

THE LARUE COUNTY HERALD NEWS

Proudly serving the community of LaRue County since May 6, 1885

Deadline for LOCAL classifieds is Friday at noon prior to publication.
To place an ad call 270-358-3118 ext # 1 or email ads@laruecountyherald.com

YOUR
CUSTOMER
JUST READ
THIS AD.

ADVERTISE
WITH US.



PUBLIC NOTICE

Land of Lincoln Planning and Zoning will have an ORDINANCE REVIEW MEETING on April 8, 2025 at 6:30 p.m. at the LaRue County Courthouse located at 209 West High St., Hodgenville, KY.

THE LARUE COUNTY HERALD NEWS PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



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Sale of Surplus Property

The LaRue County Water District #1 will be accepting sealed bids for a 2014 Chevrolet Silverado 1500, 2WD, approximately 201,000 miles, VIN # 1GCNCPHE6EZ168958. The 2014 Chevrolet Silverado 1500 will be sold as is.

The 2014 Chevrolet Silverado 1500 may be observed only, without operating, at 421 Strange Road, Hodgenville, KY 42748. For more information and to view the 2014 Chevrolet Silverado 1500, call 270-491-5248 or email laruewater@laruecountywater.com

Sealed bids will be accepted until Monday, April 7, 2025 at 4:00 P.M. EST

The LaRue County Water District #1 reserves the right to reject any and all bids.

Eating for Eye Health

As we get older, our eyesight can change. We might notice that our vision isn't as sharp as it used to be. Some eye problems, like age-related macular degeneration (AMD), cataracts, and glaucoma, are more common as we age. While we can't reverse damage to our eyes,

there are steps we can take to help prevent eye problems from

getting worse or starting in the first place. One of these things is eating a balanced diet. This can help protect our vision and keep our bodies healthy.



MARLA STILLWELL
UK EXTENSION

Certain nutrients are good for eye health. These include

vitamins A, C, and E, omega-3 fatty acids, and phytonutrients like carotenoids. Food sources of these nutrients include:

- **Vitamin A:** yellow and orange fruits and vegetables (carrots, mango, sweet potatoes), dark green leafy vegetables, fish, and milk.
- **Vitamin C:** dark green and yellow vegetables, citrus fruits (oranges, grapefruits), and bell peppers.

- **Vitamin E:** vegetable oils, whole grains, almonds, and almond milk.
- **Carotenoids:** These are compounds that help give fruits and vegetables their bright colors. Some carotenoids that are good for eyes include beta-carotene, lutein, zeaxanthin.
- **Beta-carotene:** yellow and orange fruits and vegetables (pumpkins, winter

SEE EYE/PAGE B6

Crunchy Air Fryer Fish

Check out this month's recipe which supports eye health and more! You can also watch a how to video for this recipe on YouTube at youtu.be/MerW78QLabA.

Servings: 4; *Serving Size: 4 ounces; Recipe Cost: \$7.72; Cost per Serving: \$1.93*

INGREDIENTS:

1 pound of white fish fillets (tilapia, catfish, perch, etc.)
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon chili powder



1/4 teaspoon onion powder
1/4 teaspoon black pepper
1/4 teaspoon salt
1 egg
1 tablespoon olive oil
1 cup panko crumbs
Nonstick cooking spray

SEE FISH/PAGE B6

CLASSIFIED ADS

PAXTON MEDIA GROUP

CALL TO PLACE YOUR AD IN PRINT AND ONLINE IN KENTUCKY

0100 ANNOUNCEMENTS

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-877-548-7494

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-888-841-2035

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Call LeafGuard and say goodbye to gutter cleaning for good. No cleaning. No leaking. No water damage. No more ladder accidents. Get LeafGuard today and be protected for life. FREE estimate. Financing available. 20% off total purchase (Restrictions may apply.) Call 1-866-850-6999

Choose EarthLink Fiber Internet for speeds up to 5 Gigs, no data caps, no throttling. Prices starting at \$54.95. Plus, a \$100 gift card when you make the switch. Call 1-833-974-4780

Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-833-353-2982

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-900-7392 www.dental50plus.com/26#6258

DIRECTV OVER INTERNET - Get your favorite live TV, sports and local channels. 99% signal reliability! CHOICE Package, \$84.99/mo for 12 months. HBO Max and Premium Channels included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-888-340-6138

0100 ANNOUNCEMENTS

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-292-5435

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-833-984-2146 today!

