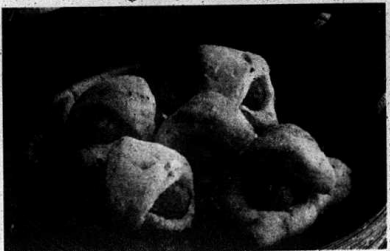


PIGSKIN CLASSIC— Pigs in Blankets



These "blankets" are extra tasty because they have cheese and cornmeal in the mix.

Do you have folks tossing around the pigskin in your back yard this time of year? Are you running to the game, or does your family have an armchair quarterback? Whatever your family's football experience, it's time to gather for the games. Cheesy Pigs in Blankets are easy, tasty and, best of all, very portable. The folks at White Lily have created a new, cheesy and crunchy "blanket" to wrap around the "pigs."

"We've combined cornmeal mix for a little crunch—and self-rising flour with buttermilk and cheese to make these flavorful blankets," says Belinda Ellis, White Lily home economist. "After the dough has been kneaded a few times, small

balls of dough are rolled out into circles, then cut into wedges. The wedges wrap easily around the mini-sausages to make Cheesy Pigs in Blankets. The appetizers take only a few minutes, so there's not a long wait before you can toss these little 'pigskins' in your favorite condiment—catsup, mustard, barbecue sauce or salsa.

If time is short (and when isn't it?), make these Cheesy Pigs in Blankets a day or two ahead of the game and keep them, tightly wrapped, in the refrigerator. On game day, simply heat them in the oven for a few minutes before you head out to the party.

Cheesy Pigs in Blankets

Ingredients:

2/3 cup shortening
2 1/4 cups White Lily Self Rising Flour
1 cup White Lily Self Rising Cornmeal Mix
1 1/4 cups buttermilk
1 cup shredded Cheddar cheese (4 oz.)

Pigs:

1 package (1 lb.) mini smoked sausages (about 48)

Preheat oven to 500°. In large bowl, using a pastry blender or two knives, cut shortening into flour and cornmeal mix just until the shortening is the size of peas. Stir in buttermilk and cheese until dough forms a ball. Turn dough out onto surface dusted with additional flour. Fold dough in half 5 to 7 times to knead (do not overwork dough), adding just enough flour to keep dough from sticking to your hands. Divide dough into 6 balls. Gently roll out each ball to 1/4-inch thickness (about a 6-inch circle). Using a pizza cutter, cut each circle into 8 wedges. Place smoked sausage on rounded side of each wedge. Roll toward center. Place on baking sheet coated with cooking spray. Bake at 500° for 8 to 10 minutes or until golden brown. Serve with catsup, mustard, barbecue sauce or salsa. Makes 48 appetizers.

For free recipes, write to White Lily, P.O. Box 871, Knoxville, TN 37907, or visit us at our Web site: www.whitelily.com

RHRCC offering free cholesterol tests

If you've been wondering about your cholesterol levels, now is the time to find out where you stand. Rockcastle Hospital and Respiratory Care Center, Inc. is offering free cholesterol tests at the hospital lab August 27-31.

No appointment is necessary, but participants should fast at least 12 hours before their test. Results will be sent to participants' primary care doctors if they are affiliated with RHRCC. Participants whose physicians are not affiliated with RHRCC will need to pick up their results. The

free test is a \$70 value.

"It's important to understand how cholesterol affects your health," said Lee Keene, RHRCC president. "That's why we're also offering information on cholesterol from the American Heart Association to all who come in for a free test."

Although there is plenty of information available about cholesterol, it can be confusing. The basic principle is simple - too much cholesterol in the blood is among the top four risk factors for heart disease. The other three are smoking, high blood pressure and lack of exercise.

Cholesterol is a soft, fat-like substance that is found in all body tissues. Blood cholesterol levels are determined by genetic makeup and by the amount of fat in the diet.

The two types of cholesterol that most often make the news are low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is considered "bad" cholesterol because it slowly builds up in the artery walls. Together with other substances, LDL can form plaque, a thick, hard deposit that restricts blood flow through the arteries, which can result in a heart attack or stroke.

HDL is called "good" cholesterol because it not only carries cholesterol away from the arteries and back to the liver, where it's removed from the body, but it also sweeps away the bad cholesterol.

According to the American Heart Association, approximately 52 percent of adult Americans have borderline high blood cholesterol and 20 percent have high cholesterol levels. The American Heart Association recommends the following guidelines for keeping cholesterol levels low:

If you are a healthy adult over 20, test your blood cholesterol levels at least once every five years.

*Eat no more than 300 milligrams of cholesterol a day. (One egg yolk has about 213 milligrams of cholesterol.)

*Limit your total fat intake to less than 30 percent of calories, with less

than 10 percent coming from saturated fats. You can accomplish this by choosing more fruits, vegetables and whole grains; eating fish, poultry without skin and lean meats; and consuming low-fat or skim milk dairy products.

For more information, call Rockcastle Hospital's Lab at 256-2195. All participants will receive a gift from the hospital.

