

# Mount Vernon Signal

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Mount Vernon, Kentucky 40456 - (606) 256-2244

Volume 138 • Number 25 1.00 per copy

Thursday, August 8, 2024

## Ground broken on new water basin

*Bad taste on its way out*

By: Mike French  
Editor

It took decades of work and study but ground has been broken for the new Mount Vernon water basin that is expected to eliminate the bad taste and odor from the Mount Vernon water system.

Ground broke last week for contractors to begin construction of the new basin which is

expected to solve a problem that some officials have fought many years.

Officials in the city had worked on the issue and tried several different solutions for the problem but nothing appeared to help. However, several years ago, City Administrator Josh Bray and Mayor Michael Bryant set the goal as a top priority and worked with water experts from across

the state and nation to discover what was causing the problem.

It was determined that a rare algae, that grows seasonally near Lake Linville which is the water source for Mount Vernon, was releasing the bad taste and odor. Local restaurants, business owners and citizens have complained about the issue for years. Bryant and Bray eventually determined the cause and,

through several other engineering sources, discovered how to fix the problem.

The new basin will cause the water to be in contact with carbon for much longer periods before being sent out into the system and will utilize other filter systems. The bad taste and odor is expected to be eliminated through this new process.

(See "Water" on A5)



Shown above, contractors with Smith Construction were finally able to break ground on the new water basin that is expected to remove the bad taste and odor from the Mount Vernon Water System.

## Livingston officials still disagree over local street

*Searching for police chief*

By: Mike French  
Editor

Members of the Livingston City Commission are still strongly disagreeing about making McClure Street a two way street again.

At their regular monthly meeting last Friday evening, commissioners, and Mayor Sandi Singleton, held lengthy discussions of the issue. The city had deemed the street unsafe as a two way street and voted to make it a one way street a few years ago. However, Commissioners Troy Goforth and Greg Carpenter wish to allow two-way traffic again while Singleton says doing so would cause liability to the city.

"If we make it a two way street, after declaring it unsafe as a two way street, we are liable for any accidents that occur on that street and that's not just my

opinion. I have been told by the Cumberland Valley Area Development District (CVADD) and the state that this is the case," said Singleton.

However, Carpenter said he feels the city

would be more liable if they do not change it to two-way. "Right now we are forcing people who do not feel safe, to drive over that huge hill," Carpenter said. "I think that causes more liability than allowing them to go the direction they feel safest."

Goforth agreed. "All we need is a 'caution' sign and then it falls on them if they have an accident," said Goforth. "If someone is breaking the law, it doesn't fall on

the city, otherwise any accident, anywhere would fall on the city." Still Singleton said she has been advised not to change the street back and she cannot support the change.

"We already had the vote at last month's meeting and it's done. It was a two way street for 150 years," said Goforth. "Let's put the signs up and it is a done deal." Singleton said she wants no part of the

(See "Street" on A5)

## Local man charged with possession of child abuse material

By: Mike French  
Editor

As part of an online internet crimes investigation, the Kentucky State Police have arrested a Brodhead man on 20 counts of possessing matter portraying sexual performances by a minor under 12-years-old Tuesday, July 30

Steven Blevins, 25, of Brodhead, was arrested after an investigation, sparked through Cybertip program, indicated that Blevins had downloaded several files containing CSAM (Child Sexual Abuse Material) through an electronic service pro-

(See "Abuse" on A5)

## Grand Jury hands down 11 indictments

A Rockcastle County Grand Jury handed down 11 indictments Friday, July 26th. Those indicted and their offenses are as follows.

Everett D. Lear, 81, of Brodhead, was indicted on one count of strangulation in the first degree by intentionally choking and applying pressure on the throat or neck of Michelle Wilson. Lear was placed under a \$7,500 unsecured bond with a no contact order.

James Matthew Miller, 36, of Mount Vernon, was indicted on one count of

possession of a controlled substance (meth) and one count of possession of drug paraphernalia. His bond was set at \$5,000 cash or property (c/p).

Logan W. Prewitt, 28, of Mount Vernon, was indicted on one count of possession of meth, one count of possession of a mixture of meth, fentanyl and fluorofentanyl, one count of possession of a mixture of meth and bromazepam and one count of possession of drug paraphernalia. His bond

(See "Indict on A5)

## Officer forced to pull service weapon in local DUI arrest

By: Mike French  
Editor

The Rockcastle County Sheriff's Department received a call from 911 dispatch, concerning a male apparently unconscious in a vehicle on Poplar Grove Road in Rockcastle County on July 14.

However, on his way to the call, deputy Dustin Saylor received information that the man had apparently awakened and drove away. Suspecting the driver might be under the influence, Deputy Saylor attempted to locate the vehicle.

While traveling on Willailla Road, the officer spotted the vehicle coming directly towards him, the citation says. Saylor

then activated his emergency lights and swerved in an attempt to avoid a collision and the vehicle in question stopped just feet away from the cruiser.

However, as Saylor exited his vehicle, he witnessed the driver of the other vehicle "digging in the floorboard" of his vehicle and refusing commands to exit the vehicle and show his hands. Saylor drew his service weapon and approached the vehicle, calling for the driver to exit and show his hands. When the driver eventually opened the vehicle door, the citation, says his right hand was still concealed.

The driver eventually

(See "DUI" on A5)

## Little World's Fair is now underway

By: Mike French  
Editor

One of the most popular events in Rockcastle County has already started in Brodhead, the annual Little World's Fair.

The Little Worlds Fair Sheep Show was held this

past Saturday and the Horse Show is scheduled for Saturday, August 10. The annual pageants will be Sunday, August 11 at the Brodhead Elementary School.

The Brodhead Fairgrounds will be filled with activities beginning Tuesday, August 13 when the Demolition Derby will be held at the fairgrounds. Admission will be \$12.

On Wednesday, August 14, the ATV/SXS/dirt bike obstacle course will be buzzing with motors of all sizes. Admission will be \$12 and kids

(See "Fair" on A5)

## Jail Revival

Jailer Nathan Carter has announced a Jail Revival for Saturday, September 7 beginning at noon at the Rockcastle County Detention Center. The public is invited to attend.

The schedule will be as follows:

12:00 Nathan Carter  
12:20 Brian and Tessa Cromer  
1:00 Steve Robinson (Chaplin)  
1:30 Shana Miller  
2:00 Robert Miller  
2:30 Chris Miller  
3:00 John Burton  
3:30 Mihael St. John  
4:00 Darren Allen  
4:30 Jason Reigel and Beau Denny (pastors)  
5:30 Phillip Doan (Pastor)  
6:00 Dusty Ray  
6:30 Brian Gabbard

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Contact us at: mvsignal@windstream.net  
Deadline submission is 4:00 p.m. Monday

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# ramblings...

by; perlina m. anderkin

I woke up Monday morning to terrible, but not unexpected news. The Japanese Stock Market, the NIKKEI, experienced its biggest one-day drop ever, brought on by massive selling in reaction to Friday's report showing U.S. employers slowed their hiring last month by much more than economists expected.

The front page of the *Drudge Report* screamed: "Stocks Tumble Around The World; DOW -1,033 points, Nikkei Biggest Rout since Black Monday (in 1987); Magnificent 7 Shed \$1 Trillion; Recession Odds Climb; Emergency Rate Cut? Trading Platforms Crash."

Also, shares of Japan's largest bank Mitsubishi Bank fell over 21%, the biggest drop ever in its history. Economists expect this is a signal that big banks in the US will be failing as well and markets around the world.

But, as I said, this is not really a surprise. You cannot spend money like a drunk sailor (and I'm probably insulting sailors here), take over the upkeep of an entire country (Ukraine-including paying the salaries and pensions of their civil servants and *securing their border*) and financing their war with Russia, spending trillions of dollars on, supposedly, *climate control* which involves, best I can tell,

spending a fortune on dousing our skies with sunblocking chemicals that are falling onto our ground, and us, and exposing us to God knows what chemical residue and dangerous nanoparticles. Which also includes spending a whopping \$5 billion for electric school buses with which they only managed to produce 60 buses in three years and, from what I've seen from some big city electric buses, we're lucky they haven't caught on fire and incinerated any school children thus far!!

People, we are under attack from our own leaders and they are not even trying to conceal it these days.

Evil Nancy Pelosi told CBS *Sunday Morning*, this week, that Joe Biden should be added to Mt. Rushmore because he was such a "consequential president" of the United States, a Mt. Rushmore kind of President of the United States." Leslie Stahl actually appeared to be a little taken aback, asking "You think he belongs up there? Lincoln and Biden?" Pelosi's response was "you have Teddy Roosevelt up there, and he's wonderful, I don't say to take him down but you can add Biden in a good place."

(Continued on A3)

## Aces Over

By: Mike French



Exactly 27 years ago, my better half dressed up, had her hair done, put on her best trench coat and showed up at her new job. It was an office job and carried a lot of responsibility but she was young and excited and jumped in with both feet.

Over the next few years, she made herself rather indispensable and became that person that everyone in the office depended upon. It was a job with the State of Kentucky and though her job was in Clay County, she was in touch with the "higher-ups" in Frankfort and became pretty well known in the state.

But last week, on Wednesday, she worked her final day. At an extremely young age, after 27 years, she cleaned out her desk, boxed up her pictures and desk items that belonged to her, rode down the elevator, and walked out the door for the last time. She officially retired.

Thursday morning with no alarm set and no schedule to keep, she woke at 5 a.m. looked around the room and said to me, "now what do I do?"

By 10:30 in the morning, we had been to the post office, the bank, the farmers market, the grocery store and breakfast at the truck stop and, as I write this column, she is texting her old co-workers. By 10:32, she was bored again. I am afraid her retirement is going to kill me.

I will admit that I am massively impressed. I think it is a big deal to do anything for 27 years. I have been a journalist for 44 years but I am a whole lot older than my better half and I have worked for seven different media outlets in those years. (The last ten years have been by far the best. By far!) But I have a retirement plan also. I plan to work till noon on the day the

Lord calls me home.

According to the Social Security Administration, there are 4.1 million retirees in America. But that is not correct. There are 4.1 million people drawing social security but 80% of those continue to work. After all, Social Security doesn't even pay the rent. So the truth is, out of 350 million people, about 500,000 are actually fully retired.

Wouldn't it be cool if those 500,000 people ran the world? These are the people who have learned everything about their field. They have seen the good, the bad and the ugly in the world and have fought through endless struggles and corporate greed and co-worker ambitions. They fought through it all and stuck it out.

This would be so much better than a bunch of professional politicians who have never had a real job in their life and have never once experienced a sore back from a full day of hard work. Instead of Americans who have proven they understand the system and have seen what works and what doesn't, we have leaders that have never had to balance a checkbook or had to decide between groceries or a child's Christmas gift. These retirees have proven they don't give up and that they will

find a way that works. They have seen it all.

I think these true retirees should be the ones to decide what America needs. If they don't run the country, they should at least be highly paid consultants to Congress. Maybe we should let these people vote twice. Or maybe they should

have to approve new spending or new laws. I bet it would be a much better world for everyone.

Then again, when it comes to decisions at my house, I think Dora gets two votes anyway.

Here's hoping she

(Continued on A3)

## T.J.'s Journal

By: Tonya J. Cook



A House Divided  
Dear Journal,

The days seem to get shorter and shorter. I was just looking out the window and was watching the leaves gently blowing in the soft summer breeze. It won't be but a few days now until those same leaves will be changing color to brilliant reds, golden yellows and vibrant oranges. Then before you can realize, the limbs will be bare and lonely looking. Then will come the bareness of a harsh winter. Where does the time go?

It seems like only a few summers ago that I was young and the world lay ahead of me, with good health and dreams to be fulfilled. Now, I enter into the autumn of my life wondering where the time has gone. In my mind, I should be only about thirty and full of days to live.

I've lived to see a lot of history, six generations of my family and have seen many changes come and go. I've seen thirteen presidents in office. In all

of my days, I don't remember seeing the country as divided as it is right now.

The only other time that comes close is the race problem that we had in the 1960's. Just when I thought it was over, it broke out again in the last handful of years. I remember just about every night on the evening news, there was war or unrest of some kind in Israel. In the past day or so, the war in Israel has escalated with America sending ships and other equipment to the Mediterranean to be prepared for the worst.

Meanwhile at home, the country is divided, families are divided and even marriages are divided. It all revolves around the upcoming presidential race. Each side is resolute in their opinions to a point I've never seen before in any kind of a political race.

Whoever is elected, will have the task of mending the nation, if it can be mended. "A house divided against itself cannot stand".

## Mount Vernon Signal

Publication Number 366-000

Periodical Postage Paid in Mt. Vernon, Ky. 40456

606-256-2244

Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.

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### SUBSCRIPTION RATES

In County - \$30.00 Yr. Out-of-County - \$35.00 Yr.

Out-of-State \$40.00 Yr.

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811 Day reminds you to

# CALL BEFORE YOU DIG

August 11 is just one day a year, but Kentucky's electric cooperatives hope the 8/11 date on the calendar will serve as a natural reminder for residents to call 811 any day of the year before a digging project.

Every six minutes, an underground utility line is damaged somewhere in the United States because someone decided to dig without first calling 811.

Striking a single line can cause injury, repair costs, fines and inconvenient outages. Every digging project, no matter how large or small, warrants a call to 811. Installing a mailbox, building a deck, planting a tree and laying a patio are all examples of digging projects that need a call to 811 before starting.

Kentucky requires two full working days' advance notice to the 811 center or online before a digging project to give utilities enough time to mark the appropriate location of their underground utilities on your property. Each utility will be marked in a specific color. These marks are valid for 21 days. Be safe and know what's below.



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Check out this cozy 3 bedroom, 1 bath brick home ready for your personal touch. It offers a welcoming living room, functional kitchen/dining room combo and separate utility room for added convenience. The property includes an attached 1 car carport and is set on a lovely lot. Equipped with ceiling cable heat, this house is in need of some TLC, providing the perfect opportunity to create your dream space. A great find with endless potential.

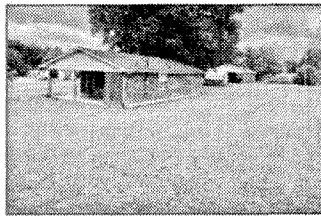
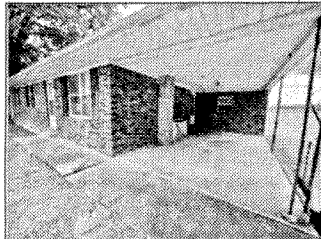
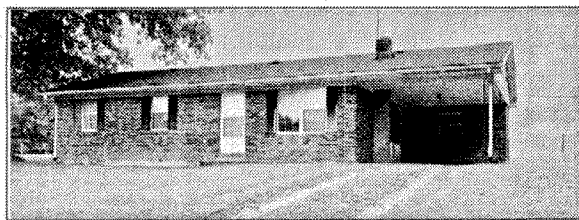
Preview: Monday, August 12th & 19th from 3-6 p.m.

Note: The property was inspected for termites and termite damage was noted. Property has not been treated for termites.

Note: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property of lead-based paint. The period for inspections begins August 9th through August 18th. The successful bidder must sign a waiver of the 10-day inspection period.

BUYER'S PREMIUM: A 10% Buyer's Premium will be added to the winning bid to determine the final sale price.

TERMS: 20% down due within 48 hours of close of bidding, with balance in 30 days with deed.



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*This August day serves as a reminder*

# 811 Day reminds everyone to call before digging

Aug. 11 is just one day a year, but Kentucky's electric cooperatives hope the 8/11 date on the calendar will serve as a reminder for residents to call 811 any day of the year before a digging project.

Every six minutes, an underground utility line is damaged somewhere in the United States because someone decided to dig without first calling 811.

811 Day will hopefully remind homeowners and professional contractors to make that call before beginning a project. Calling 811 with the intent to dig will bring all the appropriate utilities out to mark the approximate locations of their buried lines with flags, spray paint or both. This is a free service. Whether it's electric, gas or water, you don't want to accidentally dig into a buried utility.

Striking a single line can cause injury, repair costs, fines and inconvenient outages. Every digging project, no matter how large or small, warrants a call to 811. Installing a mailbox, building a deck, planting a tree and laying a patio are all examples of digging projects that need a call to 811 before starting.

Kentucky requires two full working days' advance notice to the 811 center or online before a digging project to give the utilities enough time to mark the approximate location of their underground utilities on your property. Each utility will be marked in a specific color. The marks are valid for 20 days.

Before you contact Kentucky 811, you will need to know specific details about where you plan to dig, including the

county, street address, nearest intersecting street and location on the property. You will also need

the name and phone number of the work site contact, defined as a person who will be present at the

excavation site when the excavation will occur. Kentucky 811 recommends that you mark the

work area with white paint or flags, so the utility knows where you plan to dig.

## Mamaw's Kitchen

By Regina Poynter Hoskins

### CLASSIC CHEESECAKE

6 tablespoons butter  
2 cups graham cracker crumbs  
4 tablespoons brown sugar  
1 cup white sugar  
3 tablespoons all-purpose flour  
5 boxes (8 ounces each) cream cheese, softened  
1 tablespoon vanilla  
1 cup sour cream  
4 eggs  
Lemon curd for topping  
Preheat oven to 300°. Put an ovenproof dish filled half-full with water on bottom rack, this helps keep the cheesecake moist as it cooks. Place butter in 9 x 13 baking pan. Put in oven to let butter melt.

