

Upcoming Reunions

Pine Hill School Reunion
The 6th Annual Pine Hill School Reunion will be held Sat., September 1, 2001 at the Shelter House of the Pine Hill Missionary Baptist Church from 11:00 a.m. to 3:00 p.m. All former teachers, students and their families are invited to attend. Bring a covered dish. Hope to see you there.

Jones-Hasty
Jones-Hasty Reunion will be held at the Bible Baptist Church shelter Saturday, August 18th from 1 to 5. Everyone bring a covered dish.

Leger
Leger Reunion will be held August 19th at the Family Life Center in Renfro Valley. Come and bring a covered dish.

Vanwinkle
The family of the late John Frank Vanwinkle will hold a reunion on August 25th at Harvest Grove, Renfro Valley behind Renfro Valley Campground on US 25. Everyone welcome. Bring a dish and enjoy the day!

Singleton
The annual Singleton Family Reunion will be Sunday, August 26th at the Family Life Center. Shelter on top of hill on right. All relatives and friends are welcome. Bring a covered dish and enjoy the day with us.

Cameron
Cameron Reunion, August 18th, William Whitley House in Crab Orchard.

Church News

Songbooks Available
Pine Hill Holiness Church now has songbooks available. Books may be picked up. Call 256-2535 for more info, or send \$14.00 (\$12.00 plus \$2.00 postage) to: Pine Hill Holiness Church, Rt. 2 Box 85, Mt. Vernon, KY 40456.

Recipes Needed
Cupps Chapel Holiness Church needs recipes for a cookbook. Please send any recipes to Lisa Carpenter at PO Box 183, Livingston, KY 40445 or email laci@kix.net. The church is also selling Home Interior candles for \$6 each. All proceeds go to the church building fund.

Singles Conference
Kentucky Southeast Singles Conference for singles ages 21-45 will be held August 17 and 18. Friday at 6:30 p.m. and Saturday, music begins at 8:30 a.m. An interdenominational gathering. Corinth Baptist Church, 1671 Old Whitley Rd., London \$15 registration fee. \$20 after August 15.

Does your group need to raise money fast?
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10th. For more info, call 606-864-5440.

Saturday Night Meeting
Climax Holiness will hold their monthly Saturday night meeting on August 18th at 7 p.m. Bro. Robert Miller will be speaking.

Singing
Cupps Chapel Holiness Church will host a special singing on August 18th at 7 p.m. Featuring Family Ties. Pastor Dwayne Carpenter.

Revival
Revival starting August 27th at 7 p.m. at Cupps Chapel Holiness Church with Jeff Osborne preaching.

Saturday Singing
McNew Baptist will hold their Third Saturday Night Singing on August 18th at 7 p.m. featuring the Cox Family from London. Pastor Jerry Ballinger welcomes everyone.

Fellowship Day
A Fellowship Day will be held at the Mt. Zion Baptist Church on Sunday, August 19th beginning at 11:00 a.m. Speaker will be Bro. David Sargent. Dinner will follow morning service. Special singing in the afternoon. Everyone is invited to attend.

Concert
In concert, "The Gospel Troops," singing Southern Gospel at the New Day Worship Center, Lancaster Church of God, Saturday, August 25th at 7 p.m. Admission is free. A love offering will be lifted for the Building Fund. Rev. Paul Brasseaux and the congregation extends a warm welcome to everyone that would like to attend. The Lancaster Church of God is located at 1678 Lexington Road, Lancaster, 1 mile north on US 27.

Agricultural News

By: Warden Alexander, FSA Director

County Committee Election Coming Soon

Coming August 1, 2001 the local FSA office will begin accepting nominations for the upcoming election to be held December 3, 2001.

Committee members are a critical component of the day-to-day operations of FSA. They help run FSA farm programs at the local level. Farmers who serve on committees help decide the kind of programs their counties will have and how they will run. They make FSA agricultural programs fit the needs of local producers.

Nomination forms must be received in the local FSA office by October 29th.

Missed the Deadline??
New legislation required all farms with an effective quota greater than zero to file an initial designation of pounds to a specific warehouse, receiving station or dealer with which they intend to market their tobacco from FSA 808 by the deadline of August 1, 2001.

The next designation period for the 2001-2002 marketing season will begin October 1, 2001 and end on October 1, 2001.

Farmers are required to inform FSA of the warehouse number where they will market their tobacco. Please note the FSA 808 will indicate where the tobacco will be sold. Therefore, if you decide to market at a warehouse other than the one specified on the marketing card, you must return that card to the FSA office and request another marketing card. Remember, the marketing cards are warehouse specific.

2001 Phase II Compensation Plan

The 2001 Phase II Compensation Plan will be based on USDA-FSA records of quota ownership as of July 1, 2000. OR the final lease and transfer date as determined by USDA-FSA, and based on the number of quota pounds owned for crop year 2000.

