

HOOSIER HOME COOKIN'

with Allison Meadows

Go-To Ice Cream

2 small packages instant pudding (any flavor)
4 C. milk
1 1/2 quarts half and half

Combine milk with pudding mix and whisk until well blended. Add pudding and half and half to ice cream freezer container, mixing well. Refrigerate for an hour. Freeze ice cream according to manufacturer's direction. Note: this recipe fills a 2 1/2-3 quart ice cream maker. Divide recipe for smaller machines. Be creative with this recipe. Try chocolate pudding or even butterscotch! And, feel free to add other goodies like chocolate chips, marshmallows or toasted pecans.

Fudge Pops

1 pkg. (3.4 oz.) cook and serve chocolate pudding mix
3 C. milk
1/4 C. sugar
1/2 C. whipping cream, whipped

wooden ice cream sticks or plastic spoons

In a saucepan over medium heat, combine pudding mix, milk and sugar. Bring to a boil and cook, stirring constantly, for 2 minutes. Cool for 30 minutes, stirring several times. Fold in whipped cream. Pour into small paper cups, cover with plastic wrap, and freeze until partially frozen. Insert wooden sticks or plastic spoons into center. Freeze until firm. Makes 13 pops.

Skinny Strawberry Sorbet

1/3C. berry concentrate
1 T. lemon juice
1/2 C. water
5 C. fresh strawberries

Wash and stem berries. In a blender, combine juice concentrate, water and lemon juice. Add half the berries and blend until smooth. Add remaining berries and continue blending until smooth. Place in freezer container and freeze for at least three hours.

Limited Booth Space available for **CARROLL COUNTY OLD SETTLERS** Aug. 8-11 For an application or information, e-mail delcham@ffni.com or call 765-564-3034.

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Duke Energy offers customers incentives to reduce AC use

Comet staff report

During the long, hot summer months, electricity consumption increases as customers use more power to keep their homes cool. Duke Energy's Power Manager Program pays residential customers to reduce their air conditioning use without sacrificing comfort during times of high demand for electricity.

"On average, a home's cooling system accounts for approximately half of a customer's total electricity usage," said Deanna Bowden, Duke Energy product and services marketing specialist. "Customers who participate in Power Manager can reduce their power use when it's needed most in their communities, without sacrificing the comfort of their homes. That's because air-conditioning units are switched on and off in small increments so that customers notice very little temperature difference."

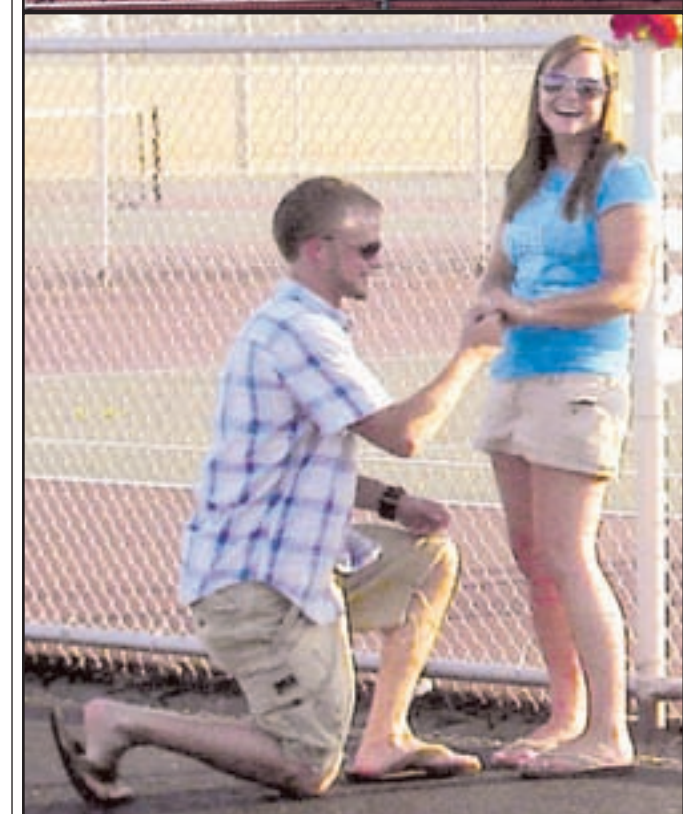
As demand for electricity increases, more power plants are needed. The Power Manager program helps the company reduce the amount of power needed during peak usage times, which helps delay the need to build new power plants and lowers electricity costs for all customers. About 35,000 Indiana customers currently participate in the voluntary Power Manager program.

As part of the program, Duke Energy installs a free load management switch on a customer's outside central air-conditioning compressor unit. This switch allows the company to remotely cycle the system a few minutes every half hour on days when de-

mand for electricity is critical. To help maintain comfort, the air conditioner's indoor fan continues to circulate air throughout the home. If the unit is cycled off and on, it would most likely be from mid-morning through early evening. Depending on the option chosen, participating customers receive a one-time credit of \$25 or \$35 for allowing installation of the switch, as well as additional electric bill credits each day Duke Energy cycles off their air conditioning system.

Customers interested in signing up or learning more can call toll-free: (877) 392-4848, or visit the Web site at www.duke-energy.com/powermanager

Back to where it all began



Nelson K. Allbaugh of Delphi proposed to his long-time girlfriend, Christy Kayser, on 7/7/07. Allbaugh chose the date because 7 is his lucky number, but he chose the place because it is where they starting going together eight years ago. At that time he played football and baseball and she was a cheerleader. She would write messages to the teams on the same fence that he wrote his proposal. Nelson wanted his message to be one that Christy would never forget. He enlisted some help from his mom and sister who wrote his message, "Will You Marry Me?" on the fence in the back parking lot at Delphi Community High School. Nelson brought Christy to the parking lot blindfolded. When they got out of the vehicle he took her blindfold off, got down on one knee and proposed. Of course she said yes. Awaiting the couple under a nearby patio umbrella set was a basket with chilled champagne and glasses to celebrate. Photos provided

Celebrations to mark World Breastfeeding Week

Comet staff report

The White and Carroll County WIC programs are sponsoring a celebration in recognition of World Breastfeeding Week. The celebration will take place on Aug. 2 from 10 to 11:30 a.m. at the Head Start Building in the Monticello City Park and on Aug. 3 from 10 to 11:30 a.m. at the Delphi Public Library.

This is an opportunity to learn more about the benefits of breastfeeding and to show support and encouragement for breastfeeding. Mothers who have breastfed, who are currently breastfeeding, expectant mothers, and the general public are encouraged to come to this free event. There will be activities for children and door prizes that have been donated by local businesses. The entire family is welcome.

Channel 2

Programming for July 18-25 is listed below:

Wed., July 18 - Live at the Fair, weather permitting: 8 a.m., Beef Show, and 6:30 p.m., Special awards and trophies.

Thurs., July 19 - Live at the Fair, weather permitting: 8 a.m., Swine Show.

Fri., July 20 - Live at the Fair: 6 p.m., 4-H Auction.

Sun., July 22 - 10:30 a.m., Live worship service, Flora Grace Brethren Church; 7 p.m., Taped worship service, Flora Grace Brethren Church; Camden Town Council (taped 7/10).

Wed., July 25 - 7 p.m. 4-H Queen Contest (taped 7/14); Delphi City Council (taped 7/2).

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