

Cox elected to NACDL Board of Directors

Prominent Kentucky attorney Jerry Cox of Mt. Vernon, has been elected to serve a three-year term on the National Association of Criminal Defense Lawyers (NACDL) Board of Directors. He was elected at the association's annual meeting in LaJolla, California last week.

Mr. Cox rightly knows that the Board needs a voice such as his—a small man from a small town (pop. 1600) with a great passion for justice.

Cox was admitted to practice law in Kentucky in 1969 and has practiced criminal law in all courts of Kentucky. Cox has been a life member of NACDL for many years. He notes that "This organization (NACDL) has made me a better trial lawyer, teacher and advocate."

Cox has published various articles about the practice of law. His most recent article he authored was entitled "Using confrontation with police officers to your advantage."

In addition to his many publications, Cox is also an integral part of the Kentucky Association of Crimi-

nal Defense Lawyers (KACDL). Cox has been a Director for KACDL since 1994 and was President of KACDL in 1997. He also received the highly distinguished Presidential Award in 1995 for his hard work and extreme dedication to law.

Cox is a partner in the Rockcastle law firm Clontz & Cox, where Carl Clontz, John Clontz, Jerry Fish and John Ford, all practice.



Attorney Jerry Cox

Free health test could help people breathe easier

National Respiratory Care Week is a time to focus on the dedicated men and women who help others improve their ability to breathe more effectively and comfortably through Respiratory Therapy. So you might think Rockcastle Hospital and Respiratory Care Center (RHRCC), which has more respiratory therapists than any other facility in the state, would be having a party during the week of September 11-15.

According to Respiratory Therapy Director Kim McGowen, RRT, hospital personnel will take time out to celebrate, but they'd rather focus on the respiratory health of their friends and neighbors.

"National Respiratory Care Week is a chance for us to help people understand how a simple test can identify whether or not they have a breathing problem and if it is something they need to see a physician about," said McGowen. "That's why we are giving free pulmonary function tests (PFTs) next week."

The free screening test, which typically would cost about \$195, will be available September 11-15 to anyone requiring it at the hospital's patient registration desk between the hours of 9 a.m. and 4 p.m.

McGowen especially recommends that anyone who can answer one or more of the following questions with a "yes" come in for the simple test:

- Does asthma, bronchitis, chronic bronchitis, or emphysema run in your family?
- Do you smoke?
- Are you short of breath more than other people are?
- Do you cough?
- When you cough, do you cough up thick yellow, green or white mucus?

PFT is used to check if someone has COPD, which stands for Chronic Obstructive Pulmonary Disease and refers to a problem with breathing air out from your lungs. If you have difficulty breathing "used" air out of your lungs, that results in inadequate space being left for oxygen-rich air to enter your lungs.

Until recently, most people who had COPD were grouped together and considered to have one disease. We now know that several different diseases cause this difficulty in releasing air from the lungs. Asthma, chronic bronchitis, chronic bronchitis and emphysema are three of the major diseases that are grouped together as

COPD.

Early discovery of a breathing problem and appropriate treatment can prevent the disease from progressing to the point that it seriously affects the way you live and work.

The screening that RHRCC will provide during National Respiratory Care Week is a spirometry test. It measures the amount of air that you can blow out of your lungs and how fast you can blow it out. The test requires that you take in the deepest possible breath, then blow it out as



Upcoming Reunions

Baker

The Baker reunion will be September 10, 2000 at the Teen Center in Mt. Vernon. All relatives are welcome.

Dillion Asher & Hendrickson Reunion

Dillion Asher and Hendrickson Reunion will be Fri., Sat., and Sun., Oct. 6-8. Friday, Buffet dinner available at 5 p.m. Social hour to follow at 6-6:45 p.m. Pine Mountain State Park in Pineville. Saturday, Picnic - Cardinal Inn in Red Bird. (Queandale) near Dillion Asher's original home. Bring covered dish and arrive early. The Hendrickson Reunion, Sunday, Oct. 8th will begin at 2 p.m. at the Pine Mountain State Resort Park Lodge in Pineville.

Rowe

Robert and Winnie Price Rowe Reunion will be Sept. 10th at William Whitley House. All relatives and

friends welcome. Bring a covered dish and spend the day with us. Come any time. Lunch will be about 1 p.m.

Barnett - Rigby

Barnett - Rigby Reunion Sun., Sept. 10th at Bnash Arbor Log Village at Renfro Valley. Bring a covered dish.

Bullen

Bullen Reunion will be held Sept. 10th at Berea Folk Ctr. on W. Jefferson St. in Berea. All Bullens plan to attend our reunion starting at 10 a.m. to 4 p.m. Lunch around 1 p.m. Bring covered dishes. For more info, call 986-8586.

