

## Cunningham attends Obesity Conference

James Cunningham, M.D., whose offices are on Richmond Street in Mt. Vernon, was among the more than 150 physicians and allied health personnel who attended the Western Regional Obesity Course of the American Society of Bariatric Physicians (ASBP) held recently in Denver, Colorado.

Some of the nation's leading authorities in the field of obesity described the latest techniques for the medical treatment of overweight and obesity and for maintaining weight loss.

The scientific presentations dealt with treatment of insulin resistance, management of obese diabetic patients, obesity surgery, use of anti-obesity medications, long-term weight loss, geriatric obesity, childhood and adolescent obesity, new obesity drugs in clinical trials and the role of diet composition.

Established in 1950, the ASBP is a national professional medical society of physicians and other health professionals who offer their patients comprehensive medical weight loss

programs to treat overweight and obesity and their associated conditions. ASBP's Bariatric Practice Guidelines call for complete work-ups and physical examinations, counseling on diet and nutrition, exercise planning, behavior modification (lifestyle changes) and, when indicated, the use of prescription anti-obesity medications.

To ensure that ASBP members and others remain on the cutting edge of the newest technology in treating overweight and obesity, the Society offers regional conferences and an annual obesity symposium to present accredited continuing medical education (CME) programs to participants. The ASBP also encourages its members to earn a minimum of 15 hours of accredited CME in bariatric medicine in a two-year period.

ASBP's Internet site, [www.asbp.org](http://www.asbp.org), contains up-to-date information about the problems of overweight and obesity, and referral information to locate an ASBP member physician.

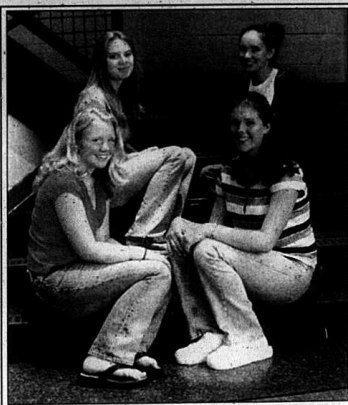
## Forsythe awarded degree

Sybil Forsythe, daughter of Cheryl Franklin, of Mt. Vernon, recently was awarded a bachelor's degree from the Communication Division at the University of Kentucky College of Allied Health Professions. Students were honored May 5 during a recognition ceremony at the Singletary Center for the Arts.

Forsythe was one of 102 students who graduated from the College of Allied Health Professions this spring. Forsythe is a member of Alpha Xi Honor Society. She has received the College of Allied Health Dean's Award for Excellence in Service, UK Women's Club Scholarship and the Association of Allied Health Professionals Scholarship of Excellence.

The UK College of Allied Health Professions, established in 1966, emerged from a small school of three

programs to a large college offering degrees in several disciplines including Athletic Training, Clinical Laboratory Sciences, Clinical Nutrition, Communication Disorders, Health Services Management, Physician Assistant Studies, Physical Therapy and Radiation Sciences. Its programs have competed nationally with the best. The Clinical Laboratory Science division was ranked No. 1 in 1999 among the top 15 programs in the United States by Clinical Laboratory Science, a national trade journal. The Physical Therapy program and Communication Disorders divisions also have been ranked among the top programs in U.S. *New & World Report*, and in 1999 the College was ranked 13th in the country for research in allied health professions by the National Institute of Health.



Candidates for the Broodhead Festival Queen Pageant this Saturday are pictured above, front row from left: Heather Adams and Rachel Childress. Back row from left: Ashley Cottrell and Natalie Taylor. The girls had to submit an essay on "What Would They Do To Help The Community if Selected Broodhead Queen?" The pageant will be part of the Dix River Fish Fry Festival taking place this weekend. Coronation will take place at 7 p.m. Saturday in Broodhead.

## Howard deployed

Navy Airman Recruit Roy C. Howard, son of Mattie M. Howard of Mt. Vernon, recently departed on a six-month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the amphibious assault ship USS Wasp, based in Norfolk, Virginia.

Howard is one of more than 10,000 Atlantic Fleet sailors and Marines aboard the ships of the USS John F. Kennedy Carrier Battle Group and USS Wasp Amphibious Ready Group.

