Recipe for a Safe Thanksgiving

Keep Foodborne Illness Off the Menu

As families across the country prepare for Thanksgiving, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) is reminding consumers to take simple steps that will keep their holiday meals safe and enjoyable.

"Thanksgiving is one of America's most cherished traditions, bringing family and friends together around the table," said USDA Under Secretary for Food Safety Dr. Mindy Brashears. "At USDA, we work year-round to help keep our nation's food supply safe. Food safety doesn't stop at the processing establishments that produce the food you eat. By following a few simple food safety steps at home, families can protect their loved ones and focus on what matters most — enjoying a safe and memorable Thanksgiving together."

Every year, USDA food safety specialists answer thousands of Thanksgiving questions through USDA's Meat and Poultry Hotline. From when to buy a turkey to how to thaw and cook it safely, you can find all the information you need, including interactive thawing and cooking calculator, on our Your Safe Thanksgiving Guide webpage.

Prepare a safe meal on Thanksgiving by following these four key Thanksgiving food safety steps:

1. Plan and Thaw Safely

Buying a fresh or frozen turkey is really a matter of personal preference, but as you plan for your holiday meal, it's helpful to keep a few important food safety considerations in mind.

If shopping one to two days before cooking: buy a fresh turkey. If there is a "best-by" or "use-by" date on the manufacturer's label, then you can keep fresh turkey, unopened, in the refrigerator until that date.

If shopping weeks in advance: buy a frozen turkey. Never thaw on the counter. Thaw frozen turkey in the refrigerator (24 hours for every 4 to 5 pounds) or in cold water (30 minutes per pound, changing water every 30 minutes). 2. Cook to 165 Degrees F

Use a food thermometer to check if your turkey is ready – it's the only way to know for certain that it has reached the safe minimum internal temperature of 165 degrees F. Check in all three of these places:

Thickest part of the breast

Innermost part of the wing

Innermost part of the thigh For optimal safety and uniform doneness, cook stuffing separately. However, if stuffing is cooked inside the turkey, use a food thermometer to make sure the center of the stuffing also reaches a safe minimum internal temperature of 165 F.

3. Keep Foods Out of the "Danger Zone"

Bacteria grow quickly between 40 and 140 degrees F, also known as the food safety "Danger Zone," putting your family at risk for foodborne illness. To keep food safe:

Keep cold foods in the refrigerator or nestled over ice. Serve smaller portions and replenish them as needed to keep food at or below 40 degrees F.

Keep hot food in the oven, heated chafing dishes, warming trays, or slow cookers at or above 140 degrees F.

Follow the two-hour rule: Refrigerate perishables, prepared foods, and leftovers within 2 hours. Discard perishable foods left at room temperature for more than two hours. 4. Store Leftovers Safely

The joy of Thanksgiving continues with leftovers. By storing them properly, you can savor each comforting dish safely and happily in the days that follow.

Divide large portions into smaller containers for quicker cooling.

Refrigerated leftovers are safe for up to four days and can be frozen for longer storage. When kept continuously frozen at 0 degrees F or below, they remain safe indefinitely, although quality may decline over time.

Reheat leftovers to 165 degrees F before serving.

For more information about food safety, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or email MPHotline@usda.gov. The hotline will be operating 8 AM to 2 PM ET on November 26, 2026 (Thanksgiving Day).

Access news releases and other information on FSIS' website at www.fsis.usda.gov/newsroom. Follow FSIS on X at @usdafoodsafety and USDA on Instagram @usdagov and Facebook.

Kentucky awarded $211 million in second round of federal funds to support rural health

By Melissa Patrick Kentucky Health News

Kentucky's Rural Health Transformation Plan has been awarded $211,330,599 in its second round of funding to support health care in rural communities, according to a Centers for Medicare and Medicare Services news release.

The funding was authorized by Congress in 2025 as part of the federal budget reconciliation law known as the One Big Beautiful Bill Act, or HR1, to lessen the impact of federal funding cuts to rural healthcare.

The Rural Health Transformation Program provides $50 billion nationwide over five fiscal years from 2026 to 2030. Fiscal year 2027 awards include $10 billion going to all 50 states. Of that, half of the funding is distributed equally among the states and the other half is allocated based on a variety of factors.

"This next $10 billion will expand access to care, strengthen the rural health workforce, improve prevention, and help states build solutions that fit the needs of their own communities," U.S. Department of Health and Human Services Secretary Robert F. Kennedy Jr. said in the release. "We are giving rural America the resources and flexibility to build stronger health systems that deliver better care and better outcomes."

Kentucky received $212.9 million in the first round of funding. The second round of funding is meant to help states advance the initiatives from their approved state-developed transformation plans.

Kentucky's plan has five components, including creating rural community hubs that address chronic care innovation; expanding timely prenatal and postpartum care; shifting crisis response toward coordinated, lasting mental health care; redefining emergency and trauma response; and increasing access to preventive oral health services where it is needed most.

And while the Kentucky Center for Economic Policy recognizes that the money from the federal program is significant, an analysis of the five-year program points out that the RHTP funds come nowhere near the amount of loss the state will suffer from HR1's cuts to Medicaid in rural Kentucky.

