

COMMUNITY

RETIRING

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appreciation, each receiving a wood and acrylic desktop clock with a personalized purple and gold plate. Six of those individuals were on hand to receive those gifts. They included:

— Diana Brinson, over 29 years in the district. Brinson is known to countless local families as the After School Child Care Director.

“Mrs. Brinson always said, ‘If I had to go and teach kindergarten, I’d probably quit.’ If I had to do what Mrs. Brinson did every day, I’d definitely quit, and I don’t mean that in a bad way, there’s just a calling to do what she does,” said Lively. “You have such a wide range of kids and there are so many needs to be met. ... I never met Mrs. Diana that she didn’t have a smile on her face, she wasn’t happy, and wasn’t loving every moment in that room in there.”

— Kevin Burkett, 27 years. Somerset sports fans may know Burkett best as the Somerset High School athletic director, but he’s also taught numerous students in the classroom as well.

“(He has been) a tremendous physics teacher and science teacher ... I promise you, the impact you had in the classroom may be even greater than what you’ve done in your role with the athletic department,” said Lively. “As an athletic director, that might be one of the toughest jobs in the district. ... You have to be dedicated, and you have to love it. ... He’s the guy behind the scenes doing the hard work that really didn’t get a lot of acknowledgement. He gets to hear it from the coaches, the negativity, he gets to hear it from the administration, the negativity. Basically, he’s never right, but he was always right.”

— Debbie Harris, 23 years. Harris has been a business teacher at SHS and served as advisor for DECA, a program that helps prepare students for careers in business and finance, and has received Kentucky DECA Advisor of the Year and Kentucky Marketing Teacher of the year awards.

“When it comes to DECA, (Harris) is known statewide and maybe nationally,” said Lively. “You can think about the number of students that have gone on to become highly successful in life that have gone through your program. That’s continued. We’re still getting emails about DECA, and that’s some-

thing that you set a baseline for and built a foundation of success moving forward, to bring kids out of their shells ... You’ve probably changed lives career path-ways more than any other teacher around.”

— Linda Howard, 10 years. Howard has served countless meals to students at the Hopkins Elementary School Cafeteria Manager.

“(Hopkins) is the largest student body that we have, and to run that cafeteria, be responsible for that cafeteria, feed that many kids daily, it’s a tremendous feat,” said Lively. “But more importantly, not the management side of it, it was how she treated the kids. ... She’s the first face, if they didn’t ride the bus, that they saw every day (from school employees). It was always a positive interaction, children loved her. Her heart for kids is just unwavering.”

— Cindy Ham, 26 years. Ham is known as the district’s coordinator for federal programs as well as assessment supervisor dealing with state testing standards.

“You won’t find a more intelligent person, a more capable person,” said Lively. “... She always gives the answer that’s correct. It’s probably not the answer you want to hear. I’ve learned that numerous times. ... She kept us out of trouble, but she would always give you a way to make those things happen. ... A tremendous teacher, just a huge asset to education as a whole.”

— Tim Ham, 25 years. Most recently the district’s transportation director, Ham has held numerous other roles in his time with the district.

“Mr. Ham served as assistant principal at the high school, assistant principal at Hopkins, principal at Hopkins, transportation, Safe Schools, chief operations officer,” said Lively, before Ham added that he also taught Social Studies and coached basketball, among other things. “To echo what I said about Ms. Ham, (Tim Ham) has a heart that is always (asking) ‘What can we do best for kids?’ We want to feed them, we want to take care of them, and we want to educate them, and he makes sure those things happen.”

Other retiring individuals to be recognized who were not present at Tuesday’s meeting were Hopkins Elementary teachers Susan Hughes (four years with the district) and Tonja Teal (16 years), and Meece Middle School teacher Melinda Williams (32 years).

Fresh Vegetables

If you grew up hearing “eat your vegetables,” it turns out your mother was right. Vegetables provide important vitamins, minerals and fiber, and they are naturally cholesterol-free and low in fat.

That is a big return for adding more colorful foods to your plate. Today you can find lots of fresh product at all the Farmers Markets in the county.

Still, knowing we should eat vegetables and wanting to eat them are two different things. A few simple techniques can turn everyday produce into quick, flavorful dishes your whole family will enjoy.

Vegetables taste best when they are fresh and in season. Look for produce that’s crisp, brightly colored and firm. Vegetables lose flavor and nutrients as they age, becoming limp or dull. A quick rinse under running water is usually all they need before you chop, slice, or cook. Storing them correctly also helps. Refrigerate most vegetables, including lettuce, herbs, mushrooms, and carrots, in a covered container. If you prep vegetables ahead of time, cover and refrigerate them within two hours to keep them from drying out or discoloring.

Vegetables are best when cooked briefly, just until crisp-tender. Overcooking can dull their color and cause nutrients and flavor to leach out.

Steaming is fast and gentle, helping vegetables stay bright and flavorful. Try broccoli, carrots, cauliflower, or green beans on the stovetop or in the microwave with just a splash of water.

Roasting brings out natural sweetness. Toss vegetables with olive oil and herbs, spread them on a baking sheet and roast at 350°F until tender. Broccoli, carrots, peppers and zucchini all roast well.

In summer, grilling is another easy way to make vegetables more appealing. Zucchini, summer squash, bell peppers, mushrooms, onions and corn take on a lightly sweet, smoky flavor. Cut them into similar-sized pieces, brush lightly with oil, and cook until tender.

