



Lauren Graham, one of several outstanding 11-12 year old Dolphins, prepares to push off during the 100 Individual mile race at Somerset. The DM consists of butterfly, backstroke, breaststroke and freestyle.



Sara Hammond finished ahead of the pack in backstroke at Somerset. Sara was MVP of the 2002 Dolphins.

Cameron Shoes

Hwy. 3275

Open Thurs. thru Sat. 10 to 4

Name Brand Shoes

New Shoes Have Arrived!

Rockcastle Community Bulletin Board

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Farmers Market Opens

The Rockcastle Farmers Market is now open on Saturdays at Rembo Valley from 8 a.m. to 2 p.m. and on Wednesdays at Broadhead from 8 a.m. to 7 p.m. coupons are accepted.

Relay For Life Meeting

The next scheduled Relay for Life meeting will be July 15 at 6 p.m. in the Cumberland Valley District Home Health Building. All team captains need to be present. Bank night is scheduled July 22, same place and time.

Dance Team Fund-Raiser

The RCHS Dance Team is selling photo certificates, through Knickerbockers, for a 10x13 mounted canvas portrait or 16x20 classic portrait for \$10. Deadline for scheduling appointments is July 14th. Call now 256-0110 or 256-9361 or see a dance team member for more information.

Fish Fry

Brindle Ridge Volunteer Fire Dept. a Convey will have a fish fry Sat., July 12 from 4:30 to 7:30 p.m. There will be fish, fries, colelaw, hushpuppies, dessert and drink. Adults \$5, Children \$2.50.

Class of 1993

Members of the RCHS Class of 1993 will be holding a planning and organizational meeting on Thursday, July 17th at 7 p.m. at RCHS. Any graduate of 1993 is welcome to attend and help plan our upcoming 10 year reunion. For more information, contact: Jamie Alcorn, 859-893-3533 or Doug Smith, 859-641-1882. You may also e-mail for further information: jamie_alcorn@hotmail.com

Swim Lessons

Andrew Hammond, swim coach for Cedar Rapids Dolphins, will be conducting swim lessons again from July 15-25. There will be a total of 8, one hour sessions, from 8 p.m. to 9 p.m. on July 15, 16, 17, 18, 21, 23, 24 and 25. The cost is \$50 per student. To sign up, call the pro shop at 256-4112. This will be the last opportunity for this summer. Space is limited, so be sure to sign up by Monday, July 14. Andrew is very experienced, having been a life guard at Cedar Rapids for three summers and he conducts swim lessons with other Western Kentucky University swimmers in April and September in Bowling Green.

Christmas in July

Celebrate "Christmas in July" at the Extension Office. Various classes will be offered throughout the month. Call 256-2403 for more information.

All American Relay

Plans are still underway for the American Cancer Society's Relay For Life. Everyone is invited to attend this August 1 event, whether you are a cancer survivor, participating on a team, or would like to enjoy the entertainment and activities.

The theme for this year's event will be All American Relay. It is not too late to form a team. Teams can consist of church members, family, neighbors, friends, corporations, clubs and organizations. If you are interested in forming a team then



Ethan Mattingly successfully completes an event at Somerset. Greeting him is his mother, Jennifer.

join us at our next meeting July 15, at 6:00 p.m. in the basement of Cumberland Valley District Home Health.

Cancer Survivors

If you are a cancer survivor and/or know anyone who would like to be a part of the Relay event, please call Natalie Taylor at 256-1316, Lee Ann Coy at 256-2645 or Tricia McGuire at 758-9447. We invite and encourage all survivors to join us!

Relay for Life Auction

There will be a live auction held during the Relay for Life event, August 1. Donations are now being accepted until July 25, 2003.

Anyone who may wish to donate please call Kelly McClure at 256-4122, Drama Cromer at 256-4564, Tricia McGuire at 758-9447, Lee Ann Coy at 256-2645. All donations are greatly appreciated.

Hunter's Education Course

A free Kentucky Hunter Education course will be held July 14, 15 and 17 at Cummings Sporting Goods store, located on Hwy. 461 in Mt. Vernon (the bypass), next to Community Trust Bank. The program will last from 6 to 9 p.m. on July 14 and 15 and from 9 to 9 p.m. on July 17. The July 17 program will include range firing with a variety of hunting equipment.

The ten hour course is sponsored by the Kentucky Department of Fish and Wildlife Resources and Cummings Sporting Goods and will include classroom instruction in hunter ethics, wildlife identification and management, outdoor survival, first aid, firearms, bow hunting and ammunition.

