

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Make Your Yard Sale A Success

Source: Jennifer Hunter, Assistant Extension Professor for Family Financial Management

Spring is a time when many people give their house a thorough cleaning. During this cleaning ritual, you may find that you've accumulated way too much stuff. A yard sale is a perfect way to remove household clutter and make some extra money.

Having a yard sale does not necessarily mean it will be a success. Careful planning and preparation beforehand can help you have the most successful yard sale possible.

Planning ahead is essential and should be done well in advance of the yard sale date. Start by sorting through your unwanted items. Make sure the items you plan on selling are gently used, no broken or missing parts, and void of stains, missing buttons or broken zippers. Organize similar items together. This can help you with pricing later.

You may also want to check with your local government to determine if they have any regulations about the number of yard sales you can have during a year or if they require a permit. This information is usually available on local government websites.

Location is an important key to a successful yard sale, as your customers may not want to travel far distances. If you have a family member or friend who lives near a main thoroughfare, subdivision or other desirable location, you may ask them if they would like to have a multi-family yard sale at their location. Another option is to talk with your neigh-

bors about having neighborhood-wide yard sale.

When you price your items, make sure your asking price is reasonable for the piece and its condition. You may want to visit a few yard sales around the neighborhood beforehand to see the prices for similar items. You can purchase yard sale price stickers at many grocery stores or make your own with masking tape and a marker. When setting your prices, remember that your customers may like to negotiate so you should be willing to be flexible.

Timing is very important to the success of yard sales. Friday and Saturday are very popular days for yard sales. People usually have more disposable income at the first of the month compared to the end of the month. Many yard sales are also planned to coincide with local festivals. Many customers like to get out early to get the best deals, so plan on starting your yard sale by at least 8 a.m., but be aware that some people may be at your door earlier.

Advertise your event. Check with your local newspaper about the price and deadlines for classified advertisement. If it's not too expensive, newspapers are a great way to get the word out to others in your community. You can also promote your yard sale to your friends on social media or by giving flyers at groups to which you belong or that might have a special interest in your sale, such as young mothers if you have children's clothes or a book club if you have lots of gently used books.

Don't try to run a yard sale alone. Have at least one friend or family member help you keep an eye on your items, and never leave the cash box unattended.

More information on family financial management topics is available at the Estill County Office (723-4557) of the University of Kentucky Cooperative Extension Service located at 76 Golden Court, Irvine.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Kitchen Diva

An Ode to Alliums

by ANGELA SHELF MEDEARIS and GINA HARLOW

It's hard to imagine a world without alliums: scallions, leeks, shallots, garlic and onions. In fact, I don't think I want to. But if forced to venture there in my imagination, it would be a land of drab salads, sauces, salsas and dressings.

Onions pack so much flavor in the membranes of their spicy, sometimes sweet layers that, as we all know, a little goes a long way. They sit at the pinnacle of taste, right next to that other beloved allium, garlic. Onions, however, have a slight edge over garlic in that they come in so many shapes and sizes, providing an imaginative cook a broad field of opportunity.

Late spring is when alliums of every kind are coming out of the earth. And while many varieties of onions keep for months in cool, dry storage, fresh onions are a taste treat not to be missed. Right now, you'll find leeks; red, white and yellow bulb onions; scallions, also known as green onions; and shallots at your local farmer's market. Start there if you can. But if not, your local grocery would have to shut its doors if it couldn't provide a decent supply and variety of onions.

Also, to be clear about a continuing confusion, there is no difference between scallions and green onions -- it's simply two names for the same allium. There is a difference, however, between scallions (green onions) and spring onions. Spring onions are very young bulb onions, such as the white, yellow or red variety.

You can tell the difference between a spring onion and a scallion by the size of the bulb. The bulb of a spring onion will be fat and round, while the scallion/green onion will be thin and narrow. When shopping for any onion, make sure the bulb feels firm to the touch. With green or spring onions, look for those with firm, straight stalks. They should still be bright in color with springy roots sprouting from the bulb end.

A wonderful distinction of the scallion/green onion is that it provides a combination of nutritional benefits -- those of onions as well as greens. It also has an unmistakable flavor, separate from other bulb onions.

