

American Cancer Society Relay for Life meeting

The next planned meeting for the 2003 American Cancer Society's Relay for Life will be on Thursday, February 13 at 6 p.m. in the community room at Cumberland Valley Home Health.

We need everyone to get involved to make this event a success! Please plan to attend this meeting. Contact Kelly McClure at 256-4122 or Dayle Blanton at 758-4581 for more information.

Relay for Life is the nationwide signature activity for the American Cancer Society. In May 1983, Gordon Klatt took the first step of his 24 hour marathon around a Tacoma, WA track and raised \$27,000 for the

American Cancer Society the following year. 340 supporters joined Dr. Klatt in this overnight event and Relay for Life was born.

Relay for Life is not just a fundraiser, it is a unique activity that offers an opportunity to take up the fight. It is about empowering individuals to fight back against a disease that has taken so much from them. Never in the history of mankind has an event so quickly galvanized people to fight back against this dreaded disease. Relay for Life provides our best opportunity for expanding fund-raising, cancer control, advocacy and volunteerism communities throughout the nation.

Mt. Vernon Personals

By Marie McKinney

C.S. and Marie McKinney, Floyd and Myrtle Kirby, Sharon Lovins and C.B. Owens had breakfast together Friday morning at Hardee's.

Those who visited C.S. and Marie McKinney recently were their daughter, Mrs. Sharon Lovins and grandson, Mr. and Mrs. Joe Lovin, Jr. and great grandson, Dalton Blake Lovins and grandson, Jack Lovins and great granddaughter, Samantha Lovins and Jack's girlfriend, Ann Jackson and girls, Jessica, Alexis and Marissa.

Mr. and Mrs. Paul Kirby visited

his mother, Mrs. Bessie Kirby Sunday morning.

Mr. and Mrs. C.S. McKinney visited Mr. and Mrs. Calvin Barnett recently.

Our deepest sympathy is extended to all who have lost loved ones recently. May the Lord bless each and everyone.

Floyd and Myrtle Kirby are on the sick list but improving. We wish them a speedy recovery.

Mr. and Mrs. Billy French and Mrs. Ada Kirby of Indiana spent last week end with Mrs. Bessie Kirby.



The Rockcastle Kiwanis Club was pleased to present Dana Mason with a check to help with the purchase of needed supplies for the new Head Start Program. Presenting the \$500 check is Jessie Murray, chairperson for the Young Children Priority-One committee. The local Kiwanis Club has been very instrumental in providing funds where it is needed in the community. They are looking forward to continuing that tradition in the future.

Your Child's Diet

By Hazel Jackson
County Extension Agent for
Family and Consumer Sciences



If there is an overweight child in your family, you're not alone. Twenty percent of children in the United States between the ages of 6 and 17 are overweight. In the last 30 years that number has doubled. Lifetime nutrition habits are formed during childhood. The Dietary Guidelines for Americans stress overall dietary changes to reduce the risk of diet-related diseases. It is recommended that children over the age of two eat a diet that includes a wide variety of foods. When children are offered a balanced diet over time, they will develop good eating habits. Dietary research of children under two years of age does not indicate that a low-fat diet is healthy. Too little fat may be dangerous for growth and development. Young children may not be able to eat enough calories and nutrients for growth. Total calories from fat

should not be less than 30% for children under two. How much food is enough for a child? The average four to six year old child needs about 1800 calories per day, or approximately 41 calories per pound of body weight. Fat, as 30% of the total diet, is 60 grams. This is helpful when reading food labels. But it should not be viewed as a strict diet prescription. Children are not little adults. In the first two years of life, children need a fairly high fat diet for optimal brain development. Breast milk, which is a very high-fat food, is the optimal choice for a developing infant. After the age of two, a child should join the family in eating a wide variety of foods in moderation. The Food Guide Pyramid shows everyone how to make healthful food choices. The five major food groups of grains, vegetables, fruits, milk and meat share in providing the nutrients and energy children need. No one food group is more important than another.

For more information on childhood obesity or nutrition & children contact the Extension office at 256-2403.

In and Around Mt. Vernon

By Vallie Burton

Recent visitors of Mr. and Mrs. Johnny Eaton, II were Mr. and Mrs. Mark Eaton and children, Mr. and Mrs. Johnny Eaton III and children, Mrs. Julie Coulter and son, Benny of Munfordville, Patricia Holland and Angie Eaton of Midway.

Vallie Burton spent a few days recently with Mr. and Mrs. Danny Petrey of Somerset.

Robert Anglin and mother, Lillian Anglin, attended the funeral of Mrs. Anglin's grandson, Ricky Ramsey at Henderson recently.

Mr. and Mrs. Edward Houston celebrated their wedding anniversary Feb. 9th. We wish them many returns of the day.

Josephine Adams underwent surgery recently. We wish her a speedy recovery.

Mrs. Mattie Petrey of Somerset and mother, Vallie Burton, were in

Lexington last Wednesday. Gary Houston, celebrated his birthday Feb. 8th. We wish him many returns of the day.

Sympathy is extended to all who have lost loved ones recently. May the Lord comfort each one.

Mrs. Mattie Petrey of Somerset visited her mother, Vallie Burton, Saturday.

Dorothy Hasty celebrated her birthday Feb. 6th. We wish her many returns of the day.

Ronald Stokes underwent surgery last week. We wish him a speedy recovery.

Mr. and Mrs. Johnny Eaton II visited Mr. and Mrs. Kevin Coulter of Munfordville Monday evening.

Mr. and Mrs. Mark Eaton and children and Patricia Holland visited Mr. and Mrs. Bob White in Harlan last week end.

Quail Homemakers meet

The Quail Homemakers club members met Monday evening January 20th at the home of Kathy McKibbin. There were 18 members present. Wanda Burdine, Andrea Gonzales, Kristi Reynolds, Kayla Reynolds, Hillary Proctor and Tiffany Hopkins were our guests for the evening. Wanda Burdine is now a new member of the club.

The lesson was on Hints for Easy Stain Removal and was presented by Stee Stevens. Other members gave tips on how to remove some stains

that had not been covered in the lesson.

Carolyn Brown will be the hostess for the next meeting. This will be at her home on the 17th of February at 7 p.m. The lesson for February will be Preserving Herlooms.

A lot of people are now interested in learning how to care for items that have been handed down from their ancestors. This should be an interesting lesson.

Guests are always invited to attend the club meetings.

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