

Grand Jury indicts eighteen

Indictments were handed down against 18 persons last Friday by a Rockcastle County Grand Jury.

Indicted were:

Frank Spencer, 29, of 35 Teepee Lane, Bulan, Ky. Spencer was indicted for receiving stolen property. His bond was set at \$10,000 cash/property.

Shane Kirby, 28, of 90 Kelsey Lane, Mt. Vernon, was named in two separate indictments -- one for receiving stolen property, for which his bond was set at \$10,000 cash/property.

The other indictment was for four counts -- two for theft by unlawful taking and two for burglary. For those offenses, Kirby's bond was set at \$50,000 cash/property.

Three offenders, Timothy W. Gadd, Jr., Timothy R. Gadd, Sr. and Jacquelyn R. Dees Allen, were named in a joint indictment.

Allen, 34, of 605 Colman Drive, Berea, was indicted, along with the two Gadds, for receiving stolen property. Allen's and Gadd, Sr.'s bond was set at \$25,000

cash/property.

Besides the charge of receiving stolen property, Timothy W. Gadd, Jr., 39, who along with Timothy R. Gadd, Sr., 61, lives at 8851 N. Wilderness Road, Mt. Vernon, was also indicted for possession of a controlled substance, first degree and possession of a controlled substance, second degree. His bond was set at \$40,000 cash/property.

Jonathon D. Wells, 24, of 449 Zade Road, Mt. Vernon, was indicted for the offense

of theft by unlawful taking and his bond was set at \$10,000 cash/property.

Robert Flannery, 19, of 102 Sand Lick Road, McKee, was indicted on two counts -- one for burglary, third degree and the other for theft by unlawful taking.

His bond was set at \$20,000 cash/property.

Derek R. Damrell, 30, of Flat Gap Road, Berea was indicted for manufacture of methamphetamine, first offense. His bond was set at \$25,000 cash/property.

Named in the same indictment was Ronald Seaborn of 3412 Old Ky. Hwy. 52, Richmond. Seaborn was indicted for complicity to manufacture methamphetamine, first offense and his bond was set at \$10,000 cash/property.

Dana Glen Ellison, 38, of 2628 Copper Creek Road, Crab Orchard, was indicted on two counts, both criminal possession of a forged instrument. His bond was set at \$10,000 cash/property.

Andry Collins, 64, and Donald Damrell, 45, both of

835 Barnett Road, Mt. Vernon, were named in a joint indictment on one count of cultivating marijuana, first offense. Both men's bond was set at \$5,000 cash/property.

Shane Michael Snow, 27, of 329 Kirksville Road, Richmond and Diana Shanks, 28, of Mt. Vernon, were named in a joint indictment on three counts. The two were indicted for burglary, second degree, theft by unlawful taking and criminal mischief, third degree.

Their bonds were each set at \$25,000 cash/property.

Dallas E. Kirby, 63, of 2114 Quail Road, Mt. Vernon, was indicted for manufacture of methamphetamine, first offense. His bond was set at \$25,000 cash/property.

Michael Sanchez, 22, of 102 N. Poplar St., Richmond and Chasity Henderson, 24, of 232 Beechwood Dr, Berea, were named in a joint indictment.

Sanchez and Henderson were both indicted for trafficking in a controlled substance, second degree, first offense and Sanchez was also indicted for no operator's license.

Bond for both was set at \$25,000 cash/property.

Bentley David Carpenter, 38, of Simon Hill Road, Livingston was indicted on two counts -- burglary, third degree and theft by unlawful taking.

According to a notation on the indictment, Carpenter was released on his own recognizance at the request of the commonwealth.

U.S. 25 Yard Sale

The U.S. 25 yard sale, planned for June 6, 7 and 8 was taken up for discussion at last week's Mt. Vernon Council meeting. The mayor told the council that the use of the city's parking lot, near city hall, had been requested for the three days so participants could set up in that area. However, council members saw a problem with the event interfering with commuters who park in the lot and car pool to work so use of the lot was approved for only Saturday, June 8th.

Spaces will be assigned on a first come/first served basis and participants will have to register with city hall.

Former Rockcastle County resident now offering meditation classes

By: Doug Ponder

A former Rockcastle County resident is now offering meditation classes at the Rockcastle Regional Hospital Wellness Center every Friday at 6 p.m.

