## Make holidays safe at home

By: Hazel Jackson, County Agent for Family & Consumer Science

By: Hazel Jackson, County Agent In Its easy to forget some basic safety precautions in the excitement of entertaining during the holidays. Even people with many years of cooking and entertaining experience such as burns, cuts, slips, sprains, strains, falls and electric shock. In the kitchen, the basic rule for stove safety is to never leave food cooking unartended because it could experience to the stove can be bumped or pulled down by a curious child causing over the front of the stove can be bumped or pulled down by a curious child causing severe burns. When lifting a pot did only the control of the stove can be bumped or pulled down by a curious child causing severe burns. When lifting a pot did only the control of the stove can be bumped or pulled down by a curious child causing a control of the stove can be bumped or pulled when the control of the stove can be bumped or pulled of the stove can be bumped or pulled only the down the control of the stove can be bumped or over, when the stove can be bumped or over, when the stove can be stored to the stove can be stored to the store of the s

pan, or use a ury-transment extinguisher.
When you're cooking, wear short or roll-up sleeves rather than loose, flowing clothing can ome mto contact with the stove causing a fire. If clothing does eatch fire, drop to the floor and roll bax and forth to smother the flames.
Rinse minor burns with cool water than the contact with the contact with the contact with the stove that five minutes.

for Family & Consumer Sciences
Never treat a burn with great or
butter as the street of the street o

the holidays a safe time:

"Make the kitchen a clutter-free
environment. By putting things away
have the kitchen a clutter-free
environment. By putting things away
have to be a closed because an open door
on result in a bumped head or
broken glasses.

The prompty clean up spills to reduce
the chance of slipping.
Have sufficient lighting to provide
good visibility, reducing the
litelihood of an excident.

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Richthood of an excident.

The provide and excident of the
provide and excited and excited and
quickly accessible place. Also, have
if rist alck it hand, regularly.

To more information, contact
your Rockeastle County Extension
Service at 256-2403.



Dr. Carolyn Reppert Morris recently received the 2001 President's Award for Outstanding Academic Excellence sealed and signed by United States President George W. Bush and United States Secretary of Education. Dr. Morris received this prestigious honor for academic excellence demonstrated in the counseling psychology research she has done at Emmanuel Baptist University. Dr. Morris' doctoral dissertation compared Christian Counseling Psychology to Secular Counseling Psychology. Her continued research focus is on Infow Jesus, the Greatest Counselor, taught and counseled. Dr. Morris is the talkuphter of Mrs. Mable Reppert Burdet of Renfro Valley and the late Marcus Eugene Reppert. Dr. Morris and her bushand Rodger Morris make their home in Florida, following Rodger's recent retirement from Ky. Department of Corrections. Pictured are Dr. Morris. center, with her mother, Mrs. Mable Reppert Burdete and her husband, Rodger Morris at Emmanuel Baptist University in Connelly Springs, North Carolina.

## Law enforcement technology program offered at Somerset Community & Technical College

The newest associate degree program in the Somenet Community and Technical College District is Law Enforcement Technology (LEN). The program is being offered as a joint forth between Somenet Technical College, Somenet Community College, and Laurel Technical College. The LEN degree program has been approved by the Board of Regents for the Kentucky Community and Technical College System (KCTCS) and the Council on Occupational Education.

The law enforcement career has olved greatly in recent years. No The law enforcement career has evolved greatly in recent years. No longer can applicants with minimal job skills expect to be hired. Today's successful candidates must understand and demonstrate a comprehensiand and emonstrate in the comprehensian and police agencies. Other courses in the program focus on the law as it relates to law enforcement, human behavior, government and communication. Specialized Course

work is also included as part of the curriculum.

Graduates of the program will be qualified to seek job opportunities on the municipal, county, state, as well as, federal level. Many industries and private concerns now employs tech-nicians who are skilled in security and protection.

and protection.

With experience, LEN graduates may also advance into administrative or supervisory positions in the security field or other areas of law enforcements.

forcement.

Law enforcement careers are expected to increase by \$2% by 2005, according to statistics.

For more information contact one of the Spmerset Community and Technical Colleges near you or stop by for a visit and plan a new career move with one of our friendly staff members.

move with one of our friendly staff members.

Colleges in the Kentucky Community and Technical College System change lives by providing accessible and affordable education and training through academic and technical associate degrees; diploma and certificate programs in occupational

fields; pre-baccalaureate education; adult, continuing and development helds; pre-baccalaureate education; adult, continuing and development education; customized training for business and industry and distance learning



(859) 986-8888 • 1-800-735-1028



field of law enforcement" and "working with great integrity to execute the duties of his post." Mr. Morris earned the much diration and respect of his peers and colleagues for the leaders sumed and for the instrumental contributions he made to Har and Career Ladders Program which ultimately benefits every

of the late Linzie Morris and Mrs. Ha

Email the Signal at mvsignal@sun-spot.com

## Happy Holidays Bee Garbage

## Holiday Pickup Schedule

Normal Pickup Day Tuesday, December 25th

Revised Pickup Day Monday, December 24th

Normal Pickup Day Tuesday, January 1st

Revised Pickup Day Monday, December 31st

If you have questions about the new schedule for the holidays, please call (606) 256-2334