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Mount Vernon Signal

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Mount Vernon, Kentucky 40456 • (606) 256-2244 • Volume 138 • Number 4 • 1.00 per copy Thursday, March 14, 2024



The Kiwanis Club was recently presented with a check for \$1,976 from Rockcastle Regional Hospital representing the WOW Moments they have received during 2023. Pictured left to right: Brent Jackson (Jackson Energy), Eliza York-Hansel - Kiwanis President, Chelsea Dillingham - Rockcastle Regional Event Specialist, Angie Mink (VolunteersofAmerica), Judge Jane Venters, and Rose Brown.

Positive feedback to RRH benefits entire community

Positivity pays off. If you don't know exactly how, just ask a Kiwanis Club member.

A few days ago, Rockcastle Regional Hospital hosted the members of the club for lunch at the hospital and presented them with a check for \$1,976. Why this specific amount you may ask?

The amount represents \$1 for every positive feedback they have received over the past year. In other words, at least 1,976 people who have walked through the hospital's doors have taken the time to post on social media, to answer follow-up calls, to contact with an in-person testimonial or thank you card, or to fill out patient satisfaction survey. Each one is something the hospital calls a "WOW moment." Needless to say, hospital staff love WOW moments.

According to hospital

publicist Jana Bray, at their monthly meeting, the department directors go over these positive responses and report back to the front-line staff or service providers. "Kiwanis does such a good job of connecting with the community," says Bray. "It is a tangible way to make a difference by using WOW moments to share back with the community."

"WOW moments energize us," says CEO Steve Estes. "They recharge us and allow us to do the work we do every day." According to Estes, it provides a formula to share that positivity with the community.

Kiwanis President Eliza York-Hansel says that over the past years, since Estes has been CEO at the hospital, they have donated to Kiwanis a total of

(See "RRH" on A5)

RCIDA members hear reports on RGL Park Board and local growth/development

By: Mike French
Editor

Members of the Rockcastle County Industrial Development Authority (RCIDA) held their regular monthly meeting last week with three members attending via Zoom.

Executive Director Jeff VanHook addressed the short agenda, receiving approval of the minutes from last month's

meeting and the financial statement.

The summary of RCIDA account balances shows the Sourcecorp/South Park Project ending balance at \$135,290 and the CDBG Revolving Loan Fund ending balance at \$234,955. The CDBG interest received shows an ending balance at \$38,324. The KPDI Grant Fund shows \$364,854. The total IDA

balance was shown at \$1,090,388.

VanHook then ad-

ressed the city/county meeting the previous

(See "RCIDA" on A5)

Take advantage of recycling center

By: Mike French
Editor

Rockcastle County Recycling Center officials would like to remind everyone that the recycling center is open for all Rockcastle County residents.

The center is located at 2528 South Wilderness Road beside the Rockcastle County Road Department. The center is open Monday through Friday from 7 a.m. to 3

p.m., except on major holidays.

Items that may be recycled include aluminum materials, paper, clear plastic bottles, cardboard, metal and aerosol cans, foil, glass, cell phones, car batteries, empty printers and toner cartridges, computers with no monitors, clocks and much more. For details concerning what can and cannot be recycled, you may call

606-256-1902.

According to officials, bundles of plastic bags of

any kind may not be recycled but officials say

(See "Recycle" on A5)

MVES Spring Carnival Mar. 22

The Mount Vernon Elementary School Spring Carnival is set for Friday, March 22 from 5 to 8 p.m. at the school.

The annual event will include hot dogs, pizza, soft pretzels, chips and drinks as well as many activities, including games, a cakewalk, face painting, a dunk-

(See "Spring" on A5)

Police arrest suspect after attempted arson

By: Mike French
Editor

Police report that Billy Hellard, 45, of Mount Vernon, was arrested and charged with attempted arson last week.

According to the citation by Mount Vernon

Police Chief Joe Rush, police received a call that Hellard was attempting to set fire to a home on Floyd Street. The citation says witnesses met Hellard outside the home where he allegedly chal-

(See "Arson" on A5)

Easter Egg Hunt to be March 16

By: Mike French
Editor

It is once again Hunting Season. Not the "hunting" one might expect -- it is time to hunt Easter Eggs.

The annual Brodhead Baptist and City Hall Community Easter Egg Hunt is set for Saturday, March 16.

The Inclusive Egg Hunt event will begin at 10 a.m. with the actual hunt starting at 10:15 sharp. Children up to 12 years of age, needing extra support from an adult,

are welcome to attend the inclusive egg hunt in the side parking lot of Brodhead Baptist Church. Accommodations, including an accessible changing area, low sensory Easter Bunny, wheelchair accessibility and a calm down space will be provided.

The Community Easter Egg Hunt will begin at 11:45 at the Brodhead Depot Park.

Among the many festivities will be

(See "Egg" on A5)



Spring Sports Underway

Abby Burdette pitches the new season in at Rockcastle County High School. Baseball kicked off their season at Taylor County Monday night and softball hosts South Laurel Tuesday night to begin their season. Softball will host Corbin Saturday at 4 p.m. and next Tuesday North Laurel at 6 p.m. Baseball hosts Lincoln County Friday night and Jackson County next Monday, both at 6 p.m.

Of Special Note Inside

- Viewpoints Pg. A2
- Obituaries Pg. A4
- Sports Pgs. A6&7

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

- Classifieds Pgs. B6&7
- Puzzle Page Pg. B8

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ramblings...
by: perlina m. anderkin

In case you dear readers thought we were in trouble fiscally, as a country, be assured that that is not true, according to recent actions of our Senate and our dear Leader.

They just passed a **\$460 billion spending bill** to avoid a government shutdown (which is only half of the needed money to keep the government running until October of this year so there'll be another bill in a few days). The bill is full of pork/earmarks that, according to these senators are essential to Americans well-being.

Let's just take a look at some of the items covered by this bill. To start with, there's \$880,000 to raise awareness for Monk Seals. Now, I don't know about you, but there's never been a time when I have suddenly thought, "Gee, I wish I knew more about Monk Seals." So, figuring maybe I had missed something in my 82 years, I Googled Monk Seals and this is what I found. They are native to the Northwestern Hawaiian Island, have a life span of 30 years, can hold their breath for 20 minute, sleep about a third of their time and are the only earless seals found in tropical climates. Now why our Senators think it is essential that we are "aware" of this to the tune of \$880,000 is beyond me, but here we are.

Also, New York Democrat Rep. Alexandria Ocasio-Cortez got \$500,000 for her "anti-racist" oyster reef, in Queens Bay, New York. With this money, a diverse student group will be able to study oysters.

Also, \$235,000 is being spent to buy electric cars that people in the housing projects can rent for \$3 an hour. Senator Bernie Sander's earmark is for \$500,000 to study the root cause of why a monument, commemorating the Battle of Bennington in Vermont, is distressed (because it's 150 years old, maybe?).

There's half-million dollars to, basically, ask Polynesian people about their special knowledge. \$1.75 million for the Metropolitan Museum of Art in New York City, which is fine, a little culture wouldn't hurt any of us, but **the MET has an endowment of \$5 billion dollars.**

And more: a \$4 million waterfront walkway in New Jersey; \$3.5 million for Detroit's Thanksgiving float maker's new headquarters; \$1 million for an environmental justice center in New York; \$500,000 for gardens in San Francisco; \$1 million for a non-profit in Minnesota to build a coffee shop and greenhouse for refugees; \$1 million to help San Francisco's organic dairy farmers; \$500,000 for a "cybercrime vehicle" for the Honolulu Police Department; \$1.2 million for bike path resurfacing in Rhode Island; \$209,000 for HVAC replacement for the Charles Town Opera House."

There are also earmarks for bus stop equity, fetish (read LGBTQ) parties, prison solar panels and ankle monitors for cows. Couldn't get exact figures on these yet so prepare to be more infuriated next week, hope-

(Continued on A-3)

Aces Over

By: Mike French



There were a lot of members of mom's family and they were very close.

My mother had 11 brothers and sisters and there weren't many days of the week that we didn't see at least one of them. And, of course, every Sunday, we saw them all. Along with all their spouses and all my cousins. Counting spouses and their children, there were about 40 people that gathered without fail in what most today would call a "family reunion." But it happened every Sunday of the year.

There were never plans made or times set. Everyone just showed up at grandma's house after church on Sunday. It was a big home since grandpa was a sharecropper on what we called "the Bob Combs Place." He lived on a huge farm and in exchange for raising the cattle and the hogs and the tobacco, corn, hay and gardens, he got to live in the huge house and get some percentage of everything he raised.

