Safe cooking, food storage a must during holiday "leftover" season

By Heather Mathes-Harris
Of The Carlisle Mercury Staff

CARLISLE - According to Larry Trussell of the Nicholas County Home Health and Environmental Department, illness, food poisoning in particular, may be avoided by using safe cooking and storage methods during the holiday seasons.

"Cooks should remember two numbers - 145 degrees and 45 degrees," Trussell said.

"Food will hold temperature in a 145 degree oven and, if covered, will retain texture and juice. Food may be stored at 45 degrees."

Trussell also said cooks should pay particular attention to the preparation and storage of poultry.

"It has been proven that Salmonella (a particular food poisoning caused by bacteria) sets up quicker on poultry," Trussell said.

"Turkey should be covered and stored within an hour, at the very least, after the meal."

Utensils, cutting boards and preparation areas should be washed and sanitized before and after use, as the Salmonella bacteria present on these surfaces may be transferred easily.

"I know in butcher shops, knives and cleavers used to cut poultry are sanitized before use on beef because Salmonella does not up quicker on poultry products," Trussell said.

He also said adequate sanitation may be accomplished by "immersing equipment or utensils for 30 seconds in clean hot water of 170 degrees or immersion for at least one minute in a cleaning solution containing 5.25 percent household bleach per gallon of water at 75 degrees."

And for cutting boards or grinders too large to immerse for sanitizing as well as for preparation areas, wiping the surface with the sanitizer, (50 - 100 PPM) should follow and precede preparation.

Other tips for the preparation and storage of turkey and leftovers are as follows:

*Turkey should be thawed completely, 45 degrees or less which takes three to four days;

*Turkey may also be thawed under cold running water, 75 degrees or less;

*Thawed in a microwave oven if cooking in a conventional or microwave oven will immediately follow;

*If turkey is pre-stuffed, do not thaw before cooking;

*Thawed turkey should not be stuffed until directly before cooking;

*Platters must not be stacked on each other since proper air circulation is necessary to facilitate cooling;

*Shallow dishes should be used for leftovers;

*Turkey and stuffing should be covered and stored separately;

*Reheat turkey quickly and thoroughly.

Trussell warns that if proper precautions are not followed, food poisoning may result.

"The most common type transmitted is Salmonellas and symptoms may be present anywhere from six to 72 hours following consumption," Trussell said.

For more information contact Trussell at 289-7000.

Hospital Auxiliary plays important role

By Heather Mathes-Harris
Of The Carlisle Mercury Staff

CARLISLE - The Nicholas County Health Care Auxiliary presented the Nicholas County Hospital with a sleeper - chair purchased with proceeds taken in this year from the Auxiliary's benefit dinner.

"In the past there have been a number of critically ill children who needed their parents to stay overnight with them," Josh Shepherd, public relations director, said.

"These parents who stayed in the hospital in order to be with their children had quite uncomfortable sleeping arrangements, but because of this chair, and possibly more in the future, their around the clock stay is at least a comfortable one."

But this contribution to the hospital and its patients is just one of many over the past several years.

According to Dorothy Kimberling, Director of Volunteer Services, and Alma Curtin, president of the auxiliary, since organization in 1976, the Nicholas County Hospital Auxiliary has purchased $46,961.30 worth of equipment for the hospital and nursing home and have awarded a total of $6,830.48 in nursing scholarships.

Kimberling said the auxiliary's mission is to work toward supporting the hospital and nursing home through contributions of time, equipment purchases and scholarship programs.

"All I can say is that we are indebted to them. They have supplied physicians as well as doctors with items we would have well overlooked," Shepherd said.

"They fill a much needed gap and we are very thankful they are here."

Funds are raised through a series of ongoing projects conducted through the year.

The gift shop, housed in the hospital, is completely staffed by volunteer personnel and is open from 12 p.m. until 4 p.m. Monday through Friday.

Other annual events include the Auxiliary's Benefit Dinner as well as the Christmas Bazaar.

This year the Bazaar will be held at the Depot in Carlisle on November 20 at 9 a.m.

"We want to take the time to thank every individual and every business who have put forth the effort and supported us each year," Kimberling said.

Other members of the auxiliary include, Elizabeth Ellington, vice-president, Katherine Wells, secretary, and Donna Gail Mattox, treasurer.

The auxiliary is always looking for new members, male or female.

For more information on joining the auxiliary, call Alma Curtis, 289-2508.

The Carlisle Mercury/Heather Mathes-Harris Photo
Dan Miller, Nicholas County Hospital Administrator, and members of the Nicholas County Hospital Auxiliary display the new sleeper chair

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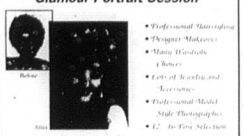

