

Health services food safety tips for a safe Memorial Day

The Kentucky Cabinet for Health Services wants this Memorial Day weekend and the rest of the cookout season to be safe and healthy for Kentucky families.

Kentuckians can make it safe by taking the appropriate precautions with the food they prepare.

"During the summer months and especially during the Memorial Day weekend, a great number of families and gatherings will be cooking out and preparing foods for meals," said Guy F. Delina, manager of the Cabinet's Food Safety Branch. "Our food processors do a wonderful job packaging and protecting the foods we buy, and we don't want a little mistake during the preparation or cooking process in our homes to cause any illness or something worse."

The Food Safety Branch wants to remind Kentucky cooks of three general food safety tips in hopes of ensuring safe, healthy meals. Make sure all ground beef or hamburgers are thoroughly cooked with no pink inside, and heated to an internal temperature of the meat to at least 155-160 degrees F.

DO NOT SERVE OR EAT

UNDERCOOKED HAMBURGERS. Remember not to put the cooked burgers back on the same plate the raw burgers were on, without washing the plate properly. Be sure to keep your hands clean, don't cross contaminate hands or surfaces, COOK foods thoroughly, keep food contact surfaces clean, wash raw fruits and vegetables, don't let foods stay at room temperature and refrigerate foods promptly after the meal.

Delina says during potluck gatherings, we should be especially conscious of these food safety tips. A potluck is where different individuals make foods for a common event and share each other's meals. As these events sometimes food multiple persons or families, one mistake can cause problems for many.

Each cook should follow these keys to food safety and you will help provide safe meals at your gatherings.

***WASH HANDS.** Before eating, before preparing food, after using the bathroom, handling raw meat or poultry, changing diapers, and after handling pets. Use soap, warm clean water to wash and a paper towel to dry hands.

BELIEVERS HOUSE OF PRAYER