Mom said one of the reasons he had such a large family was to create helpers on the farm. It must have been hard until they became old enough to be of help. But soon, he had seven healthy, strong men (counting grandpa) and seven healthy, hard working women (including grandma) on that farm.

But on Sunday, all bets were off. If work needed to be done, it got ignored. Sundays were a day of rest and family. Sometimes that meant working late Saturday night, but unless an ox was literally, physically in a ditch, Sunday was family day.

Once there, all the women joined in the kitchen and all the men joined outside. We mostly sat on the ground under what seemed like the biggest Oak tree I have ever seen. The echoing clang of horseshoes could be heard for hours at a time while all us younger ones found ourselves in one of the barns, building a fort out of hay bales. Sometimes the games would

morph into hide-n-seek or some other childhood function.

Usually, before the day ended, my cousin Brian and I would play the guitar and banjo while the family talked and laughed and gathered around us. If we weren't playing music, Brian and I were shooting old Coke bottles with our .22 rifles.

When the food was ready, Walter Robinson (the preacher in the family) would say Grace and we ate until we couldn't hold any more. Everything we ate was grown or raised, prepared and cooked right there on that farm.

Each of the men had served some sort of military service and had stories that would keep us "young-uns" entertained while mom helped her sisters do dishes.

At the end of the day, usually before dusk, individual families would start leaving one at a time. When one started, it seemed to start a chain reaction and soon, there were just a couple left. Each Sunday was a special occasion. Each Sunday was a holiday celebration. A "Family Day" of sorts. Who decided celebrations only come once per year? Our "Family Day" came every Sunday and each one was like Christmas to all of us.

When grandpa and grandma passed away, somehow those family days left with them. There were a couple of families that came to our house each Sunday and a couple families that gathered at other houses and so on. But there was no longer one location where all gathered. I saw some of them less and less as time went on.

My own family was the same. My children and I met at mom's and dad's house every Sunday for countless years. But it was just us. About eight of us every Sunday. Dad died in 2011

(Continued on A-3)

T.J.'s Journal

By: Tonya J. Cook



Learning New Things as I Start a New Chapter in Life

Dear Journal,

I've found myself in a new situation. Stanley has returned to work recently and it leaves me alone most all day with very little to do. Oh, yes, there is plenty to be done, but there is very little that I am physically able to do. I can look all around and see sooo many things that need to be done that it just about makes me sick...literally.

I've had to look elsewhere to find things to occupy my time. I've found something that is not only entertaining but rather educational, I get on my phone and search YouTube and Google for topics that are of interest to me. Surprisingly, there are all kinds of things on there to learn. I'm drawn to biographies about people of interest, some very delicious sounding recipes, beautiful pictures of foreign countries and their ways of life. I'm particularly drawn to the Royal family of England. I guess I'm a royal watcher. The Queen was my particular favorite. She is my role model. I know all about her. She has a Scottish piper to wake her up every morning at 9:15 AM to lovely bagpipe music. Then, she has a warm bath drawn for her in exactly seven inches of water. She has

a lady in waiting to help her dress in an outfit of clothes that has been especially prepared and tailored for her. It is burned after the first wear. The color has been carefully coordinated so all of the royal ladies won't show up at an event wearing the same color. The Queen gets first priority ...in everything. She even has an official lady in waiting that breaks in her shoes so they won't hurt her feet. The Queen has a limitless array of fine jewels worth untold millions to wear. Some pieces nobody can wear except the Queen. She may loan out a piece here or there to another royal but not of her private collection. She always wears Sally Hansen ballerina slipper pink nail polish.

For breakfast, she has the usual that consists of Special -K, two pieces of toast with jam and Earl Grey tea. Then she is ready for the day. First thing, she is to get briefed on affairs of state by the Prime Minister. Queen Elizabeth has seen many come and go, being the world's longest reigning monarch. Upon meeting the Queen, one is to bow if you are a man or curtsy if a woman. She is never to be touched. The

(Continued on A-3)

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Rockcastle County Recycling Center
open for recycling drop-offs

The Rockcastle County Recycling Center is located at 2528 South Wilderness Rd (US 25 South) beside the Rockcastle County Road Department Garage and is open Monday thru Friday from 7 a.m. until 3 p.m. (closed on major holidays).

The following items may be recycled:

Newspapers w/inserts, magazines, catalogs, office paper, junk mail, shredded paper (needs to be bagged), books, phone books (paper products cannot be plastic lined or coated), cardboard (both corrugated and slick), plastics #1 Pet or Pete, plastics #2 HDPE, (no sheet plastics or plastic bags of any kind; no buckets or totes, no matter what number is on it), metal cans, aerosol cans, aluminum cans, aluminum foil, aluminum pie plates, glass bottles and glass jars (lids must be removed and discarded), old cell phones, car batteries, empty printer and toner cartridges, old computers (no monitors of any kind) and computer accessories, telephones, radios, digital clocks, (no televisions of any kind), rechargeable batteries (if the battery says rechargeable on it, then it is recyclable), and large bulky metal items.

Clean used motor oil may also be dropped off at the Rockcastle County Road Department Garage.

Recycling Drop-Off Trailers are available for use at:

- Brodhead (behind City Hall)
- Conway (by Brindle Ridge Volunteer Fire Dept.)
- Livingston (between Liv. Fire Dept. & City Hall)
- Pongo (by Pongo Volunteer Fire Dept.)
- Climax (by Climax Volunteer Fire Dept.)

Violations may be issued for putting trash in the recycling trailers!!!

If you have any questions, you may call the Rockcastle Solid Waste Office at 606-256-1902.



Funded in part through a grant from the Kentucky Pride Fund, Division of Waste Management.

March is
Colorectal Cancer Awareness Month

Did you know?

Colorectal cancer is the second leading cause of cancer deaths in the U.S.



Are you
Over Age 45?

Rockcastle Regional is offering FREE at-home colorectal cancer screening kits (FOBT - fecal occult blood test) during the month of March. Results will be mailed to participants. For more information, call (606) 256-7381. Screening kits are available at the following locations:

- Brodhead Pharmacy •
- Mt. Vernon Drug •
- Rockcastle Professional Pharmacy •

Return your kit by March 31 to the Rockcastle Regional Hospital laboratory to be entered to win an Amazon gift card!

ramblings...

(Coninuted from A2) fully.

All together, according to Senator Rand Paul, there are 6,000+ earmarks in this one spending bill totaling \$12.7 billion dollars. Another spending bill is needed to continue funding the government through September of this year and, Paul said, "if there were 6,000 earmarks this week, I'm guessing they'll have 6,000 next week... This is an insult to the American people. The earmarks are all the wasteful spending that you could ever hope to see ...". The spending bill has been signed into law by Biden.

You would think the least Republicans could do would be to fight for border security in one of these spending bills but - crickets on that!!

Paul is being touted by many (Elon Musk for one) as Senate Republican leader, a position our other senator will vacate in November of this year but SHOULD have va-

cated 15-20 years ago to benefit this country, IMHO.

The government is also trying to sneak \$15 million in funding to start electronic tagging for cows and bison in Kentucky. Rep. Thomas Massie (R-4th district), speaking on the House floor said "Mandating electronic tags for cattle is the beginning of the END of the American rancher. It will prevent farmers from marketing their cattle if they are not in compliance. It's the beginning of the end of multi-generational farms in Kentucky."

Just a heads up. Cattle ranchers need to contact Harold Rogers (R-District 5) and voice their opposition to this attempted ruination of cattle ranching in our state (not that I expect it to do much good unless McConnell approves it, just saying).

The Kentucky legislature, now in session, is not without their ridiculous moments such as recently when a lady Democrat Senator from

Louisville gave an impassioned speech explaining that if pedophiles were only furnished with blow-up dolls, that would satisfy their perverted leanings. It was amusing as the camera panned the room she was speaking in to see the expression on the faces of other legislators during her speech. Eye rolling, galore!!

Have you been reading about the turmoil going on in Haiti in which a former police chief, and his fellow rioters, have basically taken over the country, released 4,000 dangerous Haitian prisoners and there are alleged cannibalism and demonic rituals happening on Haiti's streets in broad daylight. But, never fear, Congress is poised to send the country \$133 million more in foreign aid to keep said rioters happy.

