

## LEADERS CHECKLIST

Coming to Henderson Settlement with a work team involves a fair amount of planning and advance preparation that begins long before you arrive. In order to accommodate you and the many other teams that visit us each year, you and your committee should keep the following dates and deadlines in mind as you plan your trip. As always, if you have any questions, please feel free to contact Jerry Lambdin, Work Camp Supervisor for a quick and accurate answer.

The following are the important dates that you will need to know:

### **August 1<sup>st</sup> of the year prior to you're coming:**

This is the first date that we will begin to register teams for the coming year.

- In order to register, you must submit a registration form along with a non-refundable \$250 deposit.
- After your registration for Henderson Settlement has been accepted, you will get a confirmation.
- Download the team leader's packet from the website. This packet consists of the team handbook, covenant forms, insurance information, team registration forms, etc.

### **February 15 - March 1<sup>st</sup>**

- Sometime after February 15th of the project year, the projects will be posted on the website. You can download the files for local use or review the projects on the web.
- Select your projects and confirm their availability with the Work Camp office.
- You can confirm the projects by listing them in an email or fax or letter and sending them to the Work Camp Supervisor. You will be notified of availability and a reservation for that project will be made for your group.

### **March 15<sup>th</sup> - April 1<sup>st</sup>**

- On this date one half of all of your group's registration fees are due in the Work Camp Office. To arrive at the amount, multiply the number of team members you made reservations for by \$250 for Mission Dorm/\$325 for Guest Housing. Please check the handbook for procedures for large groups.

### **Arrival minus 2 weeks:**

- This is the due date for the balance of the team's fees and all of the project fees.
- Submit your finalized team roster and signed individual covenant forms from each team member.
- Submit a tax exempt form from the church if you haven't done so in the past.
- Submit the Leader's Covenant.

### **Arrival**

- Upon arrival, check in with the security guard or work camp host at the main office.
- Make sure the team leader has a filled out insurance card for each team member.
  - DO NOT turn these cards in as you will need them should an emergency arise and a team member needs medical care.

VIM GROUP REGISTRATION FORM

**Henderson Settlement Site**

**Mail To:**                               **HENDERSON SETTLEMENT**  
  **Work Camp Office**  
  **PO BOX 205 FRAKES, KY**  
  **40940**

Group and/or Church Name \_\_\_\_\_  
Church/school address \_\_\_\_\_  
Telephone # \_\_\_\_\_  
Church email (Pastor) \_\_\_\_\_  
Adult counselor in charge \_\_\_\_\_  
Home address \_\_\_\_\_  
Telephone # \_\_\_\_\_ E-Mail \_\_\_\_\_  
Date Desired \_\_\_\_\_  
Alternate Date \_\_\_\_\_

Have you had a previous work camp (volunteer in mission) experience at Henderson Settlement?  
Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, what year? \_\_\_\_\_ # of yrs. \_\_\_\_\_

We will eat Sunday evening meal at 6:00 pm: -Yes \_\_\_\_\_ No \_\_\_\_\_

Total Number in group: \_\_\_\_\_ Details: Adults \_\_\_\_\_ & Youth \_\_\_\_\_  
Male \_\_\_\_\_ & Female \_\_\_\_\_

FEES: Reservation deposit - \$250

Amount of deposit: \$ \_\_\_\_\_

\$250 per person (Mission Dorm)    \$325 per person (guest housing)

We understand this is a firm commitment and we agree to pay the full amount for the number listed after the April 1<sup>st</sup> deadline even if all do not participate in the work camp. We also agree to pay for any damage or breakage which may occur due to misuse or misconduct of any member of our group.

Note: You may bring your own tools/equipment at your own risk. Henderson Settlement is not responsible for theft or damage of your personal items.

