LIFESTYLE

Family and Consumer Sciences Corner

Avoiding Dangerous Staph Infections

UK Cooperative Extension Service
Extension Notes
Kimberly Adams Leger
Nicholas County Extension Office

Outbreaks of resistant forms of staph infections have been making the news around the Bluegrass Area recently.

This highly contagious infection comes from the staphylococcus. aureus bacteria that are normally found on the skin. The resistant strain recently appeared in schools, day care centers and other areas where people congregate. The resistant form is known as Methicillin Resistant Staphylococcus Aureus, meaning it is resistant to certain antibiotics. Previously it was found primarily in medical facilities, such as nursing homes and hospitals.

The best way to prevent the spread of this infection is with good hand washing and hygiene practices. Remind students to keep cuts covered with bandages and not to touch another person's cut or scrape. Below are several tips to aid in protecting you and your family from this infection.

When to wash hands:

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

How to wash your hands:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the facet.
- If soap and water is not available use a hand sanitizer using the following technique:
- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

For more information, contact the Nicholas County Extension Office at 289-2312.

Photo submitted

Five generations

Five family members joined together for a five-generation picture. They are, left to right, Linda Hamilton, great-grandmother; Melinda Smith, grandmother; Amber Prather, mother; Audree Nacole Prather, baby; and Ruby Morris great-great-grandmother.

Mercury Memories

25 years ago
Nov. 4, 1982

The Nicholas County Future Homemakers of America launched 400 gas-filled balloons from the high school Wed. in support of the March of Dimes.

The balloons were purchased by members of the public and individually labeled. The person who finds one of the balloons the greatest distance from the school will receive a cash prize of $25.

Jockey International has announced a $4 million renovation project for its Carlisle Plant. Vice President of Manufacturing Fred Holmes and President Don Haney emphasis that no jobs will be lost during the renovation process. "No matter how bad the economy gets, folks have still got to have underwear," Holmes said.

The Bluejackets defeated the Frankfort Panthers 43-0 Friday night.

Idaho potatoes are $2.49 for a 15-pound bag at C&G Foodtown.

50 years ago
Oct. 31, 1957

Lynda Snelling and Sylvia McCarty have been selected to attend the National 4-H Club Congress in Chicago.

It's too new to be true, the 58 Chevrolet. See your local authorized Chevrolet dealer today.

G.E. roll around vacuum cleaners are $49.95 at Modern Furniture Company.

A Halloween midnight showing of "Cyclops" starring James Craig and Tom Drake will play at the Lyric Theatre.

Attention Round, Square and Rock-N-Roll dancers. There will be a Halloween Dance Oct. 31 at the Bethel Skating Rink.

Dry clothes electronically! When you dry clothes the electronic way, you have more time to do the things you want-sew, cook and enjoy your children. Live better electrically with Kentucky Utilities.

75 years ago
Nov. 3, 1932

Mildred George, five-year-old daughter of Mr. And Mrs. Edgar George of Cowan, was seriously injured late Saturday evening when she was struck and ran over by a truck in front of Mitchell's Store in Cowan.

Witnesses say the accident was unavoidable.

Boy's school suits, four pieces $2.98 at Lerman's, the busiest spot in Kentucky. 29 x 4.40 Goodyear tires are $4.15 each at Harper's Garage.

Maybe your income has shrunk, but see how your dollar has grown at C.C. Cole Company.

"Sure, we're all making less than we did in 1929, but put away your crying towels, there's a silver lining-and a brighter one! Giffon suits are $16.50. Yes sir, in 1929 they were $25. Shop at C.C. Cole Company.

"Speak Easy" a good clean comedy starring Buster Keaton is playing at the Lyric Theatre.

Plymouth announces new low prices at Buntin's Service Station where six-cylinder, four-door Sedans are $575.

The Carlisle Musketeers defeated the Cynthiana Bulldogs 20-0 Friday night.

ABSOLUTE Auction
SATURDAY, NOVEMBER 10th, 2007 • 10:02 AM
432 Sycamore Hill, Carlisle, KY

Our firm has been authorized to sell at ABSOLUTE AUCTION the beautiful home that you see pictured at left. This brick two story home has had many updates and this is a rare opportunity to purchase this type of home at ABSOLUTE AUCTION.

