

ANNUAL 4-H/FFA LIVESTOCK SHOW

The youth of the Nicholas County 4-H/FFA livestock club held their 5th annual Livestock show and sale at West End park on Tuesday night. There were many in attendance including a large number of bidders. The total sale of the seven market animals grossed \$13,912.25.



Sabrina Smith is pictured with her 2 lambs and buyers Mr. Duane Kenney, Whitaker Bank of Carlisle, Mr. Brad Burke, Farm Credit Services of Maysville, Mr. Bill Cooper and associates, Hinton Feed Mills of Maysville and Fwing Fleming/Meat Packers of Flemingsburg. Mr. Roger Wilson, Ag Wood in Mt. Sterling and a representative of Country Side Animal Hospital of Mt. Sterling.



Elizabeth Pope is pictured with her steer and buyer Jewel Meade of Paris.



Pictured with the animals and the buyers are Shelby Wade with 2 hogs purchased by Mr. Elean Ginn, Farmers Stockyards of Flemingsburg, Ky King Warehouse of Maysville, Mr. Jack Anderson, Jack Anderson Trucking and Mr. David Fitzpatrick, United Producers of Paris.

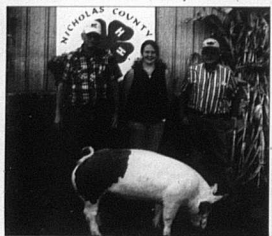


Tyler Hamilton is pictured with his steer and buyer Mr. David Fitzpatrick, United Producers of Paris.



The 4-H/FFA Livestock Show and Sale gives these young people the chance to show and profit for their hours of hard work. Raising these livestock projects is a valuable experience for each of these youth. The livestock projects help the youth to develop life skills such as, responsibility, leadership, and business principles, agricultural practices, as well as increasing family interactions and developing friendships with people all over the state.

Raising these animals is expensive and it is hard for the youth, to break even with their projects. The Show and sale is open to individuals and businesses allowing them to purchase the animals for top quality meat. The purchase of these animals may be done in many ways. The purchases or donations for these animals are 100% tax deductible and they help support this educational program for the youth.



Brendan Saelter is pictured with his steer and buyer Mr. David Fitzpatrick, United Producers of Paris.

The Nicholas County 4-H/FFA Livestock Club

The Nicholas County 4-H/FFA Livestock Club would like to extend their gratitude to those who purchased animals:

Whitaker Bank of Carlisle
Farmers Stockyards of Flemingsburg
KY King Warehouse of Maysville
Jack Anderson Trucking
Country Side Animal Hospital
Jabtown Feed Mill

United Producers of Paris
Dr. Jewel Meade, Paris
Farm Credit Services of Maysville
Fleming Meat Packers
Ag Wood

Donations and Contributions:

Bluegrass Stockyards of Lexington
and Mt. Sterling
Bourbon County Hospital
Carolyn adn Teddy Dotson
Clairebrook Farm
Cleaver Excavating
Dawn Curran-Letcher, County Attorney

Donald and Lois Shaw
Doug Wright, Commonwealth Attorney
Hoffman's Enterprises of Mt. Sterling
Larry Tincher, County Judge Executive
Peck's Farm Supply
Southern States of Carlisle
Southern States of Flemingsburg

Special Thanks to:

Nicholas County Homemakers
Nicholas County Extension Office
Mike Phillips
Kim Adams-Leger
Jill Hatton
Carol Hunt
Reflections Photography, Pat Cohorn
Carlisle Gifts and Collectibles
Mr. Robin Myer, Auctioneer
Sonia McCarty, Assistant Auctioneer



IN THE KITCHEN

Happy Halloween Ideas

Frightfully Fun Twists To Halloween Celebrations

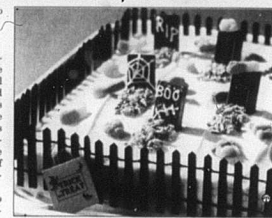
Frightfully Fun Twists To Halloween Celebrations

(NAPSA)-With Halloween season just around the corner, soon the streets will be filled with pint-sized princesses, cowboys, ghosts and goblins. Along with the thrills and chills of fabulous costumes comes the "spook-tacular" goodies that make this frightful night one of the most anticipated holidays of the year.