When melted, add cracker crumbs and brown sugar. Stir until mixed. Press into bottom of pan. Bake 10 minutes. Mix white sugar and flour, cream with cream cheese until blended. Scrape down sides of bowl occasionally to make sure all is blended. Stir in vanilla and sour cream; mix well. Add eggs, one at a time, mixing on low speed after each addition just until blended. Pour over crust. Place on middle rack of oven and let bake for 1 hour and 10 minutes or until center is almost set. Let cool on wire rack until cool enough to put in

refrigerator. Spread with lemon curd. Refrigerate for at least 4 hours.

### LEMON CURD

3 lemons, zested and juiced  
1 and 1/2 cups sugar  
1/2 cup lemon juice (3 to 4 lemons)  
1/4 pound unsalted butter, room temperature  
4 extra-large eggs  
Using a carrot peeler or zester, remove the zest of 3 lemons, being careful to avoid the white pith. Put the zest in a food processor fitted with the steel

blade. Add the sugar and pulse until the zest is very finely minced into the sugar. In heavy 2 quart saucepan, combine sugar mixture and lemon juice with wire whisk. Stir in butter and eggs. Stirring constantly, cook over medium heat about 8 minutes, until mixture thickens and coats back of spoon (do not boil). Immediately pour into pint-sized canning jars. Let cool. Store covered in refrigerator up to 2 months.

## ramblings...

(Continued from A2)

I agree that Biden has been a "consequential President" since he has caused more misery in this country than any other President since Jimmy Carter's policies (1977-80) caused with his 18% interest rates, scarce gas supplies causing long gas lines, the loss of the American embassy in Iran and the taking of 52 American hostages, who were held for 444 days but were released within minutes of President Reagan's inauguration on January 20, 1981.

But, I cannot think of one thing that Biden has done that has benefitted me personally and I have been called names BY HIM, since day one of his taking office, even going to far as to say that, as a Trump supporter, I pose the biggest threat to this country there has ever been -- which is actually, when you think about it, pretty impressive for an 82-year-old great grandma !!

However, unless more voters across this country wake up and pay attention to what is going on with the Democrat nominee for President, we will only be facing the same economical and moral dilemma that we have faced for the past four years with a pResident in office who has only served as a mouthpiece for someone else's agenda and which has caused untold misery to us all.

The installed (and where have we encountered that type of govern-

ment before??) Democrat Presidential nominee Kamala Harris has already **VOWED** to confiscate our guns within her first 100 days of office, by Executive Order, if necessary. Besides that she has long advocated banning fracking, defunding police, abolishing ICE (border patrol), open borders, doing away with private health insurance, a total advocate for the Green New Deal and every other far left-wing extreme radical policy you can come up with. Lately she has been trying to distance herself somewhat from these policies but is on the record as advocating for them her entire socialist political career so good luck with that.

She announced Tuesday that her pick for her running mate is far-left Minnesota Governor Tim Walz. Probably before the election, (to ensure EVERYONE in MN votes for them, it will be announced that Minnesota will be awarded the billions and billions of dollars in taxpayer money they have been begging for ever since they allowed Black Lives Matter to burn their cities to the ground and kill several innocents in "mostly peaceful" riots following the death of George Floyd.

These two together are no doubt the most radical left-wing ticket ever to run for president/vice president in this country.

Even her father, Marxist economist Donald Harris, has taken issue with her answer when asked if she opposes marijuana legalization.

She said, "Half my family's from Jamaica. Are you kidding me?" To which her father responded: "My dear departed grandmothers, as well as my deceased parents, must be turning in their grave right now to see their family's name, reputation and proud Jamaican identity being connected, in any way, jokingly or not, with the fraudulent stereotype of a pot-smoking, joy seeker and in the pursuit of identity politics." He continued, "Speaking for myself and my immediate Jamaican family, we wish to categorically dissociate ourselves from this travesty."

When you manage to offend your avowed Marxist father that severely, you have really outdone yourself!!

I am once again at the end of my tether for the week and have so much more I would like to say on this most important issue facing us in our lifetime. But, am compelled to include a comment made by Jessie Watters on his show last night

Watters had Missouri Senator Josh Hawley on as a guest and he reported that the lead site agent for the Trump Butler rally was NOT enforcing the normal security protocols that day, including not having IDs of those attending checked that day. He described it as a free-for-all and said the lead agent is still doing all her duties on the job--so once again, no one is being held accountable for their disgraceful (or deliberate) incompetence.

And, one more thing, Far left Democrat Repre-

sentative Jamie Raskin said recently that Democrats plan on using the 14th amendment on January 6, 2025, to keep Trump out of office if he wins the election (so now you know what was Plan B, in case the assassination didn't work).

In case you're wondering (I looked it up for you), the 14th Amendment, Section 3 has a provision that no person shall hold public office IF they have engaged in insurrection or rebellion against the U.S. government. Trump was NEVER CHARGED with that. Instead he told his crowd that day, after his speech, to protest peacefully and, remember, they were not armed and even I know that you don't undertake an insurrection UNARMED!! The 14th Amendment was put into law primarily to keep Southern Civil War leaders, and participants, from holding federal office. Just as the "Anchor Baby" amendment, which is now used by illegals who have a baby on our soil, after they have come here illegally, to enable them to obtain citizenship. That law was made in order that slaves could become citizens of this country, even though they weren't born here and is instead being used to fill our country with illegals. Now, until next week!!

## Aces

(Continued from A2)

doesn't get so bored that we both run ourselves to death. I'm attempting to teach her how to be lazy -- but she just isn't getting it.

## Rockcastle Community Bulletin Board

### Rockcastle County Bookmobile Schedule

**Monday, August 12th:** Brodhead and Copper Creek.  
**Tuesday, August 13th:** Green Hill, Fairview and Brindle Ridge.  
**Wednesday, August 14th:** Senior Citizens/Adult Day Health and Wayne Stewart Center.

### Farmers Market Now Open

The Rockcastle Farmers Market on Richmond Street in Mt. Vernon is now underway for the summer. The market will be open three days a week: Tuesdays from 4 to 7 p.m., Thursdays 10 a.m. to 1 p.m. and Saturdays 9 a.m. to 1 p.m.

### TOPS (Take Off Pounds Sensibly)

TOPS, Take Off Pounds Sensibly, meets every Tuesday at 5:30 p.m. in the Brodhead Community Center.

### Vietnam Veterans Meeting Date

Vietnam Era Veterans, that attended Livingston High School, are asked to meet the last Thursday of each month at 10 a.m., for breakfast and conversation, at Limestone Grille.

### Weekly Grief Support Group

There is a Weekly Grief Support Group which meets each Thursday at 2 p.m. at Hospice Care Plus & Compassionate Care Center, 350 Isaacs Lane, Richmond. Please pre-register at [hospicecareplus.org](http://hospicecareplus.org) or by calling 859-986-1500. Open to anyone whose loved one was cared for by Hospice Care Plus. If travel is an obstacle, contact Abby at the number above to request alternative grief support options.

### Kiwanis Club Meeting

The Rockcastle Kiwanis Club meets at Limestone Grille each Thursday at noon. Kiwanis is a service organization working to improve the lives of children. The public is invited.

### Chamber of Commerce Meetings

The Rockcastle County Chamber of Commerce meets once a month, on the third Tuesday, at noon at Limestone Grille. All members are encouraged to attend.

### VFW Post 5908

Rockcastle Memorial VFW Post 5908 at Lake Linville welcomes all military service members and their families. The post is open by appointment only, currently. If you would like to rent our event hall for special occasions, please call the number below. Monthly meetings are held on the 3rd Saturday of every month at 5 p.m. Those wishing to contact the VFW for help, information or any need, please contact Post Commander Michael Parsons 859-308-3568 and Chaplain William B.J. Thomason at 606-392-1207.

### Rockcastle Historical Society & Museum

The Rockcastle County Historical Society & Museum meets the 3rd Tuesday of each month at 5:30 p.m. at RTEC garage/training room.

### Mt. Vernon Lions Club

The Mt. Vernon Lions Club meets on the first and third Tuesday of each month at 6 p.m. at Limestone Grille.

### American Legion Post News

The David M. Smith American Legion meets at the Veterans Center the second Thursday of every month at 6 p.m. For more info, call Commander Kathy Bobo at 606-308-1208 or District Commander B.J. Thomason at 859-358-2882.

### Rockcastle UNITE Coalition

The Rockcastle County UNITE Coalition meets the 2nd Wednesday of each month at noon at Marcella's Farm to Fork Restaurant to plan activities. Please join us each month.

### Celebrate Recovery/AA/NA

**Monday-Celebrate Recovery-Brodhead:** Community Outreach Center, Monday, 6 p.m. 36 Castle Village Dr., Brodhead, Ky. Contact: Nathan DeLeon 859-230-9590, Katheryn Pope 606-308-3099.

**Tuesday-Celebrate Recovery-Mt. Vernon:** Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Tuesday, 6 p.m. Contact: J.R. Cornelius 859-314-7828.

**Tuesday - MARA - Medicated Assisted Recovery Anonymous - Mt. Vernon:** 2 p.m., 75 East Main St., Mt. Vernon. Contact: 606-308-8900 for info

**Wednesday-Air-All In Recovery-Mt. Vernon:** 12 p.m. 75 East Main St., Mt. Vernon, KY. Contact: 606-308-8900 for more info.

**Thursday-Celebrate Recovery-Step Studies - Women Only:** Community Outreach Center, 36 Castle Village Dr., Brodhead, Thursday, 6 p.m. Contact: Katheryn Pope, 606-308-3099 or Shell Baker 606-219-5653.

**Thursday-Alcohol Anonymous-Brodhead:** 7 p.m. 75 East Main St., Mt. Vernon, Ky. Contact: 606-308-8900. Please park in the Coffey & Ford parking lot

**Sunday - Celebrate Recovery Step Studies-Men Only.** 6 p.m. Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Contact: Jason DeBord 606-386-0646 or J.R. Cornelius 859-314-7828.

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### John Lawson - Agency Mgr.

Christa Taylor, Agent

U.S. Hwy. 25 S • Mt. Vernon

606-256-2050

KENTUCKY FARM BUREAU



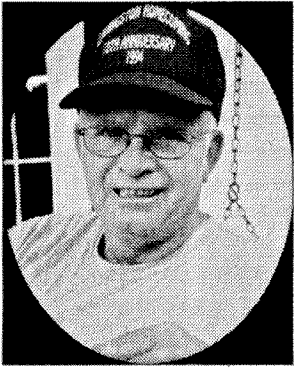
BIG ON COMMITMENT.™



# Obituaries

## Jerry Northern

Jerry Northern, 77, of Orlando, died July 29, 2024, at Rockcastle Regional Hospital in Mt. Vernon. He was born April 3, 1947, to the late Johnny Lee and Tennessee (Smith) Northern in Nicholasville. He was a truck driver for McCauley transportation company for over 36 years. He enjoyed hunting, fishing and was a member of Crossroads Assembly of God. On April 20, 1968, he married Evonda Ball, and they enjoyed 49 years together till her passing in 2018. From that marriage came two children Stephanie and Brian.



Jerry is survived by: his daughter, Stephanie Northern; three sisters, Betty, Jewell, and Dorothy; four brothers, Richard, Marion, Paul and Marty; two sisters-in-law, Rhonda Stevens and Donna Zehr; as well as a host of nieces, nephews, friends and neighbors.

Besides his parents and his wife, he is preceded in death by his son, Brian Northern and two brothers, Eugene and David.

Jerry and his family have chosen cremation and have entrusted services to Marvin E. Owens Home for Funerals.

## Betty Banner Lakes

Betty Banner Carpenter Lakes, 81, wife of 20 years to Doug Lakes, died Friday, August 2, 2024, at Hospice Compassionate Care Center in Richmond. She was born March 15, 1943, in Madison County, to the late Newt and Flossie Bishop Carpenter. Betty enjoyed spending time with family, going to yard sales, playing bingo, flowers, and collecting glass chickens. She loved to cook, made the best peanut butter fudge, attending Gospel Singings, and singing for the lord. Betty was of the Holiness faith.



Other than her parents, she was preceded in death by: two daughters, Nancy Jane Winkler, and Vickie Barnes; three brothers, Bennett Carpenter, Giles Carpenter, and Clayton Carpenter; and one sister, Sheila Masters.

In addition to her husband, she is survived by: two sons, George Winkler and his wife Janie of Berea, and Thomas Winkler and his wife Louise of Mount Vernon; one brother, Glyndon Carpenter and his wife Betty Jo of Berea; two sisters, Ethel Pigg of Paint Lick, and Fayes Perkins of Richmond; eight grandchildren, Derek Winkler and his wife Brooke, Dustin Winkler and his wife Kelsey, Courtney Winkler, J.T. Winkler and his wife Ashley, Shane Winkler and his wife Amber, Elijah Winkler, Tasha Roe and her husband Wayne, and Sabrina Hutchinson and her husband Patrick; and 19 great grandchildren.

Funeral services will be held at 11 a.m. Thursday, August 8, 2024, at Davis & Powell Funeral Home with Bro. Doug Collins officiating. Burial will follow in Madison County Memorial Gardens.

Pallbearers are: George Winkler, Thomas Winkler, Derek Winkler, Dustin Winkler, J.T. Winkler, Elijah Winkler, Shane Winkler, and Caden Winkler. Honorary pallbearers are: Tony Barnes, and Walter Bowling.

www.davisandpowellfuneralhome.com

## Cheryl Roberts

Cheryl (Goff) Roberts, 63, of Somerset, died Thursday, August 1, 2024, at Jean Waddle Cancer Center at Lake Cumberland Hospital in Somerset.



It is with heavy hearts that we announce the passing of Cheryl Ann Goff Roberts, a beloved daughter, sister, mother, grandmother, and friend. Born and raised in the heart of the South, Sherry embodied the warmth and generosity that defines being a Kentuckian.

Sherry was a woman who knew no strangers, her kind spirit and infectious laugh drawing people in like a comforting embrace. She possessed a heart of gold, always ready to lend a helping hand or offer a listening ear. It was said that she would give the shirt off her back to anyone in need, a testament to her unwavering compassion and selflessness.

Sherry was a life-long member of Walnut Grove Church of Christ. She believed in the next life and knew she would see all of us again someday.

She is preceded in death by her parents, Wiley and Belva Goff of Somerset.

Sherry leaves behind a legacy of love, kindness, and unwavering faith. She leaves behind her husband of 44 years, Jeffrey Roberts of Somerset as well as her children, April (Dylan) Lyons of Science Hill, of Somerset and Adam (Mandi) Roberts of Perryville who both made her a grandmother just weeks ago. She will be watching over her grandchildren Elva Knightly Lyons, Remy Sloane Roberts and Lincoln Scott Allen. Her brother Bruce (Sharon) Goff of Somerset.

Besides her parents, grandparents, and all other ancestors who created the person she was. She will be deeply missed by all who knew her. She loved her nieces and great nieces and nephews and so many great friends.

Funeral services were held Tuesday, August 6, 2024 at Marvin E. Owens Home for Funerals. A private graveside service was held.

In lieu of flowers, the family requests donations be made to the Jean Waddle Cancer Center at Lake Cumberland Hospital in Somerset.

## Mollie Crabtree

Mollie Dean Crabtree, 90 of Berea, passed from this life and marched into Heaven on Monday, July 29, 2024 at her home. She was born in Oklahoma City,



OK on August 21, 1933, the daughter of Homer Brinlee and Gertie Ryals. Mollie accepted Christ as her savior as a young girl and had a life-long heart for missions. She passed on that heart for Christ and missions through her work with young girls in various mission programs within the church. She worked as an office manager in medical and real estate businesses. She was always an active member in a local church wherever they were living, with most recently, being a member of Gethsemane Baptist Church of Berea. She was an avid photographer and enjoyed crocheting and knitting, but the most important things in her life were her family and friends.

She is survived by: her loving husband of 71 years, Charles Frank Crabtree; and her children, Charles David and Marilyn Crabtree of Mt. Vernon, Michael Allen Crabtree of Asheville, NC, Cathy Lynne and Donnie Mashburn of Marion, KS, Patrick Dean and Kelli Crabtree of Claremore, OK, and Lisa Yvonne and Patrick Callahan of Corbin. Also surviving are 36 grandchildren and 35 great grandchildren. In addition to her parents, she was preceded in death by: a son, Paul Russell Crabtree; a brother, Donald Brinlee; and two grandchildren, Stephen and Rachel Crabtree.

The family of Mrs. Crabtree chose cremation and will hold memorial services at a later date.

Arrangements were by Dowell & Martin Funeral Home.

Obituary provided by the family.

Please visit [www.DowellMartin.com](http://www.DowellMartin.com) or Dowell & Martin Funeral Home's Facebook page to view online obituary.

## What Must I Do To Be Saved?

### Let Us Examine This Question

- (1) WHAT: This suggests that there is something required of man in being saved.
- (2) MUST: It is not a matter of option. It is an absolute necessity.
- (3) I: This denotes the individual responsibility in human redemption. God had done his part.
- (4) DO: This word suggests activity on the part of the man being saved.
- (5) SAVED: This is the object sought by the sinner. The saving is done by another. But what must man do to be saved by the Savior?

