

# Foods that can benefit children’s eye health

Food is more than fuel to keep human bodies moving. Food can be an integral component of a health and wellness routine, particularly when nutritious foods are finding their way onto people’s dinner tables.

The right foods can bolster the body in a number of ways, including promoting strong eyesight. That’s as true for adults as it is for children, whose eyesight can be bolstered with foods that support eye health. Vitamin A is especially beneficial for eye health, as the American Academy of Ophthalmology notes the retina needs ample vitamin A to turn light rays into images. The AAO also notes that vitamin A helps to keep eyes moist and thus reduces the likelihood that a painful condition known as dry eye will develop. When it comes to using diet to promote healthy vision in children, parents can consider the following eye-friendly foods.

- Carrots: WebMD reports that a half-cup of carrots can provide 73 percent of the daily recommended amount of vitamin A. Parents can keep that in mind come snack time, offering youngsters some carrots with hummus or peanut butter if kids are reluctant to eat them on their own.
- Sweet potatoes: Sweet potatoes are another excellent source of vitamin A. In fact, the Office of Dietary Supplements reports that a single baked sweet potato in its skin can provide as much as 561 percent of the daily recommended intake of vitamin A. Kids may be reluctant to eat the skin of sweet potatoes, and parents need not fret, as there’s still plenty of vitamin A and additional nutrients when the skin is removed.
- Cantaloupe: Cantaloupe is a low-calorie fruit that also packs a nutritious punch. According to

the Mayo Clinic, a single cup of cantaloupe contains about 106 percent of the daily recommended value of vitamin A. Cantaloupe also tends to be kid-friendly, as its sweet and refreshing flavor profile makes this round melon a tasty treat for youngsters and adults alike.

- Leafy greens: Vitamin A is not the lone booster of eye health. The AAO notes that the antioxidants lutein and zeaxanthin promote a healthy macula, a part of the eye that is important to central, detailed vision. Kale and spinach may not excite youngsters as much as cantaloupe, but each are antioxidant-rich leafy greens that parents can incorporate into weekly meals. One trick is to incorporate spinach into pasta dishes that kids love so much they won’t even realize they’re eating greens. When serving kale, serve it alongside mashed potatoes and encourage

kids to mix the two.

- Kidney beans: The AAO notes kidney beans are rich in zinc, which helps to maintain a healthy retina and protect the eyes from light-related damage. Kidney beans are especially

helpful because they are rich in copper, which can be depleted by zinc but is necessary for the formation of red blood cells. Kidney beans thus help ensure kids get enough zinc and help to combat the effects zinc can have on

copper levels.

Diet can have a notable impact on children’s eye health, which makes it vital for parents to serve vision-friendly foods to youngsters.



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### NOTICE OF MASTER COMMISSIONER SALE

In order to comply with the orders of the Russell Circuit Court, the Master Commissioner of the Russell Circuit Court shall proceed to offer for sale to the highest and best bidder at public auction the below properties on **Friday, July 25, 2025, at the hour of 9:00 a.m., CT, Russell District Courtroom, Russell County Judicial Center, Jamestown, Kentucky.**

Said properties shall be sold to raise the amounts hereinafter set forth, together with interest and the costs of the action, and upon (unless otherwise indicated) the following terms and conditions:

A) For the purchase price, the Purchaser(s) must pay in full by cash or good check on the date of sale or the Purchaser(s) may pay ten (10%) down on the day of sale and shall execute a good and sufficient purchase money bond, with approved surety thereon, equal to the balance of the purchase price payable to the Master Commissioner within thirty (30) days. Any such purchase money bond shall have the force and effect of a Judgment and shall be a lien upon the property sold as additional security for the payment of the balance of the purchase price. The Master Commissioner’s bond shall bear interest at the rate the judgment bears from the date of sale until paid in full. **In the event the successful bidder is not paying the full amount of the purchase price on the date of sale, purchaser will be required to post bond and furnish an acceptable surety thereon.** In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the Judgment amount.

B) Purchaser shall be required to pay property taxes for current tax year and all taxes thereafter, for which the Purchaser(s) shall receive no credit against the purchase price.

