

# 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.

## Mission Hours

First Baptist Church Food and Clothing Mission's hours are Mon. & Wed. 9 a.m. to 2 p.m. and Sat. 10 a.m. to 2 p.m. The Mission is located on 30 Church St., Mt. Vernon.

## Church Services

Rose Hill Baptist Church services are Sunday at 11 a.m. and 7 p.m. and Thursday at 7 p.m. Preacher is Larry Mink.

## Church Services

River of Faith Ministries, Inc. Pastor Mary White  
Service Times:  
Sunday 10:00 a.m. & 6 p.m.  
Wednesday night 7 p.m.  
More info call 256-6299 or 256-0438

(located on Hwy. 1004 just past Jean's Restaurant)  
riveroffaith.com

## Services

Union Baptist Church at Red Hill Sunday School 10 a.m. Church Services 11 a.m. The church and Pastor Dale Walters welcomes everyone to come.

## Services

Church of the Nazarene  
40 Fair Street  
Mt. Vernon, Kentucky  
Sunday School 10:00 AM  
Worship 11:00 AM  
Wednesday Night 7:00 PM  
Pastor Ova Land  
If transportation is needed, please call 256-1381.

## Church Services

Pastors Omega and Glen Crain invite who so ever will to come and fellowship at Shiloh Tabernacle on Sundays at 2 p.m. and Thursdays at 7 p.m. located at 385 Hazel Patch Rd., East Bernstadt. Full gospel church that lifts up Jesus' name. For more info call (606)558-3371.

## Services

Church of Nazarene, 40 Fair St., Mt. Vernon. SS - 10 a.m. Worship - 11 a.m. Wed. night - 7 p.m. Pastor Ova Land. If transportation is needed, please call 256-1381.

## Mareburg Cemetery

The Board of Directors of Mareburg Cemetery, Inc. announces the Internal Revenue Service has approved the Cemetery for non-profit status. All contributions or donations made to the Cemetery for upkeep or any other purposes are now tax-deductible. Anyone wanting to make a do-

nation can send the donation to Mareburg Cemetery, Inc., Rt. 4 Box 239A, Mt. Vernon, KY 40456.

## Rock of Ages Mission

The Rock of Ages Mission hours are from Monday-Friday, 9 a.m. to 3 p.m. If anyone needs to contact us when we are closed, please call 758-8546 or 758-4203. The Mission's number is 758-9455. Please support the mission this year.

## Mission Hours

First Baptist Church Food and Clothing Mission's hours are Mon. & Wed. 9 a.m. to 2 p.m. and Sat. 10 a.m. to 2 p.m. The Mission is located on 30 Church St., Mt. Vernon.

## Weekend Revival

There will be a weekend revival at Sand Springs Baptist Church January 17 and 18 at 7 p.m. with Bro. Bob Bradley speaking. Danny Robbins, pastor, and the congregation invite everyone to attend.

## The Super Bowl Bash

### Is Back!

All area high school and middle school students are invited to the 9th annual Super Bowl Bash at the Rockcastle County Middle School on Sunday, January 26th. From 6 p.m. until the closing seconds of the game. "Enjoy the Super Bowl on a huge screen" Pig out on unlimited pizza, subs and snacks. \*Win prizes like Super Bowl t-shirts, autographed footballs and much more. \*Plus a special halftime event with an NFL player! Tickets are available now from any Bible Baptist Youth member for only \$2 in advance or for \$3 at the door. It's the Super Bowl Bash, January 26th from 6 p.m. until the closing seconds of the game! Hosted by Bible Baptist Youth Ministries.

## 8th Annual Prayer Service for Christian Unity

To celebrate Jesus, the source of our unity, we invite you to the 8th annual service for Christian Unity. This celebration will be held on Friday, January 24th at 7 p.m. The service will be held at Our Lady of Mt. Vernon Catholic Church on Williams Street. The church is located across the street from Mt. Vernon Cemetery. The service will feature several local ministers and musicians. If you cannot attend we ask that you pray for the service and the churches of Rockcastle County in order that the be saved and the will of the Lord be done in all our lives. Refreshments and fellowship will follow the service.



A Voice will be singing at Ottawa Baptist Church to celebrate the beginning of their second year, Sunday, January 19th at 7 p.m. Everyone welcome.

## Keep Salads Safe

By Hazel Jackson  
County Extension Agent for Family and Consumer Sciences

Salads taste good at any meal. Fast transportation and modern storage make salad ingredients "in season" year round. Many salad ingredients are fresh and uncooked. This means we need to be careful not to serve harmful germs with our salads.