And, how about those officials in San Francisco? Kelly Wong, a non-citizen Chinese immigrant, has been sworn in after being elected to serve on San Francisco's Election Commission. This despite FEC rules banning foreigners from taking part in the electoral process at local, state and federal levels.

And, a final "feel-not-so-good note." The AP is reporting that Ukraine says corrupt officials stole \$40 million meant to buy arms for the war. Ukraine's security service says employees from an arms firm conspired w/ defense ministry officials to embezzle almost \$40 million earmarked to buy mortar shells for the war with Russia. And to that, I say, poppycock. \$40 million would just be a drop in the bucket of the funds stolen from the \$150 billion we have shipped to Ukraine so far (with not one iota of oversight), not counting what other NATO countries have given them.

And, one final word on the illegal immigrant atrocity gripping our country, Senator Tommy Tuberville is saying to prepare for half a million plus Palestinians to be flown into the US in the dead of night, "courtesy of the B-dope crime syndicate."

And that is absolutely all the depressing news I can bear to impart for another week.

T.J.'s

(Continued from A2) Queen is addressed as "Your Majesty" at first, then "Ma'am" thereafter. She speaks first. If she offers her hand only then you may briefly shake her hand. You are to never turn your back to the Queen, never sit if she is standing, never stand if she is sitting, and if din-

ing with her, you only eat when she eats and when she is finished you had better be finished, too. She begins the conversation with whomever is to her immediate left and then when she is finished with that conversation, she begins to her right. There is so much protocol to learn about an encounter with any of the royals, especially the Queen. She signs her name only with ER (Elizabeth II Regina), Queen in Latin. No one walks ahead of the Queen, not even her husband, Prince Phillip, is allowed to walk by her side. This is only a small portion of the protocol and knowledge of the royals.

Aces

(Coninuted from A2)

and mom couldn't handle the farm alone. She eventually sold the old home place and her medical bills and elderly homes used up the money before she joined dad. The story of countless American families these days.

So now, I see my own children about twice per year. My daughter has never even been to my current home after almost three years.

I don't know what happened.

I guess the truth is, everything in life is different today than it was in the 60s. What we do, where we go, how we respond, and even what we believe as a people, has changed completely. Family gatherings, as I remember them, no longer exist in my family.

I miss those days with all my heart but as time moves on and life takes different directions, I realize nothing lasts forever.

If I could change one thing in life, it would be that during each of those Sunday family days, I had taken the time to stop, sit alone in a corner of the farm, and thank God for each moment. I wish I had appreciated how wonderful such times were. If I had known they wouldn't last, perhaps I would have. But when one is young, they think such times will last forever. They don't.

My own personal advice to all who may read these words, is just this. When you find yourself in a moment of family time and are around those who won't always be there, cherish each moment. Be thankful for each breath while those you love are nearby. It is a blessing many won't realize until it is gone. Someday, they will all be either gone or too busy for such things.


Chamber Coffee Hour

Chamber Coffee Hour is open to the public on Wednesday, March 20th from 8 a.m. to 9:30 a.m. The Chamber has an open invitation to Rockcastle residents to join in a casual discussion about the Lake Linville Park amenities.

The City of Mount Vernon has made recent improvements and are planning future work. They would like to hear your visions of how the park can be expanded and improved.

The Chamber office is located at 100 Richmond Street in Mt. Vernon. If you have any questions, call Lynn Tatum @ 606-308-4646.

The Friday Night Gospel Singing Proudly Presents!



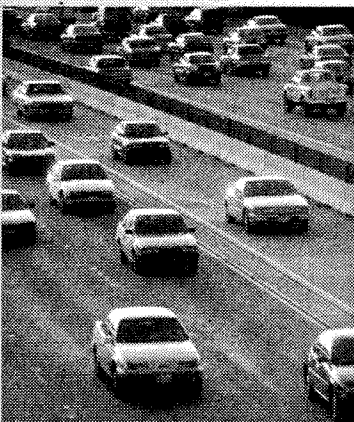
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Rockcastle County Bookmobile Schedule
Monday, March 18th: Spiro, Level Green, Willailla, KY 3245 and Bryant Ridge. Tuesday, March 19th: Ottawa and Bee Lick.

MVES Parent/Teacher Conferences
Parent/Teacher Conferences for Mt. Vernon Elementary will be held Thursday, March 28th from 4 to 6 p.m. for the next three weeks.

BHS Alumni Banquet

Brodhead High School Alumni Banquet will be held Saturday, April 6, 2024. Honored classes this year will be: 1949, 1954, 1959, 1964 and 1969. You should have received a letter. All graduates are invited to attend. The meal is \$20 per person. To make reservations, please send money to Brodhead Alumni, Brodhead School, P.O. Box 187, Brodhead, KY 40409 by March 27, 2024. Questions? Call Judy King at 606-510-3759 or Susan Daugherty 859-200-9230.

KPR Meeting March 25

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Monday, March 25th at David's Steak House in Corbin. Mealtime will begin at 11:30 a.m. with the meeting to follow. Guest speaker will be Tracy Garrison from Humana. Retirees (and spouses) receiving retirement benefits from KERS, CERS or SPRS are welcome to attend. Membership information will be available at the meeting or on the website (kentuckypublicretirees.org). For more information, call 606-260-0490.

Vietnam Veterans Meeting Date

Vietnam Era Veterans, that graduated from 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 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/or District Commander 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 Limestone Grille the second Thursday of every month at 6 p.m. If you wish to eat before the meeting, arrive at 5 p.m. For more info, call Commander Kathy Bobo at 606-308-1208 or Chaplain B.J. Thomason at 859-358-2882.

DAR Meetings

The Rockcastle Chapter of the Daughters of the American Revolution meets the first Monday of each month, September-May at 6 p.m. at First Christian Church in Mt. Vernon. All prospective members are welcome to attend.

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, Kathryn 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: Kathryn Pope, 606-308-3099 or Shell Bader 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.

Obituaries

Michelle Lee Baker

Michelle Lee Baker, 55, of Crab Orchard, died Wednesday, February 28, 2024, at Ephraim McDowell Hospital in Danville. She was born March 2, 1968, in Mt. Vernon, a daughter of the late William Boyd and Evelyn G. (Pittman) Kidwell. She had been a museum curator. She found great joy in gardening, music, singing, animals, and spending time with her family.

Those left to celebrate her life are: her husband, Mark Baker; her children, Amber Tucker of Livingston, Sarah Green (Austin) of London, and Betsy Baker of Lexington; her grandchildren, Liam Tucker, Nyméria Green, Cameron and Killian Baker, and Evelyn Michelle; her brothers, Keith Kidwell (Steven) of Nashville, TN and Billy Kidwell of Livingston; her sisters, Sheila Polly of London, Tammy Kidwell of Roundstone, and Heather Kidwell of Mt. Vernon; as well as a host of nieces/nephews, friends and neighbors.

Besides her parents, she was preceded in death by a brother, Paul Kidwell.

Memorial service will be held Saturday March 16, 2024 from 2 to 4 p.m. at Marvin E. Owens Chapel.

In lieu of flowers donations can be made to DYF Concord CA, 94518 or charity of your choice.

Memorial service will be Saturday March 16 from 2 to 4 PM at the Marvin E. Owens Chapel.



Dorlies Jean Van Hoose

Dorlies Jean Van Hoose (better known as Dottie) was born in Estill on July 17, 1932, to Ephram and Julie Bell Edwards. Her siblings included Evelyn and Melvin, Lloyd (spouse, Vera), Bruce (spouse, Ruth), Ella Rose (spouse, Raymond Lafferty), and Cecil (spouse, Margaret). Dottie attended Wayland High School in Wayland and graduated in 1950. She grew up in the hills of Eastern KY at the mouth of Martin Branch Holler and was a true coal miners' daughter. Her father worked in the coal mines his whole life providing for her and her three brothers and one sister. She was preceded in death by her mom, dad, two brothers and her sister. She is survived by her brother, Cecil and sister-in-law, Margaret.

Dottie married Bill Van Hoose on September 6, 1952, after Bill returned from the Army. After they married, they initially lived in KY. They settled in Ohio where they started their family. Together they had five children, Ron (spouse, Pam), Tom, Kathy (spouse, Frank-deceased), Gary (spouse, Cindy) and Becky (spouse, Gary). She worked as a hotel housekeeper for many years after her children were in high school. She was preceded in death by her husband Bill whom she was married to for over 50 years.