While on deployment, Howard will participate in joint-service, multinational operations and have the opportunity to visit foreign ports.

Prior to deploying, the groups participated in a 17-day Atlantic joint task force exercise designed to pre-

pare naval forces for contingencies that might occur during the deployment. Marines and sailors trained in amphibious, undersea and surface warfare operations and maritime interception.

USS Wasp supports amphibious operations using Landing Craft Air Cushions, which are specially-designed Hovercraft that travel above land and sea surfaces and deliver vehicles and equipment. The ship also has conventional landing craft and helicopters embarked, and is equipped with medical facilities staffed by Navy doctors, dentists, nurses and corpsmen.

Howard is a 1997 graduate of Rockcastle County High School of Mt. Vernon and joined the Navy in September 2001.

## Veteran Benefits

You may be entitled to receive benefits from the Federal Veterans Administration that may include compensation for disease or injury received while in service. Pension for wartime Veterans, survivor benefits and assistance with medical expenses.

Rockcastle County receives over \$2 million per year from Veteran Benefits. The Kentucky Department of Veterans Affairs provides counseling and assistance to Veterans and

dependants in filing claims for state and federal Veterans benefits. This is a service provided by the Commonwealth. There is no charge or fee of any kind.

A Veterans Benefits Field Representative will be at the Rockcastle County Courthouse in Mt. Vernon on Tuesday, June 4th from 10 a.m. to 2 p.m. For further information, please call 1-877-773-7747 to speak with a Veterans Benefits Field Representative.

## Diabetic Support Meeting held

Submitted by Virginia Branscum  
At the last monthly Diabetic Support meeting, Paula White, informed the group on new products and medicines available for diabetics. During the discussion, it was revealed that some were already receiving help from these products to keep their bodies from deteriorating.

Rockcastle County ranks 74th in the state in terms of estimated diabetic prevalence. It is a serious and costly disease, but the good thing is, it is controllable.

Our group sent \$100, which was matched by one of the pharmaceutical companies, to the Kentucky Diabetic Association to work for a cure of this disease. Paula will be walking in Lexington to help in the search for a cure. If anyone interested in walking contact Paula at (606)864-

4764.  
For the ones whose eye sight is deteriorating, Nova Nordisk Pharmaceutical has an apparatus for Novolin 70/30 and Novolin N100, which gives you the opportunity to dial your needed dosage into the syringe, therefore preventing errors. Rise Aid has the product available.

The group was also given the opportunity to have blood taken for glycosylated hemoglobin. This measure the average blood sugar over a three month period, because our bodies do not use all the sugar we consume at the same time.

On June 17th, the recent dietary changes endorsed by American Diabetic Association will be discussed along with the results of the glycosylated hemoglobin can be used as a tool in helping control diabetes.

We Cater  
Call for Details

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**BELIEVERS HOUSE OF PRAYER**

Sabbath School 10 a.m.  
Morning Worship 11 a.m.  
Evening Worship 7 p.m.  
Wednesday Evening 7 p.m.  
Sunday (Bible Study) 6 p.m. - 8 p.m.

*Non-denominational, Bible Believing, Sabbath-Keeping  
Church located on Hwy. 25N 1.5 miles from  
Renfro Valley turn left at 18 mile marker*

Thank  
You

Fred Mullins, Jr. and  
family want to thank each and  
everyone in the fourth district  
who supported me in my  
successful bid for re-election.

Again, Thank You

Paid for by Fred Mullins, Jr.

**Summer Reading 2002**

**Celebrate Books!**

**ROCKCASTLE COUNTY**

**PUBLIC LIBRARY**

Sign-up: May 28th - June 8th

Start Date: June 10th

Submit Reading Logs: July 5th

Schedule Events

Story Hour for Preschoolers  
Tuesdays at 1 p.m.

Craft Time for Elementary Students through  
5th grade

June 11th - July 2nd  
Tuesdays at 3:30 p.m.

Reptile Show: June 24th at 4 p.m.

Finale Program: Scheduled for the week of  
July 8th. Winners in all categories

Don't Miss It! This Saturday Night!!

