

Bittersweet Festival is October 5th and 6th

The annual Bittersweet Festival will be October 5th and 6th with a variety of events scheduled:

Bittersweet Festival Pageant: Age Divisions - Baby girl/boy 0-12 months; Tiny Miss/Master 1-3 years; Little Miss/Master 4-6 years and Junior Preteen 7-10 years.

Contestant must pay a \$20.00 entry fee prior to the pageant and submit a photo of the contestant by Friday, September 28th. Entry fee may be paid by a sponsor or parent. Sponsorship will be announced during the pageant. Early registration is encouraged and appreciated.

For more information and registration application contact Lisa Smith at (606)256-3343 or any festival committee member.

5K Bittersweet Run: Saturday, October 6th at 9:00 a.m. at the Rockcastle County Courthouse. Entry fee is \$12. Preregistration or \$14.00 day of race.

Race Day Schedule: 7:30-8:30 Registration, pick up number and t-shirt. 8:30 Kids Fun Run (1 mile). 9:00 Race Starts, 10:00 Refreshments and presentation of awards.

Parade: Any organization, groups or families are encouraged to submit a float or march in the Bittersweet parade. The theme this year is "A Family Affair" so all floats should be geared toward this theme.

Needed: Floats, animals, clowns, four wheelers, classic cars, monster trucks, dirt bikes and school club and athletes.

Awards will be presented to the

top three floats. If your family would like to enter a float and would like more information please contact Teresa Russell at (606)256-3284 or Carol Kirby at (606)256-3284 or (606)878-8000.

The parade will be Saturday, October 6th at 2:00 p.m. Be creative and join the celebration!

Constitution Day September 17th

September 17th through 23rd commemorates the signing of the Constitution of the United States of America. This guardian of liberties established our Republic as a self-governing nation dedicated to rule by law. Use next week to laud the achievements of those courageous men who, over two hundred years

Talent Contest: Saturday, October 6th. Age Divisions: Youth group to age 15 or adult group age 16 and over. Cash prizes will be given to winners.

For more information contact Sherry Hansen at (606)256-4428 after 4:30 p.m.

ago, struggled to balance a limited government with the rights, privileges and responsibilities of American citizenship.

Rockcastle County Chapter of D.A.R. encourage you to sing "America" or another hymn and have a special prayer of thanksgiving during your church worship service this Sunday.

Let children help plan nutritious meals

By Hazel Jackson, Co. Ext. Agent for Family & Consumer Sciences

Letting children help you prepare their school lunches, after-school snacks or other family meals has many advantages.

Children should be familiar with the kitchen. Helping you plan their meals gives them an education in nutrition, food safety, kitchen safety and self confidence. It also gives them the opportunity to pick out foods they appreciate and will eat. Plus, you'll have the peace of mind that they are eating what they want and not trading with friends.

Working with children on meals or snacks also gives you an opportunity to introduce new foods into their diets. Remember to look at a child's overall eating pattern; one meal won't make or break the nutritional balance.

Generally speaking, a child's lunch should contain about one-third of the day's nutrients and calories. Offer a variety of foods which includes two servings of fruits or vegetables, two servings of bread or grains, some protein, and low-fat milk or other low-fat dairy products. Keep hot foods hot at least 140 degrees Fahrenheit and cold foods cold no warmer than 40 degrees F. To ensure that your children's lunches are safe, fill the thermos with boiling water and let it stand five minutes before adding piping hot food. Use an insulated lunch box with frozen juice boxes or ice packs or get to keep food cold.

To prevent foodborne illnesses, always throw away leftover lunch or snack food items. Always thoroughly clean lunch boxes, wash your hands well between preparing different types of food, and use clean utensils and work surfaces.

For more information, contact your Rockcastle County Cooperative Extension Service.

"Lawsuit"

(Cont. from front)

The fiscal court, in their answer, denied that allegation and filed a cross claim against Ready Mix.

The answers in the case were filed on August 23rd, with the case still pending in Rockcastle Circuit Court.

"Letters"

(Cont. from A-2)

trade my childhood memories for anything in this world.

While we were visiting we stayed at Clifton Bond's and was treated so good I may just go back again.

