LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

I'm backkkkkkkkkk!!! Sorry I missed you last week, but I was at the state fair Thursday and then was out of the office Friday and Monday. Guess what I did Monday...canned salsa. That was the second time this year I canned salsa. I have almost 50 pints processed. I will probably do one more batch this season. Whenever I process salsa there are tomato splashes everywhere...on me...on the wall...on the counter...on the floor...EVERY WHERE. Most everyone of the Hatton household likes and or loves salsa. This week I had about a half a gallon left because I ran out of pint jars before I could process it, but it will keep for up to 3 weeks in the refrigerator after it has been cooked so that is what my nieces have been snacking on after school and I believe during supper too. Salsa is good on baked potatoes too. You can use this to substitute the sour cream and butter that everyone commonly puts on their potatoes. This will save you a lot of calories. One of my brothers adds salsa to his chili. It is pretty tasty and gives the chili a "little kick" too. I have baked chicken with salsa and grilled fish with salsa on top and it is pretty good too. Like zucchini, I can found a lot of ways to use salsa. Salsa, generally, has 25 calories per half cup serving. Half of a cup is a pretty good amount of salsa so this shows that salsa is low in calories and is a pretty healthy food to consume.

With all of this talk about salsa, I am not going to introduce a new vegetable or fruit this week. I will instead give some more tomato recipes since I have heard a lot of people say "I have tomatoes coming out of my ears." Remember to try a new recipe this week and I hope you enjoy these recipes.

Tomato and Chipotle Salsa*

8 tomatoes**, chopped (the Roma tomato or Italian tomato are very good for this...these two varieties have more flesh than others tomatoes, but if you do not have either variety any tomato will work too)
2 red bell peppers**, chopped
2 green bell peppers**, chopped
1 yellow onion**, chopped
2 ounces fresh cilantro**, chopped
3 chipotle chiles, chopped
Juice of 4 limes
Juice of 1 lemon
1 teaspoon cumin
1 teaspoon red chili powder
1 tablespoon chopped garlic**
2 tablespoons olive oil
Salt to taste (I do not add salt because I think it takes away from the fresh flavors of all of the ingredients)

Combine the tomatoes, bell peppers, and onion in a large bowl and mix well. Add the cilantro, chipotle chiles, lime juice, lemon juice, cumin, chili powder, garlic, and olive oil and mix well. Season with salt to taste. Chill, covered, until ready to serve. Serve with chips or quesadillas.

Yield: 12 servings.

*This recipe is a Kentucky Proud recipe and is courtesy of John Foster, Chef, Harvest Restaurant, Lexington.

**Grown in Kentucky

Baked Lentils Casserole

1 cup rinsed lentils
¾ cup water
½ teaspoon salt
¼ teaspoon pepper (optional)
½ cup chopped onion
¼ teaspoon garlic powder (optional)
1 can (16 ounces) tomatoes (could use 2 cups tomatoes you cooked from your garden)
2 thinly sliced carrots
½ cup cheddar cheese, shredded

1.) Combine lentils, water, seasonings, onion, and tomatoes.
2.) Place in 2 quart casserole dish.
3.) Cover tightly with lid or foil.
4.) Bake at 350 degrees for 30 minutes.
5.) Remove from oven and add carrots. Stir.
6.) Cover and bake 30 minutes longer.
7.) Remove cover and sprinkle cheese on top.
8.) Bake, uncovered 5 minutes, until cheese melts.