The spacious floorplan features a living room with fireplace, dining room, den, kitchen, office, half bath and a shower on the first floor. Upstairs are three or four bedrooms, full bath and two large closets.

Other features included with this home are hardwood floors, hot water and electric heat, air conditioning, a partial basement, nice stone patio and a large detached garage. The home is in excellent condition, and it is on a corner lot with a lot of trees and it is in a very desirable residential district.

You can see this property prior to the auction by calling Ann Palmer Young (owner/broker) at 859-588-0858 or attending the OPEN HOUSE ON SUNDAY NOVEMBER 4TH FROM 2-4 PM.

TERMS: 10% down payment with auction contract. Balance on or before December 10, 2007. All inspections, including those for lead-based paint and wood infestation, must be made prior to the auction.

Auction authorized by Ann Palmer Young and Henry Young, Jr.

Palmer-Hampton AGENCY
110 S. MAIN STREET CYNTHIANA • 859-234-1120
WWW.PALMERHAMPTON.COM • • • E-MAIL PDHAMPTON@BELLSOUTH.NET
DOUG HAMPTON, AUCTIONEER

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PRESENTS CARL STOREY & THE HOMESTEAD JAMBOREE BAND
COUNTRY MUSIC SHOW
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Laura Willoughby • Marvin Carroll-Fiddler
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For information or to reserve seats call (606) 845-0407 or (606) 748-3292
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COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 07-CI-00060

JP Morgan Chase Bank as Trustees for Equity One, Inc.
Mortgage/Pass through Certificate Series #2003-4 PLAINTIFF

VS: NOTICE OF SALE

Bernardean Poe f/k/a Bernardean Sears
Ronald Poe DEFENDANTS

....

By virtue of Judgment and Order of Sale of the Nicholas Circuit Court entered in the above styled action on October 3, 2007, and to make enough money to satisfy said judgment lien owed Plaintiff as of July 11, 2007, in the amount of $66,307.54, with interest at the rate of $13.39 per diem from said date until paid; plus late charges, advances for taxes and insurance, and its costs herein expended, including a reasonable attorney fee and expenses of sale, and any other fees expended for services performed in connection with Defendants' default and for purposes of protecting Plaintiff's interest in subject property and its rights under the mortgage instrument, all as provided in said judgment; the undersigned Master Commissioner will on November 3, 2007, at or about the hour of 2:00 p.m. at the Nicholas County Courthouse door in Carlisle, Kentucky, offer for sale to the highest and best bidder(s) the following described property known as 201 Miller Station Road, Carlisle, Nicholas County, Kentucky, and more particularly described as follows:

"All that tract or parcel of land situated in the County of Nicholas, State of Kentucky, known and described as Lot No.10 of Highridge Acres, plat of which subdivision is of record in Deed Book 82, Page 13, of the Nicholas County Clerk's Office, and revised plat of which is of record in Deed Book 82, Page 418, of said office.

"The above-described lot is subject to the Restrictive Covenants of record in Deed Book 82, Page 169, of said office and to all easements of record."

Being the same property conveyed to Bernardean Poe, an unmarried woman, by Ronald Lee Poe, an unmarried man, on July 21, 2006, by a deed recorded in Deed Book 120, Page 168, Nicholas county Clerk's Office.

Upon the sale of the above-described property, the purchase price shall be payable in cash. If the purchase price is not paid in full, the successful bidder(s) shall make a deposit of one-third (1/3) of the purchase price and give bonds with approved good and sufficient surety thereon for payment of the remainder of the purchase price in two equal installments within thirty (30) days of the date of sale, said bonds to have the same force and effect as a judgment and to be a lien on said property and to bear interest at the rate of twelve (12%) percent per annum from date of sale until paid, which bond and accrued interest can be paid before maturity.

Said property shall be sold as a whole "as is" and free and clear of all liens, encumbrances and interests of the parties herein but shall be sold subject to:

(a) 2007 and subsequent years ad valorem property taxes which shall be paid by the purchaser(s);
(b) Legal highways, easements, restrictions and stipulations of record affecting said property, and all governmental laws and regulations affecting same;
(c) Any assessments for public improvements levied against the property;
(d) Any facts that could be disclosed by an accurate survey and inspection of the property.
(e) Any right of redemption which may exist.

