Spring clean bird feeders

To help protect the beautiful songbirds of Kentucky from disease, bird feeders should be cleaned periodically. Bird seed that sat in the feeder all winter and spring needs to be discarded because the warmer weather of May causes mold growth on the seed. Birds consuming the moldy seeds can become sick and perish from diseases such as salmonella.

Sweep up or rake the old seeds that fell from the bird feeder. These seeds may also mold and draw house mice and other pests.

Simply discarding the old seed is not enough to keep disease from birds. The feeders should be cleaned with a solution of two ounces of bleach to one gallon of water and allowed to dry in the sun. The sunlight in combination with the bleach kills harmful bacteria. Scrape out old seed from the corners of the feeder.

Hopper style or fly-through feeders do the best job of keeping bird seed dry. Those with a screen in the bottom allow the seed to dry after becoming wet from rain. Do not put out too much seed because a thick layer of seeds will mold in the center.

ATV use on Wildlife Management Areas

Those who operate all terrain vehicles (ATVs) are reminded these vehicles are not allowed on Wildlife Management Areas (WMAs) owned or leased by the Kentucky Department of Fish and Wildlife Resources.

Vehicles are allowed only on maintained roads in the WMAs and these vehicles must be licensed and street legal. Vehicles are banned from horse trails, access roads that are cabled, walking paths and maintenance roads on a WMA.

ATVs are not street legal for use on public roadways. There are exceptions for those involved in agricultural activities, snow removal, construction or road maintenance. The operators of these ATVs must wear headgear and their ATV must be equipped with one headlight and two tail lights. The headlight must be illuminated at all times while in operation. ATVs are allowed to cross public roads at an angle closest to 90 degrees as is practical and safe and may not travel more than two tenths of a mile on the public road.

Kentucky dairy facts

- The state's total milk production in 2000 was 196,511,682 gallons.
- Kentucky had 1,842 commercial dairy farms in 2000.
- The state had 133,000 milk cows in 2000.
- A typical dairy herd in Kentucky had 68 cows last year.
- Dairy herds in Kentucky produced an average of 1,489 gallons of milk for each cow in 2000.
- Kentucky had eight fluid milk processing plants last year.
- In 2000, dairy cows in Kentucky produced an average of 4.9 gallons of milk a day. To produce this much milk, a cow consumes 35 gallons of water, 20 pounds of grain and concentrated feeds, and 35 pounds of hay and silage.
- The average value of a day's milk is about $5.90 per cow. It takes $3 for the fee, 75 cents for other supplies and $1.90 for building and overhead to produce that milk, leaving an estimated 25 cents for labor and other investment expenditures.
- The average cost of a cow in Kentucky was $1,400 in 2000.
- The top five ranking dairy counties in the state based on milk production as of December 2000 are Barren, Adair, Fleming, Nelson and Warren.

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ANTIQUES: Walnut glass cabinet in excellent condition 108"x57"x11" gold framed column mirror 9 1/2 ft.x 32", 82" walnut corner cupboard (original), Armoire w/buried walnut trim, massive dining room suite with 10 ft. table and 8 chairs, sideboard & mirrored back china closet, cherry sideboard with splash back sides, cherry secretary/slant front desk 48", fancy walnut high back bed 8 ft., fancy wishbone walnut dresser with fruit pulls, fancy oak mirrored umbrella & hat stand, fancy oak hall tree with beveled mirror, wicker day bed, 60" dining table w/36" Lazy Susan in center, marble top washstand with splash back tear drop pulls, walnut high back poster bed with fancy trim, marble top dresser with wooden pulls very ornate, large wooden wardrobe, wooden cabinet radio, 4 pc. wooden bedroom suite (acorn post), rope legs claw & ball oak fern table, leather top coffee table, Gubranasen piano ivory keys, claw & ball piano stool, walnut pedestal table, wooden tea cart, walnut drop-leaf table, mantel clock, several unusual hand carved smoking pipes in original boxes (France made), two large oriental plates, unusual sewing baskets, Seth Thomas cathedral clock, book ends, ladder back cane bottom chair, several trunks (flats & camel), old rockers, wicker picnic basket, rocking horse, several large picture frames, jewelry boxes, Bentwood magazine rack, large selection of pressed glass, pitcher & bowl set, large cedar chest, McCoy pieces, some Depression glassware, 3 cut glass pitchers, cut glass bowls, goblets, stemware, salt cellars, 2 fancy covered compotes, silverware with original box, lots of silver plate items, Aladdin (Lincoln Drape) lamps, old lamps, stone bowls & crocks, iron kettles, glider set, two large machetes with cases, old spoons, beaded purses & hats, two sets or Walmont China, large selection of old books & magazines, old quilts, cup & saucer set, Carnival glass, Rose of Sharon China set, Haviland dishes, store jars, political advertising items, area ads.
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