

Find it in the Classifieds

Call us today to place your ad. 270-422-2155

ADVERTISING DEADLINES:

Fri. 5 p.m. If proof is required • Mon. noon Classified and display ads without additional charge. If ads are requested, designed and then cancelled, one-half of the cost will be charged.

A NOTICE FOR READERS:

Kentucky Law requires private home childcare facilities to include their address in their ad. It is the parents' or guardians' responsibility to carefully check the credentials of potential childcare providers. The *Meade County Messenger* does not require childcare providers to present a license when placing advertisement.

AUTOBODY REPAIR

Knott's Body Shop & Glass
999 Lawrence St.,
Brandenburg
422-1202

Complete Auto Body Repair Service



BAIT

Wilson's Bait & Tackle
2605 Brandenburg Rd.
270-422-1090

CONSTRUCTION

Amish Craftsmen Builders
New Home Construction
Major Remodels • Specialty Projects
Old Order Amish Craftsmen
Ask about Unique project financing for qualified clients • **Save \$\$\$\$**
Limited Homes per Year • Book Now
Fully Insured - References
VA Approved Builder LIC ID 02779
270-422-3934

FOR RENT

FOR RENT

Commercial Building in Brandenburg for rent Available April 1st

3200 sq ft open floor plan with office, two restrooms and a kitchen. Wifi capable

Call 502-727-3027 for more info

REAL ESTATE

HOUSE FOR SALE

- ✓ 3 BR
 - ✓ 2 BA
 - ✓ Heat and air
 - ✓ Large kitchen
 - ✓ Large living room
 - ✓ Large lot
- (270) 422-2638 or (270) 547-0000**

HOUSE FOR SALE

- ✓ 3 BR
 - ✓ Utility room
 - ✓ 1 BA
 - ✓ Large kitchen
 - ✓ Large living room
 - ✓ Heat and air
 - ✓ Financing available to qualified buyer
- (270) 422-2638 or (270) 547-0000**

CARPET CLEANING

Zbest Carpet Cleaning

270-765-9277

Free Sanitizing

Whole House (Any Size)

\$99.95

FOR SALE

HAY FOR SALE - Fescue and orchard grass hay, round bales, located in Meade County, 812-972-4155 or 270-497-4372--9-3tpd-11

HUBER'S WOODCRAFT

Manufacturers of quality **SOLID OAK AND CHERRY** furniture; tables and chairs, china cabinets, corner cupboards, bedroom furniture, glider rockers, cedar chests, toy boxes, children's tables and chairs, rockers, high chairs, desks, tea carts, bookcases, lots of gift items, lawn furniture, swings, gliders, picnic tables, arbors, bridges, flower planters, gazebos and more. Many styles and sizes of storage sheds.



Open Mon. - Sat. 8-6, or later by appt.
270-547-2299

Located at the intersection of Hwys. 259 and 144. (Old Milner School gym)

Messenger
270-422-2155

HELP WANTED

HELP WANTED - Caregiver in Maukport, IN. Part time. 270-505-5588--7-tfc

NOW HIRING



The **Meade County Messenger** is seeking a full-time editor to join our small, close-knit team. The editor oversees keeping all our journalists and stringers busy, on task and organized while producing quality journalism that serves our readers and our community. This is a semi-management position that reports to the General Manager and the Publisher.

Qualifications include:

- Bachelor's degree or equivalent experience in journalism, communications or related field.
- A minimum of four years of newspaper experience or related field.
- Proven supervisory record with strong coaching abilities.
- Strong skills in writing, researching, interviewing, editing and photography.
- Good news judgment with a sense of timely reporting.
- Excellent spelling, grammar, punctuation and accuracy.
- Proficient knowledge of AP style.
- Proficiency in electronic page design using InDesign.
- A valid driver's license, insurance, and an acceptable driving record.

Interested individuals can email their resume to the General Manager, Crystal Leo, at mcmsales2@meadecountyky.com or mail it to 138 Broadway Street, Suite A, Brandenburg, KY 40108.

CONSTRUCTION

Serving Meade and all surrounding counties
WRIGHT'S CONSTRUCTION

- Very Competitive Pricing
- Many Styles and Colors Available
- Clean and Quality Roofing
- Tear-Off and Replacement
- Storm and Wind Damage
- Offering Senior Discounts
- 24 Hour Leak and Damage Repair

The experience you want, the service you expect, the value you deserve!
Residential • Commercial
22 years experience!
Free estimates and roof inspections.
Fully insured and bonded with expert and courteous crews. We also install METAL ROOFING!
270-828-5206
Your home improvements done the W-right way the first time!

CONCRETE

Bim's Ready Mix Concrete
We supply concrete for

- Basement, Footers
- Grain bins, Feed lots, Cow waters
- Driveways, Patio, Sidewalks
- Garage floors

270-422-7744
"Products You Can Build On"
bimsreadymixconcrete.com

Children's menus:

Are they really for children?

JENNIFER BRIDGE

Chicken fingers, burgers, pizza, grilled cheese, and French fries are the most popular kids' menu items. Adults can order similar types of food, but they often have a wider variety of more nutritious options. The idea that children need different foods than adults comes not from scientific studies, but from social norms in our culture. The concept of children's menus originated during the alcohol prohibition era to offset the loss of alcohol sales revenue. Nearly 100 years later, children's menus remain the norm. But do children really need different options?

A new statement from the Society for Nutrition Education and Behavior says no. Other than age-appropriate modifications for texture or portion size, there are no differences in healthy food recommended for adults or children aged two and older.

