

Filter Out Allergens

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science



Thousands of invisible potential enemies to good health live and thrive in our homes. In draperies, carpets, bedding and furniture, we can find indoor allergens such as dust mites, ragweed pollen, mold, mildew, smoke, and animal dander. Advancements in vacuum cleaner filters that target these particles have been a boon to people who suffer from allergies and asthma.

High Efficiency Particulate Air filters are one of these improvements. The goal of HEPA filters is to collect as many contaminant particles as possible by retaining dirt and dust particles, along with other irritants such as pollen, dust mites and smoke. Manufacturers claim HEPA filters will trap more than 99 percent of all particles as small as 0.3 microns in size. Dust mites and ragweed pollen are relatively large at five microns.

As we've become more concerned with air pollution in our homes, HEPA has been the watchword on air filter and vacuum cleaner bags. For best particle retention, look for the words "true HEPA" sealed filtration.

Another improvement is the Ultra Low Particulate Air filter. It's equivalent to filters used in semiconductor manufacturing clean rooms. These filters capture particles to 0.1 microns.

A primary concern is to retain dirt and pollutants in the vacuum cleaner bag, rather than expelling them into the air or carpet.

Vacuum bags can make a difference in the allergens you remove from the home. HEPA bags and allergen filtration bags capture fine particles and return clean, filtered air into the room. Fine dust tends to clog the bags so remember

to regularly replace them.

Other innovations to retain allergens are foam seals to ensure all air flows through the filter and high velocity airflow systems that suck dirt directly into the bag.

New bagless vacuum cleaner models remove particles from the vacuum exhaust using second filter systems with HEPA ratings. Remember to replace these filters before they fill up with dirt and dust.

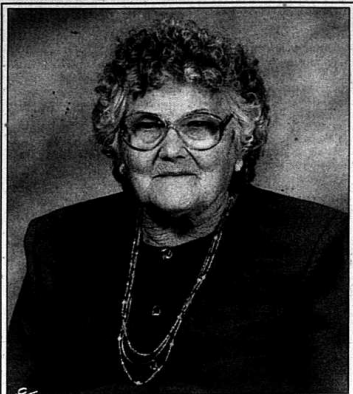
Frequently cleaning your home, especially vacuuming, will help control potential causes of allergies. Vacuum more than once a week if family members suffer from allergies. Heavy traffic areas should be vacuumed daily. Areas with less traffic can be vacuumed once a week.

Carpets are reservoirs for allergens. For the most thorough allergen removal, use a vacuum cleaner with a motorized carpet cleaning brush attachment. It vibrates soil at the carpet backing loose, bringing it closer to the surface so suction removes it from the carpet. Non-powered carpet attachments only suction off surface soil.

In addition the carpet, regularly vacuum pillows, draperies, bedding and fabric furniture. Also, clean along baseboards because dust mites and mold thrive in moisture that builds up along these areas.

To keep your home free of pollutants that can trigger health problems, keep windows and doors closed during the fall allergy season. Remember also to clean hard surfaces to remove pollen.

For more information, contact your county Extension office at 256-2403.



80th Birthday Celebration

Mrs. Leon McClure celebrated her 80th birthday on Wednesday, September 26, 2001. She was surprised with a birthday dinner given by her family on Sunday, September 22nd.

Those in attendance were: James and Roberta McClure, Brad, Krystal and Dalton Durham, Ralph, Josanne, Kasha and Ross McClure, Lanny and Jewell Kidwell, James and Elaine Murphy, Chris, Vicki, Arzel and Trevor Sheffer, David, Beverly and Rhonda McClure, Wayne, Shonda and Amber Gross, Michael, Julie, Brian, William, Mitchell and Joel McClure, Pauline and Beth Coleman.



Lordy, Lordy
Guess who turns forty
On October 7th.
Is this for real?
Yes, it's our sweet little Baby Ruth
She is still a true blonde
and is spunky as can be
Happy Birthday Ruth Ann
from all your family!

Love,
Your husband David Lee,
Son Cody, Mom & Stepdad
Norma & Gurnav,
and mother-in-law Ella Mae



Hi, my name is Dalton Emery Durham. I was born August 8, 2001 at Central Baptist Hospital. I weighed 7 lbs. and was 19 1/4 inches long. My parents are Brad and Krystal Durham of Mt. Vernon. My maternal grandparents are James E. and Roberta McClure of Mt. Vernon and my paternal grandparents are Larry and June Durham of Brodhead.

In and Around Willailla

By Carol Martin

Willailla Days will be held on Saturday, October 13th. We will start the day off with a horse and wagon Red Cross Benefit Ride at 10:00 a.m. Food will be served around 3:00. There will be singing and an auction held at 4:00 p.m. Come on out and bid on some of the good baked desserts that the women of the community will have to offer. Also you are welcome to set up your yard sale, but please bring your own table. Hope to see you Saturday, October 13th.

Mrs. Berthena VanHook is home this week after spending some time at Lexington with her daughter, Lois and family.

Bill Bryant of this community is very sick at this writing.

Ronnie and Micki Jo Woodson and boys of Lexington and Mrs. Myrtle Reynolds of Bandy were Sunday dinner guests of Mr. and Mrs. Brownie Martin.

