

## Local visits New England area

Ms. Evelyn French of Orlanbo recently visited in the New England area. She traveled with her sister and brother-in-law, Mattie and Joe Burns of Liden, Tennessee and sister, Cleo Winkler of Covington. Their trip included stops in Fredericksburg, Virginia, where they visited Mattie and Joe's son, Joey Burns and his family. They then visited Cape Cod, and

Plymouth Rock in Massachusetts and drove through Vermont, New York and Pennsylvania, viewing the beautiful fall foliage.

On the way home, they visited another sister, Ester Mahoney and her family in Ludlow. While there they visited the aquarium in Newport. Had a great time!

## Kentucky Cabbage

By Hazel Jackson  
County Extension Agent for  
Family and Consumer Sciences



Cabbage is a healthy Kentucky grown food that is low in fat, low in calories, and rich in vitamin A. Select cabbage with leaves that are crisp and free of insects and decay. It should be covered loosely and can be stored in the refrigerator for up to 2 weeks. Wash just before using.

To boil: Do not use an aluminum pan. Cut cabbage into quarters and boil in water for 10 to 15 minutes until tender. Drain and serve hot. Here is a quick recipe that is loaded with vitamin A and low in calories:

**CABBAGE PECAN TOSS**  
4 cups cabbage, coarsely shredded

1/2 cup carrot, shredded  
1/2 cup onion, sliced  
2 tablespoons water  
1 tablespoon margarine or butter, melted  
1 teaspoon Dijon-style mustard  
1/4 cup chopped pecans, toasted  
In a large pan combine cabbage, carrot, onion, and 2 tablespoons water. Cook, covered, over medium heat for 5 to 7 minutes. Drain. Add margarine or butter, mustard, and pecans. Stir together and serve hot. Yield: 8 servings.  
Nutritional Analysis: 55 calories, 1 g protein, 4 g carbohydrate, 2 g fiber, 4 g fat, 4 mg cholesterol, 40 mg sodium.



Hi, my name is Gentry Jo Cain. I celebrated my 2nd birthday with a Caillou Party at my home in Crab Orchard. I got lots of gifts and want to thank my friends and all of my family for being there. My mommy says I was a total of 33 people were there. My mommy and daddy are Mark and Barbara Jo Cain of Crab Orchard. I have a brother, Shane and a sister, Megan. My paternal grandparents are Roy and Sadie Cain of Lancaster and my maternal grandparents are Wayne and Debbie Price of Broadhead, the late Ben and Dorothy Cain of Lancaster, Ralph Satterly and the late Lilly Satterly of Lancaster. P.S. a special uncle and aunt, Scotty & Kelly Price and little cuz, Colby. I love you lots.



Happy 6th Birthday  
Megan Hook  
Love - Daddy, Mommy,  
Samantha, Brandon



Happy 18th Birthday  
Little Spook  
Love,  
Mom & Dad



Happy 1st Birthday  
Brandon Hook  
Love - Daddy, Mommy,  
Samantha, Brandon

**Music • Dance • Games**

## SCUDDERS DANCE BARN

South US 25 • the old Hilltop Flea Market • next to Farm Bureau

**Karaoke Friday**  
**Live Country Music Thursday and Saturday**  
**Friday, Oct. 25th - Big Halloween Party • 8 p.m.**  
**\$5 Single - \$8 Couple • Door Prizes • Doors Open at 7 p.m.**

**Costume Contest - \$25 1st Prize**  
**Door Prizes & Treat for the Kids**  
**NO ALCOHOL - NO DRUGS - NO WEAPONS**

## An Open Letter From David Gibbs Candidate for Magistrate District 1

Dear Voters of District 1,

As you already know, I am the Republican candidate for Magistrate in District 1. In the last several weeks, as well as during the May Primary, I have shared with you my message of hard work and consistent representation. I come again to you in this final week before the November 5th General Election to ask for your vote and support.



We have discussed the need for better and safer roads with necessary guardrails in areas. Consistent maintenance of trouble spots will save money in the long run for the taxpayer. This will not only make our roads safer, but will make the county as a whole more inviting to industry and tourism. It makes good sense.

I appreciate the very warm welcome received throughout the 1st District, and the clean campaign by my Democrat opponent. My sincerest thanks goes out to all, and I look forward to serving you.

