

## Reduce your cholesterol month

Too much cholesterol in the blood can lead to heart disease - America's number one killer. Even though there's much you can do to lower your cholesterol levels and protect yourself, half of all Americans still have levels that are too high (over 200 mg/dl).

You can reduce cholesterol in your

blood by eating healthy foods, low in saturated fat and cholesterol, losing weight if you need to and exercising. Some people also need to take medicine because changing their diet isn't enough. Your doctor and nurse will help you set up a plan for reducing your cholesterol - and keeping your heart healthy!

## September is National Food Safety Ed Month

"Four Steps to Food Safety" is the emphasis of the 2002 National Food Safety Education Month (NFSEM). The national observance of Food Safety Education Month began in 1995 to focus attention on safe food handling and preparation both at home and in commercial kitchens. NFSEM is supported by federal, state and local government agencies, the food industry and consumer organizations.

This year's theme, "Four Steps to Food Safety," draws attention to preventing the invisible cause of food borne illnesses: microorganisms. The microorganisms are tiny bacteria that a person cannot see and may make food unsafe to eat if the proper steps are not taken to prevent their growth

or presence in the food we consume. Bacteria are everywhere; therefore, following some basic food safety guidelines is very important to make the foods safe to eat.

**CLEAN!** Hands, utensils, work surfaces, or anything that touches the food should be clean. Wash hands thoroughly with soap and warm water for at least 20 seconds. Dry them with a paper towel. Utensils and equipment should be washed thoroughly to remove all residues after each use. Bleach is often used as a sanitizer in commercial kitchens to ensure destruction of the last 99 percent of germs remaining on surfaces. Consumers can clean their own utensils and equipment at home in a similar manner by making a sanitize so-

lution using one teaspoon of bleach to a gallon of water.

**SEPARATE!** Prevent cross-contamination of bacteria from one food or location to another. Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, hands or aprons. An example of cross-contamination is cutting raw meat on a cutting board and then slicing a tomato on the same cutting board without washing the cutting board and knife between uses.

**COOK!** Cook foods thoroughly to proper temperature and use a food thermometer to measure the internal temperature. Eggs, fish and beef cuts like roast or steak should be cooked to a minimum internal temperature of 145F. Cook pork products to 150F. Cook hamburger or other ground beef to 155F to destroy E. coli 0157:H7. Poultry products like chicken and turkey often are contaminated with the bacteria Salmonella and should be cooked to an internal temperature of 165F for at least 15 seconds.

**CHILL!** Keep cold foods cold! Refrigerators should be 40F or less and freezers should be 0F or below. Place a thermometer in both your freezer and refrigerator and check the temperature daily to be sure the units are working properly. Refrigerate or freeze perishable foods and leftovers within two hours to prevent spoilage or food poisoning. Thaw foods in the refrigerator or during the cooking process. Never thaw foods at room temperature. If using a microwave oven to thaw foods, continue cooking the food until it is cooked completely.

Now that you know some simple food safety guidelines, take this test to see if you practice safe food handling techniques. Ask yourself each question. Answer "yes" or "no."

1. Did you...  
1. Wash hands with warm water and soap for 20 seconds before preparing food?  
2. Wash hands with warm water and soap for 20 seconds before eating?  
3. Clean countertops before preparing food?  
4. Rinse fruits and vegetables with cold running water before preparing them?  
5. Did you dry your hands with a clean paper towel after washing them?  
6. Clean the cutting boards for raw meat, fish or poultry before using them again for any other food?  
7. Keep raw meat, fish and poultry wrapped properly in the refrigerator so juices do not drip on other foods.

8. Put cooked meat, fish or poultry on a different platter than the one with the raw juices.  
Did you...  
9. Rotate food in the microwave to avoid "cold spots"?  
10. Bring sauces, soups and gravy to a boil when reheating?  
11. Make sure eggs were cooked properly?  
12. Not eat cookie dough or cake batter that was made with raw eggs?  
13. Use a thermometer to check the temperature of cooked meat, fish and poultry?  
14. Use a cold pack for packed lunches or picnic foods?  
15. Refrigerate leftovers right away?  
16. Defrost foods in the refrigerator, in cold running water or in the microwave and then cooking the food?  
If you answered yes to all of these questions, then you are very knowledgeable of and practice safe food handling guidelines. Give yourself an "A!"

