



Cile Fullerton, the pastor's wife, and Hank Gates, Mike's dad, work on power washing.



Barret Matthews, Coleman Stitt and Will Cousar on their way to clean trails.

Group from Covington, TN returns to Christ's Outreach for the Blind

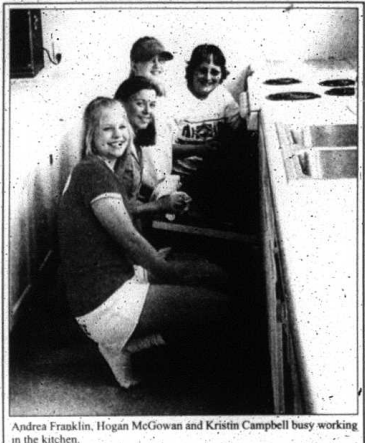
For the second summer in a row, First Presbyterian Church of Covington, TN has completed a summer mission trip at our local camp for the blind, Christ's Outreach for the Blind. This group spent the first week of June volunteering their time and efforts to complete projects even though the weather was not cooperative - rain, rain, and more rain.

This youth group of thirty-two was larger than last year's; however, there were eighteen out of the twenty-five to return. Those who had been at Christ's Outreach for the Blind before were amazed at the difference as soon as they arrived. So much has been done since June 2002. The Outreach Building's interior is completed and much landscaping in front of the building has been done including a very impressive pond and fountain. In addition, the site for the swimming pool has been excavated. The enthusiasm of Chris Franklin helped to bring his mom to the camp as a volunteer. Andrea Franklin said, "My son came last year and was very impressed with the camp and wanted

to come back this year to help. I have felt the calling from God to help others where I can. This was a mission trip that I felt lead to come on, and I wanted to see what my son had been talking about."

Some of the jobs that this team helped with were - powerwashing the sidewalks and helping to clear trails. Because of the rain, the group had to spend much of their time indoors. Cile Fullerton, one of the adult leaders, gave this insight about the rainy weather, "God taught me that things may not always turn out the way we expect (bad weather for a couple of days, few inside jobs) but that the experience was valuable in that we learned to cope up with alternate plans and to continue to build unity in our group."

Christ's Outreach for the Blind is thankful for all the support that the First Presbyterian Church of Covington, TN has provided! If you are interested in finding out more about Christ's Outreach for the Blind, please call 606-256-8888 or visit us on the web at, www.blind19.com.



Andrea Franklin, Hogan McGowan and Kristin Campbell busy working in the kitchen.

The Family Room

By: Dr. Roy Don Whitehead

Health insurance paid most of my gall bladder expenses

On July the fourth I decided to have my gall bladder removed. No, it is not as if I was bored and decided on a whim to have surgery. I had my second gall bladder attack on the fourth, after the initial one four days earlier. If you have never had a gall bladder attack, consider yourself one of the fortunate ones. It is not an enjoyable experience. Both times I ended up in the emergency room asking (begging) someone to hurry up with the morphine.

After the first attack, I saw my surgeon and he said, "It needs to come out." After the second attack, he said, "We are taking it out now." That is why I was in the operating room of Lake Cumberland Regional Hospital late on the evening of July 5.

I was surprised at the lack of pain after surgery. After a couple of pills of morphine, I needed no more pain medication at all. The skill of the surgeon and the modern tools of surgery meant that only four small cuts in my abdomen were necessary to remove the offending body part. Twenty years ago gall bladder surgery required a long incision, a lot of pain medication and a one week stay in the hospital. Today it is a procedure that can be done as an outpatient.

I have already received the first bill. The cost of my first emergency room visit is \$1800 and does not include the physician's charges which will be billed separately. That sounds like a lot of money. No, that is a lot of money. I know the workers must be paid and the building paid for and a profit generated for shareholders, but that is still a lot of money.

On the bill the part that said "Patient's Responsibility" was marked \$0.00.

That is correct. As of right now I owe the hospital nothing. "Why?"

you ask. Am I getting a special deal? No. I owe them nothing now because I have health insurance, and the hospital will first bill my insurance before billing me for the balance. I will still end up paying a part of the bill. After my insurance company pays most of it, the copayments and

deductibles will be my responsibility.

While I will pay something, I will pay now-here near the full amount.

Health insurance has saved my family over the last two years. We have had three major surgeries, gall bladder surgery, two kidney stones, lengthy hospital stays, chemotherapy, radiation and outpatient treatments for a chronic health condition. I estimate the total medical bill for my family over the last two years at more than \$600,000.

What of the family that does not have health insurance? How do they pay for health care? They scrape and scrimp and often do without necessary care. These are people who are employed but neither they nor their employer can afford health insurance for them.

The state of Maine has just become the first state in the union to approve a plan to provide health insurance for every man, woman and child in the state. Maine is a poor, mostly rural state, much like Kentucky. They are doing the fair thing, the right thing. Leaving some Americans without health insurance is not fair. When will the other forty-nine states do the right thing?

I am offering a free depression screening session for any woman over the age of 16. If you want to know more about treating your depression, call me at 679-4134 or 1-877-PASTOR-8 to schedule an appointment. This offer is good until the end of July. There is no cost or obligation.

Be an Angel.

Become a Kentucky organ & tissue donor
For information contact
1-800-525-3456, or
www.trustforlife.org

NOW OPEN
CARQUEST
Auto Parts
256-1660



Locally Owned and Operated
Mike and Julie McClure
Richmond Street - Mt. Vernon
Open Mon. - Sat. 7 a.m. to 7 p.m.
Sunday 1 p.m. to 5 p.m.

You are now eligible to join L&N!

If you live, work, worship, attend school or belong to any other legal entities in Rockcastle County,
YOU are now eligible for membership at L&N Federal Credit Union.

Take advantage of great financial services such as:

**Free Checking
Free Internet Home Banking
Great Rates on Auto and Mortgage Loans
Investment Products
And More!**

Call, stop in or visit WWW.LNFCU.COM for more details.

Join Us for an Open House!

At the Heritage Inn (exit 62 near Renfro Valley), on July 24th from 3pm-7pm. There will be refreshments, live entertainment, and door prizes.

Come and learn about the benefits of becoming a member of L&N Federal Credit Union!

*Knox, Whitley, Putaski and Laurel County residents are also eligible.

L&N FEDERAL CREDIT UNION
Where you've got options.

WWW.LNFCU.COM

Call the Corbin office at 1-800-453-6821 or (606) 523-0504 or the London office at (606) 878-0662 for more details.