

Church News

Gospel Singing

There will be a Third Saturday night gospel singing at the McNew Chapel Baptist Church on Sat., May 17, beginning at 7 o'clock. The Thomason Family from Barbourville will be featured. Pastor Eugene Gentry and the congregation welcome everyone to the singing.

Benefit Singing

Church of the Nazarene, 40 Fair Street (Fairground Hill) will have a benefit singing Saturday night, May 15th at 7 p.m. We will be donating funds raised in this singing to two families who have had unexpected emergencies. We will be using local talent, so come on out and join us on this special night. Refreshments and a time of fellowship will follow in the fellowship hall of the church.

Homecoming at New Hope

There will be a New Hope Community Homecoming Saturday, May 24th at New Hope Church picnic shelter. Bring a dish and come join us.

Singing at Roundstone Baptist Church

There will be a singing at Roundstone Baptist Church on Sat., May 17 beginning at 7 p.m. Pastor Paul Pearson and congregation welcome everyone. Featured will be the Lighthouse Men's Choir and the Abil Family.

Ladies Retreat 2003

Bride of Christ Ministries with The

singing Byrds will hold a Ladies Retreat 2003 at the Red Barn Theater in Resford Valley May 30 and 31. Special Guest will be Dr. Carolina Cuntis. Friday, May 30, services will be at 11 a.m. and 7 p.m. and Saturday at 10 a.m. and 2 p.m. Lunch will follow the Friday morning service. For additional retreat or motel information, call 859-854-5900 or 859-854-6582.

Please Notice

We are a small Baptist Church looking for a building where we can hold our worship services, preferably in the Laurel County area. If anyone knows of an old church building that is not being used, or any other suitable building, call 256-1572.

Gospel Meeting

There will be a Gospel Meeting May 18-22 at Fairview Church of Christ at Willitsville. Sunday services will begin at 10 a.m.; Sunday evening at 7 p.m. and Monday through Friday at 7:30 p.m. Speaker will be Dale Roberts.

Revival at Valley Baptist

Valley Baptist Church will be in Revival Sunday, May 18th through Wed., May 21st with services Sunday morning at 11 a.m. and evenings at 7 p.m. Evangelist will be Bro. Keny Davis and there will be special music each evening. Bro. Greg Lakes is the pastor. Everyone welcome.

Your change can "change" a life

What a difference a few cents can make. Please join us as we begin accepting donations from our community with the help of our local banks. Each time you cash a check, please consider giving your change to the American Cancer Society. Every quarter, dime, nickel and penny raised for the Relay for Life offers

hope to those touched by cancer, and brings us one step closer to a cancer free tomorrow.

With your contributions and the support of our local banks, we can raise money and awareness for the fight against cancer.

"It's about being a community that takes up the fight."



Robert L. Baker, of Orlando, recently received his Bronze Star for his service during World War II. In addition to his Bronze Star, Mr. Baker also has one Purple Heart, a Combat Infantry Badge, and Campaign Ribbons with 9 Battle Stars for the 9 campaigns he fought in Europe, Africa and the Middle East during his time as a Sergeant with the Third Infantry Division. Mr. Baker is the husband of Betty Smith Baker, also of Orlando.



Marilyn Ann "Frith" Hale celebrated her 70th birthday May 15, 2003.



Wishing my boys Brad and J.R. a happy birthday on the 15th from "Daddy Wire"



Hello! My name is Allison Leigh Coffey. I was born April 4, 2003, which is my daddy's birthday. I weighed 7 lbs. 13 ozs. and was 21 inches long. My proud daddy and mommy are Bobby and Donna Coffey of Brodhead. My grandparents are Den and Violet Cash of Brodhead and Helen Cameron of Mt. Vernon. My great grandma is Mary Barron of Mt. Vernon.

Play It Safe In The Sun

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



Many of us are planning to take part in more outdoor recreational activities as the weather continues to warm up. Remember that spending unprotected time in the sun increases your risk for skin cancer, the most common cancer in the United States.

