

Mount Vernon Signal

Second Section

Thursday, July 31, 2003

Sports Medicine Physician joins Rockcastle Medical Arts

Scott Black, M.D. has selected Mt. Vernon as one of three locations for his specialty practice in sports medicine. He will see patients at Rockcastle Medical Arts Building each Thursday morning beginning August 7.

Black, who works with Kentucky Sports Medicine in Lexington, Eastern Kentucky University's sports program and sees patients in Barboursville, where he lives.

Dr. Black, a 1990 graduate of the University of Kentucky School of Medicine, is Board-Certified in Family Practice and recently completed a fellowship in primary care sports medicine at Wake Forest.

Rockcastle County's residents' love of sports and the hospital's progressive

physical therapy program contributed to his decision to practice here. But, Black emphasizes that his practice is much broader than just sports enthusiasts.

"Primary care sports medicine is appropriate for anyone who leads an active lifestyle, but is finding that some type of pain, injury or other problem is getting in the way of their activity," Black said. "Rather than the old concept of rest being good for an injury, we believe that that activity is good for you and there are other, better ways to improve most conditions, such as through physical therapy and home exercise programs."

Black, who has always made room for fitness and exercise in his life, is an active runner. He also is a tri-athlete and recently participated in a half-triathlon main competition in North Carolina.

Hospital President Steve Estes recruited Dr. Black after hearing about his work in sports medicine from his brother, Brad Black, who is Rockcastle Hospital's chief financial officer.

To make an appointment with Dr. Black, call Rockcastle Hospital, Physical Therapy at 256-2609.

Rockcastle Hospital and Respiratory Care Center, Inc. is a not-for-profit community hospital, which is accredited by the Joint Commission on Accreditation of Healthcare Organizations. It operates inpatient and outpatient acute care programs, 60 long-term beds for ventilator-dependent patients, and a home health care service. The hospital was established in 1956 and treats patients from across Kentucky, Tennessee and several other states.



Dr. Scott Black



Howard - Mullins

Eugene and Edna Howard, of Winchester, announce the engagement and forthcoming marriage of their daughter, Ashley, to Kent Mullins, son of Luke and Kay Mullins of Berea.

The bride-elect is a graduate of George Rogers Clark High School and is a junior at Morehead State University majoring in Education.

Kent is a graduate of Rockcastle County High School and attended Eastern Kentucky University in Richmond. He is employed by Oscan Systems.

The wedding will take place at 5 p.m. Saturday, August 9th at Red House Baptist Church in Richmond. A reception will follow the ceremony. Family and friends are invited to attend.



Ramsey - Stallsworth

Melinda Ramsey, of Mt. Vernon, and Robert F. Ramsey, of Tennessee, would like to announce the upcoming marriage of their daughter, Jessica Kate, to Aaron Blake Stallsworth, son of Bro. Jack and Dawn Stallsworth, of Mt. Vernon.

The wedding will be held at Brimley Ridge Baptist Church on Friday, August 8th at 7 p.m. A reception will follow in the fellowship hall of the church. All friends and family are invited.

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 9 p.m. and on Wednesdays at Broadhead from 8 a.m. to 7 p.m. Wic coupons are accepted.

Pie Auction

A Pie Auction will be held Friday, August 8th at 7 p.m. at the Big City Auction House. All proceeds will go toward the Livingston Homecoming. Everyone welcome.

BES

Back to School Night

Back to School Night will be held at Broadhead Elementary Monday, August 4th, from 3 to 6 p.m. Prizes will be available and door prizes will be given.

Extension Classes

On July 31, flower ponding and 3-D Christmas cards will be taught at the Extension Office beginning at 9 a.m. Call 256-2403 for details and to register.

Clothing Give-Away

The Rock of Ages Mission will have a clothing give-away on Saturday, August 2 from 9 a.m. till 3 p.m. at the Broadhead ball park. Anyone in need of good quality clothing is urged to come out. No dealers please! Please bring your own bags. There is no charge for the clothing, a donation would be appreciated. Kathy Bretz, Rock of Ages Mission, 758-8546 or 758-4203.

BVCFD Fish Fry

The Broadhead Volunteer Fire Department's Fish Fry will be held Saturday, August 2nd at the firehouse in Broadhead. Carry-outs start at 3 p.m. All carry-outs are \$5 each. Dining in begins at 6 p.m. and prices are \$5 for adults and \$2.50 for children. This includes all you can eat fish (dine-in only). Menu consists of fish, hushpuppies, cole slaw, baked potato or fries and a Little Debbie cake. All proceeds go to the BVCFD. Thank you for your continued support.

