

Our Readers Write

Dear Editor:

My family is very grateful to the Christian Church of Mt. Vernon for dedicating the chimneys during Homecoming 2000 to my dad, Ralph Sigmon, who passed away April 22, 1984.

My mom, Lorene Sigmon, got to hear the chimneys for the first time in many years recently.

All the remodeling both inside and out is beautiful.

The church started in the 1800s and many of the ancestors are still coming.

We also see many new families and young people in the congregation. God has really blessed the church, both financially and with new people also.

"You make people feel at home and welcome. Again we would like to thank both, Bro. Eddie and the congregation for dedicating the chimneys to my dad, Ralph Sigmon. It meant a lot to me and my family, our son, Mark and his family included!"

Bobby Sigmon
Richmond, IN

Dear Editor,

The purpose of this letter is to invite all the citizens of Mt. Vernon, Rockcastle County and the surrounding region to our "Ancestor Appreciation Festival" at Brush Arbor on October 6, 7 and 8th. It is an opportunity for all local citizens to visit Brush Arbor and see for themselves that it truly is "Rockcastle County's Newest Hidden Treasure" as you stated in last week's Mt. Vernon Signal.

Our festival this year is mainly for the local folks of this community and was designed to coincide with the Bittersweet Festival up town, and Renfro Valley's Fall Harvest Festival. In appreciation for the local folks who have supported us and who have shared our pride in Brush Arbor, we

are offering TWO DAYS OF FREE LIVE Country Music, Bluegrass and Gospel shows. ADMISSION IS FREE for LOCAL CITIZENS!

Talent from all over Kentucky and as far away from Nashville, featuring rising star Anthony Dean, will be performing beginning Friday, October 6th beginning at 1:00 p.m. until 9:00 p.m. that night.

On Saturday, beginning at 12 noon NINE BANDS will again be performing live until 9:00 p.m. that night. Shows will pick up show times and schedules at Brush Arbor beginning this Friday, or at the local Tourist Information Center in Renfro Valley.

Posters will also be displayed at local businesses, banks, restaurants, filling stations and motels.

Door prizes will be given away, not necessary to be present to win. Chances on a 1777 Charleville Muzzle Loader will be sold. The drawing will be held during the last live performance on Saturday night. Winner need not be present to win.

On Sunday morning, October 8th, beginning at 10:00 a.m. many of the same musicians will be performing at Brush Arbor Log Church. Come join us for this very special service. BRING YOUR LAWN CHAIRS.

REFRESHMENTS and HOT FOOD, prepared on the grounds, will be available at nominal costs. The shows will go on RAIN or SHINE.

Thank you Rick and your staff for the fine and complimentary article you did on Brush Arbor in last week's Signal. You all come see us when you can. At Brush Arbor, we like it best when we know company's a'comin'!

Sincerely,
Jerry L. Hayes
Brush Arbor Appalachian
Pioneer Log Village
Hummel Road
Renfro Valley, KY

Dietary Supplements: More Is Not Always Better

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



Many people are attracted by ads for vitamins and minerals that imply that they will improve appearance, prevent or cure diseases, and even lengthen life. But there is, as yet, little scientific evidence to back most of these claims.

Doctors occasionally prescribe dietary supplements to correct deficiencies diagnosed in their patients. For example, people who have osteoporosis - a condition causing thin, brittle bones - may be advised by their physicians to take calcium supplements, usually in combination with vitamin D. Scurvy, heavy drinkers, and those who are recovering from surgery or an illness may need certain preparations.

But too often people take high-dose supplements of various vitamins and minerals without a doctor's advice in the hope of preventing or curing a disease or condition. This can be a waste of money or, worse, a threat to health.

Large amounts of some supplements may upset the natural balance of nutrients that the body normally maintains. Too much of some of them can affect the way

others act. Although extra amounts of some nutrients are not absorbed and pass out of the body, others can build up to dangerous levels.

Scientists have identified a large number of nutrients that are essential to health, but supplements contain only some of these. A well-balanced diet - one that contains a wide variety of foods - provides all the necessary nutrients. In addition, there are other substances in foods, which, although not essential for life, are beneficial to health. Foods may also contain some essential nutrients that have not yet been identified.

For more information on Dietary Supplements, contact the Extension Service at 256-2403 and request a free copy of "Getting the Most from Supplements".

Hazel Jackson, County Extension Agent for Family & Consumer Science, will teach a class on Dietary Supplements and Fad Diets on October 10 from 5:00 to 6:00 p.m. at the Rockcastle County Middle School. The class is free of charge and sponsored by the 21st Century Learning Center and the Cooperative Extension Service. Call 256-5118 to register.

Upcoming Reunions

Rader

Dillion Asher & Hendrickson Reunion. Dillon 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 6:45 p.m. Pine Mountain State Park in Pineville. Saturday, Picnic - Cardinal Inn in Red Bird, (Queensdale) near Dillon Asher's original homestead. Bring covered dish and arrive early. Will be eating at noon. The Hendrickson Reunion, Sunday, Oct. 8th will begin at 2 p.m. at the Pine Mountain State Park Lodge in Pineville.

Cowden

Cowden Reunion will be held Saturday, Sept. 30th at Eubank Park. Please come and bring a covered dish and enjoy the reunion.