Scientists estimate that one in seven Americans will develop a form of skin cancer during their lifetime. Approximately 9,000 people die from skin cancer annually. Most of these deaths are from malignant melanoma, the most dangerous skin cancer. Unfortunately, incidences of malignant melanoma are substantially increasing. A prime reason is that more ultraviolet radiation is reaching the earth as the protective ozone layer becomes depleted. Thus, its even more important to safeguard your family from unprotected sun exposure.

Here are some steps to help protect yourself and your family. Stay out of the sun when its rays are most damaging, from 10 a.m. to 4 p.m. Try to plan outside activities to exclude these times. If you're outside between 10 a.m. and 4 p.m., find shade and use as much protection as possible. Remember, you can sunburn even on a cloudy day.

Apply a broad-spectrum sunscreen with at least a 30 Sun Protection Factor. Read the label

to discover when to reapply the sunscreen, if it's waterproof, and the product expiration date.

Wear protective clothing and sunglasses. Use a long-sleeved shirt, long pants, a wide-brimmed hat, all made of a tightly-woven fabric, and wraparound sunglasses. A baseball cap doesn't provide sun protection to vulnerable places on your ears, face or neck; so wear a wide hat, preferably with a three-inch brim.

Choose wraparound sunglasses with 100 percent UV radiation protection, because the most effective hats block only 50 percent of the UV rays that reach your eyes. Don't use tanning beds or sun lamps.

Check your skin monthly for abnormal or changing areas, especially moles. Have a doctor examine any changes.

Some people have a greater risk for skin cancer. These groups include those with fair or light skin, individuals who work outside a lot, like farmers and people in the construction industry, and severely sunburned children.

Extended sun exposure is a major factor in skin cancer. For example, just one serious case of sunburn can increase the risk of developing skin cancer by up to 50 percent.

Whether you're working or playing outdoors, be aware of skin cancer risks and protect yourself and your family from the harmful effects of sun exposure.

For more information, contact the Rockcastle Cooperative Extension Service at 256-2403. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

R&R Cleaning

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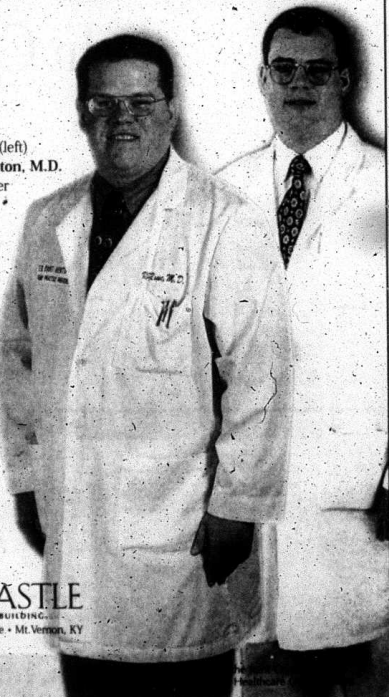
Ain't he great. Ain't he fine. Roy Ambrose is turning 39!

Working Together to Meet Your Needs.

Kevin Rowe, M.D. (left) and Michael Hamilton, M.D. announce the merger of their practices to form Rockcastle Family Health.

Their offices are located on the third floor of Rockcastle Medical Arts Building.

Office hours:
Monday - Friday
8:00 am - 4:30 pm
Call 256-0919 or 256-4148 to schedule an appointment.



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DAY CAMP

June 12th 9am - 4 pm
(4 & 5 yr. olds) Cost is \$5

FIRST CHANCE CAMP

June 12th (5 p.m.) - June 13th (4 p.m.)
(Completed 1st & 2nd grade) Cost is \$7.50

INTERMEDIATE CAMP

June 15th - 20th
(Completed 6th - 8th grades) Cost is \$6.00

SR. HIGH CAMP

June 22nd - 27th
(Completed 9th - 12th grades) Cost is \$6.00

JEFFY JUNIOR CAMP

June 29th - July 4th
(Completed 3rd - 5th grade) Cost is \$6.00

Scholarships Available

For more information & a registration form: Contact Walter Baldwin at 606-758-8086 or Rick Bryant at 606-758-4554