The white of young bulb onions, as well as scallions, is usually sharper than that of large bulb onions, and the more fibrous green stalk has a hot, unmistakable mineral flavor that can punch up a dish in no time. When heated, though, those traits become even more interesting, as the hot and sharp turns a little soft and sweet. This flavorful trait is what makes my recipe for Buttered White Fish with Charred Scallions so delicious.



Buttered White Fish With Charred Scallions

Charring the scallions in a hot skillet adds a depth of flavor that enhances the fish. Whipped butter has one-half the calories of regular, unsalted butter and imparts a richness to this unique fish dish.

- 2 bunches scallions or green onions, root end removed and discarded
- 1/4 cup whipped butter
- 2 tablespoons olive oil or coconut oil
- 2 (8-ounce) fish filets (any firm, white fish -- bream, cod, halibut, sea bass, sole, tilapia, etc.
- 1/4 teaspoon Kosher salt
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon lemon pepper

1. Mince both the green and white parts of the scallions. Set aside. Melt the butter in a heavy-bottom skillet over high heat. Add in the oil.

2. Season fish on both sides with the salt and poultry seasoning. Sear fish in skillet; then add in half the scallions; cook until scallions darken and look almost burnt, 3-4 minutes. Reduce heat to medium-low, add remaining scallions, and sprinkle fish with lemon pepper. Cook until fish is done, 6-8 minutes. Serves 2.

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Saturday, May 17th, starting @ 8am

Marcum & Wallace Relay For Life Team

Marcum & Wallace Memorial Hospital Relay for Life Team will be having a YARD SALE on Saturday, May 17th at Mercy Primary Care (formerly Cedar Village), 1100 Richmond Road in Irvine, starting at 8 a.m. Come and support the Relay for Life Team and find a good deal!

Saturday, May 24th @ 1pm

Neal & Campbell Reunion

There will be a reunion at Chestnut Stand Cemetery, Saturday, May 24th, 2014 of the families of the late Will and Sarah Elizabeth Neal and Art and Mattie Campbell.

Dinner will be at 1:00 p.m. and will be potluck. Please come and spend a

day with our "Kin Folks." There will be singing on the mountain and a silent auction. Bring anything to be auctioned.

For more information, call Lucille Neal Harrison at 606-723-2246.

Saturday, July 26th

IHS 1964 Class Anniversary

The Irvine High School Class of 1964 will celebrate the 50th anniversary of its graduation at Natural Bridge State Park on July 26th.

If you are a classmate of this group please contact either Tim Monson (859-224-2368) or Tom Bonny (606-723-5694) or thb@irvineonline.net).

The classmates that we have not been able to make contact

with are: Alvin Ballard, Robert (Bobby) Farris, Myra French, Jimmy Hall, Alonzo Horn, Sue Northern, Beverly Shearer, Donna Shearer, Margaret Tipton, Ronnie Welch, Harold Dean Wells, and Frankie Yeager. If anyone has contact information regarding any of these people, please let one of us know, or ask them to contact us.

Keep Our County Moving Forward! Re-Elect EARL YOUNG JR.

Magistrate District #2
Your vote will be appreciated!

Paid by Earl Young Jr., 77 Dry Branch Rd., Irvine, KY

IRVINE 606-726-9512 FLEA MARKET

1197 Winchester Road Irvine, Kentucky
Several Booths to Choose From
Primitives And Much More!
Stop by and look around!
Antiques, Glassware & Much More
We • Buy • Sell • Trade
Always Looking for Good Furniture
Irvine Flea Market
1197 Winchester Road Irvine, KY
Call 726-9512 Ask for Tammy

Through Fathers Day

Estill's Baby Bottle Fundraiser

The Estill County Center for Pregnancy & Parenting announces their annual Baby Bottle fundraiser. The Center is now open and serving clients and needs the support of our community to continue this much needed ministry.

From Mothers Day until Father's Day you can take a baby bottle home, fill it with your daily pocket change, cash or a check, and return it to the Center. That's it! This is such an easy way to help mothers, fathers and their babies!

Some local churches are participating and will have bottles to pass out to their families. Businesses may have a larger bottle for collection. Bottles coming from the Center are specially marked so you know where the money is going.

