



Darrel Owsley, left, of Hanson Aggregates and Keith Smith, right, president of Citizens Bank made possible this sign that stands on Hwy. 150 near Hanson Aggregates.

A Rockcastle Kiwanis Salute

By Martha Cox
"Ask not what your community can do for you, but ask what you can do for your community." The Kiwanis Club did not have to look far to find two individuals who saw a need and did something about it. The old "Welcome to Mt. Vernon" sign located on Highway 150 that you barely saw while driving from Brodhead was in sad shape hidden behind a tangle of over-grown weeds. In the spring, Lawrence Bullock of Mt. Vernon cleaned the area as best he could but the old sign was just beyond repair and the weeds quickly returned.

Today, if you have not noticed,

there is a new sign with appropriate landscaping moved to a new location where it will be properly maintained, thanks to Darrel Owsley of Hanson Aggregates and Keith Smith of Citizens Bank in Mt. Vernon. It is this kind of community spirit that makes such a difference in any community. Darrel, who is the Area Operation Manager for Hanson Aggregates in Mt. Vernon, said when he called to get help from Keith to replace the sign, there was absolutely no hesitation. This is the kind of neighbor we are all hoping to move next to and these are the kind of citizens we are in desperate need of.

Darrel has been working for

Hanson's for about fifteen years. The Louisville-based company bought the Kentucky Stone Plant in 1991 and employs around twenty people here in Mt. Vernon. Keith, who is President of Citizens Bank has been with the bank over twenty years. The bank employs around thirty-five people in the county and expects to open their new facility in Mt. Vernon sometime in August. Keith and Citizens Bank are certainly no strangers in doing whatever they can to make an improvement in the community.

Thanks feelings for seeing the need and for taking action to do something about it. Your community spirit has not gone unnoticed.

RHRCC offers free cholesterol tests

If you've been wondering about your cholesterol levels, now is the time to find out where you stand. Rockcastle Hospital and Respiratory Care Center, Inc. is offering free cholesterol tests at the hospital lab during the entire month of August. No appointment is necessary, but participants should fast at least 12 hours before their test. Results will be sent to participants' primary care doctors. The test is a \$70 value. "It's important to understand how cholesterol affects your health," said Lee Keene, RHRCC president. "That's why we're also offering information on cholesterol from the American Heart Association to all

had cholesterol.

According to the American Heart Association, approximately 52 percent of adult Americans have borderline high blood cholesterol, and 20 percent have high-cholesterol levels. The American Heart Association recommends the following guidelines for keeping cholesterol levels low. "If you are a healthy adult over 20, test your blood cholesterol levels at least once every five years. "Eat no more than 300 milligrams of cholesterol a day. (One egg yolk has about 213 milligrams of cholesterol.)

Limit your total fat intake to less than 30 percent of calories, with less than 10 percent coming from saturated fats. You can accomplish this by choosing more fruits, vegetables and whole grains; eating fish, poultry without skin and lean meats; and consuming low-fat or skim milk dairy products.

For more information, call Rockcastle Hospital's Lab at 256-2195. All participants will receive a gift from the hospital.

who come in for a free test." Although there is plenty of information available about cholesterol, it can be confusing. The basic principle is simple - too much cholesterol in the blood is among the top four risk factors for heart disease. The other three are smoking, high blood pressure and lack of exercise.

Cholesterol is a soft, fat-like substance that is found in all body tissues. Blood cholesterol levels are determined by genetic makeup and by the amount of fat in the diet. The two types of cholesterol that most often make the news are low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is considered "bad" cholesterol because it slowly builds up in the artery walls. Together with other substances, LDL forms plaque, a thick, hard deposit that restricts blood flow through the arteries, which can result in a heart attack or stroke.

HDL is called "good" cholesterol because it not only carries cholesterol away from the arteries and back to the liver, where it's removed from the body, but it also sweeps away the

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

Bookmobile Schedule
Mon., Aug. 7th: Calloway, Red Hill, Livingston, Lanesburg, Tatesburg, Aug. 8th: Burr, Pine Hill, Maple Grove, Climax, Three Links, Wed., Aug. 9th: Spiro, Level Green, Willamina.

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 first and third Mondays of each month at the Bluegrass Army Depot. For more info, call Jack Dimer at 369-7310 or Nathan Seals at 256-0741.

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

Conway TOPS
TOPS (Take off pounds sensibly). We are celebrating with an Hawaiian Open House Thursday, August 31st at 7 p.m. For more info, call 256-3633, 256-9448 or 1-800-932-TOPS. TOPS meets every Thursday at 6:30 p.m. at BRVFD.

