

Library News

Last Friday, the Rockcastle County library staff and board said goodbye to one of its members, Jennifer Alsip. Jennifer was a devoted library assistant for the past 2 1/2 years and her work ethic was impeccable and she will be greatly missed, professionally and personally, by the staff. Jennifer has received a scholarship from Eastern Kentucky University. She will be pursuing a degree in pharmaceuticals. Our hat is off to you Jennifer for your time devoted to this

library and for your determination to pursue a wonderful career. For the past few weeks, Ms. Alsip has been training a new library staff member, Amanda Rader, who is already a devoted patron of the bookmobile and library and now she will be our new library assistant. The library staff and board want to officially welcome Ms. Rader, she has already shown a quick learning ability and an eye for detail. We appreciate you Amanda and know you will be a great asset to

the library.

We want to remind the community of all of the free resources here at the library. The adult library and children's library has fiction, non-fiction, biography and reference books. The genealogy room is available for those of you who are doing historical research; also there are many Kentucky authors housed in this room. The library has a career center for young people of the community. Housed in this room are career books and college information. The library also has computers with internet access. We offer story hour for preschoolers every Tuesday at 1 p.m. For educators of the community, the library offers early childhood learning boxes for checkout. There are several subjects such as science, language arts, art, early childhood development toys, music, etc. Come in and inquire at the front desk about these boxes. They can be checked out for four weeks at a time.

The library also carries magazines of interest to our community and The Lexington Herald and Mt. Vernon Signal. We also receive a copy of the Renfro Valley Bugle. There is a laminating machine available to early childhood educators free of charge. There is a fee for non-educational use of the laminator. Another service provided is a die cut machine. There is no charge as long as you bring your own construction paper.

Last, but certainly not least, is the bookmobile service. Ms. Pam Chaliff takes the bookmobile out in the county. If you have any questions concerning this service, please call 256-2388 and talk to Ms. Pam. We have a web site - visit at www.rockcastlelibrary.com. Our e-mail address is rcplb@mkznet.com

Ms. Pam, Amanda and myself want to encourage you, if you haven't already signed up for a library card, now is a great time to do it. Why not get started taking advantage of the resources here at the library? Make the connection, connect to your library.



Amanda Rader, our new library assistant.



Jennifer Alsip



Back left: Library board member Jerry Burke, Library director and Bookmobile Librarian Pam Chaliff, Children's Librarian Kathy McKibben, Library board chairman Allen Perrell, library assistants Amanda Rader and Stacy Richards. Front and center Ms. Jennifer Alsip. We will miss you Jennifer!



Jennifer's mom, Sheila McFerron, and sister Becka stopped by the library for a little goodbye party.

Playing With Your Children

By Hazel Jackson
County Extension Agent for
Family and Consumer Sciences

There are a number of good reasons to make time to play with your children part of your daily routine.

Playing with children is a relaxed, easy-way to learn about their interests, worries and skills. It's a wonderful way to build relationships with your children as you share valuable communications and fun. Playing with them also gives children a fun way to learn skills that will prepare them for adulthood.

When playing with your children, be sure activities are based on what the children enjoy, whether it's playing hide-and-seek, having a tea party, or blasting off in a space ship.

The more children experience, the richer and more varied their playtime becomes. Take them to see people, places and things and allow them to feel and experience the events by climbing onto the seat of a fire engine, petting animals at the fair, covering themselves with sand at the beach, and the like.

Adding playfulness and fantasy to everyday situations can help children relax and enjoy routines more. For example, make cleanup more enjoyable by playing games like flying the airplane back to the airport or seeing how many toys they can carry at one time.

One way to become more involved with your children is to start a sentence, each person completes in turn. For example, it could be "The most surprising thing I learned today was..." or "One of the things I did well today was..." The sentence goes around until everyone has shared their experiences.

Playing with your children motivates them, teaches cooperation and trust and builds self-esteem, independence and self-

sufficiency. It also helps them get to know themselves and their world. Play continues to be

important as children grow into teenage years and beyond. There are many delightful ways to play with your children. A few of these are listed below. Use imagination and children's interests to develop more ways to play with your children.

Play-board games. These teach children to pay attention, take turns and that winning isn't the most important thing in life. Rather, how you play and how much you enjoy the game are much more important.

Set aside an hour or two each week for family playtime. Let the kids take the lead on how to spend the time. This will build on their leadership skills and let them feel like they're in charge for a change.

Have a "no-television night" once a week: use the time to play games like charades, put on your own skits, or discuss what each person has been doing that week.

