

FUN SUMMER FOOD

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



Warmer weather is here and it will soon be summer. What does summer fun mean to you? Maybe it means going swimming or playing outside with the kids or just sitting in a lawn chair relaxing in the yard. Whatever it is, enjoy the summer.

What summer foods do you enjoy? Make a list of fun summer foods. Remember, summer brings hot weather and food safety issues. A lot of people enjoy homemade ice cream in the summer. Its cool summer taste reminds us of a cool summer breeze. But could your homemade ice cream be making you sick? Uncooked eggs, sometimes used in homemade ice cream recipes, contain germs that can make you sick. You should never use uncooked eggs in your ice cream. Pasteurized eggs are at the grocery store and can be used instead of fresh eggs in uncooked recipes.

Grilling outdoors is a fun summer activity many families enjoy. Always use clean utensils. Don't use the same plate for cooked and raw meat. Keep hands clean and wash them often.

Summertime is a good time to enjoy the contrast between hot and cold food. Hot food tastes best when eaten hot. Cold food tastes best when eaten cold. To really enjoy summer food, eat it before it

has sat out long enough to become lukewarm. In addition, germs grow fast when on warm food. To slow down this growth of germs, put foods in the fridge quickly.

Try this summer recipe:
Summer Chicken Salad
2 cups cabbage, coarsely chopped
1 pkg chicken flavored Ramen noodles, broken up, uncooked
2 cups cooked, chopped chicken
1 can (11 oz) mandarin oranges, drained (save juice for dressing)
1/4 cup green pepper, chopped
Dressing
1 seasoning packet from chicken

flavored Ramen noodles
2 tablespoons sugar
2 tablespoons white vinegar
2 tablespoons oil
Juice from canned mandarin oranges
(Cook's note: 4 tablespoons Italian dressing can be substituted for the 2 tablespoons white vinegar and 2 tablespoons oil.)

Wash hands in a large mixing bowl, add all salad ingredients. In a small mixing bowl, add all dressing ingredients and stir together. Add dressing to salad and toss. Refrigerate leftovers fast. Makes 10 servings. Per serving: 140 calories; Fat 6g; Total Carbohydrate 12g; Vitamin C 15%



Thank you to Cub Scouts Pack 263 and citizens of Rockcastle County. Cub Scouts Pack 263 collected 1,150 cans of food during a community food drive and donated them to the First Baptist Church Food and Clothing Mission. Pictured above, front row from left: Jonathan Singleton, Joey Robinson, Jonathan Alexander. Second row from left: Charles Dickerson, Justin Bretz, Tim Singleton, Jr. Back row from left: Cub Master Tim Singleton, Sr., Unit Commissioner Debra Singleton, Den Leaders James Bretz and Shirley Dickerson.

Headwaters of Dix River Fish Fry Festival Saturday, June 2nd

Brothead is getting ready for the "Headwaters of the Dix River Fish Fry Festival" Saturday, June 2nd. We hope that you will come and join in on all the fun and activities. Starting at 10:00 a.m., Country Charlie will be there for lots of music and fun all day long. There will be a citywide yard sale and everyone that possibly can is asked to participate. From 12:00-2:00 p.m. we will have Cloggers performing.

Starting at 11:00 a.m. the Brothead Volunteer Fire Department and Ladies Auxiliary will be selling fish sandwiches till 2:00 p.m. The regular fish fry dinner will start with carryouts around 3:00 p.m. There will also be a parade at 3:00 p.m. with line-up starting at 2:00 at the Brothead Elementary School. Anyone wishing to enter a float needs to contact Louise Bengt at 758-0206 after 5:00 p.m. Anita Shackelford at 758-9630 after 4:30 p.m. or Shelley Parkerson after 4:30 p.m. at 256-2262 by May 21st. If no one is at home leave a message and we will get back with you. If you enter a float you will receive a plaque for appreciation of participation. There will be no first, second or third prize.

The UKMC Air Vax Helicopter

will be there at 1:00 p.m. for an interesting view of the inside.

At 7:00 p.m. at the firehouse we will have a fish eating contest. The first 10 people to register and pay a \$10 entry fee can enter. Please register at Brothead City Hall by May 25th. The one who eats the most fish will receive \$50 and a plaque, second most \$30 and third most will get \$20.

Starting at 7:30 p.m. we will have a street dance and start drawing for prizes. If you donate money to the festival you may be eligible to win a prize. For every \$1.00 donation to help with expenses for the festival you will be given four tickets and those tickets will be put in a barrel. We will start drawing for the prizes at 7:30 p.m. and every 15 minutes after that till all prizes are given away. The following is a list of prizes that we have: Six \$50.00 cash prizes, two 26" bicycles, one 20" bicycle, a pushmower, weedcutter, VCR, DVD player, a 599 George Foreman Grill, three Case knives (two of which are disc and can no longer be bought-donated in part by Long's Automotive) and the last prize to be given away will be a \$250 cash prize. Tickets can be purchased at Dan Deltin in Brothead, City Hall in Brothead, Brothead Dairy Mart and Dave's Computer Place in Brothead. Must be present to win.

Watch the Signal and Banner next week for more details.

"Letters"

(Cont. from A-7)

If dealing with a crying baby, it's perfectly okay to take time out and let your baby cry alone. You may also want to call your baby's pediatrician. There may be a medical reason your child won't stop crying.