We were sitting on the steps of a business and my husband was admiring a '51 Ford, he wasn't as interested in the driver as much as the car until it passed a couple of times when he realized the driver did look familiar.

and another trip back to look familiar and looked like his brother-in-law, Dave from Wisconsin. Well when it came by again he finally saw the passenger and sure enough it was his sister,

Betty who had moved from Wisconsin to Winchester, so that was an extra plus. We had a delicious supper at a real nice place called Jean's then we returned for breakfast Sunday morning.

Thanks to all who put this on, I also got to see Kitty Prym for a few minutes she is such a talented person and a beautiful singer.

I had the pleasure of meeting her and a woman named Janet last June when we stopped in Livingston for a short visit.

Clayton is a musician and has a band of his own called Bluegrass Addition, they play local in the Cincinnati area.

On Friday evening we had gone to Franklin, Ohio to River Days which is a nice place to go for an evening of entertainment, and I had the pleasure of meeting up with a girl that I had not seen since I was 15 years old, which was 41 years ago. So once again thanks for having this, I also enjoy reading the Mt. Vernon Signal.

Rose Ballard Durham Harrison, OH

P.S. I really enjoy Points East By: Ike Adams. I also see his column in different newspapers where is he from? I buy your paper each time I travel through Mt. Vernon. Clayton laughs at me because I enjoy reading about people and things I know nothing about.

Editor's Note: Ike Adams now lives in Paint Lick, Kentucky and was originally from Eastern Kentucky.

Dear Editor,

The RCMS Sixth Grade Cheerleaders BCSM Club would like to thank the following businesses for purchasing ads in our 2002 calendar: Berra National Bank of Mt. Vernon, Mt. Vernon Drug, Taylor's Produce, Town and Country, Norma Houk, James Miller, Richmond Street Eycare, Sowder Nursing Home, Teresa Jackson Insurance, Pizza Hut, Excel Fitness, Wendy's, Cigo, KFC, Dowell & Martin Funeral Home, Lake Linville Marina, Sparks Flowers and More, Teresa Vanzant, Clinton States Insurance, A Cut Above, Cutting Edge, Shoprite, Buzz Carlitos, Cox's Hardware, Cox's Florist, Mt. Vernon Printing, Perry's Body Shop, Ford Brothers, Hale's Used Cars, Apollo Pizza and Edward Jones Investments.

Booster Club

Dear Editor,

How could someone who has been going for the last 18 years trying and saying to do the "right thing" and having such "high moral values," go and lie about someone and have them charged with Domestic Violence? (Not once but twice!)

That makes me wonder about their religion and makes me question whether or not I should allow my children to be there!

This person went and told that they did not see a dispute against an innocent person when in all actuality, they DID! Why? Why would this person do this?

This person is a person who they are and knows what they did and they know what they should do when the next opportunity presents itself to do the right thing and the next time they attend service.

And on another topic, how could our County Attorney represent somebody who stole everything, including the toilet-out of somebody's house? This certain County Attorney said that they could not do nothing about this situation because they were representing that person who stole these things out of an innocent hardworking man's house. A junkie who hasn't been sober for years can get more justice than a normal disabled citizen.

This is not right Our County Attorney is supposed to work for the "honest people" of this county, not the junkies of the county!

Thank you for your time, William Mink, Mt. Vernon, KY



About 70 riders participated in the annual Rockcastle County Cystic Fibrosis Bike-a-Thon on Saturday at Brodhead. Above from left are Chelsea Mills, Jerika Robbins, Katie Cowan and Sarah Woodall. Over \$9,600 was raised at the Bike-a-Thon and road block.



Doug Proctor shows the way to the riders who participated in the Cystic Fibrosis Bike-a-Thon.

Livingston Homecoming 2001

Friday night the Gospel Singing was very good. Billy Medley did a fine job and the local singers did a great job.

Saturday morning, the pancake breakfast turned out very well, thanks to Mrs. Gladys Carpenter.

As usual, the LVFD did the time-up for the parade. I can't say enough about Chief Sam Stallworth, and the members of the LVFD. Without all their help, we simply could not have a homecoming.