So as the graves begin to turn, it's time to start thinking about planning for your next hair-raising party. Following are a few frightfully fun ideas to make your next ghoulish gathering one to remember!

• Enjoy a "boo-trition" treat. Simply mix a couple drops of orange, green or black food coloring in with vanilla yogurt (an excellent source of calcium and vitamins) for a ghoulish appeal no one will forget. Add layers of low-fat granola and sliced bananas for a delicious dose of fiber and potassium. Nutritiously festive, this morning parfait is a surefire way to get ready for the fright night ahead.

• Break and bake bewitching cookies. Save time in the kitchen preparing spooky treats with Nestlé® Toll House® Halloween Swirls



A haunting treat for ghoulish gatherings, this graveyard cake features gummy bugs and chocolate tombstones.

For three hours or until firm. Then carefully cut gloves off hands and float in your favorite witches brew.

• Dip with a devilish indulgence. Place a few creepy crawlers on kids' cupcakes for a "boo-tiful" surprise they will love. Wink! SweetTarts® Skulls™ Bones from Wink!® Monster Mix Ups assorted candy bars are great to have on hand for recipes and treat giving. If you're looking to really impress the crowd, go all out with this recipe for Graveyard Cake. Featuring chocolate tombstones, gummy bugs and spooky words written in icing, this frightfully delicious cake will be the "life" of the party!

• Lend a hand...or two. Add an eerie twist to a bowl of punch with hand-shaped floating ice cubes. Pour water into plastic gloves, filling the gloves loosely with room for the fingers to move. Fasten gloves with twist ties and set on a baking sheet lined with paper towels. Freeze

Graveyard Cake (Makes 12 servings)

- 1 package (18.25 ounces) devil's food or yellow cake mix
- 1 container (16 ounces) prepared vanilla frosting
- 12 Nestlé® Crunch® Fun-Size Candy Bars
- 1 small tube white decorator icing
- 1 (1.76 ounces) Nestlé® Butterfinger® Crisp Candy Bar, chopped
- Gummy bugs or worms

PREPARE cake mix according to package directions using one 13 x 9-inch baking pan. Cool completely in pan. Invert cake onto serving platter. Frost cake, using a little more frosting than usual on top ("tombstones" will be pushed into frosting).

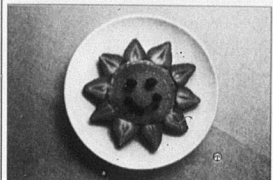
WRITE spooky words such as "RIP" or "Boo" on Crunch bars using tube icing. Let sit for a few minutes to dry.

PRESS Crunch bars into cake to create "tombstones." Sprinkle chopped Butterfinger Crisp bar next to tombstones to create "dirt." Creatively place gummy bugs over top of cake.

For more celebration and decorating tips, as well as festive family-friendly recipe ideas, visit VeryBestKids.com.

Pointers For Parents

Cool Food for Kids



(NAPSA)-Busy schedules don't have to mean that eating healthy goes by the wayside.

In fact, you could say it is the perfect opportunity to start better eating habits, especially for students. The National Frozen & Refrigerated Foods Association (NFRA) has created a new "Cool Food For Kids" program, encouraging healthy lifestyles for kids of all ages by making good food choices, controlling portions and staying active.

Breakfast is the first and most important step to eating well. It gives kids fuel to get through their day and helps them focus. But breakfast is often skipped in the morning rush. To make sure this doesn't happen, insist on at least 10 minutes at the kitchen table before running to catch the bus.

This not only gives time for a quick meal, it could make the "leaving for school" routine a little smoother. Try fast options such as waffles with blueberries with a glass of orange juice. Or French toast sticks with peanut butter. Here's another great idea to brighten and lighten those early school mornings:

For more delicious recipes, tips and important information on frozen and refrigerated foods, visit www.Easy-HomeMeals.com. You can also find rules and details for entering a \$6,500 Sweepstakes that NFRA created to celebrate the Cool Food for Kids program.