C) The property shall otherwise be sold free and clear of any right, title, and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Russell County Court Clerk’s Office and such right of redemption as may exist in favor of the United States of America or the Defendant(s).

**The Master Commissioner Sale/Deed is not a warranty of good title.** Possession shall be given to the Purchaser(s) with the delivery of the Master Commissioner’s Deed thereto. Purchaser(s) will assume and be responsible for all risks of loss to the premises upon acceptance of their bid by the Master Commissioner at the Master Commissioner’s Sale.

**Bidder should examine the records of the Russell Circuit Clerk and the Russell County Clerk prior to the sale for further information. Any statements made the day of the sale shall take precedence over advertised material. Bidder shall be prepared to comply promptly with these terms.**

(Sale bonds will bear interest at the rate of Judgment entered in each separate action)

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### SALE NO. 1

**Property: 86 Melissa Road, Russell Springs, Kentucky 42642      Map ID: 032-10-03-013.00**  
TAX BREAKER KY, LLC vs. KENNETH R. SCHACKOW, UNKNOWN SPOUSE, IF ANY, OF KENNETH SCHACKOW, RUSSELL COUNTY KENTUCKY  
Civil Action No. 25-CI-00146      Principal amount to be raised: \$5,294.49

M GAIL WILSON, MASTER COMMISSIONER, RUSSELL CIRCUIT COURT

(Continued from previous page)