Sautéing or stir-frying is perfect for

weeknights. Cook small pieces of vegetables in a little oil, stirring often. Mushrooms, peppers, onions, zucchini and spinach cook in minutes.

Microwaving is fast, convenient and nutritious because cooking time is short and water use is minimal.

Vegetables do not need heavy sauces to taste great. A sprinkle of herbs, a squeeze of lemon or a dash of vinegar can brighten their natural flavors. Start with mild herbs like basil, oregano, or lemon pepper, and use stronger spices in smaller amounts.

Try these quick pairings:

— Green beans: lemon juice, dill or marjoram

— Carrots: cinnamon or tarragon

— Squash: nutmeg or ginger

— Tomatoes: basil or oregano.

Vegetables do not have to be complicated. With simple prep and quick cooking

methods, they can become one of the easiest parts of a summer meal. Whether you grill a few ears of corn, steam a quick side dish or add fresh tomatoes to dinner, every small step helps your family eat better and enjoy the flavors of the season.

For more nutrition and cooking tips, contact your Pulaski County Extension Family and Consumer Sciences agent. This institution is an equal opportunity provider.

Your Farmers Market will have lots of fresh corn for you to eat or preserve for the winter. For time consuming, you will find out it is faster to freeze your corn than to can it. The canning process for corn is several minutes. You can eat corn fresh off the cob, fry it, make cream style corn, corn salad, corn relish, in vegetable soup, just lots of ways you can prepare corn. It makes delicious Corn Salad.

FRITO CORN SALAD

- 4 cups of corn
- 2 cups of grated cheese
- 1 cup of mayonnaise
- 1 cup green pepper, chopped.

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EDITH LOVETT

Pulaski County Extension

PUBLIC NOTICE REQUEST FOR STATEMENT OF QUALIFICATIONS

Clifty Heights Baptist Retreat, INC will accept Statement of Qualifications from architectural firms for planning, design, inspection and supervision services to be performed in the implementation of the Science Hill Community Center Project. Firms wishing to be considered should send a sealed envelope containing FOUR (4) copies of a Statement of Qualifications labeled “Science Hill Community Center Project” to LCADD, Attn: Leslie Lester, P.O. Box 1570, Russell Springs, Kentucky 42642

Responses should be submitted by 4:00 p.m. Central Time on Monday, August 3rd, 2026.

Statements should include a description of the firm’s capabilities and expertise in the field of architectural design and along with resumes of individuals to be assigned to the project, a listing of similar projects along with reference information, and a description of the firm’s familiarity with the project area and the ability to provide responsive service to Clifty Heights Baptist Retreat, INC. Firms responding to this request will be ranked according to the information submitted. Clifty Heights Baptist Retreat, INC will enter into negotiations with the highest ranked firm to execute an architectural services agreement subject to availability of funding. If the parties are unable to negotiate a satisfactory agreement, the second ranked firm will be contacted. Once a firm has been selected, all unsuccessful firms will be contacted.

Public funding is being sought for the project. The formal solicitation of consulting architectural firms is being conducted to fulfill the requirements of the funding agency.

Attention is particularly called to the requirements as to conditions of employment to be observed under the contract, Section 3, Segregated Facilities, Section 109, Title VI of the Civil Rights Act of 1964, E.O. 11246, the Anti-Kickback Act, Section 503/ADA, Section 402 Veterans of the Vietnam Era clause and Age Discrimination Act of 1975 clause requirements.

Clifty Heights Baptist Retreat, INC. reserves the right to reject any and all responses, to waive any technicalities, and to negotiate with the respondent who most nearly meets the project requirements. Clifty Heights Baptist Retreat, INC is not responsible or liable for any costs incurred by consultants replying to this request. Clifty Heights Baptist Retreat, INC is an equal opportunity employer and encourages responses from all qualified firms.

PUBLIC NOTICE REQUEST FOR STATEMENT OF QUALIFICATIONS

The City of Burnside is accepting Statements of Qualifications for engineering design, inspection and supervisor services to be performed in the City of Burnside City of Burnside Sewer Pump Station Standby Generators. Firms wishing to be considered should send a sealed envelope containing FOUR (4) copies of a Statement of Qualifications labeled “City of Burnside Sewer Pump Station Standby Generators” to LCADD, Attn: Leslie Lester, P.O. Box 1570, Russell Springs, Kentucky 42642

Responses should be submitted by 4:00 p.m. Central Time on Monday, August 3, 2026.

Statements should include a description of the firm’s capabilities and expertise in the field of engineering design and along with resumes of individuals to be assigned to the project, a listing of similar projects along with reference information, and a description of the firm’s familiarity with the project area and the ability to provide responsive service to the City of Burnside. Firms responding to this request will be ranked according to the information submitted. The City will enter into negotiations with the highest ranked firm to execute an engineering services agreement subject to availability of funding. If the parties are unable to negotiate a satisfactory agreement, the second ranked firm will be contacted. Once a firm has been selected, all unsuccessful firms will be contacted.

Public funding is being sought for the project. The formal solicitation of consulting engineering firms is being conducted to fulfill the requirements of the funding agency.

Attention is particularly called to the requirements as to conditions of employment to be observed under the contract, Section 3, Segregated Facilities, Section 109, Title VI of the Civil Rights Act of 1964, E.O. 11246, the Anti-Kickback Act, Section 503/ADA, Section 402 Veterans of the Vietnam Era clause and Age Discrimination Act of 1975 clause requirements.

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