



Mr. and Mrs. Alan Senet Purcell

Heslink - Purcell wed

Kristen Janita Heslink, daughter of Mr. and Mrs. Dennis Heslink of Clymer, New York, and Alan Senet Purcell, son of Mr. and Mrs. Rodney Purcell, of Broadhead, were married December 29, 2001 at the Abbe Reformed Church in Clymer, NY. The Rev. Gordon Damsteg officiated at the ceremony.

The bride is a graduate of the College of William and Mary and holds a master's degree in foreign studies from George Washington University. The groom is a 1989 graduate of Rockcastle County High School. He received political science BA and MA degrees from the University of KY. Both bride and groom are foreign service officers with the United States Department of State.

The bride's cousin, Hillary Tennant of New York City, served as matron of honor. Friends of the bride,

Nicole Sobotta, Megan Christensen and Sara Gray served as bridesmaids. The groom's brother, Aaron Purcell of Knoxville, TN, served as best man. Friends of the groom, Timothy Burdett of Mt. Vernon, Shannon Sytry and Jeff Baird served as ushers.

The flower girl was Maddison Heslink and ring bearer was Craig Adriaansen, both cousins of the bride. Vocalists were Diane Heslink, aunt of bride, Nathan Heslink, brother of the bride, and Andrea D'Eschman, friend of bride. Candle lighters were Gregory and Nicholas Parrilli, cousins of the bride.

The wedding reception was held at the Croyon Room Inn at the Peak Ski Resort. Following a wedding trip to Hershey, PA, the couple will reside in Alexandria, VA until an overseas assignment to Chisinau, Moldova in February.



'One Voice', a local Southern Gospel trio, will be presenting the gospel in song at Ottawa Baptist Church on Sunday evening, January 27th at 7 p.m. Everyone welcome.

Church News

Need a Ride?

Mt. Vernon Nazarene Church now has a van ministry. God has blessed. We invite you to come grow with us. Need a ride? We would love to come and get you. Call 758-0090 for more info.

Benefit Singing

Benefit singing for widow of Jerry Arley (Pat) on Fri., Jan. 25 at 6 p.m. at Brush Creek Holiness Church.

Super Bowl Bash is Back!

And it storms into Rockcastle County on Sunday, February 3rd at the

Rockcastle County Middle School. From 5 p.m. until the closing seconds of the game, high school and middle school students are invited to enjoy the Super Bowl on the big screen, pig out on pizza and snacks, take part in a special halftime event, plus this year enjoy a pregame concert from Cornerstone with special prize giveaways! Prizes like Super Bowl t-shirts, footballs and much more will be given away throughout the night. Tickets are available now from any Bible Baptist Youth member for only \$2 in advance/\$3 at the door.



Woodmist of the World Lodge Youth Ranger, Lodge 901 in Bereas member Cyndi Green, left, a nine year watchman, won first place in 4-H Meats Business Club. Cyndi learned how to keep business records, financial records and learned business skills. She is shown here with her sister, Kristi, a seven year member.



The Family Room
By: Dr. Roy Don Whitehead

So You Are Going to Have Surgery...

In the past six months members of my immediate family have had three major surgeries in two different hospitals. I now know more about hospitals than

I ever wanted to know! In case you or a family member is facing surgery, here are some suggestions to help make the process less painful.

1. Discuss pain management with the surgeon beforehand. While pain management may not be the first thing on your mind before surgery, it will be afterwards. Trust me. There is nothing worse than watching a family member suffer and not knowing what to do. Make certain that you and your doctor have an understanding about what is to be done when the pain hits.

2. Discuss pain management with the anesthesiologist beforehand. I discovered that in some cases the anesthesiologist is in charge of pain management, not the surgeon. Get the family doctor not even meet this doctor. Find out before surgery who will be in charge and meet with that person.

3. Keep the family member "comfortable while at rest." This phrase was said to me by an anesthesiologist who cared for one of my family members.

This was his goal in pain management. While he could not promise to keep the patient pain free, he tried to keep her "comfortable while at rest." He believed that as long as she was not moving, she should be comfortable.

