

Salads... Year Round Favorites

By: Hazel Jackson
County Agent for Family & Consumer Sciences

Almost everyone enjoys a salad, with a twist. Salads are refreshing and come in all colors, shapes and sizes. Salads are in season all through the year. Some salads are light, some, salads are hearty and filling.

A salad means many things to different people. It can consist of torn lettuce with a few vegetables, added such as carrots, broccoli, celery or cauliflower, or a congested salad with fruit. Some folks like chopped vegetables in a dressing. There are many ways to enjoy salads. A salad can be a complete meal in itself. Adding meat and cheese to a lettuce salad makes it a "chef" salad. Chef salads are good meals in the summertime because you don't have to heat up the kitchen to prepare a meal. Stuff a tomato or green pepper with your favorite tuna or chicken salad. You have made a simple delicious-fruit control. Low-fat dressing makes the salad lighter and healthier.

Fruit salads add sweetness to any meal. Combine your favorite fruits. It is your choice if you use a dressing. Many fruits are naturally moist and juicy and then don't need an additional dressing. Fruits used in

salads can be fresh, frozen or canned. Fruit salads are in season all year. In the summertime add fresh bananas, apples and/or oranges to canned or frozen fruit. So I go wrong with fruit.

Most cooks have their favorite potato salad recipe - plain or fancy. For a change, try this:

RED POTATO SALAD
3 Pounds red potatoes
1 chopped white onion
1 chopped celery stalks
2 tablespoons sweet relish
Dressing: 8 oz. Italian dressing
Wash hand and all surfaces. Rinse and scrub potatoes under running water to remove any dirt. Cover potatoes with fresh water and boil in pan until tender. Do not peel skins. Allow potatoes to cool. Cut

potatoes into 1/2 inch cubes and place in large mixing bowl. Add onion, celery and sweet relish. Lightly mix the ingredients. Add dressing and toss lightly to coat ingredients. Chill until ready to serve. Makes 6 servings. 240 calories per serving; 50 calories from fat; 5g fat; 420mg sodium; 4g dietary fiber; 3g protein.



A school in Bagram, Afghanistan

Village adopted in Afghanistan

Virginia Stevens Broadbush of Brodhead (daughter of the late Colonel Stevens and sister of Don, Jan and Danny, Ray Stevens and Iris Stevens Young) received the following email from her son, Lt. Col. Matthew Broadbush, who is commanding a task force in Bagram, Afghanistan:

"We have adopted the village of Dewanna. It has a population of about 3,000 and is located a few miles from Bagram. Some soldiers from my Task Force visited yesterday and distributed some humanitarian supplies. Attached pictures will give you an indication of how poor these people are. There is absolutely nothing in the school building. We plan to help put in windows when we have the opportunity.

If anyone or any organization you know would be interested in some charity work, this could be a great opportunity. They need just about anything you can think of because

they lost most everything during the fighting of the last 20 years. They especially need school supplies (paper and pencils), blankets and clothing, both children and adult (shoes, socks, warm underwear, sweaters, jackets, coats, pants, gloves, hats, etc.). Warm used clothing would be great.

Western clothing seems to be OK. Most adult men put a robe or blanket over their outer clothing. I have seen men wear just about everything underneath, including a Chicago Bulls jersey.

The women wear burkas out in public. My guess is that they could turn most any garment that came their way into something appropriate for inside use or for underneath their burka.

You can mail anything you want to my address: Lt. Col. Matthew Broadbush, LIT 164-HHD, APO AE 09354.

I will send pictures of soldiers handing out whatever is sent so people can see where their donations went.

There are limitations on how much can be mailed. Nothing over 70 pounds. And the overall measurements of the box, according to the formula used by the Post Office, must not be more than 108 inches. For example, a box 24 inches long and 20 inches wide is OK because the overall measurement is 104 inches: 24+20+20+20+20+104. A box 25 inches long and 21 inches wide is not OK because the overall measurement is 109 inches: 25+21+21+21+21+109."

If you wish, Virginia will pick up boxes of things and mail them at her expense. Call 758-8073.

"4-H News"

(Cont. from B-7)

11. 1st place Junior winners will be judged for one overall county champion.

12. Middle School 1st, 2nd, and 3rd place winners will be chosen from each grade.

13. Middle School 1st place winners will be judged for one overall county champion.

14. Plaques will be awarded to overall 1st place winners. All participants will be awarded ribbons. For questions, please contact the Rockcastle Co. Extension Service at 256-2403.

I wish you the best during this Holiday Season!

