

Stretch Your Food Dollar

By: Hazel Jackson
County Extension Agent for
Family and Consumer Sciences



Mary has been at work all day. Now it is time to go home to fix supper for her family of four. She knows she must stop by the grocery store. She has almost no food in her kitchen. She looks in her wallet and only has \$5.00. How is she going to buy enough food to fix supper for four on \$5.00? Has this ever happened to you?

Let's help Mary and you decide what to do. First, if possible, go to a discount grocery store. Look at the grocery store ad to see if there are any low cost specials. Follow the Food Guide Pyramid at your shop. Most of the time, canned fruits and vegetables cost less than fresh. But, just in case, check the fresh fruits and vegetables. Meat often costs a lot. There are lots of bread choices and wide range of costs. Choose wisely. A gallon of milk costs more than \$2.00. Even though a 1/2 gallon costs more per serving, it will take less of your \$5.00. If you have milk at home, great. This makes one fewer item you will have to buy.

One menu idea is tortillas filled with beans, tomatoes, vegetables, meat and milk. Mary could buy a package of tortillas, beans of rice, can of beans, can of vegetables, can of fruit and 1/2 gallon milk. At the checkout line, Mary would pay about \$4.93. Before you start cooking, wash your hands and all surfaces with

warm, soapy water, then rinse. This meal only has six steps and supper is ready. First, fix the rice. Then open and pour the can of beans in a saucepan and heat. Open the can of fruit and put in a bowl. Warm tortillas and pour the glasses of milk. Supper is ready.

In looking at her purchases, each of her family got a serving from the grain group, the fruit group, the vegetable group, the milk group, and the protein group. She followed the Food Guide Pyramid. When money is an issue, try to get as much nutrition as possible from the choices.

Mary also could have chosen spaghetti with tomato and meat sauce, vegetables, fruit and milk. Her grocery list would have been one box of spaghetti, one can of spaghetti sauce, 1/2 lb. ground beef, one can of vegetables, one can of fruit and 1/2 gallon of milk. She would spend about \$4.95 to purchase items for this meal.

Try to plan ahead so that you do not have to buy supplies. \$5.00. Decide meals for the week. Use sale ads, coupons, and your menu, make your grocery list. Stick to your list. This will help you stretch your food dollar to make great meals.

For more information, contact the Rockcastle Extension Service at 256-2403.

3) Bring all properly rinsed containers to the listed collection site on the date and time specified for your county. Keep empty containers in a dry, secure place until the collection date. Each empty pesticide container returned will be inspected to ensure it has been properly rinsed. Unrinsed containers will not be accepted. Again, containers will be collected on Thursday & Friday, September 5th & 6th at the Extension Office.

"District Court"

(Cont. from B-2)

\$25 fine; Improper registration plates, \$25 fine; Failure to register transfer, \$25 fine; No insurance cards, \$50 fine; Failure to wear seatbelt, \$25 fine.

Ottie M. Kirby: Theft by unlawful taking, \$50 and costs and 120 days to serve 2 balance conditionally discharged two years; Alcohol intoxication, \$50 fine.

Andrew L. Lovell: Speeding, \$36 fine and costs.

Angela D. Miller: Driving on suspended license, \$100 and costs and 10 days concurrent.

David M. Miller: Operating motor vehicle under influence alcohol/drugs, summons issued for 9/18.

Dennis P. Nichols: Speeding and other charges, license suspended for

failure to appear.

Jackie B. Overbay: Fines due (\$247.85), warrant issued/expense suspended.

Phyllis Ann Renner: Alcohol intoxication, \$25 and costs; Disorderly conduct, \$25 fine.

Teresa L. Schwartz: Operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$250 service fee, \$20 victim compensation fund, 2 days in jail time served; Possession of alcoholic beverage container, confiscate and destroy contraband.

Chadley P. Sexton: Speeding, state traffic school authorized on payment of costs.

Alicia Joy Smicinski-Gay: Speeding and other charges, license suspended for failure to appear.

destruction contraband; Possession of open alcoholic beverage container,



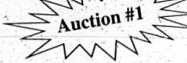
Doubleheader

Auction

of Mr. Tommy Bullen's Properties

Our firm has been contracted by Mr. Bullen to offer these properties at auction.

Two Mobile Homes & Lots
Saturday, Aug. 31, 2002 at 10 a.m.
Barnett Rd. near Lake Linville



Directions: From Mt. Vernon, follow Hwy 1326 (Old Broadhead Road) 1.7 miles to Pure Ridge Road. Turn right onto Pure Ridge Road. Turn right onto Barnett Road and proceed 1 mile to Barnett Road. Turn right onto Barnett Road and proceed 8/10 mile to the auction site. Auction signs are posted.

Property #1: This nice 1985 14x56 Fleetwood Festival has a floor plan of 2 bedrooms, 1 bath, kitchen/dining combination and living room. Added features include: 220 volt, electric heat, washer/dryer hookup, some appliances, city water and septic.

In addition to the mobile home, there is a storage building. The home is situated on a lot measuring 43/100 of an acre.

Property #2: This 1976 14x70 Sherwood mobile home is situated on an extra nice lot measuring approx. 1 acre, more or less. The mobile home has 2 bedrooms, 1 bath, kitchen/dining combo and living room as well as 220 volt, washer/dryer hookup, electric heat, city water, septic and some appliances. In addition, there is also a storage building.