The Rockcastle County Health Department offers classes every Tuesday on safe food handling. If you work for a restaurant or food service establishment, this class is required prior to starting work. The schedule is as follows: First and third Tuesday - 9:30 a.m.; second and fourth Tuesday - 3:00 p.m.; Fee: \$3.00 per person. Location: Environmental Office of the Rockcastle County Health Department.

If you would like additional information on food safety, contact Clara Platon, Environmentalist at the Rockcastle County Health Department 256-2242 ext. 129.

### Downtown Detailing Center

Hwy. 150 - Broadhead-Mark Lawton  
858-0124 (leave message)

**Complete Detail Service**  
(handwash, wax, interior shampoo, engine, tires)  
**\$50-\$65**

Cars, Trucks, Vans, Boats, etc.

### Twilight Absolute

# Auction

of Mr. Brian Hargis' and Mrs. Nancy Hargis'  
**Willalla Grocery Property and Extra Lot in Tracts & Equipment**

**Friday, October 4, 2002 at 5:30 p.m.**

**Willalla Community of Rockcastle County**

**Location:** From Somerset, take Hwy. 30 approx. 15 miles and turn right on Hwy. 70. Proceed approx. 5 miles. Property is on the right. From Mt. Vernon or Broadhead, take Hwy. 150 to the junction of Hwy. 70. Follow Hwy. 70 approx. 6 miles. Property is on the left. Auction signs are posted.

Due to health reasons, the owners have authorized our firm to sell this property for the absolute high dollar.

**STORE BUILDING:** The pictured store building is a two story concrete block structure with a grocery area, deli, restrooms, office and storage room on the first floor. The second floor consists of two apartments; one is finished and the other is unfinished. The building has both central heat and air and an oil furnace. The building is situated on a lot measuring approximately 391/100 of an acre.

**EXTRA LOT:** The extra lot that will be selling consists of slight over an acre and is situated directly in front of the store building. This lot fronts on Hwy. 70, the Poplar Grove Road, and the Fairview Road. This lot is level and city water is available.

**EQUIPMENT:** Equipment to be sold includes: cash register, metal shelving, 4 wooden shelf cabinets, metal cabinets, metal racks, glass showcase, 2 large glass door cookers, salad bar, meat case, deli scales, film wrapper, microwave, 2 pizza ovens, meat slicer, pizza warmer, gas stove, grill, deep fryer, 2 old ice cream freezers, 2 chest type freezers, upright freezer, 2 surveillance mirrors.

The store building and extra lot will be sold separately and then together to achieve the most favorable results for the sellers. The equipment will also be sold separately and then together.

**AUCTIONEER'S NOTE:** If you're looking for a well-established business located near both Rockcastle and Pulaski Counties, this is it. Mark your calendar to attend this absolute auction on Friday, October 4th at 5:30 p.m.

Possession of the property will be given with the deed if the purchaser takes the inventory. Otherwise, possession will be given 30 days after the delivery of the deed.

**TERMS:** Real Estate: 20% down the day of the auction with the balance due on or before 30 days with the delivery of the deed. Equipment: Cash or good check day of the auction.

**Auctioneer/Broker/Seller Disclaimer:** The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being furnished to bidders for the bidder's convenience and it is the responsibility of the bidder to determine the information contained herein is accurate and complete. The property is being sold in its "as is" condition. No warranties expressed or implied.

Announcements day of sale take precedence over printed matter.

For additional information or appointment to see the property contact Ford Brothers, Inc. Auctioneers & Realtors.