Make up stories with your children. Follow each child's lead as you work together to make up imaginary characters. You never know where these adventures will take you.

Encourage outdoor or physical activities such as bike riding or swimming. You can join other children in a tennis or basketball game.

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

CentralBody Service

275 Richmond Street - Mt. Vernon

Precision

Collision - Repair Quality Work Since 1966

Free Estimates - All Work Guaranteed

606-256-4210

Auto-Financing made Quick and Easy
credit problems = no problem.

Kelly has the Key to solve all your credit problems

Kelly has several
finance sources willing
to lend you money!

Kelly will work hard
to get you approved
regardless of your
past credit problems.

- ✓ Repossessions
- ✓ Slow Pay
- ✓ Charge Offs
- ✓ Medical Collections
- ✓ Bankruptcy

Call
1-800-928-1304

Johnny Watkins Chrysler Center

US 25 South - London, KY

Ask for Kelly Greene - Special Finance Manager

FOOD WORLD

AD PRIES VALID Tuesday, Aug. 12 thru Aug. 18, 2003

(See inserting the right to limit quantities and to correct typographical and other personal errors. Items sold to discretion.)



U.S.D.A. Western Grain-Fed Beef

Bottom Round or Rump Roast

Buy One Get One
of equal or lesser value

FREE!



Fresh Tray-Pack Bone-In Split

Chicken Breasts

Buy One Get One
of equal or lesser value

FREE!

FJ Lib. Bag Dole Classic

Iceberg Salad

Buy One Get One
of equal or lesser value

FREE!

This Week's Hot Buy

4-4.5 oz. Asst. Var.

Oscar Mayer Lunchables

79¢

10-12 oz. Cans of good
August 12 thru 18

12 pack
Pepsi & Pepsi
Products
2.99

19.76 oz. Asst. Var.
Johnsonville
Sausage
2.99

11 oz. Fruit Loops, 15 oz. Frosties
Flakes or 10.5 oz. Corn Pops
Kellogg's Cereals
Buy 1 Get 1
FREE

64 oz. Asst. Var.
Minute Maid
Juices
Buy 1 Get 1
FREE

12 Double Roll or 24 Reg. Rolls
Northern Tissue
569
1 Roll Mardi Gras
Paper Towels
69¢

16 oz. Asst. Var.
Peter Pan
Peanut
Butter
2/\$3

12.9 oz. Asst. Var.
Kraft
Easy Mac
2/\$4

12 oz.
Kellogg's
Corn Flakes
1.99

5 lb. Asst. Var.
1/2 Gal. Asst. Var.
Sunflour Flour or
Sunflower Corn
Meal
1.19

1/2 Gal. Asst. Var.
Prairie Farms
Ice Cream
2.99

14.75 oz.
Royal Pink
Salmon
2/\$3

19.99 oz. Asst. Var.
Totino's
Pizza Rolls
2.99

10.5-28 oz. Asst. Var.
Freezer
Queen
Entrées
3/\$5

10 pack asst. var.
Hi-C Blast or
Minute Maid
Cooler
2/\$5

200 ml. Asst. Var.
Sunny Delight
Citrus or California
Style
1.99

12 oz. Pre-Priced \$1.89
Borden
American Singles
2/\$3

11 lb. Asst. Var.
Country Crock
Spread
1.99

32 oz. Sel. Var.
Coffee-mate
Creamer
1.39

1 lb.
Fischer's Weiners
Buy 1 Get 1
FREE

FROZEN BONE-IN
Turkey Valley
Turkey Breast
99¢

BUY 1 GET 1 FREE

7.5 oz. Asst. Var. Bugles Snacks • 8.75 oz. Asst. Var. Chex Mix Snacks
4 oz. McCormick Black Pepper • 16 oz. 20 ct. Dixie Plastic Party Cups
6-12 ct. Sel. Var. Marshall's Frozen Biscuits • 4.5 oz. Taco Bell Taco Shells
5 oz. Asst. Var. Betty Crocker Fruit Roll-Ups • 6.5 oz. Planters Nut Poppers

PRODUCE SALE

1 lb. Bag Peeled
Green Giant
Mini Carrots
Buy 1 Get 1
FREE

8 oz. Whole Dole White Mushrooms
Buy 1 Get 1 Free

5 lb. Bag Dole Baby Red Potatoes
Buy 1 Get 1 Free

Calif. Sweet Yellow Onions **59¢**

Homegrown Seedless Watermelons **3.99**

Sunkist Jumbo Lemons **3/\$1**

Calif. Jumbo Peaches/Nectarines **89¢**

California Broccoli **99¢**