### How Shall We Answer This Question?

- (1) Not from feelings, opinions or prejudice.
- (2) There is no surer way than turn to the Bible and read the question every time it is found.  
(A) The question was asked by the Jews on the day of Pentecost: (Acts 2:37) Men and brethren what shall we do. Peter answered: (Acts 2:38) Repent and be baptized everyone of you in the name of Jesus Christ for the remission of your sins. According to the answer, baptism is just as essential as repentance. They are joined together by the conjunction "and", (Repent and be Baptized), and point to the same object, which is the (remission of sins).  
(B) The next question was asked by Saul, later called Paul: (Acts 9:6) And he trembling and astonished said, Lord, what will thou have me to do? And the Lord said unto him, Arise and go into the city, and it shall be told thee what thou must do. We find in (Acts 22:16) And now why tarriest thou? Arise and be baptized and wash away thy sins.  
(C) The question was asked by the Philippian jailor: (Acts 16:30) And brought them out, and said, Sirs, what must I do to be saved. This man was an unbeliever who was alarmed by the earthquake. There is no evidence he had ever heard a gospel sermon. The answer given to this unbeliever is: (Acts 16:31,33) And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house. And they spake unto him the word of the Lord, and all that were in the house. And he took them the same hour of the night, and washed their stripes; and was baptized, he and all his, straightway.

### We Have Three Different Answers To The Same Question

- (1) The explanation is easy. The jailor was an unbeliever; so, he was told to believe. They preached to him to develop his faith. He then repented and was baptized,
- (2) The people on the day of Pentecost did believe; so, they were told to repent and be baptized for the remission of sins.
- (3) Saul was a believing penitent man; so, he was told only to be baptized and wash away his sins.
- (4) They were all given different answers to the same question, because they were at different places on the road to salvation. The Bible does not contradict itself!

Thank you so much for reading this article. We have free Bible correspondence courses, videos to watch, and articles to read. Check us out on You Tube channel. Chestnut Ridge Church of Christ. We have decided to go in a different direction with our articles in the paper. We will be transitioning to Face Book, so we can reach a larger audience , with the gospel. So this article today and the one that comes out 8-14-2024 will be the last. We hope you follow us on Face Book. Thank you so much for reading these articles. If you would like to contct me you can call or text this number 606-224-1480. God Bless.

(REMEMBER GOD LOVES YOU)

• Chestnut Ridge Church of Christ •

Sundays @ 10 a.m. & Wednesdays @ 7 p.m. • Everyone Welcome  
Bro. Ora Baker 606-878-8104 • Bro. Dale McNew 859-582-4021

Church is located 2 Miles South of Mt. Vernon on Hwy. 25

3	9	5	4	2	6	7	8	1
8	4	7	9	1	5	3	6	2
2	1	6	3	7	8	5	9	4
5	2	3	1	4	9	6	7	8
7	6	1	2	8	3	4	5	9
9	8	4	5	6	7	2	1	3
1	5	8	7	3	4	9	2	6
4	7	2	6	9	1	8	3	5
6	3	9	8	5	2	1	4	7

ASGNAGTLCOCACD  
ADLMNDONWENLRE  
QUONVOXWAPFIRE  
SECURMINDOITIM  
EIAHSEKUNPUBERW  
LEBANLSPENLRLM  
XILLADSGNICK  
BROCHLCHUSNAC  
DURELCHNOELLUCK  
TLOEONHAGLUCKY  
NOATLANPRETETIN  
ROATERCHESVETIN  
OVRATTLTGAAGBS

SUGAR'S PUZZLE ANSWERS

Sugar Mountain Trading Co.  
Kentucky Hand Crafted Soap

INCOMING

FALSE	CHIRP	SLY
CLANS	AURAE	TEE
CAPITAL	GAIN	OVA
DAVIS	SPACER	
GAMETE	HEARKEN	
ADORER	HARLEM	
LAN	STOUT	SNAOS
APES	STREP	TREK
STYLI	HOSES	KOI
LINDEN	SECEDE	
SPENSER	ELATED	
HANKER	TATER	
ADD	CASHMACHINE	
PRE	TIEUP	TODOS
EER	SLEDS	SPORT

The Strait Gate Leads Us To Heaven

We can learn from the passages in Matthew 7:13-14 about the strait and narrow gate verses the wide and broad gate as it says, Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in there at: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

We must be aware that the wide and broad gate deceives us into thinking that it is the right way. The wide gate is also easier to get through because we don't have to be so cautious as to stay within its boundaries. Walking through the wide gate is also deceptively pleasurable. The wide gate appeals to the fleshly side of man and as humans we like to make things easier on ourselves, but we must also be made aware that this wide gate will lead us into destruction.

The wide gate is always popular and there will be many that go therein, everybody is doing it, everybody is believing it. The wide way adds a little bit of truth mixed in with non-truth to make it more popular to the soul, but we must beware it is destructive to the soul of man.

The Lord wants us to go through the strait gate and he will be there to meet us on the other side, but it is our decision and our choice to go the right way in life, the strait gate.

It is the way of difficulty as Jesus says, "Narrow is the gate and difficult, but the reward is the way which leads to life." This life is eternal life with Jesus and is so worth the journey. Jesus will never leave us or forsake us.

Everyone Welcome  
Robby Cable - 606-305-8452  
109 Providence Cemetery Rd. • Brodhead

Providence  
CHURCH of CHRIST

Come Worship With Us! Sunday Morning Bible Study: 9:30  
Sunday Morning Worship: 10:20- Sunday Evening Worship: 6:00  
Wednesday Evening Bible Study: 7:00

2024 Little World's Fair

BFD  
TRUCK & TRACTOR  
PULL

Thursday, August 15, 2024  
7:30 pm  
Brodhead Fair Grounds  
Castle Village Drive, Brodhead, KY

Pure Stock Trucks: Must be driven to pull licensed & insured. No hanging weights. Stock farm and work trucks - 100% payback.

Street Stock Trucks: Must be driven to pull, Licensed & insured. No hanging weights, headers and some engine modifications are allowed. 100% payback.

Small Block Hot Shot: Set Purse  
Big Block Hot Shot: (KITPA Rules) Set Purse  
Farm Tractors: 100% payback  
Street Legal Diesel: Must be driven to pull, licensed and insured. No hanging weights.  
Stock Farm and Work Trucks: 100% payback

\$30.00 hook fee  
All tech and rule decisions are final!

Brodhead Fair Grounds is not responsible for any accident, injury or damage to vehicles in the event.







# News from the Rockcastle Courthouse



## Marriage Licenses

Makala Nicole Gardiner, 26, Mt. Vernon, file clerk and Wesley Travis Coffey, 27, Mt. Vernon, warehouse clerk. 7/31/24

## District Civil Suits

LVNV Funding, LLC v. Tiffany Vance, \$827 plus claimed due.

Portfolio Recovery Associates LLC v. Taylor Carter, \$4,897 plus claimed due.

Portfolio Recovery Associates LLC v. Daniel Morris, \$998 plus claimed due.

America's Car Mart, Inc. v. James E. Adams, \$2,797 plus claimed due.

UHG I LLC v. Mark Counts, \$1,788 plus claimed due.

Portfolio Recovery Associates, LLC v. Sheena Ballard, \$1,185 plus claimed due C-00159

## Circuit Civil Suits

Debra Dianne Hyatt v. David Alan Mason, petition for dissolution of marriage.

Carolyn Collins-Hunt v. Ledford Hunt, petition for dissolution of marriage.

Cavalry SPV I, LLC v. David Haynes, \$5,287 plus claimed due.

Harley Shea Cope v. Heather R. Brown, et al, complaint.

America's Car Mart, Inc. v. Stephanie A. Holtman, \$10, 843 plus claimed due.

Mariner Finance LLC v. Melissa Hatfield, \$5,521 plus claimed due.

Firstbank v. Tamela Burdette, \$38,318 plus claimed due. CI-00196

## Deeds Recorded

Sherry L. Webb and Vickie L. Arnold, co-executors, Rhonda Smith, Jesse and Jesslyn Smih, Krystal Ann Smith, Victoria Lee Smith, Charles Michael Smith

and James Bryce Smith, property along US 150, to Ford Family Investments LLC and Ford Development LLC. Tax \$550

Emery's Towing LLC, property in Brodhead, to The Eugene T. Caldwell and Lori E. Caldwell Revocable Living Trust. Tax \$200

Cecil and Judy King, property on Tyree St., to Carolyn Sue Houpp. Tax \$93

Daniel Michael and Jennifer Mae Hosier, property on Chestnut Ridge Road. Tax \$200

Anthony Shayne and Angela N. Gardner, property in Craig-McBee Addition to the City of Mt. Vernon, to Sylvester Andrew and April L. Mills. Tax \$300

James and Jaleta Bradshaw, property on Willow St., to Carolyn J. and Jimmy J. Shuler. Tax \$230

James Douglas and Amber Nicole Hacker, property on US 150, to Lisa Rogers. Tax \$124.50

Harriet Camille Grifflin, property in Cedar Point Subdv., to Judy L. Baker. Tax \$93.50

Adam R. Nottingham, Lot 27 William K. Cummins Plat, to Jayleigh N. Burke and Trenton B. Walker. Tax \$130

Troy and Sharon Blair, property on Lambert Road, to Antonio Nicole Rankin. Tax \$200

Billy L. and Darlene Carmeron, property on Brodhead-Conway Road, to Charles D. and April Michelle Cameron. Tax \$60

Joyce and Michael Holstein, property on Pleasant View Drive, to Harry Hunsucker, Jr. and Vanessa Price. Tax \$170

Norman Richard Clouse, Jr., property in Rockcastle County, to Arvil Jesse Clouse. Tax \$75.00

Janice C. Mullins, property on Dug Hill Road, to Sarah Catherine Oliver and Christopher Douglas Mullins, co-trustees. No tax

Janice C. Mullins, property on Dug Hill Road, to Sarah Catherine Oliver and Christopher D. Mullins, co-trustees. No tax

Willie and Kathy Hammond, property on T.G. Laswell and the

Smokey Road, to Tanya and Jeffery D. Cromer. No tax

Carisa Danielle and Carl Reynolds, property on Hwy. 2549, to Christopher and Faith Ironside. Tax \$25

## District Court

July 29-31, 2024  
Hon. Kathryn G. Slone

Jeffery Howard: assault, disorderly conduct and resisting arrest, 365 days/each count/ to serve 100/balance probated 24 months on condition/complete inpatient rehab no less than six months; alcohol intoxication in a public place, 10 day/credit time served; disorderly conduct and menacing, 90 days in jail/each count/all concurrent/costs merged.

Aaron Anthony Cantrell: possession of marijuana, \$100 fine plus costs.

Victorio Enrico Caruso: speeding and careless driving, bench warrant (bw) issued for failure to appear (fta)/license suspended.

Seth Alton Henry: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$425 service fee, license suspension up to six months, ADE authorized.

David Elvin Mason: DUI, 1st, \$200 fine plus costs, \$425 service fee, license suspended up to six months, ADE authorized.

Michael Edward McFerron: DUI, 1st offense, 4200 fine plus costs, \$425 service fee, license suspension up to six months, ADE authorized.

Romeo Perez: operating motor vehicle under influence of alcohol, \$350 fine plus costs, \$425 service fee, license suspended up to 12 months, 7 days in jail - to serve on Sundays, ADE authorized.

Austin Larry Renner: no/expired registration plates, no/expired Kentucky registration receipt, failure to produce insurance card, \$50 fine/each charge; failure of non owner operator to maintain req. insurance, \$500 fine/suspend \$450 on condition plus costs.

Latasha Sanders: no/expired Kentucky registration receipt - plates, failure to produce insurance card, failure of owner to maintain req. insurance/security, license to be in pos-

session, bw issued for fta/license suspended.

Jerry Lee Slusher: operating on suspended/revoked operators license, 90 days in jail/probated 24 months on condition plus costs.

Christy Stephens: no/expired registration plates - receipt, failure or owner to maintain req. insurance/security, operating on suspended/revoked operators license, theft of services, theft by deception-including cold checks, bw issued for fta/license suspended.

Stacy Wathen: resisting arrest, assault, disorderly conduct, alcohol intoxication in a public place, bw issued for fta.

William K. Wiggins: driving on DUI suspended license, failure of owner to maintain req. insurance/security, 90 days (each charge)/probated 24 month on condition; no brake lights, failure to produce insurance card, improper equipment, \$25 fine (each charge)/one cost.

Christy H. Wilkerson: illegal possession of leg-end drug, controlled substance prescription not in original container, drug paraphernalia-buy/possess, bw issued for fta.

William Milburn: fleeing or evading police, drug paraphernalia-buy/possess, 60 days in jail/concurrent, costs merged.

Dale Bowling: failure to wear seat belts, operating on suspended/revoked operators license, Part 391 Fed Safety Regs. Qualifications of Drivers, bw issued for fta/license suspended.

Samantha Cook: non support, hindering prosecution or apprehension, probation violation, theft by deception, bw issued for fta.

ABdi Abdullahi Dabar: Viol Part 392, Fed Safety Reg., Driving of Motor Vehicle, agreed order entered.

Speeding: Jordan Herbert Dean, Deon Tay Jaquan Lingo, agreed order entered; Lakisha L. Johnson, court notice issued; Austin Gage Pittman, \$50 fine plus costs; Joshua David Hill, \$36 fine plus costs; Amin Bairamkulov, Debra S. Brock, Letitia A. Lee, Amber Leigh Nerge, Craig Coleman Wilson, license suspended for fta.

Miguel Alexander: no operators/moped license, \$50 fine plus costs.

Walton Christopher Woods: improper use of left lane/overtaking vehicle, license suspended for fta.

Andre Lamont Hyche: failure to wear seat belts, booster seat violations, license suspended for fta.

Justin Nathaniel McCullough: Viol Part 392, Fed Safety Reg. Driving of Motor Vehicle, bw issued fr fta.

Miles Preston Walcott, Jr: failure to wear seat belts, license suspended for fta.

Jakob Brandon Benningfield: failure to wear seat belts, paid.

Mykola Polianchuk: Viol Part 392, Fed Safety Reg. Driving of Motor Vehicle and Commercial Driver Lic-Operate vehicle while suspended, agreed order entered.

Donnie Ray Robbins: No weight distance tax license, bw issued for fta.

Yasir Ali Yussuf: driving motor vehicle using handheld mobile telephone, agreed order entered.

Eric Patrick McGrath:

improper use of left lane/overtaking vehicle, agreed order entered.

Djuro MuzdekaL Viol Part 392, Fed Safety Reg. Driving of Motor Vehicle, agreed order entered.

Rodney Cecil Payne: improper gross weight registration, bw issued for fta.

SerhiI Dmytrenko: CDL disqualification, bw issued for fta.

Eric Le Man Evans: failure to give right of way to emergency stopped vehicle, agreed order entered.

James Fox: no motor-

cycle operators license, improper registration plate, no/expired Kentucky registration receipt, failure to produce insurance card, license suspended for fta.

Samuel L. Gayhart: failure to wear seat belts, CDL Disqualification, Part 391 Fed Safety Regs - Qualification of Drivers, Reg & Title Requirements veh not oper on hwy, Part 396, Fed Safety Regs Inspect/Repair/Maintenance, Viol Part 390 Federal Safety Regs - General Policy, bw issued for fta/license suspended.

## Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 23-CI-00226

**Wells Fargo Bank, N.A. Plaintiff**  
**V.**  
**Mary Elam aka Mary Ann Elam aka Mary A. Elam, et al Defendants**

### NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 1, 2024, for satisfying the judgment entered in favor of the plaintiff against the defendants in the amount of FIFTY ONE THOUSAND EIGHT HUNDRED SEVENTY NINE DOLLARS AND 36/100 (\$51,879.36) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street  
Mt. Vernon, Kentucky  
on Thursday, August 8, 2024**

**Beginning at the Hour of 10:00 a.m.**

Said real property being more particularly described as follows:

Legal Description:  
Situating in Rockcastle County, Kentucky:  
Beginning on an iron pin set on the South side of Highway 1786, said pin being a corner to E. Marshall Webb (Deed Book 163, Page 531); thence with the right of way of Highway 1786 North 80 degrees 13 minutes 59 seconds East for a distance of 63.84 feet to a point on the right of way; thence continuing with the right of way North 84 degrees 04 minutes 47 seconds East for a distance of 78.34 feet to a point on the right of way; thence continuing with the right of way North 87 degrees 50 minutes 32 seconds East for a distance of 70.64 feet to an iron pin set on the South side of the Highway 1786 right of way, said pin being a corner to James D. Baker (Deed Book 149, Page 567); thence with the line of James Baker South 02 degrees 29 minutes 04 seconds East for a distance of 210.00 feet to an iron pin in the line of James Baker, said pin being a corner to E. Marshall Webb (Deed Book 163, Page 531); thence with the line of E. Marshall Webb South 84 degrees 10 minutes 30 seconds West for a distance of 212.52 feet to an iron pin set; thence continuing with the line of E. Marshall North 02 degrees 29 minutes 04 seconds West for a distance of 210.00 feet to an iron pin set which is the point of beginning and having an area of 1.0377 acres as surveyed by Bobby Hudson, LPLS 1253 on 4/10/02. Subject to all restrictions, conditions and covenants and to all legal highways and easements.  
Including a 2004 Giles Industries of Tazwell Model 2436 manufactured home.  
Parcel No.: 057-00-027.05  
Commonly known as: 4370 Wildie Road, Mount Vernon, KY 40456

Being the same property conveyed to Mary Ann Elam, single who acquired title by virtue of a deed from Thomas E. Dees and Jacqueline Dees, husband and wife, dated October 9, 2003, recorded October 17, 2003, at Deed Book 196, page 697, Rockcastle County, Kentucky records.