COMMONWEALTH OF KENTUCKY
40th JUDICIAL CIRCUIT
CUMBERLAND CIRCUIT COURT
CASE NO. 25-CI-00071

TAX BRAKE KY, LLC — **PLAINTIFF**

VS. — **NOTICE OF SALE**

ALICIA COOMER;
STACEY N. MURRAY;
COMMONWEALTH OF KENTUCKY,
COUNTY OF CUMBERLAND;
CITY OF BURKESVILLE, KENTUCKY — **DEFENDANTS**

** **

Pursuant to a Judgment and Order of Sale of the Cumberland Circuit Court entered in the office of the Cumberland Circuit Court Clerk on July 23, 2026, in the above styled action, the undersigned Master Commissioner of the Cumberland Circuit Court will sell at public auction, on November 20, 2026, at 10:30 a.m., at the west door of the Cumberland County Courthouse, Burkesville, Kentucky, to the highest and best bidder, the following described real property, lying and being in Cumberland County, Kentucky, with said property being more particularly bounded and described as follows, to-wit:

Parcel/Map ID No.: 055-07-23-010.01
Property Address: 811 North Main Street, Burkesville, Kentucky 42717
BEING Lots Nos. 5 and 6 and 67 ½ feet of the Southeast ends of Lots No. 11 and 12, in Block "B" of the AM. Ferguson Addition to the City of Burkesville the outside boundary of the entire parcel being 50 X 232 ½ (217.5) feet, and for a more complete description of the same reference is made to the plat of said subdivision as appears of record in Deed Book No. 57, at page 160 therein Office of the Cumberland County Court Clerk.

Being the same property conveyed to Larry Murray by Deed dated June 29, 2018, and recorded in Deed Book 172, Page 424, in the Office of the Clerk of the County Court of Cumberland County, Kentucky. Larry Murray having died on June 20, 2025, the property was conveyed at his death to his heirs at law: Alicia Coomer and Stacey N. Murray.

The successful bidder or bidders may elect to pay the purchase price in full at the time of the sale or be required to pay 10% percent of bid purchase price down on the date of the sale and balance of purchase price will be due and payable on or before thirty (30) days from the date of the sale with interest at the rate of 6% per annum; however, the purchase may pay all or part of the purchase price prior to the maturity with all accrued interest due at the time of said payment. If the sale be had on credit, the purchaser shall execute and deliver to the order of the Master Commissioner, his or her bond due and payable in thirty (30) days, bearing interest at the legal rate of 6% per annum from date of sale until paid, with good and sufficient surety thereon and said sale shall likewise be secured by a lien upon said property sold, which shall have the same force and effect of a judgment and said bond with acceptable surety shall be executed immediately after the sale; upon default of the terms of said bond the Master Commissioner shall immediately resell the property on the same terms and conditions set out herein.

The 2026 and all subsequent years property taxes shall be paid by the Purchaser.

_____
HON. HOLLY LONG PARRIGIN
MASTER COMMISSIONER
CUMBERLAND CIRCUIT COURT

ADVERTISEMENT FOR BIDS

CITY OF BURKESVILLE, KENTUCKY

2026 FLOOD DAMAGE – FEMA PERMANENT REPAIR PROJECTS

FEMA DISASTER DR-4937-KY

The City of Burkesville, Kentucky will accept sealed bids for permanent repair and restoration of public infrastructure damaged during the June 26–30, 2026 flooding event, declared a federal major disaster under FEMA DR-4937-KY. Work is intended to restore the affected facilities to their pre-disaster design, function, and capacity in accordance with the applicable FEMA-approved scope of work. Bidders may bid on one or more locations; each location must be priced separately.

PROJECT 1 – SOUTH WIND SPUR

Flood damage affected the protective covering of a fresh-water line and the associated embankment/shoulder. Work generally includes site preparation, placement of erosion-protection materials, and restoration of the protective covering and embankment using the City's Standard Method of Repair (SMOR).

FEMA scope quantities: Install 94.37 tons of cyclopean stone riprap and 63.33 square yards (SY) of geotextile fabric. Include grading, placement, stabilization, protection of existing water infrastructure, and related incidental work necessary to achieve a complete permanent repair.

PROJECT 2 – CUMBERLAND DRIVE CULVERT

Flood damage affected the culvert and associated roadway embankment. Work generally includes construction of a cast-in-place sloped and mitered headwall system and restoration and stabilization of the embankment/shoulder using the City's SMOR.

FEMA scope quantities: Install one cast-in-place sloped and mitered headwall system, 16 feet 6 inches wide × 8 feet high × 1 foot 3 inches deep (dimensions to be field-verified); install 67.55 tons of cyclopean stone riprap and 22.67 SY of geotextile fabric. Include forming, reinforcement and concrete details proposed by bidder, excavation, preparation, backfill, stabilization, and related incidental work. Any discrepancy or need for design clarification shall be reported before bidding.