Signature of group leader \_\_\_\_\_

## WORK CAMP HANDBOOK



Work camp serves two purposes in conjunction with our ministry here in the Laurel Fork Valley of Southeastern Kentucky. First (and primarily) it serves as an opportunity to educate the church in the area of missions in particular. Loving and serving are mission concepts that work more effectively when there are faces and names to go with them; when stereotypes and prejudices are broken down; when we realize how fortunate we are; when our world and culture collide with another, different world that is just as real and just as valid. Loving and serving quickly replace sympathy and pity when there is personal, intimate contact. Come to learn, to love and understand our people.

Secondly, work camp often serves as the bridge between dreams and reality for mountain families. A roof that doesn't leak, floors without holes, running water, hot water, steps, decks and porches for entry access and a way to escape the heat from the house during the late afternoon, windows that will keep out the cold winter wind...all these and more are problems that many have no resources with which to deal. Work camp extends this vital service to the community through adopting projects and raising the money to purchase the materials over and above registration fees for the week. Projects on the Settlement campus can also be adopted and funded to enable us to accomplish what needs to be done within a very limited budget. The key words and concepts for our Work camp are serving and learning-learning by serving. Let me tell you ahead of time what we are not. We are not a Christian Coney Island or Disney land with attendants at every ride to supervise your every activity and ensure a "good time". We are not a summer Youth Camp where recreation is a priority (although our facilities provide ample opportunity for volley ball, basketball, tennis, hiking, and horseshoes). We are not a "spiritual retreat" in terms of organized Bible studies, group discussions, or structured classes.

Your week here is a chance to experience a different culture and its people and hopefully gain insight into the definition of mission. We are here to accept the community people as they are and minister to them within the context of their culture and needs. This is not to imply that we are rigid and heavy-handed with the program. We enjoy different, sincere questions meant to gain understanding. We are open to suggestions – many of our recent changes have been based on input from groups. Our emphasis here is on the attitude that your group brings with it. The attitude you come with will determine the type of week you have. We offer learning by serving. Learning comes in many forms – through good times and bad, frustration and joy, success and failure, questions and answers (incomplete answers sometimes), trusting and giving of yourself. We don't plan pain and frustration for you, but sometimes it happens, whether it's the heat or rain or the family you adopted or the food or whatever. These are still opportunities to learn about your mission agency, the community and you. We welcome you as you come to learn through serving.

## WHO CAN PARTICIPATE

We welcome youth, adults, college, intergenerational, district and conference groups. We discourage groups from bringing children under 13 (unless prior arrangements have been made). Accommodations permit us to house up to 200 people per week. Most groups average 15-20 people. Larger groups may be scheduled as long as there is adequate space available. **ONE ADULT LEADER IS REQUIRED FOR EVERY FIVE YOUTH.**

## LEADERS

Please prepare yourselves and your group for the week you will spend here. The ride on the way to Henderson Settlement is NOT soon enough. As soon as you know you are coming, start preparing. Read books and/or discuss missions. (Night comes to the Cumberlands by Harry Caudill is excellent reading on Appalachia. A trip to the library for information about your type of work project is a good idea, too.) Watch films; set up possible situations that can occur in a cross-culture setting. Try to determine why you want to make this trip (to keep an eye on a boyfriend/girlfriend, getting away from Mom & Dad, or wanting to grow by experiencing something different?) The leaders are the key to determining the attitude and achievements for the week. (Will you be ambitious and accomplish more than you dreamed, or will you do only as much as you must and lead the group to mediocrity?) Leaders are responsible for their group's behavior and participation in activities. Looking over the past summers it is painfully obvious which counselors prepared and led their groups, and which ones simply acted as chaperones. Your group will rise to the level you set and maintain for them.

**Curfew, schedules, activities, rules, registration and covenant are enclosed to be read and signed by all participants (to indicate willingness to comply) and returned to us!**

## COMMUNITY INVOLVEMENT

The key to community involvement is to adopt a project in the community. People in the community come to Henderson Settlement to fill out applications for work to be done on their homes. We develop a project list of work to be done in the community (and also on the Settlement) which is then posted on our website. Groups "adopt" a project, raise money for the materials, then come and complete it. While not all groups can do community projects, many can and it is the best way to experience the wonderful people here. Please consider your project in light of our real life situations. A mobile home trailer with 8-10 years of life left doesn't need a 20-year roof. We don't have 1-2 foot snows and thus don't need to frame to those specs. Consider the budget of the project – funds are limited.

