

Rollie French celebrates 90th

Rollie French of London celebrated his 90th birthday on January 12th. A party was held for him on the 11th at the Community Room in London. Those attending were his sons Marvin & Isabella of Old Mexico, Vernal & Jean of Texas, Bradley & Barbara of London, a daughter Carolyn "Patty" Ponder & Paul of Lexington. Grandchildren attending were Renee & Jeff Lewis of East-Bernstadt, Steve & Nicki French of Missouri, Melissa & Brian Lester of Missouri, Darrell McCracken of London, Deborah McDuffield of East-Bernstadt, Benita & Cecil Blankenship of London, Brenda & Leonard Wells of London. There were nine great grandchildren and one great grand daughter attending. Also attending were nephews, nieces, cousins and friends.



Happy 40th Anniversary!!

Rockcastle Community Bulletin Board
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TOPS

(Take off Pounds Sensibly) TOPS meets Thursday at 6 p.m. at Broadhead Christian Church basement on Main St. in Broadhead. For more info, call 1-800-912-TOPS or locally 256-0789.

Narcotics Anonymous
Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous, every Tuesday at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more info, call 256-9263.

Alcohol Anonymous
Alcohol Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2129.

Republican Party Meets
The Republican Party meets the second Monday of each month at 6 p.m. at Kastle Inn.

Center Hours
Rockcastle County Senior Citizens and Day Health Care Center hours are 9 a.m. until 4 p.m. Mon-Fri.

Bookmobile Schedule
Mon., Jan. 27: Scaffold Falls, Clear Creek and Wilkie.
Tues., Jan. 28: Buffalo, stops off old 461, Negro Creek.

Fire Season
Due to increase in fire activity in Kentucky the Kentucky Division Forestry is now taking applications for spring fire season. Call Co. Ranger 256-5031; Crew Leader 256-9884 or Crew Boss 256-0725.

Gardener Class
Registration for a 13 week Master Gardener Program is being taken at the Extension office through January 24, 2003. Call 256-2403 for more info.

Scrapbooking Class
Free Scrapbooking class will be taught at the Extension Office at 10:00 a.m. on Jan. 17. For more details call 256-2403.

Kivwats Club
Rockcastle Kivwats Club meets every Thursday at 7:00 p.m. at Kastle Inn. All visitors welcome.

Watercolor Heart's Quilt

A "Watercolor Heart's Quilt" will be taught by Cheryl Wist at the Extension Office on January 24. Class is free. Please stop by the office, at call 256-2403 to register and for list of supplies.

Scrapbooking Class
A beginning scrapbooking class will be taught at the Extension office on January 27 at 5:30 p.m. Cost is \$5 for supplies. Call 256-2403 to register.

Preserving Heirlooms
At the Extension office on January 30, 10 a.m., learn about Preserving Heirlooms Textiles for your children and grandchildren. Class is free.

Super Salads
At 12 noon, January 30, learn to make "Super Salads" at the Extension office. This free class offers recipes and samples. Call 256-2403 for more information.

Jump a Thon
The Jump a Thon at Roundstone Elementary School has been changed to Friday, January 24th from 6:30 to 7:30 p.m. during the Parent Teacher Conference.

Cedar Rapids
Cedar Rapids animal membership meeting will be Tuesday, February 18th at 7 p.m. at the Cedar Rapids Recreation Center. All members are urged to attend.

FFA Auction
The annual FFA alumni chili supper and auction will be held on Friday, February 7th. The chili supper will begin at 5:30 p.m. with the auction beginning at 7 p.m. Come join us for a great time. Proceeds go toward helping FFA students with things such as scholarships, state and annual convention, camp and many other functions held throughout the year.

SBDM Meeting
The Rockcastle County High School SBDM Council will meet in regular session the last Tuesday of each month at 3:30 p.m. in the school conference room. The next meeting will be Tuesday, January 28, 3:30 p.m.

Election Deadline
Deadline for filing for County Surveyor is Tuesday, January 28th at 4 p.m. in County Clerk's office.

Free Screening
Free Mammogram Breast Cancer Screening classes for any ladies groups offered by the Rockcastle County Health Center. To schedule a class, call 606-256-2242 and ask for Ruth Lane.

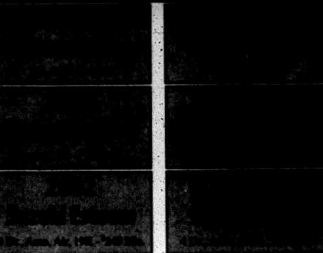


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Second Section Thursday, January 23, 2003

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- 2002 Dodge Intrepid, Loaded, Spoiler, 18K
- 2001 Chevy Corvette, Removable Top, Heads Up Display, 22K, One Owner
- 2001 Toyota Corolla, 4 Dr, Auto, Air \$185 Mo.
- 2001 Hyundai XG300, Leather, Every Option, 25K
- 2001 Dodge Stratus, Loaded, Spoiler \$200 Mo.
- 2001 Buick Century, Loaded, 38K \$205 Mo.
- 2001 Pontiac Grand Am GT, 2 Dr, V6, Auto, Sunroof, 21K
- 2001 Pontiac Grand Prix, GT, Loaded
- 2001 Ford Escort, 4 Dr, Auto, Air \$99 Mo.
- 2001 Chevy Impala, Loaded, On Star System \$205 Mo.
- 2000 Dodge Intrepid, One Owner, Local \$185 Mo.
- 2000 Lincoln Town Car, Signature, Leather, 30K
- 2000 Ford Taurus, SES, Loaded \$159 Mo.
- 1997 Toyota Camry, LE, Sunroof, 4 Dr, Loaded \$7,500

