

# Frankfort Report...

By *Jared Carpenter,*  
*State Senator*

Every 10 years after each national census, Kentucky’s Constitution requires the State Legislature to realign our voting districts according to population. The Governor



called the Legislature back into Special Session to accomplish just this. The 34th senatorial district is now made up of Madison and Rockcastle counties with a portion southern Fayette. The new plan in the Senate divides the minimum number of counties and no precincts. It is not a partisan, politically driven map, no incumbents are drawn together, and the map meets all the tenets of a constitutionally correct redistricting plan.

I am pleased to have the chance to keep representing the people of Rockcastle County. It has been a pleasure to work alongside your community in efforts to promote real economic development, defend the values important to the area, and work to combat prescription drug abuse. No matter what the outcome would have been from redistricting, I was eager to keep working on behalf of the Rockcastle community.

Costs of special sessions are a concern that many Kentuckians have and I certainly share those concerns. Since the Legislature was scheduled to be in Frankfort, Senate and House Leadership decided to move all of the August interim committee meetings to the week of session, in order to offset the cost of a Special Session. This included the Natural Resources and Energy Com-

mittee which I chair. We had an informational meeting about the economic impact of the natural gas and oil industrial on Kentucky. This sector has grown significantly both in production and job creation and become a viable economic driver.

At the conclusion of the special session, the Governor signed House Bill 1, the redistricting bill. With the special session in the books,

I will continue my committee work in Frankfort and prepare for the regular session in January. I can be reached through the Legislative Research Commission’s toll-free message line at 1-800-372-7181. You can also check the committee schedule and learn more about what the committees are doing at [www.lrc.ky.gov](http://www.lrc.ky.gov).

## Mamaw’s Kitchen

By *Regina Poynter Hoskins*

**HOT CHICKEN SALAD**  
4 boneless cooked chicken breasts, diced  
1 cup chopped celery  
1 can (8 ounce) sliced water chestnuts  
3/4 cup mayonnaise  
1 teaspoon lemon juice  
1/2 teaspoon salt  
3 tablespoon grated onion  
1/2 cup sliced almonds  
1/2 cup shredded Cheddar cheese  
1 and 1/2 cups crushed potato chips  
Preheat oven to 350°. Grease a 9 x 13 baking dish. In a large bowl, combine all the ingredients. Mix well and lightly spoon into prepared baking dish. Bake for 30 minutes (longer if you have prepared earlier and refrigerated it).

**GREEK CHICKEN SALAD**  
3 cups diced cooked chicken  
2 large stalks celery, diced  
1 red bell pepper, seeded and diced  
1/2 red onion, diced  
6 tablespoons mayonnaise  
6 tablespoons plain yogurt  
2 teaspoons dried dill weed  
Salt and pepper to taste  
Spring mix of greens, romaine hearts, or iceberg lettuce  
1 package (4 ounce) feta

cheese, crumbled  
1 can (4 ounce) sliced black olives  
Premade Greek salad dressing, if desired  
Mix chicken, celery, bell pepper, and onion in a large bowl. In a smaller bowl, mix the mayonnaise, yogurt, dill weed, salt and pepper until well blended. Pour over chicken mixture. Chill at least an hour before serving. To serve: place lettuce on a serving platter (or individual dishes). Scoop chicken salad over lettuce; sprinkle with feta cheese and olives. If desired top lettuce with the Greek salad dressing.

**CHICKEN SALAD**  
Sandwich filling  
3 cups cooked chicken, diced or shredded  
1/2 cup diced celery  
3 to 4 tablespoons finely chopped purple onion  
1/4 to 1/2 cup mayonnaise or Miracle Whip®, or more, to taste  
2 teaspoons lemon juice  
2 to 3 teaspoons sweet pepper or pickle relish,  
1 hard-boiled egg, chopped

Mix all ingredients. Refrigerate for 2 to 3 hours.

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1157 Berea Road, Richmond 4pm-6pm  
228 Glades Road, Berea 4pm-6pm  
305 Richmond Street, Mt. Vernon 4pm-6pm

*Friday September 13<sup>th</sup>*

303 Richmond Road, Berea 4pm-6pm  
1000 Brandy Lane, Richmond 4pm-6pm  
3750 New Irvine Road, Waco 11am-4pm

*Friday September 20<sup>th</sup>*

460 Eastern Bypass, Richmond 4pm-6pm  
820 Eastern Bypass, Richmond Walmart 10am-4pm

*Friday September 27<sup>th</sup>*

419 Chestnut Street, Berea 4pm-6pm  
205 Prince Royal, Berea 4pm-6pm