

Our Readers Write

Dear Pastors,

I grew up in Rockcastle County, returned in 1974 with my wife, Eddie, to establish our home and family here as well as to build left Rock Retreat. I know the joys of life in our beautiful foothills. I am also personally acquainted with much of the grief our folks encounter. I am concerned.

I have been a rural, bi-vocational pastor and know the difficulties of balancing home, ministry and work. I affirm each of you for remaining steadfast in serving our Lord and His church. I am also well-acquainted with the struggles of 24/7 service as a foreign missionary and I am grateful for those of you who can focus your efforts as full time pastors.

I care very much for our area, our state, our nation and our world. I believe God wants our lives to be free to worship and serve him. I believe He wants our children and young people to grow up in safety and hope for the future. As we call on God with repentant spirits, expecting Him to answer our cries for Cleansing, Healing and Hope, I know He will do just that. He alone can break the negative power which prevents us from being the people He created us to be.

I began personally with focused prayer, then my family joined, then, a few weeks ago, several friends committed to petition God and now we are inviting you to become partners in prayer. Be assured that the

concerted prayer effort has already focused on the pastors in the area. We are lifting you to God's Throne for blessing and renewal strength.

We invite you to join us Thursday mornings at 10 for prayer at Mt. Vernon Community House, 40 Main Street.

May God bless you and give you His Peace.

Bob Fields
606-256-2469

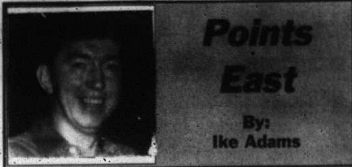
"If my people, who are called by my name, will humble themselves and pray and seek my Face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. Now My Eyes will be open and My ears attentive to the prayers offered in this place." II Chronicles 7:14-15

Dear Editor,

I would like your readers to know that the Rock of Ages Mission is in the process of renovating a building on Hwy. 3245 (Negro Creek Road), Brodhead. We are located approximately 2 miles out on the left side, just before you get to the W. Brodhead Church of God. We are at the old Brummett place.

We will begin painting, repairs, etc. this week. If anyone needs furniture or clothing, please call 75-8546 or 758-4203. Please call also if you would like to make a donation, or write.

Thank you,
Kathleen Bretz
RE 3, Box 1004
Brodhead, Ky. 40409



Points East

By: Ike Adams

February of 2003 is behind us here in the flatlands of Kentucky and the only positive thing we have to say for the ordeal is that Tubby Smith and the Kentucky Wildcats' basketball team traveled through the mud and broken limbs of Lexington to get to the airport or to Rupp Arena and didn't lose a game in the process.

It's the most exciting basketball season for our beloved University of Kentucky team since the days of Adolph Rupp as far as I'm concerned because the bigots who call into the talk radio stations to rant and rave about Tubby's shortcomings have had to eat crow.

They don't come right out and say it most of the time, but there is a crowd of so-called Anglo-American, not-white boys who believe themselves superior in intelligence to professional coaches throughout the land and they make a point of making fools of themselves anytime a phone line is open to a radio call-in show.

"Uhhh, Uhhh, this here is Roger Whamamacallit in Wes L.bury and I jus wanna know why they didn't key on Slyan an take him outta that Ten-

nessee game. It's uh, shame that we had white boys sitting on the bench that could have shut him down and shut his mouth."

Over and over and over you hear dumb, bigoted fools calling in wanting to know why the white boys don't get more playing time and criticizing Tubby's coaching strategy. And over the last two months the bigots' words of wisdom have fallen (Thank you Lord) on deaf ears.

The white boys on the team have been there when they were needed and they have contributed but this is a basketball team worried about showcasing hometown heroes. It is, instead, perhaps the best coached team in the history of UK Basketball. Not a single All-American on the team. Four or five players consistently in double figures when it comes to scoring.

This year's UK team is a basketball team developed and coached by a real man (best coach in the world) who happens to be of Afro origin but without a bigoted bone in his body. This is not Rick Pitino designer suits and flair and glare and absurd gusto and smart-alec, crank remarks to the press. This is real basketball, played the old fashioned way. This is teaching Pitino a well-deserved lesson. This is teaching the bigots of the call in shows to shut up and find another outlet for their hate.

This is Kentucky in March and God knows I love it.
This is: GO CATS!

Treat Low Back Pain

Presented by Dr. Kevin Rowe

Back pain is something that plagues almost everyone at one time or another. Usually it is from strains or overuse of the lower back, but sometimes there is a disc, arthritis or other causes for the pain.

The exact cause of the pain may be easy or difficult to determine, but the treatment should not be difficult. There are several important things you can do to make the pain go away and stay away.

