

Operation Round-Up begins

How can only one person, donating less than \$50 a month, make a difference in their local community? By participating in Jackson Energy's Operation Round-Up.

Jackson Energy recently became Kentucky's first electric cooperative to offer this voluntary program, which will allow members to give back to their local community. Beginning July 1, members can choose to have their electric bill rounded up to the next highest dollar amount, and the extra money will be used to fund community improvement projects in the area served by Jackson Energy.

"It's called Operation Round-Up," said vice-president of Customer Service Rodney Christman, "and it's a program that hundreds of electric cooperatives across the country already offer to their members. Jackson Energy is the first to go to offer it in Kentucky."

"Operation Round-Up gives members the opportunity to give a small amount each month to deserving individuals and organizations, located in the communities we serve and in which we live," Christman explained.

Some examples of funded projects may include volunteer fire departments, community centers, food pantries, Boy and Girl Scouts, historical societies, 4-H programs, flood victims, disabled individuals and many others. An organization of individual will complete an application to be considered for funding.

"Operation Round-Up works when co-op members voluntarily have their electric account rounded up to the next highest dollar amount. For example, if a bill was \$74.62 and the member had volunteered to partici-

pate in Round-Up, it would automatically be rounded up to \$75. The additional 38¢ would go directly into the Round-Up account. The average contribution over time would be approximately 50¢ per month.

The donated funds will go directly into a trust account that can only be used for charity. This account is administered by a seven-person Board of Trustees. They are: Chairman Homer Radford, Jr., Laurel County; Vice Chair Carroll DeForest, Jackson County; Secretary/Treasurer Sue Hamm, Rockcastle County; Landis Corbett, Clay County; Nelson Bobowski, Owsley County; Patricia Abner, Lee County; and Robert "Beetle" Isale, Estill County.

An application is included in Jackson Energy's June bill insert and Operation Round-Up will begin in July. Co-op members may sign up for the program at any time throughout the year. Any individual or community group with a worthwhile project can apply for funding. The application must demonstrate a clear benefit on need to the community or individual receiving the funds. The Board of Trustees will have regular meetings every other month, beginning in January 2004 to review applications.

"To launch this program we are using the theme, 'The Power of ONE,'" Christman added, "and ONE stands for Operation Round-Up. Needs Everyone. This is a way for one person to make a difference in their local community for only pennies a day."

Jackson Energy, headquartered in McKee, is a Touchstone Energy Cooperative, serving 50,000 members in Southeastern Kentucky.

Local organizations receive CAP grants

Two local organizations are among 29 grant recipients non-profits to receive grants this spring from the Christian Appalachian Project. Micah's Nursery and The Cub Scouts are among the organizations in East-

ern Kentucky, West Virginia and Tennessee to receive the CAP grants.

Micah's Nursery will use the grant for baby supplies and the Cub Scouts will use their one time grant for uniforms, educational trips and educational tools.

The grant program is an important element in the mission of the Christian Appalachian Project. CAP began the Human Services Grants Program in the early 1980's as a way to reach out to other area organizations that provide services to the people of Appalachia. The program provides CAP the opportunity to make the best use of its resources without duplicating services provided by others in the community. This year alone, the grants program has helped 85 organizations in the Appalachian Region.



Vivian Barton, daughter of Dewey and Zora Roberts of Mt. Vernon, caught this 49 lb. flat head June 21st at a local paylake. "Big Mo" was caught on a special bait provided by Vivian's great nephew, Austin Phelps. Vivian challenges her brothers, Dennis and Jerry, to beat this one!

Classified Deadline is Noon Tuesday

Bluegrass, Country and Gospel Benefit
Broadhead Rural Fire Dept.
Saturday, June 28th 8 p.m. - ?
Quail Station - HWY 70

- 2-3 pm - Larry Napier, Paul Napier, Jerry Bengie Ruby McFerron & Jay
- 3-3:45 - Bittersweet Cloggers
- 4-4:30 - Mary Lawell
- 4:30-5 - Holly Brown
- 5-5:30 - Amber Thacker
- 5:30-6 - Zaida Parson
- 6-7 - One Voice
- 7-8 - Behind the Cross
- 8-8:30 - Daniel Buehle
- 9-9 - PURE COUNTRY

Free Admission!!!

