

Coping with cancer

Patients and family members coping with cancer will soon be able to reach out to others in similar situations through a new cancer support group. "In Touch," the support group organized by the Lake Cumberland Regional Hospital Cancer Treatment Center in conjunction with the American Cancer Society, will have its introductory meeting on Thursday, September 13. The meeting will begin at 5:00 p.m. and will be held in the Lake Cumberland Regional Hospital private dining room, 305 Langdon Street, Somerset. Refreshments will be provided.

"In Touch," is designed to offer support, encouragement, assistance and educational information to help cancer patients and their families cope with their situations. The meeting will not only provide individuals the opportunity to reach out to others with similar concerns, it will also give them the opportunity to share experience, which can ease the sense of isolation and stress often present in such situations.

The facilitator for the support group will be Sue Buchanan, LPN, a radiation oncology nurse at the hos-

pital since 1992, who is also involved in the LCRH Parish Nurse Program, serving the Burnside Church of God.

"We are very excited about our new support group," stated Buchanan. "Our goal is to reach out and provide compassionate, caring support for anyone who is touched by cancer."

Buchanan's interest in cancer patients is evidenced by her active involvement in the National Oncology Nursing Society as well as the American Cancer Society. She was instrumental in initiating the hospital's team participation in the ACS annual Relay for Life, and has served as past hospital team captain. The establishment of the support group is also a direct result of Buchanan's compassion for cancer patients. Through her efforts, and a grant from the American Cancer Society, this much-needed support group has come into fruition.

Meeting for "In Touch" will be held on the second Thursday of each month in the hospital's private dining room. The speaker for the first meeting will be Amullah Khan, MD, Fellow American College of Radiation

Oncology. Dr. Khan will discuss cancer-related topics and issues regarding radiation therapy.

For more information regarding "In Touch," call Sue Buchanan, LPN, at 606-678-3180, or Leslie Hamner

at the American Cancer Society, 606-678-0203. Cancer information is available 24 hours a day, seven days a week by calling 1-800-ACS-2345 or visiting the ACS web site at www.cancer.com

or within one hour if the temperature is above 20°F.

- Thaw food in the refrigerator.
- For quick thawing, submerge in cold water in airtight packing, or thaw in the microwave and cook the food immediately.
- Divide large quantities of leftovers into shallow containers for

quicker cooling in the refrigerator.

- Marinate food in the refrigerator.
- When transporting food, place cold food in a cooler with a cold source such as ice or commercial freezing gels. Keep the cooler in the coolest part of your car, rather than in a hot trunk.

National Food Safety Month

September is National Food Safety Education Month (NFSEM), an annual observance to focus attention on the importance of safe food handling and preparation in both home and commercial kitchens. Created by the foodservice industry in 1995, NFSEM is widely supported by federal, state and local government agencies; the food industry; and consumer organizations.

Be Cool-Chill Out! Refrigerate Promptly is this year's theme for NFSEM.

Harmful bacteria grow most rapidly in the Danger Zone - the unsafe temperatures between 40 and 140°F, so it's important to keep food out of

this temperature range. In addition, cold temperatures keep most harmful bacteria from growing; therefore, refrigerating food quickly is key!

Here are some helpful tips for keeping cold food cold:

- Make sure the temperature in the refrigerator is 40°F or below and 0°F or below in the freezer.
- Use a refrigerator/freezer thermometer to check the temperature. Don't overfill the refrigerator. Cool air must circulate to help keep food safe.
- Refrigerate or freeze perishables, prepared food, and leftovers within two hours of purchase or preparation,

We proudly display our American Flag

By William Jerry Ayers

We proudly display our American flag.

On homes and places of business for all to see.

To show our service men, women we support them, you and me.

We proudly display our American flag.

To let the world know she stands for freedom and what is right.

Although to prove this at times we must take up arms and fight.

In our own country's she been denied and burned, but she's been through the fire before.

And she still waves on, for she can take a whole lot more.

We proudly display our American

flag.

This symbol of faith, hope, freedom and peace of which we want the whole world to share.

Most of all she's there to let all those young people who serve our great country know we care.

We proudly display our American flag.

And let all who see her know it's what she means and stands for that we want too brag.

For we are all mighty proud of that red, white and blue flag.

As an American Post for now that's about all I have to say.

Except, Lord please keep our flag, our country and all its brave troops safe I pray.

Notice of Bond Sale

The Rockcastle County (Kentucky) School District Finance Corporation, until 11:00 A.M., E.D.S.T., on September 25, 2001, receive in the office of Dr. Robert E. Tarvin, Executive Director, Kentucky School Facilities Construction Commission, 229 W. Main street, Suite 102, Frankfort, Kentucky 40601, competitive bids for its \$6,670,000 School Building Refunding Revenue Bonds, Series of 2001, dated October 1, 2001; maturing April 1, 2002 through 2018.

Bids must be on Official Bid Form contained in the Preliminary Official Statement deemed final under SEC Rule 15c2-12(b)(1) available from Johnson, Brown, Burnett & Knight, a division of Ross, Sinclair & Associates, Inc., Louisville, Kentucky or electronically by visiting <http://www.rsamuni.com>.

Sale on tax-exempt basis, subject to approving legal opinions of Henry M. Reed III, Bond Counsel and Special Tax Counsel. The Bonds are "bank eligible." Term Bonds are permitted.

Rockcastle County School District Finance Corporation
By /s/ Larry Hammond
Secretary

Ordinance #5-2001

An Ordinance levying the annual ad valorem tax for city purposes in the corporate limits of Mt. Vernon, Kentucky.

Whereas, Kentucky Revised Statute (KRS) 92.230 requires that the legislative body of each city annually levy an ad valorem tax for city purposes, and,

Whereas, KRS 92.230 requires that all taxes be levied by ordinance, and,

Whereas, KRS 83A.130, 140 and 150 require that the legislative body, by ordinance provide for sufficient revenue to operate city government, and,

Whereas, the city has calculated the tax rate for real and personal property (hereinafter) in accordance with KRS chapter 132.

Now Therefore Be It Ordained, by the City of Mt. Vernon, Kentucky as follows:

Section One: Tax Levy - Real estate and personal property

A. An ad valorem tax rate of .169 cents on each \$100.00 (one hundred dollars) assessed value of real property subject to taxation under the laws of the State of Kentucky is hereby levied for city purposes.

B. An ad valorem tax rate of .169 cents on each \$100.00 (one hundred dollars) assessed value of personal property subject to taxation under the laws of the State of Kentucky is hereby levied for city purposes.

Section Two: Due Date, Payment, Discount and Penalty

All said taxes shall be due and payable at the City Offices on 30th day of November, 2001. Taxes paid prior to the due date shall receive a two per cent (2%) discount. Taxes paid up to thirty (30) days after the due date shall be at the face amount. Taxes paid more than thirty (30) days after the due date shall be charged a ten per cent (10%) penalty and interest at the rate of six per cent (6%) per annum calculated from the due date.

Section Three: Effective Date and Use Thereof

This ordinance applies to the 2001 calendar year assessment and all receipts shall be used for city purposes and accounted in the 2002 fiscal year and subsequent fiscal years in reference to delinquent collections.

Adopted this 17th day of September, 2001
Date of First Reading: 9/10/2001
Date of Second Reading: 9/17/2001

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