Nevertheless, do your best. Part of poverty, other than waiting, is having to make do with what you have. Do as good a job as you would on your own home even if it isn't the way you'd do it. An important part of our ability to do missions work and serve as a ministry within this community are the facilities which exist here on the campus of Henderson Settlement. These programs and facilities depend heavily upon workcamp groups, which choose to minister to the community through improving or repairing facilities here on campus. We recommend that first time groups (with regard to work programs) take a serious look at this option in their initial year.

## FREE DAY

Wednesday is our Free Day. Options include a tour of Henderson Settlement facilities and a host of local parks and recreation areas. A list of area attractions is also available on request. Any group leaving Henderson Settlement must return before 10pm.

**Breakfast** is served to work campers on Wednesday. A tally board in the dining hall is provided for you to let us know how many of you will be eating lunch and supper that day.

## COST, ACCOMMODATIONS, MEALS

**\$250** per person from Sunday evening to Saturday morning. This covers all lodging, meals, supervision, and recreation facilities and programmed evening activities. The Sunday evening meal will be available on Sundays to only those groups, which register for the meal ahead of time. The meal will be cold cut sandwiches only and will be served at 6:00pm. Otherwise groups should plan ahead for Sunday evening meals and snacks before arrival. Groups should also plan to arrive between 2p.m. and 6:00pm. on Sundays, with orientation taking place at 7:00pm Sunday evening.

Lodging for work camp is in the Missions Dormitory, a facility that opened in 1998. There are handicapped bathroom facilities (with showers). Married couples should pack separately since they will be staying in different quarters.

All groups are fed in our central dining hall. Cost for food is included in the total work camp fee. Three nutritious meals are served each day except for Wednesday lunch. A box breakfast is prepared for Saturday morning.

## REGISTRATION FEE

**\$250 IS REQUIRED AS A NON-REFUNDABLE GROUP DEPOSIT TO RESERVE YOUR WEEK, Spring, Summer, Fall, Winter. One half of the total fee is required by March 15<sup>th</sup>–April 1st for summer groups registering 25 or fewer people. **Groups which register more than 25 people are required to pay half of registration fee for the first 25 and the total fee (\$225ea.) for every person over the first 25 by March 15<sup>th</sup>, and the balance one month before your work week. If full amount for each person over the first 25 is not received by March 15<sup>th</sup> your group number will reduce to twenty-five. After March 15<sup>th</sup> the group is required to pay for the total number registered regardless of a drop in the actual number of people attending.** We will maintain a waiting list in case of cancellations. Confirmation of your reservation will be sent upon receipt of the reservation fee. The total number of participants should be indicated on the registration form and the breakdown of male and female should be kept as nearly equal as is feasible. If a group is very one-sided in gender please let us know as early as possible.**

## WHAT NOT TO BRING

**DO NOT BRING** alcoholic beverages, illegal drugs, or fireworks. iPods, mp3 and other personal devices used with head phones are acceptable. Do not plan to do laundry while at Henderson Settlement. Adequate water and laundry facilities are not available except in

emergencies. We do not have public washers. Plan to bring an adequate supply of clothing or visit a Laundromat in Middlesboro (30 miles) on your free day.

### **WHAT TO BRING**

Sleeping bag/bed roll, linens, pillow, towels, washcloths, soap, shower shoes, trash bags etc. Work clothes (enough for a week of dirt and sweat), boots (work shoes), gloves, rain-gear, jacket swimwear, (Please bring only modest clothing). Bibles, notebook, pencil, cameras, film, flash light, musical instrument (if desired), insect repellent, large thermos, plus materials for singing and devotions.