Mrs. Dottie loved to cook and can foods, especially for family. The family reunions were always a highlight for her each year. She loved being with all her cousins, aunts, uncles, and their children. Her favorite role was being a parent and grandparent. She was a grandmother to 10: Brandon, Jennifer, Jon, Sarah, Clint, Mindy, Boe, Lara, Jarrod, and Adam. Great grandmother to 13: Jacob, Logan, Walker, Millie, Bowen, Ethan, Avery, Jordyn, Bella, Jonathan II, Zoe, Tyler, and Bryson. She treasured her time with the grandkids and great grandkids and loved being Grandma Dot.

Dottie was always there for anyone in the family or anyone that needed help or a friend. She was a loving Aunt to her many nephews and nieces. She loved her nieces and nephews as much as her own children. She was a devout Christian and showed God's love and compassion to everyone. Her most recent church in Arizona was The Free Will Baptist church in San Tan Valley, Arizona.

Dottie will always be remembered for her love of family and the support she gave to her family. We could not have asked for a better mom, and we will miss her deeply everyday. Her memory will be etched in and live on in the hearts of all that knew her.

Funeral services will be conducted at 12 p.m. on Saturday, March 16, 2024 at Cox Funeral Home with Pastor Howard Gwartney officiating. Burial will follow in Cresthaven Cemetery.

Arrangements are by the Cox Funeral Home where friends may visit from 11 a.m. until service time on Saturday.

View the complete obituary, sign the guest registry, or send condolences to the family online at www.coxfuneralhomeky.com

Robert Bustle

Robert Lonnie Bustle, 78, of Orlando, died Tuesday, March 12, 2024 at Rockcastle Regional Hospital.

Funeral services will be held at 11 a.m. Friday, March 15, 2024 at Dowell & Martin Funeral Home. Burial will follow in Briarfield Cemetery.

A complete obituary will appear in next week's Signal.

Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook page to view online obituary.

Ella Rader

Ella Faye Rader, 77, of Orlando, wife of Mitchell Rader, died Saturday, March 9, 2024 at Rockcastle Regional Hospital.

Funeral services were conducted Wednesday, March 13, 2024 at Dowell & Martin Funeral Home. Burial was in Johnetta Cemetery.

A complete obituary will appear in next week's Signal.

Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook page to view online obituary.

Jerry Smith

Jerry A. Smith, 74 of Louisville, died Friday, March 1, 2024 at the home of his daughter, surrounded by family. He was born at Burr in Rockcastle County on September 30, 1949, the son of Arbra and Alice Turner Smith. A 1969 graduate of Livingston High School, he was a retired employee of General Electric and a member of the National Street Rods Association. Besides spending time with his family, he loved hot rod cars and trucks, swap meets, flea markets, and hanging out with his long-time best friend, John Gardner.



He is survived by: his children, Shawn Smith and wife Amanda of Louisville, and Tara Yearns and husband Bruno of Mt. Washington; his grandchildren, McKenna Kaelin and husband Dillon of New Salsbury, IN, Cole Smith and girlfriend Hannah Schank of Louisville, and Kaden and Kynlee Yearns of Mt. Washington; his great grandchild, Crew Kaelin; a brother, Ronnie Smith of Mt. Vernon; his sisters, Sandra Cromer and husband Mike of Conway, Ola Smith of Brodhead, and Joann Jones of Mt. Vernon; and his best friend of 57 years, John Gardner. In addition to his parents, he was preceded in death by brothers, Swonnie, Jessie, and Darrell Smith and sisters, Pat Smith, Rose Smith, and Sue Gambrell.

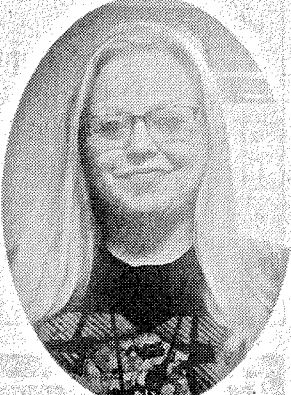
Funeral services were conducted Thursday, March 7, 2024 at the Dowell & Martin Funeral Home Chapel by Bro. Ova Baker, pastor of Chestnut Ridge Church of Christ. Burial followed in Smith Cemetery at Burr.

Pallbearers were: John Gardner, Cole Smith, Ronnie Smith, Shannon Smith, Shawn Smith, Bruno Yearns, and Kaden Yearns.

Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook page to view online obituary.

Lindsay May York

Lindsay May York, 38, died Monday, March 4, 2024, at UK Chandler Medical Center in Lexington. She was born December 5, 1985, in Jacksonville FL, the daughter of the late Richard and Crystal York. She was member of Livingston Baptist Church. She enjoyed sharing the message of Christ and loved her daughters second only to the Lord. She was a Case worker for Pinnacle Treatment Center in London.



Those left to celebrate her life are: her children, Kirsten and Haley Fletcher of Mt Vernon; and one brother, Michael York of Livingston.

She was preceded in death by her parents, Richard and Crystal (Brown) York.

Funeral services were held Friday, March 8, 2024, at Marvin E. Owens Home for Funerals Chapel with Bro. Josh Hasty officiating. Burial was at Piney Grove Cemetery.

Donovan Mullins

Donovan Wayne Mullins, 50, of Mt. Vernon, died Tuesday, March 5, 2024 at the University of Kentucky Medical Center in Lexington. He was born in Rockcastle County on September 23, 1973, the son of Jerry Wayne and Karen Smothers Mullins. A graduate of Rockcastle County High School, he had been a welder for Hyster Corporation and was a member of First Baptist Church of Mt. Vernon.

He is survived by: his children, Andrew Mullins of McKee, and Jacob Mullins, Morgan Mullins, Audrey Mullins, and Charleigh Mullins, all of Mt. Vernon; his mother, Karen Smothers Mullins Noe of Mt. Vernon; his father and step-mother, Jerry and Sue Mullins of Louisville; his sisters, Debbie and Johnny Mobley of Brodhead, Phyllis and Dale Coffey of Somerset, Kathy and Dave Bell of Cox's Creek, Angie and Damon Moats of Shepherdsville, and Barbara Mullins of Louisville; and his girlfriend, Lisa Price. He was preceded in death by: his dad, Jack Noe; his maternal grandparents, Charlie Smothers and Dorothy Smothers Brown; and his paternal grandparents, Leon and Georgia Mullins.

A celebration of life was held Saturday, March 9, 2024 at Dowell & Martin Funeral Home.

Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook page to view online obituary.



David Scott Culton

David Scott Culton, 70, of Orlando, died March 7, 2024, at U.K. Medical Center in Lexington. David was born December 25, 1953, in Richmond, to Omer and Ona (Hall) Culton. David enjoyed hunting, fishing, and spending time with his wife Cynthia. David was also active with the Rockcastle Senior Citizens group and all the caregivers were proud to call him their friend.

Those left to celebrate his life are: his brother, Randel and Susan Culton of Irvine; his sister, Zella Broadus of Berea; as well as a host of stepchildren, nieces, nephews, step-grandchildren, and step- great grandchildren.

David was preceded in death by: his parents, Omer and Ona (Hall) Culton; his first wife, Mary Carpenter Culton; his second wife, Cynthia Cameron Culton; brothers, Luther, Mason, and Robert Culton; two infant children, Jr and Clayton Culton; brother-in-law, James Broadus; and sister-in-law, Verdine Northern Culton.

Visitation will be Friday, March 15, 2024 at 11 a.m.-1 p.m. Funeral service will start at 1 p.m. at Marvin E. Owens Chapel with Brother Buford Parkerson officiating. Burial will follow in Oak Hill Cemetery.



• Church News •

Special Singing at Maretburg Baptist

The Medley Boys will be the featured singers at Maretburg Baptist Church's service on Sunday, March 24, beginning at 6 p.m.

Special Singing

There will be a Special Singing at Philadelphia Baptist Church Sunday, March 24, beginning at 3 p.m., featuring New Harvest. Everyone is cordially invited to attend.

Guest Preacher

Mike Upright will be preaching at Crab Orchard Pentecostal Church on Sunday, March 24th at 6 p.m.

Bro. and Sister Welch and congregation invite all.



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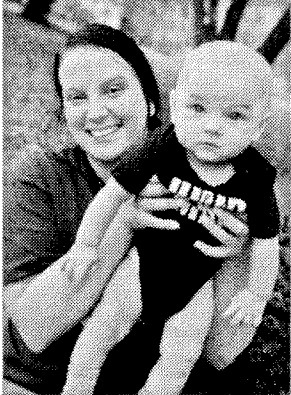


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RCIDA

(Continued from front) week when city and county officials discussed growth and development in the area saying the meeting was useful for all involved. VanHook also said the City of Mount Vernon has now paid \$6,000 to meet their agreement to provide \$1,000 per month in program support six months ago.

