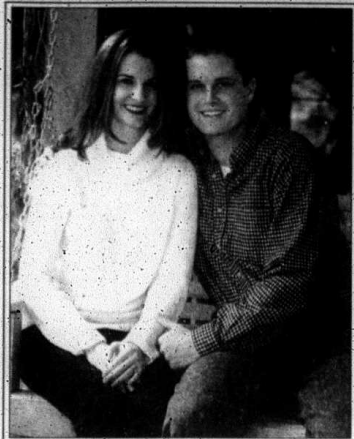
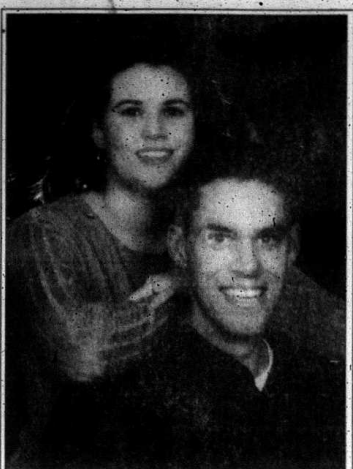




Lawless - McKinney

Mr. and Mrs. Jack Lawless and Mr. and Mrs. Winfred Duerson are pleased to announce the engagement of their daughter, Angie Laine Lawless to Eric Victor Tod McKinney, the son of Mr. and Mrs. Danny McKinney.

Angie will graduate in May from Eastern Kentucky University with a B.A. in Speech Communication and a B.B.A. in General Business. She will attend Vanderbilt University Law School in the fall. Eric recently graduated from Eastern Kentucky University with a B.S. in Construction Technology and is presently working in Lexington, Kentucky as a Construction Coordinator. The wedding will be held in Richmond, Kentucky on July 7, 2001.



Cromer - Asher

Glen and Sue Cromer and Raymond, Jr. and Patty Asher would like to announce the marriage of their children, Kelli Sue and Raymond Brent on Saturday, April 7, 2001 at 4:30 in the afternoon. The wedding will be held at Northside Baptist Church in Mt. Vernon. All friends and family are invited to attend.



60th Wedding Anniversary

Mr. and Mrs. Raymond Bullock will celebrate their 60th wedding anniversary March 22nd.

Rockcastle Community Bulletin Board

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TOPS

(Take off Pounds Sensibly)

TOPS meets Thursday at 6 p.m. at Brothhead Christian Church basement on Main St. in Brothhead. For more info, call 1-800-932-TOPS, or locally 256-4047.

Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Conway TOPS

TOPS (Take off pounds sensibly). For more info, call 256-3633, 256-9448 or 1-800-932-TOPS. TOPS meets every Thursday at 6:30 p.m. at BEVDE.

JobStart

Want to earn great prizes while learning new skills and increasing your chance of getting a great job? JobStart is the place for you. For more info, call Jennifer at 256-9612 or fax us at 256-8232. E-mail: jobstart@ksh.net

R.A.A.P. Meeting

Rockcastle Adoption Agency for Pets Inc. meets the first Sunday of each month at 2 p.m. Help build an animal shelter in Rockcastle County. Call Terry at 758-9202, or Vickie 256-5183 for directions.

Narcotics Anonymous

Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous, every Thursday at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more info, call 256-9263.

Class of 1981

Class of 1981 planning meeting will be held March 24th at 2 p.m. Call 256-4206 for meeting location.

Flea Market Tables

Starting April 5th and 6th every Thursday and Friday, rain or shine, LEAP will have tables for \$5.00 a day for rent April thru Sept. Come on down to LEAP office down at Calloway on US 25 South.

Benefit Singing

The Fabulous Echoes will be holding a benefit singing Saturday, March 24th at 6 p.m. at the Bible Baptist Church in Mt. Vernon. Donations will benefit 2001 RCHS Project Graduation. Mark your calendar to attend this worthwhile event.

Al-Anon

Al-Anon meeting started March 6th. Tuesday nights weekly at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2129.

Volunteers Needed

Volunteers needed for 4-H Clothing Projects. Brothhead Elem. April 2.

5 Roundstone Elem. March 19-22. Mt. Vernon Elem. March 26-29. Call 256-2403 for details.

Pesticide Training

Restricted Use Pesticide Training will be given at 7 p.m. on Thursday, March 22nd at the Rockcastle Extension Office. Call 256-2403 for details.

RCHS SBDM

SBDM Meeting at RCHS will be March 27th at 3:10 in the RCHS Conference Room.