If you, your church or business would like to participate and have not been contacted, please call for more information and to reserve your bottles. 606-723-0184 or email: familyliferesources40336@gmail.com

Is There No Knowledge?
by BOB CASEY, Preacher
Church of Christ, 262 Broadway, Irvine, KY

In the world of today we are in what is known as the information explosion, we have in our midst machinery called computers that can bring forth information faster than we can decipher it. Even communication is so rapid that when some event may happen, anywhere in the world we can be informed about it in even seconds. How much more it will advance itself, who knows? Even in the fields of medicines and scientific discovery, many men in their occupations would be obsolete in a year if they did not continue to study the advances being made.

Does God's book have any thing to say about all this explosion of knowledge? In the book of **Daniel chapter 12 verse 4**, Daniel is talking about end time things. **Verse 4** says: "But there O Daniel, shut up the words, and seal the book even to the time of the end. Many shall run to and fro and knowledge shall be increased."

Then during this time of prophesy, Hosea, a successor of **Daniel**, said in **chapter 4, verse 6**, "My people are destroyed for lack of knowledge, because thou hast rejected knowledge. I will also reject thee." Even though these verses were written in a different time during different circumstances, but yet they both give forth the same truth. So today, we have the greatest access to all kinds of knowledge, but how are we doing it? The people in Hosea's day were rejecting the knowledge of God. He says because of this they may be destroyed.

I ask is this example of Hosea still valued today? **II Corinthians 4:6**, "For God who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." Surely all who have opened ears and eyes can plainly see that we are living in dark and troubled days. Maybe we're in the closing of the last days of earthly time. Sadly, most may not be facing up to these realisms, but the avid Bible reader knows. **Matthew 7:13-14** relates to the sad fate of all who refuse to recognize and obey our Saviour who God has sent to bring us to His knowledge of redemption and salvation. Still we have a situation at hand that if our Lord could choose this day to return to judgment, most would be lost even during this time of great access to knowledge. Isaiah, the prophet, said of Israel right before the destruction came, saying in **Romans 10:18-19** "But I say, have they not heard? Did not Israel know? I said yes, for their sound (preaching) went into all the earth." Sadly, he finished by saying: "All day long have I stretched forth my hand unto a disobedient and gain-saying people."

Friends, today, if you have not taken advantage of all the opportunities and knowledge concerning your situation why will you delay. There is danger in procrastination. For the sake of your soul, do not delay any longer. Obey the Saviour today. Call us anytime. We will respond to your call.

Sincerely, Bob Casey (859) 369-4165

BROWN FARM MEATS

located inside Discount Tobacco
389 Richmond Road in Irvine, KY
M-F, 9-6, Saturday, 9-Noon
(606) 643-5107 or (606) 643-5758

Kentucky Proud Certified
• Home-Grown • Corn-Fed • USDA-Inspected
Call for pickup or delivery! We sell any size quantities!

- Products**
- Boston Butt Pork Roast** . \$3⁵⁰/Lb.
(Great for Pulled Pork)
 - Sausage** \$3⁵⁰/Lb.
(Hot, Medium or Mild)
 - Whole Cured Ham** \$3⁵⁰/Lb.
(Sliced is \$4.00 per Lb.)
 - Ham Steak** \$3⁵⁰/Lb.
 - Ham Cutlets** \$3⁵⁰/Lb.
(Similar to cube steak, only ham)
 - Bacon** \$4²⁵/Lb.
 - Jowl Bacon** \$3⁵⁰/Lb.
 - Pork Tenderloin** \$4⁵⁰/Lb.
 - Pork Chops** \$4⁰⁰/Lb.
 - Spare Ribs** \$3⁵⁰/Lb.
 - Country Style Ribs** \$3⁵⁰/Lb.
 - Baby Back Pork Ribs** \$3⁵⁰/Lb.
 - Pork Burgers** \$4⁰⁰/Lb.
(Ground, pattied pork with no seasoning)
 - Bratwursts** \$4⁰⁰/Lb.
- Bundle Packages**
- 1/4 Processed Hog \$115⁰⁰
 - 1/2 Processed Hog \$210⁰⁰
 - Whole Processed Hog \$440⁰⁰