Noah Todd of Georgetown fell on Sunday and broke his hip. He is in a hospital at Georgetown.

Mr. and Mrs. Harold VanHook had a family get-together on Saturday for all the Vanhook cousins. Mrs. Sally Brown reported having a very good day.

Donald Hurst celebrated his birthday on Sunday with a family dinner at Western Seder in Somerset. Attending were Mr. and Mrs. Oris Gooch, Mr. and Mrs. Barry Hurst, Derrick and Chris, Mr. and Mrs. Gary Hurst, Donnie Hurst and Ora Lee Hurst.

Word was received here this morning of the death of Glen Thompson of Crab Orchard. He was the son of the late Cay and Maude Thompson. Burial will be in the Fairview Cemetery at Willailla.

Tex and Connie Amys are spending this week in Virginia visiting with their son, Don and Mary.

Mt. Vernon Personals

By Marie McKinney

Recent visitors of Mr. and Mrs. C.S. McKinney were their daughter, Mrs. Sharon Lovins; their son, Mr. and Mrs. Jack McKinney of Reading, Ohio; their granddaughter, Samarah Jaclyn; Mr. and Mrs. Joe Lovins, Jr. and great grandson, Dalton Blake and Mr. and Mrs. Wayne Bullock of Covington.

Mrs. Ada Kirby and daughter, Barbara of Indiana visited her sister-in-law, Bessie Kirby recently.

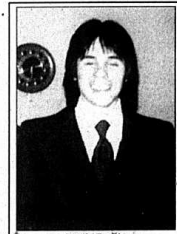
Mr. and Mrs. C.S. McKinney visited their grandson, Mr. and Mrs. Joe Lovins, Jr. and great grandson, Dalton Blake of Eubank last Sunday.

Shirley and Mary Hunt, Floyd and Myrtle Kirby, C.S. & Marie McKinney, all had breakfast together at Hardee's last Friday morning.

Our deepest sympathy goes out to everyone whom have lost loved ones recently.

Mrs. Peggie Murphy visited her mother, Mrs. Pansy Nicely last Saturday.

Mr. and Mrs. C.S. McKinney visited Mr. and Mrs. Calvin Barnett last Tuesday.



Lordy, Lordy
The Ag teacher turned 40!
Happy Birthday



Happy 11th Birthday Calvin!

Public Service Message

Rockcastle residents are advised that our county has five public water utilities. When reporting leaks, trouble or even paying your water company. When reporting a leak or water problem, leave your name, phone number and the name of the road where the problem is located. Check your monthly bill for the name and number of the company servicing your area.

Brodhead Water Works - 758-8635
Livingston Water Works - 453-2061
Mt. Vernon Water Works - 256-2879
Rockcastle Water Association - 256-5480
Western Rockcastle Water Association - 256-8283

Thank you for your attention and cooperation in this matter.

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Signal
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Estate Auction Automobile, Guns and Personal Property Sat., Oct. 13, 2001 at 1:30 p.m.

Location: 4th House on Left, on Chestnut Ridge Road near Mt. Vernon, Kentucky

Directions to the Auction: From Downtown Mt. Vernon, take U.S. 25 South, approximately 1 mile to Chestnut Ridge Road. Turn southward and go approximately 4/10 mile to the property. Watch for auction signs.

We have been commissioned by the heirs of the estate to sell, on the above date and time, the following:
Items to be sold include:

1989 Ford Tempo GL • 2 Recliners • Odd Chair • Philips T.V. and VCR • Utility Table • Push Mower • Cabinet • Table With 4 Chairs • Gun Racks • Metal Lawn Chairs • T.V. Satellite (Like New) • Office Chair • Filing Cabinet • Guitar Amplifier • 3 pc. Bedroom Suite • Small 2 Drawer File Cabinet • Whirlpool Dryer • Blue Matching Couch & Chair • 2 End Tables • Lamps • Radio • Metal Kit • Frigidaire Refrigerator • Tables • Hand Tools • Oil Stove (Almost New) • Trash Cans • Electric Range • Large Metal Tool Box • Poster Bed & Dresser • Knife Collection • Fruit Jars • T.V. Antenna (Like New)

GUNS: Rouger GP 100 Stainless • 38 Smith and Wesson • Winchester 30/30 • Remington 22 Pump • Remington 22 Single Shot • Epson B, 12 Gauge • Pump Shotgun • Browning 22 Gauge • Russian 7.62

Other Miscellaneous Items Not Listed at Time of Hand Bills

Terms: Cash or approved check by auction firm.

Note: A 10% Buyers Premium will be charged on any and all properties sold to determine the final sale price.

Auctioneer's/Broker Disclaimer: The information contained in this advertisement is subject to the inspection and verification of all parties relying on it. No guarantee expressed or implied is given of the information contained in this advertisement. No liability for its accuracy, error or omissions is assumed by the owners or their agents. Buyers shall rely on their own judgment and inspection. Property selling "As Is - Where Is" with no warranties either expressed or implied and with all faults.

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Ephraim McDowell Regional Medical Center
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2:00 p.m. - 4:30 p.m.

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