



Tell-A-Friend volunteers (from left) Martha Cox, Tammy Cox, Millie Eaton, Alice Graves (American Cancer Society representative) and Norieta Thompson. These volunteers were recognized for their efforts in providing information to local women on breast cancer and mammography.

Local volunteers fight breast cancer

The Tell-A-Friend Program was sponsored in Rockcastle County this Spring by Extension Homemakers and the American Cancer Society, and was supported by the Kiwanis Club. Three Kiwanis and sixteen Extension Homemakers members served as volunteers. Each volunteer called or visited at least 5 female friends and reminded them to have their annual mammogram.

A total of 115 women were encouraged to have a mammogram. As a result, 39 women had mammograms before the end of April. Another 63 have made a commitment to have the screening before the end of the year.

The American Cancer Society reports that the cure rate for breast

cancer is 97 percent if detected and treated while still in its localized state. The value of mammography is that it can identify breast abnormalities that may be cancerous at an early stage before physical symptoms develop. Breast cancer is the second leading cause of cancer deaths in women, however numerous studies have shown that early detection increases survival and treatment options.

For more information on cancer prevention, contact the American Cancer Society at (800) ACS-2345. For local information on mammograms or for scheduling, contact the Rockcastle Hospital at 256-2195 or the Rockcastle Health Dept. at 256-2242.



Happy Birthday Jacqueline. Hope your birthday is as wonderful as you have made my life. You, Aaron and Andrea have made my life complete. Hope this is the best birthday you have ever had and wish for you many, many more. I love you, Ronnie



Hi, my name is Courtney Leeann Thomas. I celebrated my 10th birthday March 19th with my nieces Rachel Leann, April and Whitney and nephew Johnathan William Simpson and my sister Janet and brothers Rodney, Randy, Phillip, Mark and Greg, my brother-in-law Donovan Simpson and sisters-in-law Melissa, Jessie, Marlene and Trena. I am the daughter of William and Geraldine Thomas of Livingston and the granddaughter of Burgess and Charlotte King of Mt. Vernon. Also the late Nellie King and the late Emmett Thomas of Sand Hill.



Hi, my name is Heather Leeann Thomas. I was born on April 13, 2000 at Lake Cumberland Regional Hospital in Somerset. I weighed 7 lbs. 3.5 ozs. and was 20 inches long. My proud parents are Rodney and Melissa Thomas of Sand Hill. My grandparents are William and Geraldine Thomas of Sand Hill and Uvon Marlier of Atlanta, Ga. Also Delmo McClure of Mt. Vernon. My great grandparents are Burgess and Charlotte King of Mt. Vernon and the late Nellie King. Also the late Emmett Thomas of Sand Hill.



Lordy, Lordy Look Who Was Forty May 28th Happy Birthday! Love, Sis



Nifty Nifty Our Brother is Turning 50! Happy Birthday Bobby! We Love You, Your Sisters, Brothers & Dad



Little Bitty Erica She's Fifteen The prettiest thing I've ever seen Always nice and never mean on June the 1st. She's a birthday Queen! Happy Birthday - Love Gran!

Mt. Vernon Personals

By Marie McKinney

Memorial weekend guest of Mr. and Mrs. C.S. McKinney were their son, Mr. and Mrs. Jack McKinney of Reading, Ohio, their daughter, Mrs. Sharon Lovins and their grandsons, Mr. and Mrs. Jack Lovins, Jr., and great grandson, Dalton Blake, Mr. and Mrs. Jack Lovins and great granddaughter, Samarah. Jacklyn and Mr. and Mrs. Jim Lovins of Berea, and Mr. and Mrs. Bud Parker of Ohio and C.S.'s niece Mrs. Oma Vaughn of Woodstock, Mr. and Mrs. Floyd Kirby of Conway, also Marie's nephews, Mr. and Mrs. Clinton Graves of Wichita, Kansas.

Last week visitors of Mrs. Bessie

Kirby were her daughter Mr. and Mrs. Jim Sowders of Ohio. Recent visitors of Mr. and Mrs. Ebb Brown were their daughters Mrs. Brenda McFerron and grandsons, Jerry and Terry.

Mrs. Marie McKinney and daughters, Mrs. Sharon Lovins visited family and friends in Reading, Ohio, Mother's Day weekend.

Our deepest sympathy goes out to Mrs. Dee McKinney due to the death of her sister, Mrs. Shirley Wilson and to everyone who have lost loved ones recently.

Mrs. Bessie Kirby is on the sick list, but is improving.

The Family Room

By Dr. Don Whitehead

Sunday Mornings Can Be Hard on Families

"Why are Sunday mornings so bad at our house?" Vera asked in exasperation. (All characters are fictitious.) "We have more fights on Sunday morning while getting ready for church than at any other time of the week," she added sadly.

Getting their three children and Sam her husband up and fed and ready for church is a major task for her. "It's like I'm raising four children," she complained. "Sam just sits there reading the paper and doesn't even offer to help."

"I don't help because you won't let me," Sam replied angrily. "I used to help," he explained, "but according to you I never did anything right, so I just quit."