Sabbath School 10 a.m.

Morning Worship 11 a.m.

Evening Worship 7 p.m.

Wednesday Evening 7 p.m.

Sunday (Bible Study) 6 p.m. - 8 p.m.

Non-denominational, Bible Believing, Sabbath-Keeping Church located on Hwy. 25N 1.5 miles from Renfro Valley turn left at 18 mile marker

"Tax List"

(Cont. from B6)

LEDFORD LEIGH ANNE	\$131.20
LEE VIRGIL	\$8.71
LINVILLE ERIN LOUISE	\$148.14
LOPEZ MICHAEL	\$130.71
LOUDERMILK JOHNNY & ANGIE	\$213.52
LOUDERMILK JOHNNY & ANGIE	\$120.78
LOUDERMILK JOHNNY & ANGIE	\$69.72
LOVELL BRENDA GRAVES	\$26.15
LOVELL BRIAN	\$74.09
LOVELL DAVID	\$45.33
LOVELL DAVID & BARBARA	\$453.15
LOVELL DAVID WAYNE JR	\$161.24
LOVELL FLOYD & BERNICE	\$435.72
LOVELL MARCELLA	\$95.85
LOVELL ROGER & BRENDA	\$332.89
LOVELL ROGER & BRENDA	\$161.24
LOVETT ANNA MAE BURTON	\$156.86
LUNCE GENE	\$3.49
LUNCE GEORGE JASON JR	\$17.42
LUNSFORD BILLY & TAMMY	\$87.14
MALICOTE LEROY	\$43.57
MARIC FARNIS	\$88.35
MARTIN DANNY & PAMELA	\$87.14
MASON MARTHA	\$43.57
MAURICE JANET E HEIRS	\$392.15
MAYS MARION DOUGLAS	\$21.80
MCCURE JAMES T & DEBORAH	\$191.71
MCCURE PAMELA	\$43.57
MCCURE SHEILA	\$13.09
MCCOLLUM ROY EDWARD & MCDONALDS CORPORATION	\$87.14
MCFERRON BILL & MARY	\$2,788.61
MCFERRON FLOYD & LORETTA	\$261.44
MCFERRON GLENDA	\$18.47
MCFERRON RONALD	\$244.81
MCFERRON RONALD LEE & RUBY JEO	\$30.51
MCFERRON SCOTTIE & BRIANA	\$143.81
MCFERRON WENDELL	\$217.87
MCGUIRE ARNOLD D & MARY	\$139.43
MCGUIRE CAROLYN	\$306.76
MCGUIRE DARWIN	\$174.28
MCGUIRE GERALD & REGINA	\$26.15
MCGUIRE GERALD & REGINA	\$87.14
MCNEW EARL & VICKIE	\$139.43
MCNEW PAUL	1,387.16
MCPHERON HERBERT & RUTH	\$104.57
MCHORTER ROBERT	\$88.35
MELTON H E	\$43.57
METCALF CHARLES RAY	\$22.66
MIDDLETON TINA L	\$43.57
MILLER BILLY JOE	\$113.29
MILLER DARYL	\$69.72
MILLER GAIL ANN	\$244.81
MILLER JAMES & SHELBY	\$289.15
MILLER JAMES E & SHELBY GAIL	\$52.28
MILLER LEWIS DEAN	\$184.76
MILLER MARK	\$189.97
MILLER MARTHA	\$392.15
MILLER RACHEL	\$139.43
MILLER ROBERT G	\$174.28
MILLER STEVE & JENNIFER	\$522.86
MILLER TERRY & SHERRY	\$226.58
MILLER TRAVIS	\$38.51
MILLER VIRGINIA KAY	\$38.51
MINK DALMAS & ANN	\$261.44
MINK J D	\$47.95

