

Ways to save on your meat bill

By Teresa Pearson
KPI Staff

Grocery and gas prices are a little better, but still too high for comfort.

As consumers are still looking for ways to stick to our budgets.

UK Scientist Gregg Rentfrow offered some insight into the situation and how to deal with it.

"Spikes in fuel costs cause everything to go up," Rentfrow said. "But also, we have to think about labor and higher production and transportation costs. The cost of corn and grain and what do we feed livestock? We feed them grain."

He explained that rising fuel prices and general inflation impacts consumer purchasing power, which affects meat consumption.

"The more expensive meats tend to see the biggest impact in a situation like this," he said. "Beef is typically more impacted than pork or chicken."

Rentfrow said consumers don't always have to choose lower-value cuts when planning meals for the family.

"Buying in bulk helps save, but some people are intimidated by buying large quantities or large cuts. For example, buying a whole pork loin can

save you some money, and what a lot of folks don't know is that you can ask the meat cutter at the store to cut it down into smaller cuts and then, you can get several meals out of that one pork loin."

He said consumers can also break it down into smaller packages at home and use a home vacuum sealer to keep meat fresh longer in the freezer.

Some of the larger steaks, like T-bones and sirloins, are actually big enough to feed more than one person.

"If I'm going out to dinner, I can get a porterhouse steak, which contains a filet mignon and a typical New York strip steak," he

said. "So, it can feed both of us and we've saved a little money in the process. You can do that at home as well. One other thing is that ribeye steaks are great, but don't forget about the less expensive chuck eye steak."

Rentfrow also mentioned a few other tactics for saving at the grocery store including taking advantage of coupons, utilizing store loyalty programs and shopping alone with a shopping list.

"The inflationary pressure being seen across most all segments of our economy is real, while there is potential for consum-



er demand to be negatively impacted by decreased purchasing power going forward, the supply picture is going to get even tighter. High input costs and strong cull cow values continue to lead to decreases in beef cow numbers."

You can definitely figure out ways to save on meat prices, if you just work on it.

Parts of this article were taken from a University of Kentucky article from last year but it still applies as prices have only eased up a little.

Market House Theatre and Merryman House continue partnership

Raising awareness of Domestic Violence

PADUCAH - Market House Theatre continues its impactful partnership with Merryman House Domestic Crisis Center through a new initiative aimed at raising awareness about domestic violence during the theatre's production of Waitress, running June 5-22, 2025.

The collaboration builds on the success of the West Kentucky

Pie Baking Contest held in March, which raised over \$1,000 split between both organizations. Now, the two nonprofits collaborate again to ensure audiences not only experience the story on stage but gain greater awareness and access to local resources.

Throughout the run of Waitress, which centers on a woman navigating an abusive relationship, audiences will receive information about Merry-

man House, providing resource information about domestic abuse. The Sunday June 8th and June 15th matinee will also feature a post-show talkback with representatives from Merryman House and members of the production team.

"Waitress tells the story of Jenna, who is in a domestic violence marriage mirroring the one her parents had in her childhood," said

Market House Theatre Executive Director Michael Cochran. "We are pleased to partner with Merryman House for talk-back sessions, using this show as a conversation point to possibly help audiences open themselves up to see the chance to change their own lives."

The post-show discussions are designed to offer space for education, conversation, and connection. Merryman House

advocates will share insights about the realities of domestic violence and provide guidance on how to seek help—or support someone who needs it.

"We are thankful to Market House Theatre for giving us the opportunity to help educate the community on intimate partner violence," said Megan Counce, Interim Director of Community Engagement at Merryman House. "We want to help facilitate

conversations that aren't always easy to have and provide the resources necessary to assist those who may want help."

Waitress runs June 5-22 at Market House Theatre, with performances Thursdays through Saturdays at 7:15 PM and Sunday matinees at 2:30 PM. Tickets can be purchased at markethousetheatre.org or by calling the Box Office at (270) 444-6828.

Mayfield Mayor O'Nan to speak at McCracken County Library

By Kelsey Edwards
KPI writer

On Thursday, June 26, from 5:30 p.m. until 6:30 p.m. at the McCracken County Library will be an informative talk on the December 2021 tornado. This talk will be led by Mayfield Mayor, Kathy O'Nan. This is part of the 101 Reading Series hosted by the library, and this presentation will discuss the damages that took place, the ongoing recovery and rebuilding, as well as the resilience and

perseverance of the citizens of the community of Mayfield. Mayor O'Nan has served as Mayfield's mayor since January 2019 and until the night of December 10, 2021, the most difficult issue she had faced was guiding Mayfield through the COVID-19 Pandemic. However, on the evening of December 10, 2021,



Mayfield Mayor Kathy O'Nan

that changed due to the powerful EF-4 tornado. No training had existed to pre-

pare one to lead a city through a crisis like the deadly tornado, but Mayor O'Nan has been and remains confident that, with time and the extraordinary efforts by the strong people of Mayfield, the city will not only recover, but will emerge as an even better place to live, work and raise a family.

Mayor O'Nan currently serves on the Kentucky League of Cities Executive Board of Directors, the Graves County Economic Devel-

opment Board of Directors, and the Purchase Area Development District Board of Directors. In 2022, she was recognized as a Notable Woman in Kentucky Politics and Government and has also received the following awards: 2022 Mayfield-Graves County Chamber of Commerce Mary Propes Outstanding Woman in Business; 2023 Small Business Administration Phoenix Award for Outstanding Contribution to Disaster Recovery for

a Public Official; 2023 Kentucky League of Cities RISE Award; and the 2024 Tommy Longo Disaster Leadership Award, LeadersLink. The presentation is free and anyone who wants to attend can do so as it is open to the public. For those who do not know, the library is located at 555 Washington Street in Paducah, Ky. Make sure to come out to the event and listen as I am sure it will be an incredible talk from Mayfield Mayor Kathy O'Nan.

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