



Duo celebrates retirement

Mava June Owens Stamper, of Richmond, retired October 1, 2002 after 29 1/2 years of service for the Social Security Administration. Since retirement, Mava and her husband have been completing the building and landscaping of a new home. Mava is also enjoying spending more time with her parents, Henry and Thersell Owens of Rt. 1 Mt. Vernon. To celebrate six months of retirement, Mava and her mother had their "Glam our Portraits" taken. Mava's future plans include moving into the new home, helping her parents on the farm and visiting with friends and relatives.

Library News

By Ms. Kathy McKibben
Children's and YA Librarian
This month, the library is celebrating "National Poetry Month." The Rockcastle County Public Library wants to remind our community to stop in and view the poetry on display. The poetry was written by our own Rockcastle County Middle School and High School students. The display is in the adult area of the library. We want to thank the teachers and students for their cooperation. It never ceases to amaze us what talented young people we have in our community.

We would like to inform our adult patrons of some new books added to the adult collection. The *Pilgrim* Song by Gilbert Morris, *Armageddon* by Tim LeHaye and Jerry B. Jenkins, *The Guardian* by Nicholas Sparks

"Project Graduation"

Cont. from A-2

Gallery, Sand Gap Holiness Church, Morning View Holiness Church, Wal-Mart (London), Brookhaven, Rockcastle Public Library, Joseph Howard, Handcrafted Furniture.

A Cut Above, Apollo Pizza, Barnett Cycle Shop, Bray's Transmission, Broadhead Baptist Church, Broadhead Car Wash, Broadhead Farm Equipment, Bullock's Muffler Shop, Car Quest (Berea), Joseph Clontz CPA, Cutting Edge, D&D Lawn Service, D&Y Jewelry, Dabney Feed & Supply, Damon's CTA, Image Entry, Johnny's Music, Ky. Farm Bureau, Livingston Fire Department, Marsha's Florist, McNew Monuments, N&N Contracting, Reppert Funeral Home, Roy Todd Builders, Inc., Sabrina's Hair Design, Save-A-Lot (Mt. Vernon), Williams Funeral Home, Country Flowers, Gedd's Pools, Inc., Rockcastle County Middle School, Pizza Hut, Godfather's Pizza, Bruster Studio, Rockcastle Embroidery, Touch of Class, Country Poddler, Brock Studio, Danetta Ford, Jerri Lynn & Keith Smith, Pappi Cola, Frito Lay, Butter-nut, Dick's Family Market, Carter's Market, Dr. Karen Saylor, Ruckels Grocery, Swain World, Lennie & Carissa Vazquez, Rockcastle Co. Kiwanis, Lovell's Gun Repair, Church on the rock, Tevis Bryant, Pleasant Run Baptist Church, Bible Baptist Church, Livingston Community Home, Madison Livestock Sales, Flavo-rich Dairy, Morgan's Plumbing & Repair, Integrity Mold & Dye, Payne's Auto Sales, Rocky Powder Co., Grace Baptist Church, First Pine Hill Missionary Baptist, Movie Warehouse, Saylor's Furniture, Donald & Rena Anglin, Carolyn McKinney.

Lay Simpson Furniture, KOA Campground, Rockcastle Area Tech Center, John Holbrook, Vicki Sears, Fong's, Denny's towing Service, MVES PTG, James Earl & Libby Hammons, J&A Auction, Clarence & Louise Carter, Floors, Etc., Inc., Kentucky Steel Center, Inc., Ohio Auto Sales, America's Quail Homesteaders, Rockcastle Vet Clinic, K&D Trucking, Jeannine Parsons, Sarah Miracle, Community Trust Bank, Wildlife Christian Church, Wildlife General Store, Dan DeWine, Pamela R. Chaffin Rockcastle Library, Linda Davidson Reilly, Suzanne Thacker, Gladys Carpenter, Willa's Grocery (David & Rose DeBorde), Long's Automotive, RTEC, Larry's Seamless Gutters, Rowe's One Stop, Mobley's Electrical Service, Dennis Bare, Don Thompson, Ottawa Baptist Church, Mt. Vernon Signal, WRVK Radio Station, Jenny Sweet, Lisa Smith.

Norridge Baptist Church, Buckeye Christian Church, Dr. Kevin Rowe, Our Lady of Mt. Vernon Catholic Church, Aletha's Flowers, C&H Storage, Marlene Flowers, Linda Madison, Livestock Sales, Willis Coffey PSC, Clontz & Cox, Rockcastle farm Supply, Skaggs Creek Baptist Church, Cintas Corporation, The Banner, Richmond Street EyeCare, Collins' Respiratory Care, Edwards Chiropractic, Inc., Debra Hembree Lambert, Whispering Pines Stables, Rockcastle Hospital & Respiratory Care Center, Inc., Country Sam's, Cox Hardware, Bissell's, Inc., Save-A-Lot Berge, Maloney Graphics & Design.

First Baptist Church, Rockcastle County Schools, Peoples Bank & Trust, Livingston Baptist Church, Buzz Carlolis, John G. Hamm Auto Sales, Kentucky Malt Beverage Education Corporation, Flat Rock Baptist Church, Mt. Zion Baptist Church, Norma Houk, Dwayne Adams, Lake Linville Boat Dock, Mt. Vernon Printing, Food World, Denny's, Lee's Famous Recipe Brea.

If we accidentally left someone out, please feel free to call and let us correct the error.

Project Graduation 2003 Committee

Keeping Eggs Safe

By Hazel Jackson
County Extension Agent for
Family and Consumer Sciences

Spring is a festive time of year as plants and trees awake from a winter's nap and we prepare for seasonal celebrations and observances.

