LIFESTYLE

Farmer's Market...Fresh Ideas

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

Did you make it out to the market this weekend? I hope so. I have spent most of the summer talking about the fresh vegetables at the farmer's market. The only fruit I have given you information on is tomatoes.

So this week I will give you more information about fruit that has been at our farmer's market. Cantaloupe has been at the market for a few weeks now. There is nothing sweeter than garden fresh cantaloupe.

The longer the cantaloupe stays on the vine the sweeter the flavor. Cantaloupe has 60 calories per one cup serving. One serving also contains 120% of your daily Vitamin A allowance.

Vitamin A is the vitamin that helps with eyesight and night vision. Cantaloupe also contains 108% of your recommended allowance of Vitamin C. Vitamin C is the vitamin which helps our body's immune system.

Always remember to wash your melons before cutting them. If there were any bacteria on the outer part of the melon, once you insert a knife the bacteria will then transfer to the flesh of the melon.

Here are a couple of recipes for you to enjoy cantaloupe in case you tire of eating it fresh off the vine.

Cantaloupe Cooler

1 ripe cantaloupe*
2 ½ cups cold orange juice
2 tablespoons granulated sugar
Crushed ice

1.) Cut melon in half. Scoop outs seeds, remove rind and discard. Cut melon into 1-inch cubes.

2.) In blender or food processor, blend melon cubes with ½ cup orange juice until smooth.

3.) Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.

4.) Pour into glasses filled with crushed ice.

*In season

Nutritional Information
Serving Size: 1/8 of recipe. Calories: 70, Carbohydrate 18g. , Vitamin A 45%, Vitamin C 40%.

Source: Adapted from: Celebrate health with a Lowfat Fiesta California Department of Health Services

Melon Salsa

2 cups seeded and chopped fresh melon, honeydew*, cantaloupe*, or watermelon*, (use one or a combination)
1 cup peeled, seeded, and chopped cucumber*
¼ cup chopped onion, red or white*
2 tablespoons fresh, chopped cilantro or mint (optional)
½-1 seeded and finely chopped jalapeno* or hot sauce to taste
¼ cup lime juice or lemon juice
1 tablespoon sugar, white or brown

1.) In a medium size bowl, stir together all ingredients.

2.) Taste and season with more lemon or lime juice, sugar if needed. Add salt and pepper, if desired.

3.) Cover and chill for at least 30 minutes. Served with grilled fish or chicken.

*In season

Nutritional information: Serving size: ¼ cup. 15 calories per serving. Vitamin A: 4% Vitamin C: 8%. Total Carbohyrdrate: 4g.

Source: Adapted from: Montana Extension Nutrition Education Program. Montana State University Extension Service.

Chicken, Rice, and Fruit Salad

1 cup brown or white rice, cooked
2 teaspoons parsley, dried or 2 tablespoons fresh, finely chopped
½ teaspoon ground black pepper
¼ finely chopped clove garlic
1 tablespoon ranch dressing, fat-free
2 tablespoons mayonnaise, fat-free
1 cup apple or cantaloupe* cut into chunks
½ cup chopped celery
1 and ¼ cups chicken, cooked-cut into bite-size pieces
6 lettuce leaves

Instructions

1.) Wash your hands and work area.

2.) If not using leftover or planned over rice-cook rice according to package directions without adding salt. Chill.

3.) In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.

4.) Add cooled rice, apple, grapes, celery, and chicken. Stir gently.

5.) Serve cold on a bed of clean lettuce leaves, if desired.

6.) Cover and refrigerate leftovers within 2 hours.

*In season.

Nutritional information: Serving size 1/3 of recipe. Total servings: 3 servings. Calories: 230. Total Fat 3.5 grams, Sodium: 210 mg., Total carbohydrate 29 g., Dietary fiber: 3 g.

Source: Adapted from: Fix it Fresh! Recipe Series. Kansas State University Research and Extension.

Nicholas News Triangle
Headquarters~Saltwell~Barterville

By Ramona Hollar George
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Get well wishes from our communities go to Cletus Ritchie of Mt. Carmel Road, who has spent several days at Harrison Memorial Hospital the past week.

Rev. Julian Hammonds had the 1:30 service at Johnson Mathers Health Care of Sunday afternoon and Rev. Albert Simmons of Irvingsville Baptist Church had a 3:00 service with beautiful music was enjoyed by all.

Mr. and Mrs. Donnie Doyle, Mr. and Mrs. Charles Doyle and Marjorie Fryman enjoyed the Falmouth Woodmen of the World's fish fry Saturday in Falmouth.

Freddie Whitson Jr. and son Jeremy and Carl Whitson and son David visited Bobby Brady and others one day last week.

Our communities send best wishes to Lindsey Ackerman Fryman and husband on the arrival of a baby boy, Corbin Allen, born the past week.

A large crowd enjoyed the Headquarters United Methodist Church picnic on Sunday following the worship service. It was held at Little Switzerland Park in Harrison County.

