

Lexington Man Releases Third Volume of Ravenna Book



Jerry G. Rose of Lexington shows off Volumes 1 and 2 of his books about the City of Ravenna. They were released last August and Volume 3 is just now being released.

The third volume of a book about the City of Ravenna, compiled by Jerry G. Rose, is now completed.

Sherry Stokes presented the City of Ravenna with a copy of a Rose's third book that documents the history of Ravenna. She said that the books are \$18 and are filled with historical information about the city with contributions from several residents of the city. Mayor Estine Tipton said that she has copies available for purchase at city hall for anyone that is interested.

The first two volumes of Rose's Ravenna Book were released last August. Contact him for availability of Volumes 1 and 2.

Rose's love for his "adopted" hometown of Ravenna and his appreciation of history and the significance of the L&N Railroad to the community has led a Lexington man to create the three volumes of history called 'RAVENNA -- L&N Railroad's "Gem" of a Railroad Terminal and Town in East-Central Kentucky.'

Jerry G. Rose is a native of Estill County but not a native or a resident of Ravenna. He actually was born at Cedar Grove, three miles across the river and to the west. He was raised to his college years there by his parents, Edgar and Myrtle Richardson Rose. However, Rose says his "early associations with the L&N Railroad and the City of Ravenna are deeply entrenched."

Rose's father was a career employee with the L&N Railroad, retiring in

1965 with 42 years of service. It was during those 42 years that Rose found an appreciation for the land and history and an ultimate love for the City of Ravenna and the L&N Railroad upon which Ravenna thrived.

Edgar Rose's employment with the railroad came with the fringe benefit of riding the rails free with his family. The younger Rose said he and his parents took frequent trips using his father's issued "pass" to travel the L&N rails and even used a so-called "foreign pass" to travel on railways not owned by L&N.

These summer excursions instilled in the author, "interests in history, geography, and travel" that remained vibrant throughout the rest of his life until the present time.

Rose's connection with Ravenna began after the second grade when the neighborhood school burned. His parents decided to pay the tuition needed for Jerry to attend the Ravenna Independent Grade School which was not then part of the county system. Many of the railroaders' children attended Ravenna; so his parents decided the experience there would be "well-merited" so Rose spent the rest of his years through 8th grade graduation there. He then attended four years at Estill County High School.

He spent several years in the engineering departments of the University of Kentucky and Texas A&M University which led to a 30-plus-years career teaching Railway Engineering

and Operations classes at UK. Rose says "railway transportation is considered to be a viable mode of transporting freight and passengers, which has evolved as a very efficient, fuel-conservative, environmentally-acceptable, low-cost and publically-accepted transportation mode."

Rose has accumulated information throughout the years for his books and has relied on several previous publications for material, including the L&N Railroad Magazine, which printed the news of the line for many years.

Other sources are used for material and pictures because Rose says he wanted to make sure the history of the L&N and the City of Ravenna would go on. "I tried to copy everything that had been written about Ravenna," says Rose.

The books contain not only a wealth of information about the railroad but also has many Ravenna statistics including a list of the mayors of the city to date. There is a time line of the city and its relation to the L&N.

Rose doesn't plan on making money on his books. "I just hope to help people searching their lineage" and also to show "how Ravenna was in its 'glory days'."

Rose is an active member of the Estill County Historical Society and will have books available at an extremely low price at historical society monthly meetings on Tuesday at the Estill County Public Library or at other historical society events.

Christopher files for state rep.

Randall Christopher, retired Kentucky educator and current small business owner, today filed his letter of intent to seek election to the Kentucky House of Representatives, Ninety-First District. The Ninety-First District includes Breathitt, Estill, Lee, and Owsley Counties, as well as parts of Madison County.

Christopher recently retired as a 31-year veteran educator, serving as Classroom Teacher, Elementary Principal, and Assistant Superintendent. Currently, he is co-owner of Anglers Outpost and Marine, a local boat dealership.

"As an educator and business owner, I've experienced how government policies directly affect our classrooms and our local economy. We need fresh thinking and greater accountability in Frankfort! Fighting for better schools and for a brighter future is a tremendous passion I have, and I'm confident that my various work experiences and communication skills are just what the Ninety-First District needs in Frankfort."

Christopher worked for almost 4 years at GTE Sylvania before he earned his Bachelor's and Master's Degrees in Education, as well as his Superintendent Certification, from Eastern Kentucky University. Dur-

ing his education career, he served on many budget, curriculum, and leadership boards. He was elected Chairman of the Kentucky River Authority, which helps keep our river clean and safe, and he presently serves as Chairman of the Estill County Industrial Authority, designed to attract businesses and jobs to our area.

Christopher is also an Elder at Crooked Creek Christian Church where he teaches Sunday School. Occasionally he volunteers as a fill-in evangelist at churches in the area. Earlier in his life, Christopher and his wife completed missionary work in Haiti.

He is married to the former Joyce Harris, a retired educator, of Irvine, Kentucky, and has two sons. Both sons are graduates of Estill County High School. Kyle earned his undergraduate degree from Centre College and Masters in Education from Eastern Kentucky University. He works as finance director of Anglers Outpost and Marine. Blake earned his undergraduate degree from the University of Louisville and is a graduate of William & Mary Law School. He is employed by Vandeventer Black law firm in Norfolk, Virginia.

You may contact Randall at rchristopher@irvineonline.net.



