

Thank You from CF for successful Bike-A-Thon

Submitted by Randall and Donna Robbins
The 2003 Cystic Fibrosis Bike-A-Thon was once again a success with \$4,593 raised from the Bike-A-Thon and \$1,577.32 from the road block for a total of \$6,170.32.

We would like to thank all those who helped make this event possible. But, first we would like to give special thanks and recognition to Clara Proctor who, for the past 19 years, has worked very hard to make the CF Bike-A-Thon a success. She did a great job and, as we have taken over the Bike-A-Thon, she has been a wonderful mentor, offering her guidance and support. Thank you, Clara.

We would like to thank everyone who participated in the Bike-A-Thon, whether you donated money, volunteered your time or were one of the children who rode or you may have been one of the generous people who brought a bike rider to the Bike-A-Thon.

On behalf of the CF Foundation, we want to express how much we appreciate the efforts that everyone put into this event. There are volunteers who have been helping year after year and your dedication is very appreciated. The kids who ride their bikes really make this fundraiser fun and exciting. They ride their bikes with pride to help raise money for

research for Cystic Fibrosis and we thank each and everyone who rides. The schools and banks were a great help by letting us put up posters and distribute pamphlets: Bridhead Elementary, Mt. Vernon Elementary, Roundstone Elementary, Rockcastle Co. Middle School, Citizens Bank, Community Trust and Berra National.

We would also like to thank all of the businesses who donated to the Bike-A-Thon: Pepsi Cola, Coca Cola, Food World and all Food World employees, Family Dollar, Frito Lay, Butterum, CL Bryant, SPC Home Medical Equipment, Willaga Grocery, B&H Tool Works, LCCDS, County Attorney Jeff Burdette's law office, Bradley's Barber Shop, Saylor Furniture, Cummins Gun and Knife Shop, Mt. Vernon Drug, Dr. Karen Saylor's office, Appliance Service Center, State Farm Insurance, Singleton Insurance, Mary Mathis Insurance, Southern Belle, Rep. and Mrs. Danny Ford, Jerry Cook, Pizza Hut, Dairy Mart of Broadhead, Shoppie, Dairy Delin, Paula and Greg Cowan, Earl and Judy Phillips, Jerry and Lita Cowan, Jan Cowan, David Cowan, Billy Phillips, Betty Russell, Donna Mink, JLC Sales, Trane Employees, Dresser employees, Jennifer White, and everyone. They ride their bikes with pride to help raise money for

Doig and Linda Proctor, Nelson and Lacey Graves, Linda Martin and anyone we might have inadvertently left out.

Thank you each and everyone who helped make the Bike-A-Thon a success. No matter how much or how little we raise, the Bike-A-Thon is still a success because the money goes to help fund research for the treatment and, hopefully, someday a cure for Cystic Fibrosis.

We look forward to next year's Bike-A-Thon and hope that everyone will come out again.

Mt. Vernon Personals

By Marie McKinney
Those who visited C.S. and Marie McKinney recently were their daughter, Sharon Lovins and grandson, Jack and great granddaughter, Samarah and granddaughter, Jamie of Richmond and grandson, Jim Lovins and Mrs. Lovins of Berea and Mr. and Mrs. Veri Robbins, Mrs. Eunice Craft and granddaughters, Courtney, April and Alecia.

Mrs. Bessie Kirby is on the sick list. She is now home and improving. We wish her a speedy recovery. Mr. and Mrs. C.S. McKinney visited their grandson, Jim Lovins, Jr. and Mrs. Lovins and great grandson Dalton of Eubank recently.

Mrs. Myrtle Kirby of Conway is on the sick list and is now improving. We wish her a speedy recovery. Mrs. Ade Kirby and daughter, Barbara French of Indiana, visited Bessie Kirby recently.

Our deepest sympathy is extended to all who have lost loved ones recently. May the Good Lord bless each and everyone.



Bucky celebrated his 12th birthday on Sept. 19th with a big party given by his stepdad and mom, Bill and Jean Bullock. He would like to thank everyone that came and for all the nice gifts he received. He would like to send a special thank you to Sharon Meek for the delicious cakes she made and also to City Hall for the use of the park.

Poet's Corner Family Bible

Submitted by Deronia Mink
There's a family Bible on the table Its pages worn and hard to read. But the family Bible on the table, Will never be my key to memories.

At the end of day, when work was over And when the evening meal was done, Dad would read to us from the family Bible and we'd count our many blessings one by one.

I can see us sitting round the table When from the family Bible Dad would read: And I can hear my mother softly singing Rock of Ages, Rock of Ages, cleft for me.

Now this old world of ours is filled with trouble



Happy 13th Birthday on Oct. 11th Raquel, I Love You Very Much Love always, Your Mom, Darlene, Darrell and Brook

This old world would, oh, so better be If we found more Bibles on the table And mothers singing Rock of Ages, cleft for me.

I can see us sitting 'round the table When from the family Bible Dad would read And I can hear my mother softly

singing Rock of Ages, Rock of Ages, cleft for me Rock of Ages, Rock of Ages, cleft for me In 1988, this song was recorded by country music writer Willie Nelson. As you know, this song has been recorded many times down through the years. The last of the family Bible and our Dad and Mothers reading the Bible is what is wrong with a lot of our children today.

