

Church News

Free Bible Course
If you would like to receive a free 8 lesson bible correspondence course by mail, send your name and address to: Bible Course, Rt. 4 Box 297, Mt. Vernon, KY 40456.

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.

Church Services
Rowe Hill Baptist Church services are Sunday at 11 a.m. and 7 p.m. and Thursday at 7 p.m. Preacher is Larry Mink.

Church Services
River of Faith Ministries, Inc. Pastor Marty White
Service Times:
Sunday 10:00 a.m. & 6 p.m.
Wednesday night 7 p.m.
More info call 256-9299
or 256-0438
(located on Hwy. 1000 just past Jean's Restaurant)
riveroffaith.com

Services
Union Baptist Church at Red Hill Sunday School 10 a.m.
Church Services 11 a.m.
The church and Pastor Dale Walters welcomes everyone to come.

Churches
Church of the Nazarene
40 Fair Street
Mt. Vernon, Kentucky
Sunday School 10:00 AM
Worship 11:00 AM
Wednesday Night 7:00 PM
Pastor Ova Land
If transportation is needed, please call 256-1381

Church Services
Pastors Omega and Glen Crain invite who so ever will to come and fellowship at Shuboldeth Tabernacle on Sundays at 2 p.m. and Thursdays at 7 p.m. Located at 385 Hazel Patch Rd., East Bernstadt. Full gospel.

church that lifts up Jesus' name. For more info. call (606)558-3371.

Services
Church of Nazarene, 40 Fair St., Mt. Vernon, SS - 10 a.m. Worship - 11 a.m. Wed. night - 7 p.m. Pastor Ova Land. If transportation is needed, please call 256-1381.

Rock of Ages Mission
The Rock of Ages Mission is located at 447 S. Main St., Brodhead. If we can help you or if you plan to stop by, please call first. Also, if you would like to help by donating please call. We appreciate everyone who has already donated to the mission. As soon as we receive items we give them out to others. Rockcastle City, zens, you are the ones making this mission work. People helping people 'this is truly what it is all about. Thank you all again. We will open officially on Dec. 2nd.

Morning Worship
Sunday morning worship to begin at Freedom Church in Renfro Valley Village at 10 a.m. each Sunday. All denominations welcome.

Services
The Freeman's first headquarters, Tennessee will be singing at Pine Hill Holiness Church on U.S. 25, November 21 at 7:30 p.m. Free admission, but love offering will be taken. Pastor Allen Hensley and church invites everyone. For more info. call (606)453-4801.

Arts/Crafts Bazaar
Church Arts/Crafts Bazaar House of Refuge Church on US 25 between Mt. Vernon and Berea. Gary Linville, Pastor. Fri. & Sat. Nov. 29 & 30, Dec. 6 & 7, 10 a.m. to 5 p.m. Lots of handmade items by local crafters. Baked goods and candies. Lots of items for that Christmas stocking. Refreshments available and door prize. Hosted by Glenna Robinson and Gail Linville. For info. call 256-9598.

Benefit Singing
Livingston Pentecostal Church will host a benefit singing for Jim Miller and family on Fri., Nov. 22 at 7 p.m. Several groups will be performing. Everyone welcome.

Thanksgiving Dinner
Thanksgiving Dinner for the needy and homeless, elderly will be Sat., Nov. 23rd at 3 p.m. at Freedom Baptist Church. For more information call Ralph and Judy Nicely at 256-9668. Come join us for a wonderful dinner and fellowship.

Gospel Singing
Thanksgiving Gospel Singing featuring The Singing Cookes & Cooks Brothers of Kingsport, Tennessee. The Jody Brown Indian Family of Robbinsville, North Carolina. The Barrett Family of Manchester and Heirline of Cookeville, Tennessee will be performing on Fri., Nov. 29 at 6:30 p.m. at North Laurel Middle School Gym in London. Tickets are \$10 in advance or \$12 at the door. Children 6 & under are FREE. Tickets can be purchased at your local Christian Bookstore or by calling (606)598-8234 or (606)599-1199.

November is National Diabetes Month

As part of the National Diabetes Month in November, the Cabinet for Health Services wants Kentuckians with diabetes to know they are at high risk for having a heart attack or stroke.

You can help to lower your risk by managing the ABCs of diabetes. A is for A1C, a test measures average blood glucose (blood sugar) over the past two to three months. B is for blood pressure and C is for cholesterol.