Donations Appreciated

Concessions:

- Hot Dogs
Chili Dogs
Hamburgers
Cheeseburgers
Pop

BRING YOUR LAWN CHAIRS AND ENJOY LOTS OF GOOD, CLEAN

FAMILY FUN !!

What's Another Name For Chicken?

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

How many "chicken" names can you think of? There are almost as many different names for chicken as there are recipes for chicken. Here are a few definitions for chicken. See how many you know, then share this as a matching game with a friend.

Do you know what a capon is? A capon is a male, surgically unsexed chicken. It is between 16 weeks to 8 months old. The capon weighs 4 to 7 pounds. A capon is roasted whole and is quite meaty and tender.

How is a "broiler-fryer" different from a capon? A "broiler-fryer" is a young tender chicken about 7 weeks old. It weighs 2 1/2 to 4 1/2 pounds. The "broiler-fryer" is spicier than the capon.

What about a stewing/baking hen? A stewing/baking hen is a mature, laying hen and is about 10 months old. The meat of the stewing/baking hen is less tender than the young chicken and, of course, is usually cooked by stewing.

What is a cock or rooster? A cock or rooster is a mature male chicken with tough meat. It is best prepared by long, moist cooking.

Can you define roaster? A roaster is a chicken that is 3 to 5 months old. It weighs 5 to 7 pounds and usually has more meat per pound than a "broiler-fryer". It is usually roasted whole.

What is a very small "broiler-fryer" that weighs only 1 to 2 pounds called? It is called a Rock Cornish Game Hen. It is

usually roasted whole.

Now you know many "chicken" terms and what they mean. Add the following "chicken" recipe to your collection.

SUNDAY CHICKEN SUPPER
(For the slow cooker)
4 medium carrots, cut into inch pieces
2 medium onion, chopped
1 celery rib, cut into 2-inch pieces
5 small red potatoes, quartered
1 broiler-fryer chicken (2 1/2 to 3 lbs) cut up
1 1/2 cups hot water
teaspoons chicken bouillon granules
1 teaspoon salt
1 pepper to taste

Wash hands. In 5-qt. slow cooker, layer first 5 ingredients in order listed. In bowl, combine the remaining ingredients, then pour over top. Do not stir. Cover and cook on low for 6-8 hours or until vegetables are tender and chicken is done. Remove chicken and vegetables. Thicken juices for gravy, if desired. Makes 4 servings. 6g fat, 50mg cholesterol, 1090 mg sodium, 5g fiber, 29g carbohydrates. Make a complete meal by adding fruit, bread, and pudding for dessert.

For more information, contact your Rockcastle Cooperative Extension Service. Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

864-3956 or on the web
www.kystatefair.org or e-mail
cjmcc3@yahoo.com

Beauty pageants will award scholarships

Looking for a \$500 scholarship to a college of your choice? Then you need to enter and win the MISS division of the Laurel County Fair Pageant. 2003 marks the 12th anniversary of the Laurel County Fair Pageant and, for the first time, there will be no swimsuit compete.

Deadline for news and advertising is noon Tuesday

Words of Hope

During the 1990's Travis Tritt's hit song, "Here's a quarter, call someone who cares" was sung by millions of fans.

This humorous song unfortunately is a sad reality for many. Do you ever feel like nobody cares and you are all alone? Here is a solution: come to church and find a room full of people who care about you. Even better, come to church and find God who really cares about you.

—A message of hope from your friends at
Mt. Vernon Pentecostal Church

Light provides comfort in the darkness.



Those touched by cancer know the dark times this disease can bring. But even amid the darkness, lights of hope and comfort shine. The American Cancer Society Relay For Life is an overnight event that unites community members against cancer. One of the requirements of this important event is the fundraising campaign, which involves raising money from paper bags decorated with messages in honor of those who battle cancer and in memory of those who have been lost.

As Relay For Life participants throughout the night, the community lights their journey.

If someone in your life has been touched by cancer, purchase a lumbarine in their honor or memory. Your donation will help fund the American Cancer Society's fight against this disease, including research to help find a cure. The purchase lumbarine for your local Relay For Life, contact your American Cancer Society at 1.800.ACS.2345 or visit www.relayforlife.org.