### The property shall be sold upon the following terms & conditions:

1. The real property and mobile home shall be sold as a whole.
2. The property shall be sold for cash or upon a credit of thirty (30) days with the purchaser(s) required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of three percent (3%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
4. The purchaser shall pay the 2024 local, county and state property taxes.
5. Unpaid delinquent State, County and/or City ad valorem real estate taxes owed to those government entities, and not sold pursuant to the provisions of KRS Chapter 134 to any private purchaser during the pendency of this action shall be paid from the sale proceeds.
6. Full satisfaction of the judgment shall be paid from the proceeds of the sale.
7. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
8. In the event the plaintiff is the successful bidder and the sale price does not exceed the amount of the judgment, no deposit or bond shall be required.
9. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".
10. The sale shall occur outside on the Courthouse steps (main street entrance).

**John D. Ford  
Master Commissioner  
Rockcastle Circuit Court**

### NOTICE OF HEARING

**District: 511 Rockcastle County**

**School Year: 2024-2025**

The Rockcastle County Board of Education will hold a public hearing at 250 Richmond Street, Mt. Vernon, KY 40456 to hear public comments regarding a proposed general fund tax levy of 43.8 cents, on August 22, 2024 at 5:30 p.m.

The General Fund tax levied in fiscal year 2024 was 43.8 cents on real property and 43.8 cents on personal property and produced revenue of \$2,812,441.02.

The proposed General Fund Tax Rate of 43.8 cents on real property and 43.8 cents on personal property is expected to produce \$3,084,621.08. Of this amount \$379,582.49 is from new and personal property.

The general areas to which revenue of \$272,180.08 above 2024 revenue is to be allocated are as follows: Cost of collections, \$0; building fund, \$272,180.08; Instruction, \$0; transportation, \$0; and maintenance of plant, \$0.

The General Assembly has required publication of this advertisement and information contained herein.



# “Stranger’s Prayer” album release a big success

“Stranger’s Prayer”, an album by Jaclyn Bullock and Avery Bradshaw, was officially introduced to the public on Saturday, August 3. A large crowd attended the event held at the historic Cox Hardware Building on Main Street.

Jaclyn and Avery have performed together for several years and are proud to share this collection of both original and popular gospel selections. In the album, Jaclyn showcases both her vocal and songwriting talents. “My dear friends Tim and Vonda Floyd generously gifted me a number of their original gospel songs, and we felt that a gospel album with these

songs would be exactly the direction we’d like to go. I pray that God can work through these songs touching the hearts of our listeners.”

Jaclyn is accompanied by Avery playing a variety of instruments including banjo, electric guitar, mandolin, pedal steel guitar, and bass guitar. Using his musicianship and engineering skills, he produced the album stating, “These songs are a collection of my favorite genres of music, ranging from blues to bluegrass to southern gospel. My years of experience at Renfro Valley influenced my musical style, which can be heard on the album. My hope is that this album will spread the

gospel and provide encouragement for everyone who listens.”

Copies of the CD can be purchased by contacting Avery at email: [averytbradshaw@gmail.com](mailto:averytbradshaw@gmail.com) or by messaging them on Facebook. You can also enjoy the songs on iTunes, Apple Music, Spotify, YouTube, and all other music streaming platforms.

Jaclyn adds, “We want to say a very special thank you to my family who helped so much and worked so hard getting this party organized and to Tracy and Bill Burdett and their family for the venue. And of course, a big thanks to all of our great friends and listeners for your support!”

## Jaclyn Bullock and Avery Bradshaw



“Stranger’s Prayer”, an album by Jaclyn Bullock and Avery Bradshaw, was officially introduced to the public on Saturday, August 3. A large crowd attended the event held at the historic Cox Hardware Building on Main Street.

## Legislative Update

**By Brandon Storm**  
**State Senator**  
**New school year, new opportunities**

As the 2024-25 school year approaches, families are preparing for a return to school. I wish all students, teachers, school staff, and parents a suc-

cessful year ahead. This upcoming school year is a crucial opportunity for all of us, as a community, to contribute to the growth and development of our students.

I want to express my gratitude to everyone who ensures the best education possible for students in our district. Working with our superintendents and engaging with community members is a pleasure.

As the new school year begins, please remember to be cautious on the road. Our children are walking to and from school, loading onto buses, and taking rides home. Drive slowly, buckle up, and put your phone down. Be mindful of school buses stopping to pick up and drop off students. Always come to a complete stop and watch for children entering and exiting their

buses.

We in the Legislature are eager to witness the many successes this school year will bring. The current state budget dedicates the largest share of state revenues to public education. Lawmakers committed over \$500 million in additional funds to schools. Many districts have used this financial flexibility to raise pay for school personnel or support programs for students.

The 2024 Legislative Session was a budget year, and we are proud of our work. This session saw record funding for public education, with \$5.7 billion allocated for K-12 education in 2025 and \$6.1 billion in 2026. These investments are a testament to the Kentucky General Assembly’s unwavering commitment to invest in the education of the

commonwealth’s next generation.

Our top priority must always be the safety of our children. In the last session, we allocated \$15 million annually to the Center for School Safety. Additionally, we increased funding for school resource officers’ salaries, totaling \$16.5 million for 2025 and \$18 million for 2026. Our efforts in Kentucky have been recognized as aspects of our school safety laws adopted in at least 28 states. There is still more to be done, and I look forward to the accomplishments we can achieve during the 2025 Legislative Session.

Lawmakers are continuing our education at the National Conference for State Legislatures (NCSL) next week, hosted in Louisville for the first time in over a decade. We are expecting

over 5,000 attendees to join us in Louisville. The expected economic impact for the city is nearly \$5 million. The conference will have over 100 policy sessions. I am excited to participate in this critical conference where policymakers from across the nation gather to learn the latest on public policies related to education, transportation, justice, budget, and much more. I will mainly focus on committees in which I serve. They include the Standing Committee on Transportation, Labor and Economic Development; Banking, financial Services and Insurance; Technology and Communications; and Natural Resources, Energy and Environment. NCSL allows your legislators to identify best practices used in other states and see ways we may utilize them here in the com-

monwealth. I am pleased to say Kentucky has been a model other states have looked to on matters such as school safety.

I wish each student, teacher, parent and support staff an excellent start to the school year. I look forward to seeing your successes throughout the school year and beyond. I encourage all seniors to absorb memories and make the most of their remaining time in school.

These are memories you will hold dear and will miss. Maximize the support from your loved ones, teachers and friends as you look ahead to your life after high school. Do your best to identify your interests and aspirations, whether going directly into the workforce or toward a post-secondary education. Have an outstanding year!

### Upcoming Reunions

**Falin Reunion**  
The Falin Family Reunion will be held Saturday, August 10th, beginning at noon, at the Pine Hill Baptist Church’s fellowship building. Doors will open at 11:30 a.m.

**Graves, Hayes, Owens Reunion**  
The Graves, Hayes, Owens Reunion will be held Saturday, September 7th at the Woodstock Community Center.

Bring your favorite covered dish.



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0% for 48 months  
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8 a.m. to 5 p.m.  
Saturday 8 to 12



# Brodhead Little World's Fair Sheep Show

**By: Andrew Laswell**  
The Brodhead Little World's Fair Sheep Show was held on Saturday August 3rd at the Brodhead Fairgrounds. We had a great class of market lambs shown as well as a great group of sheep in our breeding sheep show. We had several breeds represented in our county only show as well as a great group of youth that were participating in showmanship. Novice showmanship proved to be the biggest class of the evening. Spectators to the show were in for a treat as our youth exhibited their sheep that they had put so much work into training and raising. We had 22 head of sheep represent-

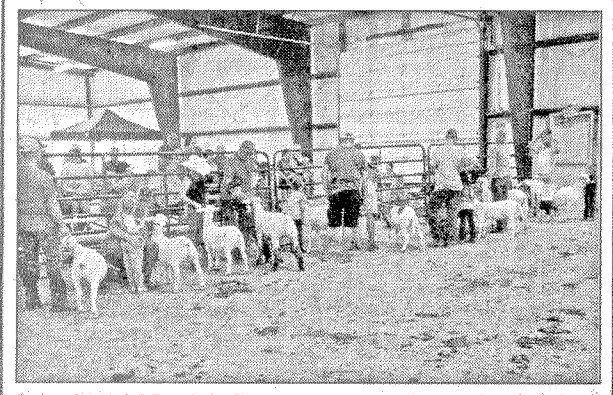
ing 9 exhibitors. Participants were limited to county residents, County 4-H Club Members and County FFA Members. We appreciate the great deal of support and encouragement that attendees showed for all our youth exhibitors. We appreciate all the support and are looking forward to planning our 2025 sheep show. Results for the show were as follows:  
Our Supreme Champion Ram was the Champion Katahdin Ram exhibited by Laswell Farms (Tilly Laswell)  
Supreme Champion Ewe was the Champion Katahdin Ewe exhibited by Reynolds Bee Lick Farms (Tucker and Cooper Reynolds)

Champion Market Lamb was exhibited by Tyson Hurst  
Champion Hampshire Ram was exhibited by Kinzley and Kolton Hawkins  
Champion Hampshire Ewe was exhibited by Kolton Hawkins  
Champion Dorper Ewe was exhibited by Winding Creek White Dorpers  
Champion AOB Ewe (All Other Breeds) was Exhibited by Kinzley Hawkins  
We would like to thank

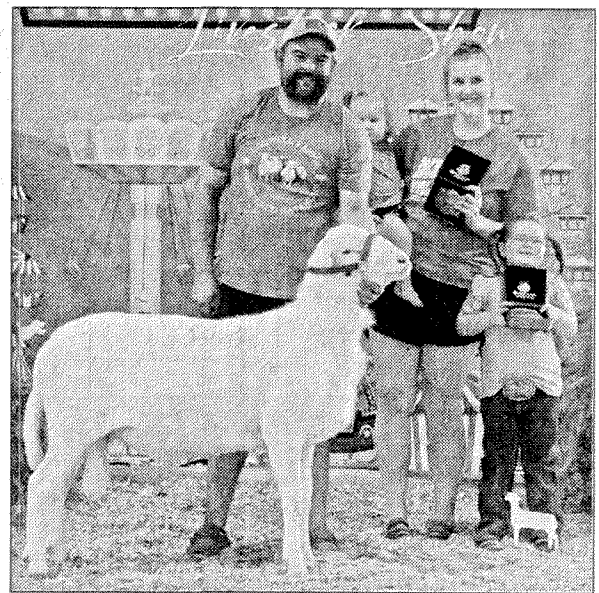
our sponsors that make these Livestock shows possible each and every year: Rockcastle County Farm Bureau, Rockcastle County Conservation District, Bratcher Ag, Brodhead Farm Equipment, Community Trust Bank, Bluegrass Stockyards, Farm Credit Mid-America, Brodhead Farm Mart, Citizens Bank, Kentucky Nutrition Service, Rockcastle County Cattlemans, Lonestar Farm & Home, Lake Cumberland Stockyards,

Anglin's Hog Pen Restaurant.  
In addition to our Livestock Show Sponsors, we would like to give a special thank you to our Belt Buckle Sponsors for the Sheep Show. This year our Supreme Champions as well as Breed Champion Rams and Breed Champion Ewes were presented with award belt buckles. These buckles were sponsored by the following local businesses: Don Franklin Family of Dealerships, EST Tool and Machine,

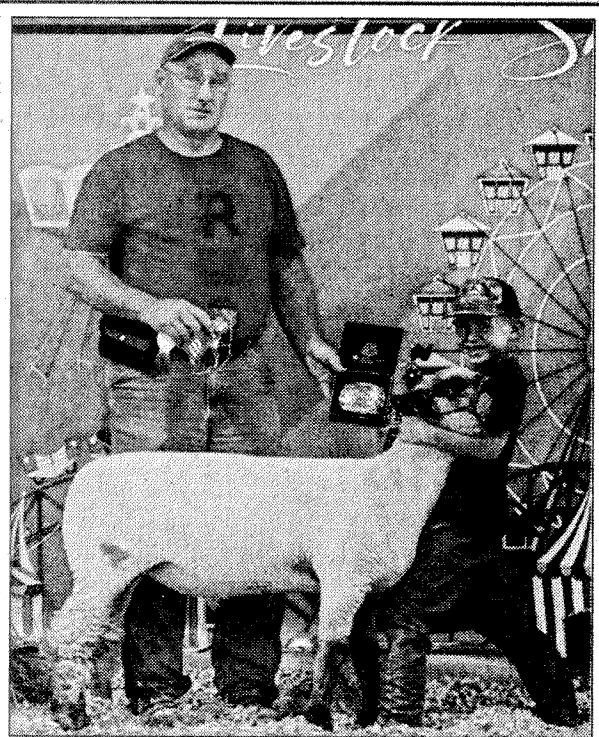
Caleb Wilson Lumber, Wehr Constructors, Mount Vernon Animal Clinic, Rock Vet Animal Hospital, Whitaker Farms, Harvey Mink Logging, Tanner Noel-Weichert Realtors, Superior Ag Insurance, A&J Nicely Insulation Inc, Adams Horse and Mule Company, Zach Poynter-Gatormade Sales.  
Showmanship as well as Reserve Supreme Champion Awards were designed and fabricated by the Rockcastle County FFA Chapter.



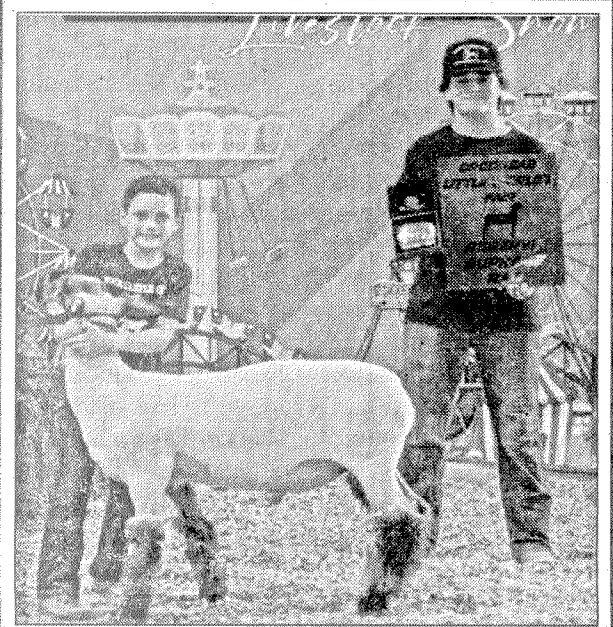
Novice Showmanship Class



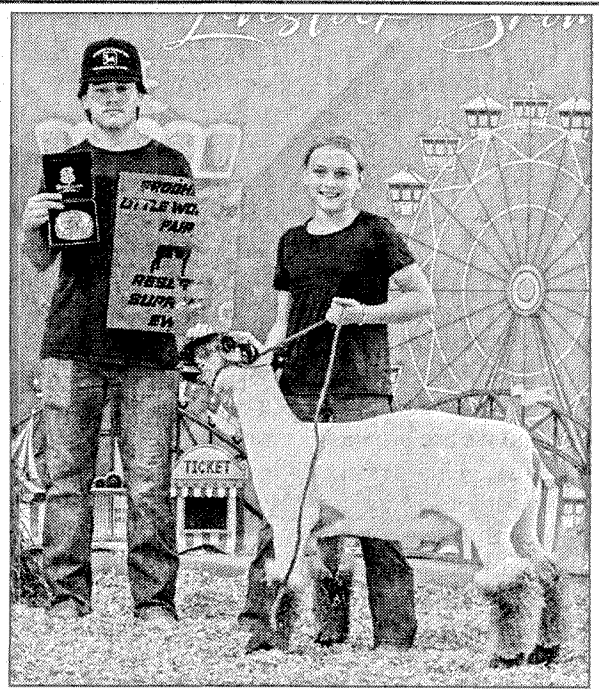
Supreme Champion Ram exhibited by Laswell Farms (Tilly Laswell).