Baby Photo Contest

The RCMS Cheerleaders present the 1st Annual Rockcastle Baby Photo Contest (ages 0-2 years) at the Little World's Fair in Broadhead. Mail \$10 entry fee and one (up to 10) photo of child to RCMS P.O. Box 1768, Mt. Vernon, Ky. 40356. Winner will be awarded a large trophy, free \$10 and a \$25 gift card.

Purple Bows Show Support

Remember to show your support for the American Cancer Society's Relay for Life on August 1, 2003 by displaying a purple bow. The bows can be purchased for a \$10 donation to the American Cancer Society at Aletha's Flowers and Gifts in Mt. Vernon.

Bookmobile Schedule

Mon., Aug. 4: Broadhead and Copper Creek.
Tues., Aug. 5: Green Hill, Conway, Boone, Fairview and Lambert Road.

Summer Camp

Are your kids looking for something to do this summer? The Christian Appalachian Project's Camp Andrew Jackson still has openings for its "summer camp program, ages 8-12 years, for the following week: July 28-Aug. 1st. The cost is only \$10 for the week and there is limited transportation. Call us at (606) 287-7073 for information.

Republican Club Note

The Rockcastle County Republican Club will meet monthly, beginning in September; on the first Tuesday night of each month at Katie Inn Restaurant at 7 p.m.

JobStart

CAP JobStart - let us help you to prepare for a good job. Join us to learn new skills such as computer skills. For more info, call Jeanne at 256-9612. Classes are free. Supplies are furnished.

Alcoholics Anonymous

Alcoholics Anonymous meets Tuesday night at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2129.

Center Hours

Rockcastle County Senior Citizens and Day Health Care Center hours are 9 a.m. to 4 p.m. Mon-Fri.

Kiwanis Club

Rockcastle Kiwanis Club meets every Thursday at Noon at Katie Inn. All visitors welcome.

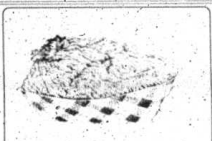
GED on Computer

CAP Adult Learning Center is offering a program for you to study online using your computer or the center's. Choose your own times. We can teach you to use the computer. FREE! For more info, call Janet at 256-3307.

FOOD WORLD

AD PRIES VALID Tuesday, July 29 thru Aug. 4, 2003

We reserve the right to limit quantities and to correct typographical and/or pictorial errors. Names used to identify.



Ground Fresh in Store Several Times Daily
5 lbs. or More Fresh

Ground Beef

99¢



Qtr. Pork Loin

1.39



This Week's Hot Buy
48 oz. Asst. Var.
Wesson Oil

1.29



Pepsi & Pepsi Products

2.99



Dole Russet Potatoes

89¢



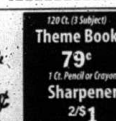
Betty Crocker Cake Mixes

Buy One Get One FREE



Macaroni & Cheese

2/99¢



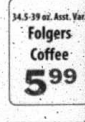
Theme Book

79¢



Kraft Handi-Snacks

99¢



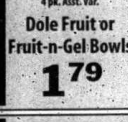
Folgers Coffee

5.99



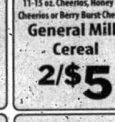
Chef Boyardee (with meat)

99¢



Dole Fruit or Fruit-n-Gel Bowls

1.79



General Mills Cereal

2/\$5



Pillsbury Cookies

2/\$4



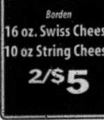
Theme Book

49¢



Old Recipe Ice Cream

3.49



Borden Swiss Cheese

2/\$5



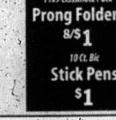
Tropicana Orange Juice

3.49



Grand's Biscuits

1.29



Prong Folders

8/\$1



Permanent Markers

\$1



Top Sirloin Steaks

3.99



Proieaguer Wieners

99¢

Fischer's Jumbo Bologna

Johnsonville Sausage

Chicken Leg Quarters

Loin Pork Chops

1.49

2.99

39¢

1.99

PRODUCE SALE

Homegrown Indiana Muskmelon	1.99	California Sweet Bartlett Pears	99¢
		Green Giant Mini Carrots	99¢
Calif. Panoche Sweet Yellow Onions	59¢		
Cap or Sliced Portabella Mushrooms	2.49		
Marzetti Slaw Dressing	2.99		
Calif. Jumbo Peaches or Nectarines	89¢		
Dole Cole Slaw	99¢		