Rockcastle Hospital and Respiratory

tory Care Center, Inc. is a not-for-profit community hospital, which is accredited by the Joint Commission on Accreditation of Healthcare Organizations. It operates inpatient and outpatient acute care programs, 60 long-term beds for ventilator-dependent patients, and a home health care service. The hospital was established in 1956 and treats patients from across Kentucky, Tennessee and several other states.

"Court News"

(Cont. from B2)

Philip W. Estes: 2nd Degree Possession Controlled Substance and Prescription in Improper Container, warrant issued for failure to appear. Adam Leon Hellard: Operating motor vehicle under influence alcohol/drug, \$200 and costs, \$250 service fee, \$20 VCF, 2 days/time served/90 day operator license suspension.

Merihellen Hill: No insurance, issue warrant/suspend license.

Karen Elizabeth Lewis: Speeding, \$60 and costs.

Clinton Dean McCon: Use/Possession Drug Paraphernalia, \$100 and costs and 90 days/conditionally discharged one year; Driving Suspended License, \$100 fine and 10 days/conc.

Michael Mullikin: Violation DVO (2 counts), 10 days/consecutive/conditionally discharged one year.

Kathryn H. Roehm: No Ky. Reg. Plates and No Exp. Reg. Receipt, license suspended for failure to appear.

Darlene Carter: Assault, dismissed w/leave/costs and counseling.

Melvin L. Taylor, Sr.: Assault, dismissed with leave/costs and counseling.

Chaz A. Smith: Speeding, paid \$129.50 total fine and costs.

Leslie J. Bevis: Speeding, paid. Jeffrey C. Blanton: Speeding, license suspended for failure to appear.

Jeremiah L. Brisentine: Speeding and Failure to wear seatbelt, paid.

Karen M. Burton: Speeding, state traffic school.

Gary B. Gaines: Speeding, license suspended for failure to appear.

Lashina Monique Perkins: Speeding, paid in full.

Christopher J. Thomason: Speeding, paid.

Daniel S. Thurnhill: Speeding, state traffic school and costs.

Derrick Dewayne Bishop: Public intoxication, \$25 fine and 10 days/conditionally discharged one year; Possession of marijuana, \$100 fine and 30 days to serve 5-balance probation one year; Alcohol intoxication, \$25 and costs; Contempt of Court (Slander/Libel), \$50 fine and 5 days/concurrent.

Walter L. Collins: Improper parking, \$50 and costs.

William C. Perry: Speeding, state traffic school.



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Welcome to a Gospel Meeting Church of Christ at Chestnut Ridge

2 Miles South of Mt. Vernon on Highway 25

Aug. 15, 16, 17, 18, & 19

Wednesday thru Saturday Services - 7:30 p.m.
Sunday Worship Service - 10:00 a.m.

Speaker will be Evangelist

Doug Hawkins

Mt. Vernon, Kentucky

Everyone is invited to attend



Community Walking Program Cumberland Valley District Health Department

The Community Walking Program is for all residents of Rockcastle County who are interested in improving their health. The goal of the program is to walk a minimum of three days a week for thirty minutes or ideally, five days a week for thirty minutes. The program will have a 12-week fall and a 12-week spring session. Participants who complete the program and turn in their walking logs will be eligible to receive incentives or prizes.

Participants will register at the Rockcastle County Health Department. Each person will receive a registration packet with a walking log-book to track their time or mileage. At the time of registration, walkers can have their height, weight, blood pressure, and pulse recorded. In addition, optional body measurements, such as: circumference of waist, hips and thighs, and arms can also be recorded. These body measurements can provide the walker valuable information and encouragement as you see positive changes in your body with a consistent exercise program. Follow-up measurements will be offered at the end of the program. Walking will be done at each individual's convenience, wherever he or she desires, and a treadmill is acceptable or walkers will be invited to walk as a group with a health department staff member at announced locations. Mileage or time will be documented on the honor system. At the end of the program, walkers that complete the program will be eligible to receive incentives and recognition for their outstanding effort!

Call the Rockcastle County Health Department, if you want more information or have questions. To register, simply fill out the form below and mail or drop off your form at the Health Department. If you mail your form, you should contact the Health Department to find out when you can come in to pick up your Registration Packet.

Important Dates:

Sign-Ups begin: August 6, 2001

First Day to begin walking: September 1, 2001

First 12-week walking log must be turned in: December 14, 2001

(This allows approximately 3 extra weeks that could be lost to vacation, illness or inclement weather.)

Second 12-week or Spring Session begins: March 1, 2002

Second 12-week log due: June 14, 2002

or

Detach and Return to:
Rockcastle County Health Department
120 Richmond St., P.O. Box 840
Mt. Vernon, KY 40456
606-256-2242

Community Walking Program Registration

Name: _____

Phone: _____

Age: _____

Male: _____

Female: _____

Address: _____

Signature: _____

Date: _____

I, above, signed and fully understand and appreciate the risk of participating in the program and knowingly accept them as my responsibility.