

Lighthouse Assembly of God to host Women's Conference

Karen Johnson will be the key speaker during Lighthouse Assembly of God's Women's Conference which will be held March 30th and 31st.



Karen Johnson

Karen is the founder and president of Olive Tree Connections, Inc., a Holistic-Prophetic Ministry, and is acknowledged as an associate minister and licensed counselor with Restoration Fellowship International from Galatia, TN. She is called by God as an intercessor and prophetic teacher. Karen is known to be energetic in helping people know, hear, and understand their callings. Come experience God's grace, mercy, healing and provision!

"Lighthouse Assembly of God is located on Hwy. 1004 in Mt. Vernon behind Jean's Restaurant. Things will get underway Friday night at 7 p.m. and at 9 a.m. and 7 p.m. on Saturday. Lunch will be provided following the morning meeting on Saturday. For more info, call 606-256-9299.

Virtual Library comes to Rockcastle Library

Staff and patrons at Rockcastle County Public Library now have access to free delivery of interlibrary loans, thanks to a ground courier service provided by the Kentucky Virtual Library.

"This service allows all people in our county to request and receive a book found in Kentucky free of charge. If we don't have the book more than likely another Kentucky library does. We are thrilled that this opportunity has made the access to

materials even broader! We hope that all ages in the community will make use of this service," states Library Director Kristiana Burk.

The library-to-library delivery service makes it possible for residents anywhere in the state to request a book or resource held at another library and have it delivered to the requesting library in as little as 24 hours. Locally, this service is also available at local participating institutions.

"This is one of the KYVL initiatives to make information resources easily and quickly accessible to all Kentuckians," explained Ling-yuh W. (Mike) Patten, the director of the KYVL.

"We also hope that our community will take advantage of the Kentucky Virtual Library our staff finds the answers to over half of the research or homework questions that we receive by using this easy to use database. The best part is...these services are FREE...all you need is a library card. This site is also available for use at home. Take advantage of all the benefits the 21st Century has to offer!" encourages Burk.

The KYVL is a part of the Kentucky Virtual University and is open seven days a week, 24 hours a day. Through the KYVL, Kentuckians can access more than 30 electronic databases with more than 3,000 full-text journal and newspaper titles and online library catalogs with nearly 10 million volumes housed in Kentucky libraries.

Residents can also request scanned journal articles to be delivered electronically. Visit the KYVL website at www.kyvl.org or call the library's call-center toll-free at 1-877-588-5288, Monday-Friday, from 8 a.m. to 7 p.m.

Two changes in immunization requirements

Two recent changes in Kentucky's school immunization requirements will help prevent the spread of disease among children, the Department for Public Health announced today.

Beginning Aug. 1 of 2001, all children who are at least 19 months old and less than seven years old and who attend day care centers, certified family child care homes, pre-schools and public and private schools will be required to have one dose of the varicella vaccine to prevent chickenpox.

While many cases of chickenpox are mild, it can lead to more complications and in rare instances cause death. The vaccine will not be required if a parent, guardian or physician states that the child has had the disease chickenpox.

The other change that takes effect Aug. 1 and lasts through the 2008-09 school year applies to students entering the sixth grade in public and private schools.

These students must have the hepatitis B vaccine, which includes a three-dose series of immunizations given according to a specific schedule for maximum effectiveness. (Young children are already getting the hepatitis B vaccine; this change is considered a "catch-up" so school age children will also be vaccinated.) A current immunization certificate should be on file within two weeks

of the child's enrollment in the sixth grade.

Both of these changes in the immunization requirements were approved Feb. 1 by the Interim Joint Committee on Health and Welfare. Both vaccinations are consistent with recommendations made by the Centers for Disease Control and Prevention, the American Academy of Pediatrics and the Advisory Committee on Immunization Practices.

"Many parents have not seen these diseases because these vaccines have done their job," said Dr. Rice Leach, the commissioner for public health. "It's important that families in Kentucky make sure their children are properly vaccinated to help protect against the occurrence of these diseases."

Kentucky was honored last year by the Centers for Disease Control and Prevention for having the third best immunization rate in the country for 2-year-old children: 88 percent. Children in Kentucky are also given vaccines for diphtheria, tetanus, pertussis, polio, measles, mumps, haemophilus influenzae type b (Hib) and rubella.