### **HAND TOOLS,**

Hammers, saws, drills, masonry tools, and shovels. If you adopt a special project, a tool list will be provided so you can come equipped. Many groups have chosen to donate their tools when they leave and you may wish to consider this also. If adopting a Community Project, it is requested that you bring pickups or vans for transporting people and materials to your work site. If this is impossible, please let us know well in advance. Charter buses are not much help getting you to a site on a back road.

**Note:** You may bring your own tools/equipment at your own risk. Henderson Settlement is not responsible for theft or damage of your personal items.

### **INSURANCE/MEDICAL FORMS**

Each group must provide its own medical and accident insurance. Henderson Settlement cannot provide this coverage and is not liable for any stolen or damaged items. Valuables can be stored in the safe upon request. Work campers are not insured to drive Settlement vehicles.

A medical release form is available on the forms list/packet.

Copies should be made for every work camper under age 18 and KEPT IN THE GROUP LEADERS POSSESSION. Do not send them to us. If you have an accident on the way here you must have a release form with you to get medical treatment for a minor. It is recommended that tetanus shots be obtained or date of last tetanus given recorded. All allergies should be recorded.

### **CLOSING COMMENTS**

The Appalachian Mountains extend from Canada to Alabama so there can be no single culture or stereotype of the mountain people. Stereotypes and prejudices fall apart when individuals, families, and communities are experienced personally. As unique as snowflakes and as everyday as old shoes, you will find real people wherever you visit.

We have roads, stores, cable and satellite dishes, school, and even have Nintendo! We also have mass unemployment, water problems minimal health care and isolation. Lack of opportunity to pursue and achieve goals taken for granted elsewhere hangs over the mountains like the morning mist. Many of the people here are descendants of the original settlers and are fiercely proud, yet are in great need and living in terrible conditions. Often the "poor" are seen as somehow inferior, as though their personal worth determined their

"net worth". Shedding that point of view is sometimes the hardest thing a visitor has to do, much harder than pouring concrete or bailing hay.

We hope that work campers will go home with the understanding of both the diversity and the commonality of all people, and a fresh perspective on their own life situations.

## **MISCELLANEOUS INFORMATION**

**DEVOTIONS:** Morning devotions are held each morning at 7:00am. Groups should come prepared to lead at least one morning devotion during the week.

**DIETARY NEEDS:** Please let us know well in advance if anyone in your group has special dietary needs (including vegetarians).

**GLOVES:** You should bring your own gloves. We may have some used gloves but campers should be prepared.

### **INSURANCE FORMS:**

Make copies as needed for youth under 18. **Team leader keeps copies in his/her possession. DO NOT SEND THEM TO HENDERSON SETTLEMENT.**

1. Name of insured person on insurance card, usually father or mother.
2. Address of insured person on insurance card if different than patient's address.
3. Identification number or policy number from insurance card, usually social security of the insured parent or patient if employed adult.
4. Group number on insurance card.
5. Insured cardholders birth date.
6. Does patient have other insurance coverage, such as coverage under two different insurances by both parents? If so, which is the primary insurer?
7. Please attach a clear copy of both front and back of insurance card. (Make sure that the phone number is legible.)
8. We also need a parent's signature authorizing release of medical or other information necessary to process an insurance claim.
9. We need a parent's signature authorizing payment of medical benefits to the physician for services rendered.
10. We need a parent's signature giving permission for treatment of a minor child (under 18).



## Creating Opportunities for Better Lives Through Christ-Centered Service

A Mission Agency of the United Methodist Church  
within the Red Bird Missionary Conference  
PO BOX 205 \* FRAKES, KY 40940 \* (606)337-3613 \* FAX (606)337-2225  
www.hendersonsettlement.org \* e-mail: info@hsumc.org

### LEADERS COVENANT - ADULT/YOUTH MISSION TRIP

In order to provide an environment that creates the greatest opportunity for all persons, male/female, youth/adult, to find or draw spiritually closer to Christ we need your help. We ask that each group/team/church leader acknowledge and sign this covenant with Henderson Settlement indicating that you understand your responsibilities as the leader. We know that you can't be in all places at all times, but we expect that you will be responsible for the actions of your group and that you will not bring individuals that you don't have a reasonable expectation of appropriate behavior.