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Quantity	Description	Price
____	Box Navel Oranges, 4/5 Bushel	$13.55
____	Box Juice Oranges, 4/5 Bushel	$9.95
____	Box Tangelos, 4/5 Bushel	$11.95
____	Box Pink Grapefruit, 4/5 Bushel	$11.20
____	Honey Krunch Peanuts, 12-11 Oz. Cans	$23.85
____	Case Redskin Southern Fried Peanuts, 12-20 Oz. Cans	$28.85
____	Case Southern Fried Skinless Peanuts, 12-20 Oz. Cans	$30.10
____	Case Southern Fried Skinless Peanuts, 6-4 lb. Cans	$40.30
____	Case Pecans, 12 One-pound Bags, fresh Shelled	$52.15
____	Southern Roasted Pecans, 12-9 Oz. Cans	$38.15
____	Pure Peanut Cooking Oil, 8-64 Oz. Family Size Bottles	$37.15
____	Peanut Butter, Smooth, 5 Lbs. (Twin Pack-two 2-1/2 Lb. Jars)	$25.55
____	Peanut Butter - Krunchy, 5 Lbs. (Twin Pack-two 2 1/2 Lb. Jars)	$25.55
____	Case *Hildensity Frozen Orange Juice, 24-12 Oz. Cans	$29.15
____	Case *Hildensity Frozen Grapefruit Juice, 12-12 Oz. Cans	$18.20
____	Case **Lemonade Concentrate, 24-12 Oz. Cans	$14.90
____	Bluebird Grapefruit Juice, Ready To Drink, 48-6 Oz. Cans	$13.40
____	Dirt Squad Hand Cleaner, 12-16 Oz. Cans	$17.15
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Jackets end season with a bang, whip Bath Co.

By Heather Mathes-Harris
Of The Carlisle Mercury Staff

CARLISLE - The Nicholas County Varsity Bluejackets went out with a definitive BANG! overwhelming the Bath County Bobcats 54-0 in the final Jackets football game for the year.

Bluejackets seniors and seniors' parents were honored before game time. Those seniors honored included Nick Pope, Jerry Watkins, Pat Baker, Ronald Newby, John Gilbert, Nate McGuffey and Keith Fryman, Michael Trusty, Charlie Warner and Dara Jo McCord.

Nicholas County dedicated its last game to Doc Allison, Bluejacket supporter and volunteer for 45 years.

Seniors presented Allison with a Nicholas County hat and shirt and thanked him for his involvement and support over the years.

"Coaches, teachers, staff and the students of Nicholas County High School all agree Doc Allison contributes so much of his time to the schools of the county that he deserves this special tribute," Athletic Director Ron Baker said.

"He has given over 45 years of volunteer time to Carlisle City High School and Nicholas County High School, taking tickets and offering his support.

"And the man has always had amazing accuracy, he is rarely off even one ticket. He is a superman and we wanted to let him know how much was appreciated all he has done and all he continues to do.

"He has means a great deal to our system here in Nicholas County and we have missed him while he has been too ill to attend the ballgames. We would like him to know how much we think of him."

According to Head Coach Greg Letcher, Nicholas County could not have gone out with more style.

"Everything we have practiced all year long came together in one night, our only regret is that it did not come earlier in the season," Letcher said.

"We played by far the best game we have all season, and all the seniors had a lot to be proud of. All senior running backs scored, each one has put in a great contribution all four years and I think this game summed that up.

"This was a great week. Our ninth and 10th graders beat Paris, 28-0 and then the varsity came back and beat Bath County 54-0 - I'd say it was a good end to the season."

Nicholas opened with Baker's big kick which landed barely five yards from the endzone.

The Bluejackets contained Bath County within five yards gained for three plays and forced the Bobcats to a fourth down after a big tackle by Robert Reed caused a loss of yardage.

Bath County returned the favor holding Nicholas' Nick Pope to seven yards gained on two running plays, but Nate McGuffey took it all the way to first and goal on the third down.

Even though Nicholas was penalized five yards for illegal motion, Jerry Watkins whipped into the end zone on the next run for the first Nicholas County TD. Baker's after point kick was good, Nicholas County up, 7-0.

Bath County had no luck on its second turn at the ball with Bluejacket Keith Fryman sacking the quarterback and forcing a turnover.

Watkins returned to the endzone for another big run touchdown. However, Nicholas had trouble with the snap and didn't get the chance to kick for the extra point.

Entering the second quarter, Bath County's Clarence Jones covered some serious ground for the first down.

But with a series of tackles by John Gilbert, Duanne Kenney and Ronald Newby, Bath County fell short on yardage and Nicholas took over on downs.

On the march upfield, McGuffey had a gain of nine, second and one.

Watkins and Newby hit the mark for two consecutive first downs, but it was Duanne Kenney who dealt the blow for the TD and Baker on the good after point kick, Nicholas up, 20-0.

Bath County turned over the ball after yet another series of brutal tackles by the Bluejackets' defensive line.

Watkins returned to the endzone for his third and final touchdown of the night and his high school football career leading Nicholas County into the half dominating Bath County, 26-0.

On the offensive end of the field, Nicholas had a couple of big runs by McGuffey and Pope with tackles by Bath's Kyle McBaton and Larry Bowling.

With the temperature dipping at the 30 degree mark, Pope ran in his TD for the night, posting Nicholas' only score for the third quarter at 32-0.

In the fourth quarter, Brad Short tried for a big run and get to the 50, but Bath County was forced into a punt situation, delivering the ball into Nicholas' eager hands.

Newby sprinted upfield for a gain of 25 racking up yet another six for the Bluejackets.

The Nicholas County crowd weaned in the fourth quarter and temperatures continued to dive, but the the big blue's enthusiasm mounted as the Bluejackets stacked up TD after TD, with a total of 22 points scored in the fourth quarter alone.

The Carlisle Mercury/Amanda Capps Photo
The Nicholas County Bluejackets leap into action against the Bath County Bobcats Friday night. The Jackets won their last game of the season, defeating the Bobcat, 54-0.

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