



DAR Rockcastle Chapter has birthday celebration for charter member
DAR charter member, Clara Mae Alexander Jones, celebrated her 90th birthday this year on July 3rd. A surprise birthday celebration was given to Clara at the chapter's September meeting. Clara was presented with a corsage and flowers by hostess, Karen Adams, followed by birthday wishes and indulging in food and fellowship. Mrs. Jones has been a member of the DAR Rockcastle Chapter since its inception in October, 1970. Pictured are, front from left: Ann Henderson, Laura Durham, Clara Jones, Carol Pybas and Debbie Brown. Back row from left: Karen Adams, Patsy McFalls, Bernice Carpenter, Tonya Cook, Betty Lindblom, Norma Eversole and Iris Young.



To Be Wed...
Mr. and Mrs. Garrett Stewart of Orlando announce the upcoming marriage of their daughter, Kayla Stewart, to Matthew Stamper, son of Ms. Sherry Holbrook and the late Britton Stamper.
Kayla is a 2007 graduate of RCHS and a 2011 graduate of National College. Kayla is currently a pharmacy technician at Main Street Pharmacy. Matthew is also a 2007 graduate of RCHS and is an electrical groundsman for David H. Elliot. The wedding will take place on Saturday, October 5, 2013. Formal invitations have been sent.

ABSOLUTE ONLINE ONLY
Auction
of Mr. John Hamm's and Mr. Jim Neeley's
Mobile Home & Lot



Bidding Ends: Tuesday, Oct. 15th
at approx. 4:00 p.m.
Bid now at: www.fordbrothersinc.com

The owners have no further need for this property and have commissioned our company to sell it for the high dollar through online only auction. This Clayton 14 x 60 mobile home is situated on a lot measuring 100 x 142. The home has 2 bedrooms, a living room, kitchen, bath and utility room and has been recently remodeled. It has central heat/air, city water, city sewer and is underpinned.

Terms: 20% down within 48 hours of the close of the auction; balance within 30 days. A complete list of TERMS can be found in the Terms section of our website as well as in a notification upon online registration.

Preview Dates: Thursday, October 10th from 3:00 p.m. – 6:00 p.m. and Monday, October 14th from 3:00 p.m. – 6:00 p.m.

Buyer's Premium: There will be a 10% Buyer's Premium added to the winning bid. The sum of the winning bid plus the buyer's premium will be the sales price.

Sales Tax: Kentucky Sales Tax (6%) will be added to the sale price. Dealers or other exempt parties must provide proper documentation to Auctioneer before bidding.

Auctioneer's Note: If you're looking for a starter home or an investment be sure to visit our website ... **BID LAST AND BUY!** Announcements day of sale take precedence over printed matter. For additional information contact the auctioneer or log on to www.fordbrothersinc.com.

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Be aware of Kitchen Fires Fire Prevention Week

It's time for Fire Prevention Week, and from October 6-12, local fire departments are joining forces with the nonprofit National Fire Protection Association (NFPA) to remind local residents to 'Prevent Kitchen Fires.' During this year's fire safety campaign, fire departments will be spreading the word about the dangers of kitchen fires--most of which result from unattended cooking—and teaching local residents how to prevent kitchen fires from starting in the first place.

According to the latest NFPA research, cooking is the leading cause of home fires. Two of every five home fires begin in the kitchen—more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

Often when we're called to a fire that started in the kitchen, the residents tell that they only left the kitchen for a few minutes. Sadly, that's all it takes for a dangerous fire to start.

Fire Prevention Week is aimed to reach folks in the community before they've suffered a damaging lesson.

Among the safety tips that firefighters and safety advocates will be emphasizing:

Stay in the kitchen

when you are frying, grilling, broiling, or boiling food.

If you must leave the room, even for a short period of time, turn off the stove.

When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.

If you have young children, use the stove's back burners whenever possible. Keep children and pets at least three away from the stove.

When you cook, wear clothing with tight-fitting sleeves.

Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.

Clean up food and grease from burners and stovetops.

Fire Prevention Week is actively supported by fire departments across the country. Fire Prevention Week is the longest running public health and safety observance on record.

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NSA
National Society of Accountants

Influenza

Flu Shot Clinics

GET IN – GET ONE – GET OUT!

Everyone 6 months of age and older should get a yearly flu vaccine. The Rural Health Clinics at Rockcastle Regional want to make it easier on you to get vaccinated this year – get in, get one, and get out – during hours that are convenient for you.

Get your flu shot during October at any of these locations:

ROCKCASTLE FAMILY CARE
Tuesdays 7-9 a.m.
(606) 256-2961
160 East Main Street
Mt. Vernon, KY

ROCKCASTLE FAMILY WELLNESS
Mondays 5-7 p.m.
(606) 256-5176
140 Newcomb Ave
Mt. Vernon, KY

RockPeds
ROCKCASTLE
Pediatrics & Adolescents
Mondays 5-6 p.m.
By appointment only
call: (606) 256-4148 opt. 5
140 Newcomb Ave
Mt. Vernon, KY

Make time for your Mammogram

October is Breast Cancer Awareness Month
Early detection and treatment provide the best chance of surviving breast cancer – and getting a mammogram is the first and most effective step for early diagnoses.

If you are age 40 or older, take that step! (Speak with your healthcare provider about when to get your mammogram; if you have certain health risks or a family history of breast cancer.)

As a special offer for self-pay patients, a digital mammogram and radiologist reading will be **\$100** during the month of October.

Call today to schedule your digital mammogram. No referral necessary.

256-7878

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