VanHook also reported success after the first RGL (Rockcastle/Garrard/Lincoln) Regional Industrial Park board meeting held last week.

VanHook, who also serves as the Executive Director of the RGL Park board, said representatives of Delta Gas were present as well as all three county Judge/Executives and two members from each county's IDA Board.

The RGL board established their original budget and discussed many items concerning the new regional park board, including electing board officers. The board also adopted bylaws with the articles of incorporation. The board also voted to begin regular monthly meetings on the first Tuesday of each month at 1 p.m., with the meeting site alternating between the three counties.

The RGL board then entered closed session to discuss potential projects and contracts. Upon reopening the meeting, the board voted to give VanHook authority to act upon grant opportunities.

The new group discussed many plans and potential development opportunities underway with a regional view in

mind. In fact, the December, 2023 issue of FDI Alliance International magazine, focused on the recent work of VanHook, Holbrook and other county leaders for organizing the new regional industrial park, among other economic development plans. "This is big," VanHook said. "Being featured in this international magazine puts a new focus on Rockcastle County. Our site is among the top industrial sites in the state and in the nation. Big changes are coming."

VanHook then provided his monthly RCIDA report to the board. The lengthy report discussed VanHook's many trips to Frankfort, often accompanied by Judge/Executive Howell Holbrook, Jr., meeting with legislatures of the House and the Senate. "Opportunities to promote our several different sites have been increasing," said VanHook. "A high focus has been to regularly contact, discuss and share Rockcastle County with representatives of various county government, state, federal and private entities. Continuing to attend various functions throughout the year will be crucial to our future successes." VanHook says a major goal for the progress of the community is "to increase awareness and following of RCIDA in the community."

Having no further business, the meeting was adjourned. The next regular meeting of the RCIDA is scheduled for Wednesday, April 3 at 8:30 a.m. in the courthouse.

Egg

(Continued from front) inflatables, food trucks, the Easter Bunny and more. Bring your own basket to the event.

Ages up to two years old will hunt beginning at 11:45 while those 3 to 5 will begin at 12:15. Those that are 6-10 will begin their hunt at 12:30 p.m.

The events are partly sponsored by Citizens Bank and even those without young hunters are invited to enjoy the festive day at the park.

Arson

(Continued from front) lenged them to a fight saying he was owed money and was trying to get it.

The report said Hellard had left the scene but police located him and took him back to the home in question in order to question him and the alleged victims together.

Upon arrival at the scene, police say they smelled a strong odor of Kerosene which reports indicate Hellard had spread on the porch and the side of the home prior to police arrival.

Hellard admitted to pouring the kerosene but said he was only attempting to scare the occupants in order to collect his money, according to the citation.

Hellard was transported to the Rockcastle County Detention Center where he was charged with attempted arson. His bond was set at \$20,000 cash/property.

RRH

(Continued from front) \$8,000 from WOW moments alone. "I have

personally sent in several to let them know that they are appreciated."

Kiwanis's spending projects focus on meeting the needs and healthy development of children. Among the endeavors, they sponsor the Back Pack Snack program, scholarships, Save the Children, donations to sports programs and other requests.

Recycle

(Continued from front) you may bag shredded paper to be recycled. Clean used motor oil may also be recycled.

Recycling drop-off trailers are available for use in Brodhead (behind City Hall), Conway (beside the Brindle Ridge Fire Department), Livingston (beside the Livingston Fire Department), Pongo (beside the Pongo Fire Department) and Climax (beside the Climax Fire Department).

Officials say violations may be issued for anyone who places household trash in a recycling bin or a recycle trailer.

Spring

(Continued from front) ing booth, sand art, a photo booth and more.

There will also be a silent auction with bidding ending at 7:30.

Photos of the silent auction items will be placed on social media page but bids will only be accepted at the carnival.

Officials at the school are still accepting donations of water and items for the silent auction.

All proceeds from the event will be used for MVES student school

supplies, items for student instruction, student incentives and other items directly related to student benefits.

Tickets will be \$1 and

all activities and concessions will be paid for using tickets.

Everyone is invited to the event. No cards will be accepted.

Mamaw's Kitchen

By Regina Poynter Hoskins

GINGERSNAP MINI MUFFINS

These are especially good with lemon curd spread on them.

1/4 cup sugar
1/4 cup firmly packed brown sugar
1/2 cup butter, softened
2/3 cup light molasses

1 egg
1 and 1/2 teaspoons baking soda

1 teaspoon cinnamon
1 teaspoon ground ginger
2 teaspoons lemon zest
2 and 1/2 cups all-purpose flour

1 cup low-fat sour cream
Preheat oven to 375°.

Grease 48 mini muffin pans or 30 regular sized muffin pans. Combine sugars, butter, molasses, egg, baking soda, cinnamon, ginger, and zest.

Beat at medium speed until well mixed. Add flour and sour cream; continue beating until well mixed.

Spoon batter into muffin pans, filling cups 3/4 full. Bake for 11 to 14 minutes or until toothpick inserted in center comes out clean.

Let stand for 5 minutes; remove from pans.

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.

CHOCOLATE SALAMI
4 bars (3.5 ounces each) dark chocolate (70% cacao), chopped

1 can (14 ounce) Eagle Brand® milk
3 cups coarsely chopped shortbread

1 teaspoon vanilla
Powdered sugar

In a medium saucepan combine chocolate and Eagle Brand® milk. Heat over medium-low heat until chocolate is melted, stirring frequently. Remove from heat.

Mixture is thick so I use a rubber spatula to mix the chopped cookies and flavoring into the melted chocolate. Sprinkle 3 large sheets of parchment paper generously with powdered sugar. On each sheet of parchment paper, shape the chocolate mixture into a log about 12 inches long and one or two inches in diameter.

Wrap each log in parchment paper. Chill for at least 8 hours or up to 24 hours. Slice before serving. NOTES: Try with cookies of your choice or nuts.

MARCH IS
COLORECTAL CANCER
AWARENESS MONTH

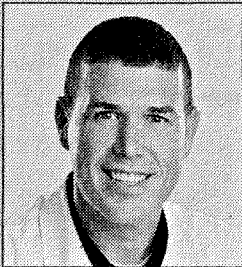


Join us for an event to raise awareness for and learn more about colon cancer and how to prevent it. The event will feature a speaker panel of experts, including family practice physician, Dr. David Bullock, general surgeon, Dr. William Bakhos, and medical oncologist, Dr. Justin Williams.

Dinner with a Doctor
Tuesday, March 26, 2024
5:30 PM • Rockcastle Middle School



Dr. William Bakhos
Surgeon



Dr. David Bullock
Family Medicine



Dr. Justin Williams
Oncologist

Free meal • Health education • Mobile Health Clinic: Guardant Colorectal Cancer Screenings 4:30-6:30 pm

RSVP to Kaitlyn Smith at (606) 256-7381
by Wednesday, March 20.



ROCKCASTLE
FAMILY WELLNESS

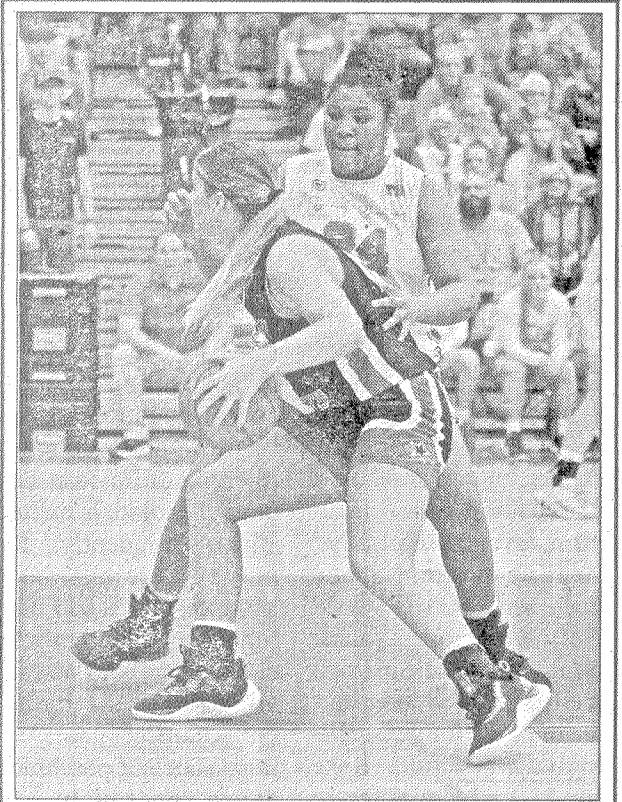


ROCKCASTLE
HEMATOLOGY/ONCOLOGY
CLINIC OF KENTUCKY

SPORTS

Lady Rockets lose to DCA in 12th Region Semi-Finals

The Lady Rockets were knocked out in the semi-finals of the 12th Region Tournament last



Talynne Shearer works to the basket during the Lady Rockets' loss to Danville Christian Academy in the semi-finals of the 12th Region Tournament.