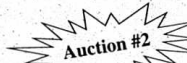
Each property will be offered separately and then together to obtain the most favorable results for the seller.

Terms: 20% down day of sale, balance in 30 days.

Auctioneer's Note: If you're looking for property located within walking distance to Lake Linville (only 3/10 of a mile), then be sure to mark your calendar to attend this auction on Saturday morning.

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House and Lot, Mobile Home and Lot & Extra Lot
Saturday, Aug. 31, 2002 at 12 Noon
Carter Ridge Road, Mt. Vernon



Directions: From Mt. Vernon, follow US Highway 25 approximately 7/10 mile to Old US 25. Turn left onto Old US 25. Turn left onto Old US 25 and proceed 1/10 mile to Carter Ridge Road. Turn right onto Carter Ridge Road and proceed 2/10 mile to auction site. Auction signs are posted.

Property #1: This recently remodeled one story vinyl sided home features a living room, kitchen, 2 bedrooms, and 1 bath. Other amenities include: washer/dryer hookup, front and back porches, some appliances, gas heat, and window unit air conditioner. Conveniently situated on a lot measuring 150x77 with city water and septic.

Property #2: This 1974 12x60 Tuff mobile home has a floor plan of 2 bedrooms, 2 baths, kitchen, and living room as well as 220 volt, gas heat, city water, washer/dryer hookup and front and rear decks. In addition, there is a storage building.

This mobile home is situated on a lot measuring 1/2 acre more or less.

Property #3: This extra lot measuring 140x135 with city water available would be ideal for your new home or mobile home.

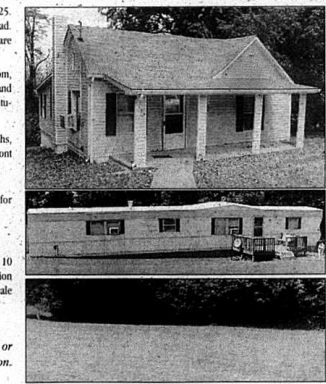
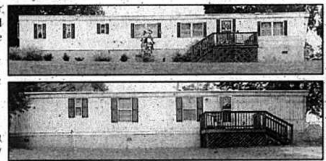
Each of the properties will be offered separately and then together to obtain the most favorable results for the seller.

NOTE: The purchaser of a single family residence, built before 1978, has a maximum of 10 days to inspect the property for the presence of lead base paint. The period for inspection begins August 21st through August 30th. All bidders must sign a waiver of the 10 day post sale inspection period.

Terms: 20% down day of sale, balance in 30 days.

Auctioneer's Note: If you're in the market for a starter home, rental property or a nice lot, then be sure to attend this auction on Saturday, August 31st at 12 noon. Announcements day of sale take precedence over printed matter.

For additional information or an appointment to see any of the properties, contact the auctioneers.



Pesticide container recycling

By: Tom Mills

County Extension Agent for Agriculture/Natural Resources

The Rockcastle County Extension Service will assist farmers in a pesticide container recycling project on Thursday and Friday, September 5th & 6th. Farmers, and especially tobacco farmers who have Tucker spray jugs lying around, can dispose of chemical containers and support a recycling project. Containers will be collected at the Extension Office on West Main Street each day from 8:00 am to 2 noon.

Proper rinsing and recycling of pesticide containers is easy to do, saves money, and helps protect the environment.

How can you participate?

1) Triple rinse or pressure rinse all containers when emptied. Remember, it is best to rinse containers immediately after they are emptied. Some pesticide

residues solidify quickly and become difficult to remove from the container if left in the jug. 2) Dispose of the pesticide caps and remove sleeves and labels from containers. The pesticide caps are made of a different plastic material that can not be currently recycled.



Taco Bell

SPECIAL OF THE WEEK

Six Pack Tacos

3⁹⁹ + tax

Redeem this coupon and receive \$0.00 off any combo meal.

Located at Exit 62 - Mt. Vernon

ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of Rockcastle Hospital and Respiratory Care Center on August 28 - 30, 2002.

The purpose of this survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality and safety of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of the survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations

Office of Quality Monitoring

Joint Commission on Accreditation of Healthcare Organizations
One Renaissance Boulevard
Oakbrook Terrace, IL 60161

or

Faxed to 630-792-5636 or
emailed to complaint@jcaho.org

The Joint Commission's Office of Quality Monitoring will acknowledge in writing or by telephone requests received 10 days before the survey begins. An Account Representative will contact the individual requesting the publication information interview prior to the survey, indicating the location, date and time of the interview and the name of the surveyor who will conduct the interview.

This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is completed.

Date Posted: 7-26-02

FORD BROTHERS, INC.
AUCTIONEERS - REALTORS

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1-800-435-5454

R
Certified
Somerset, KY
(606) 678-2212

REALTOR/AUCTIONEER

DANNY FORD
ROY ADAMS
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DANETTA FORD ALLEN
HAROLD RUSTLE
MATT FORD
AUCTIONEER
JERRY HAA & BILLY WAYNE BRVANT
REALTOR/APPRENTICE AUCTIONEER
JEFF CRONER
APPRENTICE AUCTIONEER
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