As the leader of your group, please initial each item indicating you agree with the statements:

\_\_\_\_\_ I am the person responsible for my group.

\_\_\_\_\_ I understand that my group's actions reflect not only on the group, but on Henderson Settlement and the United Methodist Church.

\_\_\_\_\_ I will address all issues involving my group immediately.

\_\_\_\_\_ I or my church will be financially responsible for any and all damages caused by my group.

\_\_\_\_\_ I understand that there may be other groups or individuals volunteering at the same time and I will ensure that my group respects their personal space and experience. We will obey the rules established by Henderson Settlement. For example, quiet time, devotions, curfew, etc.

\_\_\_\_\_ I will not knowingly or willfully include in the group anyone accused, convicted of or currently under investigation for any criminal acts or other acts that are not in keeping with Henderson Settlement's Christian morals.

\_\_\_\_\_ I will provide proper supervision for any group member that will not be a part of the daily group activities due to sickness, injury, or other reasons.

\_\_\_\_\_ I will ensure that my group will attend all programs and act respectfully toward those presenting those programs.

\_\_\_\_\_ We will not hold Henderson Settlement responsible for theft or damage of our personal items, if we bring your own tools/equipment it will be at your own risk.

Group Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Family, Infant, Youth, and Senior Programs and Assistance;  
Home Repair; Crafts Marketing; Thrift Stores; Agriculture*



# Participant Covenant

## COVENANT - ADULT/YOUTH MISSION TRIP

Each member should sign and return the following Participant Covenant to Henderson Settlement before arriving.  
Team leader: collect and keep the insurance card for possible use, if needed.

*Luke 10:27 "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and love your neighbor as yourself."*

**As a member of the Adult/Youth Mission Trip to Henderson Settlement, I agree to love and respect others by following these guidelines:**

### HENDERSON WORKCAMP RULES

- ✦ No drugs or alcohol. iPods, mp3 players, etc. used with head phones are acceptable.
- ✦ No smoking in Settlement buildings or vehicles.
- ✦ Don't wander off, alone or as couples.
- ✦ Take short showers.
- ✦ Limit telephone use to ten minutes
- ✦ Lock doors, turn off lights, heat, fans, etc. when leaving facilities.
- ✦ Please keep areas clean and remove garbage as soon as possible, save aluminum cans in separate boxes, bags or containers.
- ✦ Clear your own table after eating, put items where directed.
- ✦ Check out and return tools to/from Tool Room. Clean out paint brushes WELL so we can re-use them. Clean off shovels, rakes, picks, etc.
- ✦ Don't park in school parking lot.
- ✦ We do have snakes. Don't be scared, just cautious.
- ✦ Don't chase the cows or calves; don't pester the bull.
- ✦ Report all injuries to W/C Director. Take serious injuries to clinic or emergency room ASAP .
- ✦ Be cautious of the heavily used Hwy. 190 that passes through campus.
- ✦ YOU MUST BRING A SEPARATE PAIR OF GYM SHOES IF YOU WANT TO PLAY IN THE GYM.

### WEEKLY SCHEDULE

<b>DEVOTIONS:</b>	7:00 each morning at Vespers Point
<b>MEALS:</b>	<b>Typically (Summer Shifts)</b>
	Breakfast 7:30 am (Summer 7:30 or 8:00 am)
	Lunch 11:30 am (Summer 11:30 am or 12:00 noon)
	Supper 5:00 pm (Summer 5:00 or 5:30 pm)
<b>WORK HOURS:</b>	8:00 am to 4:30 pm (Summer 8:00/8:30 am or 4:30/5:00 pm)
<b>*CURFEW:</b>	10:30 pm
<b>*LIGHTS OUT:</b>	11:00 pm

\*Curfew and lights out times MUST BE FOLLOWED to insure proper rest for those who need it.

