Happy Birthday Dad and Unk
Love, Sarah

Better late than never
Happy 30th Birthday
Jennifer (Callahan) Brown
Love Robin Bradley

Edward Tristan Harbold celebrated his first birthday on September 5th. Friends and family helped celebrate with a Clifford the Big Red Dog party at his home, in Louisville. Tristan is the son of Leslie and Michael Harbold and the grandson of Joyce Norton of Mt. Vernon and the late Edward B. Norton.

Ashton and Sarah Rumsey would like to announce the birth of their little sister, Jenna Paige born at Lake Cumberland Regional Hospital to Elizabeth Rumsey. Jenna weighted 8 lbs. 3 ozs. and was 20 1/2 inches long. Her proud family includes grandparents Gary and Deloris Burns, aunts and uncles Steven and Robin Rumsey and Gary and Tisha Burns and cousins Kaleb and Blaine. We all love you very much.

"TJ's Journal"

(Cont. from A-2)

from the Native Americans.

If you haven't guessed by now, I'm very sympathetic to these people, as I am one-fourth Native American. My family on my father's side, the Oxendines, go all the way back to the Lost Colony. This is where the settlers and the Native Americans first intermarried. I can also trace my family on this side all the way back to a Sir Simon Oxendine who lived in the early 1600s in Yorkshire, England. By the way, Pocahantas was taken back to England and hailed as royalty from America. She couldn't tolerate the damp, foggy weather, however, and died of tuberculosis. She was buried in England. That's enough about history for now, but I do like to set the record straight where and whenever I can.

Stanley and I enjoyed the Native American festival. We sat inside the Sacred Circle, and watched the dancers put on a really good show. They were dressed in authentic regalia and danced as their ancestors did hundreds of years ago. They had a very good host drum, also. I can't wait to get my own regalia. I've wanted some for years. I attended my first powwow about ten years ago in Lumberton, North Carolina and it was a real spectacle. If I can ever get enough time and money, I would like to travel the powwow circuit for a few years.

I got several souvenirs, as did Stanley at the festival. One souvenir was sage. The Native Americans use sage not only for cooking but to burn in a smudge pot to cleanse from evil spirits, to prepare for a ceremony, or before meditation. They use the leaves before they are ground. Sage is one of the four sacred plants. The others are tobacco, sweet grass, and cedar. The sage is used to bless an object or a person. In order to do this, one lets the smoke from the burning sage surround the thing to be blessed. This puts a whole new twist to making dressing at Thanksgiving, doesn't it?

I, like so many Americans, can trace my roots back to a rich heritage of Native American descent. It's to these brothers and sisters that I pay tribute. I know we are a proud people, and will contribute to the betterment of our Motherland for many centuries.

Rockcastle High School Band

FRUIT SALES

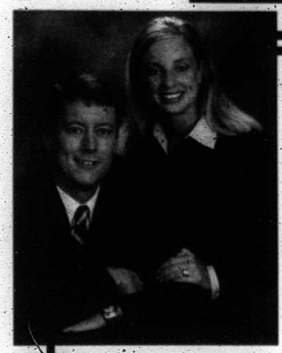
Orders Start October 23rd - November 11th

Delivery begins First week of December

See any Band member to place order or for more information.

call Kathy McCauley

256-9869



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AFCHE Field Trip

The Appalachian Foothills Christian Home Educators will be going to the Planetarium at EKU in Richmond Monday, October 20. If you are interested in joining us, we will be leaving from McDonald's parking lot at 8:30 a.m. on the 20th. Call Kathy at 256-0108 for more information.

Bookmobile Schedule

Mon., Oct. 20: Calloway, Red Hill, Livingston, Lamero and Pine Hill. Tues., Oct. 21: Day Health, Senior Citizens and Brindle Ridge.

Crab Orchard Association meeting

The Crab Orchard Community Association will meet Tuesday, Oct. 21 at 6:30 p.m. in the Crab Orchard City Hall. If you have an interest in history, retoration/preservation, beautification, neighborhood watch, events/festivals, or just Crab Orchard in general, we need you! Come be a part of the past and future of Crab Orchard.

Livingston School Reunion

The annual Livingston School Reunion will be held October 25, 2003 at the Rockcastle County Middle School in Mt. Vernon. All former students, teachers, family and friends are invited to attend. Registration information will be mailed to previous attenders on Sept. 17, 2003. If you have not previously attended and need information, call Barbara M. Castleberry, 256-9188 or Barbara P. Fain, 453-4061.

Clothing Donations Needed

The Rockcastle County Migrant Program is in need of fall/winter clothing to replenish the clothing closet. Donations can be dropped off at the Migrant Office across from the Central Office Building o Richmond St. or call for a pick-up at 256-2157.

Christmas Applications

Salvation Army Christmas Applications will be taken Monday, Oct. 20, from 10 a.m. to 2 p.m. at the Rockcastle County Courthouse. You must provide verification of income, proper ID, Social Security Card (each person in household), expense verification and food stamp verification (if applicable). For more information, call 859-624-5826.

BRVFD Fish Fry

The Brodhead Rural Volunteer Fire Dept. will have a Fish Fry Saturday, October 18. Carry-out begins at 3 p.m. Price is $5 for all you can eat, dine-in only.

Attention Retired Teachers

The next meeting of the Rockcastle County Retired Teachers Assn. will be Monday, October 27 at Kastle Inn at 6 p.m.

