

Pope named to Hospice board

Gordon Pope of Mt. Vernon, Director of the Even Start Program, recently joined the board of directors of Hospice Care Plus. Mr. Pope's service on the board will be enhanced by his experience as a social worker and program administrator, as well as his volunteer experience on the board of the Eastern Kentucky Daily Child Care Coalition.

In describing his interest in Hospice, Mr. Pope said, "Hospice is a wonderful service and needs dedicated staff and volunteers as well as sufficient funding." Pope hopes to assist Hospice through public rela-

tions, fundraising and community relations work. Hospice Care Plus welcomes Mr. Pope and appreciates his willingness to represent Rockcastle County on the board of directors.

Hospice Care Plus is a non-profit organization which provides care for those with a terminal illness and their families. Hospice is based in Berea and serves Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties.

Call 986-1500 or 1-800-806-5492 for more information.



Heritage Crafts and The Master Gardening Club of Mt. Vernon were recently treated to a pot luck dinner at the Rockcastle Senior Citizens and Day Health Care Center. Center staff and clients send out a big thank you for all you do to help make our center a great place to be. Above, Eleanor West presents Mr. and Mrs. Troy Hanes with a quilt made at the center. Below are Barbara Congleton and Betty Lindbloom, Master Gardener club members.



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Regional Cancer meeting to be held November 4th

"Cancer is a thief that steals what is most precious to us — our health," said Sallie Thayer, director of cancer control for the Cumberland Valley District Health Department. "In communities, we can rally against this thief by watching out for one another."

Individuals and organizations can share cancer information, pool resources and develop needed cancer education and service programs — just like neighbors work together in a Neighborhood Watch to catch human thieves," added Leslie Hammer of the American Cancer Society. "We want to form a Cancer Watch for every Cumberland Valley community."

Thayer and Hammer are among a group of local health professionals planning their first community meeting on Monday, November 4 at 6:30 p.m. at the Ray Harm Room of the Pine Mountain State Resort Park. Professional and lay persons with an interest in cancer care or cancer issues are invited to attend. Lunch will be provided.

Local planners of the meeting are from the Cumberland Valley District Health Departments, the Knox, Whitley and Laurel county health departments as well as the American Cancer Society and the Kentucky Cancer Program.

The KCC was established in March 2003 with a grant from the Centers for Disease Control and Prevention (CDC). The goal is for communities to work together to accom-

plish more than any single organization could do on its own. KCC work groups across the state are currently addressing the whole spectrum of cancer care from Prevention, Early Detection and Screening, Treatment, Quality of Life issues. "Cancer is one of the leading causes of death in Kentucky, but by working together, we can reduce its impact in the Cumberland Valley area," said Sandy Good, a Cancer Control Specialist with the Kentucky Cancer Program. "I hope everyone who cares about cancer issues, will join us on Nov. 24."

For more information and to register, contact Sandy Good at 606-487-8360. Additional information on the KCC can be found at www.kentuckycancerconsortium.org.

"Points East"

(Cont. from A-2)

meagtime I stay in touch with Elaine and dream of Letcher County and how it might be in touch.

In the meantime I have taken in an old shepherd dog saddled with hip dysplasia. I have him out here in the barn and he is old. Has a collar and all that. He is half setter and half dog, but mostly he is just an old dog and he just wants a lap to die on. Somebody left him to die in the cold.

But not me.

He's a tramp for sure. But he ain't gonna die on the street.



Lordy Lordy, Look Who's 40!
Tammy Darlene Weaver.
We love you honey - Mom & Dad

Quail Homemakers Club to meet Mon.

The Quail Homemakers Club Members will be meeting November 17th at 6:30 with one of our new club members, Carol Ann Venhook. We will try to give directions to all the club members before this date, so they will be able to find Carol Ann's house. The topic for the lesson will be on Christmas ornaments and making gifts for Christmas.

Visitors are always welcome to attend the meetings.

Global Warming - Can you make a difference?

There are still many debates today as to whether global warming is a real threat. It seems scientists can never agree if we are in fact in a period of global warming, or maybe even the lesser known global cooling.

However, if you are a firm believer in this or not, one thing is for sure; the composition of the earth's atmosphere is being altered due to human activities. There is much documentation on increased levels of carbon dioxide in the atmosphere, and our activity is believed to be the catalyst.

