

Mamaw's Kitchen

By Regina Poynter Hoskins

SKILLET SPAGHETTI
1 pound hamburger
1 onion chopped
1 can tomatoes
1 small can tomato sauce
1/2 cup water
1 teaspoon sugar
1 jar (4 ounce) mushrooms, drained and chopped
3/4 cup green pepper, chopped
1 teaspoon salt
1 teaspoon chili powder
7 ounces spaghetti, uncooked
2 cup shredded cheddar cheese
In large skillet brown hamburger and onion; drain. Stir in all remaining ingredients except cheese; cover and simmer. Occasionally, add water if needed. Cook about 30 minutes or until spaghetti is tender.
Spread cheese on top and cover to let melt. Or you can put in casserole dish and melt cheese in oven.
SUSIE'S SPINACH SALAD
1 cup oil
3/4 cup sugar
1/2 cup vinegar
1/3 cup ketchup
Blend all dressing ingredients well. Set aside and make salad.
SALAD:
1 bag spinach
1 red onion (sliced)
Bean sprouts
1 cup water chestnuts, sliced

2 boiled eggs
1 pound bacon (fried crisp) or use bacon bits
Mix all salad ingredients. Add dressing.
COCONUT CHOCOLATE BARS
1 bag (1 pound) cream filled chocolate cookies
1/2 cup butter, melted
1 can (14 ounce) sweetened condensed milk
3 and 1/2 cups flaked coconut
1 cup sliced almonds
1 tub (8 ounce) Cool Whip®--do not thaw
8 ounces semisweet chocolate chips
Preheat oven to 350°. Finely crush cookies; add melted butter. Press into a buttered 9 x 13 baking pan. In a large bowl, combine condensed milk, coconut, and almonds. Mix well. Drop by spoonfuls over crust; spread evenly. Bake for 20 to 25 minutes or until edges begin to brown. Cool completely on a wire rack. In a microwave safe bowl melt frozen Cool Whip® and chocolate chips. Microwave on high for 2 minutes, stirring after each 30 seconds, until chips have melted. Stir until smooth. Spread on top. Sprinkle with additional coconut and almonds if desired. Refrigerate until firm. Cut into bars.



On Monday December 9th, the Kentucky State Police Post 11 London and the Kentucky State Police Professional Association Chapter 11 held its annual "Shop-With-A-Trooper" Program at the London Wal-Mart. The program, which operates solely from donations, was able to help 48 children have a better Christmas. The children, chosen and recommended by the local troopers, were from the seven different counties served by KSP Post 11. Kentucky State Police Posts across the state hold this type of event each year to help those less fortunate and to booster a positive image of police officers for the children. Local sponsors were: Saylor Family, Cummins' Sporting Goods Store, Brodhead Pharmacy and Peoples Bank of KY.

On Call

By:
Rick Branham



Last week we finished up building construction and now I am going to move onto rope use in the fire service. Last week's question was, what two categories or classifications does rope fall into. The answer is life-safety rope and utility rope. I am going to discuss these two classifications this week.

Life-safety rope is used to support rescuers and/or victims during actual incidents or training. Utility rope is used for all other purposes such as hoisting tools. Life-safety rope is dedicated solely for the purpose of being used for the raising, lowering or supporting people during rescue, firefighting or other emergency operations.

The standard we follow for life-safety rope is NFPA 1983. This standard states

that only rope of block creel construction which is without knots or splices in fibers. After each use life-safety rope much be inspected for visible damage, abrasions, exposure to high temps, has it been impact loaded, not exposed to any chemical or material that can deteriorate rope. The latter is why we do not store rope in a compartment that houses gasoline. The vapors from the gasoline can deteriorate rope over a period of time. If the rope does not pass this inspection then it can no longer be used for life-safety application. Instead it can be made into utility rope for all

other situations except for life safety. When we do change the rope from life safety to utility, we have to make sure that rope is clearly marked for utility use only. We can cut the rope into shorter lengths, removing the manufacturers label or using a marking system.

The final aspect on rope I am going to discuss this week is what type of materials our rope is made from. Until the last half of the twentieth century natural fiber rope was used for rope rescue. Natural fiber rope was largely made from hemp or cotton. However after years of experience, testing and evaluation, natural fiber rope cannot be used for life safety application. It still can be used for utility rope. Synthetic rope is now the preferred rope to be used for life safety. It has continuous fibers running the entire length of the rope and is resistant to mildew and rotting, has excellent

strength and is easy to maintain.

Next week I am going to discuss the weights that our life-safety rope can actually support and I believe you will be surprised by the numbers to will see. The question for the week is pertaining to life-safety rope. What are the two types of life-safety rope?

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ONLINE ONLY ESTATE Auction

Bidding Ends: Thursday, December 19th @ approx. 6:00 p.m.
BID ONLINE NOW AT:
www.fordbrothersinc.com

Directions: From Mt. Vernon follow Hwy 25 N toward Roundstone approx. 6 miles. This property is near Roundstone Elementary School, on the left just before the bridge. Watch for auction signs. From Berea follow Hwy 25 South approx. 8 miles to the property. Just past Roundstone School. Cross the bridge and take the next right. Watch for auction signs.

END OF THE ROAD PRIVACY! This English-Tudor style home sits at the edge of the woods overlooking the creek. This would make an excellent home for your family. Downstairs features include: Living room, Den with fireplace, Kitchen with breakfast area, Laundry room, Formal Dining room, Master Bedroom and 1 1/2 baths. Second Story features include: 2 bedrooms and 1 bath. Other amenities include: 2-car attached garage, city water, gas heat, central air.

PREVIEW DATES: There are two preview dates scheduled for this auction:
Thursday, Dec. 12th from 1:00 p.m. - 6:00 p.m. and Wednesday, Dec. 18th from 1:00 p.m. - 6:00 p.m.

AUCTION END TIMES: Bidding ends on Thursday, December 19th :

Real Estate: House & 7 Acres (more or less): ends at approx. 6:00 p.m.

Catalog 1: "Glassware & China" ends at approx. 6:15 p.m.

Catalog 2: "Home Decor & Collectibles" ends at approx. 6:15 p.m.

Catalog 3: "Prints & Mirrors" ends at approx. 6:15 p.m.

Catalog 4: "Jewelry & Dolls" ends at approx. 6:30 p.m.

Catalog 5: "Furniture" ends at approx. 6:30 p.m.

Catalog 6: "Lamps, Linens and Box Lots" ends at approx. 6:30 p.m.

(All auction end times are approximate)

NOTE: Refresh your screen constantly during the closing minutes of the bidding.

BUYER'S PREMIUM: There will be a 10% Buyer's Premium added to the winning bid. The sum of the winning bid plus the buyer's premium will be the sales price.

ITEM PICK UP TIME: All items must be paid for in full before being picked up. There will only be ONE pickup date: Friday, December 20th from 9:00 a.m. - 6:30 p.m. All items will be picked up on site at 6199 North Wilderness Road, Mt. Vernon, KY 40456.

TERMS: Payment will be due in full no later than Friday, December 20th at 6:30 p.m. All purchases that have not been paid in full by Friday, December 20th at 6:30 p.m. Eastern Time will automatically be charged to the credit card used at registration with a 3% processing fee, unless other arrangements are made.



AUCTIONEER: SAM FORD

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