MINTON MELISSA	\$261.44
MINTON KETTA	\$61.00
MITCHELL CHERYL	\$52.28
MOBERLY STEVE D	\$261.44
MORGAN JAMES	\$156.86
MORGAN JESSE & TERRI	\$280.44
MORGAN REGINA	\$184.57
MORROW ALLEN & GENEVA	\$43.57
MOSLEY CHARLES	\$52.28
MOSLEY RALPH & KATHERINE	\$26.15
MOSLEY RALPH & KATHERINE	\$191.71
MULLINS BIRON	\$270.15
MULLINS LIZA ANNETTE	\$174.28
MULLINS LIZA ANNETTE	\$282.10
MULLINS MARLON & PATRICIA	\$527.24
MULLINS PAUL DWIGHT	\$6.96
MULLINS ROBERT S	\$191.71
MURPHY BEVERLY &	\$127.51
NEELEY SARAH J ISAACS	\$178.67
NEELEY WILLIAM DOUGLAS	\$43.57
NELSON JASON	\$52.28
NEWCOM DARLENE	\$4.38
NEWCOMB EDNA SUE & JOHNNY	\$167.33
NEWCOMB FARLEY E JR & SHELLEY	\$34.86
NICELEY STACY	\$52.28
NICELY STEVEN	\$43.57
NOE JEFFREY	\$100.23
NOEL ANTHONY & MEGAN	\$486.00
NORTHERN CHARLES E & DONNA	\$47.95
NORTHERN MARTY & MELISSA	\$10.47
NORTHERN ROBERT & BOBBI	\$4.38
NORTON RUSSELL & MARY	\$17.42
OVERBAY EARL & CONNIE	\$33.11
OWENS BRENDA	\$122.00
OWENS CLYDE RONALD & JANICE LE	\$218.35
OWENS GERALD & LESLEY MCCRACKE	\$26.15
OWENS PAMELA	\$274.86
OWENS ROZELLA	\$348.58
OWENS WAYNE F	\$348.58
PATTERSON JEAN	\$69.72
PAYNE JAMES CLYDE & JOY	\$335.52
PAYNE JESSE	\$8.71
PERKINS REBECCA	\$43.57
PHILLIPS CHARLES -HRS-	\$43.57
PHILLIPS DARYL & JANEFFER	\$34.86
PHILLIPS RONALD MAROUTIA	\$200.44
POPE ROBYN ASHLEY	\$13.09
POWELL ERIC	\$4.86
POWELL NEAL & EVELYN	\$305.01
POYNTER DOUGLAS & BETTY	\$130.71
POYNTER EARL	\$17.42
POYNTER MATTIE	\$118.14
POYNTER RAY & JESSICA	\$148.14
POYNTER WENDELL & BEVERLY	\$1.76
PRICE SCOTT	\$38.51
PROCTOR LINDA LEA	\$388.66
PYLES RAYMOND E & CARRIE B	\$150.71
RADER RONNIE	\$43.57
RAIDER RONALD & SHIRLEY	\$480.86
RAIDER RONALD & SHIRLEY	\$39.47
RAMER DELORA	\$44.30
RAMSEY DARLENE	\$1,503.26
RASH ANGELA	\$61.00
RASH BILLY RAY & BRENDA	\$108.94
RASH BILLY RAY & BRENDA	\$108.94
RASH RONNIE KEITH	\$87.14
RAYBURN JACKIE	\$34.86
REAMS KENNETH	\$52.28
REAMSYNDER RICHARD & AND	\$34.86
REED DANNY & TINA JEAN	\$261.44
REED JERRY R & KATHY	\$217.87
REED KATHY & SANDY BARNES	\$66.10
REMOTE SERVICES INC	\$1,163.84
REMOTE SERVICES INC	\$385.96
RENFRO JAMES & JOHN COTTRELL	\$871.44
RENFRO KEVIN & GARI	\$305.01
RENNER JAMES	\$113.29
RENNER JAMES & CARMEN	\$38.51
RENNER SCOTTY D	\$95.85
RENNER VICKIE	\$162.10
RENNER WENDELL & VIRGINIA	\$305.37
RENNER WENDELL & VIRGINIA	\$244.81
REXFORD CARL E	\$252.73
REYNOLDS DELBERT & VICKIE	\$74.02
RICE EDWARD	\$174.28
RICE RICKY & LISA	\$71.47
RICHMOND BRANDA F	\$322.43
RICHMOND BRANDA F	\$52.28
ROBBINS ELMER & TRENA	\$34.86
ROBBINS ELMER & TRENA	\$69.72
ROBBINS TIM & SHEILA WILSON	\$21.80
ROBERTS JEANNA	\$13.09
ROBERTS WILI A JO	\$93.26
ROBERTSON WILLIAM	\$13.09
ROBINSON JANIE R	\$305.81
ROBINSON ROGER & VICTORIA	\$61.00
ROBINSON WILLMER & KATHERINE	\$326.61
ROCKCASTLE SPRINGS INC	\$87.14
ROGERS BOB	\$34.86
ROGERS LORETTA WEBB	\$192.31
RORER ROBERT W JR	\$69.72
ROME SHERRI	\$2.63
ROWLAND JOSEPH	\$13.09
ROWLAND JOSEPH & REBECCA	\$28.33
ROWLAND TIMOTHY	\$47.95
SAGRAVES HARRY	\$156.86
SANDLIN JOHNNIE	\$174.28

