

Hospice Care Plus to offer grief discussion series

Starting Tuesday, October 1st, Hospice Care Plus will offer a three-week Grief Discussion Series. The Series is intended for anyone in the community who has experienced a loss. The Series is being offered in an effort to make Hospice's bereavement services accessible to the community-at-large. In the past, bereavement support has focused primarily on family members who have lost a loved one with Hospice. Although Hospice families may participate in the Series, it is being open to the community as well.

The Series will be facilitated by

Hospice's Bereavement Coordinator, Theresa Hildebrand, CSW, and will take place on October 1st, 8th, and 15th. Each session will run from 6:30 p.m. until 8:00 p.m. and will be held at the Hospice office in Berea. The Series is for adults only, and pre-registration is required. To register for the Series, contact Theresa Hildebrand at 986-1500.

Hospice Care Plus is a non-profit agency which provides care for those with a terminal illness, and their families, regardless of ability to pay. Hospice also specializes in bereavement care and end-of-life issues.



Congratulations to Dora Ann Girod, a Registered Nurse, for being elected to represent Women's and Children's Pathway in the Patient Care Council at Central Baptist Hospital. This Pathway includes Labor and Delivery, Mother Baby, Antepartum Unit, Perinatal Diagnostics, Neonatal Intensive Care Unit, Pediatrics, 5 North, In-Vivo Fertilization, Breast Diagnostic Center and Women's Health Center. The council provides linkage between all Pathways at the professional level. This council defines, develops and evaluates the approach to patient care and the Clinical model for patient care delivery. Dora Ann has been a nurse at Central Baptist Hospital for six years.

Veteran benefits available

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

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

dependents 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 on Mt. Vernon on Tuesday, October 1st 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.

Crab Orchard Springs Cafe
212 Main St. • Crab Orchard

Josh Logan
Saturday, Sept. 28th - 7:30 p.m.

Under 10 FREE

Rockcastle Community Bulletin Board
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JobStart
CAP JobStart - let us help you to prepare for a good job. Join us to learn new skills such as computer skills. For more info, call 256-9512. Classes are free. Supplies are furnished.

TOPS
(Take off Pounds Sensibly)
TOPS meets Thursday at 6 p.m. at Brookfield Christian Church basement on Main St. in Brookfield. For more info call 1-800-932-TOPS or locally 256-0789.

Narcotics Anonymous
Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous every Tuesday at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more info, call 256-9263.

Alcohol Anonymous
Alcohol Anonymous meets Tuesday at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2129.

Republican Party Meets
The Republican Party meets the second Monday of each month at 6 p.m. at Kettle Inn.

Center Hours
Rockcastle County Senior Citizens and Day Health Care Center hours are 9 a.m. until 4 p.m. Mon.-Fri.

Mission Hours
First Baptist Church Food and Clothing Mission's hours are Mon. & Wed. 9 a.m. to 2 p.m. and Sat. 10 a.m. to 2 p.m. The Mission is located on 30 Church St., Mt. Vernon.

Bookmobile Schedule
Mon., Sept. 30: Scaffold Cane, Disputanta, Anglin Falls, Clear Creek, Wildie.
Tues., Oct. 1: Buffalo, Old 461, Negro Creek.

1992 Class Reunion
Class of 1992 Reunion scheduled for October 5th at 4:30 at the middle school. \$20 per person. Food will be served and DJ. Send registration to Althea Croner, Rt. 1 Box 498A, Brookfield, KY 40409.

Fire Season
Due to increase in fire activity in Kentucky the Kentucky Division Forestry is now taking applications for the fall fire season. Call Co. Ranger 256-5031. Crew Leader 256-9884 or Crew Boss 256-0725.

Country Breakfast
Good Ole Country Breakfast at Brindle Ridge Fire Dept., Saturday, September 28th 6 a.m. to 11 a.m. Country ham, sausage, bacon, eggs, biscuits and gravy, jelly, juice, milk

and coffee, \$5 adults and \$3 children. Carry-outs available call 256-2340. Proceeds go toward our new fire station.

Fish Fry
Woodmen of the World Lodges 888 & 901 annual fish fry will be Oct. 5 from 6 to 8 p.m. at the Lodge Hall in Berea on Hiatt Road.

Film Shows
Rockcastle County Health Dept. will be giving film shows Oct. 3 starting at 8:30 until 3:30 on a walk in basis. Film shows will be \$12.00. Medicaid and Medicare Part B will pay for your film shot. Be sure to bring card. Film shows given on other days will need an appt. For more info, call 256-2242.

Grief Discussion
Grief Discussion Series, sponsored by Hospice Care Plus, to be offered on three Tuesdays in October: the 1st, 8th and 15th from 6:30-8:00 p.m. Pre-registration is required. Call 986-1500. The Series is for those who have experienced a loss.

Clothing Needed
The Rockcastle County Migrant Program is in need of light jackets and jeans to replenish the clothing closet. Please bring your donations to the Migrant Office across from the Rockcastle Central Office at 245 Richmond St. or call 256-2157 for pickup.

Bus Drills
The Rockcastle County Schools will be conducting bus drills on Wed., Oct. 2. High school and middle school will dismiss at 2:30 p.m. Buses will then proceed to the elementary schools where the drills will be conducted. Please adjust your schedule for this early dismissal. No school on Thurs. & Fri., Oct. 3 & 4, CKEA.