**BREAKING CURFEW** will result in your leader contacting your parent to come pick you up and return you to your home.

Signature of Trip Member: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_



PROJECT REQUEST

MAIL TO: HENDERSON SETTLEMENT  
P.O. BOX 205  
FRAKES, KY. 40940  
(606)-337-3613 FAX (606)-337-2225  
E-MAIL: [workcamp@hsumc.org](mailto:workcamp@hsumc.org)

CHURCH/GROUP: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE/**Email**: \_\_\_\_\_

LEADER: \_\_\_\_\_

SCHEDULED WORK CAMP WEEK: \_\_\_\_\_

AVAILABLE PROJECT MONEY: \$ \_\_\_\_\_

**FIRST CHOICE:** \_\_\_\_\_

SECOND CHOICE: \_\_\_\_\_

THIRD CHOICE: \_\_\_\_\_

FOURTH CHOICE: \_\_\_\_\_

FIFTH CHOICE: \_\_\_\_\_

SIXTH CHOICE: \_\_\_\_\_

SEVENTH CHOICE: \_\_\_\_\_

EIGHTH CHOICE: \_\_\_\_\_

NINETH CHOICE: \_\_\_\_\_

TENTH CHOICE: \_\_\_\_\_

## Directions to Henderson Settlement

There are several routes by which visitors may arrive at Henderson Settlement, which is located on State Hwy. 190 about 20 miles from Pineville, Ky.

**1. Visitors from the North/South** – Exit I-75 at Williamsburg, KY (Exit 11) onto State Hwy 92 (it will merge and then separate from U.S. 25 for one half mile). Continue approximately 18 miles, turn right onto State Hwy. 1595 (this road is over Pine Mountain). Turn left at the stop sign onto State Hwy. 190 for approximately one mile to Frakes.

**2. Visitors from the Northeast** - Exit I-81 at Kingsport, TN onto U.S. 11W. Take U.S. 25E at Bean Station, then onto Middlesboro, to State Hwy. 190 near Pineville which is also the entrance to the Pine Mountain State Park Golf Course. Continue 18 miles to Frakes.

**3. Visitors from the East** - Use suggestion #2 or #3, whichever route is closest to you.

**4. Visitors from the Southeast** traveling I-40 or I-75 can follow I-75N to Williamsburg, KY (Exit 11) and then follow directions listed above in #1.

**NOTE: DO NOT TAKE HIGHWAY 74 FROM MIDDLESBORO.**

Drive safely! We hope you have a good trip and enjoy the beautiful mountain scenery!

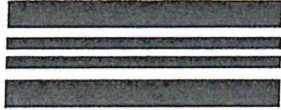
# Health Insurance Claim Form

Make copies as needed for youth under 18. Team leader keeps copies in his or her possession.

**DO NOT SEND THIS FORM TO HENDERSON SETTLEMENT!**

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Name of insured person on insurance card, usually father or mother.</li> <li>2. Address of insured person on insurance card if different than patient's address.</li> <li>3. Identification number or policy number from insurance card, usually the social security of the insured parent or patient if employed adult</li> <li>4. Group number on insurance card.</li> <li>5. Insured cardholder's birthdate</li> <li>6. Does patient have other insurance coverage, such as coverage under two different insurances by both parents? If so, which is the primary insurer?</li> </ol> | <ol style="list-style-type: none"> <li>7. Please attach a clear copy of both front and back of insurance card. (Make sure that the phone number is legible.</li> <li>8. We also need a parent's signature authorizing release of medical or other information necessary to process an insurance claim.</li> <li>9. We need a parent's signature authorizing payment of medical benefits to the physician for services rendered.</li> <li>10. We need a parent's signature giving permission for treatment of a minor child (under 18).</li> </ol> |
|---|---|

