

Owenses' art among exhibits

Thirty-nine artists from 20 Kentucky counties have had 43 pieces of art accepted for the "Kentucky Folk Artists Salute the Great American Spirit" exhibition which will debut Thursday, February 28, at Kentucky Crafted: The Market, in Louisville. Among those 39 artists are Janice Handing Owens and Ron Owens of Mt. Vernon.

Former Kentucky First Lady Phyllis George conceived the exhibition, asking folk artists to create pieces that reflected their individual responses to the events of September 11. Sponsored in part by Brown-Forman, the exhibit was curated by Morehead State University's Kentucky Folk Art Center in cooperation

with the Kentucky Art and Craft Foundation and the Kentucky Crafts Marketing Program.

After being presented to the public during The Market on March 23, "The Great American Spirit" will be displayed in the Brown-Forman Gallery of the Kentucky Art and Craft Foundation, June 15-Aug. 15. It will then be displayed in the Garland and Minnie Adkins Gallery at the Kentucky Folk Art Center, from November until Feb. 9, 2003. The exhibit also may travel internationally, according to George.

Winners of the three merit awards of \$500, \$300 and \$200 will be announced during the opening reception at The Market.



Flat-Rock Baptist Church of Orlando would like to introduce their church sweethearts for the year 2002, Perry and Linda Montjoy. The Montjoys have been active members of Flat-Rock for the past seven years. Their involvement in the varied ministries of the church is greatly appreciated. The church would also like to wish this couple a very happy 36th wedding anniversary February 19th.

Local Ministerial Association meets

The Rockcastle County Ministerial Association met on February 15th to reorganize, elect new officers and plan for the remainder of 2002. The following pastors were present for the meeting:

Jack Bruce, Director of Missions for the Rockcastle Baptist Association; Matthew Bryant, Associate Pastor of Faith Harvest Fellowship; Michael Bryant, Sr., Senior Pastor of Faith Harvest Fellowship; Chad Burdette, Pastor of Northside Baptist Church; David Campbell, Interim Pastor of First Christian Church; Albert Griffin, Pastor of Fairview Baptist Church; Tim Hampton, Pastor of Crossroads Baptist Church; Buford Parkerson, Pastor of Pentecostal Church; Kenosha Parkerson, Pastor of Wildie Christian Church; and Cleith Thacker, Pastor of Buckeye Christian Church.

Ministers so far who plan to be involved but not present at the meeting are as follows:

Michael Bryant, II, Associate Pastor of Faith Harvest Fellowship; John

Curlis, Pastor of Our Lady of Mt. Vernon Catholic Church; Ova Land, Pastor of the Mt. Vernon Church of Nazarene; Eddie Nance, Pastor of First Baptist Church and Marty White, Pastor of Lighthouse Assembly of God.

The newly elected officers for 2002 were:

Michael Bryant, Sr., president; Buford Parkerson, vice-president; Kenosha Parkerson, secretary; Cleith Thacker, treasurer.

Newly appointed committees for 2002 are:

Reverend Jack Bruce, Kenosha Parkerson and Cleith Thacker.

Projects & Events: Chad Burdette, Albert Griffin and Tim Hampton.

Memberships Chairman: Albert Griffin.

The newly organized group of Rockcastle County ministers looks forward to working with and serving our community throughout the year.

Several activities are currently being planned.

Do-Ahead Meals

By: Hazel Jackson
County Extension Agent for
Family and Consumer Sciences

When you are having a busy day at home, working away from home, taking the children somewhere or expecting company for dinner - "do-ahead-meal" come to your rescue.

Meat and vegetable recipes that call for marinating are great for "do-ahead-meals." Meats in sauce are also good because the sauce prevents drying out and keeps the flavor in.

Dishes that include noodles, spaghetti or macaroni, or vegetables are best if slightly undercooked during advanced preparation. The final cooking will get them well done.