August 1st & 2nd
7 p.m. to 7 a.m.
Rockcastle Middle School

For cancer information 24 hours a day, call 1.800.ACS.2345 or visit www.cancer.org.

Be a part of this special community to honor and remember those touched by cancer.

Relay For Life

Your Name _____ August 1st & 2nd

City/County _____ P.O. Box _____

Phone (_____) _____ Phone (_____) _____

Amount \$ _____ (in \$100 increments) _____

Phone home (_____) _____ American Cancer Society

Please send to: Relay For Life, 1400 E. Main Street, Suite 100, Evansville, IN 47710

Relay For Life

Clayton Durham and the Bluegrass Addition Band and Donnie Rodgers & Canoe Creek will be performing at the:

Old LHS Gym in Livingston - Sat., June 28 - 7 to 10:30 p.m.
Admission is \$8 (Children under 10 free)

Clayton Durham was born and raised and went to school in Livingston. He now resides in Harrison, Ohio. Allyn Burton's parents are from around Somerset and Berea. Carl Salbee and Gil Crawford are from Casey County and Joe Parker is from Hebron, Ky. These guys, between them, have quite a few years experience playing Bluegrass music. So come on out for an evening of enjoyment!

Cromer's Excavating

Owners and Operators

City Cromer
Home Phone: 606-256-5990
Mobile Phone: 606-308-5813

Tray Cromer
Home Phone: 606-256-5804
Mobile Phone: 606-308-5812

Certified Septic Installation

Crab Orchard Family Practice Clinic

"Where focus is the family"



Joyce Allen, MSN, RN, APRN, BC

Family Nurse Practitioner

Cynthia Hearn, RN, ARNP

Family Nurse Practitioner

Mehdi Poorkar, MD

Endocrinology & Diabetes Specialist

207 Main Street • Crab Orchard, Ky. 40419

606-355-7300

Monday - Friday 9 a.m. to 5 p.m.

Call Now for an appointment - Walk-in Welcome

Curious about the GEO?

Come to our free evaluation session on **SATURDAY**, June 28 to find out how close you are to being able to pass the GEO, and you could be on your way to a better job!

Saturday, June 28 at 8:30 am
Christian Appalachian Project Adult Learning Center
(At the top of Greenfield Hill on Hwy 25 North)
Refreshments will be served

For more information, call Janet at 256-3307

FREE EVALUATION SATURDAY June 28

Christian Appalachian Project Adult Learning Center

Mt. Vernon Chiropractic and Pain Center

Automobile and Work Injuries

Symptoms May Lag
Following an automobile accident or work injury, symptoms may not show up immediately or even within a few hours. Because damaged, injured tissues often degenerate slowly, sometimes symptoms don't develop for several days, months or occasionally years.

Typical Automobile Accident Symptoms

Any one or all of these symptoms could be an indication of a serious spinal problem or injury.

- Headache, dizziness, frequent nausea
- Lock Back Pain - Pain between shoulders
- Pain and/or numbness in the hand, neck, shoulder, arm
- Pain between shoulders
- Feeling or "weak feeling" spine
- Weak, cold, tingling hands, feet, arms, legs
- Heartbeat rapid, irregular, fluttery, pronounced
- Frequent constipation, indigestion, urinary issues, depression, insomnia
- Wobbling in the ears or diminished hearing
- Difficulty concentrating, mentally "foggy"
- Restricted neck movement

Dr. Max Meyer

If you are experiencing any of the above symptoms, we can help!

Call 256-1986

for your appointment today.

Walk-Ins Welcome. After hour appointments available.

Open Monday - Wednesday - Friday 9 a.m. to 12:30 and 3 to 6 p.m.

Tuesday 3 p.m. to 8 p.m. (Late Day) • Thursday 8 a.m. to Noon (Early Day)

Saturday - By Appointment Only

We file all insurance for you: Medicare/Medicaid provider.

All Auto-Accidents & Workers' Comp Injuries covered at 100%

10 School Street • Mt. Vernon • Turner Rd. Bldg.

606 256 1986