# Social News\_



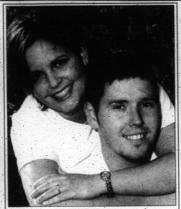
#### 50th Wedding Anniversary

Preston Parrett and Alene Doan were united in marriage on Au-st 6, 1953 at the Brodhead Christian Church. Brother George Long, shown in the picture with them, officiated

the ceremony.

Preston and Alene are the parents of LaJoy Graves (Nelson) and Tanya Clark (Steve). They are the grandparents of Devin and DeJon Graves and Derek and Amy

Happy fiftieth wedding anniversary Mom and Dad/Mamaw and Papaw?? We love you very, very much!



Begley - Tompkins

Rachel Begley and Derek Tompkins would like to invite friends and family to join them on September 13, 2003 as they exchange wedding tows. The wedding will be held at 1:00 at First Christian Church (corner of Main St. and 7th St.) in London. Call First Christian at 864-2648 for

# **Upcoming Reunions** Singleton/Mullins

The Singleton/Mullins reunion will be held Saturday, August 16 at the Pamily Life Center on the hill. Family and friends are invited to bring a covered dish and join us.

McHargue Family

ber 3.5.
On Friday, Oct 3, there will be a dinner and social hour from 5 to 9 p.m at Pine Mountain State Resort Park in Pineville. On Sat., Oct. 4 there will be potluck pienic from 11

there will be profluch princin from 11 am to 5 pm. at the Carolial Irve, Red Brid (Queendale), Ky Please bring food, Emertamment will be Harry Feon' Smith, At 5 30 pm. on October 4, there will be a genealogy exchange at Pme Meuntan and the event will conclude with the Hendruckook Reumond at Pine Mountant at 2 pm. on Smith, Oct. 5. Genealogy books will be available, at all events. Reservations at Pine Mountain Lodge (foll fire) 1-800-325-1712. Come join in the fini and fellowship with relatives and friends!

For more information, contact Janene Carole Simpsion, e-majlf-missky/aikh, irresport, e-majlf-missky/aikh, e-majlf-missky/aik

Barnes/McFerron

will the Barnes/MCF erron Reunion will be held all day at Quail Park on Hwy. 70 on August 10. Everyone-bring a covered dish and enjoy the fun. Lunch will be served around noon. Plates, cups, napkins will be furnished.

The Niceley Reunion will be held Saturday, August 9 at Quail Park on Hwy. 70, Lunch will be at 11:30 a.m. Come, bring a covered dish. All friends and family are welcome. There will be a McHargue Fam-ily Reunion at Levi Jackson State Park on August 9. Family and friends are invited, Bring a covered dish. Dillion/Asher Reunion

### Leger Reunion

The Leger Family Reunion will be held Sunday. August 17 at the Family Life Center on the hill. Come and bring a covered dish and lawn chair Everyone welcome:

# Pine Hill School

Pine Hill School
Reunion
The 8th Annual Pine Hill School
Reunion will be held Saturday, August 30 at the Pine Hill Myssionary
Baptist Church shelper house. Link
will be served around noon. All
former students and teacher and
families are welcome. Bring a covered dish and enjoy tife day with old
friends and family.

Ball Reunion - All Day

The Ball Family Reunion will be held September 13 at the Mills Fark on Mills Roads at Taylors Mill. K.y. Come one, come all to the family reunion. Bring a covered dish, enjoy lunch which will be at round noon. Follow the signs and baloons to the shelter.



Hensley - Black

The prival parents of Sonya Nicole Hensley and Joseph Quentin Black would like to almojource the wedding of their children. The wedding was a beautiful ceremony on July 12, 2003 at Lake Reba in Richmond. The ceremony was performed by the briefs of sather, Charle Hensley. The brief was escorted by her brother, Charles Hensley of Mt. Vermon. Sonya is the daughter of Charles and Penny Hensley of Roundstone and Bill and Joleen Mass of Pine Hill. The groom is the son of Johnny Black of Winebester and Dona and Tim Gamble of Morehead. The happy couple will be residing in Richmond.