The Court and the Master Commissioner shall not be deemed to have warranted title to any purchaser(s). Purchaser(s) shall be entitled to possession of the premises, and a deed will be delivered to the purchaser(s), upon full payment of the purchase price or execution of the sale bonds and confirmation of the sale and approval of the deed by the Court.

Following sale of the above-described property, the Master Commissioner shall promptly report same to the Court, and said report shall be held over for a period of ten (10) days for confirmation or exceptions. Anyone desiring to object or except to the sale shall do so by that time or be forever barred.

Joseph H. Conley, Master Commissioner,
Nicholas Circuit Court

Published in The Carlisle Mercury Wednesday, October 17, 24 and 31, 2007.

HIDDEN WATERS RESTAURANT
AT BLUE LICKS BATTLEFIELD STATE RESORT PARK
New Hours
Breakfast
7:00am-10:30am
Lunch
11:30am-3:00pm
Dinner
4:00pm-8:00pm
KENTUCKY STATE PARKS
Kentucky Unbridled Spirit

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

Turkey, Turkey, and more Turkey

Now that Halloween is behind us, the holiday season, ready or not, is here.

During the holiday season people will eat more turkey than any other meat. Turkey is an excellent meat source for our diets.

However, there are some guidelines to remember in order to keep our families safe from food borne illness during the holiday season.

There are three ways to safely thaw your turkey: in the refrigerator, in cold water, or in the microwave oven.

The preferred method is to thaw in your refrigerator on the bottom shelf. In the refrigerator a turkey takes approximately 24 hours to thaw for every 4 to 5 pounds of turkey.

The best rule to follow is for 4 to 12 pound turkeys allow 1 to 3 days to thaw. As we all know life happens and we may forget to thaw the turkey so there is another way to thaw your turkey out SAFELY.

A turkey can be safely thawed in cold water. The general rule to follow is to allow 30 minutes in cold water per pound of turkey.

For example, 4 to 12 pounds of turkey can safely thaw in cold water in 2 to 6 hours. THE IMPORTANT THING TO REMEMBER WITH THAWING A TURKEY IN COLD WATER IS TO CHANGE THE WATER EVERY 30 MINUTES!

One final approved method is in the microwave. However, before seeking this alternative check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing.

Also remember to remove all outside wrapping, place on a microwave-safe dish to catch any juices that may leak, and cook your turkey IMMEDIATELY after thawing. Do not refreeze or refrigerate your turkey after thawing in the microwave.

Now the turkey is cooked. Thanksgiving dinner has been eaten and the decision needs to be made with what to do with the leftovers. Remember that turkey kept in refrigeration is only good for three days.

Place all turkey leftovers in the refrigerator within two hours of dinner. Discard any turkey or stuffing that has been sitting out for more than two hours.

If you are like some the next day you are already tired of turkey (because too much was eaten on Thanksgiving), but here are some recipes to help you use the leftover turkey.

These recipes are to help you plan ahead for the Thanksgiving holiday appearing in a couple of weeks. Enjoy!

Turkey Tetrazzini

1 (16 ounce) package uncooked spaghetti
½ cup butter
½ cup all-purpose flour
3 cups chicken broth
2 cups milk
1 2/3 cups grated Parmesan cheese
4 cups cooked turkey

1.) Preheat oven to 350 degrees F. Lightly grease a medium baking dish.

2.) Bring a large pot of lightly and salted water to a boil. Add spaghetti, and cook for 8 to 10 minutes. Drain and place in the prepared baking dish.

3.) Melt butter in a medium saucepan over medium heat. Stir in flour. Mix in chicken broth and milk. Cook and stir until the mixture comes to a boil. Stir in about 1 1/3 cups Parmesan cheese, and remove from heat.

4.) Mix chicken broth mixture and turkey with spaghetti. Top with remaining cheese. Bake 1 hour in the preheated oven, until surface is lightly browned.

*Remember that low fat cheese can be substituted to allow for lower fat content and calories.

Nutritional information: 8 servings: 594 calories per serving, 24.1 g. fat, cholesterol 106 mg., sodium 964 mg., carbohydrates 51.9 g. dietary fiber 1.6 g., protein 40 g.