It is easy to keep salads safe. Always wash your hands before you start to prepare a salad. For that matter, wash your hands before you prepare any food. Clean your hands by rubbing all hand surfaces with soap under running hot water. This includes between the fingers. Rinse thoroughly and dry with a fresh paper towel. Make sure utensils, equipment, bowls and all surfaces have been washed in hot soapy water and their completely rinsed. Don't use the same cutting board to cut up raw meat, poultry or fish as you do to cut up your salad ingredients without washing the cutting board in hot soapy water after each use. The easiest way to prevent spreading harmful germs is to have two different looking cutting boards, using one for raw meat, poultry and fish and the other for foods that require no further cooking.

Many people enjoy a "green salad." Follow these basic tips for a perfect salad:  
\*Start with fresh greens. When shopping, only buy the amount that you will use quickly. Greens don't

stay fresh very long so use them as soon as possible.  
\*Handle all salad ingredients gently. Fruits and vegetables bruise easily. Bruised ingredients don't make a pretty salad.

\*Thoroughly rinse fresh fruits, vegetables, and greens under running water. As you put the salad together, work quickly. Ingredients can lose their crispness if held at room temperature.  
\*For the best tasting and healthiest salad, keep the salad in the refrigerator until ready to serve. If

there are any leftovers, return them to the refrigerator quickly. If the salad is out of the refrigerator longer than 2 hours or you are unsure of the length of time, throw it out. It is better to be safe than to serve a salad full of harmful germs.

Enjoy the following recipe:  
**Sweet Slaw**  
3 cups shredded cabbage  
1 cup pineapple chunks  
1 cup diced apple  
1 cup mini-marshmallows  
1/2 cup celery  
1/2 cup mayonnaise  
Wash hands and all surfaces. Combine all ingredients. Mix well. Refrigerate. Makes 6 servings at 33 cents per serving. 110 calories; 4g fat; 5mg cholesterol; 2g fiber; 14g sugar per serving.

## Extension Winter meetings

By Tom Mills  
Co. Extension Agent for Agriculture/Natural Resources

Planning for Extension Service winter meetings is well under way. Local gardeners are helping Extension staff organize a 13 week Master Gardener Program. This intensive educational program includes 40 hours of classroom and field training. Registration is being taken at the Extension office through January 24. Classes will hold each Wednesday from 9 am to noon beginning February 5.

The Annual Tobacco Production Meeting has been scheduled for Monday, February 10 at 6:30 p.m. at Rockcastle County High School. Tobacco continues to be Rockcastle County's number one cash crop.

Tobacco settlement funds through the Phase 1 program have allowed programs to assist local farmers. Currently Forage Improvement Program applications are being taken for pasture improvement and hay improvement. Deadline for applications is January 31.

Phase 1 funds are also helping fund a Genetic Improvement Program. Approved applicants will receive training on bull selection for the program on Tuesday, January 28 at 7:00 p.m. at the Extension office.

For more details, on Extension Winter Meetings, contact the Extension office at 256-2403.

## Forage Improvement

### Cost-Share

The Rockcastle County Cattleman's Association will utilize remaining funds (\$77,000) from the

2002 spring Forage Improvement Program through a second funding cycle. Applications are being taken through January 31, 2003 at local farm supply stores and the Extension office. Limited funds may limit the number of applications being approved. Applications are accepted on a first come basis while funds are available.

The Forage Improvement Program has 3 areas:

\*Pasture improvement, which includes 3 pounds per acre certified white clover, plus lime and fertilizer according to UK soil test recommendations.  
\*Hay renovation which includes 10 pounds per acre certified red clover, plus lime and fertilizer according to UK soil test recommendations.  
\*Alfalfa seeding, which includes 20 pounds per acre certified alfalfa plus 5 pounds orchard grass per acre, 2 pounds boron, lime and fertilizer according to UK soil tests.

Cost-share will be at approximately 50% of actual cost, not to exceed published prices. Cost-share will be on a reimbursement basis when all approved practices are completed. Fields which were part of last year's cost-share program are not eligible for this second round.

All approvals require soil test results from each field or practice applied for. Since fields freeze in mid to late January, farmers are encouraged to take samples as soon as possible.

Contact the Extension office at 256-2403 for more information.

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## First Baptist Church

Corner of Main & Craig Streets  
Mt. Vernon, Kentucky 40456

We are developing a wide range of training opportunities for our Church Family and Community dealing with Family Based/Individual Discipleship Training. It is our aim to invite the entire community. If you need transportation please call: 256-2922.

Look what we are offering:

## Wednesdays, Beginning January 22nd

5:15 P.M. Dinner for everyone sponsored by the Ladies Sunday School Classes

6:00 P.M. "Stay On Course", a study in 1 Corinthians about Unity and Morality

6:00 P.M. "Personal Finance", A Practical Christian Financial Management study

## Saturday

Beginning Saturday

## Beginning Saturday

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6:00 P.M. MasterLife: Book 1, "The Disciple's Cross"

A six-week course on The Fundamentals of Christian Life