

Mount Vernon Signal

Second Section

Thursday, November 6, 2003



The Rockcastle Kiwanis Club surprised Mrs. Louise Bengé with the Everett C. Brown Award at last Thursday's meeting. This award was established by the family of Everett C. Brown, as a memorial to his life's achievements. The family wishes to recognize outstanding service, leadership and commitment by our community leaders in his memory. The award is presented each year by the Kiwanis Club of Rockcastle County and has been managed by them for several years. She is shown above with Robert Lawson and Larry Hammond.

Louise Bengé receives Everett C. Brown award

Nomination letter by Travis Burton

When trying to decide who I would like to nominate for the Everett C. Brown Award, I scanned my mind to think who had really made an impact in our community. I wanted to nominate someone hardworking, someone dedicated to service and someone who exemplified Christian traits. After much thought and consideration, I would like to nominate Mrs. Louise Bengé for this award.

Mrs. Bengé has proven to be a true inspiration to her family, friends and community. She lost her daughter, Suzanne, to Cystic Fibrosis and many could not even begin to imagine how to cope with such a loss. But, she has found strength from this tragedy and used that strength to become an asset to Rockcastle County.

Mrs. Bengé has worked extensively with organizations that help fight Cystic Fibrosis. Even after the death of her daughter, she has been extremely involved in events to help raise money to fund research on this terrible disease. She has dedicated

herself to working to help fight the illness responsible for her daughter's death so that others in the future would not have to experience the terrible pain inflicted by this killer disease.

Also, Mrs. Bengé is very involved in her community. She worked several years on the Brodhead Festival planning committee, she did most of the "bookkeeping" which is no easy job. She also continues to work very hard to raise much needed funds for the Quail Volunteer Fire Department. She can always be found helping at fish fries and is very dedicated. She is always helping put on community events that bring people together for a common good. She also has worked with students organizations such as Key Club in order to help her community.

Mrs. Bengé truly cares about her community and helping others. These are both traits not too terribly common in today's world.

I believe that if anyone is deserving of this prestigious award, it is Mrs. Louise Bengé.

Early detection saves lives

Rockcastle County residents have not escaped cancer's touch. In the year 2000, the American Cancer Society reported there were 78 that were diagnosed with cancer. In that same year, there were 36 people in Rockcastle County who lost their lives to cancer. The most common sites where the cancer developed were of the lung, breast, prostate and the colon.

Cancer is the disease and the word that can strike fear in our hearts because it can be so devastating. However, if cancer is detected early and treated properly, lives can be saved. Early detection tests can be provided by your doctor, health department or even at home. Breast cancer is the most common cancer diagnosed in women. Women can perform self-breast exams to any changes in their breasts. Women should know how their breasts normally feel and report any breast change promptly to their health care provider.

Mammogram screening is recommended annually for women 40 and older. Mammogram screening is considered the most effective method of

early detection of breast cancer. The Rockcastle County Health Department can provide some assistance for women who have never had a mammogram that qualify by income. Women are screened, receive a clinical breast exam and are referred to Rockcastle Hospital for a mammogram. Women also can receive pap tests and colorectal screening at the health department. Men, especially those 50 and over, need to be sure to get annual check-ups at their doctor to simple cancer detection tests for the prostate and colon. Men of all ages are also recommended to do self-testicular exams.

There are lifestyle choices that can help prevent the development of cancer and other chronic diseases. "Decrease your daily fat intake" Increase fiber in your diet. Fiber is found in whole grains, vegetables and fruits. "Eat fresh fruits and vegetables" Limit alcohol "Stay active" Don't smoke.

If you have questions about early cancer detection tests, please contact your health department at 256-2242 or contact your physician.



Pam Chaliff, Director of Rockcastle Co. Public Library, is presented a \$1,000 check from Janet Gill, Modern Woodmen of America district representative. The funds are the proceeds of a matching project sponsored by Modern Woodmen of America in conjunction with the Rockcastle Kiwanis Club. Ms. Chaliff stated the donation would be used to purchase a laser color printer for the library. Jessie Murray, Young Children Chairman of the Kiwanis Club is always looking for ways to serve the children in our community.



Lynn Gilbert, Main Street Renaissance Committee member, received a \$250 donation from Jessie Murray of the Rockcastle Kiwanis Club to be used for the Halloween on Main Street project.

FOOD WORLD

AD PRICES VALID Tuesday, Nov. 4 thru Nov. 10, 2003

We reserve the right to limit quantities and to cancel any promotion at any time without notice.

Young Turkeys 59¢		Pork Loins 1.79		This Week's Hot Buy 5 Lbs. Asst. Varieties Martha White Corn Meal or Flour 69¢	
12 pack Pepsi & Pepsi Products 2.99	10 Lbs. Bag New Crop Genuine Idaho Potatoes 1.49	14-25 15-25 oz. Green Beans, Peas or Whole or Cream Style Canned Shurfresh Canned VEGETABLES 4/\$1	64 oz. Asst. Var. Sunny Delight Citrus Punch 89¢	8oz. Center Cut Pork Chops 2.99	6.5 oz. Box Shurfresh Frozen Pizzas 5/\$3
48 oz. Asst. Var. (Libby's) Juicy Juice 2/\$4	8oz. Jarred Vienna Sausage 3/\$1.09	24-40 use 103 Oz. Classic Powder or 128 oz. Liquid Asst. Var. Purex Detergent 2/\$5	33-39 oz. Asst. Var. Maxwell House COFFEE 3.99	11-25 oz. Multi Grain Cheerios, 14 oz. Cinnamon Toast Crunch, Honey Nut Cheerios or Lucky Charms General Mills Cereals 2/\$5	Single Roll Shurfresh Paper Towels 2/\$1
6 Double Roll or 12 Single Roll Angel Soft Bath Tissue 2/\$5	20 Lb. Bag or 10 Lb. Kibbles Select Dog Food 6.99	9-14 oz. Asst. Var. Kraft Velvets Shells or Potatoes or Deluxe Mac & Cheese 3/\$5	12 oz. Pre-Priced \$1.99 Kraft Cheese Singles 2/\$3	8oz. Shurfresh Whipped Topping 59¢	6.5-7 oz. Asst. Var. Banquet Pot Pies 2/\$1

Whole or Half
Fischer's Bnls. Festival Hams
1.79

5 Lbs. or More
Fresh Ground Round
1.99

William Fischer Jumbo Bologna 1 lb. **1.99**

Bluegrass Virginia Ham 14 oz. **2.59**

Fresh Pork Neckbones 5 lbs. or More **.49¢**

Drumsticks or Thighs 10 lbs. or More **.69¢**

PRODUCE SALE

Michigan Red or Gold Delicious Apples **2.49**

Florida Seedless Navel Oranges **2.49**

All Purpose Yellow Onions **.89¢**

Texas Rio Star Red Grapefruit 5 lb. bag **2.99**

Paradise Meadows Cranberries 12 oz. bag **1.49**

Green Giant Mini Carrots 1 lb. bag **.99¢**

Fresh Tangy Red Radishes 1 lb. bag **.89¢**

U.S. #1 Louisiana Sweet Potatoes **.79¢**

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