PLEASE  
DO NOT  
STAPLE  
IN THIS  
AREA



Name, Address, City, State, Zip and Phone number of Insurance Company

## HEALTH INSURANCE CLAIM FORM

1. MEDICARE <input type="checkbox"/> Medicare # <input type="checkbox"/> MEDICAID <input type="checkbox"/> Medicaid # <input type="checkbox"/> CHAMPUS <input type="checkbox"/> Sponsor's SSN <input type="checkbox"/> CHAMPVA <input type="checkbox"/> O.A. Fib # <input type="checkbox"/> GROUP HEALTH PLAN <input type="checkbox"/> (SSN or ID) <input type="checkbox"/> FECA BLK LUNG <input type="checkbox"/> (SSN) <input type="checkbox"/> OTHER <input type="checkbox"/> (ID) <input type="checkbox"/>		1a. INSURED'S I D NUMBER (FOR PROGRAM IN ITEM 1)	
2 PATIENT'S NAME (Last Name, First Name, Middle Initial)		3. Patient's BIRTH DATE <input type="checkbox"/> SEX <input type="checkbox"/>	
PATIENT'S ADDRESS (No., Street)		6. PATIENT RELATIONSHIP TO INSURED:	
City STATE		Self <input type="checkbox"/> Spouse <input type="checkbox"/> Child <input type="checkbox"/> Other <input type="checkbox"/>	
ZIP CODE TELEPHONE (include area code)		8. PATIENT STATUS:	
9 OTHER INSURED'S NAME (Last Name, First Name, Middle Initial)		Single <input type="checkbox"/> Married <input type="checkbox"/> Other <input type="checkbox"/>	
a. OTHER INSURED'S POLICY OR GROUP NUMBER		Employed <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time <input type="checkbox"/> Student <input type="checkbox"/> Student <input type="checkbox"/>	
b. OTHER INSURED'S DATE OF BIRTH M <input type="checkbox"/> SEX <input type="checkbox"/> F <input type="checkbox"/>		10. IS PATIENT'S CONDITION RELATED TO:	
c. EMPLOYER'S NAME OR SCHOOL NAME		a. EMPLOYMENT? (CURRENT OR PREVIOUS)	
d. INSURANCE PLAN NAME OR PROGRAM NAME		YES <input type="checkbox"/> NO <input type="checkbox"/>	
READ BACK OF FORM BEFORE COMPLETING & SIGNING THIS FORM.		b. AUTO ACCIDENT? PLACE (State)	
12. PATIENT'S OR AUTHORIZED PERSON'S SIGNATURE: I authorize the release of any medical or other information necessary to process this claim. I also request payment of government benefits to either to myself or to the party who accepts assignment below.		YES <input type="checkbox"/> NO <input type="checkbox"/>	
SIGNED _____ DATE _____		c. OTHER ACCIDENT?	
		YES <input type="checkbox"/> NO <input type="checkbox"/>	
		10d. RESERVED FOR LOCAL USE	
		11 INSURED'S POLICY GROUP OR FECA NUMBER	
		a. INSURED'S DATE OF BIRTH M <input type="checkbox"/> SEX <input type="checkbox"/> F <input type="checkbox"/>	
		b. EMPLOYER'S NAME OR SCHOOL NAME	
		c. INSURANCE PLAN NAME OR PROGRAM NAME	
		d. IS THERE ANOTHER HEALTH BENEFIT PLAN?	
		YES <input type="checkbox"/> NO <input type="checkbox"/> If yes, return to and complete item 9 a-d	
		13. INSURED S OR AUTHORIZED PERSON'S SIGNATURE I authorize payment or medical benefits to the undersigned physician or supplier for services described below.	
		SIGNED _____	

