American Cancer Society Relay for Life meeting

The nest planned meeting for the 2003 American Cancer Society's Relay for Life will be on Thursday, February 13 at 50 p.m. 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 Danielle Blanton at 758-4581 for more information.

Danielle Bianton at 7,78-9391 km.
Relay for Life is the nationwide
ignature activity for the American
ancer Society. in May 1985, Goron Klatt took the first step of his 24
our marathon around a Tacoma, WA
ack and raised \$27,000 for the

American Cancer Society. He figl-lowing year, 340 supporters joined Dr. Klast in this overmight event and Relay For Life was born. Relay for Life is not just a fund-raiser, it is amique activity that of-fers an opportunity to take up the fight. It is about empowering indi-viduals to fight back against a dis-sase that that saken so much from them. Never in the history of making has mevenue o quickly galf manking has arevent so quickly gal-vanized people to fight back against this dreaded disease. Relay for Life provides our best opportunity for expanding fund-rasing, cancer-con-trol, advocacy and voladvocacy and volunteerism

Mt. Vernon Personals

Quail Homemakers meet

C.S. and Marie McKinney, Floyd and Myrde Kirby, Sharon Lovinx 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 great grandson, March Lovins, ir and great grandson, Dalton Blake Lovins and great grandson, Jacky Lovins. and great grandson, Jacky Lovins. and great grandson, Jacky Lovins and Jacky and Jackyn and great grandson, Marie Sandard, Andrews and Jackyn and grift, Jessica, Alexis and Mariesa,

Mr. and Mrs. Paul Kirby visited

The Quail Homemakers club members met Monday evening Janiary 20th at the home of Kathy McKibbin. There were 18 members present. Wanda Burdine, Andrea Gornales, Krait Reyholds, Kayla Reynolds, Hillary Proctor and Tifdmy Hopkins were our guests for the evening. Wanda Burdine is now an Experiment of the Company of the Comp

his mother, Mrs. Bessie Kirby Sun-day morning.
Mr. and Mrs. C.S. McKinney vis-ited Mr. and Mrs. Calvin Barriett re-cently.
Our deepest sympathy is extended to all who have lost loved ones re-cently. 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 Freach and
Mrs. Ada Kirby of Indiana spent last
week end with Mrs. Bessie Kirby.

that had not been covered in the les-son.

Carolyb Brown will be the host-ess for the next meeting. This will be at her home on the 17th of February at 7 pm. The lesson for February will be Preserving Heirlooms. 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 interest-

Guests are always invited to at-tend the club meetings.

Your Child's Diet

The Rockcastle Kiwanis Club was pleased to present Dana Mason with check to help with the purchase of needed supplies for the new Hea Start Program. Presenting the \$500 check is Jessie Murray, charpersor 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 face.

By: Hazel Jackson County Extension Agent for Family and Consumer Science

If there is an overweight child in your family, you're not alone, I wenty percent of children in the funded States between the ages of 6 founds States between the ages of 6 years that number has doubled. Lifetime nutrition habits are formed during childhood. The please of the formed during childhood. The formed during childhood with the formed during childhood with the formed during children over the age of two eat a shalmed ded to over time, they will adapted the formed the formed during the

should not be less than 30% 50° children under two.

I have much food it enough for a did not be less than 30% 50° children under two.

I have much food it enough over a did half need about 1800 calories per day, or approximately 41 calories. But it should not be viewed as a strict diet prescription.

Children are not little askults. In the first two years of life, children instruments of the strength of the

Classified deadline is Noon Tuesday

In and Around Mt. Vernon

Recent visitors of Mr. and Mrs.
Johnny Eaton, II were Mr. and Mrs.
Mrs. Isdon and children, Mr. and Mrs.
Johns Leaton iII and children, Mr. and Mrs.
Johny Eaton, III and children, Mr. Julie Coulter and son, Benny of Mrs.
Johny Eaton of Midway.
Vallie Burton spent a few days recently with Mr. and Mrs. Damy Petrey of Somerset.
Robert Anglin and mother, Lillian Anglin, attended the flueral of Mrs.
Anglin is grandson, Ricky Ramsey at Henderson recently.
Mr. and Mrs. Edward Houston celebrated their wedding anniversary

celebrated their wedding anniversary Feb. 9th. We wish them many returns

of the day.

Josephine Adams underwent surgery recently. We wish her a speedy

Mrs. Mattie Petrey of Somers d mother, Vallie Burton, were

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 maty
returns of the day.

Saturday, February 22nd - 9:30 a.m. - Laurel County Fairgrounds

Highway 229, Near Levi Jackson State Park, London, Kv. Consignments accepted Wednesday, February 19th, Thursday, February 20th and Friday, February 21st from 8 a.m. to 5:30 p.m.

28th Annual Brodhead Farm Machinery Consigna Saturday, March 1st - 9:30 a.m. - Brodhead Fairgrounds -

Highway 150, Brodhead, Ky. ents accepted Wednesday, February 26th, Thursday, February 27th and Friday, February 28th from 8 a.m. to 5:30 p.m.

The Seller's Fees are as follows: Minimum Commission on any item \$5.00, 6% on any item \$50.00 or over 10% on any item between \$101.00 and \$199.00 15% on any item \$100.00 or less

ill be added to the winning bid of each item to determine the final sales price. Buyer's fee rase is as follows: 3% on any item \$100.00 and over 10% on any items \$99.99 or less.

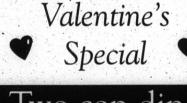
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Two can dine for \$1999

(Does not include tax)

Includes: T-bone steak or Grilled Chicken, (Mix or Maich) baked potato, salad, rolls & drink.



256-5003 I-75 US 25 Exit 62 Renfro Valley