Upon successful completion of this course, a certification card will be issued which is valid in any state or province in North America where this certification is required for hunting.

Attendance at all sessions or an authorized alternative course of study is required for certification.

Since March 1, 1991, all Kentucky hunters born after Jan. 1, 1975, have been required to carry a valid Hunter Education Course graduate card, in addition to the appropriate Kentucky hunting license requirements. A bow hunter not in possession of a firearm may carry a "National Bow Hunter Education Card." Children under age 10 and persons exempt from purchasing hunting license, are not required to possess the card while hunting. Children under age 10 shall be accompanied by an adult at least 18 years of age while hunting.

For more information, call or contact George Mountjoy, Hunter Training Officer for the Kentucky Department of Fish and Wildlife, 859-624-4024.

Luminary Order Form
Minimum donation of \$5 per luminary

In Memory	In Honor	Of	Name
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	
☐	☐	☐	

Your Name _____
Address _____
City/State/Zip _____
Phone _____

Please mail this form and donation to:
Relay For Life
Rt 1 Box 5600A
Mt. Vernon, KY 40456

Total amount enclosed \$ _____ Check _____ Cash _____
Please make checks payable to the American Cancer Society.

FOOD WORLD

AD PRICES VALID Tuesday, July 8 thru July 14, 2003

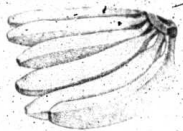
Use coupons the right to limit quantities and to correct typographical and/or pictorial errors. Name subject to deletion.



USDA Western Grain-Fed Beef

Bottom Round or Rump Roast

Buy 1 Get 1 FREE



Golden Ripe

Dole Bananas

28¢

Frozen Turkey, Valley

Turkey Breast

98¢

This Week's Hot Buy

Gallon Shurfine

White Vinegar

68¢

12 pk.
Coke & Coke
Products
2.99

32 oz. Gatorade
Buy 1 Get 1 FREE

33-39 oz. Assort. Var. Excelsior
Maxwell House
Coffee
4.98

100 oz. Liquid or 87 oz. Powder
Assort. Tide
Detergent
5.88

18 oz. Assort. Var.
Hunt's
BBQ Sauce
98¢

48 oz. CRISCO
Oil
1.88

16 oz. Assort. Var.
San Giorgio
Spaghetti
88¢

14.7 oz. Royal Pink
Salmon
2/2.88

18-18.7 oz. Assort. Var.
Pillsbury Ready to Bake
Cookies or
Brownies
3/\$4.88

16.5 oz. Corn Pops, 16 oz. Frosted
Mini-Wheats or 12.8 oz. Scooby
Doo
Kellogg's
Cereals
2/\$3.88

12 oz.
Armour
Treet
88¢

16 oz.
Blue Bonnet
Quarters
78¢

1/2 Gall. Assort. Var.
Flax-O-Rich
Ice Cream
3.48

18-19 oz. Assort. Varieties
Pillsbury
Toaster Strudel,
Pastry Straws,
Toaster Straws or
Waffles
3/\$4.88

13-17 oz. Assort. Var. Steinfeld's
Homestyle Dinners (Red
Bowl, Lean Cuisine or
Dinner-time Selections)
2.88

64 oz. Assort. Var.
Donald Duck
Orange Juice
1.88

16 oz. Assort. Var. Cakes
Garlic Toast or Bread,
Cheese Garlic Toast or
Jesty Italian Bread
2/\$3.88

Gallons Sweet or
Unsweetened
Red Diamond
Tea
1.68

USDA Western Grain-Fed Beef Int.

Top Sirloin Steaks

3.98

Ground Fresh in Store Several Times Daily

Fresh Ground Round

1.68

Fresh Pork Steaks

Western Style Ribs

Drumsticks or Thighs

Mountaineer Sausage

USDA Inspected 10 lb. Pack 1.38

USDA Inspected 7.5 lb. Pack 1.48

Goldfinch Young 'n Tender 10 lb. Lbs. 58¢

5 lb. Balls 55¢

PRODUCE SALE

Jumbo Calif. Peaches or Nectarines **88¢**

Dole Classic Iceberg Lettuce **98¢**

Hydroponic Tomatoes **1.18**

Green Giant Red Potatoes **1.98**

Ex. Lg. Red/Black Calif. Plums **98¢**

Katey's Honey Apple Salsa **2.98**

Driscoll's Strawberries **1.98**

Green Giant Mini Carrots **98¢**