It was so nice to see some of the teachers from our schools. I wish more could have come.

I think we had a really nice parade. Thanks to everyone who took the time to be in the parade. The J.R.O.T.C. was looking very sharp and a parade just wouldn't be a parade without a band. Thanks to all of you for being with us.

What did you think about the way the stage was fixed for the recognition program? Mrs. Aletha Bryant, and all her helpers, did a fine job. The banner for Mr. Preston Parrett was bought by the Class of '66. We hope someday that we can hang it from the rafters in the gym.

To our good friends from the courthouse, thank you for taking time out to come and be with us and for the very generous donations. Come election time, we will not forget you. Saturday night, we had some good, pure country and Bluegrass music. Thanks to the Rockcastle Touch of Grass and Mrs. Zella Parsons and for the band, "A Class Act."

A special thank you to Mr. Ken Hopkins for setting up his sound system on stage early Saturday morning and we didn't have to rush around getting ours set up.

On Sunday, the church service was conducted by Bro. Gary Parker. We have more and more each year for this service.

The music on Sunday night was provided by the Wild River Band and a very good band it was. The only thing we do not have enough electric power for this much equipment. By next year, we hope to solve this problem.

At 10 p.m., we had the fireworks. The very best we have ever had. Again, thanks to the LVFD. They use the same people each year and each year they get better.

I know I have just barely touched on all the people's names that helped and I am sorry for this but it is just impossible to list everyone.

Mr. Murphy and Eva Martin have let us use his trailer and his building for years to conduct our float. Also, he has pulled the float in the parade but this year, he has been feeling poorly and was not able to help us. Murphy, we thank you for everything.

This year, Mr. Dennis Elliott did this for us. Mrs. Louis Elliott allowed us to use her garage. We thank you so

much.

Last, we thank everyone that helped us in any way. Without your support, we could not have our homecoming.

May God bless all of you and all of us.

Best Regards,
Livingston Homecoming Comm.
Dell Ponder, Chairman



The Family Room
By: Dr. Roy Don Whitehead

at the top of their lists. Each of them will have to give up some other activity to make time for her priority.

This truth became obvious to me again in a class that I teach. Each participant made time for the weekly meeting of that class for a month.

These people, with their hectic schedules, carved two-and-a-half hours out of each Tuesday night.

They wanted to do it, and they made it happen. At the end of the class, I encouraged them to keep some of that time available for themselves. These class members had proven that time can be made.

One thing that helped them make the time for class was the commitment they had made to other people to be there. Making time for exercise may be easier if there is a friend involved. If Susie's friend is waiting for her to go walking, Susie is more likely to go than if she is the only one involved.

Another important part of making time is learning to say "No." To have time for what is important, I must say "no" to what is not as high on my priority list.

Time is not found. It is made. I welcome your comments and questions about this column or other family issues. Write me at 402 Coomer St., Suite 204, Somerset, Kentucky 42503. Or email me at dwhite@aya.yale.edu.

These women are not the only ones who have become the lack of time to do what they want. A similar discussion has taken place many times among other groups.

Although they complained about the lack of time, these four women were not able to come up with any ideas for finding more time. They left their luncheon still having the same problem as when they came: not enough time.

Could it be that they are "barking up the wrong tree"? Will they ever be able to find more time? No, they will never find any extra time. In fact looking for more time is what is keeping them from finding a solution.

They are blessed with the same amount of time as everyone else, twenty-four hours per day. No matter how hard they look, they will never find another hour or even another second to add to their day.

If finding time is not the solution, then what is? Each of them will have to make the time to do what is important to them. Each will have to carve a chunk of time out of her busy schedule. The time will not magically appear; it must be made.

The key to carving time from a busy schedule is priorities, priorities and priorities. What is most important to each of these women? Exercise, family time and quiet time are

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Call Bob or Linda
606-256-4428

Too Late To Classify...
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Wanted: To help with elderly. Experienced. Dependable. References available. Call 256-2149, x2



PFC Jefferson Smith graduated from Marine Corps Basic Training on September 7, 2001. After leave he will go to Camp Geiger, North Carolina.



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