While it is true that the earth does undergo periods of normal climatic fluctuation, the Inter-governmental Panel on Climate Change (IPCC), is warning the public to practice cautionary measures regardless. They state that the noticeable warming trend is "unlikely to be entirely natural in origin."

What many people may not realize is that one person can make a difference. When you start practicing effective ways to reduce greenhouse gas emissions, others will follow. An excellent example from recent memory is the "recycling fever" that swept the nation and world. 30 years ago barely a single person knew what it meant to recycle, let alone how to go out doing so. Today millions of households and businesses recycle items such as newspapers, cans, and plastics.

Even if you are one of the skeptics of global warming, it still couldn't hurt to exercise environmental precautions. The following is a list that includes methods to protect the environment, that can even save you money! To some this may seem very simple and basic, which is great to hear. This goes to show that it can be easy and simple to help preserve our natural surroundings.

Positive Actions (Source: EPA)

● Wash laundry in warm or cold water, never hot.

● Insulate walls and ceilings as well as water heaters and pipes.

● Use a low-flow showerhead.

● Run dishwasher only when it is full.

● Clean or replace air-conditioning filters.

● Replace standard light bulbs with energy efficient fluorescent bulbs.

● Caulk and weather-strip doors and windows properly to prevent leaks.

● Buy appliances that have the "Energy Star" label.

● Don't overheat or overcool rooms.

● Lower temperature on your hot water tank to 120 degrees or less.

● Use a composting lawnmower, or push mower.

● Plant deciduous trees in strategic locations. (Shade of tree can reduce energy consumption and can remove carbon from air).

● Recycle!!! Cans, bottles, plastic, newspapers, etc.

● Buy food and other products with reusable or recyclable packaging.

● When running errands try to plan ahead and combine trips, stop making single trips.

● Give your car a break and walk or ride a bike when possible.

● Consider a fuel smart vehicle for your next car.

● Keep your car tuned up and the tires properly inflated to save on fuel.

● If possible, select a home nearby where you work so you can walk to work.

As stated earlier, many of these suggestions are simple and even common sense. And the other positive is that the majority of these will save you money! Some more costly alternatives include purchasing a home that has an "Energy Star" approval, calling your power company to request energy from a renewable resource, installing a solar thermal system, or buying a hybrid car.

Banjo Lessons

Beginner to Intermediate

\$10/Session

One-on-One

Sessions are

30 minutes each

For more information call
Spencer Bengt at 606-256-5653



FOOD WORLD

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We reserve the right to limit quantities and to correct typographical and/or printed errors. Items sold to discretion.



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1.89



U.S.D.A. Western Grade

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5 lb. Bag Plain or Self Rising

Shurfine Flour

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1 lb. Quarters

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Coke & Coke
Products
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Singles or String
Cheese
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Stouffer's
Lasagna
7.99

24 oz. (Pre-Priced \$1.79)
Armour Beef Stew
2/\$3
12 oz. Bag Style
Armour Treet
89¢

48 oz. Asst. Var.
Wesson
Oil
1.49

Pre-priced 99¢
15 oz. Bag or Western
Armour
Chili w/Beans
69¢

2 Roll Pkg. Sparkle
Paper Towels
1.99
120 ct.
Sparkle Napkins
99¢

18-25 oz. Asst. Var. Duncan Hines
Cake Mixes
79¢
15-16 oz. Asst. Var. Duncan Hines
Ready-to-Spread Frosting
1.69

18-19 oz. Asst. Var. Progresso
Traditional
SOUPS
3/\$4

4 Roll Package
Cottonelle
Bath Tissue
99¢

5.14 oz. Asst. Var.
Pringle's
Snack Crisps
99¢

15.4-16 oz. Asst. Var.
Chex
Cereals
2/\$5

10 oz. Corn, 12 oz. Regular
or 18 oz. Raisin Bran
Total
Cereals
2/\$5

17 A/B Asst. Var.
Purina Gravy Train
Dog Food
5.99

9-10 oz. Asst. Var. Green Giant
Boil in Bag
Frozen Vegetables
3/\$4

32.5 oz. Fruit or
Pumpkin
Mrs. Smith's
Pies
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Clifty Farms
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14-16 oz. Asst. Var.
Mildred's Farm
Smoked Sausage
2.29

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Sunburst
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Jimmy Dean Sausage 1.99

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1.99

1.99

2.39

2.99

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