12430	2024	REINHOLTZ, WAYNE C. & ROSETTA	LITTLE LOUISVILLE RD	047-90-14-064.00	796.44	14691	2024	STONE, LISA E & GADD MATTHEW A. &	DUDLEY POINT	071-30-02-016.00	405.73
12539	2024	RHODES, ANDREW S	WALNUT LANE	057-30-05-005.00	796.44	202429	2024	SULLIVAN, ARTIE MAE	OIL PROPERTY	OIL PROPERTY	69.48
12654	2024	RIDER, JACK R. JR. & KAY L.	STILLWATER	076-20-01-002.00	140.03	14772	2024	SULLIVAN, CATHY	VIRGINIA AVE.	034-90-06-009.00	405.73
12681	2024	RIMAS, JESS & NANCY	CHEROKEE VILLAGE	066-50-02-119.00	46.25	14830	2024	SUTTON, KATHY & STEPHEN STARGLE	WALNUT LANE	057-30-05-008.00	624.53
12718	2024	ROBBINS, RICKY & PATTY	SHARON ANN RD	032-70-04-001.00	483.86 * Pending *	14846	2024	WORD, ELLIOTT & JANET L MOSLEY	ELLIOTT CIRCLE	081-10-12-028.00	60.29
12737	2024	ROBERTS, PAUL & CHRISTY	EASTHAM RD	070-00-00-094.00	640.17	14864	2024	TACKETT, DAWN LESLIE	SULLIVAN AVE	032-60-19-032.00	93.16
12738	2024	ROBERTS, PAUL & CHRISTY	RAZORBACK RD.	070-00-00-094.02	249.43	14871	2024	TALON REAL ESTATE INC	LILY CREEK RESORT	047-90-02-009.00	69.76
12744	2024	ROBERTS, WILLIAM H. & WILMA	SUGAR TWO RD	072-70-12-145.00	69.76	14975	2024	TAYLOR, CHESTER	HEAVENLY HOLLOW RD	044-00-00-065.03	3453.38
12746	2024	ROBERTS, WILLIAM H. & WILMA J.	SUGAR CAMP SUB.	072-70-12-112.00	108.77	14988	2024	TAYLOR, JAMES	INDIAN HILLS SUB.	071-90-14-004.00	46.25
12862	2024	ROBERTSON, TERANI JOURDAN & JAMES EVAN	LILY CREEK RESORT RD	047-90-01-017.00	4797.48	15016	2024	TAYLOR, SARAH	BLANKENSHIP RD.	025-00-00-042.00	171.28
12879	2024	ROBERTSON, WILLIAM ERIC	HICKORY LANE	032-40-06-022.00	61.89	15023	2024	TBH HOLDINGS LLC	BALLARD ST.	034-90-13-014.00	77.52
12925	2024	ROGERS, JASON & SAMANTHA	E. HWY 80	053-00-00-027.03	374.45	15024	2024	TBH HOLDINGS LLC	WEST CUMBERLAND	034-90-13-003.00	937.10
12935	2024	ROHLEDER, FRANCES	INDIAN HILLS SUB.	071-90-15-005.00	61.89	15190	2024	THORPE, BILL	LEISURE ACRES	081-30-01-004.00	77.52
12938	2024	ROHS, DEAN A.		64545001	69.76	15194	2024	THURM, TODD A & MISTY TREADWELL	STILLWATER	076-20-01-128.00	952.75
13010	2024	ROY, ANTHONY BART	OLD ELI CLEAR FORK RD	062-00-00-123.99	249.43	15215	2024	TINSLEY, WILLIAM BRUCE & JAMES	TWIN OAK	081-10-33-111.00	61.89
13154	2024	ROY, WILBUR R. & MARGARET ANN	BERNARD FARM	054-50-04-052.00	99.39	15238	2024	TOJ, SHERRY DAWN	ORANGE VALLEY RD	032-10-04-011.00	140.03
13155	2024	ROY, WILBUR R. & MARGARET ANN	MT. EDEN RD.	068-00-00-002.01	546.38	15249	2024	TOTS LANDING INC	TANGIBLE		117.07
13248	2024	RUSSELL, RONALD & BARBARA	TOWNVIEW ESTATES	034-90-23-013.00	85.29	15250	2024	TOTTEN, JOHN L.	WIGGINGTON SUB.	072-70-08-058.00	30.64
13377	2024	SASSER, BOB	BRIARWOOD	077-10-01-028.00	241.57	202430	2024	TRAVIS COOMER DRILLING INC	OIL PROPERTY	OIL PROPERTY	896.15
13415	2024	SCAGGS, JAMES III	CAMPGROUND RD	032-70-03-001.00	405.73	202431	2024	TRIPLE A OIL LLC	OIL PROPERTY	OIL PROPERTY	471.55
13416	2024	SCAGGS, JAMES III	SHARON ANN RD	032-70-03-004.00	562.01	15271	2024	TROUTT, GREG & DOLORI	MELISSA RD	032-10-03-007.00	69.76
13417	2024	SCAGGS, JAMES III & DEBBIE BRAY	CAMPGROUND RD	032-70-03-001.00	179.06	15301	2024	TUCKER INVESTMENT GROUP LLC	VOILS RD	033-00-00-020.11	982.05
13418	2024	SCAGGS, JIMMY	HWY. 1611	063-00-00-072.01	640.17	15302	2024	TUCKER INVESTMENT GROUP LLC	CAYDEN LN.	033-00-00-020.14	982.05
13425	2024	SCALES, TONY & ANGELA	BLAIR SCHOOL RD	013-00-00-012.02	93.16	15381	2024	TURPIN, HOWARD	SUGAR CAMP	072-70-12-064.00	46.25
13434	2024	SCHACKOW, KENNETH D	MELISSA RD	032-10-03-013.00	179.06 * Pending *	15385	2024	TWIFORD, SANDRA BICE	BLOWING SPRINGS SUB	025-00-00-025.18	61.89
13449	2024	SCHLABACH, ANTHONY M & SAMANTHA J	LARRY GILLOCK PROJECT	071-40-03-001.00	534.58	15415	2024	UPTON, JAMES	LAKEWAY HILLS	032-60-21-014.00	343.21