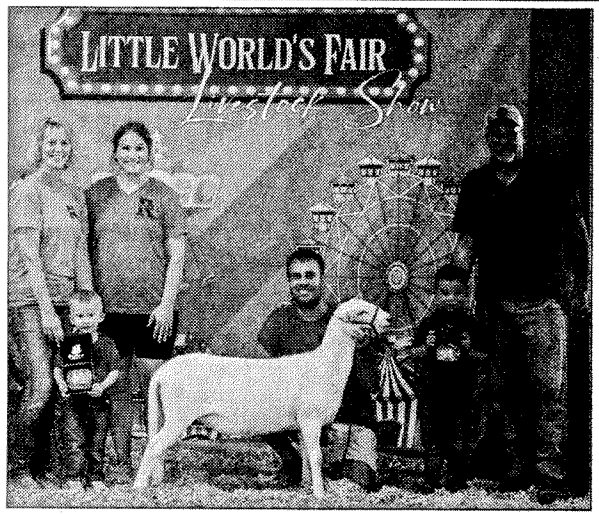
Champion Market Lamb exhibited by Tyson Hurst.



Champion Hampshire Ram exhibited by Kolton and Kinzley Hawkins.



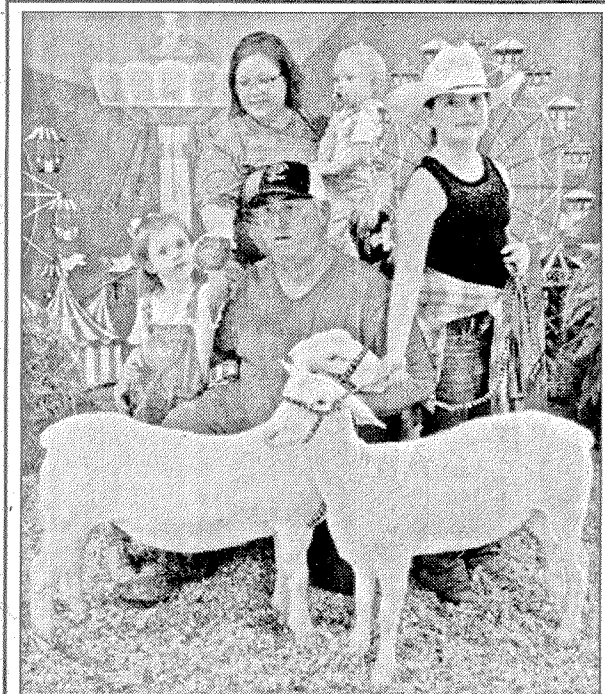
Champion AOB (All Other Breeds) Ewe exhibited by Kinzley Hawkins.



Supreme Champion Ewe exhibited by Reynolds Bee Lick Farms (Tucker and Cooper Reynolds).

Photos submitted

Subscribe to the Mount Vernon Signal by calling 256-2244 today!



Champion Dorper Ewe exhibited by Winding Creek White Dorpers.

## Come, Join Us! Back To School Prayer! Friday, August 23rd

Praying for our Children, our Teachers, Parents, Staff, Bus Drivers, Principals, School Board Members, and all those associated with the School System!

"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."  
Jeremiah 33:3

Roundstone - 9:00 AM  
Brodhead - 10:00 AM  
MVE - 11:00 AM  
RCMS - 11:45 AM  
RCHS - 12:30 PM  
Central Office - 1:15 PM



Little Worlds Fair Fun Horse Show  
Presented by Brodhead Volunteer Fire Department  
Brodhead Fairgrounds, August 10th 2024  
Gates open at 3:00 pm Show Starts at 6:00 pm

Classes 2-23 Entry Fee \$10.00- Payout \$40.00 and Ribbon, \$25R, \$15R, \$10R, \$5R, R  
Classes 24-25 Entry Fee \$20.00- Payout \$60.00 and Ribbon and Trophy, \$30R, \$20R, \$10R, \$5R, R

1. Lead Line—No Entry Fee	13. Miniature Ponies for Color Only
2. Costumes Class (Miniatures Only)	14. Junior Pleasure Riders (Riders 13-17)
3. Baby Bottle Contest (Back Rider Must be under 12)	15. Open Halter
4. Miniature Horse Halter	16. Boot Race (Timed Event)
5. Youth Pleasure (Riders 12 & Under)	17. Spotted Pleasure
6. Trail Pleasure Racking (Keg Shod)	18. Flag Race
7. Egg and Spoon	19. Generation Gap
8. Bareback Class	20. Trail Pleasure Walking (Keg Shod)
9. Open Barrels	21. Western Pleasure (Walk, Jog, Lope)
10. Nifty Fifty (Riders must be older than 50)	22. Country Pleasure Racking
11. Country Pleasure Walking	23. Tennis Ball and Racket
12. Musical Feed Sacks	24. Racking Pleasure Championship
	25. Country Pleasure Championship

ALL HORSES MUST HAVE CURRENT NEGATIVE COGGINS AND HEALTH PAPERS

ADMISSION \$10.00

5 and under FREE

Brodhead Volunteer Fire Department, Little World's Fair, or anyone affiliated with the horse show will NOT be responsible for any injury, theft, or accident of any kind. When you enter the fairgrounds you do so at your own risk whether as a spectator or participant.

Once you have entered a class you cannot change that class or withdraw. You can enter classes up to the start of the class before it: for example, if you enter class 3 once class 2 has started entering the track, entry for class 3 closes.

All judges' decisions are final and non-negotiable

## Livingston Homecoming 2024

Corn hole tournament  
Saturday at 12pm!

Food, Fun and Fellowship

Highschool Alumni Banquet  
Dinner RSVP.

Inflatables  
Sponsored by Livingston Baptist Church

"See yourself" in the Bible  
photo opp.  
Sponsored by Brodhead Baptist.

Vendors welcome  
no charge

Friday August 30th  
6pm - 52nd annual Gospel Singing featuring Livingston's very own local singers.

Saturday August 31st  
8am - Community Country Breakfast in the School Cafe.  
10am - Parade Line up at Livingston Holiness Church  
11am - Parade Starts  
12pm - Awards Ceremony at the old firehouse  
1pm - Pink Pig Auction  
3pm - Gospel Music by the "Medley Boys"  
4pm - music by Chris Kirby  
6pm - Bluegrass Music by "Timberline Road"  
8pm - Country/Rock music by "Straight Forward"  
10pm fireworks!!

Circus Games and Candy  
Sponsored by Roundstone Baptist Church

Car show 5pm!

Alexander Farms  
Petting zoo sponsored by Calloway Holiness Church

Movie theater  
sponsored by Pleasant Run Baptist Church

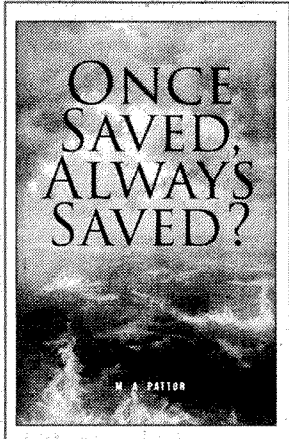
All day Gospel Singing at "The Depot" 2pm to 9pm on Saturday

For info: 606-308-4543



# M.A. Patton Local 80 year-old writes first book

By: Mike French  
Editor



About 300 years after the death of Christ, Saint Augustine was credited with coining the Biblical ideology of "Once saved, always saved." The issue has been debated ever since. But for 80 year-old M.A. Patton, of Crab Orchard, the problem has been solved - and she is telling the world.

"I've read the Old Testament over 100 times and the New Testament over 40," said Patton. "And to me this idea that once saved all sins, past, present and future, are forgiven, just didn't set right."

According to a Barnes and Nobel review of Patton's new Book, *Once Saved, Always Saved?*, Patton says God called her by name as she was contemplating suicide over 43 years ago. Since then, Patton has spent hours almost every day studying, cross referencing, searching, fasting and praying over Biblical information to better understand the phrase that has been debated for so many centuries.

"I didn't make the de-

cision to write this book," said Patton. "God made the decision. God gets the credit for every word."

Patton's 343 page book delves deeply into the phrase and compares scripture as well as analyzes history to give the reader all the information Patton has gained on the matter, while clearly stating what the evidence has proven to her.

*Once Saved, Always Saved* is Patton's first book and she says she has done a lot of research before *Christian Faith Publishing* in Pennsylvania agreed to publish it. "I am very well versed on the Bible and I have always been obedient to God," said Patton. "I had to write this book because God told me to write it."

Patton says anyone interested in the book can contact her through a post office box to receive a personal, signed copy of the book. Or, it may be purchased at Barends and Noble or Amazon by searching *Once Saved, Always Saved?*

To order your copy, send \$35.45 to M.A. Patton, P.O. Box 394, Brodhead, Kentucky, 40409-394 to receive an autographed copy. Patton says she does not accept cash or personal checks. Payments must be made by money order or certified check. For credit card orders, email [mapatton1944@gmail.com](mailto:mapatton1944@gmail.com). Please allow four weeks for delivery.

# RCIDA director is recognized on state and national stages for his efforts

By: Mike French  
Editor

Rockcastle County Industrial Development Authority (RCIDA) Executive Director Jeff VanHook was honored at the 2024 Stand Up Rural America Summit last week in French Lick, Indiana.

VanHook has led the way in many local and regional development projects, including the new Delta natural gas pipeline currently on its way to Rockcastle County.

Community leaders had fought for a gas line in the county for several decades, according to local officials, but a short time after VanHook took the reins at RCIDA, the gas line became a reality.

But the gas line project is only one of many development accomplishments that VanHook has led for the county. Thanks to VanHook's efforts, the county has a new Industrial Park at the corner of US 461 and KY150 and a new 1,400+ acre park off KY150 that has been called among the most sought-after industrial sites in the nation.

VanHook has led the way in many grant opportunities within the county and was the driving force in the Garrard/Lincoln/Rockcastle joint effort. In fact, VanHook has been named executive director of that park board as well.

Officials say VanHook is largely responsible for obtaining over \$100 million in grants and awards to the county and the region which has now been recognized in national site management maga-

zines, and other publications, bringing global attention to Rockcastle County.

RCIDA officials say they are pleased that VanHook received the *Jim Walton Community Impact Award* at the annual summit last week.

"We could not be

prouder of Jeff and his representation of not only Rockcastle County, but the entire region," said RCIDA Chairman Corey Craig. "Through Jeff's vision and leadership we are seeing opportunities for our county and region become available that were only pipe dreams in

the not too distant past. We are thrilled that his hard work, dedication and passion to promote and represent our community is being recognized on a national stage."

The award was an "honor well deserved," said Craig.

# Local man charged with sexual abuse of local juveniles

By: Mike French  
Editor

Mt. Vernon police officers arrested 35-year-old Anthony Dattilo, Jr. of Livingston, on charges of sexual abuse and unlawful imprisonment of two female juveniles Saturday, July 26.

According to a uniform citation, police were informed that Dattilo had been seen with the two female juveniles in Mt. Vernon. When approached and questioned by police, the citation says, Dattilo told police where to find the two girls. The citation continued that, once located, the two juveniles told officers that Dattilo had touched them both in a sexual manner.

Police then took Dattilo to the police station in Mt. Vernon where he waived his Miranda Rights and admitted to police that he had touched the girls hair and waist, but denied other accusations. However, the citation says Dattilo told officers he could not tell them the whole story.

The two juveniles told police they approached

Dattilo, who was inside a dumpster near Bishop's Tire Service on Richmond Street. Dattilo later told police he took the two girls to a field near the Cave Valley Apartments because it was quieter there.

However, the juveniles claim that is where Dattilo continued to comment about the girl's bodies and was pushing himself towards them, the citation says.

Police transported Dattilo to the Rockcastle County Detention Center where he was charged with sexual abuse in the first degree, sexual abuse in the third degree and unlawful imprisonment. His bond was set at \$10,000 cash or property.

The two juveniles were apparently returned home safely, according to officials..

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## Twilight

A	S	G	W	A	G	T	L	B	O	C	A	J	D
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SAGA  
BLACK  
CULLEN  
WEREWOLF  
BELLA  
BREAKING DAWN  
VICTORIA  
VAMPIRES  
JACOB  
EDWARD  
SWAN  
NEW MOON  
TWILIGHT  
VOLTURI  
VOLTERRA  
ECLIPSE

## SUGAR'S PUZZLE PAGE

### INCOMING

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
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61				62						63				
64				65						66				

### ACROSS

- Kind of arrest or step
- Cricket sound
- Emulating a fox
- Scottish families
- Vibes from people
- Athletic supporter?
- Entry on a tax form
- Egg cells
- Legendary actress Bette
- Tile setter's time-saver
- Chromosome container
- Listen, old-style
- Worshiper, essentially
- Globetrotter's home?
- PC linkup acronym
- Portly
- Hitches
- Large copiers?
- Throat ailment, for short
- Arduous journey
- Phonograph needles, e.g.
- Some car parts
- Popular pond fish
- Hal of "Barney Miller"
- Withdraw, as from a union

- Man "for hire" in a '80s TV show
- On top of the world
- Crave
- Slangy potato
- Do a summer's work?
- Balance provider, for short
- "Adolescent" lead-in
- Entanglement
- Items on a busy one's list
- "Always" poetically
- Yukon carriers
- SUV part?

### DOWN

- TV monitor?
- In the fashion of
- Something you stand to lose?
- Baseball Hall-of-Famer Duke
- Subjects of wills
- Colombian city
- "Kisses" partner
- Bank offering
- Aggressive poker player
- Foreign correspondents?
- It has its ups and downs

- Riverside embankment
- Be wistful
- Heads off
- "Looks \_\_\_ everything"
- Some grand opening events
- Assimilate
- Pawnbroker, e.g.
- Abominates
- Second largest of the Great Lakes
- Word with "worldly" or "woman"
- Crystal-lined rock
- Did half a biathlon
- Creep furtively
- Former Spanish currency
- Web victims?
- Culls
- Lose track?
- Drive-in employee of old
- Good thing to get into
- Man with a mission
- Sound of a fall
- Intensifies (with "up")
- Perceive
- Ringing endorsement?
- "Neither rain \_\_\_ sleet ..."
- Plus-or-minus fig.



# Classifieds

**CLASSIFIED RATES**

- Local Rates - \$5 for 25 words or less - .10 each additional word
- Display Classifieds \$5.00/Inch

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**For Rent**

Mt. Vernon Housing Authority open Monday, Wednesday and Friday from 9 a.m. to 3 p.m. Applications accepted Monday, 9 a.m. to 1 p.m. Rent based on income. 256-4185. 14xntf

**Accepting Applications**

For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. TDD for hearing impaired only. 1-800-247-2510.

**For Rent**

Maple Street Storage of Brodhead 606-308-3032 606-392-8654

**Property For Sale**

30 Acre Stand of Timber. Sawmill nearby. Call 606-594-8990. 33xntf

**Posted**

**Posted:** No trespassing on property located at 6033 Red Hill Road, in Livingston. Violators will be prosecuted. 24x6

**Posted:** No trespassing for any reason on land belonging to Matthew Broadbuss and others on KY 3245 and Bryant Ridge Road. Violators will be prosecuted. 12(24)x52

**Posted:** No trespassing on property owned by Shannon Hellard on Cove Branch Road in Rockcastle County. All violators will be prosecuted. 8/17/23

**Notices**

**The Home of Opportunity and Dreams, Inc.,** a 501C3 charitable organization, intends to open a group home at 679 Willailla Road, Brodhead, Ky. More information will be forthcoming at a later date. 25x1

**Notice is hereby given that** Erik Carl Vonfisher, 229 Tahoe Way, Richmond, KY 40475 has been appointed Executor of the estate of Carl Edward Vonfisher, deceased, on the 22nd day of July 2024. Any person having claims against said estate shall present them, according to law, to the said Erik Carl Vonfisher or Hon. Christopher M. Harrison, Eaves, Olds, Bohannon & Floyd, PLLC, 218 West Main Street, Richmond, KY 40475 on or before January 22, 2025 at 9:30 a.m. 23x3

**Notice is hereby given that** Regina Russell has filed a final settlement of her accounts as Executrix of the Estate of Patricia Carol Stokes on July 22, 2024. A hearing on said settlement will be held on August 26, 2024 at 11 a.m. Any exceptions to said settlement must be filed before that date. 24x1

**Notice is hereby given that** Wanda Jean Elder, 1755 Bee Lick Road, Brodhead, KY 40409

has been appointed Executrix of the Estate of Virginia Desjardins, deceased, on the 29th day of July 2024. Any person having claims against said estate shall present them, according to law, to the said Wanda Jean Elder, or Hon. John Pruitt, Travis, Pruitt & Powers, PO Drawer 30, Somerset, KY 42502 on or before January 29, 2025 at 9:30 a.m. 24x3

**Yard Sales**

**Yard Sale:** Friday, August 9th, 5 to 8 p.m. and Saturday, August 10, 8 a.m. to 1 p.m. 173 Rose Hill Church Road, Mt. Vernon. Home of Kelly Ponder. Multi-Family. First sale of the year. All clothing, \$1 each. Lots of items to sell.

**Yard Sale** 670 Chestnut Ridge Road. Items include: tools, knives, Home Interior, clothes - too much to mention. 7:30 a.m. to 3 p.m.

**Miscellaneous For Sale**

**Cresthaven Cemetery Plots.** Contact Billy Dowell, 606-308-1058. 39xntf

**Two Plots For Sale in Cresthaven Cemetery** \$1200 for both. Call 859-377-1504. 25x1

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Applications may be picked up outside office door

**Suicide Warning Signs for Adults**

Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.