Friday night by a good, big Danville Christian Academy team, 62-47.

The game was never really in question, as the Rockets fell behind 17-7 at the first quarter stop; 32-16 at the half and 49-31 at the end of the third quarter.

Turnovers plagued the Rockets, 11 the first half, along with poor shooting.

DCA had a 6'4" girl to play under the basket and another one, almost as tall, that was a good shot from the perimeter and accounted for several of the nine three point baskets DCA got while the Rockets were only hitting three threes, all by sophomore Taylor King.

The Lady Rockets hit six of eight free throws while DCA was putting in

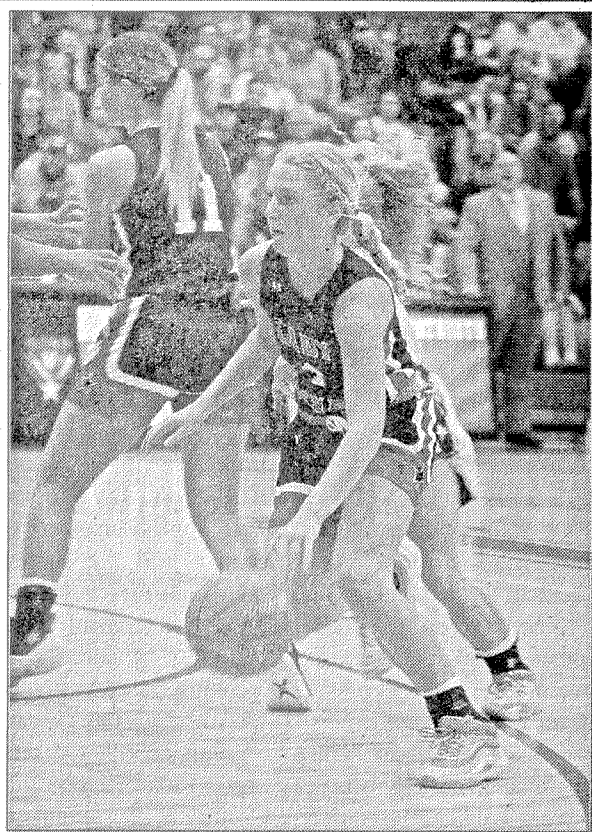
11 of 22.

King led the scoring for her team with 21 points; Abby DeLeon got eight; Camryn Cash three; Talynne Shearer and Ella McKinney four each; Brylee Mullins, Sadie Osborne and Tessa Begley two each and Kinsley Smith one.

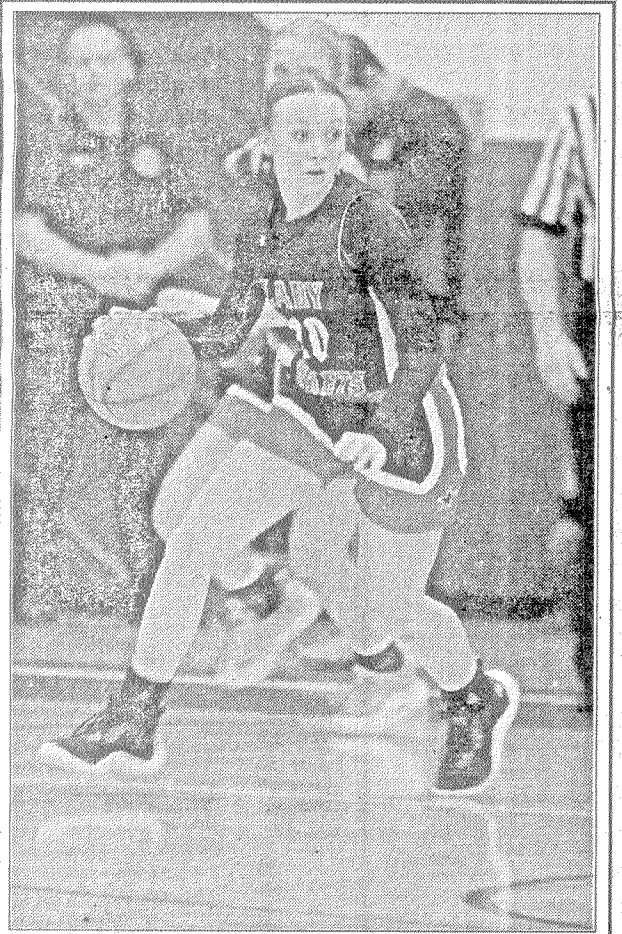
King also led in rebounding for her team with six. Shearer grabbed four; Markley Richards and Abby DeLeon three each; Cash two and Begley, McKinney and Mullins one each.

Danville Christian Academy went on to win the 12th Region title Saturday night by defeating West Jessamine.

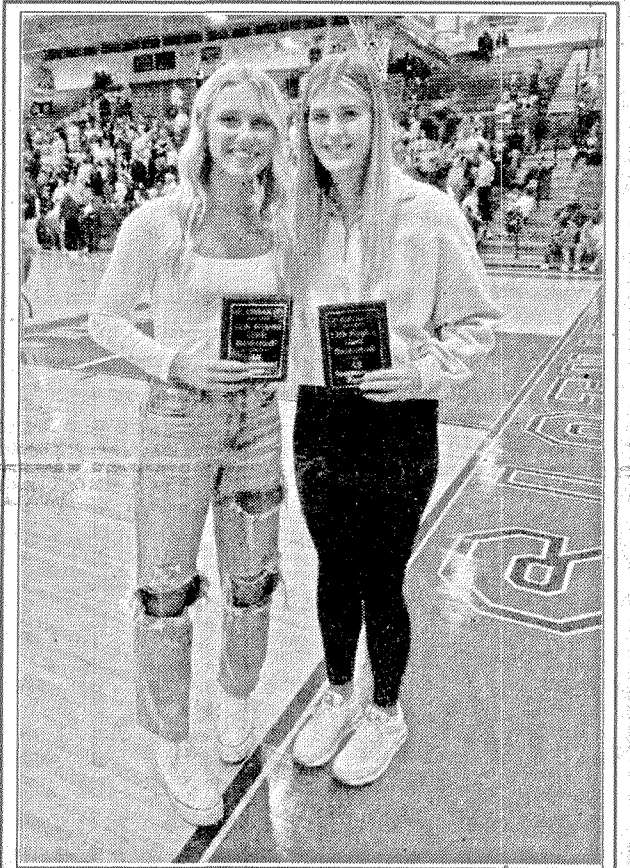
King and Shearer were named to the All-Tournament team.



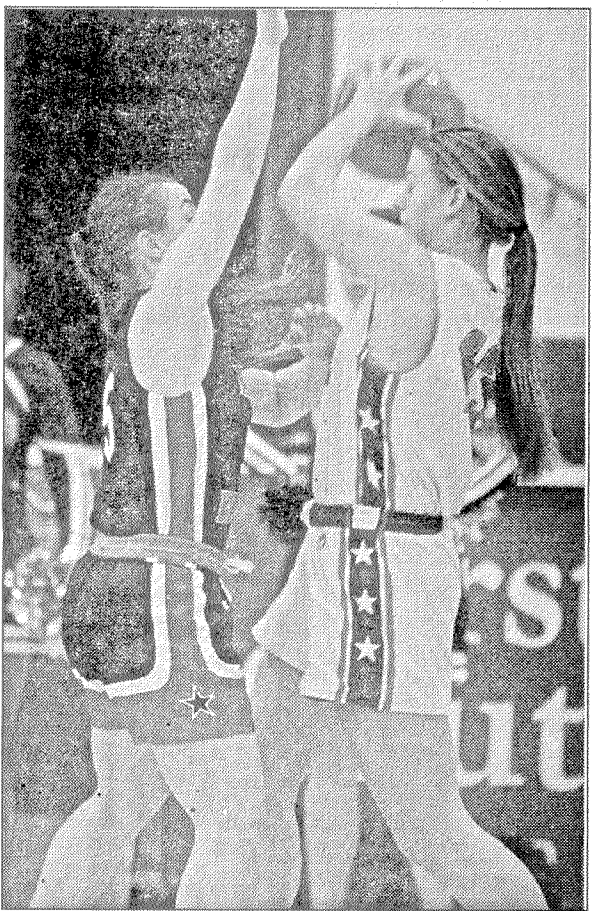
Taylor King drives around a screen by teammate Talynne Shearer during the Lady Rockets' loss to Danville Christian Academy in the semi-finals of the 12th Region Tournament. DCA would be the eventual champion of the tournament.