CHILD ABUSE HAS TO STOP!
If you're a parent and feel you are losing control, call the Parent Helpline, 1-800-432-9251. If you suspect a child is being abused, report it! Call the Kentucky Child Abuse Report Hotline, 1-800-752-6200.

Prevention can only happen when we understand the problem and commit ourselves to sharing information with others in our community.

Dr. Billy F. Andrews wrote in his *Children's Bill of Rights*, "The level of civilization attained by any society will be determined by the attention it has paid to the welfare of its children."

Let's start paying more attention.

Sincerely,
Wendy Dominguez, R.N.
Justine Flynn, R.N.
Kosair Children's Hospital
Critical Care Center

Dear Editor,
I am writing this in hope you will print it and maybe help me locate a classmate. The Berea High School Graduating Class of 1954 is having a reunion in August of this year. We have had a mail return on the address of Russell Cornett, his Florence, KY mailing came back. The best I can remember is that he lived down about Conway as a student at Berea High. If anyone can help me with a current address please call or write Edna Lake, 221 Azbill Road, McKee, KY 40447 or (606)965-2174. Thank you for your assistance in this matter.

Sincerely,
Edna Lake

Sigmon Farm
Now has
strawberries by
the gallon.

To place an order call
Call 256-2781

REVIVAL

at the

Freedom Baptist Church

Freedom School Rd
Mt Vernon, KY

May 20 - 25, 2001

7:00PM Nightly

Evangelist: Bro. Randy McPherson
Pastor: Bro. Adam Dooley

We will be having Teacher Appreciation Day on Sunday night. We will be recognizing all Rockcastle Co. Teachers.

We invite all youth groups to join us on Wednesday for Youth Night.

We will be having a Revival Choir each night and we invite your choir members to join us. We will be practicing on Saturday, May 19 at 5:30pm.

For more information or questions, call Bro. Adam at 256-2968.

Wildcat Cheerleading Tryouts

will be held on Wednesday, May 30th at 5:30 p.m.
at the Mt. Vernon City Park.

These tryouts will be held for girls going into
3rd, 4th, and 5th grades.

Any questions call
Melanie Campbell at 256-5272

Poplar Grove Flower Shop

NOW OPEN

Large assortment of Memorial flowers to choose from.

Turn left off Hwy. 70 at Willis/Grocery and go one mile on
Poplar Grove Rd.

Open Monday - Thursday 8 a.m. to 6 p.m.

Friday and Saturday 10 a.m. to 7 p.m. • Sunday 1 p.m. to 5 p.m.

758-8420

••• AUCTION •••

J&J Auction

Friday, May 18, 2001 • 6:30 p.m.

We have a sale every Friday night at 6:30 p.m.

We are having a large Ty Beanie Sale -- Over 125 including:

Hippity, Hoppity, Floppity, Quacker, Iggy, Blackie, Seaweed, Congo, Jelly, Baldy, Fleece, Stinky, Spinner, Bones, Mystic, Waddle, Lucky, Majic, Nip Tuffy, Patti, Ivan, Zip, Doty, Spice, Stretch, Wrinkles, Scoop, Stripes, Sly, Speedy, Prance, Nanhook, Waves, Weenie, Ziggy, Blizzard, Batty, Rover, Gobbles, Twigs, Hissy, Smoochy, Ringo, Spike, Roary, Freckles, Strut, Snowball, Pouch, Waves, Daisy, Ears, Tank, Derby, Snip, Crunch, Spooky, Happy, Pinchers ... **Plus a lot more!**

Close to 100 Disney Beanies: Mickey, Minnie, Pooh, Tiger, Chipmunks, Dumbo, Dumbo, Pumba ... **Plus a lot more!**

Also, Longaberger Basket, Bob Timberlake Basket, Bird Houses, Lots of Craft Items, Home Interior Items, Timberlake Prints, Duck Prints, Lots of Train and Railroad Prints.

Tools: Craftsman, Mikita, Roll Around Tool Box, Rigid Pipe Wrenches, Air Chisel, Drills and lots of other tools.

Furniture: Cherry Kitchen Island, 2 Door Cherry Entertainment Center, Wing Back Chair and Ottoman from Lexington Furniture Co., Old Wing Back Chair w/ claw and ball feet, Jelly Cabinet, Brand New Computer Desk (still in box), Bam-boo Bakers Rack, Bedroom Suites, Living Room Suites, Nice Card Table and 4 Chairs, TVs. **Over 3000 Comic Books!**

For more information, or if you have items to sell, please call

Jeff Bullock at 606-256-9874 or Jeff Smithern 606-256-3343

Auctioneer: Jerry Ham • Auction House Operator: Jeff Smithern

Located on Highway 150, next to Ag Center,
in Big Red Roof Building

"Ike"

(Cont. from A-2)

Low Self Esteem Support Group will meet Thursday. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The Congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

Mrs. Johnson will be entering the hospital this week for tests.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours."

Class of 2001 Rockcastle County High School (First graduating class of the new millennium)

Baccalaureate

**Sunday, May 20
2:30 PM**

New Barn at Renfro Valley

Let's support our future leaders by attending.

**FREE
INSTALLATION!**

**Basic Expanded Service
for 3 months.**

\$19.95
per month

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Offer
Ends Soon!**

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