## Rockcastle Hospital offers healthy, safe weight loss program

Research studies have proven that losing weight is one of the best ways to improve health. Rockcast Bloop his and Respiratory Care Center of Greing a, new program to help people look weight safely. The Weighty Management Program (Death Water) and the weight safely and the safely safely and the safely safely and the safely sa

Participants must be referred by eir doctors. Before enrolling, they

regressions may be research years the series described and the series described and with pind and thyroid profiles. Additionally, each person will be weighed and measured, and resting-energy expended will be deletramined to help establish dietary and exercise needs. "The program is personalized for each individual, and they will make their own food choices. This allows them to incorporate new cating habitation of the series of the series of the series of the series plan that suits their lifestyle, "registered dictional Tereas Blairs aid." Because the program is based on each person's specific meeds, that is what ultimately makes it successful."

Blair and Lindsay Gabbard, RD,

it successful.

Blair and Limbay Cabbard, RD, have earned certification in Adult was earned certification in Adult was earned certification in Adult was earned certification from the compact from the compact from the compact from the compact from the case of the case of

ght loss measures.
A great perk for people partici-ing in the program is that the e free use of our Physical Therap have free use of our rhysical interpe-perartment's exercise equipment, which is on par with any gym." Gabbard said. "Most people will start with a walking program, but many will want to include strength train-ing to help ione muscles and fight osteoporosis."

osteoporosis."

Another advantage for partici-pants is a discount offered by RHRCC's cafeteria on new low fat

RHRCC's cafeteria on new low-fat entrees.

Participants will haye six indi-vidual meetings with dietitians plus four group sessions that include pro-grams on reading and understanding labels, meal planning and role-play-ing to change behavior. The goal is for participants to complete the pro-gram in four months with follow up

program.
"This program offers a unique, new way of approaching weight loss with our outstanding hospital-based dietitians and work out facilities." said Dr. Tony Arvin, "I don't believe this type of program is being offered anywhere else, and I see it as a real benefit for the people of our commu-

benefit for the people of our commu-nity."

For a referral or niore information on the Weight Management Program, call your family doctor.

Rockcastle flospital and Respira-tory Caré Center, Inc., is a not-formation of the people of the people of the profit community hospital, which is accordingly the people of the people of the people of the althorist Cap-ginizations. It operates inpairent and outpatient acute care programs, 60, long-term beds for yentilator depen-dent patients, and a home health care-service. The hospital was established service. The hospital was established in 1956 and treats patients from across Kentucky, Tennessee and sev-



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## **Cox Funeral Home**

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Fish Fry at BRVFD

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Janet at 256-5307.

Center Hours

Cockastle County Senior Citizens
and Buy Health Care Center hours
are 9 an. until 4 p.m. Mon. Fri.

Kiwanis Club

Rockastle Kywanis Club more servey Thinkaya 4 Noon at Kastle Im.
All visitors welcome.

The Rockcastle Farmers Market is now open on Saturdays at Renfro Wednesdays at Broifment of Wednesdays at Renfro Wednesdays at Renfro of Wednesdays at Renfr

JobStart

Fish Fry at BKVr.

Bridle Ridge Volunteer Fire Dept.
CAP JobStart - let us help you to prelet us help you to prelet us help you to prepare for a good job. Join us to learn
for a selfpare for a good job. Join us to learn
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for skills, usch as computer skills.
For more info. call Jeanne at 2569612. Classes are free, Sipplies are
furnished.

Communication is indeed one of the most important, if not the most important principle for a good marriage! Peter touched on this principle in Peter 3.7. "Lakevine, ye lundrands, dwell with them according to insurededing, grain house must be well, as units blewooder vessel, and a heigh four-together of the grace; of life, that your prayers he included: The Max Yandan state of the grace; of life, that your prayers he included a life of the proof of the grace; of life, that your prayers he included the state of the grace; of life, that your prayers he included the state of the grace of the grace. in I Peter 3.7. "Lebevise, ye husbands, sheell with them acciveling and beameloging, surplemen must be wife, as must this worker verse, link sources of the surplement of the wife, as must this worker verse, link heart so leaves the wife of the surplement of the grainsy of the surplement of the surplement of the grainsy of the surplement of the surpleme

# O rupus tim Reprogramments to

Community Friends

participating free blood greature checks and omnute health screenings. Include: I wenty the parcent houghts free bloods introduce to seminary and diagrams of streets.