13454	2024	SCHMIDT, BERTRAM A.	CHEROKEE VILLAGE (DO NOT)	066-90-03-239.00	77.52	15431	2024	UZIEL, FRANK A.	HWY. 55	025-00-00-032.00	1656.05
13457	2024	SCHMIDT, JOHN T. & DIANA T.	EDGEWATER	065-30-02-085.00	202.55	15452	2024	VANDERPOOL, E E & NORMA E.	TWIN OAK	081-10-12-024.00	30.64
13546	2024	SCOVIL, CECILIA Z.	ELLIS SUB.	081-70-01-048.00	61.89	15493	2024	VAZQUEZ, JULIO	GENEVA DR	033-60-04-039.00	405.73
13651	2024	SHEARER, DEBRA	WAYNE RD	045-80-01-044.00	327.65	15624	2024	WADDLE, PATSY	JIMMY AVE	033-50-08-023.00	176.01
13653	2024	SHEARER, BILLY JR & WILMONT	WAYNE RD	045-80-01-045.00	233.81	15692	2024	WAKULA, JIM W. & SANDRA	CAPTAINS POINT	057-20-01-039.00	640.17
13685	2024	SHEPARD, CHAD K. & HEATHER & PICKETT	JW HARRIS RD.	061-00-00-064.00	749.58	15697	2024	WALKER, DEWEY S.	TWIN OAK	081-10-42-002.00	61.89
13686	2024	SHEPARD, CHAD K. & HEATHER PICKETT	JW HARRIS RD.	061-00-00-058.04	108.77	15720	2024	WALLACE, ZEREMIEH	SUNSET DR.	034-90-14-015.99	1187.18
13688	2024	SHEPARD, KENNY & PEGGY	JW HARRIS RD.	68250001	186.92	15721	2024	WALLEN, CANDICE	YELLOW APPLE RIDGE RD	061-00-00-070.99	93.16
13749	2024	SHOULTZ, FRANK & TENNA F	WEBB RIDGE RD.	052-00-00-044.00	61.89	15741	2024	WALTER, MARGARET	TED LN	033-00-00-018.99	499.50
13762	2024	SHULENBURG, DELORES	HWY. 379	005-00-00-010.04	1103.54 * Pending *	15768	2024	WANG, DAMING	CAPTAINS POINT	057-20-01-009.00	327.57
13783	2024	SIMMONS, GAY	PINECREST ( LOT 49)	26945001	132.25	15815	2024	WARRINER, BRIAN	WOOLDRIDGE RD	036-00-00-033.00	140.03
13867	2024	SKAGGS, SAMUEL	PARKVIEW ESTATES	032-40-07-021.00	163.52	15832	2024	WASHEL, DOUGLAS	VIEWPOINTE SUB.	048-10-05-021.00	562.01
13868	2024	SKAGGS, SAMUEL	PARKVIEW ESTATES	032-40-07-022.00	163.52	15833	2024	WASHEL, DOUGLAS	PLAINVIEW SUB.	072-20-03-007.00	124.40
13912	2024	SMITH, BARBARA P.	OLD SANO RD	032-10-01-004.00	93.16	15849	2024	WATSON, VICKI & DANIEL MCGUFFIE	HICKS RD	072-70-11-153.00	468.25
13984	2024	SMITH, DONALD K. & NORMA SUE	RAMBLING CREEK RD	034-20-01-035.00	640.17	16132	2024	WHITE, HENRY	ELLIOTT CIRCLE	081-10-12-030.00	38.47
202427	2024	SMITH, JERRY	OIL PROPERTY	OIL PROPERTY	57.14	16449	2024	WILSON, CARLDO	LAKEWAY MH PARK	D495	175.19
14088	2024	SMITH, LARRY H	CAMPBELL'S SEC. ACRES	066-30-03-015.00	77.52	16455	2024	WILSON, CARLDO		82910004	24.38
14111	2024	SMITH, OLEN B.	WIGGINGTON SUB.	072-70-08-063.00	61.89	16456	2024	WILSON, CARLDO		82910001	30.64
14133	2024	SMITH, TIFFANY N.	E. HWY. 619	046-00-00-017.99	249.43	16457	2024	WILSON, CARLDO		82910010	24.38
14142	2024	SMITH, TRESA		70345001	30.64	16548	2024	WILSON, JANICE G	PRIMROSE ST	043-20-04-002.00	93.16
14163	2024	SNODGRASS, HELEN F.	TWIN OAK	081-10-50-035.00	46.25	16573	2024	WILSON, KEITH E. & 406, W. MAIN	WILSON TOWN RD.	062-00-00-050.00	452.62
14366	2024	STARGLE, DAVID	BLAIR SCHOOL RD.	012-00-00-036.00	377.60	16683	2024	WISDOM, CHRISTOPHER	NELSON MILL RD.	056-00-00-002.03	77.52
14376	2024	STEARNS, JERAMY	WEST DR	11406001	46.25	16685	2024	WISDOM, DAVID	E. HWY. 619	046-00-00-020.00	93.16
14377	2024	STEARNS, JERAMY	FRENCH VALLEY LOOP	033-00-00-034.00	827.70	16737	2024	WOLF, CREEK COON CLUB	COON CLUB RD.	045-00-00-049.00	157.27
14391	2024	STELLA INC	TANGIBLE		6472.95	16849	2024	WOOTEN, ANTHONY L	GRIDER DR	034-90-06-038.00	46.25
14430	2024	STEPHENS, GERALD		73120001	30.64	16853	2024	WOOTEN, BOBBY	OLD CLEAR SPRINGS RD	034-00-00-029.00	116.55
14556	2024	STEPHENS, TERRY	CLEAR FORK RD.	062-00-00-134.00	718.31 * Pending *	16919	2024	YERDON, DIANA B & OTHERS	JEWELL ST.	020-90-02-005.00	140.03
						17026	2024	ZIMMERMAN, JOHN SCOTT & CHRIS	JDB SPUR	054-50-02-023.00	1030.89