Quail Homemakers meet

The Quail Homemakers Club meeting will be at the home of Barbara Thompson in September with 14 members and two new members, Cindy Hanson and Nina Burkhardt. The lesson was Emergencies: Are You Prepared? This was a very informative lesson and gave us a lot to think about and hopefully become more prepared.

A reminder to all members, the date of the October meeting has been changed to the second Monday evening instead of the regular meeting.

ing date of the third Monday. The meeting will be at the home of Christine Taylor on October 13th at 7 p.m. The lesson will be on Holiday Crafts. Members are encouraged to bring home-crafted Christmas ornaments that will be sold in November and proceeds will go to help fund the Rockcastle County Homemakers Association.

The annual dues need to be paid in October. Guests are always welcome to attend the Quail Homemakers Meetings.

Anthem

You can have an affordable managed care plan with the freedom of choice and the security of Anthem Blue Cross and Blue Shield — Blue Access.

Stop by and see Bobby Cummins for all your life and health insurance needs! 606-256-2050



4th District Appreciation Dinner

Live Gospel & Bluegrass Music Sponsored by 4th District Constable Roger Pligg

Saturday, October 11th 1 p.m. to 5 p.m.

• Turn on Hwy. 1505 off US 25 at Conway and follow signs. (Est. 1 1/2 mile)

Fish and Burgers will be supplied by the sponsor. Asking everyone in the 4th district that can, bring a covered dish and come enjoy the food, fellowship and music.

SIGMON FARM'S ANNUAL
Pumpkin and Hog Roast
October 11th and 12th
Saturday 10 to 10 FREE
and Sunday 10 to 7 LIVE Music
Hog Roast Saturday 7pm MC/DJ Larry Cook
\$5 a plate Bluegrass, Country and Gospel
YARDSALE STREET Clean out the Garage and Attic
TRADERS' TENT Buy, Sale or Trade
MOE'ASSES MAKIN' Pick your own Pumpkin!
Hay Rides to Pumpkin Patch
Free Craft, Sale and Trade set up
3 miles North of Reston Valley on U.S. 25 JNCT 3275
For more info, call 606-256-2781

Absolute Estate Auction
of The Lair Family Properties
Five Farms in Tracts • Tobacco Base
Sat., Oct. 18, 2003 at 10 a.m., 11 a.m. & 12 p.m.
Near Stanford and Cedar Creek Lake, Lincoln Co.

Farm #1: 5.68 Acres - 10:00 a.m.
Hwy 300 - Stanford

Farm #2: 16.27 Acres - 11:00 a.m.

This property is near downtown Stanford and only eight miles from Cedar Creek Lake.

Farm #3 - Farm #4 - Farm #5: 12:00 p.m.

These properties are only 6 1/2 miles from the new Cedar Creek Lake.

North Otzenheim Road and Hwy. 1770

Farm #3 - 121.91 Acres in Tracts

Farm #4 - 19.46 Acres in Tracts

Farm #5 - 23.14 Acres in Tracts

These properties have been in the Lair family for many years. It is seldom you have the opportunity to purchase this quality of property at your own price. If you're looking for a small tract of land near town or a farm convenient to everything, be sure to mark your calendar to attend these auctions on Saturday, October 18th. The tracts on the individual farms will be offered together. However, the farms will not be combined. City water is available to all of the properties.

For specific tract sizes, directions and additional information please visit our website at www.fordbrothersinc.com or call the office at 800-526-9430 for a free brochure.

FORD BROTHERS, INC.
AUCTIONEERS - REALTORS



London, KY 606-679-7111

Somerset, KY 800-678-2212 1-800-526-9430

Mt. Vernon, KY 800-586-4824

REALTOR / AUCTIONEER
DAVID CANADA
JON BROWN
DAVID REYNOLDS
DAVE FORD
WILL BRANTON
APPROVED AUCTIONEER
JAMES STEVENS
ANTHONY STEVENSON

COMMUNITY HEALTH FAIR
Date: 10-20-03
Time: 2:00-7:00 PM
Rockcastle Middle School
The Rockcastle Community Health Council is sponsoring a Community Health Fair.

- Get the following health measures: Weight, Blood pressure, Body mass index, Body fat analysis
- Take a fitness test
- Participate in taste tests
- Screenings for skin damage
- Meet the "Veggie Man" and "Cora Belle"
- Register for door prizes
- Get your flu shot (Cost will be \$15.00).
- Get your cholesterol checked
- Get your blood sugar tested
- Oral Health Cancer Screenings
- Bone Density Scans
- And MORE

Rockcastle Community Health Council
Representatives from health, education, and social service agencies that are working together to identify health problems in the community, and to plan preventative programs which not only educate about health and wellness but might also ultimately improve the quality of life for our citizens.

Rockcastle County Health Department
Contact: Lynnet Ittner, RD 256-2242
Rockcastle County Hospital
Contact: Betty Purcell, RN 256-2195