

Our Readers Write

Dear Editor,

As we surrender more and more of our political and economic sovereignty and freedom to the United Nations and kindred international organizations, we will increasingly see our religion, morals and way of life under attack by this gang of mega-fanatical internationalists. Like the radicals and utopian revolutionaries of every age, they will not be content with mere control of our commerce, our militaries and our civil lives; they will insist on attacking and destroying our families, our churches and our culture as well, inasmuch as these institutions pose a threat to their long-term design of world domination. For our Judeo-Christian belief system they will substitute paganism; for love of God and our fellow men they will offer up worship of the

ecosystem; and instead of traditional families, marriage, and moral restraint they will promulgate abortion, promiscuity and sexual deviance. In a preview of coming attractions, all of these are already being pushed in varying degrees by various amoral international agencies.

In the still-robust remnants of our Judeo-Christian, Western culture, we have the resources to repudiate the UN's assault on our nation, our religion and, indeed, on our liberty. We must recognize the UN as a powerful adversary in the so-called "culture wars" and for that, among other reasons, work diligently and alert our Senators and Congressmen/women to Get US Out of the UN and get the UN out of the United States.

Frank J. Gnadinger
Louisville, KY

Norton Diabetes and Endocrine Center offers tips on traveling with diabetes

Travel, be it for leisure or business, is an experience that people with diabetes need not miss. And, with a few extra preparations and advance planning, you can go anywhere in the world. The Norton Diabetes and Endocrine Center offers the following guidelines "to help make your trip more enjoyable and safe."

• Always plan ahead and take more supplies than you will need. This will prevent running out if you extend your trip or encounter unexpected delays.

• What you will need:
• Twice the supplies you need for trips less than a week and one week extra for longer trips.

• Insulin, syringes, swabs, glucometer and ketostix (if applicable), along with some form of identification stating that you have diabetes and a list of your medications and dosages.

• Extra food in case meals are delayed or missed (not in your luggage).

• Extra prescriptions, motion sickness pills, medicines for possible vomiting or diarrhea, glucose tablets.

• Traveling by car? Plan for car trouble, long stretches without rest, and delays.

• What you will need:
• 10 grams of carbohydrate every hour to guard against low-blood sugar and insulin reactions. (Fruit, crackers and glucose tablets.)

• Don't keep insulin or glucometer supplies in areas of the car that become very hot or cold. If you're comfortable it is safe.

• In-flight injections
When injecting in the air, that only difference is to inject about half as much as you would on the ground, as you normally would. The difference is pressures (cabin is lower) doesn't require as much air.

Insulin does not need to be refrigerated.

ated. It will "keep" at room temperature for several months. It is affected by extreme temperatures.

• Other Considerations

You made need to increase the number of times testing your blood sugar as stress and excitement may affect glucose levels. If your levels are high, increase exercise and reduce carbohydrates. Ask your doctor for guidelines to increase or decrease insulin while traveling.

Activities—exercise burns sugar. Decrease carbohydrates when you are being lazy and increase them for extra busy days.

• Never go barefoot.
• Practice good foot care.

• Don't wear new shoes for more than an hour the first day. If you plan on walking a lot, wear shoes that are broken in.

• Inspect feet daily. If you develop blisters do not break them. This can lead to infection.

• Traveling Abroad
To avoid delays explaining your

syringes, insulin and other supplies, have a prescription and letter from your doctor explaining that you have diabetes.

• Know common phrases such as "I have diabetes," "get me a doctor," and "sugar or orange juice please" in the language pertinent to your destination.

• Avoid water in countries like Mexico, Central and South America, Asia or Africa because the bacteria can cause diarrhea and make it difficult to balance your insulin and available glucose.

• Adjusting meal times and insulin can be done with guidance from your physician.

• Ask your doctor
Adjusting medical schedules
Emergency glucose
Letter and Prescription
Medicine for possible for vomiting or diarrhea.

PRIDE grants available

Once again PRIDE is pleased to announce the availability of PRIDE Environmental Education Grants.

Over three years ago PRIDE—Personal Responsibility in a Desirable Environment—enacted a plan to clean up Southern and Eastern Kentucky. PRIDE offers these grants to educators and non-profit organizations interested in the promotion of environmental education. To date, over 119 PRIDE Environmental Education Grants totaling over \$500,000 have been awarded. The grants have been used for the construction of 74 outdoor classrooms, the implementation of 13 recycling projects, the purchase of equipment for classrooms and various other projects at schools throughout the 40-county PRIDE region.

Jean Dorton, who chairs the PRIDE Education Committee, says "grants of this size will make a significant difference in improving environmental literacy in our young people and help to prepare them to make wise decisions about their environment." Dorton an environmental educator, says, "the PRIDE Education Committee is anticipating a great response and looking forward to seeing many creative projects being submitted."

PRIDE—Personal Responsibility in a Desirable Environment—was started by Fifth District Congressman

Harold "Hal" Rogers and Kentucky Natural Resources Secretary James Nickford in an effort to provide government resources to local citizens as they work to clean up the environment in Southern and Eastern Kentucky. Rogers emphasizes that a crucial key to solving pollution problems in the rural PRIDE region is education.

