



Miss Carley Raye Childress competed in The Sunburst State Final Pageant held at The Wyndham Garden Resort in Nashville, TN. Miss Carley Raye was named Miss Kentucky's Baby Queen 2000 for her age division. She competed with girls 15-15 months old. Miss Carley Raye was also named Miss Personality & Miss Photogenic. She also received a trophy for Prettiest Smile and two six foot trophies for being the overall winner in her category, in which she also received a lovely state crown with rhinestones, a wand with rhinestones, and a sash. She will be going to The International Finals that will be held in Atlanta, Georgia. Carley Raye is the daughter of Roger Brian and Crystal Hope Childress of Mt. Vernon, granddaughter of James Wayne and Louise Mink of Mt. Vernon and Cecil and Patricia Childress of Mt. Vernon. She is the great granddaughter of Homer and Bronith Mink of Somerset, the late Rollie B. and Betty Mullins of Mt. Vernon, Billy and Janice Lovell of Mt. Vernon and the late Pete and Tessie Childress of Mt. Vernon. She also has one aunt, Ashley LaCole Mink of Mt. Vernon. We would like to wish Carley Raye good luck in Atlanta at The International Finals.



Farm News

By: Tom Mills
County Extension Agent
for Agriculture
**Southern
Pine Beetle**

Kentucky forest are being invaded by the Southern Pine Beetle and experiencing damage to southern pines. Shortleaf pine, Virginia pine, pitch pine, loblolly pine, and occasionally eastern white pine are being affected. The adult southern pine beetles can easily detect weakened trees because these trees emit a different set of chemicals into the air compared to healthy trees. The adults essentially swarm weakened trees. The adult beetles bore into trees and emit chemicals which attract other adults. Once the adults overcome the tree, they lay eggs and the larva feed on the inner bark killing the tree, as if you had girdled the trunk. Once the tree shows signs of attack, it is usually at a point where it can not be saved. These trees should be removed and destroyed. Spread of the beetles usually occurs from a

single attacked tree or group of trees. If dead or dying trees are found to be infested with the southern pine beetle, these trees should be removed as well as others surrounding them. Many pine trees have been stressed due to the drought of last year and are extremely susceptible to attack. Breakage due to winter ice storms also adds to the problem.

The insect is indigenous and populations levels are cyclical. Populations tend to reach epidemic proportions in Kentucky at approximately 20 to 25 year intervals. The Daniel Boone National Forest is currently working on sanitation projects on their property in southeastern Kentucky. You can get more information on damage, how to detect attacks of southern pine beetles, and control at: <http://event.ento.vt.edu/~salom/Hnbs558/558.html>

You Can Control High Blood Pressure

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science



What is blood pressure? It is the force created by your heart as it pumps blood to all parts of your body. Therefore, we all have a blood pressure.

When you have a blood pressure reading of 140/90 or greater on several successive occasions, you have high blood pressure. The heart must pump with more force and the arteries must carry blood that is moving under greater pressure. If this continues for a long time, the heart and the arteries may not function as well as they should. Other organs may also be affected increasing the risk of stroke, heart failure, kidney failure and heart attack.

About 27 percent of women age 18 to 74 have high blood pressure. Most post-menopausal women are particularly at risk, since more than half of all women over age 55 have high blood pressure. In fact, women over 65 are more likely to develop high blood pressure than are men.

Most people with high blood pressure have no symptoms at all. There are no specific warning signs.

The only way to find out if you have high blood pressure is to have your blood pressure checked.

If you have high blood pressure, you can do a great deal to reduce it. First work with your physician to determine the best treatment for you. Then follow these "Ten Commandments" developed by the American Heart Association:

1. Know your blood pressure and have it checked regularly.
2. Know what your weight should be. Keep it at or below that level.
3. Don't use excessive salt in cooking or at meals. Avoid salty foods.
4. Eat a low-fat diet following the American Heart Association recommendations.
5. Don't smoke cigarettes.
6. Take your medicine exactly as prescribed. Don't run out of pills even for a single day.
7. Keep your appointments with your physician.
8. Follow your physician's advice about exercise.
9. Live a normal life in every other way.