Dr. Melissa Carver, 36, of Berea is currently offering meditation classes that uses metaphysical manifestation techniques to help her patients overcome stress, boost their creativity, cultivate healthy habits that lead to weight loss, improve digestion, lower blood pressure, decrease heart attack risk, decrease perception of pain and improve cognitive processing. She also said her meditation techniques will help patients overcome anxiety, depression, anger and confusion.

Carver recently received her PhD in Philosophy at the University of Sedona in Sedona, Arizona and is currently a student at Deepak Chopra University in Carlsbad, California.

Carver said metaphysics is a branch of philosophy that explains the fundamental nature of being as well as the nature of the world and manifestation is the essence in which everything exists. She said that by using techniques from these principals, she can show her patients how their lives are guided by the desires of the mind and how they can truly take advantage of their desires.

"When you begin to manifest the desires of your mind instead of the desires of our society, parents or the media, you will have no option but to connect with your higher self," Carver said. "I will show them what forms of metaphysical practices must be used in order to truly manifest the happiness, health, love and

abundance we all want in life."

During her teenage years, Carver said she became interested in metaphysical manifestation after realizing a lot of people were doing things they didn't want to do and were working in career fields they weren't interested in, simply because they felt they had to in order to survive and provide for their family.

"We live in a fear based society where a lot of people feel they have to work 40-60 hours a week to provide for their family which in turn causes them to lose touch with their family," Carver said. "This creates an imbalance internally that builds up stress and a feeling of worthlessness. I enjoy teaching people how to turn this around through techniques I have learned and how they can create an abundance of health and happiness in their lives."

Carver said she expects the class to grow once the community has an understanding of the different techniques she is teaching.

"A lot of people say this is new thought or new age stuff, but it's actually quite the opposite. All ancient cultures believed and studied metaphysics, including Native Americans, ancient Egyptians, Mayans and Celts," Carver said. "A lot of the techniques were lost along the way. Now it's time for us to bring them back because they truly work and can help people improve their lives."

Carver went on to say that her dreams for the future are to simply be the best mother, wife, teacher and mentor she can be. She also said she would love to see more children and drug ad-

dicts take meditation classes in the future.

"I would love to see more opportunities for children and drug addicts to learn these techniques," Carver said. "If children and drug addicts could learn meditation and manifestation techniques at a young age, it's safe to say violence and drug usage would dramatically decrease within our younger generations."

Yards to Paradise

By Max Phelps
Arbor Day and Tree Planting

As much as Arbor Day is in the news, now is a good time to ask where does this holiday come from, and why.

A man named J. Sterling Morton moved from Michigan to Nebraska in the 1800's and found almost no trees. He missed the trees he was used to, and came up with the idea for a tree planting holiday on January 4, 1872. So, the Nebraska legislature took the idea and passed the first Arbor Day law. Arbor Day was celebrated that year on April 10, 1872, and over a million trees were planted in Nebraska on that day.

Today the J. Sterling Morton Arboretum in Nebraska City, Nebraska commemorates and continues the legacy of Mr. Morton. The Arbor Day Foundation, a 501 (3) c charitable organization, was founded on the centennial of the first Arbor Day. Arbor Day has spread to many nations. In the United States the date is the last Friday in April each year. (Many communities choose to celebrate on other days.) ArboDay.org or a search on the web for the Morton Arboretum will give those interested a more in

depth history. Basically, it's the "Tree City" program that most people seem to be aware of. I suppose this is because of all the "tree city" signs as one crosses into the city limits of many towns across the nation.

No matter where you live or if you live in the Plains where hardly any trees once existed, adding some lovely trees to your landscape at this time of year can be an interesting adventure, contribute to the improvement of your world, and do a bit of good in the big scheme of things as more trees are cut and more land is dozed for development.

(Interesting Fact: You don't think the Plains Indians would have burned 'buffalo chips' for fuel if there was wood readily available do you?)

This spring I invite you to plant a tree. Maybe a shade tree. Maybe a fruit tree. Maybe a flowering tree. (Or all three in one tree for that matter.) And if you don't own a place, maybe you could donate a tree to a city or factory or school near where you live.

Just like the small bare root trees the Arbor Day Foundation sells, you can go small. You don't have to plant a big expensive tree in order to participate.

The author is a landscaper. Contact via his website: www.rockcastles.net

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