

Make sure your turkey is cooked: food handling tips for Thanksgiving

Like most Americans, many Kentuckians will sit down to a turkey dinner this Thanksgiving to celebrate and share time with family and friends.

Since food is a common feature for most holiday celebrations, the Kentucky Cabinet for Health Services wants to make sure the food is prepared properly. Even though our foods, processors and suppliers are some of the best and safest found anywhere in the world, each year some Kentucky families may experience illness from their Thanksgiving meal. The Cabinet for Health Services wants to remind Thanksgiving cooks to follow some general food safety practices.

"Many foodborne illness in Kentucky may be attributed to improperly handled foods in our homes," said Guy Delius, manager of the food safety branch in the Department for Public Health. "There are some simple and easy food safety practices we can do in our homes to minimize the occurrence of food poisoning."

"While it's important to handle foods in the home safely all the time, it's especially important to take extra during the holidays, because families are preparing more food than usual and more family members may be helping in the kitchen," Delius said. "Also, food is often made in other family members' homes and transported to the meal site and people often eat the leftovers for days."

Here are some tips for the safe handling of food:

- When dealing with poultry, make sure it is not undercooked and do not let raw poultry or meat juices touch

- Cook foods. Wash your hands frequently such as knives, and items like cutting boards so that food is not cross contaminated.
- Washing food including fruits and vegetables, before preparing it.
- Food should be promptly refrigerated.

- Health officials reinforce the need to wash hands often and thoroughly:
- Unclean hands are often the source of food contamination.
- Always wash your hands prior to preparing foods.
- Wash your hands after you have handled raw meats.
- Wash your hands after you handle raw produce.

- Use soap, hot water and dry your hands with clean paper towels.

Health officials offer the following guidelines for thawing a turkey:

- Thaw in a refrigerator, with the temperature at 41 degrees Fahrenheit or less. Allow three to four days for thawing. Place under cool running water at a temperature of 75 degrees Fahrenheit or less; or if the entire thawing and cooking process will be done in the microwave oven, increase the temperature by 25 degrees Fahrenheit over normal conventional oven temperatures for a turkey to ensure even thawing.
- If cooking in the microwave and cook it immediately after thawing. When thawing turkey in a microwave oven, cook it immediately instead of letting it sit out.

The following guidelines should be used when preparing turkey and stuffing:

- Cook at 325 degrees Fahrenheit

until the internal temperature of the meat reaches 165 degrees Fahrenheit with no interruptions in the cooking process. A meat temperature of 140 degrees Fahrenheit should be maintained until the turkey is served or the meat should be immediately sliced and refrigerated in shallow platters so that rapid cooling will occur.

It is not possible to cook a whole cooked turkey in an ordinary freezer or refrigerator within a few hours. Any undercooked pieces, such as stuffing or meat in the thickest part of the turkey may result in bacterial growth over extended cool down time, such as overnight or for longer than four hours.

Platters should not be stacked on each other since proper air circulation is necessary to facilitate cooling.

A turkey should be thoroughly cooked and rapidly cooled. A metal stemmed, dial-type thermometer placed in the thickest part of the thigh or breast should be used to measure the turkey's internal temperature. It is best to cook the turkey and stuffing separately. If they are prepared together, the turkey should not be stuffed until immediately before cooking.

Follow these suggestions when storing poultry leftovers:

- Refrigerate at 41 degrees Fahrenheit or less. Wrap turkey and stuffing separately in shallow dishes or platters for storing. Prepare sandwiches on sanitized cutting boards and use clean equipment. To reheat a turkey or serve in a hot dish, rapidly heat it to a internal temperature of 165 degrees Fahrenheit and make sure it is heated thoroughly.

Follow these suggestions to properly clean utensils:

- To sanitize equipment or utensils after thorough washing and rinsing, immerse them for 30 seconds in clean,

hot water at 170 degrees Fahrenheit, or immerse for at least one minute in a clean solution containing at least 50 parts per million of chlorine (one teaspoon of 5.25 percent household bleach per gallon water at 75 degrees Fahrenheit). For cutting boards or equipment that is too large to immerse for sanitation, swab or wipe

the clean surface with the sanitizing solution.

For more information about food safety, contact the Food Safety Branch for free literature at (502) 564-7181. Also the Cabinet for Health Services' Food Safety Branch web page at: <http://publichealth.state.ky.us/FoodProgram.htm>

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ABSOLUTE Auction

of Ms. Doris Irvine's

124 Acres, m/l, in 17 Tracts, Brick House, Tobacco Base, Farm Machinery and Personal Property

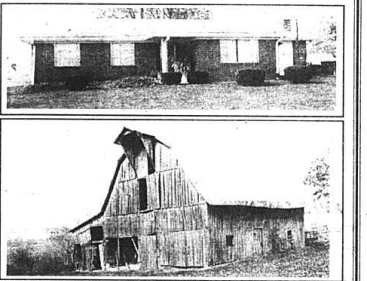
Saturday, November 25, 2000 at 10:30 a.m.

