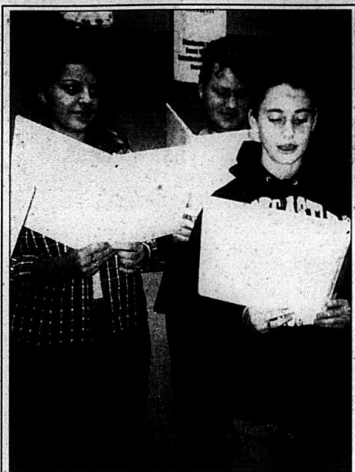




RCHS students Jessica Carpenter, Jamie Robinson and Rebekah Lyons rehearse for "Teen Read Week" presentations Thursday, October 18th at 6 p.m. at the Rockcastle County Public Library.

Teen Read Week at Rockcastle Library

On Thursday, October 18th beginning at 6:00 p.m., the Rockcastle County Public Library will recognize "Teen Read Week" with various literacy and arts based presentations focusing on teens and young adults. Rockcastle County High School Honors English/Arts and Humanities student presentations include Readers Theatre, original poetry and storytelling. Refreshments will be provided.

"The students are always looking for opportunities to present original work and 'Teen Read Week' at the library offers a logical venue," said Wanda Burdine, RCHS Language Arts instructor.

"Teen Read Week," is a national observance sponsored by the American Library Association. During "Teen Read Week," the library has partnered with the Rockcastle County Schools Service Learning Program. According to Service-Learning coordinator Kathy Bobo, "service-learning promotes a method for young people to learn and

develop through active participation in thoughtfully organized service experiences." In order to continue the partnership after "Teen Read Week," the library is inviting the high school students to present age appropriate activities for pre-school story hour on Tuesdays and to be a contributing presence at the library.

"Through this partnership with Service-Learning over 100 new young adult titles are now available through the grant funding," added Kathy McKibben, Children's and Young Adult Librarian.

Students and teachers participating in "Teen Read Week" include Honors English Instructor Wanda Burdine, Arts and Humanities Instructor Allyne Cornelius, Aaron Anderkin, Jarred Rice, Jamie Robinson, Rebekah Lyons, Jessica Carpenter, Bryanna Bussell, Bridgett Lear, Kelly Bullock, Amanda Cummins, Ashley Cottrell, Brittany Blair and Shaina Lewis. For more information call 256-2388.

Flu and pneumonia vaccines available October 15

Under the best of circumstances, the influenza virus is a serious disease that can knock you off your feet for days. Fever, cough, chills, sore throat, headache, and muscle aches are common symptoms. For the elderly or those in poor health, the flu can cause a significant health risk. Even more of a concern is pneumococcal disease—it is fatal for one out of every 20 people who get pneumococcal pneumonia.

Fortunately, there are vaccines that are safe and effective in preventing these illnesses for most people.

Kimberly Cornelius, M.D., is encouraging all area residents at high risk to get their vaccines early this year. Her office expects to have a good supply of the preventive vaccine by October 15.

"Taking a few minutes to get a flu shot each year in October or November is probably the easiest thing you can do to protect your health," she said. "It's very important that the elderly and anyone with a long-term illness obtain appropriate vaccines as soon as they are available."

To make the process even easier, Cornelius is opening her practice to walk-in patients, which means no appointment is necessary. Vaccines will be available daily 9 a.m. - 4:30 p.m.

The vaccines are covered by Medicare, Medicaid, and most health insurance plans. In addition, Cornelius said she will give a vaccine to anyone who is at risk of getting a serious case of or complications from influenza or pneumococcal disease, whether or not they have health insurance coverage.

High Risk Characteristics
Influenza: People who fall into one or more of the following categories are at higher risk of contracting and having complications from the influenza virus: (who could develop Reye Syndrome if they catch influenza).

Everyone 50 years of age or older. Residents of long-term care facilities, which house people with chronic medical conditions.

Anyone who has a serious long-term health problem with: heart disease, lung disease, asthma, kidney disease, metabolic disease, such as diabetes, anemia and other blood disorders.

Anyone whose immune system is weakened. Anyone six months to 18 years of age on long-term aspirin treatment.

Women who will be past the third month of pregnancy during the influenza season.

Physicians, nurses, family members, or anyone else coming in close contact with people at high risk.