Barnes (Barron) - McFerron

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

Depot Retirees

Annual reunion of Bluegrass Army Depot Retirees Sat., Sept. 30th at the Bertha Folk Center on Jefferson St. in Bertha. Bring a covered dish and come and join us for a day of fellowship. Dinner at 12:00.

VanWinkle

VanWinkle Reunion Oct. 1st at Family Life Center (top of hill). All friends and relatives are invited. Bring a covered dish. See you there.

e-mail us

mvsignal@sun-spot.com

Drama Class

Sponsored by

21st Century Community Learning Center
Monday/Thursday • 5 to 7 p.m.
Rockcastle County High School

Schedule

Monday

October 16th
October 23rd
October 30th

Thursday

October 19th
October 26th
November 2nd
November 9th
November 16th

November 30th

(12 Class Meetings)

Activities: The first few classes will be lectures on the elements of drama; the majority of the sessions will be in preparation for the performance of group skits. These skits will be performed for the public.

All Ages Are Welcome!!

Please call Trina Bustle at 256-4816 to enroll
Class provided free with federal funds

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Phase II Tobacco Applications



Rockcastle County tobacco growers and quota owners should have received Phase II tobacco settlement applications in the mail this past week. The Extension Office and Farm Service Agency will assist farmers in completing their applications at a meeting being

held at 7:00 p.m. on Thursday, September 28, in the Rockcastle County High School auditorium.

Information will be given and persons will be available to assist in completing applications. The deadline for completing applications is October 31, 2000. Additional information is available by calling toll free, 1-877-549-2537.

Free
Headache Report
Reveals The Best Treatment For Headaches
Call Toll Free:
1-800-284-1600

Chili Supper

Friday, September 29, 2000

at RCMS Cafeteria

before RCHS home football game

\$3 per person

Includes chili, sandwich, crackers, fruit, dessert

and unlimited soft drinks.

Tickets may be purchased at door.

ABSOLUTE

Auction

of Mr. and Mrs. Mark Poynter's

**Concrete Block Building & Lot
Tools and Personal Property**

Saturday, October 7th • 10 a.m.

Renfro Valley, Kentucky

Location: On U.S. 25 just north of Renfro Valley. An auction sign is posted.

Due to other business interests, Mr. and Mrs. Poynter have decided to sell their welding business and tools by the absolute auction method of marketing.

The pictured concrete block building has approximately 1,296 square feet and 3 phase electric. City water and sewer is available.

The lot contains approximately 91/100 of an acre lot located in the heart of Renfro Valley.



Tools and personal property that will be selling includes the following: "Clark 6,000 lbs. Fork lift (not running)" Miller 250 Amp Wire Welder, with alum attachment • Select vertical Milling Machine "Datsum 3000 lbs. Forklift" Miller Spectrum 500 plasma cutter "Hobart 300 amp arc Walker Turner Drill Press "2 sets of Harris Cutting Torches "Rigid 6" Horizontal Band Saw "Arbor Press "Walker Turner Vertical Band Saw "Wilson 25 Ton Press "misc drills "mill cutters "steel tables "poxles and wheels "vices "welding rods "hydraulic cylinders "top & die sets "desk plus many other miscellaneous items."

Auctioneer's Note: Here's an opportunity to buy a well located property in the heart of Renfro Valley. Although the property has been used as a welding shop, it could easily be adapted to any other type of business with ample parking and convenient location. Besides the real estate, we'll be selling some good welding tools as well as other miscellaneous tools. Mark your calendar to attend this absolute auction on Saturday, October 7th at 10:00 a.m.

Terms: Real estate: 20% down day of sale, balance in 30 days.

Tools and Personal property: Cash or check day of sale.

Announcements day of sale take precedence over printed matter.

For additional information, contact the selling agents.

FORD BROTHERS, INC.

AUCTIONEERS-REALTORS



London, KY
606-878-7111

Mt. Vernon, KY
606-256-4888
Toll Free 1-800-435-5451

Somerset, KY
606-879-2212

REALTOR AUCTIONEER
SAM FORD
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DEBRA FORD
JEFF BURDETTE
AUCTIONEER
ERIN HAM
STEVE PONDER

APPRENTICE AUCTIONEERS
DAVID L. FORD
BILLY WARD
MATTHEW FORD

Let's Keep Judge Debra Lambert

Our first Circuit Judge for Family Court

- Appointed by the Governor, Debra was chosen to establish and preside over our first Family Court.
- She has handled over 3,500 cases as Family Court Judge.
- She has a degree in Child and Family Studies, and a minor in Special Education from Eastern Kentucky University.
- She was chosen "Outstanding ECU Alumnus 2000".
- She graduated near the top of her class from the University of Kentucky School of Law.
- She finished the "Advanced Family Law Program" at the University of Nevada.
- She began a superb new child-based divorce education program.
- She created an aggressive new truancy prevention program.
- She got federal funding for drug testing, counseling, rehabilitation for non-violent children and the new Juvenile Drug Court.

• Debra and her husband Joe have two sons, Joseph age 16, and John age 9. They are members of the First Baptist Church of Mt. Vernon.

**Experience and Education
Make the Difference...**

On November 7th Let's Keep

**JUDGE Debra
LAMBERT**
Lincoln, Pulaski & Rockcastle Counties

Circuit Judge, Family Court

www.judgelambert.com

Paid for by the committee to elect Judge Debra Lambert.
Joseph Clontz, CPA, Treasurer, P.O. Box 1063, Somerset, KY 42502