Get well wishes go to Betty Jean Ameche of Headquarters she recently had a major surgery and remains a patient at Johnson Mathers Hospital at this time.

"Whole Hogs" a gospel group gave a concert on Saturday night at Judyville Christian Church, which included testimonies from many that were touching and a sweet spirit was felt.

Our communities extend sympathy to the family of Mr. Clark Earlywine on the passing of his wife, Adena, after a long illness at the Johnson Mathers Health Care.

Ms. Phyllis Brady visited many sick and shut in the past week including, Fred Hollar, Francis Broderick, Stella Livingood, David Doyle at his home and Ms. Wilma McClanahan and Mrs. Tommy Fryman at Cedar Ridge Health Campus. She also visited Gerald Doyle at Shady Lawn in Cynthiana, and on Sunday her nephew, Zachary Doyle who was hurt in a motor cycle wreck and will have to miss college for a few weeks. She also enjoyed visiting Mr. Daley Kennedy at his home on Saturday.

To Report A Crime 859-289-3710

The 37th Annual Bussell Reunion will be held Sunday, August 26 at Blue Licks Battlefield State Resort Park
Potluck dinner will be served at 12 noon.
All family and friends are welcome.

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NOTICE OF PUBLIC MEETING
CITY OF CARLISLE, KENTUCKY
9:00 A.M., SEPT. 4, 2007 AT CITY HALL

A public meeting will take place at 9:00 A.M. on September 4, 2007 at City Hall, 107 E. Chestnut St., for the purpose of providing general information to the public regarding the proposed purchasing a 2007 Fire Truck Pumper project. The public is invited to attend and comment on such issues as economic and environmental impacts, service area, alternatives to the project or any other pertinent issues.

By: City of Carlisle
Ronnie Clark, Mayor

Published in The Carlisle Mercury Wednesday August 22, 2007.

Jack is 2!!
(July 28th)

"Happy Birthday, baby!
You're growing up so fast!
I'm so proud of you, and
I love you so much!"

Luh-lu,
Mommy

ORDINANCE NO. 5, 2007

AN ORDINANCE ADOPTING THE CITY OF CARLISLE, KENTUCKY AMENDED BUDGET FOR FISCAL YEAR JULY 1, 2006 THROUGH JUNE 30, 2007 BY AMENDING APPROPRIATION FUNDS FOR THE OPERATION OF CITY GOVERNMENT.

Be it ordained by the City of Carlisle:

WHEREAS, a budget amendment has been prepared for the City Council, and

WHEREAS, the City Council has reviewed such budget amendment and made necessary modifications.

NOW, THEREFORE, BE IT ORDAINED BY THE CITY OF CARLISLE:

SECTION 1: The City of Carlisle hereby amends the following budget for Fiscal Year 2006/2007, for July 1, 2006 through June 30, 2007, amending appropriations as follows:

Resources Available	GENERAL Fund		UTILITY Fund
Appropriations:	$96,230		
Streets & Alleys	$114,804		
Gas		$1,182,965	$1,044,795
Water		499,785	556,045
Trash		232,153	262,533
	$114,804	$1,914,903	$1,863,373
Total Appropriations	$1,253,464	$2,215,510	$2,163,980
Estimated Fund Balance	$ 143,501		
End of Fiscal Year	$ 124,927	$ 56,083	$ 107,613

SECTION 2. This Ordinance shall take effect upon its passage, approval and publications as required by law.

Introduced on First Reading Regular Meeting July 9, 2007
Adopted on Second Reading Regular Meeting August 13, 2007
Signed by Mayor August 14, 2007
Recorded by Clerk August 14, 2007
Published in Paper in Full August 22, 2007

City of Carlisle, Kentucky
s/Ronnie Clark, Mayor

ATTEST:
s/Mary L. Stewart, City Clerk

Published in The Carlisle Mercury Wednesday August 22, 2007

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GENERAL NEWS

Mathers Fund process sparks controversy

By Charles Mattox
News Editor
charles@thecarlislemercury.com

Conflict over who should receive Mathers Fund benefits sparked debate and led to dissention among fiscal court members and Mathers Fund Committee members during last week's Aug. 14 fiscal court meeting.

The conflict began when magistrate Daryl Stacy requested that one local family that did not meet the criteria of the guidelines be granted Mathers Fund money regardless of those guidelines and in contrast to the recommendations of the four members of the committee.

The Mathers Fund Committee members assist applicants and review the applications to ensure the applicants are within the established guidelines.

Mathers Fund Committee members are County Attorney Dawn Letcher, Dana Price, Wanda Dotson and Reva Fuller.

Qualifying applicants are eligible to receive $200 for every child living in their household.

In 2006, there were 209 families that applied for the funding and 187 of those families were approved.

This year the number of applicants was 259 with 234 of those meeting the established guidelines for qualification, according to the committee members.

"Many of those were denied because they did not meet residential guidelines or were above the income level," Letcher said of the applicants who were denied. "Every denial was discussed with the committee."

Stacy pointed out that one of the families that was denied involved three children having grandparents as legal guardians.