Nutritional information: Serving size: 1/5 of recipe; Yield: 5 servings; Calories: 210; Total fat: 3.5 grams; Saturated fat: 2.5 grams; Cholesterol: 10 mg; Sodium: 240 mg.; Total carbohydrates: 32 grams; Dietary fiber: 14 grams; Protein: 13 grams

Source: Adapted from: Let's Make Meatless Meals. University of Wisconsin Cooperative Extension Service. http://recipefinder.nal.usda.gov

Broiled Tomatoes and Cheese

3 large firm tomatoes (Beefsteak or Better Boy would be good for this)
8 ounces cottage cheese, lowfat
½ teaspoon dried basil
1/8 teaspoon black pepper
¼ cup plain bread crumbs
Vegetable oil cooking spray

1.) Wash tomatoes and cut in half.
2.) Mix cottage cheese, basil, and pepper
3.) Spread cheese on tomato halves.
4.) Sprinkle with bread crumbs and spray with cooking spray.
5.) Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Nutritional information: Serving size: 1/3 of recipe or 2 prepared tomato; yield: 3 servings; Calories: 120; Total fat: 1.5 grams; Saturated fat: 0.5 grams; Sodium: 380 mg; Total carbohydrates: 16 grams; Dietary fiber: 3 grams; Protein: 12 grams.

Source: Adapted from Choices: Steps Toward Health University of Massachusetts Extension Nutrition Education Program. http://recipefinder.nal.usda.gov.

Brunswick Stew (this reminds me of fall)

1 tablespoon vegetable oil
1 medium chopped onion
2 cups chicken broth, low sodium
2 cups cooked, diced, and boned chicken or turkey
2 cups tomatoes, canned or cooked (from your garden)
2 cups lima beans, canned or cooked
2 cups whole kernel corn, canned or cooked (from your garden)

1.) Heat oil in a large pan. Add onion and cook in oil until tender.
2.) Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
3.) Makes 8 servings of about 1 cup each.

Nutritional information: Serving size: 1 cup prepared stew, 1/8 of recipe; Calories: 200; Total fat: 5 grams; Saturated fat: 1 gram; Cholesterol: 30 mg; Sodium: 470 mg; Total carbohydrates: 22 grams; Dietary fiber: 5 grams; Protein: 16 grams.

Source: Adapted from: Healthy Futures Virginia Cooperative Extension. http://recipefinder.nal.usda.gov

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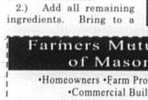

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MIRRORS 1:35, 4:25, 7:05, 9:50 R
COLLEGE 1:00, 3:15, 5:25, 7:45, 10:00 R
BABYLON A.D. 1:10, 3:20, 5:30, 7:40, 9:55 R
THE HOUSE BUNNY 1:40, 4:35, 7:15, 9:35 PG-13
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NOTICE

On July 29, 2008, Kentucky Utilities Company ("KU") filed an Application with the Public Service Commission seeking approval to adjust its electric and gas rates effective September 1, 2008. Public Notice of this filing was published in all of KU's service territory. KU's proposed revisions to its Customer Deposits, however, were not included in the published Notice.

Please take notice that with this filing, KU is proposing to increase its required Customer Deposits from the current amount of $115.00 for residential customers to $150.00 (30.43% increase) when applicable. Currently, all non-residential customers are required to pay a deposit based upon actual usage for the most recent 12-month period, if such information is available. If usage information is not available, the deposit is based on the average bills of similar customers and premises, not to exceed 2/12 of the customer's actual or estimated annual bill. KU is proposing a fixed Customer Deposit amount for its General Service customers in the amount of $140.00, with the Customer Deposit for all other non-residential customers being not more than 2/12 of the customer's actual or estimated annual bill.

The Customer Deposits contained in this notice are the Customer Deposits proposed by Kentucky Utilities Company; however, the Public Service Commission may order Customer Deposits to be used that differ from these proposed Customer Deposits. Such action may result in Customer Deposits for customers other than the Customer Deposits contained in this notice.