## SITE LOCATIONS

	Location Codes	Miles From Settlement
Harmony	-- 1	14
Davisburg	-- 2	9.5
Chenoa	-- 3	6.5
Upper Laurel Fork	-- 4	4.5
Peanut Holler	-- 5	3.5
Frakes	-- 6	1.5
Happy Holler	-- 7	1
Brown Hill	-- 8	1.5
Blue Holler	-- 9	2.5
Tiny Branch	-- 10	3.5
Hatfield Gap	-- 11	3.5
Lower Laurel Fork	-- 12	4
Buffalo	-- 13	12
Hwy 92 & 904	-- 14	7
Hamblin	-- 15	7.2
Booger Holler	-- 16	7.7
Clairfield	-- 17	8.5
Pruden	-- 18	12
Fonde	-- 19	13
Eagan	-- 20	11.5
Roses Creek	-- 21	18
White Oak	-- 22	15
Duff	-- 23	18
Mudd Creek	-- 24	9

## Recreation Ideas

(Please keep in mind these times are approximat. Also we are not necessarily aware of changes in the status of places listed. Make inquiries before going.)

Pine Mountain State Resort Park (30 minutes) - Kentucky's oldest park-lodge, dining, pool, camping, golf, scenic Chained Rock overlook, hiking trails, miniature gold, nature center, picnicking areas.

Pineville, KY (35 minutes) – Bell Theater, grocery stores & pharmacies. Restaurants in Pineville include Subway, La Esperanza (Mexican), McDonald's, Dairy Queen, Pizza Hut, Kentucky Fried Chicken, Arby's, Little Caesar's, Engles Drive-In, and many more

Middlesboro, KY (40 minutes)- shopping mall, movie theatre, roller skating, grocery stores. Restaurants in Middlesboro include Shades Café & Steak house, Wendy's, Pizza Hut, Hardees, Lee's Famous Chicken, McDonald's, Sonic, Kentucky Fried Chicken, Long John Silvers, Arby's, Burger King, Dairy Queen, Subway, Yamato's Japanese Steakhouse, Taco Bell, Krystal, Sagebrush Steakhouse, Chinatown Café, La Esperanza (Mexican), China Star (Chinese buffet).

Abraham Lincoln Library and Museum (45 minutes)- campus of Lincoln Memorial University, Harrogate, TN.

Cumberland Gap National Historical Park (45 minutes)- scenic overlook viewing KY, TN, VA all at once; Wilderness Road; Hensley Settlement (restored); cave tour; camping; hiking; historic town of Cumberland Gap; Iron Furnace; visitor center with craft store; picnic areas.

Kentucky Splash (45 minutes)- Williamsburg, KY- water park, other activities on site.

Cumberland Falls State Park (1hour and 15 minutes)- Niagara of the South- swimming pools, wading in the river, trails, horseback riding, restaurant.

Museum of Appalachia (1 hour and 15 minutes)- living history museum with village and farm.

Red Bird Mission (1 hour and 15 minutes)- hospital, school, craft store, thrift store. Tour and lunch available.

Sheltoewe Trace Outfitters (1 hour 15 minutes)- rafting and canoe trips.

American Museum of Science and Energy (1.5 hrs-enroute Knoxville)- Oak Ridge, TN, educational experience.

Big Ridge State Park (1.5 hours- enroute to Knoxville, TN)- boating, picnicking, sports areas, swimming, hiking.

Big South Fork Scenic Railway (1.5 hours)- train excursion with mountain views and a visit to an old mining camp.

Berea, KY (2 hours)- artisan workshops featuring Kentucky craftspeople, Berea College.

Knoxville, TN (2 hours)- shopping malls, movies, restaurants, Knoxville Zoo, University of Tennessee campus, Knoxville Museum of Art, site of 1982 World's Fair, other attractions.

Gatlinburg/Sevierville, TN (2.5 hours)- shopping malls, movies, restaurants, waterslides, chair lifts, nearby Pigeon Forge, Dollywood, Porpoise Island, and many other attractions.

Great Smoky Mountains National Park (2.5 hours)- Cades Cove, scenic loop, historical buildings, crafts, mountain views, Indian reservation.