Camryn Cash works around the perimeter during the Lady Rockets' loss to Danville Christian Academy in the semi-finals of the 12th Region Tournament.

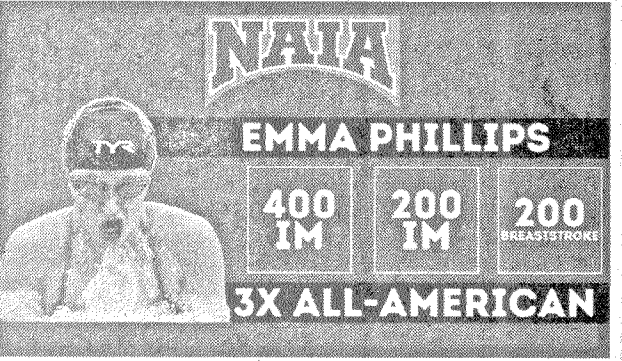


Sophomore Taylor King and senior Talynne Shearer were named to the 12th Region All-Tournament Team.



Markley Richards applies defensive pressure during the Lady Rockets' loss to Danville Christian Academy in the semi-finals of the 12th Region Tournament.

Emma Phillips receives multiple NAIA All-American honors



Union College women's swimming and diving freshman Emma Phillips recently collected multiple NAIA All-American honors after her performance at the NAIA National Championship.

At nationals, placing within the top-8 in any event earns athletes the esteemed All-American honor. Emma's outstanding performance across all of her events resulted in her receiving three NAIA All-American honors.

Her standout achievement came in the 400 IM where she clinched a fourth-place finish. Following this, she secured

a fifth-place finish in the 200 IM and a seventh-place finish in the 200 yard breaststroke event.

Union head swim coach Ryan Winders shared these sentiments:

"Emma was absolutely incredible this weekend. She was focused from the very beginning of the meet. She went out and accomplished the goals she set for herself and really made a statement about Union and what we are doing with our program. It has been a while since we have had an All-American here, so to have three honors in one year is outstanding. I'm excited for what the future has in store for her."

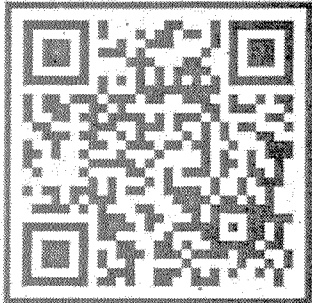
UNITE Community Celebration

Thursday, March 21st 2024
Rockcastle County High School

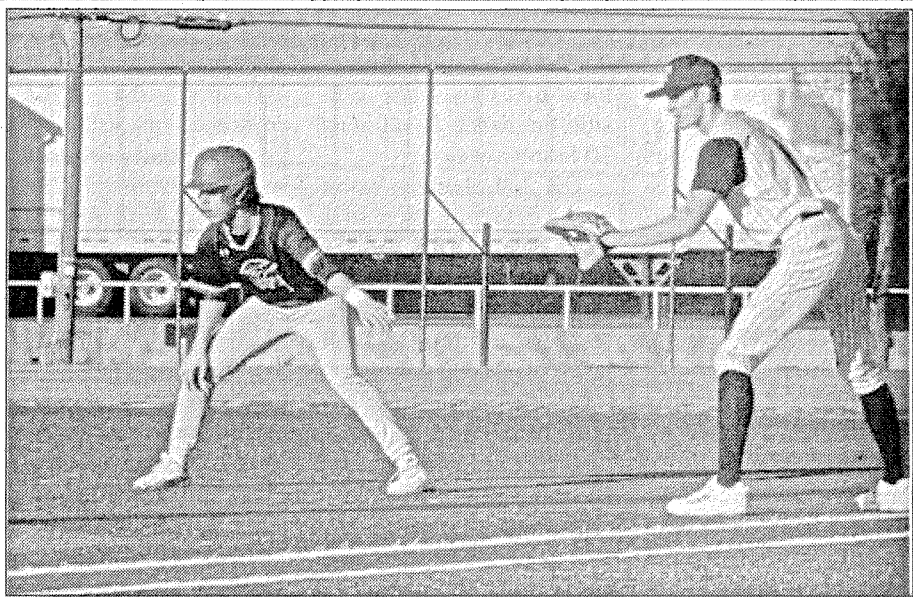


Be part of an unforgettable evening of inspiration and unity at the UNITE Community Celebration, with Keynote Speaker Jim Morris (THE ROOKIE). Operation UNITE is a collaborative model to prevent substance misuse and facilitate recovery

Doors Open at 5:00 pm
Program Starts at 5:30 pm
FREE MEAL PROVIDED
Please RSVP via QR Code or Link



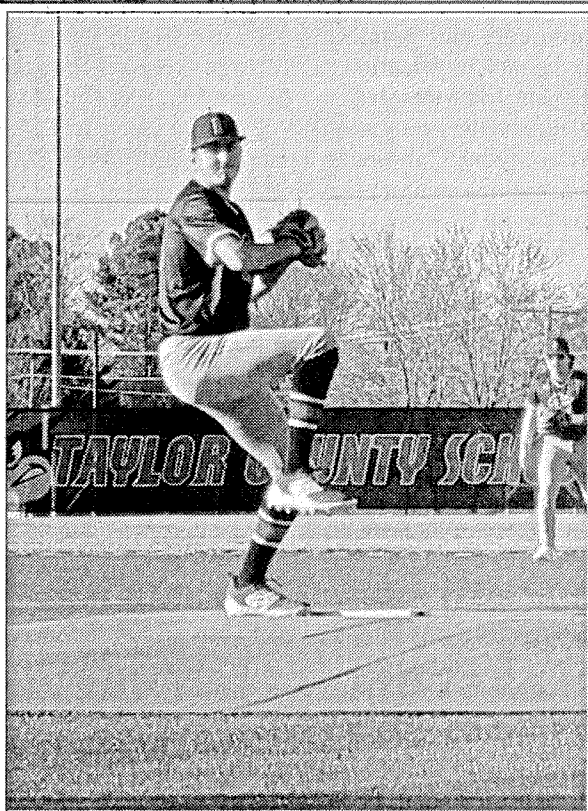
The Rockcastle County UNITE Coalition Community Celebration is brought to you in cooperation with Operation UNITE, the Rockcastle Fiscal Court, and Rockcastle County Schools



Zeke Fain takes a lead off first during the Rockets' loss to Taylor County Monday night.



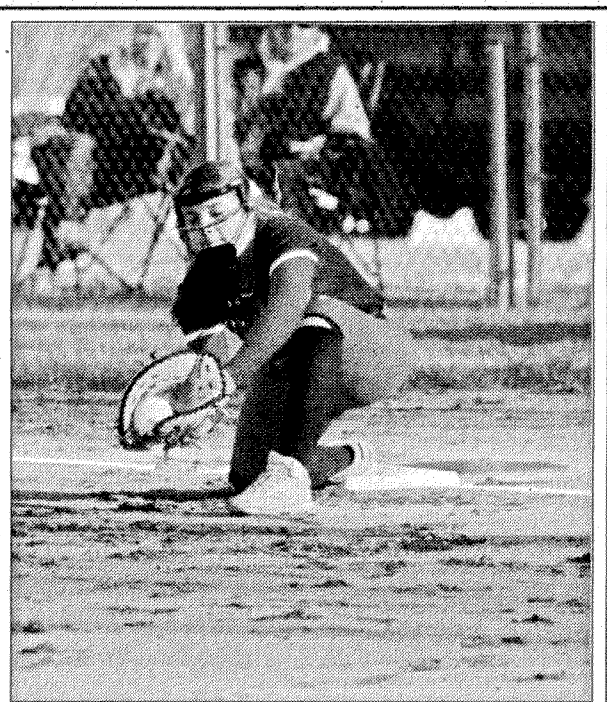
Adysinne Lovell slides into second base during the Lady Rockets' scrimmage Monday with Lafayette. Rockcastle starts their season Tuesday night hosting South Laurel.



