

## Getting Enough Calcium

By Hazel Jackson  
County Extension Agent for  
Family and Consumer Sciences



Calcium, a mineral, is used for building bones and teeth and in maintaining bone strength. Calcium is also used in muscle contraction, blood clotting, and maintenance of cell membranes.

Depending on age, 2-4 servings of dairy foods per day are recommended. Children need 3 servings per day; children 11-18 years and pregnant or breastfeeding women need 3-4 servings; all other ages require at least 2 servings. Recent studies in Kentucky showed that more than 40% of women and 30% of teens do not get the recommended number of servings from the dairy group each day. Calcium absorption is dependent upon the calcium needs of the body, the foods eaten, and the amount of

calcium in the foods eaten. Vitamin D, whether from diet or exposure to the ultraviolet light of the sun, increases calcium absorption. Calcium absorption tends to decrease with increased age for both men and women.

Eating a variety of foods that contain calcium is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. If supplements are needed, tablets containing 400-600mg are preferable. Since the body can only absorb approximately 400mg at any one time, 3-4 tablets should be taken at different times throughout the day. For more information on calcium or for a free publication, call the Extension office at 256-2403.

## Cards of Thanks

### Thank You

The family of Bruce Cook wishes to thank those who sent flowers and brought food and for the cards of kindness afterwards.

A special thanks goes to Rev. Jack Martin of the Three Links Christian Church. He always goes the extra mile, to Dowell & Martin Funeral Home, for their help and support through my ordeal and a special thanks goes to my mother, Zelma Mullins, who brought food on a daily basis during Bruce's illness and to the rest of the family who stuck by me.

And, we must not forget the most important one - the Lord Jesus Christ, whom Bruce has gone to be with, because with Him all things are possible.

Sincerely,  
Jo Cook

### Thank You

We want to thank everyone for all the love since Novice got sick. We thank Dr. McElwain, the ambulance service and hospital staff, the people who spent time with us at the hospital and at home. To those who fed the cattle, cut wood, said prayers, sent cards and food.

To our family, neighbors and friends.

### Thank You

Novice, Bonnie and Nick Gentry

### Thank You

The family of Teddy Carpenter would like to express their deep appreciation for every thought, prayer, word or deed shown during our time of sorrow.

Also, we want to thank everyone for their continued love and concern. God Bless Each of You, The family of Teddy Carpenter

### Oscar (Ot) Miller

The family of Oscar (Ot) Miller would like to say Thank You to the Rockcastle County Hospital, Dowell & Martin Funeral Home services, the State Hwy. Dept., the Rockcastle Co. Road Depts., our magistrate Fred Mullins, Jr., New Hope Baptist Church, family and friends for all their kindness and support during our time of grief.

Special thanks to Bro. Saul Carpenter and Bro. Jonny Rader and wife, Melinda, for services.

### Thank you,

Wife, Edie, children and their families

If you are a 6th, 7th or 8th grade student, YOU are invited to

Join us for a



VALENTINE'S  
DANCE

Sponsored by 7th and 8th grade CHEERLEADERS!

When: Saturday, February 8, 2003

Time: 6pm to 9:30pm

Where: Rockcastle Senior Citizen Center  
Admission: \$5.00 (includes food and drinks)

Sweetheart Flowers available for \$2.00 at the dance.

Tickets may be purchased from any 7th or 8th grade cheerleader or at the door.

This will be an event supported by the Pops From Heaven Fund.  
All Pops From Heaven of Donations (Pops) and any questions.  
Pam 256-3926 Denney 256-0272

## Holiday Inn EXPRESS

Exit 77 off I-75

### Valentine's Day Special

Bring your Sweetheart  
Special Room Rates • Sweetheart Baskets  
Gift Certificate for Dinner  
Call for Reservations • 859-985-1901

## In Loving Memories

In Memory of  
**Barbara Tholmes Begley**  
who passed away Feb. 9, 2002  
**My Best Friend, My Sister**  
Sis, it's been a year since the Lord called you home. But it feels like yesterday. It's been a hard year without you, I still find myself picking up the phone to call you. But, we will be together someday. Until then, just keep on teaching the Angels to sing.  
Love You Sis,  
Ethel Draduff

In Memory of  
**George & Bertha Owens**  
I would like to pay tribute to my grandparents who raised me and my cousin, Rev. Wayne Henson, after having lost a set of twins and raising nine of their own. We were left with them until high school graduation. We were a tough

pair to handle but, with their guidance and love plus personal sacrifice and financial support from our mothers, this made us what we are today.  
Bruce V. Owens  
Box 12  
New Castle, Ky, 40050

In Loving Memory of  
**Eugene and Liddle Reppert and Family Members**  
Loving and kind in all your ways, Upright and just to end your days, Sincere and true in your heart and mind. Beautiful memories you left behind. Miss you, love you  
Your Family

## Cemetery Notices

**Philadelphia United Baptist Church Cemetery**  
There have been no donations to the Philadelphia United Baptist Church Cemetery Fund for the year 2002 and only \$70 for the year 2001. People have said they gave and, if so, you are giving to the wrong people. Three people ONLY, John Bryant, Danny Herring and James Bryant, are authorized to receive donations. If you gave to anyone else, it was not under investigation and will be prosecuted. You can also send donations to Citizens Bank in Brodhead, Acct. #2142368 or to John Bryant, P.O. Box 593, Crab Orchard, Ky. 40419

Ph. 355-2888, Danny Herring, Crab Orchard, Ky. 40419 Ph. 355-0300 or to James Bryant, St. Rt. 39 So. 8445 Ph. 1-937-272-6788.