R.A.A.P. Meeting
Any candidate who wishes to file for the November General election must file at the county clerk's office by August 8, 2000 at 4 p.m. Positions on the ballot will be school board Division 2, Division 4 and Division 5, and also city council at Brodhead, Livingston and Mt. Vernon.

Saddle Club
The Rockcastle County Saddle Club meets the first Monday of each month at the clubhouse on Hwy. 1326 (old Brodhead Road) at 7 p.m. A potluck dinner is served. The directors meet the last Thursday of each month if called by the Saddle Club president. Questions? Comments? Call 758-4706.

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.

Mt. Vernon High School Alumni Banquet
The Mt. Vernon High School Annual Alumni Banquet will be held Sept. 9, 2000. Social time and registration will be from 4:30 until 6:00 p.m. dinner will then be served. The honored classes will be the classes of 1950 and 1967. We urgently need addresses of the 1950 class. If you know someone from this class please contact: Glenn McBride at 256-4257 or Carol Purcell Riddle at 758-5150. For reservations please contact the above persons.

Enrollment Dates
Enrollment dates for new students at MVES are: Thurs. Aug. 10th, at 6 p.m.; Fri. Aug. 11th, 9 a.m. to 4 p.m.; and Mon. Aug. 14th, 9 a.m. to 4 p.m. (must have official state birth certificate, social security card, up-to-date immunization record and current physical on Ky. form).

Fish Fry
Brodhead Volunteer Fire Department will be having a fish fry on Saturday, August 5th. Carry-outs from 3 to 5 p.m. Dine-in from 6 to 8 p.m. 55 cents, \$2.50 children.

Back to School Night
Brodhead Elementary will be having a back to school night August 10, 2000 from 4 to 7 p.m. Everyone joining PTA at this time will receive a free gift. Single membership is \$3 and joint membership is \$5. A special transportation orientation meeting will be held at 5 p.m. in the cafeteria for parents that pick up or drop off their children at BES. Due to the construction that will be on going this year it is very important that the parents' guardians attend.

Family Fun Day
Woodmen of the World Youth Rangers #901 Pool Party and Cook-out on Sat., August 12th at the Woodmen Camp in Lexington from 11:30 to 5 p.m. Please call youth leader Connie Lewis at 624-8438 for more info.

Open House
Mt. Vernon Elementary welcomes parents and students to our annual Open House to be held Thursday, August 10 from 4 to 6 p.m. New students must have official state birth certificate, social security card, up-to-date immunization form and current physical on Ky. form. Take this opportunity to join MVES Parent Teacher Group (PTG), visit classrooms and meet teachers. Receive Title I information and sign up for donor prizes.

Candidate Notice
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School Board Meeting
The Rockcastle County Board of Education will meet in regular session Tuesday, August 8, 2000 at 7 p.m. at Rockcastle County Board of Education Administrative Offices. The public is welcome to attend.

Computer Classes
Computer classes for basic computer skills for Windows 95 and Excel, August 8th at the CAP Recreation Center. Call 256-5307, ask for Doris.

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.

The Family Room

By Dr. Don Whitehead

Confrontation Can Be Scary

"My boss scares me," Jane told me. "He gets upset regularly and when he does, I fall to pieces. I cannot take his criticism of me. I would change jobs but the benefits of this one are too good to give up." (All characters are fictitious.)

As Jane and I talked, I began to see why she had this fear of conflict. Sometimes persons who are afraid of conflict grew up in households where there was a lot of conflict. Perhaps Mom and Dad fought, either verbally or physically, and when they fought, the child was very fearful. When the child grew up and conflict occurred, she got that same scared feeling that she had as a child when Mom and Dad fought.

This didn't seem to be true of Jane, however. Her childhood was notable for its lack of conflict. "No one ever got mad at my house," Jane remembered. "Things were always peaceful and quiet. Oh, I guess my little sister and I fought some, but Mom and Dad never fought. They never had a cross word."

"What did they do when they disagreed?" I asked.

Jane thought for a long time. "I never heard them disagree," she finally said. "Our house was very calm and peaceful."

What Jane saw as a perfect childhood, I saw as a training ground for fear of conflict. Mom and Dad also were afraid of conflict, so they avoided it at all costs. It is inevitable

that two people living together will have some conflict. The only way around that is if a person gives in all the time and lets the other have his way.

That is exactly what happened in Jane's family. "Dad made all the decisions," Jane reported. "I never heard Mom disagree with him."

"Doesn't that strike you as unusual that your parents never disagreed?" I asked.

"Why, no," she replied in a surprised tone. "Dad always said that Mom was the perfect wife, and that I should try to be just like her."

Jane was afraid of conflict because she had never learned how to handle it. She had never been around anyone who had conflict. Patterned after her mother, she grew up deathly afraid of conflict and did all she could to avoid it.

"Do you and your husband ever have conflict?" I asked Jane.