The Kentucky Diabetes Center and Prevention Program and the Kentucky Diabetes Network have joined with the National Diabetes Education

Program (NDEP), the American Diabetes Association and the American College of Cardiology to urge the 1.7 million people with diabetes to manage their blood pressure and cholesterol, along with their blood glucose to help prevent heart attack and stroke. The leading killers of people with diabetes. New studies show a strong link between diabetes and heart disease and the vast majority of people with diabetes don't know about their very high risk of cardiovascular disease.

People with diabetes are urged to take care of their heart by focusing on three numbers: blood glucose, blood pressure and cholesterol. They should ask their doctors or other health care providers three important questions:

- What are my blood glucose, blood pressure and cholesterol numbers?
- What should my target numbers be?
- What do I need to do to reach and maintain my target numbers?
- Recommended Targets:
 - Blood glucose - less than 7% of the A1C test. Check at least twice a year.
 - Blood pressure - below 130/80.
 - Check at every doctor's visit.
 - Cholesterol (LDL) - below 100.
 - Check at least once a year.

The same steps needed to manage

blood glucose work for managing blood pressure and cholesterol. Follow a healthy diet and get daily physical activity to avoid being overweight and take prescribed medicines. People with diabetes should also avoid smoking and ask their health care providers about aspirin therapy.

The NDEP has developed patient information materials that are available in English, Spanish and several Asian and Pacific Islander languages. The materials include a record form to help people with diabetes keep track of their blood glucose, blood pressure and cholesterol numbers. To order a free copy of these products or to learn more about managing diabetes call 1-800-438-5383 or visit NDEP's website at www.ndep.nih.gov/http://www.ndep.nih.gov

To The Citizens of Rockcastle County THANK YOU

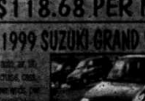
I would like to take this opportunity to thank everyone for their vote during the General Election, and their support of me throughout the years. I truly enjoy my job as County Attorney, and will continue working with all elected officials toward the betterment of Rockcastle County.

Respectfully,
Jeffrey T. Burdette



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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 Jeanne at 256-9612. Classes are free. Supplies are furnished.

TOPS
(Take off Pounds Sensibly)
TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. 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 Thursday 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 nights 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 Kastle Inn.

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

Mission Hour
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., Nov. 25: Scaffold Cave, Disputants, Anglin Falls, Clear Creek, Wilds.
Tues., Nov. 26: Buffalo, Old 461, Negro Creek.

Happy Thanksgiving!

Fire Season
Due to increase in fire activity in Kentucky the Kentucky Division Forestry is now taking applications for fire season. Call Co. Ranger 255-5031, Crew Leader 256-0725, 9684 or Crew Boss 256-0725.

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

Church Arts/Crafts Bazaar

Two tables still available. \$10 setup fee per weekend. Fri. & Sat., Nov. 29 & 30 and Dec. 6 & 7, 10 a.m. to 5 p.m. 1st come, 1st serve. House of Refuge on US 25 between Mt. Vernon and Berea. Setup fee goes toward building fund. Hosted by Glenna Robinson and Gail Linville. If interested call (606)256-9598. Plenty of parking. No cover charges, everyone welcome.

Public Hearing
There will be a public hearing regarding the Rockcastle County Public Library Internet Use Policy on Thurs., Dec. 5 from 5-6 p.m. at the Library.

Closed
Rockcastle Co. Park Bureau Insurance office will be closed Thurs., Nov. 28 and Fri., Nov. 29 in observance of Thanksgiving.

Chili Supper
Brodhead Rural Fire Dept. and Ladies of the surrounding communities are sponsoring a chili supper on Sat., Nov. 23rd at the Quail Substation on Hwy. 70. Supper to start at 4:30 p.m. - 7:00 p.m. Menu will include chili, homemade desserts, perminato cheese sandwiches, peanut butter and crackers, soda and coffee. Carryouts available. Price will be \$5. All proceeds will go to help pay for the Quail Substation Fire Dept. building. There will be door prizes to be given away. No need to be present to win. Come out and join us for lots of good fellowship and fun.

Closed
The Extension Office will be closed on Nov. 28 & 29 for the Thanksgiving Holiday.

Christmas Quilt
Twelve Days of Christmas Quilt will be taught at the Extension Office on Tues., Dec. 10th beginning at 9:30 a.m. Please call 256-2403 to register and for a list of supplies.

Market
A Japanese Special Wokko basket class will be taught on Dec. 13, beginning at 9:30 a.m. at the Extension Office. Class is limited. Registration is required. Call 256-2403 for details.

Chair Caning
There will be a class on Chair Caning taught at the Extension Office on Fri., Dec. 20. Class is limited. For more details call 256-2403.