SANDLIN TOM D	\$317.21
SANDLIN WILLIAM	\$25.72
SAYLER DAVID H III & JENNIFER	\$349.31
SAVILL CLARA	\$43.57
SAVILL JIMMY	\$87.14
SAVILL ROGER & VIRGINIA	\$148.14
SAVILL WM ROBERT & TINA	\$87.14
SEALS MATT & DOROTHY	\$26.15
SEALS NATHANIEL M	\$17.42
SECURITY LEASING INC	\$219.80
SEVLEY ABE & BARBARA	\$35.46
SHUTTLE WESLEY	\$13.09
SHELTON ROD	\$383.44
SHEPHERD STACY W	\$274.53
SIGNON GINA	\$38.51
SINGLETON BOBBY R	\$95.85
SINGLETON BOBBY	\$26.15
SINGLETON RANDY LEE	\$435.72
SINGMITH CATHY & BRIAN	\$139.43
SMITH ERIC & SHANNON	\$87.14
SMITH HENRY	\$212.62
SMITH MICHAEL L	\$165.57
SMITH ROGER	\$8.71
SMITH SCOTT & REBECCA	\$87.14
SMITH WILLIE	\$185.53
SOMMA EMMA	\$26.87
SOUTHERN PRECAST & SUPPLY	\$39.23
SOUTHERN PRECAST & SUPPLY	\$39.23
SOUTHERN PRECAST & SUPPLY	\$435.72
SOWDER BETTY	\$17.42
SOWDER GARY	\$130.71
SOWDER JAMES H	\$261.44
SOWDER ROGER D & CATHY	\$278.86
SPARKMAN WILLIAM & ALLEN	\$48.98
SPARKS CHARLES	\$174.28
SPARKS JAMES & TAMMY	\$21.80
SPARKS JERRY & LOUISE	\$348.94
SPARKS JERRY & LOUISE	\$348.58
SPARKS MARY L	\$243.13
SPENCE DANIEL R	\$17.42
SPIVEY CLISTA	\$126.85
SPOONMORE GLENN	\$8.71
SPOONMORE STEVIE & BONITA	\$127.87
SPRINGER SHARONA DURHAM	\$4.38
ST CLAIR APARTMENTS	\$418.30
ST CLAIR PROPERTIES	\$87.14
STACY STANLEY & KATHERINE	\$47.95
STALLSWORTH CHARLES & MARY	\$43.57
STALLSWORTH EDDIE & REGINA	\$322.43
STAMPER WALLACE & MINNIE	\$69.72
STAMPER WALLACE L & MINNIE	\$82.00
STANLEY PEGGY	\$148.14
STEELE BONNIE	\$117.66
STEELE TED	\$13.09
STEPPER JACKIE DORRELL &	\$278.86
STEPP ROGER L & REGINA	\$174.28
STEWART COREY & TONYA WYATT	\$95.85
STEWART DENNIS D	\$209.15
STEWART JUDY	\$278.86
STEWART TIMMY &	\$139.43
STRATHMANN BRIAN K	\$56.66
STRONG ROBERT & ANNY L	\$245.75
STRUNK LARRY & MICHELE	\$209.15
STURGILL EDDIE	\$61.00
TAULBEE MELODY E	\$152.53
TAYLOR DAVID B & JUDY D	\$198.68
TAYLOR DENNIS	\$113.29
TAYLOR JAMES & CAROL	\$171.47
TAYLOR MELVIA L	\$218.35
THOMAS RANDY D & JESSICA	\$61.00
THOMAS TRENA	\$243.81
THOMASON ADEN R	\$697.16
THOMPSON EUGENE & JUDY	\$8.71
TUCKER RICK & BEVERLY	\$261.44
UFFMAN SHERRI PINKSTON	\$21.49
VADD COMPANY	\$21.80
VANWINKLE ALLEN	\$52.28
WAGERS JAKE	\$250.12
WAGERS JAKE	\$47.95
WAGERS JEFFREY & KIMBERLY	\$38.51
WAGONER SANDRA	\$392.15
WALKER ROBERT JR & ANGELA	\$496.72
WALKER ROBERT E &	\$196.10
WALLACE KEN	\$3,224.33
WALTERS ELMER & OPAL JEAN	\$217.87
WELLSFARGO FINANCIAL KY INC	\$723.31
WHEELER TRAVIS & BARBARA LAMB	\$85.37
WHITT JOYCE	\$313.72
WHITT JOYCE R	\$17.42
WHITT MIKE	\$10.47
WILLIAMS CLEVELAND W & CONNIE	\$235.29
WILLIAMS HARRIET E &	\$176.84
WILLIAMS NICHOLAS	\$171.84
WILSON BOBBY R & JUANITA	\$193.47
WILSON JAMES	\$252.73
WITT DEBORAH & HARRY	\$26.15
WITT DEBORAH & HARRY	\$130.71
WOODALL FRANKIE DALE	\$104.57
WORMER DELORIS	\$78.43
WRIGHT MARTIN & TAMMY L	\$435.72
WYNN ANNA	\$8.71
YORK JENNIFER	\$165.57
YORK JUDY	\$392.15
YOUNG BRIGID M	\$287.58
ZARING JEFFREY K &	\$105.85
ZCURE, KATHERINE SUE	\$65.37