



Here You Weren't Even 11, I'm so glad you're mine at 27!!
Love You,
Dean, Stephanie, Shane,
Mom, Sister and Brother
Happy Birthday



Ashley Lynne Smith, left, celebrated her 4th birthday on Dec. 15 and her sister, Bethaney Anne, celebrated her 3rd birthday on Nov. 28. Their parents are Rodney and Becky Smith of Rt. 3, Mt. Vernon. Maternal grandparents are Hazel and Jimmy Smith of Rt. 3, Mt. Vernon and paternal grandparents are Shirley and Alma Jean Smith of Pine Hill.



Happy Birthday, Big "R"
Love you, Sis



Happy Birthday, Honey Babe
Love you, Sissy Gal

"MT. VERNON COUNCIL"
(Cont. From Front)

Should there be an interest, an application will be made for a grant for the work, and a plan will be developed.

He said the city would not be bothered since it would be a non-profit corporation.

"Right now, we just want to meet with residents in the area and to hear their reaction," Linder said.

The January activity report for the police and fire departments was disclosed. It showed:

Citation, 22; Driving Under the Influence, 1; Complaints, 178; Accident Investigations, 8; Arrests, 9; Assistants, 43; public services rendered, 5; motorist assists; domestic violence investigations, 5; transient reports, 5; cases opened, 7; Mt. Vernon Fire Department runs, 17; Mt. Vernon Fire

department drills, 1; smoke investigations, 2; and Mt. Vernon false alarms, 1.

Heart line.....

High blood pressure adds to the workload of the heart and arteries,

which may contribute to stroke, heart attack, kidney failure and congestive heart failure. There is accumulating evidence that lowering blood pressure reduces the risk of stroke and coronary heart disease, according to the American Heart Association.

Cliff Hagan's Ribeye

I-75 Interchange • Berea • 986-3639
Visa • MasterCard • American Express

SEAFOOD BUFFET

SUNDAY, FEBRUARY 9th

- Popcorn Shrimp
- North Atlantic Fried Cod
- Fried Oysters
- Fresh Homemade Slaw
- Fried Potatoes
- Homemade Cornbread
- Cobbler

Includes Gourmet All U Can Eat
Soup and Salad Bar

\$ 7.99

CHILDREN UNDER 5—FREE; Ages 5-12—\$2.50



Daughter Born

Steven and Marsha Caudill of Brodhead announce the birth of their first child, a daughter, Kaitlip Denise, born January 18, 1992 at Pattie A. Clay Hospital in Richmond. Kaitlip Denise Caudill weighed 9 lbs., 1/2 oz. at birth and was 21 1/4 inches long. Maternal grandparents are Elmer and Faye Oakley of London and paternal grandparents are Douglas and Shirley Caudill of Brodhead.



Second Birthday

Hi! My name is Larry Brandon Thompson. I celebrated my second birthday on January 27th at my home. I am the son of Alma Renee Mason of Mt. Vernon and Larry Gene Thompson of Ottawa. My grandparents are Frank and Wanda Mason of Mt. Vernon and Georgia and Kenneth Thompson of Brodhead. My great grandparents are George and Gladys Mason, Sr. of Orlando. I wish to thank my friends for all the nice gifts.

CARD OF THANKS

The family of Edd Barron wishes to express their appreciation to all the family and friends who were there in our time of need and loss of our loved one, Edd.

Thanks to everyone who brought food, sent flowers, and who was with us in our deep time of need.

Special thanks to Brother Zade McClure and Dowell and Martin Funeral Home for their services.

The family of Edd Barron

The family of George Rader, Jr. would like to express our appreciation to all relatives, friends, and acquaintances for their donations, food, cards, and flowers. Special thanks for all the kind words, prayers, and time spent to console our family in our time of grief. Also a special thanks to Minister Roger West and Dowell and Martin Funeral Home.

The family of George Rader, Jr.

We would like to acknowledge our appreciation to all for every expression of concern and sympathy extended to our family during the illness and death of our loved one. God Bless You All!

The family of Lewis Hurst

Mr. & Mrs. Donald Hurst

Donnie & Gary

Mr. & Mrs. Barry Hurst

Derreck & Christopher

Brothers and Sisters

20 TIPS
For Parents To Help Kids Learn

- 1) Go for walks and talk about the many things you see, hear and smell. Use a stroller for the very young, but encourage walking as soon as the child is able.
- 2) Ensure that your children have all health needs met by providing immunizations, medical treatment as needed, and nutritious foods.
- 3) Sing with your children. Select a variety of songs including ones that are short, long, soft, loud, fast and slow.
- 4) Encourage your children to put things away by providing space and directions. Begin with one container and one toy. Eventually provide shelves and drawers for toy storage.



"If children live with encouragement, they learn confidence."

- 5) Provide a variety of blocks for piling, stacking and building. Use soft blocks for very young children; later add cardboard, plastic and/or wooden ones of differing sizes and colors.
- 6) Excursion to the Zoo - Follow your child and occasionally give examples of what observation really is. Sit or stand and watch a particular cage or family of animals for some time. Do not simply flit past everything with child in hand. The entire zoo need not be covered in one visit.
- 7) Arrange for your children to be with other children. Begin with only one child and increase the number of children and length of time as your child grows.

"If children live with praise, they learn to appreciate."

- 8) Spend time every day outside encouraging your children to crawl, run, jump, hop, skip, climb. Include balance and other physical activity as your children grow.
- 9) Communicate often and in detail with other adults who are responsible for your children, (i.e., babysitters, child care workers and teachers).
- 10) Show warmth and describe to children all actions during caregiving times such as feeding, diapering, bathing, applying medicine and changing clothes.
- 11) Hold and touch your children frequently in soothing, warm ways while respecting their right to not be held or touched.
- 12) "Child proof" the house by covering outlets, removing breakable items, placing all poisons, medicines and potential weapons out of reach.
- 13) Take time to encourage and help children learn and establish healthy eating habits such as washing hands, brushing teeth, combing hair, dressing and flossing teeth. Encourage independence as the child grows.
- 14) Read to your children beginning with short picture books and increasing the length of stories as children grow.
- 15) Encourage drawing and writing by providing large pieces of paper with pencils, paint brushes, markers and crayons. Use non-toxic materials. Supervise carefully for safety.

"If children live with approval, they learn to like themselves."

- 16) Whenever demonstrating a task to your child, first perform the actions very carefully yourself. Show step-by-step, using as few words as possible.
- 17) Involve children in cooking experiences, beginning with simple tasks such as stirring and pouring. Eventually move to measuring and reading recipes together.
- 18) Serve as a role model by reading, finishing tasks, exercising, feeling good about yourself.
- 19) When your daily schedule allows for a non-rushed trip to the grocery store - your child can benefit from this. On this occasion, let your child walk instead of ride through the aisles with you. "Oranges - we need six - 1,2,3,4,5,6." Point out, name, examine gently, count, weigh, etc.



Published by the Kentucky School Boards Association and sponsored by the Rockcastle County Board of Education