The first thing to do when the pain begins is to rest the back. The proper position for this is lying with some bend at both the hips and knees. Pillows can be placed under the knees when lying on your back, and they are also helpful when placed between the knees when lying on your side. You should not lie on your stomach. Two or three days of bed rest may be necessary, but often just frequent rest periods interspersed with light activity is best.

Medicines are very useful in decreasing the pain and relaxing the muscles. Sore muscles always tighten up causing the pain to worsen. Aspirin or ibuprofen are very helpful; you should use up to 8-12 per day, taken with food. Acetaminophen helps pain, but it does not decrease inflammation. There are also many excellent prescription medicines that are taken only once or twice a day. It is important to use these medicines early to stop the pain and inflammation, rather than wait until the pain is incapacitating.

Immediately after an injury to the back, ice packs to the area are useful in limiting the pain, swelling and muscle spasm. After two days, warm packs or baths can give excellent relief. Finally, physical therapy is very useful in teaching you exercises that will strengthen your back and help prevent low back pain.



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CERTIFIED GOSPEL PREACHING

Crab Orchard, KY

MARCH 16-21

Sun. 10 A.M. & 6 P.M.

7:30 P.M. Mon.-Fri.

Preaching by RAYMOND CASTELLO

Come. The church of Christ promises you a friendly atmosphere and if we can't help you we won't do you any harm!

Building is located 1/4 mi. W. of Crab Orchard on Hwy. 150.



Attorneys Willis C. Coffey and John D. Ford announce the opening of their new law firm, Coffey and Ford, P.S.C. The office is located at 45 E. Main St., Mt. Vernon, Kentucky in the old theater building. Office hours are from 8:30 a.m. to 5:00 p.m. Monday through Friday. Tracy Mink, Amy Tolle, John Ford, Willis Coffey, Leah Lucas and Tasha Dillingham invite you to call 256-4405 or 256-1919 to schedule an appointment. The firm will maintain a general practice including automobile accidents, personal injury, products liability, medical malpractice, divorce, child custody, domestic relations, state and federal criminal, estate and probate, trial and appellate practice.

ROCKCASTLE COUNTY BOARD OF EDUCATION

TERRY F. BURTON, CHAIRMAN
MARTIN E. VANZANT, VICE CHAIRMAN
MICHAEL BURDETTE
TINA CAIN HASTY
SAMUEL T. STALLSWORTH

Meeting Location - Rockcastle County Board of Education Administration Building

DRAFT AGENDA

March 11, 2003

7:00 p.m.

1. CALL TO ORDER

- A. Silent Prayer
- B. Roll Call
- C. Reading of Board Team Commitments

2. ADOPT AGENDA/ACTION

3. COMMUNICATIONS: (Instructional Issues)

4. OPERATIONS/ACTIONS

- A. Approve minutes of the February 11, 2003 regular monthly meeting, February 27, 2003 special meeting and March 5, 2003 special meeting.
- B. Approve bills for payment
- C. Approve request for Family and Medical Leave for Johnnie A. Coffey and Susan Coffey (03.12322/03.12322 AP.21)
- D. Approve Draft Board Policy 05.3 (Community Use of School Facilities)

5. DISCUSSION/ACTION

- A. Review/approve payment to 2003 Project Graduation (182 seniors @ \$4.00 = \$728.00)
- B. Review/approve NSBA travel plans

6. DISCUSSION/REVIEW

- A. Review Monthly Financial Report
- B. Review Month 6 Attendance
- C. Review Superintendent's Personnel Actions Report
- D. Other

7. ADJOURNMENT

HOME OF THE BEAST!!!

One Beast with up to five of your favorite toppings for only:

\$16.50

add a small cheesebread for only: **\$3.00**



Add a second pizza of equal or lesser value for only \$5.00 with the purchase of any large at regular price!
Carry-out Special
Large one-topping only: **\$7.00**

ARCADE

256-5000

POOL TABLES

Pizza: Thick, thin or regular hand tossed crust. All your favorite toppings including these new items: BBQ chicken or beef, sliced tomatoes, Ranch style pizza, SUBS: Choose from ham, meatball, chicken, pizza, or our delicious steak burgers. Wings: Hot, Mild or BBQ Cheddar Fries Mozzarella Sticks

RICHMOND WOMEN'S HEALTH CARE

Serving the health care needs of women in this community and surrounding areas

Dr. Gina Land will be opening a new office in Berea



Gina Land, M.D.

Dr. Gina Land, a native of Madison County, will be seeing patients in the Specialty Clinic at Berea Hospital, beginning Tuesday, March 18th. Appointments will be available the 1st and 3rd Tuesdays of every month.

Dr. Land is a Board Certified Obstetrician & Gynecologist currently practicing at Richmond Women's Health Care, LLC. She is now scheduling appointments at Berea Hospital for your convenience.

Please call (859) 625-9450 to schedule your appointment.