May your Christmas be filled with love of family and friends and the New Year be one of health and happiness

Your Mayor-Elect of Mt. Vernon

Clarice Renner Kirby



Budget Phone Inc.
Home Phone Service
\$39.95
Plus Taxes & Fees
No Credit Checks
No Deposits
No Contracts
No Hassles Over Back Bills
(Authorized Agent)
Walnut Grove Systems Inc.
4458 South Highway 27, Somerset, KY
Phone: (606) 677-2888 or (800) 556-2879

TOYOTA OF SOMERSET
606-679-1601 4195 S. HWY. 27, SOMERSET, KY 42503 1-800-859-8761
PREOWNED VEHICLES

1997 TOYOTA CAMRY 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1997 ACURA COUPE, 100,000 miles, leather, air, sunroof, new arrival.	1998 BUICK LESABRE, 100,000 miles, leather, air, sunroof, new arrival.	2001 BUICK CENTURY, 100,000 miles, leather, air, sunroof, new arrival.	1994 CHEVY CAMARO, 100,000 miles, leather, air, sunroof, new arrival.	2001 CHEVY CAVALIER, 100,000 miles, leather, air, sunroof, new arrival.	1997 CHEVY CAVALIER, 100,000 miles, leather, air, sunroof, new arrival.	1998 COROLLA, 100,000 miles, leather, air, sunroof, new arrival.
1997 CHEVY SILVERADO 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1998 CHEVY S-10, 100,000 miles, leather, air, sunroof, new arrival.	1998 CHEVY 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1998 CHRYSLER SEBRING, 100,000 miles, leather, air, sunroof, new arrival.	2000 CHRYSLER TOWN & COUNTRY, 100,000 miles, leather, air, sunroof, new arrival.	1994 DODGE RAM CUMMINS DIESEL, 100,000 miles, leather, air, sunroof, new arrival.	1997 DODGE STRATUS, 100,000 miles, leather, air, sunroof, new arrival.	1994 FORD F150 4-Door, 100,000 miles, leather, air, sunroof, new arrival.
1997 FORD TAURUS, 100,000 miles, leather, air, sunroof, new arrival.	1998 FORD MUSTANG, 100,000 miles, leather, air, sunroof, new arrival.	1998 FORD TAURUS SE, 100,000 miles, leather, air, sunroof, new arrival.	1998 FORD WINDSTAR, 100,000 miles, leather, air, sunroof, new arrival.	2000 FORD MUSTANG, 100,000 miles, leather, air, sunroof, new arrival.	2000 FORD RANGER XLT, 100,000 miles, leather, air, sunroof, new arrival.	2001 FORD WINDSTAR, 100,000 miles, leather, air, sunroof, new arrival.	2001 FORD WINDSTAR, 100,000 miles, leather, air, sunroof, new arrival.
1998 GMC 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1998 GMC YUKON SLE V-8, 100,000 miles, leather, air, sunroof, new arrival.	1998 HONDA PASSPORT 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1998 HONDA ACCORD, 100,000 miles, leather, air, sunroof, new arrival.	2000 HONDA ACCORD LX, 100,000 miles, leather, air, sunroof, new arrival.	1997 JEEP WRANGLER, 100,000 miles, leather, air, sunroof, new arrival.	2000 JEEP GRAND CHEROKEE 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1999 JEEP GRAND CHEROKEE 4-Door, 100,000 miles, leather, air, sunroof, new arrival.
1999 LINCOLN CONTINENTAL, 100,000 miles, leather, air, sunroof, new arrival.	1998 LINCOLN CONTINENTAL, 100,000 miles, leather, air, sunroof, new arrival.	1998 LINCOLN WINDSTAR, 100,000 miles, leather, air, sunroof, new arrival.	2000 LINCOLN TOWN CAR, 100,000 miles, leather, air, sunroof, new arrival.	1998 MAZDA MPV, 100,000 miles, leather, air, sunroof, new arrival.	1997 MERCURY MILAN, 100,000 miles, leather, air, sunroof, new arrival.	1998 MERCURY VILLAGE, 100,000 miles, leather, air, sunroof, new arrival.	1998 NISSAN 4-Door, 100,000 miles, leather, air, sunroof, new arrival.
2000 PLYMOUTH NEON, 100,000 miles, leather, air, sunroof, new arrival.	1997 PONTIAC SUNFIRE, 100,000 miles, leather, air, sunroof, new arrival.	2002 SUZUKI 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1998 TOYOTA AVALON, 100,000 miles, leather, air, sunroof, new arrival.	2000 AVALON XLS, 100,000 miles, leather, air, sunroof, new arrival.	2002 TOYOTA CAMRY, 100,000 miles, leather, air, sunroof, new arrival.	1993 TOYOTA COROLLA, 100,000 miles, leather, air, sunroof, new arrival.	1995 TOYOTA COROLLA, 100,000 miles, leather, air, sunroof, new arrival.
1997 TOYOTA COROLLA, 100,000 miles, leather, air, sunroof, new arrival.	2002 TOYOTA COROLLA, 100,000 miles, leather, air, sunroof, new arrival.	2003 TOYOTA COROLLA, 100,000 miles, leather, air, sunroof, new arrival.	2003 TOYOTA COROLLA, 100,000 miles, leather, air, sunroof, new arrival.	2000 TOYOTA SOLARA SE, 100,000 miles, leather, air, sunroof, new arrival.	2000 TOYOTA SOLARA SE, 100,000 miles, leather, air, sunroof, new arrival.	99 TOYOTA RAV4 4-Door, 100,000 miles, leather, air, sunroof, new arrival.	1999 TOYOTA RAV4, 100,000 miles, leather, air, sunroof, new arrival.
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BIG SELECTION OF TOYOTAS NOT PICTURED.