

Mt. Vernon Personals

By Marie McKinney

Mr. and Mrs. Floyd Kirby visited C.S. and Marie McKinney last Wednesday afternoon.

Our sympathy goes out to all who have lost loved ones recently.

Recent visitor of Mrs. Pansy Nicely was her daughter, Mrs. Peggie Murphy.

Mr. and Mrs. C.S. McKinney visited Mr. and Mrs. Calvin Barnett awhile Sunday morning.

Weekend visitors of Mr. and Mrs. C.S. McKinney were their daughter,

Mrs. Sharon Lovins and grandson Jack Lovins and great granddaughter Sarah Jacyln.

Mr. and Mrs. Ben Sowder of West Chester, Ohio visited his Aunt Marie and Uncle C.S. McKinney recently.

Paul Kirby visited his mother, Mrs. Bessie Kirby last Sunday morning.

Recent visitors of C.S. and Marie McKinney were their grandchildren-in-law Mrs. Caroline Lovins and great grandson Dalton Blake of Eaubank.

overall growth rate of your plant—but it will reward you with a more attractive shape.

For taxus, junipers, prune now, and again later if necessary to keep them looking neat.

Burning bushes should be hedge trimmed. Some more dwarf plants or fruiting plants, should be selectively pruned one branch at a time. Remove thick, (crowded), weak, or dead limbs, shorter other limbs about 1/4 inch above a visible bud to encourage sound branching patterns.

Cutting back mock orange, noshall bushes, honeysuckle all the way to

the ground will encourage new shoots, (should not be done in dry hot weather).

The hollies need tipping back. Daffodils can now be cut down with no damage, but wait till July or August to cut iris, and till fall to cut peonies.

Think of pruning as correcting a plant. You discipline a child so it will grow to adulthood and behave in the way that will make a parent proud. Or to quote scripture, "when the Lord loveth, he corrects."

Your plants will do you proud if you spend a little time "correcting" their natural growth.

How did Mrs. Hopkins walk 1,475 miles? "I walk in the morning before I go to work on my treadmill. On my lunch break at work, I walk on the treadmill at the hospital, and then I walk outside when I get home!" She states that she started walking years ago as an outlet to relieve stress.

Another success story of the Walking Program is Gayle DeBorde, of Brodhead, who walked a total of 1,427 miles! Over the 24 week program, Mrs. DeBorde lost 10 pounds, one inch off her arms and hips, three inches off her thighs, and one and a half inches off her calf!

There were many other people who have success stories to share, and the health department would like to thank each participant for their commitment to the walking program. There are so many health benefits to walking, and it is one of the easiest and least expensive ways to exercise your way to physical fitness. If you would like to join the Community Walking Program, the program will start again in the fall, September 1, 2001. Contact the Rockcastle County Health Center at 256-2243 for more information.

Gardening & Landscaping Tips

By: Max Phelps

With the humid weather the lawn gets hairy almost overnight, and the shrubbery seems to have grown a foot in a week!

Now is a good time to do some pruning (though some plants can wait till fall or winter).

Spring-blooming plants that have the flowers on hardened wood (azaleas for instance) should be pruned now if you haven't already done so. Clip the dead blooms and tip out new growth. Cut some old big branches

to re-invigorate an older plant.

Even if you want to allow young plants to get taller before trimming them, pinching or cutting the tips will help more branching take place lower on the tree or shrub.

Maybe a tree should be "limbed up" unless it is a clump-forming tree; most smaller woody plants should be encouraged to put out additional lower limbs by cutting back part of the new growth before it fully hardens.

Summer pruning may slow the

Headache Awareness

The Rockcastle County Health Center and McDonalds teamed up to provide community education on headache awareness. Lynnett Forney, RD, of the health department, provided education materials on how to prevent headaches, the kinds of headaches and treatments, and give away bags to patrons of McDonalds on June 22, 2001. The National Headache Foundation sponsored a Headache Awareness Week June 3-9. The theme was "Headache? Think Migraine!". The campaign recognized that migraine pain is often undiagnosed, misdiagnosed or mis-treated as other types of headache. This theme emphasizes that those experiencing headache should seek diagnosis and treatment from a healthcare provider.

More than 45 million Americans suffer from chronic, recurring headache, more than the 33 million sufferers of diabetes, asthma and coronary heart disease combined. Often times, what people think may be a headache from stress, sinus, or tension, may be a migraine. For many sufferers, these headaches disrupt lives and impact their quality of life. To help headache sufferers recognize the headache they are experiencing may be a migraine,

the National Headache Foundation recommends the One Minute Quiz: Do you have a throbbing, one-sided headache? Do you feel sick or vomit with your headache? Is your headache keeping you from effectively performing your regular activities?

If headache sufferers respond "yes" to any of these questions, they may have a migraine. It is encouraged that you seek health care provider for proper diagnosis and treatment. If you would like more information contact the National Headache Foundation at 1-888-643-5552 or www.headaches.org.