Eggs are a traditional food often used for spring festivities but they may contain organisms that could make people sick. So when you're preparing for an egg hunt it's important to properly store and handle the eggs for this activity.

Shell eggs might contain *Salmonella enteritidis*, bacteria that can cause foodborne illness. Although the number of affected eggs is quite small, foodborne illnesses have occurred in the past few years. Groups especially vulnerable to *Salmonella* infections include those with health problems, the very young and senior citizens.

Eggs must be properly handled, refrigerated, and cooked to remain safe. Keep eggs refrigerated, cool eggs until yolks are firm, and thoroughly cook foods containing raw eggs.

When buying eggs, always choose those from a refrigerated case. Look for clean, uncracked shells. Always buy eggs before the "Sell By" or expiration date on the carton. A U.S. Department of Agriculture grade shield or mark means the eggs have met quality and size standards. Buy the size that's most useful and economical for you.

Temperature fluctuations are critical to safety. Take eggs straight home from the store and immediately store them in the original carton in a refrigerator at 40 degrees Fahrenheit or below. Put the carton in the coldest part of the refrigerator. Don't wash eggs before storing them, because this could remove the protective mineral coating and increase the potential for bacteria on the shell to enter the egg. Eggs shouldn't be left unrefrigerated any longer than two hours. Once they are refrigerated, eggs need to stay that way.

Leaving cold eggs at room temperature can cause shell sweat, which facilitates bacterial growth.

If eggs crack on your way home, break them into a clean container; tightly cover; refrigerate them. Use these eggs within two days. Eggs that crack during hard cooking are safe.

Here are some safe-handling guidelines for eggs.

Before and after contact with eggs, wash your hands, utensils, equipment and work areas with hot, soapy water.

Don't keep any raw or cooked eggs out of the refrigerator for more than two hours.

Raw eggs and other ingredients, combined according to recipe directions should be immediately cooked, or refrigerated or cooked within 24 hours.

To safely cook eggs, poach, hard cook, scramble, fry or bake them. Be sure the eggs are thoroughly cooked until the yolks are firm. Scrambled eggs shouldn't be runny. Use a food thermometer to be sure you've cooked casseroles and other egg-containing dishes to an internal temperature of 160 degrees F.

Immediately serve cooked eggs and egg-containing dishes, or put them in shallow containers to quickly cool and refrigerate right after cooking. They should be used within three to four days.

For more information, contact your Rockcastle County Cooperative Extension Service. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

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to the Signal
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Week Nights at 7:30PM

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DANIEL BOONE DEVELOPMENT COUNCIL, INC. Board of Directors - Low Income Representation

The Nominating Committee is soliciting nominations from Rockcastle County Low Income population for representation on the Low Income Sector of the Daniel Boone Development Council, Inc. Board of Directors. Nominations will be accepted until close of business on May 7, 2003. All nominations will be placed on a ballot sheet at an ELECTION that is to be held in Rockcastle County at the Daniel Boone Dev. Councils Office located on Main Street in Mt. Vernon, Kentucky on May 22, 2003 at 5 p.m. The two winning nominees in this election will serve on the Daniel Boone Development Council Inc. Board for a term of three (3) years.

If you have any questions, call Mike Buckles at 606-598-5127.

All nominations including Name, Address, County and Phone Number must be mailed to Roger Schott, Chairman of the Board at the following address:

Roger Schott, Chairman
Daniel Boone Dev. Council, Inc.
1535 Shamrock Road ~ Manchester, KY 40962

Nominations for Rockcastle County Representative of Low Income Sector on the Daniel Boone Development Council, Inc. Board of Directors should include the following information:

REVIVAL

Scaffold Cane Baptist Church

April 27th - 30th

Sunday service at 11 a.m. Nightly at 7 p.m.

Evangelist - Greg Lakes

Pastor of Valley Baptist Church

Sunday morning is High Attendance Sunday,
Special singing by Jodie Dees.

Sunday evening is Bring a Friend Night,
Special singing will be New Paved Highway.

Monday evening is Family Night,
Special Singing will be Charlie Spangler.

Tuesday evening is Youth Night,
Special Singing will be Melissa Welsh.

Wednesday evening is Fill a Pew Night,
Special Singing will be The Azbills.

If we accidentally left someone out, please feel free to call and let us correct the error.

The van will run at 6:30 each night.
If you need a ride, please call 256-3346.

Crab Orchard Homecoming

The Crab Orchard 4th of July Homecoming Celebration will be held Saturday, June 28, 2003.

This celebration is in its 28th year and has one of the largest parades and car shows in the area.

The 4th of July celebration is now accepting vendors for the booths. For more information on the events or registration for a booth space, please call Cheri Mandel (606) 355-2319 from 9 a.m. to 3 p.m. or Bob Turpin at (606) 355-9010.

Fish for Pond Stocking

Delivery will be: Thursday, April 17th

Brodhead - Adams Feed & Supply

9:45 - 10:45 a.m. Phone 606-758-8813

To place an order call the store above or call 1-800-247-2615

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* For the rate quoted, customer must apply by April 30, 2003 and bank the account by May 30, 2003. 5.99% fixed APR is available for terms up to 10 years on home equity loans with automatic payment from any U.S. Bank checking account. 2.75% of 80% of net. Higher rates apply for higher LTVs and longer terms. Minimum loan amount of \$10,000 is required. No closing costs available on the \$10,000. Offer is subject to internal model qualifications. Some additional restrictions may apply. Home equity loans are offered through U.S. Bank National Association N.A. ©2003 Member FDIC.