Some people should talk with a doctor before getting an influenza vaccine. These include anyone who has ever had a serious allergic reaction to eggs or to a previous dose of influenza vaccine or have a history of Guillain-Barre Syndrome (GBS). If you have a fever or are severely ill at the time the shot is scheduled you should usually wait until you recover before getting influenza vaccine. Talk with your doctor nurse about whether or not to reschedule the vaccination.

Pneumococcal disease: Those who should get the Pneumococcal polysaccharide vaccine (PPV), which protects against 23 types of pneumococcal bacteria, include the following:

All adults 65 years of age or older.

Those over two years of age who have a long-term health problem such as: heart disease, sickle cell disease, alcoholism, leaks of cerebrospinal fluid, lung disease, diabetes and cirrhosis.

Those over 2 years of age who have a disease or condition that lowers the body's resistance to infection. Those over 2 years of age who are taking any drug or treatment that lowers the body's resistance to infection.

Alaskan Natives and certain Native American populations. Dr. Cornelius specializes in Internal Medicine and Pediatrics. Her office is in the Rockcastle Medical Arts Building, 140 Newcomb Avenue, Mt. Vernon. For more information or to schedule an appointment, call 606-256-4148.

Attention Rockcastle County Residents

You have a new business opening its doors to serve you.

D&J Furniture

Located on Hwy. 2549 (Across from Payne's Auto Sales)

Grand Opening - October 19th

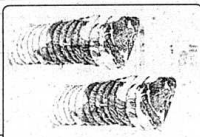
Everyone is invited to stop in and check out our prices on new and used furniture, what-nots, Halloween items and household supplies

FOOD WORLD

AD PRICES VALID Tuesday, Oct. 9, 2001 thru Oct. 15, 2001

We reserve the right to limit quantities and to correct typographical and/or pictorial errors. Items sold to discretion.

Open 7 Days A Week
Monday thru Sunday
8 a.m. to 9 p.m.
PHONE
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Food Stamps & Wic
Glady Accepted
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Redeemed



U.S.D.A. Inspected (Asst. Chop)

Quarter Pork Loins

12 oz. Sliced Field's Bacon \$9.99

1 39



10 Lb. Bag

Russet Potatoes

Fresh Broccoli 99¢

1 99

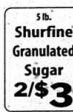


Reeffoot Whole

Smoked Picnic

1 lb. Reg. Thick or Field's Bologna 2/3

79¢



5 lb. Shurfine Granulated Sugar 2/\$3



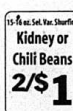
Campbell's Chicken Noodle or Tomato Soup 10.75 oz. 2/\$1



33-39 oz. Can Sel. Var. Maxwell House Coffee 469



5 oz. Sel. Var. Chicken of the Sea Tuna 2/\$1



15 lb. Sel. Var. Shurfine Kidney or Chili Beans 2/\$1



Green Giant Vegetables 11-15.25 oz. Sel. Var. 3/\$1



14.5-15 oz. Sel. Var. Red Gold Tomato Prods. 69¢



5 lb. Crinkle Cut Saver's Choice Potatoes 2/\$3



46 oz. Shurfine or Saver's Choice Tomato Juice 59¢



12 Pack Pepsi-Cola & Products 299



31 oz. Dinty Moore Beef Stew 189



46 oz. Shurfine or Saver's Choice Chicken Breasts 99¢



Bluegrass Virginia Brand Deli Ham 299



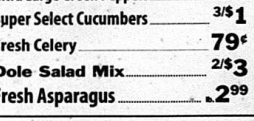
2 Lbs. \$1



Banquet Chicken 10.5-13.5 oz. Sel. Var. Patties, Tenders or Nuggets 2/\$4



Swiss Miss Pudding Cups 6 pk. Sel. Var. 299



7 lb. bag 159

Extra Large Green Peppers 59¢
Super Select Cucumbers 3/\$1
Fresh Celery 79¢
Dole Salad Mix 2/\$3
Fresh Asparagus 299

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Sharon's Pet Parlor

Quality, affordable pet grooming with TLC! By appointment only. Located behind Carter's Market. For appointments call 256-1481

Open House

American Red Cross

Daniel Boone Chapter

(1835 Big Hill Road, Berea)

Sat., Oct. 13th

10 a.m. - 7 p.m.

Activities and workshops

going on all day

For more info. call (859)986-4221