For speeded-up tossed salads, chop your firm vegetables like celery, carrots, peppers early in the day. Wrap and chill.

Chopping onions? Chop some extra and keep in tightly-covered container in the freezer or refrigerator.

Yeast or quick breads freeze well. Bake several loaves and freeze the extra ones. Package in foil for easy heating.

Prepare your fruit salad early and refrigerate. Use ascorbic acid or lemon-juice to keep peaches, pears and bananas bright.

Following are some recipes to help make your "do-ahead-meals" easier.

Multipurpose Barbecued Hamburger Mix

4 medium onions, chopped
3 cloves garlic, finely chopped
2 cups chopped celery tops
1/4 cup fat
4 pounds hamburger
4 teaspoons salt
4 tablespoons Worcestershire sauce
2 1/2-ounce bottles catsup

Pan fry the onion, garlic and celery in a large kettle. Add the hamburger, stir and cook. Add salt, pepper, Worcestershire sauce and catsup. Simmer 20 minutes. Skim off excess fat. May be frozen for up to three months. Makes 10 cups. Use this mixture for this quick main dish.

Hamburger Stroganoff

Heat 1 pint barbecued hamburger mix on a skillet until completely thawed. Add 2 cups sliced fresh mushrooms (1 six-ounce package) and a 10 1/2 ounce can of condensed cream of mushroom soup. Stir and simmer 5 minutes. Carefully spoon

1 cup sour cream over the surface. Sprinkle with chopped parsley. Do not stir. Simmer 1 minute longer. Serve from skillet over hot cooked rice. Serves 6.

Spaghetti Meat Sauce

Heat barbecued hamburger mix, add 1/4 cup dash of cayenne and 1/4 teaspoon garlic salt. Serve on hot, cooked spaghetti and top with grated Parmesan cheese. Serves 4.

For more do-ahead mixes and recipes, call the Extension office at 256-2403 and request publication HE3-314, "Do-Ahead Meals."

Library News

Have you read any good books lately, watched a good movie or listened to a book or tape? If you answered yes to any of these, hopefully you have been using the services at your public library.

We do have tax forms at the library. Unfortunately some of the folks, coming in for this service have been unhappy with our selection of forms or for some other reason. None of the library employees are trained tax professionals. Since we are not trained, we do not know exactly which form you might need. If the form is not available on our display, some of the forms can be faxed, copied or downloaded from the IRS website. We do charge a small fee for copies. Some of the forms are non-reproducible. There is a list of these in the front of one of the books of forms. Some of these are W-2's, 1099's, etc. There is a toll free number available for these forms. If a few of you continue to take your frustration with taxes out on the library em-

ployees we will no longer be able to provide this service for everyone. Please remember that this is a service and we are required to participate in this program.

We hope that you will use other library services throughout the year. We have a children's story hour every Tuesday at 1 p.m. This is a time of reading, counting, craft and refreshments. If you have a young child at home this is a great way to introduce them to the library and to reading. There are best sellers as well as many of the old favorites in the stacks. We have videos, audio, public computer access, inter library loan and a genealogy section. The bookmobile has been off the road due to repairs. If you are a bookmobile patron, please call the library at 256-2188 to find out about your route. Hopefully the bookmobile will be back on the road by February 25th, but we are not sure at this time. The library hours are Mon-Fri, 10 a.m. to 6 p.m. and Sat. 10 a.m. to 4 p.m.

The Family Room

By: Dr. Roy Don Whitehead

Cancer Still Scars Us

(Part II)

"Today is the first day of chemotherapy," Dalton told me. "I didn't sleep very well last night. I don't think Miriam slept at all." [All characters are fictitious.]

"Oh, I slept some," Miriam laughed, "but I admit it was not the best night of sleep I have ever had."

"Dalton has already had part of his lung removed. Now he was ready for chemotherapy to stop the cancer from spreading further. The biggest obstacle Dalton and Miriam have faced thus far has been their health insurance."