4. Do not accept that pain just has to be endured. Certainly some pain is inevitable, as during that first walk after surgery. However, no patient should have to endure tremendous amounts of pain. Ask for help and expect it to come quickly.

5. Be an advocate for the patient. If there is ever a time when you are helpless, it is after major surgery. The patient cannot speak up for himself, so the family must. Do not be afraid

to ask doctors, nurses and other staff for help. This may be difficult since many of us are intimidated by medical staff. This is no time to be timid. Speak up on behalf of the patient.

6. Know what medications are being given to the patient. In your discussion with the doctor before surgery, ask what will be given and how often. Make a list and take it with you to the hospital. This is also the time to tell the doctor what medications the patient takes regularly so that these can be continued at the hospital.

7. Ask about each shot or pill that is given to the patient. If the medicine is an unfamiliar one, ask the nurse to check before giving it.

8. Mistakes are made, and you need to protect the patient from being given the wrong medication.

9. Stay with the patient until the patient can speak up for himself. In the first few days after surgery, the patient is usually very medicated and unable to ask for what he needs. Family and friends can take turns staying with him 24/7.

10. Limit visitors and phone calls. No one feels like much company after major surgery. Encourage visitors to stay "just a little while," and screen phone calls.

11. Say thank you. Hospital staff who go above and beyond the call of duty merit a special thank you. Let them know you appreciate their taking care of the patient. We found clean staff and nurse's aides to be especially helpful.

These suggestions should make the hospital experience less painful for everyone.

FOOD WORLD

AD PRICES VALID Tuesday, Jan. 22, 2002 thru Jan. 28, 2002

Open 7 Days A Week
Monday thru Sunday
8 a.m. to 9 p.m.
PHONE
256-2514
Food Stamps & WIC
Credibly Accepted
Manufacturer's Coupons
Redeemed



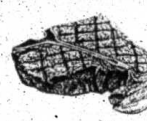
5 Lbs. or More Fresh

Ground Beef

USDA Western Grade
Lean Beef
Purchased Steaks

4.09 lb.

89¢



USDA Western Grade
Lean Beef

T-Bone Steaks

Sirloin
Tip Steaks

2.19 lb.

3.99



pop-tarts

This Week's Hot Buy!

12 Oz. - Select Varieties

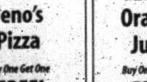
Kellogg's Pop-Tarts

2/\$2.99



2 Liter
Coke Products

1.09



7.4-7.8 Oz. Select Varieties

Jeno's Pizza

Buy One Get One
FREE!



64 Oz. Minute Brand

Orange Juice

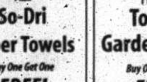
Buy One Get One
FREE!



15 Oz. w/ Beans or
Western

Armour Chili

79¢



1 Roll

So-Dri Paper Towels

Buy One Get One
FREE!



1 Lb. Bag

Tossed Garden Salad

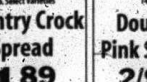
Buy One Get One
FREE!



8 oz. Set. Van.

Breyers Yogurt

69¢



3 Lb. Select Varieties

Country Crock Spread

1.89



14.75 Oz.

Double Q Pink Salmon

2/\$3



USDA Western Grade Lean Beef Roast

Sirloin Tip Roast

6 Pk. Select Varieties

1.99



USDA Western Grade Lean Beef Roast

Lean Stew Meat

15.16 Oz. Regular or Bulk

2.49

PRODUCE SALE

Green Cabbage **39¢**

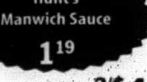
3 Lb. Bag Yellow Onions **99¢**



6 Pk. Select Varieties

Jell-O Puddings or Gels

2/\$4



15.16 Oz. Regular or Bulk

Hunt's Manwich Sauce

1.19

Pink Grapefruit **1.99**

Grape Tomatoes **1.99**

1 Lb. Bag Short Cut Carrots **99¢**

Fresh Crisp Celery **99¢**

Dole Slaw Mix **99¢**

Ore Ida French Fries **2/\$4**

Banquet Chicken **2/\$4**

22-32 Oz. Select Varieties

2/\$4

1 Lb. Bag

99¢



BathTub Refinishing

Call 625-0055