**Suicide Warning Signs for Youth**

It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
  - Withdrawal from or changing social connections/situations.
  - Changes in sleep (increased or decreased).
  - Anger or hostility that seems out of character or out of context.
  - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.

## Subscribe to the Mount Vernon Signal

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**Clean Air - Spring into Savings!!** AC Coil & Dryer Cleaning Combo - \$100. Water Heater Flush - \$80. Free estimates for general home maintenance. Call 606-392-8925. 3x8

**Gravel Hauling** and spreading. Call 606-308-1858 or 254-289-2913. 5xntf  
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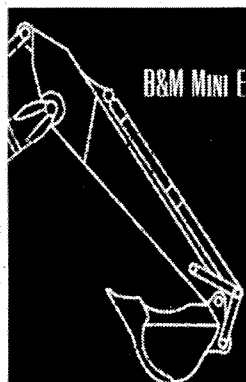
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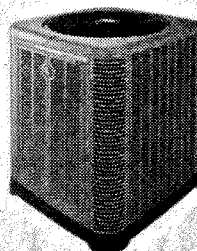
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# To Pastors of Rockcastle County

By Sandi Oram

To Pastors of Rockcastle County Churches, if you do not weekly inform your flock on the importance of voting in the coming November election, you will be held accountable before God Almighty. This election is of major importance for the continuing as One Nation Under God.

Stumbling Block. Separation of church and state mindset.

First Amendment of the Constitution of the United States:

Congress may not make any law that sets up any religion, or interferes with any religious practice.

Congress may not make any law that diminishes the freedom of speech, or the freedom of the press, or the right of the people to assemble peacefully, or the right of the people to petition the Government to make things right if it has caused them harm.

The issues at stake are LIFE, LIBERTY and the pursuit of HAPPINESS. From God's Word declare what God says about borders, and order; throw down the challenge like Moses and Jeremiah did to choose LIFE and what that means. That certainly eliminates, open borders with illegals and their drugs, sex trafficking, burning cities, eliminating police protection, killing the unborn, immorality tolerated, witchcraft embraced and financial struggling due to high inflation. That is certainly not "progressive" or prosperity.

The Bible is very Governmental!

Consider Moses, who by God's magnificent strategy, led the nation of Israel out from under the Marxist/Socialist regime of Pharaoh in Egypt. All the Old Testament prophets confronted the political leadership of their nation. John the Baptist confronted immoral Herod who was King of Judea when Jesus was born in the town of Bethlehem. Caesar Augustus (the IRS of its time) sent out a decree that the entire Roman Empire should be taxed. The Jewish people lived under the triple despotism of the Romans, Herod, and the religious order, spearheaded by the Pharisees. As in biblical times, it is today a spiritual battle between good and evil. It needs to be spoken of from the pulpit with scriptural prescriptions from God's Word. We the People have a voice through voting. VOTE!

Without a vision for our own future and our great countries future we perish. We lose hope. We just "hang in there". God has anointed and appointed a

man with great vision for what is possible to Make American GREAT Again, STRONG Again, SAFE Again, and WEALTHY Again. Catch and run with the vision. Border closed to illegals, illegals returned to their own countries, drug trade aborted., sex trafficking stopped, burned cities rebuilt, policemen and women in charge of keeping law and order in their communities, life of the unborn will be protected as people come to realize each of us literally come from the embryo of God himself. Natural health discoveries will become abundant. Power sources will become available beyond gas and electricity. Financial ease with gas and food prices will go down. Availability of food will increase!. No more meat and chicken processing plants being burned down. Instead of being faced with a Death Culture we have a LIFE Culture to look forward to. Believe. Speak prosperity for each of us, our nation AND the world. Remember: Life and death are in the power of the tongue. Proclaim it from your pulpit with conviction and JOY.

TO GOD BE THE GLORY!

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Admission covers all track events and unlimited midway rides. Gates open 5:30 pm nightly.

[www.littleworldsfair.com](http://www.littleworldsfair.com)

## Rockcastle County Schools Open House Schedules

First Day of School: Monday, August 26th, 2024

### Rockcastle Co. High School

Parent Palazzo: High School Blast Off  
August 13th, 2024  
5:00 PM - 8:00 PM

10th-12th Grade Orientation  
August 22nd, 2024  
Anytime 9:00 AM - 3:00 PM

9th Grade Orientation  
August 23rd, 2024  
Students 9:00 AM - 12:00 PM  
Parents 12:00 AM - 3:00 PM

### Rockcastle Co. Middle School

6th Grade Rising Star Welcome  
August 20th, 2024  
3:00 PM - 6:00 PM

7th & 8th Grade Welcome Back Bash  
August 21st, 2024  
3:00 PM - 6:00 PM

### Brodhead Elementary School

August 22nd, 2024  
3:00 PM - 6:00 PM

### Mt.Vernon Elementary School

K-2nd Grade: August 20th, 2024  
4:00 PM - 7:00 PM

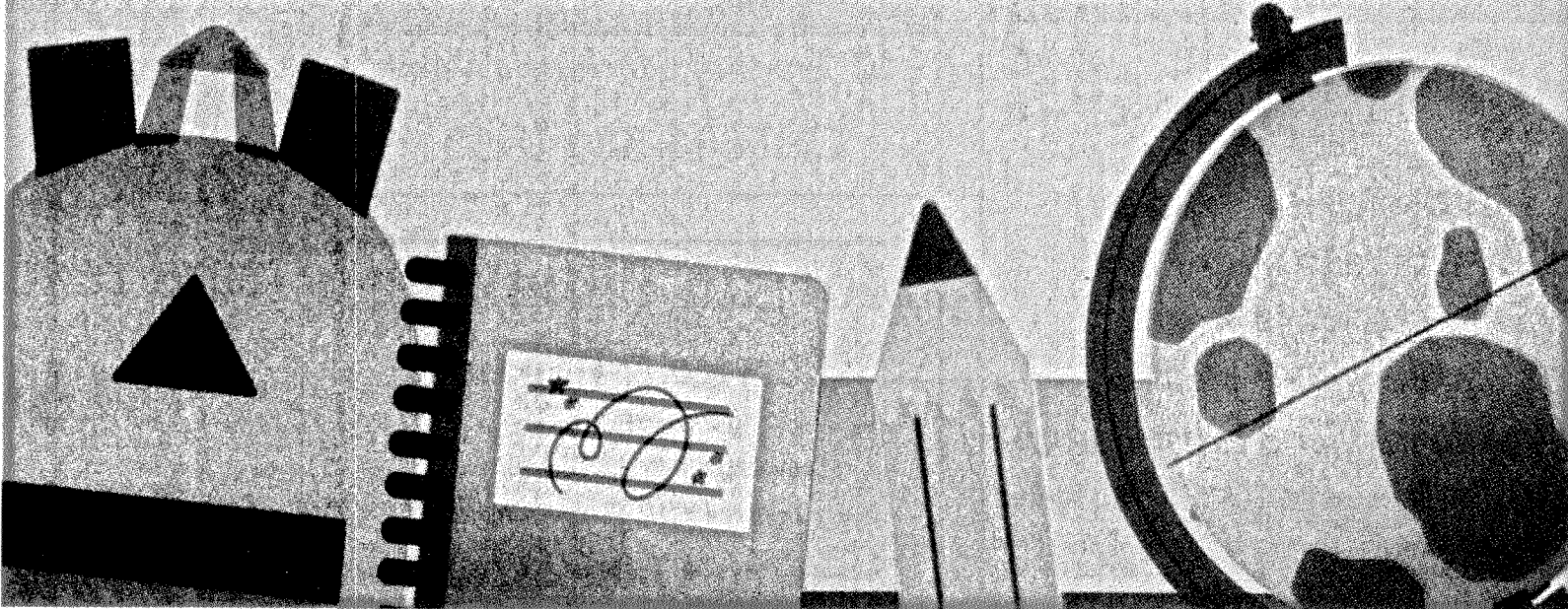
3rd - 5th Grade: August 22nd, 2024  
4:00 PM - 7:00 PM

Preschool: August 27, 2024  
AM Classes: 5:00 PM - 6:00 PM  
PM Classes: 6:00 PM - 7:00 PM

### Roundstone Elementary School

August 22nd, 2024  
3:30 PM - 6:30 PM

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# HEALTH *signal*

Summer 2024 • Vol. 22

## Welcome *Dr. Hannah*

Meet RockPed's newest  
physician, Dr. Hannah Bullock

See page 8-9

 **ROCKCASTLE  
REGIONAL**  
HOSPITAL & RESPIRATORY CARE CENTER  
Breathing *Life* into healthcare



#### About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 143-bed long-term care program for patients dependent upon mechanical ventilation and a medical office complex. Rockcastle Regional Hospital was established in 1956 and is accredited by The Joint Commission. Rockcastle Regional Hospital is a fourteen-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, 2019, 2021, 2022, 2023, and 2024, a U.S. News & World Report 2013, 2014, 2019-20, 2022-23, and 2024 Best Nursing Home, and a 2024 Newsweek Best Nursing Home.

#### Mission

Rockcastle Regional Hospital and Respiratory Care Center is a family-oriented team of healthcare professionals dedicated to delivering the highest quality of care to those we serve.

#### Vision

Rockcastle Regional Hospital and Respiratory Care Center's vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas and to be the facility of choice nationwide for ventilator care.

#### Values

We value excellence, friendliness, compassion, cleanliness, and our commitment to our community.

#### Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center facilities and programs are accredited by The Joint Commission.

#### Professional Association Memberships & Other Affiliations

American Association of Respiratory Care  
American Health Care Association  
American Hospital Association  
Kentucky Association of Health Care Facilities  
Kentucky Hospital Association  
Kentucky Medical Association  
National Patient Safety Foundation  
UK HealthCare Network Affiliate-Markey Cancer Center  
UK HealthCare Network Affiliate-Comprehensive Stroke Program  
UK HealthCare Partnership-Gill Heart Institute  
UK HealthCare Partnership-Kentucky Neuroscience Institute

#### Speakers Bureau

We are pleased to present information about healthcare and healthcare professions to the public. To schedule a speaker for your school, business, civic, healthcare or government organization, call Jana Bray (606) 256-7880.

#### Leadership

Rockcastle Regional Hospital and Respiratory Care Center is governed by a local board of directors.

Joseph E. Lambert, Chairman  
Bigge W. Towery, Jr., Secretary  
Debra H. Lambert  
Jeffrey T. Burdette

#### Executive Management

Stephen A. Estes, President/CEO  
C. Nicholas Bastin, CFO  
Tammy Brock, RN, Chief Nursing Officer

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Health Signal is produced by the Community Relations Department  
of Rockcastle Regional Hospital and Respiratory Care Center.

Jana Bray, Director  
Susan Turley, Designer

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# Committed to Our Community

By Jana Bray, Community Relations Director

## *Rockcastle Regional Receives Quality Award for Behavioral Health Initiative*

**R**ockcastle Regional Hospital and Respiratory Care Center has once again demonstrated its unwavering commitment to community health by winning the Kentucky Hospital Association's (KHA) prestigious Quality Award. This marks the 14th time the hospital has received this honor, highlighting its continued excellence in healthcare quality and community engagement.

The award recognizes Rockcastle Regional's innovative partnership with Rockcastle County Schools to address behavioral health issues among K-12 students. This collaboration has been pivotal in promoting mental health awareness, early intervention, and providing essential support services to students.

"The partnership between Rockcastle Regional and Rockcastle County Schools was initiated to tackle the growing concerns around students' mental and behavioral health," said Brandy Bullock, Rockcastle Regional's Rural Health Clinic Director. "Recognizing the critical impact of mental well-being on academic performance and overall life outcomes, the hospital and school district joined forces to create a comprehensive program that addresses these needs holistically."

Key Components of the initiative include:

- **On-Site Counseling Services:** Licensed mental health professionals provide regular counseling sessions at schools, ensuring students have easy access to support.
- **Teacher Training:** Educators receive training on recognizing signs of behavioral health issues and how to support students in need.



*Pictured from left, Mikhael Shaffer, Mackenzie George, Casey Franklin with KHA, and John Lambert at the KHA Quality Award presentation in Frankfort.*

- **Parental Involvement:** Resources are provided to parents, equipping them with tools to support their children's mental health at home.
- **Early Intervention Programs:** Screenings and assessments are conducted to identify at-risk students early and provide timely interventions.

"The initiative has not only improved the mental health of students, but also fostered a supporting and inclusive school environment where every child can thrive," said Mackenzie George, licensed clinical social worker with Rockcastle Regional's school-based program. George said the success of this program is a shining example of what

can be achieved when healthcare providers and educational institutions work together. "It underscores the importance of community partnerships in creating sustainable, impactful health initiatives."

"We are honored to be recognized by the Kentucky Hospital Association for our work with Rockcastle County Schools," said Stephen A. Estes, president and CEO of Rockcastle Regional. "This award is a reflection of our dedicated team's commitment to improving the health and well-being of our community, especially our young people. By addressing the behavioral health needs early on, we are helping to pave the way for a brighter future for our students."



# Relayers, Take Your Mark!

## *Excitement Builds for Rockcastle Relay in Countywide Stride*

*By Jana Bray, Community Relations Director*

**A**s the summer heat reaches its peak, runners and walkers in Rockcastle County and beyond are gearing up for the next race in the Countywide Stride Run/Walk Series: the Rockcastle Relay. Scheduled for Saturday, August 17 at 8:00 a.m., this race promises to be a fun-filled experience for participants of all ages and fitness levels.

### **Race Details**

The Rockcastle Relay will take place at the Rockcastle County Industrial Park on Progress Drive, offering a smooth, flat, and fast 1.5-mile course. Participants will compete in teams, with each member running or walking 1.5 miles before handing off the baton to their teammate, who will then do the same.

For those who are more competitive, we'll award the top three winning teams in three categories in this chip-timed event: age 15 and under, age 50 and over, and open division (anyone, any age). Those interested in participating can register

online through the Countywide Stride page on Rockcastle Regional's website by going to [www.rockcastleregional.org/county-wide-stride](http://www.rockcastleregional.org/county-wide-stride). Register by Monday, August 12 to secure discount pricing and a Countywide Stride running belt (giveaway not guaranteed for free Kids Club participants).

Don't have a partner? Don't worry, sign up anyway, and we'll match you with one. So mark your calendars and lace up your shoes – the Rockcastle Relay is set to be a highlight of the summer, and you won't want to miss it! Whether you're a seasoned runner or a casual walker, this relay race offers you and a friend a fantastic opportunity to stay active, have fun, and be part of the Countywide Stride community!

### **Kids Club**

The Rockcastle Relay will also be a chance for any Kids Club participants to earn another band and sticker in their Countywide Stride passport. New in 2024, the Countywide Stride Kids Club

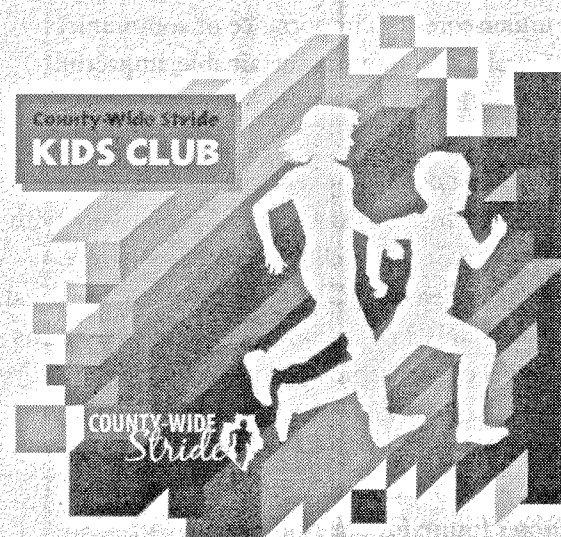
is a way for younger runners, those 12 and under, to run free for each race in the series. At the end of the year, Kids Clubbers who have completed seven or more races will earn a commemorative t-shirt.

### **Looking for a Glow-up?**

Right up after the Rockcastle Relay, the Countywide Stride team has more excitement in store: the ever-popular Glow Go Fun Run. This unique nighttime event will take place on Friday, September 13 at 9:00 p.m., also at the Industrial Park. The Glow Go Fun Run features a festive atmosphere with participants decked out in glow-in-the-dark attire, making for an eye-catching and unforgettable experience.

**COUNTY-WIDE**  
*Stride*  
Run/Walk Series

*Learn more at: [www.rockcastleregional.org/county-wide-stride](http://www.rockcastleregional.org/county-wide-stride)*



## **Join the Kids Club!**

- Kids 12 and under run free in 2024! Each kid will receive a special bracelet for each race completed.
- Collect 7 bracelets to receive a \$25 gift card and a Kids Club t-shirt!



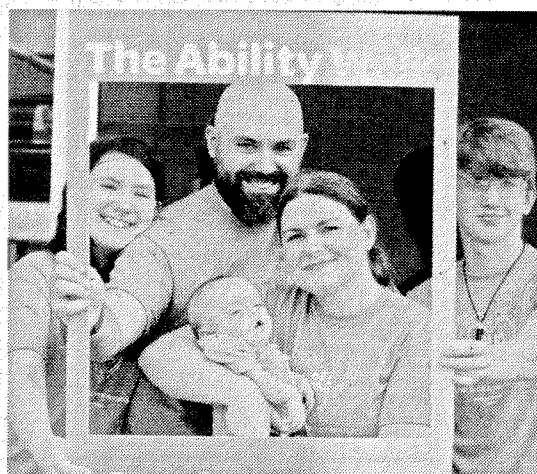
# 'See the Ability, Not the Disability'

By Jana Bray, Community Relations Director

**R**ockcastle Regional is excited to host the Ability Walk, a cherished community event that first made its debut in 2021. The Ability Walk is more than just a walk; it's a vibrant celebration of inclusivity, emphasizing the powerful message of "Seeing the Ability, Not the Disability."

