

Rockcastle Public Library fully automated

Wonderful things have been happening at the Rockcastle County Public Library! Have you checked them out lately? Besides becoming fully computerized and automated, The Rockcastle County Public Library also received a much needed face lift with the exciting new addition of a brand new, locally hand crafted circulation desk!

What is automation? It means that the Library's card catalog and files are now completely computerized up-to-date, and well on their way to keeping up with the fast track of the 21st century. Users of the Library are now able to access the card catalog online, called the NETOPAC, through the Intranet at the Library. Patrons are also able, with their brand name, laminated and bar-coded Library cards, to check the status of their personal Library account, see what books or materials they have on loan, renew their own items, check reserved items, search for materials in the Library by Author, Title, Series, Keyword, ISBN#, Subject areas and much

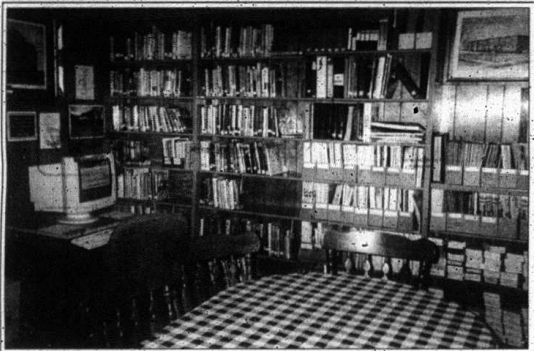
more! There is also a special area where Library patrons can view for themselves a list of all the new materials added to the Library's collection within the last 30 days. Now, when Library users check out, they will have their materials scanned into the computer and will receive a receipt that tells them the due date, titles of books on loan and more! For those with computer phobia, don't worry! The Library Staff is available with a smile to help you locate the information that you need. Think about your favorite Grocery stores - They've been doing this for years! Rockcastle County should feel proud about this accomplishment, since it is only the fourth county in the region to become automated. "The fact that such a small Library has come so far in such a short amount of time reflects the vision and efforts on the part of all Rockcastle County citizens to better themselves, the county they live in, and to plan wonderful and profitable things for the future," states Library Director Kristiana Burk.

Efforts to start automating the Library began with Mrs. Geraldine Robbins' service as Director of the Public Library and was completed this past week with the continued efforts of Kristiana Burk, present Director. Board members Allen Pensol, Sue Hamlin, Corey Craig, Serena Stratton and Jerry Burke. In addition, much hard work and cooperation was provided from the following staff members of the Rockcastle Public Library: Pam Chaliff, Kathy McKibben, Stacy Richards and Jennifer Alsop.

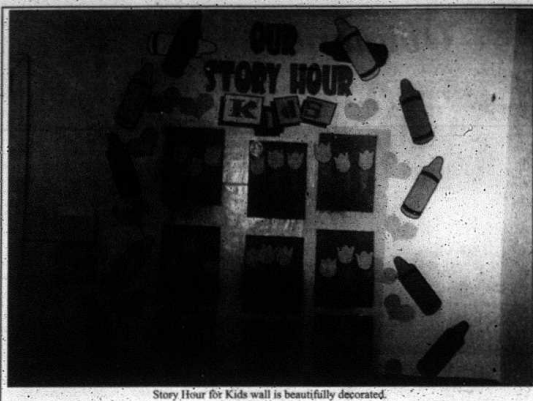
With these new and exciting improvements, the Library has also provided the community with extra motivation to come try out the changes for themselves. During the Months of March and April, several events will be going on at the Library. Check out Library News in this week's Signal and see the many events coming up in the near future! Also, tune into WRVK for various announcements and radio programs regarding the Library.



Kathy McKibben and Jennifer Alsop stand behind the new hand crafted circulation desk at the Rockcastle County Public Library.



The Rockcastle County Public library has become fully computerized and automated.



Story Hour for Kids wall is beautifully decorated.

Five-A-Day Challenge

The Five-A-Day Challenge has begun. Eating five or more servings of fruits and vegetables everyday is one of the best things you can do for your health. It helps reduce your risk of cancer, heart disease, stroke, high blood pressure and other health problems.

A serving size equals one medium size fruit, 3/4 cup of 100% fruit or vegetable juice, 1/2 cup cooked, frozen or canned vegetable or fruit, 1 cup of raw leafy vegetable, 1/2 cup cooked dried peas or beans, or 1/4 cup dried fruit.

Contest forms are available at the Rockcastle Health Department. All contestants who successfully complete the challenge by eating a total of five servings of fruit and/or vegetables for seven days in a row can enter into a drawing. The grand prize is \$500.

There are also prizes of \$250, \$100, a produce shopping spree at Kroger or a subscription in the fruit of the month club.

One of our favorites at the health department is Hazel's Vegetable Salad. Hazel Parker makes this salad for most of our employee potlucks. And we love it! Hazel says it is also a big hit at church dinners. Thanks Hazel for sharing the recipe!

Hazel's Vegetable Salad
1 large bunch broccoli, cut up
1 head cauliflower, cut up

1 purple onion, chopped
2 cucumbers, cut up
1 green pepper, cut up
1 pint cherry tomatoes, halved or 2 large tomatoes, cut up
Dressings:
1 cup oil
1 cup sugar
1/3 cup white vinegar
1 Tb poppy seed
1 tsp salt
1 tsp dry mustard
Mix dressing. Pour over vegetables. Mix and chill.



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