



Jon and Ashley Sanders would like to announce the birth of their son, William Jacob Sanders. He was born July 10, 2003 at Fattie A. Clay Hospital weighing 8lbs. and 9 oz. and was 21 inches long. His grandparents are Jon and Peggy Sanders of Mt. Vernon and Rick and Lola Harris of Conway.



Happy Birthday Uncle Ricky! We love you very much!
Jon, Ashley and Jake.



Clyde Carpenter, his sister Bernice Burkhardt, right, and his niece Lisa Carpenter, left, all celebrated their birthday August 9, with a pot luck dinner at Sand Hill Baptist Church. Relatives and friends that attended were: Clyde, Patsy and Lucas Chasteen; Jr. and Faye Chasteen; Tommy, Sharon and Wesley Miller; Shirley and Travis Carpenter; Bernice, Jeff and Gina Carpenter; Zannie Burdine; Sandi Burdine; Orville Burkhardt; Ashley Francisco; and Peggy Mason.



Golly Gee, Margie is 53 and looking happy with Richard R. Have a great birthday Mom, Saturday, September 20th. We love you - Donna, Jr. & Sandra.



Kisha Newcomb celebrated her first birthday Sunday, August 31, 2003 with a Barbie Party. Kisha wants to thank everyone for making her first birthday so special. Happy 1st Birthday Love You Always, Dad and Mom.



Happy 50th Birthday Wanda Todd Love your Big Sister



Happy 50th Birthday Wanda Todd Love your Big Sister

Getting Ready for Cold Weather:

Have Fuel Burning Appliances Inspected

By Hazel Jackson
Rockcastle Cooperative Extension Service
Agent for Family and Consumer Sciences

As cold weather approaches, it's important to have a professional inspect all fuel-burning appliances to detect carbon monoxide (CO) leaks. Plus, an inspection may discover ways to improve fuel efficiency, thus lowering your heating bills.

Any fuel-burning appliance - furnace, stove, fireplace, wood-burning stove, space heater, water heater and clothes dryer - is a potential source of CO. Many fuel suppliers will inspect your furnace or other appliances, or the company should be able to refer you to an inspector.

CO, a colorless, odorless gas produced by burning any fuel, reduces the blood's ability to carry oxygen. Low blood oxygen levels can cause unconsciousness and death. CO poisoning produces flu-like symptoms such as headache, dizziness, weakness, nausea, vomiting, sleepiness and confusion. Certain groups are more susceptible to CO poisoning, including people with heart disease, blood or circulatory system problems, fetuses, infants and the elderly.

Each year, about 160 people are killed and more than 10,000 are treated at emergency rooms for CO poisoning associated with fuel-burning appliances. This is why everyone's home should have at least one CO alarm that meets the most recent Underwriters Laboratories standards.

In addition to fuel-burning appliances, the annual professional inspection should include checking chimneys, flues and vents for leaks or blockages by creosote and debris. Also, check for loose or disconnected vents to furnaces, water heaters, boilers and other fuel-burning appliances.

It's also important to have appliances checked for gas leaks and to be sure they have adequate ventilation. A supply of fresh air is necessary for complete fuel combustion. Adequate ventilation also helps remove pollutants through chimneys, stovepipes and flues.

For more information, contact the Rockcastle County Cooperative Extension Service at 256-2403.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

It's never too late to quit smoking!!

By Danielle Blanton
Tobacco kills more Americans each year than alcohol, illegal drugs, injuries or accidents, car wrecks, homicides, suicides, fires and AIDS - COMBINED!!

It doesn't matter if you have been smoking for 30 years or one year, the rewards of quitting smoking are GREAT!

20 Minutes After Quitting:
*Blood pressure drops to normal.
*Pulse rate drops to normal.
*Temperature of hands and feet increases to normal.

8 Hours After Quitting:
*Carbon monoxide level in blood drops to normal.
*Oxygen level in blood increases to normal.

24 Hours After Quitting:
*Nerve endings start regrowing.
*Ability to smell and taste is enhanced.
*Chance of heart attack decreases.