Fundraiser
The RCHS Marching Band members will be busy on Sat., Sept. 28th working to raise money for new equipment and a trip to the Disney Magic Days Bank Competition in Orlando, Florida. Some of the members will be working at Pizza Hut and others will be holding a car wash from 9 a.m. to 4 p.m. at the Rocket Car Wash, next door to KFC. Come by and get your car washed and go to Pizza Hut for a great meal. Donations will be accepted.

Fall Festival
Rockcastle Youth & Teen Center's Fall Festival will be Thurs., Oct. 24th from 5-7 p.m. Bring your entire family, for FREE food, games and prizes! Located 1/2 mile past Redco Valley on the right. For more info, call (606)256-4199.

Watch out for volunteers cleaning local roadways

They're on the left. They're on the right. They're in orange safety vests and they're cleaning our roadways across the state this week. They're community volunteers supporting a clean environment! Over 1600 Adopt-A-Highway groups are participating in the Annual Fall Cleanup. Farewell to Blooms, cleaning their adopted highways.

Adopt-A-Highway participants give their time to keep a minimum of two miles of highway clean throughout a two-year period. A minimum of four cleanups are required throughout the year, three of those are scheduled cleanup events in the spring, summer and fall. The groups' efforts are an attempt to demonstrate support for a clean environment and to spread environmental awareness in their communities. The Transportation Cabinet provides signs that credit the groups' efforts, trash bags, safety vests and assistance to groups in removing filled trash bags following cleanups. Over 1600 groups are now a part of that Adopt-A-Highway Program, and 6500 miles have been adopted.

Secretary of Transportation, James Coddell, credits the volunteers with setting a positive example for others. "These groups are making a tremendous contribution to their communities, and in doing so, they're also making a profound statement to those who litter. We all should be sensible enough to know that littering is wrong and that it destroys our environment. Hopefully, those who are littering, are paying attention to our volunteer groups. We thank the Adopt-A-Highway volunteers for their efforts."

For information regarding the Adopt-A-Highway Program, contact the Highway office at (606)677-4017 or visit the website at www.ky.state.ky.us. Please contact the local highway office to find out which Adopt-A-Highway groups are participating.



Aaron Hardin, a member of the Bittersweet Cloggers, recently competed in the Kentucky State Championship Clogging Competition at Eastern Kentucky University. Aaron finished first in the Amateur Solo Division and was also named Champion in the Overall Amateur Male Solo Division.

Areas available for walking

By: Virginia Branscum
At our last diabetic support group meeting the discussion was on exercise as the natural medication. It was mentioned that we did not have a safe place to walk in Rockcastle County during inclement weather. I have found this statement to be wrong. The following areas are available

for walking: Brookfield gym from 8 a.m. to 9:30 a.m. and the middle school from 7:30 a.m. to 8:30 or 3:00 p.m. to 5:30 p.m. Please check in at the office of each school before walking. Livingston gym will be ready in two to three weeks. Diabetics need to get some regular exercise to move fluid through their bodies.

Certified Preconditioned for Health

By: Tom Mills

CPH-45 is a beef feeder-calf program that certifies a prescribed herd health and weaning program. This includes respiratory vaccines for IBR, PI3, BVD, H. Somnus and pasteurized, as well as black leg vaccine. All male calves are castrated and healed. All calves with horns are dehorned and healed. A dewormer that controls inhibited ostertagia must be used. Calves are weaned 45 days allowing them to learn to eat from a bunk and water from a trough. Local veterinarians will work with beef producers who wish to prepare their calves for special CPH45 sales.

A CPH45 sale is scheduled for December 4th at 6:00 p.m. at the Garrard County Stockyards in Lancaster. The sale is part of the Kentucky Beef Network program for Rockcastle, Madison, Lincoln, Garrard and Boyle County beef farmers. Orvil Whitaker, KBN regional contact, is working with local farmers to assure their calves meet all the CPH requirements. October 15th is the deadline to wean and receive vaccinations for calves to qualify for this sale. Special car tags and all the written guidelines are available at the Extension office by contacting Tom Mills at 256-2403.



Chris Hurst, of Willaill, won Reserve Grand Champion Bull in the Chianina Show. Shown left to right: Christopher Hurst, Leonard Branscum of Ard Ridge Cattle Company, Barry Hurst, Judge Charles Bark, Derreck Hurst, and Neal Branscum. The name of the bull is Ard Ridge Show Bull.

ROCKCASTLE COUNTY BOARD OF EDUCATION

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TERRY F. BURTON, VICE CHAIRMAN
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SAMUEL T. STALLSWORTH
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Meeting Location - Rockcastle County Schools Administration Building

SPECIAL MEETING

AGENDA

September 26, 2002

5:30 p.m.

1. CALL TO ORDER

- A. Silent Prayer
- B. Roll Call
- C. Reading of Board Team Commitments

2. DISCUSSION/ACTION

- A. Review/approve 2002-2003 Working Budget -

3. ADJOURNMENT

Elect

Jackie R. Renner

Optimistic



Qualified

Dedicated

Mayor of Mt. Vernon

November 5, 2002 - Non-Partisan General Election

Paid for by Jackie Renner

Classified
Deadline is
Noon Tuesday