"Not if I can help it," she declared. "I guess I give in all the time in the order to avoid a fight."

"Do you give in to your boss too?" I wanted to know.

"Yes," she replied, "but he's the boss! I have to let him have his way."

"Even if he's the boss," I told her, "you have a right to your opinion."

Jane's saving grace is that she at least learned how to fight with her sister. Perhaps she could use some of that knowledge to stand her ground with her husband and her boss.

"What Is Written"

Last week we began looking at the facts of worship according to Biblical pattern. We looked at apostolic doctrine and fellowship or giving

3. **Breaking of Bread** In Ac 2:42 the breaking of bread refers to the Lord's supper. And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart from the morrow, and continued his speech until midnight. Ac 20:7 Thus we see the pattern of when the disciples came together to break bread i.e. to have the Lord's supper it was on the first day of the week. We eat the bread and drink the cup as a memorial to remember the death of Christ. We do not add, subtract nor substitute from this 2 emblems each Sunday.

4. **Prayers** We lift our prayers to God in thanks giving, petitions, and supplications to Him. *Teach us therefore, that first of all, supplications, prayers, intercessions and groings of thanks, be made for all men, For kings, and for all that are in authority, that we may lead a quiet and peaceable life in all godliness and honesty.* 1 Tim 2:1-2 We don't pray to Mary, count beads, nor use man repetitions.

5. **Praising God** We lift up our voices in songs of praise to God. *Almighty, speaking to ourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, Eph 5:19* We do not have mechanical instruments of music nor do we have choirs, choruses, quartets or solo to entertain and sing for us.

Let's follow the pattern for worship

Assemble church Choir

Dan McKibbin: 758-0115, E-mail: Dan.McKibbin@juno.com

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

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

Wednesday 7:30pm Radio program, Sunday 8am, 14:00 AM

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- 96 Ford Taurus GL, 4 dr., V6, auto, air, P/W/PDL, tilt, cruise, \$5,980
- 95 Dodge Neon Highline, 2 dr., 5 spd., air, black/gray cloth, \$4,980
- 95 Buick Regal Custom, 4 dr., V6, auto, air, P/W/PDL, cassette, \$5,980
- 95 KIA Sportage, 4x4, 4 dr., 4 spd., green, \$7,400
- 95 Ford Aerostar XLT, V6, P/W, 8 passenger seating, \$7,980
- 95 Plymouth Grand Voyager, SE Sport wagon, green, rear ac, \$5,980
- 94 Oldsmobile Ninety-Eight, 4 dr., V6, cassette, leather, \$5,980
- 94 Ford Escort, 4 dr., 4 cyl., 4 spd., \$3,895
- 93 Buick Century, V6, cassette, P/W/PDL, gray/maroon interior, \$3,980
- 93 Dodge Spirit, V6, auto, air, P/W/PDL, cass., gold pkg., \$4,980
- 93 Chevrolet Astro, V6, air, black/silver exterior, \$5,980
- 92 Chevrolet Blazer, 4x4, 4.3i, 4 spd., air, cassette, P/W/PDL, \$5,980
- 92 Chevrolet Blazer, 4x4, 4.3i, 4 spd., air, P/W/PDL, cassette, \$5,980
- 91 Mazda 929, V6, auto, air, cassette, sunroof, \$4,980
- 91 Ford Probe, 4 cyl., auto, air, cd, \$2,480
- 90 Chevrolet S10, 4 cyl., 5 spd., red, \$2,480
- 90 Chevrolet S10, 4 cyl., auto, short bed, 88K miles, \$2,500
- 86 Ford Ranger, V6, auto, air, 97K miles, \$4,480
- 86 Ford F150 XLT Lariat, 302 V6, auto, air, short bed, 88K miles, \$4,480
- 86 Chevrolet C20, 350 V8, auto, white/blue interior, \$3,350
- 81 Chevrolet Silverado, 305 V8, 4x4, blue, \$3,250

Eagle Carpets Now Available!

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White Poster Board 22"x28"	45¢	43¢
Clear Backpack	99¢	69¢
Theme Book - 70 ct.	79¢	59¢
100 White Envelopes - 6 3/4"	99¢	29¢
50 White Envelopes - 10"	99¢	29¢
Kleenex Tissue - White & Colored	12¢	11¢
Cottonelle Bath Tissue	14¢	11¢
Glue Stick - 3 ct.	12¢	7¢
Pocket Folder	89¢	59¢
Pocket Folder w/ Clasp	99¢	59¢
Package of 10 pencils	11¢	6¢
Elmer's School Glue - 4 oz.	99¢	29¢
Bud's Best Cookies - 10 oz.	69¢	49¢
Pillow Cases to Embroider	69¢	49¢
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