Church News

Free Bible Course
If you would like to receive a free 8
lesson Bible correspondence course by mail, send your name and address to: Bible Course, Rt. 4 Box 297, Mt Vernon, KY 40456.

Church Services

Winding Blade Holiness Church Services are Sunday at 6:00 p.m. and Wednesday 7:00 p.m. Pastor Bill Carpenter. Pastor and congregation velcomes everyone. Church is lo-ated on Winding Blade Road just off

Quest of Revelation

Quest of Revelation taught by Bro. Larry Burdette each Sunday night at 7 p.m. at Flat Rock Baptist Church. 7 p.m. at Flat Rock Baptist Church. Come be a part of our Quest of Revelation. Everyone invited.

Gospel Singing

Gospel Singing
Dixic Park Cornerstone Baptist
Church, Powell St. off Glades Road,
Berca will have a Gospel Sing on
Oct-27th at 7 p.m. featuring Family
Circle. Pastor Doug Collins and
church family invites you to come
worship. For info. call (859)9864238.

Revival
Revival services will be held at Calvary Apostolic Lighthouse just off Richmond St., Mt. Vernon. Speaker Rev. Leon Suggett of Pearland, Texas

What Saith the Scriptures

Providence church of Christ

an McKibben-758-9316 ~ E-mail: Dan.McKibben@Juno.co Web Site: www.WhatSaithTheScriptures.com

PICKUPS

SPORT UTILITIES

FOREIGN-DOMESTIC

MINI VANS-VANS

SPORT SEDANS

ne of Services. Sunday 10am Bible Study, Worship 10:40 & 7pm, Wednesday 7:30pm. Radio program, Sunday 8am, 1460 AM

There's FIRE in the hearts of the There's FIRE in the hearts of the Youth at Lighthouse Assembly of God Church. Come catch a FLAME! Cotober 25: 26: 27 at 7 pm. nightly. Micah Parkerson will be speaking each evening. Skits, prizes and special singing featuring New Frontier. Kristy Whitter and Eric Vanzand others. Don't be caught without GOD!! For more info. call 256-929 or 256-9072.

Revival
Ottawa Baptist Church, October 2830 with Dr. Morris L. Anderson,
Evangelist, Sunday services at 10Kennellist, Sunday services at 10Worship Services, Sunday evening
Discipleship Training at 6 p.m. and
worship service at 7 p.m. Monday
and Tuesday evening at 7 p.m. Special emphasis and singing each service. Sunday morning - "Beat Our
Best Sunday" (S.S. High Attendance). Sunday evening - "Sunday
Exchoal at Night". Monday evening
"Ladies Night and Children's Night".
Tuesday evening "Men's Night".
Tuesday evening "Men's Night".

Hallelujah Party

Hallelujah Party

Cupps Chapel Holiness Church will be a Hallelujah Party October 26th starting at 7 pm. Well supervised. Adults welcome to stay. Plenty of candy, food and games.

Special Singing

Gordon Mink and The Praise Singers will be at the Corinth Holiness Chugch October 26th at 7 p.m. Everyone welcome.

Halloween Alternative Conway Baptist Church will host their 3rd Annual Halloween Alterna-tive. This year's drama entitled "Ev-eryone" will be held Sat., Oct. 27th eryone" will be held Sat., Oct. 27th at 7 p.m. and Sun., Oct. 28th at 6 p.m. Everyone welcome. All lost are es-pecially encouraged to attend.

Concert

The King's Children (also known as the Blind Singers) will be in concert Sat., Oct. 27th at the Maple Grove Baptist Church at 7 p.m. Pastor Bro-

Baptist Church at 7 p.m. Pastor Bro Keith Carr. Everyone wglcome. Day of Power Rockcastle Associational Baptis Women's World Day of Power will be held at the Poplar Grove Baptis Church on November's that 7 p.m.

busy as possible. Keep your life as normal as possible. * Realize that those around you are also under stress.

 Increase your physical activity, particularly within the first 24-48 hours following an event, periods of hours following an event, periods of exercise (walking, running, yard or house work, etc.) alternated with re-laxation will alleviate some physical

reactions.

* Keep sleep and diet at healthy limits; the better rested and nourished you are, the better equipped you are to deal with stress.

Recognize your limits. Learn to accept that you are not capable of doing all things. all the time.
Neither alcohol nor drugs actually helps manage stress.
Do things you enjoy doing. Additional information on coping with stress provoked by the terrorist attacks can be found at http://www.ed.gov/linits/seprember 11 index.hmlo not be Department for Education website and at http://wasfexchools.org/clear/crisis.hml on the Kentucky Center for School Safety website.

Hospital and fire departments team up to make smoke detectors available for elderly and disabled

Rockeastle Hospital's Home ealth agency and four volunteer fire partnents have gioned together to alex area homes a fittle safer. As troff Fire Prevention Month, smoke detectors will be given to those who e over 60 years old or disabled and not already have a smoke detector for the control of the control of the control of the propher who already have smoke de-tectors to check the batteries regu-ROCKCASTIE HOSPITAL'S HOME Health agency and four volunteer fire departments have joined together to make area homes a little safer. As part of Fire Prevention Month, smoke detectors will be given to those who are over 60 years old or disabled and do not already have a smoke detector in their home.