2 Weeks - 3 Months After Quitting:
*Circulation improves.
*Lung function increases up to 30%.
*Walking becomes easier.

1 to 9 Months After Quitting:
*Coughing, sinus congestion, fatigue and shortness of breath all decrease.
*Cilia regrow in lungs, increasing their ability to handle mucus, clean the lungs and reduce infection.
*Body's overall energy increases.

1 Year After Quitting:
*Risk of coronary heart disease is half that of a smoker.

5 Years After Quitting:
*Long cancer death rate for average former smoker (1 pack per day) decreases by almost half.
*Stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 Years After Quitting:
*Risk of cancer of the mouth, throat and esophagus is half that of a smoker.
*Lung cancer death rate is similar to that of a non-smoker.

If you are ready to quit smoking, the Cooper Clayton Method to become a non-smoker is here for you! A program sponsored by the Rockcastle County Health Department and Rockcastle Hospital and Respiratory Care, Inc. will be offered beginning September 23, 2003.

For more information or to register for this program, please call Danielle Blanton at 256-2242 or

Tammy Brock at 256-2195. There is no charge for this class.

Poet's Corner

By Mattie Robinson Burns
The sun is slowly going down
As I stand inside the gate
Of the old Briarfield Cemetery
Where family members lie at wait.

The quietness fills me with awe
A light breeze blows across the hill
Then I hear a train's lonesome
I whistle
As it comes through the tunnel and
past the old mill.

Is that an autumn chill in the air?
Or, memories of sad goodbyes.
Spoken long ago in this place
that causes tears to fill my eyes?

The old headstones of my ancestors.
On some, it's hard to read the name
With the moss growing over them
From years of sun and rain.

Yet, there is color in this place,
Others come here and do good deeds.
Placing new flowers on the graves.
Cutting grass and pulling weeds.

Listening quietly, as I gaze across the
field,
Is that Mommy's voice once more?
"Supper's ready. Come wash your
hands."
"Please don't slam the door."

Is that Daddy, with tuning fork in
hand
On the porch practicing a new song?
"I need some alto on this one."
Tommy.

"Come on out here and sing along."

Old friends and loved ones I recall.
When I come back here each year.
Some day my generation will be
gone.
Will someone stand here then and
shed a tear?

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Classified Deadline is Noon Tuesday.

Auction

of Mr. and Mrs. Mike Phillips'

House and Lot Plus Extra Lot

Sat., Sept. 27, 2003 at 1:00 p.m.
Highway 490, Livingston

Location: In Livingston, cross the bridge and turn right onto Highway 490. Proceed approximately 3/10 of a mile to the property. Auction signs are posted.

Since Mr. and Mrs. Phillips have purchased other property, they have authorized our firm to offer this property at public auction.

House and Lot: The property consists of the above pictured home which has 3 bedrooms, two baths, living room, dining room, kitchen and utility room as well as a partial basement. Amenities include: dishwasher, refrigerator, RECC, electric, city water and septic. In addition to the house, there is a storage building.

The lot measures approximately 75x125 with frontage along Highway 490.

Extra Lot: There is an extra lot measuring approximately 350x125 with frontage along Highway 490. This lot is improved with an older home and a new garage building.

The sellers reserve the right to offer the house and lot separately from the extra lot and then offer the property in its entirety.

Auctioneer's Note: If you're in the market for a finer upper or an investment opportunity, then be sure to mark your calendar to attend this auction on Saturday afternoon, September 27th at 1:00 p.m.

Note: The purchaser of a single family residence, built before 1978, has a maximum of 10 days to inspect the property for the presence of lead based paint. The period for inspection begins September 17th through September 26th. The successful bidder must sign a waiver of the 10 day post sale inspection period.

Terms: 20% down day of sale, balance in 30 days.

Announcements: day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

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