Barnes (Barron) - McFerron

Reunion, Sun., Oct. 1st at Quail Park. Everyone bring a covered dish and enjoy the fun.

Graves/Renner

Graves/Renner reunion will be at the Quail Community Park Sunday, Sept. 10th. Bring a covered dish and have a great afternoon.

Church News

Singing

Benefit singing at Crossroads Assembly of God Friday, Sept. 8th at 7 p.m. featuring Horizons. Pastor Nathaniel Fugate welcomes all.

Singing

Come and fellowship at Conway Tabernacle on US 25 at Conway, Sunday, Sept. 10th at 6 p.m. with The Guiding Ways - Penny, Charlie and Finley Hensley along with The Williams Family and other special singers.

Revival

Scaffold Care Baptist Church, Sept. 18-22 at 7 p.m. Special singing nightly with evangelist Kenneth Thompson. Pastor Bobby Turner welcomes all.

Homecoming

Sand Hill Baptist Church will have their Homecoming September 10th. Everyone welcome.

Reading Class

Learn to read at Lighthouse Assembly of God's New Reading Class. Jimmy Farley will be teaching a "How to Read" class on Thursday evenings at 6 p.m. at the Lighthouse Church on Brush Creek Road. No cost other than materials. Call 256-9299 or 256-9689 for more info. Jimmy has a burden to teach reading to the illiterate, so they can read God's Word he has come to love. This is his ministry for the Lord Jesus Christ.

Homecoming

Homecoming 2000 will be September 10 at the First Christian Church of Mt. Vernon. The church will celebrate their 170th year of ministering to the Mt. Vernon community and Rockcastle neighborhoods. The theme of "Celebrating the Past to

Prepare for the Future" will begin at 10 a.m. Former ministers including Lanis Kineman, who ministered with the church from 1947-1951 will be present. Special recognition, called the First Light awards, will be given to the Willing Workers, Elders and Deacons and to those families who were a part of the 20th Century and having built on the firm foundation have passed on the baton to a new generation.

Singing

Gospel singing at Conway Church of God, Sept. 10th at 6 p.m. with Charlie and Penny Hensley and The Williams Family. Everyone welcome.

Singing

Mt. Vernon Community House located at 40 Main St., Mt. Vernon, Sat., Sept. 9th at 7 p.m. Everyone welcome.

Singing

The New Faith Singers will be singing at the Corinth Holiness Church, Sat., Sept. 9th at 7 p.m. Saul Carpenter and church invites everyone.

Walk for Christ

Everyone welcome to a Walk for Christ. Red Hill Baptist Church invites everyone to join in a walk-a-thon Sat., Sept. 16th at 4 p.m. All meeting at Red Hill Baptist Church. Pastor Bro. Bill Hammonds. For more info, call 606-453-9302.

Homecoming

Homecoming Sunday, Sept. 10th at Pine Hill Holiness Church. Services

begin at 11 a.m. Bro. Tensley Rector will be the speaker. Pastor Allen Hensley and congregation invite everyone to attend.

Homecoming

Homecoming Sunday, Sept. 10th at Copper Creek Baptist Church. Elvis Hayes will be preaching. Pastor Kenneth Thompson invites everyone to attend.

Memorial Service

In loving memory of George W. Murphy, Sr. and Sarah Clark Murphy will be celebrated at the Mt. Vernon Pentecostal Church, located on Lovell Court, on Sat., Sept. 16th at 7 p.m. Please come and worship with us, everyone is invited.

The Murphy Family
Edna, Conn. Louise, George, Jr., and Norma Jean

Fall Revival 2000

Continues for the next three Sundays at Mt. Vernon Church of the Nazarene. Special start time 10 a.m. SS and 10:45 morning worship. This Sunday Bro. Lonnie Carnes of Columbia, Ky.

Singing & Chili Supper
Climax Holiness Church invites everyone to their outdoor gospel singing and chili supper on Sat., Sept. 16th. Supper starts at 5:30 p.m. with singing at 7 p.m. with Vernon Doan Family, Julie Hines and the Bishops, Carl Baker, Carolyn Wynn and Kathy Howard. All singers welcome. Bring lawn chair and love for God. Ephesians 5:19-21.

Gun & Knife Show

London Comm. Center

September 9 & 10

Sat. 9 a.m. to 5 p.m. • Sun. 9 a.m. to 4 p.m.

Buy, Sell & Trade

Next show Sept. 23 & 24 at Somerset Ctr.

For more info, contact Kenny Woods at 436-0570 or 847-4047

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