Funding for this program is provided by a grant to PRIDE from the National Oceanic and Atmospheric Administration (NOAA). To obtain a copy of the PRIDE Environmental Education Grant, contact Cathy Hall at the PRIDE office at 1-888-577-4339.

Not the one

Susan Bray Coffey, wife of Keith Coffey of Renfro Valley, is not the Susan Coffey reported as charged with Alcohol Intoxication in the District Court News in the June 29, 2000 issue of the Signal.

"RHRCC"

(Cont. from A7)

services and causing centers in other regions to shut down or decrease services.

For Rockcastle Hospital, home health care is another way to accomplish its mission.
"Our mission is to improve the health of this community through exceptional healthcare services offered locally," said Lee Keene, Administrator. "When we realized the numbers of people who were not getting the care they needed at home, this became a priority."

"We have to keep close watch on payments for our services so that we can keep our doors open," he said. "Yet, we are less concerned about how well services pay than whether or not they are helping our friends and neighbors."

Field reports that admissions to Rockcastle Hospital Home Health are increasing steadily.

"Our goal is to provide care and services for anyone and everyone who needs home healthcare in Rockcastle County," she said.

Upcoming Reunions

Kirby - Carpenter

Jerry Kirby - Toby Carpenter Reunion will be held Sunday, July 30th at the home of Rissie Anderson on Copper Creek Rd.

Cable

Cable Family Reunion will be held Sunday, July 16th at Quail Community Park. All family and friends are invited to share. Covered dish dinner at approx. 1 p.m.

Thompson

Thompson Reunion Saturday, July 15th at Quail Park on Hwy. 70. Please bring a covered dish and drink. Come early, stay late and enjoy good Bluegrass music. Also please bring any old pictures to share memories with us. Everyone welcome.

Bullen

Descendants of Dewey and Flora Wolfe Bullen will have a reunion at the Berry-Ramsey Park on Clear Creek July 23rd starting around 11 a.m. Bring covered dish, lounge chair and enjoy the day.

Short/Hudson Reunion will be held Sunday, July 16 at Levi Jackson Park in London. New Shelter #5 on Rt. 229 next to Laurel Co. Fairgrounds. Bring food and drinks. Begin at 11 a.m. Eat potluck at 12:30. Auction later. Proceeds to go to land cemetery. All relatives please attend.

Bullock

Richard Bullock Descendants Reunion - Mt. Pleasant Baptist Church Shelter, Hwy. 461 beginning with noon meal, Saturday, Sept. 2. Bring covered dishes, pictures and family history. For info, contact Jan Bullock at 274-2329 or Wanda Bullock at 274-6455.

Cromer - Whitaker

Cromer - Whitaker Reunion will be Sat., July 15th at the Ky. Christian Assembly Campground in Brodhead. Turn off Hwy. 150 at Sowder Nursing Home on Chestnut Grove Road, follow signs. Everyone welcome, enjoy a day of fellowship and good food. Drinks furnished. Any questions contact John D. Cromer at 758-9054 or Don Whitaker at 256-3216.

Kirby

A Kirby reunion for the descendants of Jesse and Martha Kirby will be held July 16th at the Levi Jackson State Park at London. Location for the reunion in the park is, directly in front of the museum, lots 3 & 4. For info, contact Mrs. Juanita Davis at 256-2842.

Renner

Harold and Nancy Renner Reunion will be Friday, July 21st at 6 p.m. at the Mt. Vernon City Park. All family is invited, bring a covered dish. Hope to see you all there.

Spivey named to Dean's List

LaCosta Mason Spivey, a 1998 graduate of RCHS has been named to the Dean's List of the Spring Quarter at Sullivan College. LaCosta has maintained a 3.75 grade point average during her studies at Sullivan College. She is majoring in Office

Administration, specializing in Medical office Management.

She is the daughter of Leon Mason and Ronnie Wilder. Proud grandparents are Sallie and the late Earl Mason and Dave and Hazel Stewart, all of Orlando.

Expressing the Father's Heart

Mark D. White

Mark born and raised and Assembly of God pastor, began in ministry at the age of 16. He graduated in 1978 from Rhema Bible Training Center in Tulsa, Oklahoma. Since then, he has been an associate pastor of two churches, and pastored three, presently pastoring Eagles Nest Family Church of Nashville, Tennessee, still maintaining himself in the traveling ministry. He has traveled throughout the United States and foreign countries. Having over 24 years experience causing an understanding of God's heart toward his people. Operating in the Prophetic Office with a pastor's heart, there is a visible anointing upon him, which gives place to the open move of the Holy Spirit in rooting out, pulling down, building, planting, edifying, exhorting and comforting. Bringing

to the church of school of the spirit. Mark has a supernatural ministry with a reputation for compassionate balanced preaching and teaching the plans and precepts of God. Miracles take place confirming the love of God for his people. Homes are restored, blind eyes are opened, deaf ears are healed, cancers disappear, cataracts removed. The word is preached with signs following. Come experience the life changing ministry of Mark D. White. Called and anointed to express the Father's heart in these last days.