Notice is further given that any corporation, association, body politic or person with a substantial interest in the matter may request leave to intervene by motion within thirty (30) days after notice of the proposed rate changes is given. The motion shall be submitted to the Public Service Commission, 211 Sower Boulevard, P. O. Box 615, Frankfort, Kentucky 40601, and shall set forth the grounds for the request, including the status and interest of the party. Intervention may be granted beyond the thirty (30) day period for good cause shown. Any person who has been granted intervention may obtain copies of the application and any other filings made by the utility by contacting Lonnie E. Bellar, Vice President – State Regulation and Rates, Kentucky Utilities Company, c/o E.ON U.S. LLC, 220 West Main Street, Louisville, Kentucky, 502-627-4830.

Kentucky Utilities Company
c/o E.ON U.S. LLC
220 West Main Street
P. O. Box 32010
Louisville, Kentucky 40232
502-627-4830

Public Service Commission
211 Sower Boulevard
P. O. Box 615
Frankfort, Kentucky 40601
502-564-3940

GENERAL NEWS

County decreases tax rate

Photo by Charles Mattox

Magistrate Steve Hamilton, right, discusses tax rates and other court business with Magistrate Jeff Randolph during the Aug. 12 meeting of the fiscal court.

By Charles Mattox
News Editor
charles@thecarlislemercury.com

Members of the Nicholas County Fiscal Court voted unanimously on setting the compensating tax rate of real property at 13.1 %, a decrease of last year's rate, which was 13.3 %.

"I think the citizens of Nicholas County are having a hard enough time in this terrible economy," said Nicholas County Judge-Executive Larry Tincher following the fiscal court meeting. "We'll do anything we can to help take the burden off of our citizens without reducing services. This is just a very small way we can help, but it is one way."

Tincher discussed his philosophy on taxes.

"Nobody likes to increase taxes," he said. "We felt like we could struggle through another year without putting any additional burden on the tax payers and we'll do that every time we can."

Tincher recommended that the court set the rate at 13.1 % and Magistrate Jeff Randolph made a motion to that effect, which was seconded by Magistrate Avery Thornsburg. The vote was unanimous in favor of the motion.

In other business the court:

Voted unanimously in favor of a resolution concerning the litigation being pursued against the Executive and Legislative branches of the Commonwealth of Kentucky for reimbursement from the state for time served on convicted prisoners. Tincher recommended the action, which came in the form of a motion from Magistrate Daryl Stacy and which was seconded by Thornsburg.

The action came as a result of the county's increasing jail costs and seeks the state to compensate counties for prisoners who are convicted of crimes and who have been housed at the county's expense. "We're suing for reimbursement on days served prior to a conviction," Tincher said. Nicholas County joins other counties across the Commonwealth on this action being pursued through the Kentucky County Judge's Association.

According to Nicholas County Jailer Jeff Sidles, the state's Jailer's Association also supports the litigation.

Voted unanimously in favor of a motion made by Magistrate Mike Webb, seconded by Stacy, to adopt a resolution to lease a large dump truck for the county road department.

Voted unanimously in support of being the governing agency for the Courthouse Square Arts Guild. That organization recently attained a 501C3 status, thus making it a non-profit organization, which may apply for state and federal grants. The motion to make the fiscal court the governing body for the Arts Guild was made by Magistrate Jeff Randolph and seconded by Webb, with the stipulation that no financial responsibility be placed upon the court.

Approved the county treasurer's transfers.

Approved the financial report.

Adjourned.

Public Auction

Pursuant to KRS 355.9-611 on February 11, 2008 Darryl C. Burke executed a security agreement assigned for value to the Deposit Bank of Carlisle, Kentucky. Default having been made on this agreement, Deposit Bank shall offer for sale by public auction a 1975 Ford #7000 tractor serial #C453898. Sale will be on September 5, 2008 at 10:00 a.m. at 386 W. Main Street, Carlisle, Kentucky. The bank reserves the right to refuse any and all bids.