The Ability Walk serves as an opportunity for community members to unite and honor the abilities and achievements of individuals with disabilities. This event underscores the importance of recognizing the unique strengths and talents that each person brings to the table, fostering a culture of acceptance and understanding.

One of the highlights of the event is the special recognition of our VIP guests. As they cross the finish line, they will be celebrated with cheers and a special medal. This moment is not only a testament to their perseverance, but also a reflection of the community commitment to inclusivity.



The Ability Walk features an array of fun and inclusive, sensory-friendly activities – like face painting, tie-dye, and a sensory wall. These activities are designed to ensure that everyone, regardless of their individual needs, can fully enjoy the event. From interactive games to a calming sensory station, there is something for everyone to enjoy!

This year's event also serves as an important fundraiser, with proceeds dedicated to the Mt. Vernon Elementary School's Inclusive Playground Project. This initiative aims to create a playground that is accessible and enjoyable for all children, regardless of their abilities. By supporting this project, the Ability Walk is helping to build a more inclusive and welcoming environment for future generations. All proceeds from the Walk and the t-shirt fundraiser will go towards the Inclusive Playground Project.

The Ability Walk is more than just an event, it's a movement towards greater inclusivity and understanding. By participating in the Ability Walk, you are contributing to a community that values and celebrates the abilities of all its members. Join us for a day filled with joy, support, and a shared vision for a more inclusive



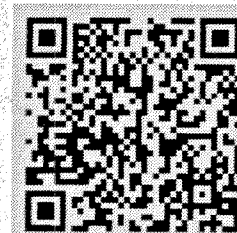
2021 Ambassador family, the Brays

future. Together, we can make a difference and continue to see the ability in everyone!

To register, visit the Countywide Stride page on Rockcastle Regional's website at [www.rockcastlelregional.org/county-wide-stride](http://www.rockcastlelregional.org/county-wide-stride). The event counts as a race as part of the Countywide Stride Run/Walk series.

Additional shirts are available for purchase by calling (606) 256-7381

To register, use the QR code at right or visit  
[runsignup.com/abilitywalk](http://runsignup.com/abilitywalk)





# Welcome Back, Wellness Center!

*By Jana Bray, Community Relations Director*

**R**ockcastle Regional is thrilled to announce the reopening of its Wellness Center, located on the third floor of the Outpatient Services Building. After a prolonged closure due to the COVID-19 pandemic, the Wellness Center is ready to welcome the community back with a variety of fitness classes starting in September 2024.

The Wellness Center has always been a cornerstone of community health, offering a space for certified fitness instructors to hold classes tailored to diverse fitness needs. Each instructor has the flexibility to set their own fees, allowing for a range of affordable options for participants. This setup not only supports local fitness instructors,

but also ensures that community members have access to a variety of classes that fit their schedules and budgets.

One of the most anticipated returns is the popular SilverSneakers® program, designed specifically for older adults. SilverSneakers® provides a fun, energizing way for seniors to improve their fitness, maintain their health, and enjoy social interaction. This program has been a favorite among older adults, offering low-impact exercises that help improve strength, flexibility, balance, and endurance. SilverSneakers® classes are low cost and often free, depending on your insurance coverage. To learn more about SilverSneakers® and see if you are eligible for free classes, please call

Kayla Abney at (606) 256-7383.

Whether you are a long-time fitness enthusiast or someone looking to start a new health journey, the Wellness Center offers something for everyone. Join us in September and take the first step towards a healthier, more active lifestyle!

To stay informed about the latest class offerings and schedules, please visit [www.rockcastleregional.org/wellnesscenter](http://www.rockcastleregional.org/wellnesscenter).

If you are interested in becoming a fitness instructor in the Wellness Center, please call Kaitlyn Stratton at (606) 256-7381 for more information.

## Classes Available

### **GYMNASTICS**

**Instructor: Joanie Alexander**

Rock Cheer and Tumbling Club offers gymnastics and cheer instruction to students of all ages. Instruction is divided between two levels: Beginner and Intermediate/Advanced. Beginner classes focus on front rolls, cartwheels, handstands, back bends, and basic skill instruction that will prepare students for more advanced tumbling skills. The intermediate/advanced class focuses on advanced and connected skills such as round-offs, front walk-overs, standing back handsprings, round-off back handsprings, tucks, and layouts.

### **SILVERSNEAKERS® CLASSIC**

**Instructor: Kayla Abney**

Have fun and move to the music through a variety of exercises designed for older adults to increase muscular strength, range of movement, and activity for daily living skills. Participants use a variety of equipment, including hand-held weights, elastic tubing with handles, and a SilverSneakers® ball. Chairs

are available for seated exercises and standing support. This low-impact class is suitable for all fitness levels and emphasizes safety and fun in a supportive group setting.

### **SPIN+ KB**

**Instructor: Kylee Fain**

Spin+ KB is a dynamic and energizing fitness class that seamlessly combines the best of cardio and strength training. Start with 30 minutes of high-intensity spin cycling designed to boost your heart rate, burn calories, and improve cardiovascular endurance. After a quick transition, dive into 30 minutes of kettlebell training, focusing on building strength, enhancing muscle tone, and improving overall functional fitness. This balanced workout is perfect for all fitness levels, offering a comprehensive and efficient way to achieve your fitness goals.

### **SPIN**

**Instructor: Jana Bray**

Spin class is a high-intensity, indoor cycling workout. Workouts include varying levels of

resistance and speed to simulate hills, sprints, and interval training all focused on improving cardiovascular fitness, muscle endurance, and overall strength. It also provides a low-impact exercise option. This class is appropriate for all fitness levels, as varying options will be given throughout the workout to suit the participant's specific degree of fitness.

### **ZUMBA**

**Instructor: Rebecca Bullock**

Zumba is a high-energy fitness program that combines Latin and international music with dance moves. It is designed to be a fun and effective workout, incorporating various dance styles, such as merengue, cumbia, reggaeton, and hip-hop. Classes feature choreographed routines that provide cardiovascular exercise, muscle conditioning, balance, and flexibility and are appropriate for all fitness levels.

*For complete information and schedules, visit [www.rockcastleregional.org/wellnesscenter](http://www.rockcastleregional.org/wellnesscenter).*



# Calling All Rockcastle County Men

*By Dwain Harris, Community Relations Consultant*

## *Healthy Joe Expo will be September 26*

A recent survey by the Cleveland Clinic found that while 81 percent of men believed they are leading a healthy lifestyle, their behaviors tell a different story. The survey found, for example, that almost half of men do not get a yearly physical, and only half keep a healthy diet.

To help raise health awareness among Rockcastle County men, Rockcastle Regional Hospital will hold its annual Healthy Joe Expo September 26 at Marcella's Farm to Fork on Cedar Rapids Access Road off Highway 150.

The event will offer free health screenings from 5 – 6 p.m. Tests include blood pressure checks and vouchers for cholesterol and PSA screening. The PSA, or prostate-specific antigen, test is designed to detect prostate cancer. While prostate cancer is the second most commonly diagnosed cancer in men, it is the fifth leading cause of death from cancer in men.

At 6 p.m., attendees will enjoy a complimentary meal along with a presentation by Kevin Rowe, M.D., family physician for Rockcastle Family Wellness.

There are many reasons to participate. A recent study found that rural men have a 19 percent higher age-adjusted death rate than urban men and a 39 percent higher rate than rural women. They also have higher rates of inactivity-related chronic conditions, such as cardiovascular disease, diabetes, cancer, and obesity.

"This Healthy Joe Expo has a long history of raising awareness about what men can do to live longer, healthier lives," said Stephen A. Estes, Rockcastle Regional Hospital President and CEO. "We hope to see a big group of Rockcastle County men there."

For more information and to reserve your spot, contact Kaitlyn Stratton at (606) 256-7381.



*Dr. Kevin Rowe, Rockcastle Family Wellness*



**ROCKCASTLE  
REGIONAL**  
HOSPITAL ■ RESPIRATORY CARE CENTER



# Welcome to Our Team

## *Introducing Hannah Bullock, M.D.*

*"I prioritize listening to my patients and their caregivers"*

Rockcastle Regional is pleased to welcome Dr. Hannah Bullock, who will be joining the provider team at Rockcastle Pediatrics and Adolescents (RockPeds) as the practice's newest pediatrician.

Dr. Hannah, as she likes to be called by her patients, earned her medical degree from the University of Kentucky College of Medicine, where she also completed her residency in pediatrics at Kentucky Children's Hospital.

A 2013 graduate of Rockcastle County High School, Dr. Hannah is excited to return to her hometown to practice medicine. She says that having an already established understanding of the community will enable her to take better care of her patients and help her get to know each family for which she is entrusted to provide care.

"I prioritize listening to my patients and their caregivers," said Dr. Hannah. "I want to hear their concerns and work together to create a plan that fits for each family. I want to stay connected along the way, checking in to make sure that plan is working."

Dr. Hannah resides in Lexington with her husband, Chad Stephenson. When not working, she enjoys reading, traveling, and spending time with family, including her parents, Tim and Renee Bullock of Rockcastle County.

**To schedule an appointment with Dr. Hannah, please call (606) 256-4148, option 4**



First Floor  
140A Newcomb Ave  
Mt. Vernon, KY 40456



# Tips for Healthy Habits

## *Preparing Children and Adolescents for a Successful Return to School*

**A**s the new school year approaches, children and adolescents are gearing up to return to their classrooms. This transition can be both exciting and challenging, making it essential to establish healthy habits that support both their academic and personal growth.

To gain insights on this topic, we spoke with Dr. Hannah Bullock, the newest pediatrician at RockPeds, and Dr. Callie Shaffer who shared valuable advice on how parents and caregivers can help their children prepare for a successful school year.

### **Establish Good Sleep Habits**

Dr. Hannah says that helping teens return to a regular schedule, especially a regular sleep schedule, can ease the transition back to school. "A focus on sleep hygiene can make a big difference. I think about sleep hygiene as the things we can do to get good quality rest each night. This includes setting a nightly routine and avoiding factors that can interfere with healthy sleep, like screen time leading up to bed. We want to signal to our body and mind that it's time to wind down, but scrolling on a phone or watching TV tells us it's time to stay awake. I recommend turning off all technology about an hour before bed and using that time to relax with a book or another quiet activity instead."

### **Promote a Balanced Diet**

A nutritious diet plays a pivotal role in a child's ability to focus and perform well in school. Dr. Callie advises parents to prioritize balanced meals: "A healthy diet rich in fruits, vegetables, whole grains, and lean proteins provides the necessary energy and nutrients for optimal brain function. Limiting sugary snacks and drinks can prevent energy crashes and help maintain consistent

concentration levels throughout the day."

### **Encourage Physical Activity**

Regular physical activity is essential for physical health and cognitive development. Dr. Callie explains, "Exercise helps improve mood, reduce stress, and enhance memory and learning. Encourage your children to engage in at least 60 minutes of moderate to vigorous physical activity daily. This can include activities like playing sports, riding a bike, or simply enjoying a walk in the park."

### **Foster a Positive Learning Environment**

Creating a conducive environment for learning at home can significantly impact a child's academic performance. Dr. Callie suggests setting up a dedicated study space. Having a quiet, well-lit area free from distractions can help children focus better on their homework and studies. Additionally, maintaining open communication about schoolwork and providing support when needed can foster a positive attitude toward learning.

### **Limit Screen Time**

In today's digital age, managing screen time is crucial. Dr. Callie highlights the importance of setting boundaries: "Excessive screen time, especially before bedtime, can not only interfere with sleep, but can also negatively affect academic performance during any time of day. Encourage your children to take breaks from screens and engage in other activities like reading, drawing, or playing outside."

### **Encourage Social Connections**

Social interactions are vital for emotional and social development. Dr. Callie notes, "Encouraging your children to build and maintain

friendships can enhance their emotional well-being and provide a support system. Participating in extracurricular activities or joining clubs can also help them develop new skills and interests."

### **Regular Health Check-Ups**

Regular health check-ups ensure that any potential health issues are addressed promptly. Dr. Callie recommends that scheduling routine visits with your pediatrician can help monitor your child's growth and development. These visits are also an opportunity to discuss any concerns and receive guidance on maintaining overall health.

### **Stay Involved and Supportive**

Parental involvement is crucial for a child's success in school. Dr. Callie advises parents and caregivers to stay engaged with your child's education by attending parent-teacher meetings, monitoring their progress, and encouraging open communication. Showing interest in their academic and extracurricular activities can motivate them to perform their best.

Preparing for the school year involves more than just buying new supplies. By establishing healthy habits and providing support, parents can help their children thrive academically and personally. As Dr. Callie reminds us, "A holistic approach that includes adequate sleep, a balanced diet, regular exercise, and a positive learning environment can set the foundation for a successful and enjoyable school year."





## [ YOUR HEALTH ]

*August is National Immunization Awareness Month*

# A Focus on Older Adults

**A**ugust marks the National Immunization Awareness Month (NIAM), a time dedicated to highlighting the importance of vaccination for people of all ages. While much of the focus often lands on childhood vaccinations, it's equally crucial to recognize the immunization needs of older adults.

As we age, our immune systems weaken, making us more susceptible to diseases that vaccines can prevent," said primary care physician Dr. Angela Isaacs with Rockcastle Family Wellness. "Ensuring older adults are fully vaccinated is a key component of healthy aging and maintaining quality of life."

Dr. Isaacs says that vaccines are one of the most effective ways to prevent infectious diseases. For older adults, this protection is vital. The Centers for Disease Control and Prevention (CDC) emphasizes that vaccines can prevent serious illnesses, such as influenza, pneumonia, shingles, and whooping cough, all of which can have severe complications in older populations. Dr. Isaacs adds that vaccines can help prevent the spread of these diseases to vulnerable populations, including infants and those with weakened immune systems.

### Key Vaccines for Older Adults

- **Influenza (Flu) Vaccine:** Annual flu shots are crucial for older adults. The flu can lead to severe complications, including pneumonia, hospitalization, and even death in older populations. The CDC recommends that everyone aged 65 and older receive a high-dose or adjuvanted flu vaccine for better protection.

- **Pneumococcal Vaccines:** Pneumonia is a serious threat to older adults. The CDC recommends two types of pneumococcal vaccines for those aged 65 and older: PCV13 (Prevnar 13) and PPSV23 (Pneumovax 23). These vaccines protect against pneumococcal diseases, including pneumonia, meningitis, and bloodstream infections.

- **Shingles Vaccine:** Shingles, caused by the reactivation of the chickenpox virus, can be extremely painful and lead to long-term complications. The Shingrix vaccine is recommended for adults 50 and older to prevent shingles and its complications.
- **Tdap Vaccine:** The Tdap vaccine protects against tetanus, diphtheria, and pertussis (whooping cough). It's recommended that adults receive a Tdap booster every 10 years. Pertussis can be particularly severe for older adults, and the vaccine also helps protect infants and others who are vulnerable.
- **RSV Vaccine:** The RSV vaccine (Arexvy) is specifically for those age 60 and older. If contracted by infants or small children, RSV can make them fairly ill, but when older adults get it, it can predispose them to pneumonia.
- **COVID-19 Vaccine:** COVID-19 can be especially dangerous if contracted by older adults. Staying up-to-date on your COVID-19 vaccine can help to reduce this risk.

### Tips for Older Adults to Ensure Full Vaccination

- **Consult with Healthcare Providers:** Regular check-ups with healthcare providers are



Dr. Angela Isaacs

essential. They can review your vaccination history and recommend any necessary vaccines based on your health status, age, and lifestyle.

- **Keep a Vaccination Record:** Maintain an up-to-date record of all your vaccinations. This record can help healthcare providers determine which vaccines you need and ensure you are protected.

- **Stay Informed About Vaccine Recommendations:** Vaccine

recommendations can change. Stay informed about the latest guidelines from the CDC and other health organizations to ensure you are up to date with the recommended vaccines.

- **Get Vaccinated During Routine Visits:** Use routine healthcare visits as opportunities to get vaccinated. This can be a convenient way to stay on top of your vaccinations without requiring separate appointments.
- **Seek Information from Reliable Sources:** Get information about vaccines from credible sources such as the CDC, World Health Organization (WHO), and your healthcare provider. This ensures you receive accurate and trustworthy information.
- **Consider Travel Vaccinations:** If you plan to travel, especially internationally, check if any additional vaccines are required. Older adults may need specific vaccines depending on their travel destinations.
- **Encourage Family and Friends:** Encourage your family and friends to get vaccinated as well. Herd immunity plays a significant role in protecting the community, especially those who are more vulnerable to infections.