Plan Your Business

Come Plan Your Business. Leave With Your Business Plan! Presented by The Center for Rural Development. You! The Entrepreneur, a 5 wk., 30 hr. course on how to start/operate your own business. Tues. & Thurs., April 3 - May 3, 6 to 9 p.m. Course fee: \$35 covers instruction, textbook and materials. Live instructor via interactive video-conference. Pre-registration required. Call 1-888-248-9438 to attend. At Rockcastle Telecommunications in Mt. Vernon.

Pesticide Cards

Training for restricted-use pesticide cards will be given at 7 p.m. on Thursday, March 22nd at the Rockcastle Co. Extension Office. Call 256-2403 for details.

VA Rep

VA Rep. Bill Lyseny will be at the VFW Post every third Sunday of the month from 1 to 3 p.m.

Bookmobile Schedule

Mon., March 26th: Brothhead and Copper Creek.

Tues., March 27th: Green Hill, Conway, Beebe, Fairview, Lambert Rd., Respiratory Care.

Wed., March 28th: Mt. Vernon Manor, Day Health Center, Hammond Trailer Park, Brindle Ridge.

Book Sale

April 2nd - 5th is National Library Week at the Rockcastle County Public Library. We will be having a huge book sale with popular author's books starting Monday, April 2nd at 10 a.m. All proceeds go to the library.

Artwork Needed

The Rockcastle County Public Library needs pieces of all kinds of artwork for its Art Work Exhibit during National Library Week April 2nd - April 5th. All types of artwork are accepted including hand-drawn, quilts, paintings, drawings, writings, anything that reflects the theme "Celebrating our Community." All ages encouraged to submit entries. Call 256-2388 for more info, specifics, and date to submit artwork.



70th Wedding Anniversary

Albert and Effie Anglin of South Dogwood Drive, Berea, Ky. celebrated their 70th wedding anniversary, Saturday, February 17th. They were married by J.H. Lambert, at Boone Gap, Ky. on February 19, 1931. They raised eight children: Edith (Charles) Lamb, Eva (Lew) Shubert, Loyd (Dianne) Anglin, Glendon (Brenda) Anglin, Davis (Bill) Crase, Earl Anglin. They have 23 grandchildren, 46 great grandchildren, and five great great grandchildren.

The American Diabetes Alert - a one day call to action for people to find out if they are at risk for diabetes - is March 27 this year.

The alert is sponsored by the American Diabetes Association and is intended to inform people about the warning signs for diabetes. Diabetes can cause serious health problems if not treated. However, many people with diabetes live normal lives thanks to proper diet, exercise and medication.

An estimated 89,300 Kentuckians have diabetes and don't know it. About 6 percent of the state's adult population - 178,651 people - have diagnosed diabetes. Half of the adult population in Kentucky is at increased risk of undiagnosed diabetes because of age, obesity and sedentary lifestyle.

"Diabetes means that a person's blood sugar is too high. It can harm your eyes, nerves and kidneys. Most people with diabetes don't notice any symptoms. However, if you have any of the following symptoms, you should see your health care provider:

- Excessive thirst
- Frequent urination
- Unintentional weight loss
- Blurred vision
- Fatigue

Your risk for diabetes goes up as you get older, gain too much weight or if you don't exercise regularly. Diabetes is more common among:

- African Americans, Latinos, Native Indians, Asian Americans and Pacific Islanders

- People with high blood pressure (at or above 130/85)
- People with a family history of diabetes
- Women who have had diabetes during pregnancy or those who have had a baby weighing more than nine pounds at birth.

The American Diabetes Association estimates there are 5.4 million Kentuckians who don't know they have diabetes. In Kentucky, a broad-based group of more than 100 organizations and individuals called the Kentucky Diabetes Network is working together to improve the treatment and outcomes for people with diabetes. The network, which was initiated by the Department for Public Health, also promotes efforts to diagnose diabetes and prevent its onset.

Dr. Rice Leach, commissioner of the Department for Public Health, urges anyone with a family history

of diabetes to make every effort to maintain a normal weight, exercise moderately for at least 30 minutes three or four times a week, and to reduce the grams of fat in their diet.

"The percentage of Kentuckians with diabetes is increasing because we aren't taking good care of ourselves," Leach said. "We can reverse this trend if we just change our habits."

For more information, call the American Diabetes Association's Kentucky office in Louisville at 1-888-342-2383. Information is also available at the ADA's website at: <http://www.diabetes.org/>

Have you ever felt out of place, insignificant or alone?

Jesus knows how you feel.

He said,

"Come to Me, all you who are weary and burdened, and I will give you rest."

Come worship Him with us.

Beginning Palm Sunday,
April 8th at
Our Lady of Mt. Vernon
Sanctuary
10:15 A.M.

For information, call
(606) 256-5246

Mike Bryant, Senior Pastor
Michael Bryant, Associate Pastor
Matthew Bryant, Associate Pastor

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