13425	2024	SCALES, TONY & ANGELA	BLAIR SCHOOL RD	013-00-00-012.02	93.16	15385	2024	TWIFORD, SANDRA BICE	BLOWING SPRINGS SUB	025-00-00-025.18	61.89
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13449	2024	SCHLABACH, ANTHONY M & SAMANTHA J	LARRY GILLOCK PROJECT	071-40-03-001.00	534.58	15431	2024	UZIEL, FRANK A.	HWY. 55	025-00-00-032.00	1656.05
13454	2024	SCHMIDT, BERTRAM A.	CHEROKEE VILLAGE (DO NO	066-90-03-239.00	77.52	15452	2024	VANDERPOOL, E E & NORMA E.	TWIN OAK	081-10-12-024.00	30.64
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14142	2024	SMITH, TRESA		70345001	30.64	16573	2024	WILSON, KEITH E. & 406, W. MAIN	WILSON TOWN RD.	062-00-00-050.00	452.62
14163	2024	SNODGRASS, HELEN F.	TWIN OAK	081-10-50-035.00	46.25	16683	2024	WISDOM, CHRISTOPHER	NELSON MILL RD.	056-00-00-002.03	77.52
14366	2024	STARGLE, DAVID	BLAIR SCHOOL RD.	012-00-00-036.00	377.60	16685	2024	WISDOM, DAVID	E. HWY. 619	046-00-00-020.00	93.16
14376	2024	STEARNES, JERAMY	WEST DR	11406001	46.25	16737	2024	WOLF, CREEK COON CLUB	COON CLUB RD.	045-00-00-049.00	157.27
14377	2024	STEARNES, JERAMY	FRENCH VALLEY LOOP	033-00-00-034.00	827.70	16849	2024	WOOTEN, ANTHONY L	GRIDER DR	034-90-06-038.00	46.25
14391	2024	STELLA INC	TANGIBLE		6472.95	16853	2024	WOOTEN, BOBBY	OLD CLEAR SPRINGS RD	034-00-00-029.00	116.55
14430	2024	STEPHENS, GERALD		73120001	30.64	16919	2024	YERDON, DIANA B & OTHERS	JEWELL ST.	020-90-02-005.00	140.03
14556	2024	STEPHENS, TERRY	CLEAR FORK RD.	062-00-00-134.00	718.31 * Pending *	17026	2024	ZIMMERMAN, JOHN SCOTT & CHRIS	JDB SPUR	054-50-02-023.00	1030.89