To confirm eligibility, residents should call the Rockcastle Hospital Home Health office at 256-1808. If smoke detector will be delivered by a

tectors to check the batteries regu-larly because the device can't help you if it's not in good working order." Jack's Hardware made the smoke detectors available at cost to Rockcastle Hospital Home Healthand the local volunteer fire departments.

Tips for deaing with terrorism related fears

The reports about Anthrax, as well as the stacks of Sept. II, have led to understandable fears in people about their own safety. The Cabinet for Health Services, in openulation with other agencies, is offering some practical coping strategies for adults and children feeling anxiety related to possible acts of terrorism. Although there have been corress about Anthrax in Kentucky, no biological agent or threat has been found. Kentucky authorities are taking immediate action as soon as a report is made and working to quickly assess the danger in each situation for those directly effected,

"It's important to remain calm while authorities investigate these cases. Public safety, law enforcement and health officials age working to make sure that Kentuckians can feel safe in their homes, schools and

and health officials are working for make sure that Kertinckians can feel safe in their homes, schools and workplaces, said Dr. Rice Leach, the Commissioner of the Department for Dublic Health, "I know our system is working because nationwide there are only seven cases out of 280 million péople. The doctors, public health officials and law enforcement, officials are detecting exposure early enough to treat and prevent illness where exposure has happened."

The following are some steps parents and other adults can take to help children cope with their fears.

* Encourage children to express their feelings through talking, drawing or playing, as well as discussion. It is important to listen to their feelings in a calin, accepting milmer.

* Be honest and open about the facts of the situation, but keep information age appropriate.

* Children need frequent reassurance that efforts are being made to ensure their safety.

* Try to maintain the daily routine as much as possible.

* Monitor exposure to media coverage through television or Intermet.

* Don't be afraid to say T don't know "i fyou arent sure how to answer your child's question. Explain, know "i fyou arent sure how to answer your child's question. Explain them to the same are are and that the daily are still working hard go that children can be safe and secure.

* Provide hope for the future. Re-assure under saffriming the future and talking-in positive terms about future events can help a child rebuild trust and faith in their future.

* Adults also experience feelings of

Adults also experience feelings of anxiety and being out-of-control as a result of disasters or abnormal sixuations. It is normal to experience anxiety in reaction to a stressful event. Common physical indicators of a stress reaction are upset stomach, headache, light-headedness, and tituling or numberss.

tingling or numbness.

The following are some things adults can do to deal with stress

adults can do to deal with stress caused by abnormal events:

* Talk to people about your feelings. If others are involved help them by sharing your feelings and checking how they are doing,

* Structure your time; keep as

Livingston Fire Department HAUNTED HOUSE

Sat., Oct. 27th Mon., Oct. 29th Tues., Oct. 30th Wed., Oct. 31st

Open: 7:00 p.m.

Upstairs - Old Mason Hall Main St. Livingston Bldg. on Corner by School

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What Women Want: Top 10 Reasons Women Love Birth at Fort Logan Hospital

JACUZZI TUBS – At Fort Logan Hospital each birthing suite has a relaxing Jacuzzi tub to relieve the discomforts of labor and soothe postpartum pains.

GARDEN PATIOS – Each birthing suite has its own full-length glass door leading out to our private garden. Relax by the sparkling fountain. Smell the roses. Have lunch under the gazebo. Visit with your guests.

3. MOM, DAD AND BABY STAY TOGETHER - Our unique LDRP design lets mom, dad and new baby stay together in their private birthing suite until they are ready for home.

4. LOW C-SECTION RATE - Our unique family entered birth design allows us to maintain the lowest section rate in the state of Kentucky.

5. CHILDREN WELCOME - Our kids plan is personalized for ach family, whether simply holding their new brother or sister, eleasing extra energy outside on the patio, or being present at birth, we want this to be a special time for each family.

OPEN VISITATION – Each woman may experience the miracle of birth with just her spouse, or share the celebration with family and friends.

7. LDRP ROOMS – Simply put, only Fort Logan Hospital lets each woman stay in the luxurious birthing suites with Jacuzzi tubs until she is ready to go home.

8. FATHER ASSISTED BIRTH - Our "dads deliver" option prepares interested dads-to-be to assist in the birth of his new baby.

9. PERSONAL NURSING CARE – The same nurses who help each woman through labor and delivery provide personalized care for both mom and baby until they go home.

10. YOUR FAMILY DOCTOR - Drs. Miller and Sims both offer personalized maternity care. Each one is typically on call every night, so each couple's own trusted doctor can be present to help with the



JAMES A. MILLER, M.D. CHRISTOPHER D. SIMS, M.D. Caring for the whole family
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