*To schedule an appointment with Dr. Angela Isaacs, call (606) 256-5176.*



## [ YOUR HEALTH ]

*September is National Sepsis Awareness Month***Raising Awareness for Safer Lives**

**E**ach year, September is recognized as National Sepsis Awareness Month, serving as a crucial reminder of the importance of understanding, preventing, and treating sepsis. By raising awareness about sepsis, we can empower patients and their families with the knowledge they need to recognize the signs, take preventive measures, and seek prompt medical attention, when necessary.

Sepsis is a life-threatening condition that arises when the body's response to an infection triggers an intense and harmful inflammatory response. It occurs when an infection in the body triggers a chain reaction that leads to widespread inflammation, potentially damaging organs and tissues. If left untreated, it can progress to septic shock, a severe condition with a high risk of mortality. Common sources of infection that can lead to sepsis include urinary tract infections, respiratory infections, and infections of the skin or soft tissues.

Some people are at a higher risk of developing sepsis because of their increased risk of contracting an infection, such as the very young (infants), the very old, those with chronic illnesses, those with a weakened or impaired immune system, and those who are malnourished.

Preventing sepsis starts with understanding the risk factors and adopting proactive measures to reduce its occurrence:

1. **Practice Good Hygiene:** Regular handwashing, maintaining proper hygiene, and practicing safe food handling can significantly reduce the risk of infections.

2. **Complete Antibiotic Courses:** If prescribed antibiotics, make sure to complete the entire course, even if you start feeling better. Incomplete courses can lead to drug-resistant infections.

3. **Stay Up-to-Date with Vaccinations:** Immunizations can protect you from certain infections that may lead to sepsis. Keep your vaccinations current and consult your healthcare provider for guidance.

4. **Manage Chronic Conditions:** Properly manage chronic illnesses like diabetes, heart disease, and kidney disease, as these conditions can weaken your immune system and increase the risk of infections.

5. **Wound Care:** Keep wounds clean and properly dressed to prevent infections from developing and spreading.

6. **Early Detection and Treatment of Infections:** Be vigilant about identifying and treating

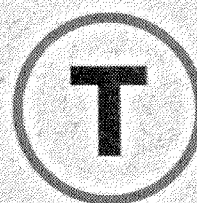
infections promptly to prevent them from progressing to sepsis.

Sepsis can present itself through a range of symptoms that may initially resemble those of other illnesses. It's essential to recognize these signs and seek medical attention if you suspect sepsis:

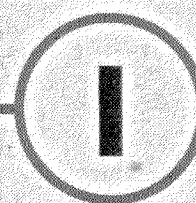
1. **Fever or Hypothermia**
2. **Rapid Heartbeat and Breathing**
3. **Confusion or Disorientation**
4. **Shortness of Breath**
5. **Extreme Pain**
6. **Skin Changes** (bluish or mottled/blotchy skin, or skin that's significantly warmer or cooler than the surrounding area)

The TIME™ memory aid may help you remember the most important signs:

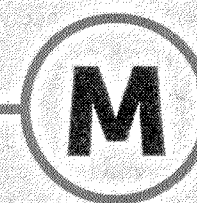
When it comes to sepsis, remember  
**IT'S ABOUT TIME™**. Watch for:



**TEMPERATURE**  
higher or lower  
than normal



**INFECTION**  
may have signs  
and symptoms of  
an infection



**MENTAL DECLINE**  
confused, sleepy,  
difficult to rouse



**EXTREMELY ILL**  
severe pain,  
discomfort,  
shortness of breath

If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

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sepsis.org



**SEPSIS**  
ALLIANCE



## [ UK CONNECTIONS ]

# Learning child and infant CPR could help save a little life

*By Callie L. Rzasa, M.D., medical director of Kentucky Children's Hospital Congenital Heart Clinic and American Heart Association board president in Central and Eastern Kentucky*

**M**ore than 23,000 children suffer an out-of-hospital cardiac arrest annually. Although the reported number of infant out-of-hospital cardiac arrests varies widely, survival to hospital discharge averages 6.5% for children less than 1 year old who experience an out-of-hospital cardiac arrest.

According to the National Center for Injury Prevention and Control, unintentional choking and suffocation are a leading cause of all injury deaths for infants less than a year old. Nearly 3,500 infants die each year in the United States from sleep-related infant deaths such as suffocation, entrapment, strangulation and sudden infant death syndrome (SIDS).

Make safety a habit at home by implementing safe sleep practices, such as making sure babies sleep in their own crib or bassinet on a firm, flat surface without potential suffocation hazards such as blankets, stuffed animals or crib bumpers.

New parents, grandparents, babysitters and caregivers should take the time to learn infant- and child-specific CPR. It's important to remember if the child is unresponsive, not breathing or only gasping, call 911 and start CPR immediately.

For a child age 1 or older:

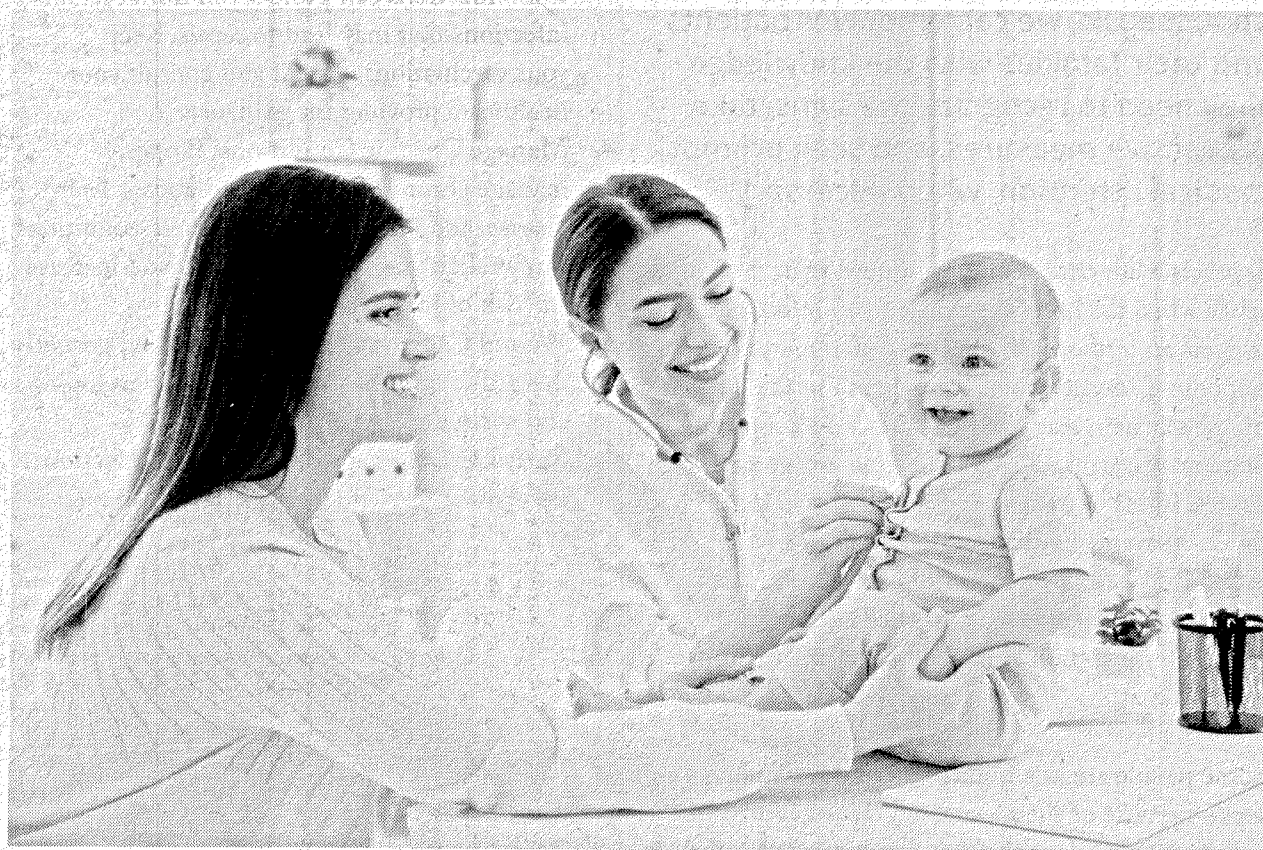
- Push on the middle of the chest 30 times at a depth of 2 inches with one or two hands at a rate of 100 to 120 compressions per minute.
- Provide 30 compressions and then give two

rescue breaths.

- Repeat cycles.

For an infant less than 1 year of age:

- Push on the middle of the chest 30 times at a depth of 1½ inches with two fingers at a rate of 100 to 120 compressions per minute.
- Provide 30 compressions and then give two rescue breaths.
- Repeat cycles.



If you have access to an AED (automated external defibrillator), use it as soon as possible. Most AEDs are equipped with child- and infant-sized pads. They can help guide CPR and provide treatment for certain heart arrhythmias. Continue compressions until emergency services arrives.

For more health news and education from UK HealthCare, visit:  
<http://uknow.uky.edu/>



## [ UK CONNECTIONS ]

# Stroke Awareness:

## Understanding risks and need for urgent treatment

*By Larry Goldstein, M.D., chair of the University of Kentucky's Department of Neurology, co-director of the Kentucky Neuroscience Institute, and interim medical director of the UK HealthCare/Norton Healthcare – Stroke Care Network.*

**I**t's always important to prioritize health by participating in stroke risk screenings. These assessments offer invaluable insights into personal health profiles, enabling you to address potential risk factors head-on. Through simple measures such as monitoring blood pressure, measuring cholesterol levels, and adopting healthier lifestyle choices, you have the opportunity to dramatically reduce your susceptibility to stroke. Whether accessed online, in public programs, or through primary care providers, these screenings can provide proactive steps towards a healthier future.

As we delve deeper into stroke awareness, it's imperative to familiarize yourself with the **BE FAST** acronym. Regardless of your age, it is important to know the symptoms of stroke, and to act fast if you think you or someone else is having a stroke. The acronym **BE FAST** can help you remember some of the more common symptoms of stroke and to call 911 immediately. **BE FAST** was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association.

**BE FAST** stands for a sudden onset of problems:

- Balance or leg weakness
- Eye problems, such as visual loss or double vision
- Facial drooping
- Arm weakness
- Speech that is slurred or otherwise changed
- Time – the need to call 911 immediately

It is also important to know which hospitals in your area are stroke-certified. A hospital may be

designated as an Acute Stroke Ready Hospital, a Primary Stroke Center, a Thrombectomy-Capable Stroke Center, or the most advanced certification of a Comprehensive Stroke Center. To receive or maintain a given certification, institutions must achieve and keep up specific criteria that are externally reviewed. Remember, if a stroke does occur, time is essential. Do not ignore the symptoms – you or a loved one may be spared permanent disability by acting quickly.


Avoiding or delaying seeking emergent help can have drastic consequences because effective stroke treatments are available, but need to be started soon after symptoms begin. It is also important not to


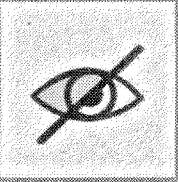
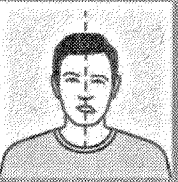

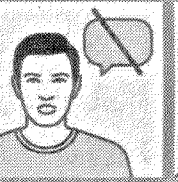
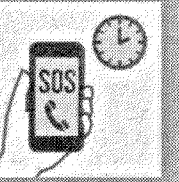
dismiss even short-term symptoms because they are a warning that a major stroke may occur over the next hours or days.

May's spotlight on stroke awareness serves as a reminder of the importance of proactive healthcare measures. By embracing stroke risk screenings, familiarizing yourself with stroke symptoms, and recognizing the role of certified stroke centers, you can take meaningful steps towards safeguarding your health and well-being against the potentially devastating effects of stroke. Prioritize your health this month and beyond, empowering yourself and your community to act swiftly and decisively in the face of stroke risk.

## SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
					
<b>BALANCE</b> LOSS OF BALANCE, HEADACHE OR DIZZINESS	<b>EYES</b> BLURRED VISION	<b>FACE</b> ONE SIDE OF THE FACE IS DROOPING	<b>ARMS</b> ARM OR LEG WEAKNESS	<b>SPEECH</b> SPEECH DIFFICULTY	<b>TIME</b> TIME TO CALL FOR AMBULANCE IMMEDIATELY



[ COMMUNITY WELLNESS ]

# WELLNESS CENTER RE-OPENING

## INSTRUCTORS WANTED

**Rockcastle Regional  
Hospital is seeking  
independent,  
enthusiastic fitness  
instructors to teach a  
variety of fitness  
classes in our Wellness  
Center.**

**For more information or to be an instructor,  
contact Kaitlyn Stratton at (606) 256-7381  
or e-mail [kaitlyn.smith@rhrcc.org](mailto:kaitlyn.smith@rhrcc.org)**



**ROCKCASTLE  
REGIONAL**  
HOSPITAL & RESPIRATORY CARE CENTER



# News and Notes From Our Team



## Kimberly Bolin

Kimberly Bolin, APRN, has joined the team at Rockcastle Regional's QuickCare as an advanced practice nurse practitioner. Kimberly earned her Master of Science in nursing

degree with a family nurse practitioner focus from Chamberlain University. When asked what she enjoys most about her new position, she says she is looking forward to helping others, "I love the tight-knit community." Kimberly resides in London, with her two dogs, a miniature poodle and a chocolate lab, and when not at work, she enjoys spending time with friends and family, reading, and traveling.



## Karen Walden

Karen L. Walden, BS, BA, is the newest member of the team in the Rockcastle Regional Laboratory, coming on as a medical technologist. Karen earned her Bachelor

of Arts degree in medical technology at Thomas Moore College and her Bachelor of Science in business administration from Eastern Kentucky University. Karen says about her new job that she enjoys using her skills to help others. When not at work, she enjoys traveling, teaching Sunday school, photography, and reading.



## Jordan Whitaker

Jordan Whitaker, PA-C, has rejoined the team at Rockcastle Regional's QuickCare as a physician's assistant. Jordan earned his Master of Science degree in medical

science and physician assistant studies at Lincoln Memorial University. He says that he is looking forward to coming back to Rockcastle to treat his home community. Jordan resides in Richmond with his wife Whitney, where they are expecting their first child, Olivia Rose, in August. When not at work, Jordan enjoys golfing and spending time with his family, including his parents, Dale and Sandy Whitaker.

## Join Our Team

### Clinical Openings

- Certified Registered Nurse Anesthetist (CRNA)
- Certified Surgical Technician
- Clinical Manager (Cancer Care)
- Counselor (LCSW or LPCC)
- Dental Hygienist (Part-Time)
- Echo/Ultrasound/Radiology Technologist
- Intake Coordinator
- Kentucky Medication Aide (KMA)
- Laboratory Technician (MLT/MT/MLS)
- Licensed EMT or Licensed Paramedic
- Licensed Practical Nurse (LPN)
- LPN or CMA (RFW)

- Mammography Technologist
- Nurse Extern
- Phlebotomist
- Radiology Pool Program
- Radiology Technologist
- Respiratory Therapist
- Registered Nurse (RN)
- SRNA
- SRNA Class
- Ultrasound Technologist
- Unit Secretary

### Non-Clinical Openings

- Activities Assistant
- Admission Clerk (Float)
- Food & Nutrition Services Associate
- Housekeepers
- Performance Improvement Assistant/Data Abstractor
- Referral Coordinator (RFW)
- Security Officer
- Teacher
- Teaching Assistant
- Transporter



View current job openings at:  
[www.rockcastleregional.org/careers/current-openings](http://www.rockcastleregional.org/careers/current-openings)



# COUNTY-WIDE *Stride* 2024 Run/Walk Series

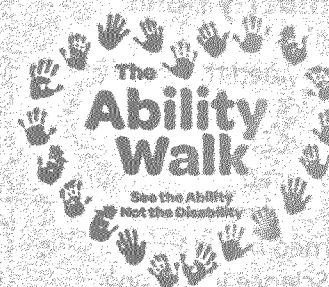
## Upcoming Race Events



### ROCKCASTLE RELAY

**Saturday, August 17**  
Industrial Park • 8:00 a.m.

Proceeds benefit the Activity Fund for residents of the  
Respiratory Care Center at Rockcastle Regional Hospital



**Thursday, August 22**

Rockcastle Co. High School • 5:00 p.m.

Proceeds benefit the MVES Inclusive Playground

### Glow Go FUN RUN

**Friday, September 13**  
Industrial Park • 9:00 p.m.

Proceeds benefit CASA

### Rockcastle Kiwanis Run for Kids

**Saturday, October 5**

Downtown Mt. Vernon • 7:00 a.m.

Rockcastle County Students receive free registration

### RENFRO R.A. ROCK 'N RUN

**Saturday, July 11**

Renfro Valley Entertainment Center • 8:00 a.m.

Proceeds benefit the Christian Appalachian Project (CAP)

### 21st Annual JINGLE BELL Run/Walk

**Saturday, December 7**

Renfro Valley Entertainment Center • 8:30 a.m.

Proceeds benefit the Miracle Fund for residents of the  
Respiratory Care Center at Rockcastle Regional Hospital

**For complete race details visit [rockcastleregional.org/county-wide-stride](http://rockcastleregional.org/county-wide-stride)**