PROJECT 3 – COPPERHEAD LANE CULVERT REPAIR

Flood damage affected the concrete culvert and gravel roadway surface. Work generally includes removal and replacement of the existing concrete culvert and restoration of the gravel roadway to its pre-disaster design, function, and capacity, in kind and within the existing footprint.

FEMA scope quantities: Remove and replace one concrete culvert, 20 feet long × 2 feet in diameter; replace 195.55 cubic yards (CY) of gravel roadway surface over an approximate 480-foot-long × 11-foot-wide × 1-foot-deep area. Include excavation, lawful disposal, suitable bedding and backfill, compaction, grading, drainage continuity, and restoration of disturbed areas.

REQUIRED STANDARD OF RESTORATION

All work shall restore disaster-damaged facilities to pre-disaster design, function, and capacity using the stated scope and City SMOR where applicable. No enlargement, betterment, changed alignment, material substitution, or work outside the described footprint may proceed without prior written City approval and any required FEMA or other agency review. Quantities shown above are the FEMA scope quantities for bidding; bidders shall inspect sites and disclose discrepancies or necessary additional work in their bid, without unilaterally changing the base scope.

MANDATORY SITE EVALUATION AND REPAIR PLAN WITH BID

Each bidder is responsible for inspecting each site on which it bids and verifying field conditions, access, measurements, utility conflicts, constructability, and material requirements. Include a written repair plan identifying methods, principal materials and specifications, construction sequence, erosion and sediment controls, and proposed means of protecting existing utilities and roadway users. Any exceptions or alternate proposals must be separately identified and priced; the base bid must address the stated scope.

FINAL BID REQUIREMENTS

Submit a separate itemized bid for each project, including quantities, unit prices where practical, lump-sum components, materials, labor, equipment, mobilization, excavation, hauling and disposal, backfill, compaction, stabilization, traffic control, site restoration, anticipated start date, estimated calendar days to completion, and total price. Identify subcontractors and proposed alternates. Bids must be signed by an authorized representative. The City may request additional responsibility documentation before award.

MATERIAL AND WORKMANSHIP STANDARDS

Work shall use new, appropriate materials and sound construction practices consistent with site conditions, applicable manufacturer specifications, codes, permits, and federal, state, and local requirements. Riprap, geotextile, culvert materials, concrete, gravel, bedding, and compaction must be suitable for the intended use. No reduction in existing drainage function or capacity is permitted without written authorization. All underground utility locations shall be verified before excavation.

CITY INSPECTION AND CORRECTION OF DEFICIENT WORK

The City or its representative may inspect work at reasonable times, including before concealed work is covered. The contractor shall provide notice before backfilling or concealing major work. Defective or nonconforming work shall be corrected at the contractor's expense. Final payment is subject to satisfactory completion and applicable contract requirements.

COMMENCEMENT AND COMPLETION

Bidders should have the equipment, staffing, materials, and availability to proceed promptly. Following award, contract execution, required approvals, and issuance of a written Notice to Proceed, work shall begin within five (5) calendar days unless otherwise authorized by the City, and proceed diligently to completion. No ground-disturbing work may begin before any required environmental/historic preservation clearance and permits are obtained.

BID SUBMISSION AND OPENING

Sealed bids shall be clearly marked "2026 FLOOD DAMAGE – FEMA PERMANENT REPAIR PROJECTS" and delivered to:

City of Burkesville - City Hall
379 Keen Street
Burkesville, KY 42717

Bids must be received no later than Thursday, November 19, 2026, at 5:00 PM Central Time. Bids will be publicly opened and read aloud at that time and location. Late bids will not be considered. Questions and site inspection arrangements: (270) 864-5391.

Bids will be reviewed and presented to the Burkesville City Council for consideration. The City reserves the right to reject any or all bids, waive minor informalities to the extent permitted by law, and award by individual project in accordance with applicable procurement requirements. Selection may consider responsiveness, responsibility, qualifications, materials and repair plan, schedule, and price as permitted by law.

FEDERAL DISASTER ASSISTANCE AND CONTRACT REQUIREMENTS

These projects are associated with federally declared disaster FEMA DR-4937-KY and may be reimbursed in whole or part through FEMA Public Assistance, subject to eligibility and approval. The procurement and resulting contracts shall comply with applicable federal, Kentucky, and local requirements, including 2 CFR Part 200 (as applicable), 2 CFR 200.327 and Appendix II to Part 200. Applicable contract provisions must be included in the executed agreement, including remedies and termination; equal employment opportunity where required; Davis-Bacon only if independently applicable (it does not generally apply solely because of FEMA Public Assistance funding); Contract Work Hours and Safety Standards Act where applicable; Clean Air Act/Federal Water Pollution Control Act where applicable; suspension and debarment; Byrd anti-lobbying certification where applicable; procurement of recovered materials; domestic preference; and prohibition on certain covered telecommunications equipment/services. The contractor must not be suspended or debarred from federal awards. The City will incorporate required provisions and certifications into the contract documents prior to execution.

The City of Burkesville is an Equal Opportunity Employer and encourages qualified contractors to submit bids.