Health Dept. Closed Monday

The Rockcastle County Health Department will be closed October 20. The staff will be working the Health Fair at the Middle School. Flu shots will be available at the fair for $15. The environmental staff will be in their office from 8 a.m. to 9 a.m.

Donations needed by First Baptist Mission

First Baptist Church Mission needs monetary and food donations, as well as maternity clothes, jeans of all sizes, plus-size for females and coats of all sizes (male and female). Please bring clean clothing and other donations to the mission on Mondays and Wednesdays from 10 a.m. to 1 p.m. and on Saturdays 10:30-11:30 a.m. Thank you for helping us to help others.

MVES Parent-Teacher Conf.

There will be an MVES Parent-Teacher conference held Thurs., Oct. 16 from 3:30 to 5:30 p.m.

Trick or Treat in Crab Orchard

Trick or Treat hours in Crab Orchard will be from 5 to 7 p.m. on Friday, October 31. The City of Crab Orchard will be giving out free Trick or Treat bags until 3 p.m., Halloween Day while supplies last.

BES PTA to meet

The Brodhead Elementary School PTA will meet Tuesday, October 21 at 7 p.m. The purple pod will be performing. Parent/teacher conferences will be held on Thursday, October 30 from 1 to 7 p.m.

Clothing Give-Away

Rock of Ages Mission will have a clothing give-away on Saturday, October 18 from 9 a.m. to 3 p.m. at the Brodhead Ball Park. Anyone in need of clothing, please come out. This will be the last outdoors give-away for the year since cold weather will be here soon. Rain cancels. At this time, anyone should like to help us fill Christmas baskets, please bring any non-perishable items on this day. For more information, call 758-8546 or 758-4203.

Halloween Dance/ Costume Party at RCMS

RCMS students are invited to attend a Halloween Dance/Costume Party October 25 from 6 to 10 .m. at the Senior Citizens Bldg. in Mt. Vernon. Cost is $5 per student and the event is being sponsored by the RCMS Cheerleaders. Free food and music and prizes for the best costume will be awarded (no masks allowed). ONLY RCMS students may attend!!

Photo Certificates on sale

The RCHS dance team is selling photo certificates for $10. Get a 10x13 mounted canvas or 16x20 regular photo. Deadline for orders is 10/21. Call 256-9361 or 256-0110.

FOOD WORLD

AD PRICES VALID Tuesday, Oct. 14 thru Oct. 20, 2003

We reserve the right to limit quantities and to correct typographical and/or pictorial errors. None sold to dealers

Open 7 Days A Week
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8 a.m. to 9 p.m.
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USDA Western Grain-Fed Beef Bnls
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Fresh
Ground Chuck 1.79 lb.
Ground fresh in store several times daily

This Week's Hot Buy
8 Pack Shurfine
Paper Towels 1.99
1-1 w/coupon and $10 Asst. Purchase Excl. 40 oz. Pabst & Tobacco
In-Store Coupon good Oct. 14-Oct. 20, 2003

12 pack Coke & Coke Products 2.99

46 oz. Sel. Var. Red Gold Tomato Juice 2/$1

Jumbo Spanish Yellow Onions 29¢ lb.

15 oz. Reg. or Cinnamon Life Cereal 2/$4

18.5-19 oz. Asst. Var. Progresso Soups 2/$3

4-7.2 oz. Asst. Var. Rice-A-Roni or Pasta Roni 4/$3

18 oz. Asst. Var. Pillsbury Cookies 2/$4

5.45-11 oz. Asst. Var. Banquet Dinners 89¢
10-11 oz. Asst. Var. Banquet Chicken 2/$7

Half Gallon Asst. Var. Prarie Farms Ice Cream 2.99

15 oz. Hormel Chili With Beans 1.19

46 oz. Sel. Var. Red Gold Tomato Juice 2/$1

11 oz. Triple Berry or Strawberry Berry Burst Cheerios 2/$5

14.5-15 oz. Asst. Var. Red Gold Tomatoes 2/$1

46 oz. Sel. Var. Red Gold Tomato Juice 2/$1

1.25 oz. Asst. Var. McCormick Chili Seasonings 2/$3

16 oz. Salted or Unsalted Saver's Choice Saltines 2/$1

8 Ct. Asst. Var. Pillsbury Sweet Rolls or Crescent Rolls 2/$3

23-25 oz. Asst. Var. Skillet Sensations 3.99

Clifty Farms Whole Country Hams 1.19 lb.

14-16 oz. Asst. Var. Hillshire Farm Smoked Sausage 2.29 lb.

Jimmy Dean Sausage 1 Lb. Asst. Var. 2.19
Fischer's Flame Browned or Baked Ham lb. 4.99
Gold Kist Thighs or Drumsticks Young 'n Tender lb. 79¢
Hillshire Farm Cocktails Asst. Var. Lb. 2.29

PRODUCE SALE

3 lb. Bag Red/Gold Delicious, Jonathan or McIntosh Michigan Apples 2/$3

Dole California Celery Hearts 1.49

Green Giant Mini Carrots 99¢ 1 Lb. Bag

Genuine New Crop Idaho Potatoes 5 lb. bag 1.49
Jumbo Bartlett Pears lb. 99¢
Sweet Apple Cider Gordon Textron Ea. 2.49
Ex. Large Florida Navel Oranges 4/$1
Iceberg Garden Salad 1 lb. Bag Dole 1.19