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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

THE LARUE COUNT

readers are hereby informed that all dwellings advertised in this newspaper are available on

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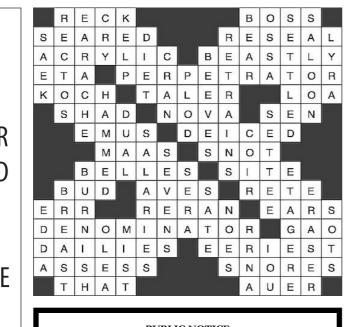
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PUBLIC NOTICE

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.

Eating for Eye Health

s 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 STILLWELL 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.

UK EXTENSION Certain nutrients are good for eve health. These include

MARLA

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



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 # 1GCNCPEH6EZ168958. 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.

Crunchy Air Fryer Fish

heck 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





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Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FRFF 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, nocost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-877-581-3053 today

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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

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Radcliff- FOR SALE **2 CEMETERY PLOTS** Located at North Hardin Memorial Gardens \$3.000 For Both Call: (270) 351-5975

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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

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0300 PETS

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270-766-9940 MACEO- FOR SALE metal fire pit, never used, \$50

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REAL ESTATE FOR 0600 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





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