**McKinney Cemetery**  
The McKinney Cemetery Committee is now taking bids for the mowing and upkeep of the McKinney Cemetery, located in the Blue Springs area of Rockcastle County. Anyone interested in doing the mowing and upkeep, should send their bid with name, address and phone number to the McKinney Cemetery, P.O. Box 16919 Mt. Vernon, Ky. 40456 by March 19, 2003. The committee reserves the right to reject any or all bids.



**Thinking about a new or used vehicle?...but there's a few things standing in your way??**

**BAD CREDIT - SICKNESS - BANKRUPTCY - DIVORCE**

• Do you make \$1600 per month? • Have you need at your current job 1 year? • Do you have a home telephone number?

**If yes, see Ed Lockhart today. He can help you with your financing and your thought can become a reality!!!**

800-847-4838  
or  
606  
864-2218

**Johnny Watkins**

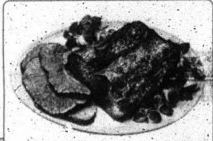
**BUICK PONTIAC GMC**  
It's all good! We're Professionals Grade!

2001 N. Main St.  
London  
Across from  
Parsley Tire

## FOOD WORLD

AD PRICE VALID Tuesday, Feb. 4, 2002 thru Feb. 10, 2003

We reserve the right to limit quantities and to correct typographical and/or personal errors. Items sold by demand.



USDA Western Grain-Fed Beef Roast

**Bottom Round Roast**  
**Buy One Get One**  
of equal or lesser value.

**FREE!**



USDA Inspected Western Style

**Pork Ribs**  
**Buy One Get One**  
of equal or lesser value.

**FREE!**



**This Week's Hot Buy!**  
32 oz. Smucker's  
**Grape Jelly or Jam**

**49¢**

12.9-15.8 oz. Sel. Var.

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12 oz. **COCA Cola** **2.99**

4 Lb. Bag **California Navel Oranges**  
**Buy 1 Get 1 FREE!**

5 Lb. **SUNFLOWER CORN MEAL MIX OR SUNFLOUR FLOUR**  
**Buy One Get One FREE!**

9.25, 13.5 or 18.5 oz. **Sponge Bob Nips, Tid Bits or Nabisco Cheese Nips**  
**2/\$4**

12.9-15.8 oz. Sel. Var. **Stove Top Oven Classics**  
**Buy 1 Get 1 FREE!**

10.4 oz. **Domino SUGAR** **1.99**

4 Pack Double Roll **Kleenex Cottonelle** **1.99**

64 oz. Asst. Var. **Minute Maid Orange Juice**  
**Buy 1 Get 1 FREE!**

19-25 oz. Kellogg's **Rice Krispies or Frosted Flakes**  
**Buy One Get One FREE!**

1 Roll **So-Dri Paper Towels**  
**Buy One Get One FREE!**

10 oz. Bonus Size Sweet Size **Chicken & Dumplings**  
**2/\$3**

8 oz. Sel. Var. **Breyers Yogurt** **2.99**

6-12 oz. Sel. Var. **Freezer Queen Dinners** **99¢**

6-12 oz. Sel. Var. **Marshall's Biscuits**  
**Buy 1 Get 1 FREE!**

16 oz. Sel. Var. **International Delight Creamers** **1.09**

18 oz. Sel. Var. Ready-To-Slice **Nestle Cookie Dough**  
**2/\$4**

8.5 oz. Arzeca **Small Flour Tortilla**  
**Buy 1 Get 1 FREE!**

4 Qt. Sel. Var. **Prairie Farms Ice Cream** **4.79**

12 oz. Pack **Sliced Bacon**  
**Buy 1 Get 1 FREE!**

Goldfish Young N Tender Bites In **Chicken Breast** **99¢**

**Webber Sausage** 1 Lb. Mild, Hot or Sage **1.69**  
**Whole Pork Boston Butts** **99¢**  
**Fischer's Bologna** 1 Lb. Pork Sausage **1.49**

**PRODUCE SALE**  
Red Ripe Calif. **Strawberries** **2/\$5**  
Bunch Calif. Broccoli **99¢**  
Ex. Lg. Calif. Kiwi Fruit **4/\$1**  
Wash. State Anjou Pears **99¢**  
Sweet Ex. Lg. Red Bell Peppers **1.99**  
Dole Iceberg Lettuce **.89¢**  
Vine Ripe Ex. Lg. Slicing Tomatoes **1.29**  
Wash. St. Red Del. Apples **Buy 1 Get 1 Free**  
Whole Peeled Mini Carrots **Buy 1 Get 1 Free**  
4 Lb. Bag Calif. Navel Oranges **Buy 1 Get 1 Free**