Compensation for the growing farm and grower/tenant portion will be limited to those individuals who have a vested interest in tobacco production in 1998 and/or 1999 and/or 2000, and defined in previous compensation plans. Compensation from the Trust would be made only for the years in which an applicant had a vested interest in tobacco production, as defined under previous compensation plans.

Application should be mailed to crop year 2000 farm operators on or about August 6-10 with the applica-

tion deadline of September 15th. UK College of Agriculture has a Phase II Payment Estimator software website at <http://www.uky.edu/Agriculture/TobaccoEcon/settlement.html>.

Producers who need help in the completion of these forms should contact the local County Extension Office or the Farm Service Agency.

Grazed 2001 Wheat, Barley, Oats (Graze-Out)
The Agricultural Risk Protection Act of 2000 provides "LDP-like" payments on grazed acres. Crop year 2001 producers of wheat, oats and barley on a farm with a production flexibility contract who graze the acreage will receive a payment under the same terms and conditions as a producer who harvests a crop and applies for a loan deficiency payment.

Graze-Out is available to producers who are otherwise eligible for marketing assistance loans and LDP's. Producers enrolled in the Production Flexibility Program (PFC), graze 2001 crop acreage planted to wheat, barley or oats, do not harvest the same crop on the same acreage.

Regulations for GRAZE-OUT are available on the FSA home page at <http://www.fsa.usda.gov/dp/dpnd>.

The deadline for accepting applications for GRAZE-OUT is August 31, 2001.

School district applies for Even Start grant

The Rockcastle County School District will be applying for an Even Start Grant to provide opportunity and to expand existing programs in family literacy.

The purpose of the program is to promote interactive literacy activities between parents and children, provide training for parents regarding how to become their child's primary teacher, parent literacy training and age appropriate education to prepare children for success in school and life experiences. Community input on this project is a vital component for success. If you have suggestions please contact Kathy Bobo, Community Education Coordinator Rockcastle County Schools at 256-2125.

There will be an open meeting for the Even Start Grant application on August 16, 2001 at 9:00 in the upstairs conference room of the Board of Education. The public is invited to attend.



The Family Room

By: Dr. Roy Don Whitehead

Becoming a Non-Smoker is Difficult

"I want you to help me stop smoking," Gene told me. (All characters are fictitious.) Gene had smoked for thirty years and was up to 2 packs per day. "I've tried to quit on my own," he confessed, "but I can't seem to do it."

I told Gene that I needed more information before I would know if I could help. "Tell me about the stress in your life these days," I asked him. He began to paint a picture for me of a man under a tremendous amount of pressure. Here is a partial list of what Gene told me:

1. His oldest child (a daughter) has just left home to attend college.

2. His wife is going back to school after fifteen years at home.

3. The business that he owns is growing by leaps and bounds.

4. His father (to whom he had always been very close) died three months ago.

5. His youngest child (a son, 15) is angry and resentful most of the time.

6. He and his wife have talked of divorce for the first time in their marriage; and

7. His mother-in-law has moved in with them because she can no longer take care of herself.

Gene recounted the list very quietly and without much emotion. As I listened to Gene I am certain my face showed amazement and I (hope) sympathy.

"Did you realize how much stress you are under?" I asked him when he finished. "You are the most stressed out man I have talked to in months! No wonder you are smoking more."

"I guess I have never really made a list of my stresses before," he re-

sponded. "I didn't realize how long the list was."

"Finding a way to decrease your stress level," I continued, "will help you stop smoking. Which of these things is causing you the most stress?"

"My wife and my mother-in-law," he answered quickly. "My wife thinks she wants a divorce, but now she's moved her mother into our house. She didn't really ask me what I thought, she just did it. But I don't see anything that will help. She's not going to move her mother out just because I say that I'm feeling too much stress."

I suggested to Gene the possibility of marriage counseling. He was reluctant at first. "I would feel really awkward talking about my marriage with my wife and a stranger," he said. Later he decided counseling was worth a try. "I'm desperate!"

"Reducing your stress level," I promised Gene. "Will help you to quit smoking."

Gene is not alone in his struggle to stop smoking. The struggle can be a very difficult one. Smoking is a habit and an addiction. It becomes a part of the social fabric of the smoker's life.

The reasons for quitting, however, are stronger than ever. More and more research acknowledges the role smoking plays in disease. Even the tobacco companies are admitting that smoking can contribute to illness.

Lowering his stress level will help Gene quit, but that will probably not be all the battle. Medical help, such as the patch or Zyban, group support, hypnosis and behavior modification techniques may also help him quit.

Quitting is hard and Gene will need all the help he can get.

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BACK TO SCHOOL

AT BES

WHEN: Sunday, August 26, 2001

TIME: 2-5 PM

WHERE: The NEW Brodhead Elementary School

Register new students

Visit your classroom

Meet your teacher

Join PTA

If your child walks to school or is brought and/or picked up by an adult there will be a special meeting at 3:00 in the cafeteria.

ALL parents need to be at this meeting.