Published in The Carlisle Mercury, Wed., August 27, 2008

NOTICE OF PUBLIC MEETING
Nicholas County Fiscal Court
Main Street
Carlisle, Kentucky 40311

A public meeting will take place at 3:45 p.m. on Tues., September 9, 2008 in the Fiscal Courtroom at the Nicholas County Courthouse for the purpose of providing general information to the public regarding the proposed project to use USDA funds for the purchase of an ambulance. The public is invited to attend and comment on such issues as economic and environmental impacts, servce area, alternatives to the project or other pertinent issues.

s/ Larry Tincher
Judge-Executive

Published in the Carlisle Mercury, Wed., August 27, 2008

PUBLIC NOTICE
SECOND READING
TAX RATE ORDINANCE

The Nicholas County Fiscal Court will hold the second reading of the Tax Rate Ordinance on Tues., September 9, 2008 at 4:00 p.m. in the Nicholas County Courthouse. A copy of the ordinance in full text is available at the Nicholas County Judge/Executive's office for public inspection during business hours.

	Real Property	Personal Property	Motor Vehicle & Watercraft
General Fund	13.1	15.2	15.0
Fire Dist. (county)	5.2		
Library	4.6	7.94	2.17
Board of Health	4.0	4.0	4.0

This Ordinance shall be publishe in the Carlisle Mercury by title and summary within thirty (30) days following adoption.

This Ordinance becomes effective upon passage and Publication.

Published in the Carlisle Mercury, Wed., August 27, 2008

Local women battle Cancer with a makeup brush

Nicholas County – The latest weapon in the fight against cancer. For women participating in the American Cancer Society's Look Good Better program, the weapon of choice is a makeup brush.

Look Good...Feel Better helps women cope with the appearance-related side effects of cancer treatment by teaching temporary beauty tips that can help them enhance their looks and boosts their self-image. This program is facilitated by licensed cosmetologists who volunteer their time.

Registration is currently underway for the next Look Good...Feel Better session in Nicholas County, which will take place September 24th from 1:30-3:00 p.m. at the Carlisle Christian Church Fellowship Hall. There is no cost to attend.

In addition to change in a patient's physical condition, chemotherapy and radiation can cause an increased susceptibility to infection. Look Good...Feel Better volunteers are trained to help patients deal with the physical side effects of cancer treatment and promote good hygiene.

Look Good...Feel Better is a non-medical program offered free of charge by the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Association Foundation and the National Cosmetology Association. No product endorsements are given, and participants are never asked to buy anything from volunteers or participating organizations. Fore more information asked about Look Good...Feel Better or cancer, contact the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

Bourbon DRIVE-IN
Aug. 29th, 30th - $6.50/person
Box Office and Concessions Open at 7:00 p.m.
Starting at 8:15 p.m. Second Feature
Step Brothers — Comedy. Starring Will Ferrell
Pineapple Express — Comedy. Starring Seth Rogan, James Franco
Sunday Aug. 31st - $10.00/car load
Car Club - Prizes Giveaway
Box Office and Concessions Open at 6:00 p.m.
Starring at 8:15 p.m. Second Feature
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Viva Las Vegas — Musical. Starring Elvis Presley, Ann-Margret

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PUBLIC HEARING

In accordance with the provisions of HB44 enacted by the 1979 Kentucky General Assembly a public hearing has been set by the Nicholas County Public Library Board of Trustees for September 9, 2008 at 12:45 at the Nicholas County Public Library. The purpose of the hearing is to inform the public that the Nicholas County Public Library District is proposing the 0.046 cent tax rat with anticipated revenue of $36,654. This tax rate reflects a 4% increase in anticipated revenue. The tax rate for the preceding year was 0.043 cents with anticipated revenue of $87,341.

The compensating rate is 0.045 cents with anticipated revenue of $94,553. The expected revenue from personal property is $17,387. Increase for the 2008 budget year is needed due to the rising cost of books, library materials, technology, equipment and building maintenance.

The Kentucky General Assembly has required publication of this advertisement and the information contained herein.

Published in the Carlisle Mercury Wednesday, August 27, 2008

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