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- 2002 Suzuki XL7, 4 Dr, Loaded, 16K
- 2002 Dodge Grand Caravan, 3 Dr, Auto, Loaded, 25K
- 2002 Ford Escape, 4x4, Leather, Sunroof, All Power, SK
- 2002 Dodge Grand Caravan, Rear Air, Loaded, 14K
- 2001 Jeep Liberty, Sport, 4x4
- 2001 Chevy Silverado, 11K

- 2001 Chevy Blazer, LT, 4 Dr, 4x4, Loaded, 27K
- 2001 Chevy S10, L.S. Auto \$175 Mo.
- 2001 Ford Windstar, LX, Loaded
- 2001 Chevy Tracker, 4 Dr, 4x4, Auto, Loaded
- 2000 Chevy S10, X-Cab, Auto, V6, "Extreme", 29K
- 2000 Dodge Caravan, SE, 4 Dr, Loaded
- 2000 Toyota Tacoma, 4x4, Alloys
- 2000 Ford F350, X-Cab, Daily, Power S/Bike, 37K
- 2000 GMC Sonoma, Auto \$139 Mo.
- 2000 Chevy S10, L.S. \$175 Mo.
- 1999 Nissan Pathfinder, SE, 4x4, Loaded, 40K
- 1999 Nissan Pathfinder, SE, 4x4, Loaded, 34K
- 1998 Ford F150, X-Cab, Auto \$10,000
- 1998 Ford F150, XL \$5,995
- 1995 Dodge Dakota, S/LT, V6, Auto, 53K, One Owner \$5,995

Trade-Ins Wholesale Prices

- 1997 Plymouth Neon, 4 Dr, Auto \$2,575
- 1997 Nissan Pickup \$3,995
- 1997 Olds 88, Loaded \$4,200
- 1996 Ford Windstar Van \$4,500
- 1995 Hyundai Elantra, Sunroof, Nice \$1,995
- 1993 Chevy Corsica, One Owner \$1,550
- 1993 Chevy Lumina, V6 \$1,200
- 1992 Ford F150, Conversion Van, One Owner \$3,995
- 1991 Chevy C1500, 4x4 \$3,995
- 1992 Ford Crown Victoria \$1,800
- 1988 Honda Accord \$1,250
- 1986 Ford F150, Pickup \$1,200

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Johnson receives Mary Kay career car

Mary Kay Independent Senior Sales Director Victoria (Jody) Johnson, of Broadhead, is on the road to success. In September, Johnson earned the use of a new Pontiac Grand Prix.

In keeping with the company's quest to maintain its preeminence as a leader in providing women with an unparalleled business opportunity and desirable business incentives, Mary Kay continues to elevate its image by continually upgrading the options available to its star performers. In addition to the Pontiac Wide Track Grand Prix, Mary Kay also boasts the Candy Apple Red Grand Air along with the pearlescent pink Cadillac as part of its notable-career car fleet.

"Our automobile incentive pro-



Jody Johnson earned the use of this Pontiac Grand Prix.

Are you in an abusive relationship?

By Donna Randall

If you are in an abusive relationship, you probably already know there is nothing you can do to stop an abusive person from hurting you. The person who uses violence has to realize that the behavior is wrong in order to change. The tendency toward violence did not begin with you, nor is it caused by something you did or did not do. You are simply someone's target, or catch all, for pent-up anger that really has nothing to do with you. Basically, the abuser is locked into a fit of rage; he isn't thinking of you as a person that he is hurting. If he did, he would stop. It isn't until the rage is released that he realizes the power it has over him. It is for this reason that it is imperative the victim becomes familiar with the cycle of domestic violence in order to seek safety before the violence escalates to a dangerous level. People who have studied domestic violence have found three common stages in an abusive relationship. Advise you the progression of storm stages to describe the abuse cycle.

POWER & CONTROL
Stage 1 "The Period Before the Storm" Tension builds, name-calling, put-downs, nit-picking, arguing, cursing, blaming you for everything. You feel as if you're walking on eggshells, feel overwhelming dread, do

everything you know to keep him calm, but nothing works. --This is the time to get out--

Stage 2 "The Storm" He blows up -- goes off -- loses control, makes threats, punches, kicks, hurts you with weapons, destroys property, accuses you of cheating, calls you vulgar names.

Stage 3 "Rainbow Period" He promises never to do it again, wants to fix things, lots of apologies and ears, sends flowers, promises to go to counseling or church (or whatever he thinks you might want him to do), in time, usually a very short time, you find yourself gradually walking on eggshells again, which begins the cycle all over. At this point, the only option you have is to protect yourself, because the responsibility to stop the abuse lies with you. You deserve to be loved in a way that you want.

Keep in mind that when you leave an abusive relationship, it can be the most dangerous time. It is very important to put a safety plan in place for you and your children. A domestic violence victim advocate is available to provide emotional support, resources, information and safety planning. Please call 256-9511 or 800-755-5348 to speak or meet with the Rockcastle Victim Advocate.