Chelsea K. Bicknell Estill County Extension Agent for Family and Consumer Sciences

Can you all believe the Holidays are already here?! I sure can't! Now that the Holiday Season is upon us, we can start preparing ourselves for all of our great holiday feasts. When you think about those feasts, however, it's important to keep in mind food safety. Food safety becomes increasingly important around the holidays because we often prepare larger meals, leave food out of the refrigerator longer and can overload the refrigerator.

Following these guidelines will ensure a happy holiday season, unmarred by foodborne illness (and no one wants that during the holidays!):

- Never thaw a turkey or other frozen meat on the countertop. The preferred method is to thaw it in the original wrapping on a tray in a refrigerator set at 40 de-

Keeping Holiday Foods Safe

grees Fahrenheit or lower. When thawing a large piece of meat or poultry, allow 24 hours for each five pounds. So you'll need to plan ahead if you have a big turkey or ham.

- Do not cook a turkey overnight in an oven set at less than 200 degrees F, because it takes too long to kill disease-causing bacteria that may be present in the center of the bird. Instead, cook turkey, or any other meat, no lower than 325 degrees F.

Use a meat thermometer to be sure meat dishes are thoroughly cooked. The thermometer should reach 180 degrees F on a whole turkey, and 170 degrees F for turkey parts or a breast. A ham should cook to a minimum internal temperature of 165 degrees F; a leg of lamb, to 160 degrees F. We have free meat thermometers here at the Extension office if any of you all need one!

- It's best to bake stuffing separately in a casserole dish for uniform doneness and safety. Place a food thermometer in the center to be sure stuffing reaches a safe internal temperature of 165 degrees F.

If you do decide to cook stuffing inside the turkey, remember the stuffed bird will take longer to properly cook than one that's not stuffed. Use a food thermometer to check the internal tempera-

ture of the turkey and the stuffing.

- Open mail-order food gifts immediately and read the storage and handling instructions. Perishable meat products should be partially frozen; cheese, cold to the touch. If a food gift is labeled "Keep Refrigerated," it must be stored at a temperature of 40 degrees F or below to prevent growth of any bacteria that may be present.

Putting leftovers away probably is the last thing you want to do after eating a big holiday dinner. However, if turkey and trimmings and other perishable foods are left at room temperature for more than two hours, harmful bacteria can rapidly multiply to levels that can cause foodborne illnesses.

- Remove meat from the carcass or bone and cut it into small pieces to allow it to cool quickly in the refrigerator. Put leftover foods in small containers, or wrap them in small aluminum foil packages, so they will cook quickly when refrigerated.

Putting too many large containers in the refrigerator can overload its cooling capacity, resulting in an unsafe temperature.

- If you're traveling with food, remember to keep hot foods hot and cold foods cold. It's not safe to travel with a stuffed turkey or warm stuffing. Remove stuffing and put

it in small, shallow containers that will chill quickly.

- Pack all perishable foods in a pre-chilled, insulated cooler with a cold source such as ice or frozen gel packs. Immediately transfer foods to a refrigerator when you reach your destination.

Reheat foods in an oven set at 325 degrees F, or a microwave oven, until they reach an internal temperature of 165 degrees R, or are steaming hot.

For more information about food safety, contact me at the Estill County Cooperative Extension Service, or come to the Extension Office on Monday, November 16th at 6pm to watch UK Meat Specialist, Gregg Rentfrow, demonstrate how to safely and easily cut up whole pieces of meat and learn the economic benefits of buying meat in bulk. Kenny Cole, Estill County Environmentalist will also present a program on properly keeping your kitchens free from foodborne illnesses. A light meal will be provided. Please call 723-4557 to pre-register.

Hope you all have a happy and safe holiday season!

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Unsettling Testimony

VETERANS POST by Freddy Groves

Witnesses recently testified before the Senate Committee on Veterans' Affairs about the problems veterans experience trying to access mental-health services through the Department of Veterans Affairs.

Witness A was a Naval Academy graduate with a certificate from Stanford Graduate School of Business, a Marine Corps intelligence and special-ops officer, with two combat deployments in Afghanistan. He receives health care through the VA.

Witness A said it took over a year to get access to the VA's health care. Once in, he asked for a mental-health consult for mild symptoms. It took more than a month to get an appointment. The physician dispensed pills, and within two weeks those initial mild symptoms became much worse. He stopped taking the pills and felt better, but it was over a month before he could get another exam. The doctor offered to prescribe another kind of pill. Witness

A asked to try cognitive therapy, but the VA doesn't provide that kind of care ... only pills.

In his next attempt to get care, he kept leaving messages in an attempt to get an appointment, but no one ever responded to his calls. Now the VA is threatening to cut his benefits for missing appointments ... appointments that had never been made because he couldn't get a human on the line.

If you want to read the rest of the testimonies, go online to www.veterans.senate.gov. Click "Hearings" and scroll to the one dated Oct. 28 -- VA Mental Health: Ensuring Access to Care.

On the same day as the hearing, the Government Accountability Office released a report claiming that the VA's calculations of mental-health wait times are not the times that veterans actually wait. To read the full report, go online to www.gao.gov/products/GAO-16-170T.

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COLLEGE PREPARATION WORKSHOP

WHEN
November 16, 2015
6:30 pm

WHERE
ECHS - Computer Lab
397 Engineer Road Irvine, KY 40336

Topics · KEES Money · Scholarship Resources · College Application Tips · Financial Aid · KHEAA Website · Debunking College Myths

FOR ALL ECHS 10TH/11TH GRADE STUDENTS AND PARENTS

REFRESHMENTS WILL BE PROVIDED

MADE POSSIBLE BY GEAR UP, YOUTH SERVICE CENTER, AND KHEAA