Committee members told Stacy that the family in question reported over $50,000 in household income, which was well in excess of the guideline limit for that particular household. The committee uses the same guidelines as those used by the Cabinet for Health and Family Services.

The Mathers Fund was established as part of the final wishes of the late Dr. Charles W. Mathers, a Nicholas County native who died in 1937 at the age of 75. Mathers left a total of four trust funds in his will, and decreed that one of those trusts be managed for the schooling of indigent children of Nicholas County.

Mathers Fund Committee members expressed that they did not believe children living in a household with an income in excess of $50,000 should be considered indigent.

"I think they have enough money to take care of those kids," one committee member said to Stacy.

Magistrate Jeff Randolph said that one of the other families that was denied was only $200 over the guidelines, and the lady who headed the household had worked as much overtime as she could to help her children. Randolph said he thought that family should qualify.

Magistrate Steve Hamilton pointed out that the committee members had made their recommendation and he supported their recommendation. He spoke in favor of adhering to the guidelines and that to make exceptions this year would not be fair to those who were slightly over in past years and were denied.

"I make a motion to accept the recommendations of the Mathers Fund Committee as they are," Hamilton said after discussion among the magistrates hit a snare.

Hamilton explained that his reasoning for the motion included the fact that two years ago a lady from his district was one day late in applying and she wasn't awarded the funding because of being one day late. Hamilton also said that a couple that made $300 in excess of the guidelines was also turned away in recent years.

"They were a day late, so they were told sorry about your luck," he said.

Stacy indicated he thought the guidelines should be different for grandparents who are legal guardians of children.

"I don't see how you can draw such a fine line," he said.

Stacy also said he thought that families should not be denied the funding when they had told the truth on the application when he believed others had given fraudulent information to obtain the benefits.

"All you've got to do is come up here and lie and you can get it," Stacy said when the discussion grew heated "They (household in question) told the truth. I've always gone to bat for people that tell the truth."

"Well if you do it for one you should do it for all," Dotson said.

"What about the hundreds of families that didn't apply because they knew they would be over?" Letcher asked.

"If you do it for one you should just open it back up with new guidelines," Hamilton said.

"The guideline amount raises with the number of those living in the household," a committee member said.

"I'm in favor of using guidelines but it is the decision of the court," Judge-Executive Larry Tincher said and asked for a second to Magistrate Hamilton's motion to accept the recommendation of the committee.

No one seconded Hamilton's motion.

Stacy proposed accepting the families who were financially over the limits of the guidelines.

"It would be unwise to say the grandparents that are raising the grandchildren qualify," Letcher cautioned Stacy, and told him to proceed only "If, in your heart and mind, you feel these children are indigent, then your motion should reflect that."

Hamilton disagreed strongly.

"I don't think it's right and I can't vote for it," he said while shaking his head no.

"The bottom line is that it is the fiscal court's decision to make," Tincher said again as discussion bogged down.

Stacy's motion as recorded in the county's order book states " to allow four, possibly five families, that their family income was over the limit when presented to the fiscal court, to be allowed to receive Mathers Fund along with 234 children presented to the fiscal court by the Mathers Fund Committee. They are considered indigent children by the fiscal court."

The motion was seconded by Magistrate Avery Thornsburg and received support from each member of the court with the exception of Hamilton who voted against the motion.

Crash damages Reid & Vice

A single-vehicle accident early in the morning of Aug. 18 did extensive damage to a local business and sent one man to the hospital and later to jail on DUI charges.

James Rison, 20, of Millersburg, was driving a 1999 Chevy pickup truck when he lost control of the vehicle striking the rear of the Reid and Vice Building Supplies store at 101 Broadway Street.

"The building suffered extensive damage," Carlisle Police Sgt. Darrell Layne said. "Mr. Rison's truck was totaled. Mr. Rison was wearing a seat belt and suffered no visible life-threatening injuries."

Layne was the first responder to arrive on the scene and charged Rison with DUI.

The accident left a gapping hole in the rear of the Reid and Vice Building Supplies store.

Jewel Vice and Joe Wilson, who have been involved in operating the store for about 30 years each, both said the collision was the first of its kind in either's memory.

"I'm just glad the building was empty and no one was hurt," said Wilson, a part owner of the store. "The damage to the building can be replaced."

Two rooms in the rear of the building; a bathroom and an office, were destroyed.

"I've seen a lot of weird stuff in my business, but I've never seen a computer that looked like an accordion," said computer technician Greg Rawlings, of the damage to the damaged office's computer.

Wilson said the damage would soon be repaired and customer service has not been affected as a result of the accident thus far.

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If there are no problems needing treatment, we probably won't see you again until your next recare appointment!

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We encourage you to book your recare appointment well in advance. If you aren't sure when you're due for your next one, don't delay – give the Carlisle Office of Mortenson Family Dental a call at **289-5418**. Good dental habits will help your teeth last a lifetime!

Tooth Tips

- Brush after every meal or at least twice a day
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