The following people are past graduates of Rockcastle County High School who have not picked up their diplomas. They may come by RCHS and pick them up in the front office.

| 1987                         | 1999                      |
|------------------------------|---------------------------|
| Tracy Susan Bullock          | Rebecca Ann Lynn Davis    |
| Shannon Martin               | Timothy Luckert           |
|                              | Jeremy Lynn Saylor        |
|                              | Joshua Elliott Sowder     |
| 1988                         | 2000                      |
| Norma J. Reynolds            | Adam Todd Davidson        |
| Peter Brian Harrison         | Andrea Nicole Horner      |
| Kenneth W. Robinson          | Shannon Edward Stevens    |
| 1989                         | 2001                      |
| Charles Arley                | Karla Barnes              |
| 1990                         |                           |
| Christy R. Brumell           | Miranda Wynn Bullock      |
| 1991                         |                           |
| Scotty C. Bollen             | Ronnie Dale Bullock       |
| Staci R. Shaffer             | Jason Cromer              |
| 1993                         |                           |
| Angela Michelle Collins      | Matthew Criston Cromer    |
| Josiah Edwin Kirk            | Crystal Deborah           |
| Delbert Wayne Leger          | Scottie Dale Denney       |
| April Dawn Poynter           | Billy Jo Hackworth        |
| 1994                         |                           |
| Linda Marlene Alcorn         | Travis Keith Ingram       |
| Joshua Bryan Bullock         | Jennifer Lynn Lovell      |
| Mike A. Pinkerton            | Leslie Morris             |
| James Bradley Powell         | Brittany Jacinda Owens    |
| William Earl Shelton         | Jeffery Clayton Powell    |
| Edie Gilbert Vanwinkle       | Larry Renee Sandlin       |
| Jason Karl Vanzant           | Larry Travis Smith        |
| 1995                         |                           |
| Sherry Ann Griffin           | Sean Steven Smith         |
| 1996                         |                           |
| Melissa Lynn Douglas         | Amy Sue Madonna VanWinkle |
| Celeste Maxine McGuire       | 2002                      |
| 1997                         |                           |
| Delbert Slusher              | Donna E. Ambrose          |
| 1998                         |                           |
| Kenneth Begley (Att. Plaque) | Nicholas Bengge           |
| Kenneth R. Cromer            | Pauline Ann Campbell      |
| Shonda L. McClure            | Sandra Dawson             |
| Levi Northern                | Michael Thomas Cunagin    |
| Brandon Rogers               | Freddie Lee Deatherage    |
| Susan M. Swinney             | Dora Faye Chasteen        |
|                              | Jessica Rae Hoover        |
|                              | Miss J. Hensley           |
|                              | Clarissa Anna O. Hubbard  |
|                              | Carroll Dewayne Judd      |
|                              | Jessica Dawn McClure      |
|                              | Heather Perrin            |
|                              | Scott Lee Vanwinkle       |

## Adult Education Classes now available in Livingston and Brodhead!

- Brush up on Math, Reading, or Writing skills
- Study to earn your GED
- Move at your own pace
- All classes free of charge
- Informal setting

Livingston class meets from 4:30-6:30 pm on Thursdays at the new City Hall building.

Brodhead meeting time to be determined by those interested.

For more information call 606-256-5307. Ask for Janet or Russ.

Sponsored by Christian Appalachian Project.



## Get a mammogram now so you'll be around to take care of your family later.

Call 256-2195 to schedule an appointment.



If you're like most women, you spend your time taking care of others and disregarding your own needs. It's time to do something for yourself.

More than 40,000 women die of breast cancer annually. Many could have been saved if the disease had been discovered sooner. In fact, there is a 97 percent survival rate when breast cancer is diagnosed in its early stages.

Throughout October, Rockcastle Hospital and Respiratory Care Center, Inc. is offering mammograms at a reduced cost in conjunction with National Breast Cancer Awareness Month.

Do something for yourself for a change. Get a mammogram, it could save your life.

**ROCKCASTLE**  
Hospital and Respiratory Care Center  
145 Newcomb Avenue  
Mt. Vernon, Kentucky 40456

Accredited by the Joint Commission on Accreditation of Healthcare Organizations.

## FORD BROTHERS, INC. AUCTIONEERS - REALTORS

London, Ky 806-678-7111 Somerset, Ky 806-478-2212 Mt. Vernon, Ky 806-238-4545

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