The Lighthouse Assembly of God Men's Ministry Breakfast (Food for the Body & Food for the Spirit) will be Saturday, July 22nd, at Lighthouse Assembly of God at 9:00 a.m. for breakfast and 10:30 Life Changing Preaching.

New income guidelines

New income guidelines have been established for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The guidelines, which take effect April 1 each year, are used to determine income eligibility for the WIC program.

WIC provides supplemental foods, health care referrals and nutrition education at no cost to low-income pregnant women and new mothers, infants and children up to five years of age who are found to be at nutritional risk. A family with income under 185 percent of the federal poverty level is eligible.

WIC serves about 113,000 clients a month in Kentucky. The infant food package averages \$96 a month and the woman and child food packages averages \$34 a month.

Under the new guidelines, a family of two people with income of \$20,813 a year (or \$1735 a month) or less is eligible for WIC. People who receive Medicaid or food stamp benefits are automatically eligible for WIC. Monthly guidelines for a family of three is \$2,182; for a family of four is \$2,629; a family of five is

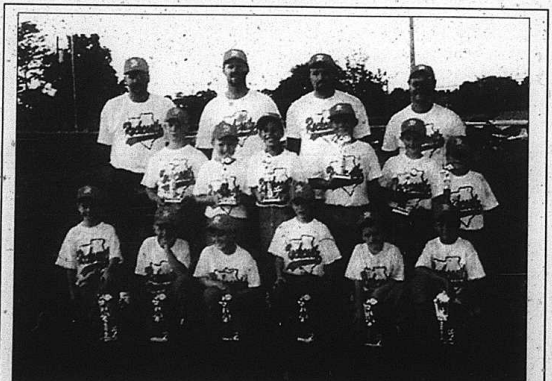
\$3,076, if a family has more than five members \$448 is added for each member.

WIC foods include iron-fortified infant formula and cereal, iron-fortified adult cereal, vitamin C rich fruit juice, eggs, milk, cheese and peanut butter or dried, white and peas. The WIC foods provide five target nutrients - protein, calcium, iron and vitamins A and C.

Pregnant, breastfeeding or postpartum women, infants and children are eligible for WIC. They must meet income guidelines, a state residency requirement and be determined to be at nutritional risk by a health professional.

Every dollar spent on pregnant women in WIC produces \$192-\$421 in Medicaid savings for newborns and their mothers.

The U.S. Department of Agriculture funds WIC. In Kentucky, the WIC Program is administered by the Department for Public Health, Division of Adult and Child Health, Nutrition Services Branch. The program is operated by county health departments in all 120 counties and by two independent health agencies.



Rockcastle 7-and-8-year-old All-Stars

Members of the Rockcastle 7-and-8-year-old All-Stars are pictured above, front row from left: Chris Robinson, Matthew Lunsford, John L. Taylor, Danny Jones, Tyler Smith, and Grant Burdette. Second row from left: Brandon Burkhardt, Tanner Childers, Dustin Reynolds, Anthony Prewitt, Timmy Profit, and Charles Kirby. Back row from left are coaches Roy Reynolds, Steve Childers, Scott Smith and Jamie Burdette.

Rockcastle Community

Bulletin Board

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TOPS

(Take off Pounds Sensibly)

TOPS meets Thursday at 6 p.m. at Broadhead Christian Church basement on Main St. in Brodhead. For more info, call 1-800-932-TOPS or locally 758-4047.

Bookmobile Schedule

Mon., July 17th: Calloway, Red Hill, Livingston, and Lenoir.
Tues., July 18th: Burr, Pine Hill, Maple Grove, Climax, and Three Links.
Wed., July 19th: Spiro, Level Green, and Willalla.

Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Marine Corps League

Bluegrass Chapter 1012 of the Marine Corps League meets every fourth Thursday of the month at the Igloo Club at the Bluegrass Amphitheater.

Depot. For more info, call Jack Dimer at 369-7310 or Nathan Seals at 256-0741.

JobStart

Can't find a job? Need new skills? JobStart, a job skills training program, can help. For more info, call Jennifer at 256-9612.

VA Rep Here

VA representative will be at the Rockcastle County Courthouse on the first and third Mondays of each month behind County Judge. Executive's office from 9 a.m. to 2 p.m.

TOPS

TOPS (Take off pounds sensibly). See Jane, See Jane gain weight. See Jane join TOPS. See Jane lose weight. Doesn't Tonia look great? 1-800-932-TOPS or 256-9448 or 256-3633.

LEAP

The July LEAP board meeting, usually held on Monday nights, will be held on Friday, July 21, at 7 p.m. There will be no potluck before the meeting.

Administrator Needed

for Rockcastle Day Health Care

Registered Nurse, with 4 yr. Degree.

Duties include: Bookkeeping,

Supervise and train staff,

Client & Medicaid Billing,

Outreach, Reports, and Ongoing

Client Case Management.

Must be Friendly & Courteous,

Have good oral and written skills.

Salary commensurate with

Education & Experience

EOE, Apply at Rockcastle Co.

Senior Citizens.