Turnaround Turkey and Rice

2 tablespoons butter
2 stalks of celery, chopped
1 small onion, chopped
1 cup cooked turkey, cut in cubes
1 ½ cups water
1 (0.87 ounce) package dry Turkey Gravy Mix
¼ cup milk
2 tablespoons flour
1 teaspoon Seasoning salt

In a saucepan, melt butter over medium heat. Add celery and onion and cook for 5 minutes or until tender, stirring occasionally. Add cooked turkey. Blend water, gravy mix, milk, flour, and Seasoning salt; pour over turkey mixture. Stir. Bring to a boil. Reduce heat and simmer for 5 minutes. Serve over rice.

Nutritional information: 4 servings: Calories 164/ serving; Fat 7.9 g.; cholesterol: 43 mg.; Sodium 775 mg.: Carbohydrates 9.2 g.: Protein 11.6 g.

For more recipes about turkey or any other information please contact the Extension Office at 289-2312.

Karaoke Contest at Ladobee's Pubside
Every Saturday - Nov. 3 - Nov. 24
Contest starts at 9 p.m.
Contest Open to anyone Over 21
A Winner Every Saturday
Cash Prizes and Gift Certificates-Each Night
$25 entry fee will be collected for Relay for Life
Sing Off - Saturday, Dec. 1
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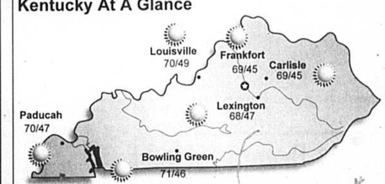
Today's Weather

Local 5-Day Forecast

Wed 10/31	Thu 11/1	Fri 11/2	Sat 11/3	Sun 11/4
69/45	59/38	59/38	62/41	59/42
Mainly sunny. Highs in the upper 60s and lows in the mid 40s.	More sun than clouds. Highs in the upper 50s and lows in the upper 30s.	Sunny. Highs in the upper 50s and lows in the upper 30s	Partly cloudy. Highs in the low 60s and lows in the low 40s.	Partly cloudy. Highs in the upper 50s and lows in the low 40s.
Sunrise 8:01 AM Sunset 6:38 PM	Sunrise 8:02 AM Sunset 6:37 PM	Sunrise 8:03 AM Sunset 6:36 PM	Sunrise 8:04 AM Sunset 6:35 PM	Sunrise 8:05 AM Sunset 6:34 PM

American Profile We Celebrate Hometown Life
Stories for and about hometowns just like yours. Look for us each week in this paper.

Kentucky At A Glance



Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Ashland	70	42	sunny	Glasgow	71	45	sunny	Murray	71	48	sunny
Bowling Green	71	46	sunny	Hopkinsville	70	46	sunny	Nashville, TN	72	47	sunny
Cincinnati, OH	69	46	pt sunny	Knoxville, TN	72	45	sunny	Owensboro	70	48	sunny
Corbin	72	43	sunny	Lexington	68	47	sunny	Paducah	70	47	sunny
Covington	69	46	pt sunny	Louisville	70	49	sunny	Pikeville	74	49	sunny
Cynthiana	69	43	sunny	Madisonville	71	47	sunny	Prestonsburg	71	43	sunny
Danville	70	45	sunny	Mayfield	72	46	sunny	Richmond	70	46	sunny
Elizabethtown	69	45	sunny	Middlesboro	73	42	sunny	Russell Springs	72	44	sunny
Evansville, IN	70	47	sunny	Morehead	69	43	sunny	Somerset	75	45	sunny
Frankfort	69	45	sunny	Mount Vernon	71	43	sunny	Winchester	69	46	sunny

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	70	50	mst sunny	Houston	83	55	sunny	Phoenix	87	62	mst sunny
Boston	66	51	cloudy	Los Angeles	73	55	pt sunny	San Francisco	66	49	pt sunny
Chicago	62	37	rain	Miami	84	75	t-storm	Seattle	56	43	pt sunny
Dallas	80	54	sunny	Minneapolis	51	32	windy	St. Louis	72	44	pt sunny
Denver	50	33	pt sunny	New York	66	53	pt sunny	Washington, DC	71	51	sunny

Moon Phases

Full	Last	New	First
Oct 26	Nov 1	Nov 9	Nov 17

UV Index

Wed 10/31	Thu 11/1	Fri 11/2	Sat 11/3	Sun 11/4
4	4	4	4	4
Moderate	Moderate	Moderate	Moderate	Moderate

The UV Index is measured on a 0 - 11 number scale, with a higher UV Index showing the need for greater skin protection. 0 – 11

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