Becky Adams



Sue Ann Hopkins



Gayle DeBorde

Prune After Flowering

Azalea
Beautybush
Bigleaf Hydrangea
Bradford Pear
Birdsallweath Spirea
Clematis
Climbing Roses
Crabapple
Deutzia
Dogwood
Doublefile Viburnum
Flowering Almond
Flowering Quince
Forsythia
Japanese Kerria
Japanese Pieris
Lilac
Mockorange
Oakleaf Hydrangea
Pearlshrub
Pyracantha
Redbud
Saucer Magnolia
Star Magnolia
Shrub Honeysuckle
Thunberg Spirea
Vanhoutte Spirea
Weigelia
Winter Daphne
Wisteria
Witchhazel

Prune Before Spring Growth Begins

Beautyberry
Camellia
Goldenrain Tree
Chaste Tree (Vitex)
Cranberrybush Viburnum
Crapeyrtle
Floribunda Roses
Fragrant Tea Olive
Gloss Abelia
Grandiflora Roses
Japanese Barberry
Japanese Spirea
Nandina
Rose-of-Sharon (Althea)
Sourwood
Anthony Waterer Spirea
Sweetshrub

Rockcastle Community Walking Program

Sue Ann Hopkins, of Crab Orchard, employed by Rockcastle Hospital, exemplifies the success of the Community Walking Program sponsored by the Rockcastle County Health Department. Over the 24-week program, Mrs. Hopkins walked a total of 1,475 miles!

"Participants in the Walking Program agreed to walk a minimum of three times a week for 30 minutes for 12 weeks in the fall and 12 weeks in the spring. Approximately 130 people registered at the health department for the program. Each person had the following measurements taken at the beginning of the program: height, weight, blood pressure, pulse, and blood cholesterol. In addition, for

those who so desired, we also measured the circumference of hips, thigh, calf, waist, and arm and bust. At the end of the program, the measures were repeated to allow participants to see the benefits of a consistent exercise program. Each walker was supplied a walking log journal, a sports water bottle and other goodies, and received a t-shirt when their walking logs were turned in and follow up measures were completed.

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Priced Good Through July

Twilight Absolute Estate

Auction

of the late Mr. Joe Cromer's

House and Lot • Vehicles • Personal Property
Friday, June 29, 2001 at 6 p.m.

Near Brodhead, Kentucky

Location: 1/2 mile west of the city limits of Brodhead on Highway 150. Watch for auction signs in the yard.

In order to settle the estate, the heirs of the late Mr. Cromer have authorized our firm to sell this home and personal property for the absolute high dollar.

This lovely ranch style brick house has 3 bedrooms, living room, large eat-in kitchen with built-in cabinets, utility room with washer/dryer hookup and a large bath. It also has wall to wall carpet, except in the kitchen and bath, electric heat, storm doors and windows and a carport.

In addition to the house, there is an 8x24 storage building. The house is situated on a lot measuring approximately 98 feet across and 133 feet deep.

Vehicles that will be selling include: 1972 Ford Truck F-300 and a 1984 Chevrolet Car.

Personal Property: 3-piece maple living room suite • 3-piece bedroom suite • 2-piece maple dining room suite • chair • coffee and end table • Breakfast set with 4 chairs • china cabinet • corner what not cabinet • chair • Whirlpool Refrigerator • Frigidaire electric range • chest-type deep freezer • metal cabinet • RCA TV • floor model • book shelf • treadmill • sewing machine • printers and frames • set of lamps • library table • aluminum step ladder • bicycle • briar syringe • plus many more miscellaneous items.

Auctioneer's Note: If you're in the market for a nice comfortable, conveniently located home near Brodhead, then be sure to attend this absolute auction on Friday evening, June 29th at 6 p.m. Bid last and buy.

Note: The purchase of a single family residence built before 1978, had a maximum of 10 days to inspect the property for the presence of lead based paint. The period for inspection begins June 19th through June 28th, 2001. The successful bidder must sign a waiver of the 10 days post sale inspection period.

Terms: Real Estate: 20% down day of sale, balance in 30 days. Personal Property: Cash or good check day of sale.

Inspection of Personal Property: Friday afternoon after 3 p.m.

Announcements day of sale take precedence over printed matter.

For additional information or for an appointment to see the house, contact the auctioneer:

www.fordbrothersinc.com

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HAROLD BURTLE
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Bobby Cummins joins Kentucky Farm Bureau Insurance as Agent in Rockcastle County



Officials of Kentucky Farm Bureau Insurance Companies have announced the appointment of Bobby Cummins as an Agent in the Rockcastle County Farm Bureau Insurance Agency.

In his new position, Bobby will be calling on the residents of Rockcastle County to offer a wide variety of insurance coverage through the Farm Bureau Insurance Companies. He will be working with Agency Manager, William Bullen, and the current staff in the Rockcastle County office at Highway 25 South, Mt. Vernon, Kentucky, 256-2050.

Bobby joins a well-established network of Kentucky Farm Bureau Insurance agents. The company, founded in 1944, has offices in all of the commonwealth's 120 counties.

The agents of Kentucky Farm Bureau Mutual Insurance Companies offer a wide variety of insurance lines, from homeowner's and automobile coverage to life and health insurance and retirement planning.

If you would like a rate comparison or quote on your current insurance or a great rate on life or health insurance give Bobby a call at 256-2050.

Or, if you need a local agent you can trust and depend on for all your insurance needs, call Bobby Cummins at 606-256-2050. "A man who has been in business for many years and knows the needs of Rockcastle County residents."