Lordy Lordy
Look Who's 40!
Happy Birthday Tim



Happy 50th Birthday
From The Browns and
The Marcums



Happy Birthday Darlin
It took me many years of loneliness and unhappiness to find a woman who knew what a man like me wants. I thank God every day for you. You have made my life complete.
Your husband Dowell Vanwinkle

way.
10. Make certain your parents, brothers, sisters and children have their pressure checked regularly.
It's up to you to help your doctor control your blood pressure. You can reduce your risk of stroke, kidney and heart failure, and heart attack.

For more information on high blood pressure and diet, call the Extension Office at 256-2403 and ask for the free publication entitled Diet, Health & Chronic Disease.

Fish For Pond Stocking

Delivery will be: Thursday, July 27
Brodhead - Adams Feed & Supply
10:00 - 11:00 a.m., Phone 606-758-8813
To place an order call the store above or call 1-800-247-2615
Farley & Farley Fish Farm
Cash, Arkansas 72421

Rockcastle County Appreciation Days at Renfro Valley.

Show Tickets Only \$5.00

With proof of county residency (Driver's License)

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July 19 to July 28

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www.renfrovalley.com

Just off I-75 at Exit 62 • Renfro Valley, KY 40473

Attention: All 2000-2001 Rockcastle County High School Students

1. Freshmen Orientation for ALL incoming freshmen and their parents will be held on Friday, July 28 beginning at 10 a.m. Students will receive schedules, tour the building, meet with academic advisors, rent lockers (\$8.00) and purchase handbooks (\$3.00). The high school FFA will serve lunch for parents and students. A "Back to School Dance" will follow in the gym.
2. Tenth, eleventh and twelfth graders will pick up schedules, rent lockers (\$8.00), purchase parking passes (\$10.00) and purchase student handbooks (\$3.00) according to the following schedule.

Twelfth Grade - Tuesday, August 1, 1 to 3 p.m.

Eleventh Grade - Wednesday, August 2, 1 to 3 p.m.

Tenth Grade - Thursday, August 3, 1 to 3 p.m.

What Is Writing?

The past couple of weeks we have been studying about the pattern of NT Christianity, today let's continue on this line of thinking, by talking about the pattern for worship

God desires true worshippers, "But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a Spirit: and they that worship him must worship him in spirit and in truth." In 4:23-24. Notice he did not say to worship in spirit OR in truth. No, he said in spirit AND in truth. To worship in spirit is to worship with the right attitude or disposition. To worship in truth is to do those things taught in the Bible, "Xanctify them through thy truth: thy word is truth." In 17:17. Jesus said we "must" worship God this way to be pleasing in his sight. There is a lot of vain worship that goes on in the churches of men today, because people follow human doctrine, "But in vain they do worship me, teaching for doctrines the commandments of men." Matt 15:9. Next week we shall continue, by looking at 5 acts of worship described in the NT

Providence church Christ

Dan McKibben-758-9316 - E-mail: Dan.McKibben@juno.com

Web Page: <http://www.hypercannon.net/providence>

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 7pm.

Wednesday 7:30pm Radio program, Sunday 8am, 1460 AM

NOTICE Drug Testing for Athletes August 1 and 2, 2000

Parental and student consent forms must be completed prior to testing. These forms are available from your coach or the Principal's office at RCHS. Student ID number (Social Security #) must be included on the student consent form.

Schedule:

August 1, 2000 • 8 a.m. to 12 p.m. • Football and Golf
August 2, 2000 • 8 a.m. to 12 p.m. • Cheerleading and Cross-Country

Each sport will be tested at the beginning of its season. All students playing on a high school team will be tested, regardless of age.

Testing will be conducted at RCHS. Please report to the Principal's office on your scheduled day and time. Failure to report for testing will result in ineligibility. Any questions or concerns should be directed to the sport specific coach or the athletic director.

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