Roger & Lee Ann's

**GRAND ILLUSION MAGIC SHOW**

The Largest Traveling Illusion Show in the State

Over 10,000 lbs. of Equipment

FUN FOR THE ENTIRE FAMILY

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Saturday, June 1, 2002 • 7 p.m.

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This show is being sponsored by the Mt. Vernon Lions Club

For More Information Call Us Toll Free 1-888-234-3207

**RAINBOW RESPITE**

**How do you spell relief?**

The Rainbow Respite Care Center. Located at the Family Life Center grounds in Renfro Valley, KY, provides short term care for children, teens and adults with mental and physical disabilities whose family or primary caregiver needs a break or would like to take a vacation.

The Rainbow Respite Care Center offers a variety of activities. These could include arts and crafts, picnics, hiking, swimming, movies, music shows, fishing, and special trips.

We encourage families to use periodic, planned respite, thus allowing time for personal renewal, rest and relaxation.

**"COME UNTO ME, ALL YE WHO LABOUR AND  
ARE HEAVY LADEN, AND I WILL GIVE YOU  
REST."**

Matthew 11:28

For more information about our program,  
please write us :



c/o Program Manager,  
Or call 606-256-5921 or 606-256-5923  
E-Mail [RAINBOWRESPITE@JUNO.COM](mailto:RAINBOWRESPITE@JUNO.COM)

| City of Livingston Delinquent Property Tax<br>2001 Year |            |
|---------------------------------------------------------|------------|
| David Blackburn                                         | \$37.50    |
| David Blackburn                                         | \$22.50    |
| Russell Blackburn                                       | \$48.00    |
| Danny & Rebecca Bullock                                 | \$62.50    |
| Citizens Bank                                           | \$8.75     |
| Brady Durham                                            | \$5.00     |
| James & Tammy Fletcher                                  | \$26.00    |
| Raymond & Lela Griffin                                  | \$25.00    |
| Raymond & Lela Griffin                                  | \$26.25    |
| Raymond & Lela Griffin                                  | \$26.00    |
| Tammy & Willie Hines                                    | \$6.25     |
| Debbie Jones E.C. Hibbitts                              | \$50.00    |
| Coy & Hazel Kirby                                       | \$58.00    |
| Livingston Manor LTD Winterwook                         | \$1,000.00 |
| Roy Mullins                                             | \$50.00    |
| Sherry Newcomb                                          | \$99.75    |
| Patterson Marion Chip Co.                               | \$20.00    |
| Steven & Becky Powell                                   | \$92.50    |
| Billy Renner                                            | \$35.00    |
| Bobby Singleton                                         | \$7.50     |
| Sam Stapleton                                           | \$45.00    |
| Paul Sturgill                                           | \$30.00    |
| United Companies Lending Corp.                          | \$10.00    |
| Charles Wagner                                          | \$62.50    |
| Mike Whitt                                              | \$3.00     |
| Bobby Wilson                                            | \$5.00     |
| Mitch & Sandi Nolan                                     | \$62.50    |
| Sandra Tyree                                            | \$71.25    |
| Roy Mullins                                             | \$50.00    |
| Sherry Newcomb                                          | \$99.75    |
| Doris McHarque & Derna Norman                           | \$25.00    |
| Jesse Ledford                                           | \$20.00    |
| Billie Renner                                           | \$35.00    |
| Bobby Singleton                                         | \$7.50     |
| Mike Whitt                                              | \$3.00     |
| Rose Mary Barker                                        | \$7.50     |
| Curtis Kevin Wilson                                     | \$25.00    |
| David Blackburn                                         | \$37.50    |
| Danny & Rebecca Bullock                                 | \$62.50    |
| Tammy Bradley c/o Jerry Cox                             | \$1.25     |
| Brady Durham c/o Timothy Hayes                          | \$5.00     |
| James & Tammy Fletcher                                  | \$26.00    |
| Raymond c/o Lela Griffin                                | \$25.00    |
| Raymond c/o Lela Griffin                                | \$26.25    |
| Laura Frances & Oscar Hensley                           | \$98.75    |
| Tammie & Willie Hines                                   | \$6.25     |
| Debbie Jones c/o E.C. Hibbitts                          | \$37.50    |
| Billy Mason                                             | \$15.00    |
| Dewey Joseph McClure                                    | \$62.50    |