

Food Safety Tips for Spring and Summer

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Some traditional foods often used for spring and summer festivities may contain organisms that could make people sick. So whether you're preparing for a spring birthday party, a neighborhood picnic, or a graduation party, it's important to properly store, handle, and prepare the food to be served. Foods that should be handled with special care include eggs, poultry, ham, beef, salads, and sandwiches.

Below are some basic food safety principles to ensure that foodborne illness doesn't erupt from your spring and summer festivities.

*Remember the adage, "keep hot

foods hot and cold foods cold."

*Maintain cooked foods at 140 degrees F, or refrigerate them at 40 degrees F or lower. Keep cold foods at 40 degrees F in the refrigerator. If you freeze them, maintain the freezer temperature at 0 degrees F.

*Don't leave hot or cold foods out more than 2 hours. Bacteria that cause foodborne illness rapidly multiply at room temperature.

*Preheat the oven to a temperature of no lower than 325 degrees F to destroy bacteria that might be present in ham, lamb, beef or poultry products.

*Use a meat thermometer to ensure that you cook raw meats to an

internal temperature sufficiently high enough to kill disease-causing bacteria. Cook fresh, raw ham to an internal temperature of 160 degrees F; raw lamb and beef roast, at least 145 degrees F; and poultry, 170 degrees F for white meat and 180 degrees F for dark meat.

*You can heat a fully-cooked, ready to eat ham to 140 degrees F before serving if desired. Be sure to always keep this meat in the refrigerator.

*Refrigerate dry-cured country ham after you slice it. You can refrigerate a sliced, uncured ham for two to three months, but only five to seven days after it's cooked.

*Use raw beef or lamb within three to five days; otherwise, freeze the meat to use within six to nine months.

*Immediately refrigerate perishable foods after you finish the meal, but no longer than two hours after you've removed them from the refrigerator or oven.

*To speed the cooling process, carve leftover meat from the bone, put it in small, shallow containers, and place in the refrigerator or freezer.

For more information, contact the Rockcastle County Cooperative Extension Service at 256-2403.

Mt. Vernon Personals

By Marie McKinney

Those who visited C.S. and Marie McKinney over Easter weekend were their daughter, Mrs. Sharon Lovins and grandson, Jack and great granddaughter, Samarah Lovins; Pete Burdine of Ohio; Mrs. Doris Williams of Lexington; Mrs. Dorothy Walton and daughter, Melanie and grandson, Justin; Mrs. McKinney's nephew, Stanley Graves of Indiana; the McKinney's son, Jack McKinney,

wife Lillie, their son, Jeff McKinney and wife, Shelly and children, Stacey, Steve, Jack and their daughter, Paula and husband, Scott Nicely, and children, Hailey and Matthew Nicely; Mr. and Mrs. Toby Arzmann, all of Ohio; their grandson, Mr. and Mrs. Joe Lovins, Jr. and great grandson, Dalton, of Evansville; Mr. and Mrs. Jim Lovins of Berea; Jack Lovins and friend, Ann and Ann's children, Marissa, Alexis and Jessica.

C.S. McKinney celebrated his 85th birthday April 2 and his wife, Marie, celebrated her 82nd birthday April 19. We wish them many more birthdays.

Our deepest sympathy is extended to all who have lost loved ones recently. May God bless each and everyone.

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Michael Acton Cash (Mac) celebrated his first birthday on March 19, 2003. Friends and family helped celebrate with a Bob the Builder party. Many nice gifts were received and everyone had an afternoon of fun and fellowship. Acton is the son of Michael and Jennifer Cash. Paternal grandparents are Carlos and Madonna Cash of Broadhead. Maternal grandparents are Jane Gentry, of Broadhead, and the late Joel C. (Buster) Gentry. Great paternal grandparents are Raymond and Catherine Flynn. Acton would like to thank everyone who helped make his first birthday very special.



Jameson Levi Burdine celebrated his 2nd birthday January 30th with a construction trucks party. Jameson would like to thank everyone who helped him celebrate his birthday. Jameson's mommy and daddy are Kelli and Adam Burdine and his mammas and papas are Doris and Wayne Nicely and Carol Buckler and the late James Burdine. Great grandparents are Ovie and Retha Cromer and James and Lois Nicely and Mae Adams. Jameson also has 2 great great grandmothers, Pansy Nicely and Bessie Kirby.

Looking Fine at 82!
Happy Birthday Mom

We love you so very much.

From Your
Husband C.S.
and all your family
and friends



One year ago, God planted a seed into the lives of Dewayne and Kim Richards of Berea. They named her Thea Grace and with each day they have watched her grow and bloom into a beautiful flower that has filled their lives with such blessing. Thea celebrated her first birthday with a garden party full of flower, lady bugs and butterflies, along with her family and friends. They would like to thank her papa and nanny, Joe Edd and Vickie Barnes and her nanna Viola Richards, all of Mt. Vernon for the love and care they have given her. Thea is also the great granddaughter of Arlie and Dorothy Renner of Mt. Vernon.



Bridgette Renea Lear
We cannot stop the hands of time. Much as we'd like to do, But neither can we stop the love Within our hearts for you.

We cannot stop the rolling waves As they beat on the shore. But neither can we stop the love That lives forevermore.

We cannot change what lies ahead, Though good or bad it be, But neither can we change our love. That lives eternally.

We would not change a single thing Since that day you came into our family, Because the love within our hearts Grows more for you each day.

May the year's ahead be ones that give You many bright and beautiful moments. Like those you've given others In the years gone by.

Happy 18th Birthday
April 23rd
Mom, Dad, Pam, Granny, Frankie, Belinda, Leandra, Levi, Lebrana, Papaw, Granny, Doc, Jeff, Kayla, Kyle, Jenny, Brady, Ricky, Celena, Sasha, Alivia and Michael.

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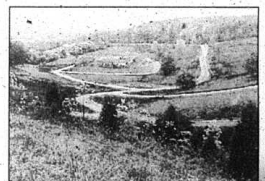
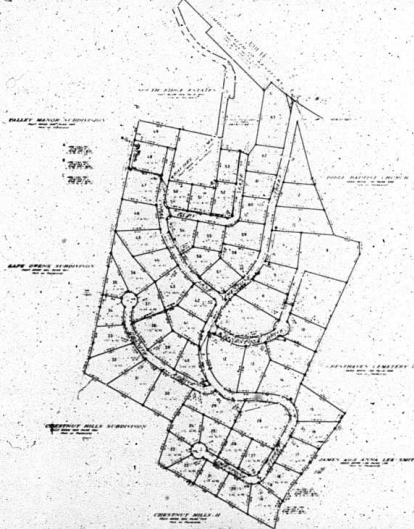
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