Medical and religious exemptions will still be accepted. Parents with questions about immunizations should see their child's health care provider or their local health department.

Fun-filled Memories

By William Jerry Ayers
In pioneer days a naughty child was straitjacketed out to be being over.

Women used to darn their husbands' socks, nowadays they sock their darn husbands.

Wisdom comes with age, but sometimes age comes alone.

Live today as if it were your last, one day you will be right.

A smile is the only thing you can get free on Monday.

A "Rare Book" is one that you get back when you loan it out.

"Money is the root of all evil, some people have been rooting for it all their lives."

Taking naps can keep you from growing old, especially if you happen to be driving a car at the time.

"FRIEND" that's someone who is still around when your money is all gone.

A hug a day keeps loneliness away.

Children act fast—so do poisons

They could be in your garage. They could be in your bathroom. Your kitchen or even your ham. Potentially dangerous products that could harm a child are found everywhere.

March 18-24 has been designated as National Poison Prevention Week to create awareness of these dangers. Simple household items such as deodorant, paint, bug spray, antiseptic, glass food, medicine and many others are tempting to children. The National campaign theme is Children Act Fast: So Do Poisons, which means parents should be mindful that it takes just seconds for a child to swallow a poisonous substance.

"Small children love to explore, and many times they act so quickly that it's hard for parents to keep up with them," said Sheila Young, director of Pharmacy for Rockcastle Hospital and Respiratory Care Center, Inc. "That's why it's so important to make sure harmful products are kept well out of children's reach. If a child sees a pretty colored tablet or liquid, he may assume it is candy and it will go right in his mouth."

Poisonings also have occurred when youngsters visit homes where no children live. A study has found

that 23 percent of the prescription drugs ingested by children under five belonged to someone who did not live with the child, which serves as a reminder to keep an eye on where medications are kept even if you have no children living with you.

The following are safety tips from the U.S. Product Safety Commission and Rockcastle Hospital and Respiratory Care Center, Inc.

- Never leave caps off of medicine bottles.
- Always use household products that come in child resistant packaging.
- Do not assume that small children cannot open child resistant bottles.

- Store all poisons, cleaning products, medicines and other products out of the reach of children.
- Refer to medicines by their proper names. Never refer to them as candy.
- Install child resistant safety latches on cabinets and doors.

- Keep poisons group available, and know how to use it.
- Keep the Poison Control Center telephone number (listed below) by your phone.

For more information about preventing accidental poisonings, call the Kentucky Regional Poison Center at 800-722-5725.

What's a girl to do?

Let the Outdoor-Woman Program Show You!

There is a lot of things a woman could do with her time, and unfortunately most of it is already spoken for. The everyday routine is just about written in stone for most, and sometimes it's tough to get a break from it.

Yet, for those who need a change of pace, and can whittle out a weekend this spring, there's a great chance to step out of the crowd, explore some territory, and take a step beyond the usual leisure time activities.

You can take part in the "Becoming an Outdoor-Woman Program." You could call it an opportunity for continuing education for women, but it's really closer to a chance to enjoy a weekend of continuous fun in the outdoors and learn a little something useful along the way.

Sponsored by the Kentucky Department of Fish and Wildlife Resources (KDFWR), the Becoming an Outdoor-Woman, or BOW Program for short, offers women 18 years old and older a broad choice of activities to choose from. Unlike the WTBS weekend movie, this isn't just "a guy thing." The outdoors offers recreation for all.

Workshop classes include, for example, hiking, backpacking, survival skills, introduction to safe handling of firearms and archery equipment, basic fishing and hunting skills, wildlife and bird identification, wildlife photography and tips on general woodsmanship.

If doing something a little different - getting a bit off the beaten track, or if you need to shake the winter routine and experiencing something new sounds appealing to you, consider a BOW Workshop and broaden and brighten your horizons this spring. Women with kids, interests, veterans and novices both, will be there to learn with you and help you increase your skills for your own outdoor adventures.

For \$150, participants can select up to four classes, get their meals and lodging, and receive qualified instruction and have most class materials and equipment provided.

"The next BOW Workshop is slated for April 6-8 at Pine Mountain State Resort Park in Pineville, Kentucky. Registration is going on now and workshop space is limited, so for more information you need to call toll free (800) 858-1549 today. You'll see a registration and class selection form.

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