Caribbean Cuisine

Bring A Feel Of The Islands To Your Table For Less Than \$10

(NAPSA)-Inflation at the grocery store is at its highest level since the 1980s, so it's important for families to stretch their food budget as much as they can. This Jerk Fried-Chicken dinner is designed to feed a family of four for less than \$10. You can save money and enjoy a style of cooking that's native to Jamaica. Here are some cost-saving tips as you prepare this meal:

- The most economical way to prepare the seasoned flour mixture for the chicken is to use spices you have on hand, or substitute 2 tablespoons jerk seasoning blend. The seasoning will make your chicken a richer brown color compared to typical fried chicken.
- Your frying oil, which is a blend of soybean and peanut oils, can be used several times as long as you don't overheat it. After cooking, cool, strain and store the oil in a cool, dark place for future use.

Jerk Fried Chicken
Ingredients:
1 1/2 gallons LouAna Southern Frying Oil
6 teaspoons salt, divided
2 cups all-purpose flour
2 cups buttermilk, divided
1 whole fryer chicken, cut into 6 pieces
Preparation and Cooking:
Place oil in a large fryer. Dutch oven or another thick-walled iron cooking pot with a tight-fitting lid; heat to 350°.
Combine 4 teaspoons salt, flour, allspice, garlic salt, sugar, dried ground ginger and cayenne pepper in a shallow dish, stirring well with a whisk.
Combine buttermilk and eggs in a shallow dish, stirring well.
Season chicken evenly with remaining 2 teaspoons salt; dredge in flour mixture. Dip chicken in buttermilk mixture; dredge in flour again.
Fry chicken in hot oil 15 minutes or until golden; move to a paper towel-lined plate. Serves four people.



Jerk Fried Chicken - not your ordinary meal.

• But with food prices soaring, you can still create a delicious fried chicken dinner for friends and family on game day for less than \$10. You can give your fried chicken a kick by using both ground peanuts and a special soybean and peanut frying oil blend.

To have money, your oil can be used several times as long as you don't overheat it. After cooking, cool, strain and store the oil in a cool, dark place for future use.

Peanut Fried Chicken
Ingredients:
1 1/2 gallons LouAna Southern Frying Oil
1 1/3 cups all-purpose flour, divided
3 teaspoons salt, divided
1 teaspoon freshly ground black pepper
1 cup salted, dry-roasted peanuts
2 cups buttermilk, divided
2 large eggs
1 (4-pound) whole fryer chicken, cut into 6 pieces

Game Day Gastro

An Inexpensive Fried Chicken Dinner... With A Kick

(NAPSA)-Fried chicken may be a down-home tradition during football season, but it didn't begin in the South. Fried chicken was known as pollo frito in Italy and Cháo Xào in Vietnam before it became a culinary habit in the Southern United States.

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Cooking Corner

Tips To Help You

A Recipe For Zing

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(NAPSA)-Here's food for thought when you're in the throes of party planning. Add horserdish to the guest list. Horserdish is an exceptional companion to beef, chicken and seafood, with a special zing that few condiments can measure up to. Even better, in a 1-tablespoon serving of prepared horserdish, there are zero calories and zero fat. It's especially tasty in this sweet-tart relish recipe:



- Sweet Hot Cranberry Relish**
- 1 12-oz. bag washed cranberries
 - 2 ripe pears, peeled and cut up
 - 1/2 cup plus 2 Tbsp. packed light brown sugar
 - 5 Tbsp. bottled horserdish
 - 2 Tbsp. red wine vinegar
 - Salt
 - Ground black pepper
- In a food processor, com-



In the Kitchen

Fall Menu coming in mid-September
1/2 price on selected wines on Wednesdays

500 Main Street • Paris, KY
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Now Booking for Holiday Parties