Broughton town Section of Lincoln County

Directions from Somerset, take North Hwy. 39 approx. 19 miles to the intersection of Hwy. 618 follow Hwy. 618 approx. 1.12 miles and turn left onto 1781. Follow Hwy. 1781 approx. 1.12 miles to Frank Hoek Road. Go about 3/4 miles to the auction site from Somerset take N. Hwy. 27 approx. 18 miles to Hwy. 1781, turn right, and follow Hwy. 1781 approx. 7 miles to Frank Hoek Road. Proceed to the auction site.

From Crab Orchard take South Hwy. 39 approx. 8 miles to the intersection of Hwy. 618 and follow instructions above from Hwy. 618.

From Stanford take S. Hwy. 27 approx. 12 miles to Hwy. 1781 and turn left. Follow Hwy. 1781 approx. 7 miles to Frank Hoek Road. Follow Frank Hoek Road approx. 3/4 miles to the auction. Auction signs are posted.



Since Mrs. Irvine is no longer able to farm this property as she would like, she has authorized our firm to sell this highly productive well-located farm for the absolute high dollar.

- Tract 1** - Contains 1.12 acres and has approximately 240.62 feet of frontage along the Frank Hoek Road. This tract is all cleared and would be combination of cleared land or mobile home lot. City water is available.
- Tract 2** - Contains 7.7 range in size from .99 to 1.00 acres and each has approximately 150 feet of frontage along the Frank Hoek Road. These tracts are all cleared and would also be excellent building or mobile home lots. City water is available to each of the lots.
- Tract 8** - Contains 12.29 acres and has 149.62 feet of frontage along the Frank Hoek Road. This tract is primarily cleared land and city water is available.
- Tract 9** - Contains 2.33 acres and has 199.06 feet of frontage along the Frank Hoek Road. This tract has ponds for stock water and a combination barn.
- Tract 10** - Contains 2.13 acres and has 354.41 feet of frontage along the Frank Hoek Road. (This tract is improved with the above pictured brick home which has living room, family room w/fieldstone fireplace, kitchen, three bedrooms, bath and full bathroom. It has gas furnace, central air, carpet, breakroom and some hardwood flooring and water is provided by a well but city water is available. In addition to the house, there is a combination barn.)
- Tract 11** - Contains 9.93 acres and has 250.85 feet of frontage. This tract has combination of crop and pastureland and some woodland. City water is available.
- Tract 12** - Contains 15.90 acres and has 676 feet of frontage along the Frank Hoek Road. This tract has a combination of crop and pastureland, some woodland, and pond for stock water. City water is available.
- Tract 13** - Contains 15.65 acres and has 340.09 feet of frontage along Frank Hoek Road. This tract has a combination of crop and pastureland, some woodland and pond for stock water. City water is available.
- Tract 14** - Contains 1.92 acres and has 303.67 feet of frontage along the Frank Hoek Road. This tract is all cleared and city water is available.
- Tract 15** - Contains 30.51 acres and has 510.31 feet of frontage along the Frank Hoek Road and city water is available. There is also a tobacco barn.
- Tract 16** - Contains 13.63 acres and has 584.39 feet of frontage along the Frank Hoek Road and city water is available. This tract also has a combination of cleared land and woodland.
- Tract 17** - Contains 12.42 acres and has 600.11 feet of frontage along the Frank Hoek Road and city water is available. This tract is primarily cleared with some woodland.

Auctioneer's Note: These tracts will be sold separately and then combined, selling in whatever manner reflects the best return for the seller. When combined there is a total of 123.86 acres, more or less. The Farm Service Agency office shows approximately 76 acres as cropland. Whether you want a small tract to build, several tracts, or the farm in its entirety, please be sure to mark your calendar now to attend this **Absolute Auction on Saturday, November 25, 2000 at 10:30 a.m.** The last bid will buy regardless of price!

A basic tobacco allotment in the amount of 1,719 lbs. will also be selling separate from the real estate.

Farm Machinery to be sold includes: 674 Farmall Tractor w/front loader • John Deere 100 disc • International 6 ft. mowing machine • Woods Cast #1 bushings • seed sower • grader blade • farm wagon • 18 HP Craftsman lawn mower • 12 HP 38" cut Murray lawn mower • yard roller • 2 push carts • small truck metal tool box • wagon wheels • tobacco boxes • round bay feeders • 100 gallon sprayer • head gate • plow • post hole digger • 2 hay forks • tobacco scales

Personal Property to be sold includes: 3 piece living room suite • 4 pc. maple finished bedroom suite • 4 pc. dark finished bedroom suite • gun cabinet • maple table & 6 chairs • maple coffee table & 2 stools • cabinet sewing machine • small round maple table • 3 recliners • portable dishwasher • Christmas tree and decorations • stereo • 25" color TV • table lamps • bubble gum machine • 4 snack tables • odd tables • pictures • porch digger • pots and pans • dishes • flower • old brass pieces • old marbles • antique jars • antique clocks • WWII army trunk • bed linen • plus many other items too numerous to mention.

