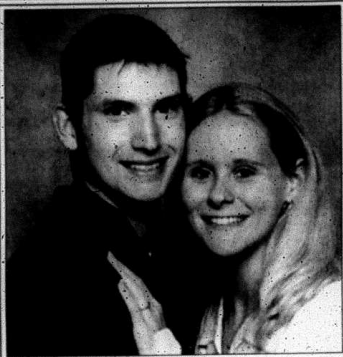
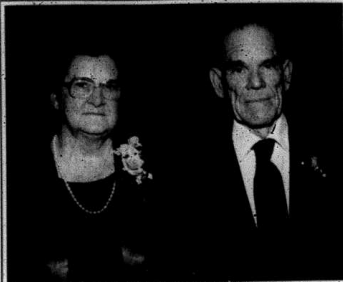




Cook - Hess

Kayla Cook, daughter of Stanley and Kaye Cook, and Ronald Hess, Jr., son of Ronald Hess and Carolyn Hess Ramsey, will exchange vows Sunday, November 16, 2003 at the First Baptist Church in Mt. Vernon. The wedding will begin at 2 p.m.

A buffet reception will be held after the ceremony at the National Heritage Inn in Reno Valley. All friends and family are cordially invited to attend.



Anniversary Reception

Mrs. Vira Dailey, Ms. Shirley Bullen and Ms. Brenda Merritt request the honour of your presence at the Seventieth Wedding Anniversary Reception of their parents, Nathan and Katherine Clark. The reception will take place Sunday, November 30, 2003 at 2 o'clock until 4 o'clock in the afternoon at Wildlife Christian Church.

No gifts please, only gifts of your special memories of the couple are requested.



99th Birthday Celebration

Polly Allen celebrated her 99th birthday November 4, 2003. She is the widow of Elzie Allen. Her children include: Mary Poynter and Geneva Spontamore, both of Mt. Vernon; Ida Mae McClure of Ohio; Ilene Brown of Florence; Clyde Allen of Florida; Joe Allen and Velma Jones, both of Richmond, Indiana.

Carrie Mullins joins Clontz & Cox law firm

Clontz & Cox announces that Carrie Mullins has recently joined the law firm. Ms. Mullins is a graduate of Rockcastle County High School, the University of Kentucky and the University of Kentucky School of Law.

For the past five years Ms. Mullins has been an Associate Attorney-Partner with the firm Brooks McComb Fields Rabbie & Mullins in Fayette County. Ms. Mullins served as attorney for KESPA for the Central Region of Kentucky. Prior to that she was a Judicial Law Clerk for Supreme Court Justice Joseph E. Lambert.

Ms. Mullins is married to Bobby K. Amburgey and they have one child, Aden. Bobby is also an Associate with the firm of Clontz & Cox, LLC. Carrie is the daughter of Roland and Nancy Mullins of Mt. Vernon. Bobby, Carrie and Aden now reside in Rockcastle County. Ms. Mullins will be involved in all aspects of the firm's practice.



November is American Diabetes Month

November is American Diabetes Month. According to the American Diabetes Association, diabetes is the fifth deadliest disease in the United States. A third of the 17 million Americans with diabetes are unaware that they have the disease. Approximately 90-95 percent of people living with diabetes have type 2, or adult onset diabetes, a devastating illness with potentially life-threatening complications.

"The long term effects of diabetes can include damage to the eyes, nerves, kidneys and cardiovascular system," says Fouad R. Kandee, M.D., Ph.D., director of the City of Hope Leslie & Susan Gonda (Goldschmid) Diabetes & Genetic Research Center in Los Angeles. "Knowing risk factors and detecting type 2 diabetes early can increase the chances of successfully preventing or managing the disease."

Those at highest risk for diabetes include:

- People over the age of 45
- Those with a family history of diabetes
- People who are overweight or do not exercise regularly
- Women who develop gestational diabetes during pregnancy
- People of African American, Latino, Native American or Asian descent

• Children who are overweight and in middle to late puberty

Complications of diabetes can include heart disease, stroke, vision loss or blindness, kidney disease, skin disorders, foot problems and amputation. Fortunately there are several ways to prevent and manage diabetes. Dr. Kandee suggests the following:

- Eat a well-balanced diet
- Exercise regularly and shed the extra pounds
- Manage physical and mental stress factors
- Practice good personal hygiene, including oral health, skin care, foot care and eye care

"Common signs of diabetes include frequent urination and infections, unusual thirst or weight loss, excessive hunger, fatigue, blurred vision, slow-healing cuts and bruises and tingling or numbness in the hands and feet," says Dr. Kandee. "People exhibiting these symptoms or who think they are at risk of developing diabetes should consult their physician."

For more information about diabetes, research and treatment at the City of Hope Leslie & Susan Gonda (Goldschmid) Diabetes & Genetic Research Center, call 1-800-826-HOPE, or visit www.cityofhope.org/diabetes.

Bunning announces funding for public health in state

\$2.7 million grant approved

U.S. Senator Jim Bunning announced Monday that the United States Department of Health and Human Services has approved a grant of \$2,794,058 for the Kentucky Department of Public Health, under the Immunization and Vaccines for Children Grants Program.

This funding will be used to help implement, expand and improve vaccines and immunizations for children.

"I am pleased to announce this funding for the Kentucky Department of Public Health," said Bunning. "As we approach flu season, children need to be immunized, and this money will help protect Kentucky's children from a number of viruses."

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Only at Radio Shack. The Wallpaper is a fun and fashionable accessory for kids and adults alike. It features a variety of designs and is made of high-quality material. Perfect for decorating your home or office.

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Space-saving DVD/VCR combos
Only at Radio Shack. The Space-saving DVD/VCR combos are a fun and fashionable accessory for kids and adults alike. They feature a variety of designs and are made of high-quality material. Perfect for saving space in your home or office.