Vera continued unappeased, "And the children won't cooperate either. By the time I get one dressed the other two have already gotten their clothes dirty. Usually I have to shout to get them to mind me." By the time Vera gets to church, she is steaming. She puts on her best smile, though and no one in her

Sunday School class is any the wiser. They look at Vera as a model of the perfect mother.

Can you see the problem here. Dear Reader? Vera is setting herself up to have a Sunday morning. Sam's attitude doesn't help any, but her undying is mostly her own doing. What can Vera do to avoid this trap she is laying for herself every Sunday?

1. She can get up earlier and have some quiet time to herself to prepare for the day. "But the weekend is the only time I get to sleep late," Vera protests. However some extra time spent collecting her thoughts would make the getting ready time easier. Rushing around almost guarantees a family squabble.

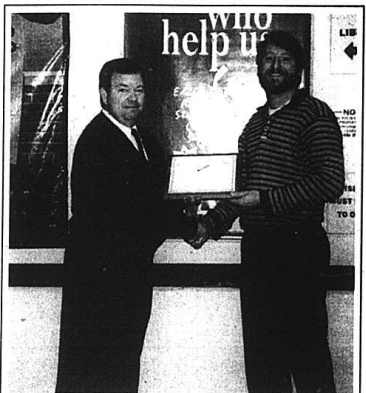
2. Vera can stop her quest to reach perfection. "Which is more important to you, Vera?" I asked. "Children with combed hair and matched clothes or being in a good mood by the time you get to church?" Vera puts a lot of stock in the opinions of others. They look to her as a role model,

and she feels the pressure to look like one. Putting that pressure on herself and her smile is making Sunday morning miserable for everyone.

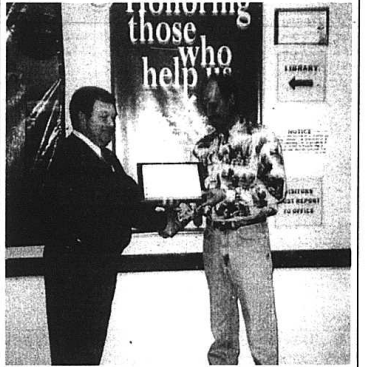
3. She can ask Sam to help with a specific job and then stay out of his way. "But he won't do it right," Vera exclaimed. "He won't do it the way you want it done," I explained to Vera. "You can't do everything on Sunday morning and still be calm and relaxed at church time. The choice is yours."

(I silently reminded myself to say something to Sam in his next session about being more involved on Sundays. He needs to lend a hand.)

When Vera relaxes, Sunday mornings will be less stressful for her whole family.



Mr. Hale presented an award of appreciation to Andy Hiatt, below, with Town and Country Motors. Andy works yearly at the RCMS Reality Store selling cars to our 8th graders. Mr. Andy Beichler, above, was also recognized for the help he provides at the Career Expo and Reality Store through the Gear-Up Program.



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SATURDAY, JUNE 3rd 2000

IN BRODHEAD, KY

LIVE DJ THROUGHOUT THE DAY

"DONATION" TICKETS SOLD FOR VARIOUS PRIZES. MICROWAVE, 27" COLOR TV, WINDOW AIR CONDITIONER, BICYCLES, HAND HELD VIDEO GAMES.

10:00 AM CITY WIDE YARD SALE (Set up at your home or get a space in town)
"SCHEDULED" VENDORS BOOTHS WILL ALSO BE SET UP IN TOWN

11:00 AM CONCESSION SALES START AT BRODHEAD VOL. FIRE DEPT.
AVAILABLE MENU: FISH SANDWICH, CHIPS, POP, CAKES AND CANDY

12:30-1:45 Bittersweet CLOGGERS

2:00 PARADE (GRAND MARSHAL TO BE ANNOUNCED)

4:00 - 5:00 PM REGULAR BVFD FISH FRY CARRY OUTS \$5.00
MENU: 3 PIECES OF FISH, COLE SLAW, BAKED POTATO, HUSH PUPPIES, CAKES.

5:00-8:00 LIVE BAND
NEW FRONTIER

6:00 - 8:00 PM REGULAR BVFD ALL YOU CAN EAT FISH FRY \$5.00

8:00-9:00 STREET DANCE Lot between Dari Delight & Beauty Shops

9:00 PM "Donation" Ticket PRIZES TO BE DRAWN—EVERY 15 MINUTES UNTIL THEY ARE ALL GIVEN OUT. MUST BE PRESENT to win!

FUN & GAMES & PRIZES FOR THE KIDS
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COME JOIN US FOR A DAY OF FUN AND EXCITEMENT! YOU'LL BE HELPING US START A NEW TRADITION!

FOR MORE INFORMATION OR A DOWNTOWN YARD SALE SPACE
CONTACT: CITY HALL (606) 758-8635 OR BRODHEAD VOL. FIRE DEPT. (606) 758-8113.

Students and faculty at the Rockcastle County Middle School will also sponsor a dunking booth with proceeds going to the family of Holly Kidwell, a RCMS sixth grade student who has Leukemia. Riders on the booth will include RCMS principal John Hale, teachers Melissa Singleton and David Owens and many sixth grade students.