With Warmest Personal Regards,  
David Gibbs  
606-758-9225

Paid for by David Gibbs

## Low-Income Home Heating Program

The cost of home heating is a problem for many low-income Kentuckians.

Your Community Action Agency, Daniel Boone Development Council, Inc. may be able to help. If you live in Rockcastle Co., apply at the DBDC office located at 105 E. Main St., Ashlee's House, in Mt. Vernon for the Home Energy Assistance Program (HEAP). Applications will be taken by the last name of the head of the household from November 4 through December 12, 2002. See the list below for your assigned day. Bring with you (1) Social Security numbers for everyone living in the household, (2) Proof of your household's income for the preceding month, (3) Your most recent heating bills or verification from your landlord that the heating expenses are included in your rent. All eligible households that apply will receive assistance. Liquid resources cannot be over \$1500 and gross monthly income must be within the guidelines listed below. Households not receiving food stamps with no income will be required to fill out a self-declaration form prior to sign up date. DBDC will assure that persons who are working or commuting during the agencies typical business hours may apply for LIHEAP. Call 598-5127 for more information.

### If Your Last Name Begins With

- A** apply on Nov. 4  
**B** apply on Nov. 6, 7  
**C** apply on Nov. 12, 13  
**D** or **E** apply on Nov. 14  
**F** or **G** apply on Nov. 18  
**H** apply on Nov. 19, 20  
**I** or **J** apply on Nov. 21  
**K** or **L** apply on Nov. 25

### Income Guidelines

| Household Size | Gross Mo. Income | Household Size | Gross Mo. Income |
|----------------|------------------|----------------|------------------|
| 1              | \$ 812           | 5              | \$1,942          |
| 2              | \$1,095          | 6              | \$2,224          |
| 3              | \$1,377          | 7              | \$2,506          |
| 4              | \$1,659          | 8              | \$2,789          |

Add \$283 for each additional family member

## NOTICE

In order to comply with Kentucky Law, KRS 118.025, all candidate's signs and electioneering material within 500 feet of the entrance to the voting precinct, must be removed before 6 a.m. on Election Day, November 5, 2002.

### Notice to Voters

Kentucky law requires the election officers to confirm voter's identity. If not personally known by the election officers, the voters must have one of the following identifications available when voting: Drivers license, Social Security card, credit card or any identification that has both picture and signature.

## "Caught on Tape"

**Hail Storm of 2002  
History Making  
Disastrous Hail Storm  
Call Grant Smith  
606-877-4272**

To Reserve Your Copy Today! or send \$14.95  
check or money order to:  
Laurel Hailstorm, PO Box 183  
Pittsburg, Kentucky 40755  
Copyright 2002



## Jackie R. Renner

### Mayor of Mt. Vernon

To The Citizens of Mt. Vernon

Friends, I hope my campaign has spoke to the issues in a dignified and professional fashion. I'll do my best for you and promote Mt. Vernon as your Mayor, for I truly believe in our future.

My Platform.....

1. I will promote community pride and a citizenship program among our youth.
2. I support the fair and equal maintenance of our streets, sidewalks, street lights.
3. I support our police and fire departments and an emergency management plan, natural and man made.
4. I will work to keep our water and sewer rates among the lowest around.
5. I will work with your city council and you will be able to talk to me without partiality.
6. I am for fiscal conservatism - we must stop runaway tax and spend.
7. I am pro-growth and pro-jobs.
8. I am for renegotiation with Charter cable - local access programming, better service.
9. I am opposed to forced annexation without the services provided.
10. If elected I will dedicate myself to being your mayor, with my whole heart and ability.

I ask for your vote and support on November 5, 2002.

Thanks, Jackie

"Working Together for Mt. Vernon"

Paid for by Jackie Renner

## Re-Elect BILL MCKINNEY

### Magistrate District 3

While serving as your Magistrate, we have seen many road improvements, culverts, bridges and lots of blacktop. I have been committed to mowing of right-of-ways and snow removal. Through the efforts of firemen, the public and the Fiscal Court we have improvements in fire protection.

These improvements can continue with your help and your vote for me on November 5th.

Thanks,  
Bill McKinney

Paid for by Bill McKinney