Foods currently marketed to children are usually highly processed – meaning they are full of energy and low on nutrients to support learning, play and growth. Examples of these types of food include fast food, packaged snacks and desserts, hot dogs and soft drinks. Children's menu foods are often high in saturated fat, sodium, and added sugar and may contain artificial and natural flavors. They are also disproportionately marketed to families with low income and families of color. A diet of children's menu food tastes good,

but it also negatively affects children's food preferences, encourages picky eating behavior and has future health consequences.

To support healthy growth and development at any stage of life, reframe the concept of children's food as a variety of tasty, healthy foods. This includes colorful vegetables and fruit; whole grains; nuts, seeds and beans; lean meat; and low-fat dairy.

For resources and support for planning, purchasing, preparing, and introducing healthy foods to kids (and adults), contact the Meade County Cooperative Extension Service.

Source: Courtney Luecking, extension specialist for family and consumer sciences

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

meade.ca.uky.edu
FAMILY AND CONSUMER SCIENCES

Jennifer Bridge
Meade County Extension Office

DEEDS

02/25: Betty J. Dixon to Betty J. Dixon and Harold D. Dixon, Lot 4 Phillips Acres, love and affection for a son.

Eunice A. Goodman to Nicholas R. (Helene L.) Embry, Little Bend Rd., 25.078 acres, \$61,875.

Jeremy R. (Shelby C.) Edwards to Jeremiah (Elizabeth) Greer, Rhodelia Rd., Payneville, 1.08 acres, \$250,000.

W. Douglas (Donna K.) Reed to James R. Savoy and Catherine M. Schumm, Lot 5 Farmington Estates, \$21,500.

James R. Savoy and Catherine M. Schumm to Patrick McCarty, Lot 5 Farmington Estates, \$40,000.

BBurg, LLC to Paul Stull Building and Remodeling, Lot 78 The Station, Brandenburg, \$18,500.

02/28: McGehee Humphrey & Davis to J&D Premier Homes, Lot 54 Forest Ridge Estates, 1.04 acres, \$29,900.

Danny Board and Malinda Board to Adolfo Hernandez, Blacks Rd., Ekron, 5.533 acres, \$38,000.

03/01: John W. (Deneen D.) Deaton to John E. (Rebecca) Deaton, Sand Pit Rd., Vine Grove, love and affection.

James H. (Linda C.) Griffin to Tristan S (Sydney C.) Griffin, Lafayette St., Brandenburg, 1.62 acres, \$115,000.

William F. (Patricia A.) Gerkins to William D. (Caitlynn B.) Snyder, HWY 144, 1.16 acres, \$260,000.

Stanley E. Smith to Jefferey D. Livingston and Robert E. Cummings, Smith Rd., Ekron, 5.148 acres, \$235,000.

Eli M. (Courtney L.) Dix to Catherine H. Cianchetti, Lot 359 Pine Point, Doe Valley, \$225,000.

Gold Crest, LLC to Sterling Property Group, Mobley Rd., Ekron, 0.6351 acres, \$40,000.

Gold Crest, LLC to Sterling Property Group, Flaherty Rd., Vine Grove, 1.2 acres, \$73,000.

Gold Crest, LLC to Sterling Property Group, Flaherty Rd., Vine Grove, 1.524 acres, \$142,700.

Gold Crest, LLC to Sterling Property Group, Flaherty Rd., Vine Grove, 2.125 acres, \$94,300.

03/02: Galen R. (Donna) Nelson and Mary P. Nelson to Pike & Tucker, LLC, Morgan Rd., 5.351 acres, \$26,200.

Betty W. Lambeth to Robin G. Warren,

Buck Grove Rd., 1 acre, \$222,500.

Jeramie J. (Crystal F.) Charlton to Tyler (Shawn) Mattingly and Kevin Mattingly, Lot 208 Greenbriar, Doe Valley, \$220,000.

Jonathan L. (Melissa A.) Wardrip to Carl J. (Whitley C.) Turbyfill, Weldon Church Rd., Brandenburg, 0.8349 acres, \$45,000.

ACCIDENT REPORTS

02/11: Madison Blair was traveling southbound on KY-313. Daniel Reusch was traveling northbound on KY-313. Reusch advised that he was at the traffic light to make a left turn. Reusch advised there was no vehicle coming, so he began to make his left turn. As he was turning he saw Blair go over the hill and was heading towards intersection. Reusch advised that it appeared Blair was traveling at a high rate of speed. He tried to speed up to get through intersection, but Blair collided with the rear of his trailer. Blair advised that she approached the intersection when Reusch pulled out in front of them. Blair advised she tried to stop but could not. Meade County EMS Med 2 was behind Blair traveling southbound on KY-313 and that Reusch had already started through the intersection before Blair was close to it and did not appear that Blair ever applied their brakes.

02/21: Charlie Robinson advised when he arrived home that someone had driven through his yard and collided with the utility pole in front yard, which belongs to RECC. Neighbor advised it happened sometime between 4:00-6:00 p.m. It appeared that the vehicle left roadway from right shoulder and traveled alongside before colliding with pole. Appears the vehicle backed up and continued to travel westbound on Rock Ridge Road.

02/28: Lucas Shoultz was traveling east on KY 376 when a deer ran out into the roadway. Shoultz stated he turned to avoid deer, then ran off the north side of the road, then drove through fence and post.

MARRIAGE LICENSE

Christina Marie Baker Cummins, 46, Ekron to Barry Allen St. John, 43, Ekron.

Dorothy Cecilia Biddle, 63, Ekron to George Gregory Hager, 66, Ekron.

CHECK US OUT ONLINE

www.MeadeCountyKy.com