Terms: Real Estate: 20% down day of sale, balance due in 30 days. Tobacco Base and Personal Property: Cash or good check day of sale.

Note: The purchaser of a single family residence built before 1978 has a maximum of 10 days to inspect the property for the presence of lead base paint. The period for inspection begins November 15th through November 24th. All bidders must sign a waiver of the 10 day post sale inspection period.

Auctioneer/Broker/Seller Disclosure: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being furnished for the bidder's convenience and it is the responsibility of the bidder to determine if the information contained is accurate and complete. The property being sold in this is as condition.

For additional information or free brochure, contact Ford Brothers, Inc. at 800-526-9430

Rockcastle Community Bulletin Board

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TOPS
(Take off Pounds Sensibly)
TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. For more info, call 1-800-932-TOPS or locally 738-0497.

Kiwanis Club
The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Bookmobile Schedule
Mon., Nov. 27th: Scaffold Cane, Disputanta, Anglin Falls, Clear Creek, Wildie.
Tues., Nov. 28th: Buffalo, Castle Village, Brodhead, Add Day Care, Negro Creek.
Wed., Nov. 29th: Ottawa and Bee Lake.

VA Rep Here
VA representative will be at the Rockcastle County Courthouse the first and third Mondays of each month behind County Judge/Executive's office from 9 a.m. to 2 p.m.

Conway TOPS
(Take off pounds sensibly). For more info, call 256-3633, 256-9448 or 1-800-932-TOPS. TOPS meets every Thursday at 6:30 p.m. at BRVFD.

Christmas Bazaar
Attention all crafters, the Rockcastle Teen Center will host its annual Christmas Craft Bazaar on Dec. 1st & 2nd and Dec. 8th & 9th. The hours will be Friday from 9 to 9 p.m., and Saturdays from 9 a.m. to 5 p.m. Space and tables are available, yet limited and will be on first-come, first-serve basis. No charge for setup and your profit is entirely to keep. All crafters interested should call 256-4919 by Nov. 29th. The Teen Center is located by MVES.

NO RTEC Services Nov. 23
RTEC, Broker for Region 12, announces that no transportation services will be provided on November 23, 2000 due to Thanksgiving Day holiday. Offices will be closed with the exception of Urgent Care transportation.

Free Thanksgiving Dinner
Free Thanksgiving Dinner, Thurs., Nov. 22nd from 3 to 6 p.m. at the Rockcastle Teen Center. Everyone welcome.

Officers Closed
The Circuit Clerks office will be closed Thursday, Nov. 23rd, Friday, Nov. 24th and Saturday, Nov. 25th. The Road Test, CDL Test, and Permit Test will not be given on Friday, Nov. 24th.

Library Closed for Training
The Rockcastle County Public Library is closed through November 24th to train its employees on the use of the new Automation System. The library will re-open to the public on Saturday, November 25th. The library board meeting date for December has been changed to Dec. 4th at Berea.

Community Thanksgiving Service
Community Thanksgiving Service, Wed., Nov. 22nd at 7 p.m. in auditorium of First Christian Church, 160 West Main, Mt. Vernon.

Ashland Lodge #640
On Monday, Nov. 27th at 7:30 p.m. a regular meeting of the Ashland Lodge #640 will be held at Brodhead Lodge located on Main St. in Brodhead. All members are urged to attend to discuss the status of Ashland Lodge in the future.

SBDM Committee Meetings
Buildings and Grounds, Needs Assessment, School Planning Review, Student Support and Technology and Media meet the fourth Tuesday of the month at RCHS.

RGMS SBDM
The School Based Decision-Making Council for RGMS will meet the 4th Monday of each month at 2:30 p.m. if there is no school, there will be no meeting.

RCHS SBDM
The RCHS SBDM Council will hold its regular monthly meetings on the first Thursday of each month at 6 p.m. in the RCHS Conference room. All interested are welcome.

R.A.A.P. Meeting
Rockcastle Adoption Agency for Pets Inc. meets the first Sunday of each month at 2 p.m. Help build an animal shelter in Rockcastle County, Call Terry at 758-9202 or Vickie 256-5183 for directions.

Aquaculture Meeting
An Aquaculture Production Meeting will be held Tues., Nov. 28th at 6:30 p.m. at the Lincoln Community Center on Main St. Marketing and economic aspects of fish and shrimp farming in our area will be discussed. There may be income potential in our area to develop a viable industry that could ease the tobacco loss.

Volunteers Needed
Volunteers and Materials needed for free meals for the elderly. If you call 256-9116 please recall Cassie at 256-9010.

Crafters Bazaar
Crafters Bazaar December 1st, 2nd & 3rd. Come see our crafters in action at the LEAP Building on US 25 in Livingston from 10 to 4.

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