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-866-329-2415

Frankfort Office Space for rent: Second floor with four large office areas, restroom. Office desks furnished. Located 1/2 mile from I-64 Lawrenceburg exit 53A. Electric, water, gas, utilities and internet included. \$2,200 per month. Call Bonnie Howard, Kentucky Press Association, 502-223-8821.

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-877-581-3053 today!

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-841-2894

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-633-4574

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-592-4235

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 1-877-548-7486

0100 ANNOUNCEMENTS

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 3/30/25.) Call 1-866-837-5986

NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-844-592-3968. You will be asked for the zip code of the property when connecting.

**NO JOB TOO SMALL
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30 years of Experience.
270-317-3119.
Duncan Home Design

Omaha Steaks Wines. 12 world class wines (and bonus gifts) for ONLY \$79.99 (plus s/h.) Save \$160! 12 new wine selections plus a FREE \$25 Omaha Steaks E-reward card every three months. Cancel anytime. 100% guarantee! Call 1-844-740-5945 and mention code AGJF002 or visit www.GetOSWine.com/sip169

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-982-0374

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-844-688-8576 today to schedule a free quote. It's not just a generator. It's a power move.

Prepare for power outages with Briggs & Stratton® PowerProtec(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-548-2927.

**Radcliff- FOR SALE
2 CEMETERY PLOTS**
Located at North Hardin Memorial Gardens
\$3,000 For Both
Call: (270) 351-5975

0100 ANNOUNCEMENTS

Replace your roof with the best looking and longest lasting material - steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer - up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-888-306-0302

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-888-302-4539

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-877-465-1309

SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-866-348-8793

Up to \$15,000.00 of GUARANTEED Life Insurance! No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company- 844-950-2448 or visit www.Life55plus.info/kypress

WARNING: Your home may need new Siding, Windows or Roofs. SAVE MONEY before the hurricane drives prices back up and its to late. Huge Discounts & Financing available. 800-350-0591 to learn more.

We buy 8,000 cars a week. Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-844-440-0399

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-287-5615

**Fill Your Purse Through
the Classifieds**

0100 ANNOUNCEMENTS

When you want the best, you want Omaha Steaks! 100% guaranteed and delivered to your door! Our Butcher's Deluxe Package makes a great gift and comes with 8 FREE Burgers ONLY \$99.99. Call 1-877-395-9131 and mention code 77318CZL or visit www.omahasteaks.com/DeLuxe9671

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-877-548-7946

0300 PETS

Hartford- Boxer Pups For Sale 8 Weeks Old. Healthy & Ready For New Home. \$500 Call (270) 256-8781

0400 FARM

Elizabethtown- 5x6 John Deere Net Wrap Grass Hay & Orchard Grass (270) 307-1008

0500 MERCHANDISE

LOOKING TO BUY 4-wheelers, dirt bikes, mowers & zero turns, golf carts & tractors, trailers, UTV's and side by sides.
Call or text 270-766-9940

MACEO- FOR SALE: metal fire pit, never used, \$50 Wooden picnic table, \$20. 270-922-0838.

0600 REAL ESTATE FOR RENT

VINE GROVE - House for Rent at 400 Peck Street. Elegant older home 3 bdrm., 2 bath, large property, yard maintenance taken care of by owner, Creek running in the back of property, A MUST SEE! \$1700 a mo. and \$1700 deposit. (270) 877-6838

**Classifieds -
Get The Job Done**

0600 REAL ESTATE FOR RENT

For Rent
415 Park Ave, Etown
Beautiful 3/2 historic home with detached garage in downtown Etown. No smoking/Pet Standards & min 2 yr lease. \$1,450/month with \$1,450 deposit. Rented & maintained by Gene Coffey. Contact Gene Coffey 270-300-7782



0800 TRANSPORTATION

TAYLORSVILLE- For Sale: 2006 Toyota Tundra 4.7L, V8, 4 door, 4wd, 1 owner. \$5,500. Call 270-315-2356