"We have new insurance," Miriam explained, "and there are not a lot of doctors who are providers for our plan. We went to one doctor believing that he was a provider. When it turned out he was not, we had to postpone the treatment for a week. That was hard on both of us. Dalton was ready to get started and so was I."

"I discovered that I can assume nothing when it comes to insurance," Miriam continued. "I have to check and double check to make sure that everything is taken care of, because if it is not, we have to pay for it."

The chemotherapy was to be given in the doctor's office. Comfortable lounge chairs and a private room made for a relaxed atmosphere.

Dalton had some misgivings. "From what I know of these medications I am going to have to have some side effects. Nothing fatal, but unpleasant enough that treatment sometimes has to be postponed. The doctor has assured me that there are many drugs available to control side effects, but I feel like I am waiting for a time bomb to go off. When will these side effects hit me?"

The other part that bothers me is that I know these medications cause the death of normal cells as well as cancer cells," Dalton continued. "I feel like I am putting something harmful into my body when all my life I have tried not to do that. I am trying to get my mind to think of the medications as helpful, not harmful, but that is taking some doing." Dalton used meditation to help his mind and body work with the treatment rather than fight against them. "When I meditate I can go to my favorite relaxing place which is on the beach. My body may be in the doctor's office but my mind is in Florida. And while I am relaxing I can remind myself of all the good things this medicine is doing for me. I can picture those cancer cells just curling up and dying inside me. Being relaxed helps in a lot of ways. That [TV sound] is not but quite as much when I am relaxed."

A part of Dalton's meditation is to picture

a warm, healing light above his head. "That light spreads warmth and healing throughout my body, and that is the part I like the best," he says. "Miriam taught me how to do it. She turned it on a day when I was feeling like I was in a way for me to feel God's healing love."

"Do I worry?" Of course, I do," Miriam adds. "Right now, I'm worried about side effects and if they can be controlled. There is the long run I worry about the cancer coming back. But I can't let those worries take center stage. I have to move them out of my mind and focus on the task that's in hand."

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Annual Tobacco Meeting

By Tom Mills
Co. Ext. Agent for Agriculture
Natural Resources

The Annual Tobacco Production Meeting will be held Tuesday, February 26, 7:00 p.m. at the Rockcastle County High School cafeteria. The speakers will include University of Kentucky Extension specialist, Will Snell, discussing quota cuts for 2002, world tobacco supplies as well as the status of a quota buy-out. Gary Palmer, University of Kentucky tobacco

specialist, will cover current variety selection and production information. Tom Mills, Rockcastle Extension Agent for Agriculture, will discuss local demonstrations on controlling pythium root rot in float bed plants.

Local sponsors along with the Young Farmers Association are working to provide a meal at this meeting. To assure that everyone can be served, please register by calling the Extension office at 256-2403 no later than noon, Friday, February 22.

Miller certified county official

Rockcastle County Jailor James E. Miller has been recognized for his achievement as a certified county official. A memo from the Kentucky Association of Counties stated, "to attain this award through the County Official Leadership Institute, an elected official must have earned a minimum of 96 training credit hours."

Laura Wagners, director of training, stated that Miller is "to be commended for this achievement, for it displays a desire to excel in his elected post and, in turn, help to ensure the success of this local government and community."

James Miller



Conway Baptist Church youth along with Pastor Bro. Jack Stallworth went to Shyrner's Hospital in Lexington to visit with Kayla Feltner, one of Conway's youth and an 8th grader at RCMS. Kayla has had surgery on her back. The youth presented her with a get well card and a love gift from the church. The youth also took a tour of the hospital. All staff members were great in showing love and friendship. We do thank God and the Shyrner's Hospital for what they have done for Kayla. Kayla has come through the surgery and is now home and improving some each day. Conway Baptist Church is located at Conway, US 25N. If you are looking for a church, this may be the one for you - a lot of youth and a lot of love! May God bless us all.

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