Skyler Durham took to the mound for the Rockets in their season opening game Monday night at Taylor County. The Rockets came out on the losing end at 10-0. The Rockets were set to host Whitley Tuesday night and travel to Danville Thursday. Lincoln comes to town Friday night for a 6 p.m. start.



Ella Bussell makes a catch during the Lady Rockets' scrimmage Monday with Lafayette.



First baseman Makyla Hester gets down low for an out during the Lady Rockets' scrimmage Monday with Lafayette. Rockcastle starts their season Tuesday night hosting South Laurel.

Hot Rod sign-ups

It is once again time for Hot Rods T-Ball action. The 38th season of Rockcastle County's Hot Rods T-Ball will begin with registration at the Memorial VFW Post 5908 on the back side of Lake Linville, on April 6 from 10 a.m. to 2 p.m. and again on April 13 at the same times.

The cost for the 2024 season will be \$40 which includes a hat and t-shirt. Parent's shirts are also available for order.

Organizers say Hot Rods T-Ball teaches the fundamentals and lessons that will help each child throughout their life. "We help them to build their skills in batting, throwing, catching and most importantly, team work," said one spokesman.

Field preparations will be held on April 20 and any parent or guardian who would like to help get the field ready for the season is encouraged to attend.

Games are held on Saturdays at the ballpark beginning April 27.

Anyone with questions concerning Hot Rods T-Ball should contact one of the coaching staff. They are; Head Coach Doug Proctor, 606-308-5319, Assistant Coach Jason Proctor, 606-308-5717, Assistant Coach Travis Powell, Assistant Coach Perry Mason, Jr., 606-308-5450 and Assistant Coach Chris Bengé, 606-308-1892.

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Toll-free Treatment Help Line
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Easter Sunday


AT FIRST CHRISTIAN CHURCH
MARCH 31, 2024
11 AM



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FCCMTVKY | you belong.

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.

988
SUICIDE & CRISIS
LIFELINE

Community Volunteer Opportunities

Join us in transforming lives around us!

Volunteers of all ages, faith traditions, and backgrounds needed to build hope, transform lives, and share Christ's love through service in Appalachia.

For nearly 60 years, Christian Appalachian Project's life-changing programs and services have restored hope for thousands of children, families, and seniors who struggle each day to break free from poverty.

Whether an individual can serve for an hour each month, a few hours a week, or during special events throughout the year, the energy and heart that our Community Volunteers bring to CAP has a tremendous impact.

We invite you to be part of what we do!
Interested in learning more?



Specific Areas of Service include:

Grateful Threadz Thrift Store Sorting Donations Steaming Clothes Hanging Clothes Cleaning Helping on quarter sales Santa Day	Grateful Bread Food Pantry Stocking Shelves Cleaning Shopping with Participants Sorting food donations Hunger Walk Packing food for Seniors
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christianapp.org
sbarnett@chrisapp.org
606.256.3035, Option 1

in Instagram Facebook Twitter

Legislative Update

By Brandon Storm
State Senator
Week 10 of the 2024
Legislative Session

The Kentucky General Assembly has wrapped up the 10th legislative week of the 2024 Regular Session.

This week marked the session's inaugural veto with House Bill (HB) 18. Both House and Senate majorities swiftly united to override the veto, emphasizing their commitment to safeguard property owner rights. Now, with provisions from Senate Bill 25 and an emergency clause, HB 18 has become law.

I presented Senate Bill (SB) 344 to the Senate Licensing and Occupations Committee, where it was approved and qualified for a full vote in the Senate. The bill aims to regulate vapor products finding their way into our schools and being used by our youth by creating a directory, imposing certification requirements on manufacturers, and enforcing advertising restrictions. Laws currently exist, such as the under-21 no-sell law, but the state currently lacks the teeth to enforce it against irresponsible business owners that do not enforce it. Under the bill's provisions, manufacturers must annually certify information about their vapor products, including brand name, category, and flavor. The ABC would maintain a directory based on this information. Manufacturers would pay an enforcement fee, and the ABC would be required to enforce compliance through penalties and checks. The bill would prohibit using specific terms and symbols in vapor product advertising to address concerns about products appealing to children and young adults. It would also establish a restricted fund, the Vapor Product and Vapor Product Manufacturer Directory Enforcement Fund, for collecting fees and penalties to cover the ABC's monitoring and enforcement expenses. Unused

funds carry forward, and interest earned becomes part of the fund.

This bill is the product of student advocates and those in our law enforcement community who have brought concerns forward to the legislature. I want to thank 27th Circuit Commonwealth's Attorney Jackie Steele and Laurel County Jailer Jamie Mosley for being with me in Frankfort for the presentation of this bill. I hope to pass it from the Senate very soon and send it over to the House.

The pace quickened this week with several measures seeking Senate approval:

SB 297, a bill I introduced and am the primary sponsor of, passed the Senate and moved to the House for consideration. It would expand and improve the program of all-inclusive care for the elderly, also known as PACE. I'm excited to pass this bill because it will reduce burdens on PACE and our state's largest executive branch agency, the Cabinet for Health and Family Services. More importantly, it will ensure patient safety.

SB 2 strengthens Kentucky's school safety initiatives by creating the Kentucky Guardians Program, which allows veterans and retired law enforcement officials to enhance student defense. Guardians collaborate with school officers, wearing a unique uniform and carrying concealed weapons. Local boards decide their hiring, fostering cooperation with law enforcement. The initiative forms a comprehensive team of counselors, psychologists, and mental health providers, addressing trauma, mental health, and suicide awareness.

SB 8 reforms the Kentucky Board of Education selection process, moving from gubernatorial appointments to voter elections across seven districts. The change promotes board balance, prevents unilateral political

appointments, and promotes a more representative approach.

SB 27 addresses drug manufacturers' restrictions in the 340B program, prohibiting discriminatory practices and empowering the attorney general to investigate violations. The bill ensures fair access to discounted drugs for health care providers.

SB 58 simplifies the tax protest process, allowing any registered voter to file without forming a committee or including a Social Security number. Each petition sheet can now include names from multiple voting precincts.

SB 110 supports mothers and babies by allowing child support actions from conception. Within the first year, it may be retroactive nine months after birth.

SB 111 requires therapy coverage for stuttering in Medicaid and private health plans, prohibits limits, and allows telehealth services.

SB 142 grants Kentucky state employees up to four weeks of paid leave for childbirth or adoption, enhancing family support.

SB 147 establishes state-wide standards for adult-oriented businesses, ensures child safety, and

prohibits explicit performances on government properties.

SB 164 streamlines professional licensing, recognizes equivalencies for trade jobs and increases workforce participation.

SB 167 requires cursive writing in elementary schools from 2025-26, aiming to enhance communication and motor skills.

SB 194 enables insurers to communicate electronically with individuals covered under employer-sponsored group health insurance. Employers can consent to electronic delivery, but individuals must have the option to opt-out annually. The provisions apply to contracts entered or renewed on or after the act's effective date.

SB 202 enhances rehabilitation, allowing violence reduction program participation as parole or probation conditions.

SB 215 prevents the enforcement of California-like air emissions standards for electric vehicles in Kentucky.

SB 240 removes barriers for foster families in Kentucky by allowing them to qualify for child

care benefits while working remotely. This addresses the current requirement that they work outside the home for at least 20 hours a week.

SB 244 changes ballot order determination to a draw, ensuring fairness for all candidates.

SB 249 requires sex offenders to display full names on social media, establishing penalties for non-compliance.

SB 255 modernizes social worker services with telehealth standards, ensuring client privacy and communication.

SB 265 modifies the Option 7 alternative teacher certification, removing GRE or CASE requirements and granting provisional certification.

Senate Joint Resolution 149 directs the Energy and Environment Cabinet to guide entities on best practices for PFAS discharges into Kentucky's water supply.

As an attorney who spends much of my professional time in the courtroom on behalf of clients and before juries, I am happy to be a co-sponsor of Senate Bill 153, which would exempt individuals 70 or older from jury ser-

vice and simplify the qualification process. The bill was passed in the Senate on Friday. It is a commonsense change to provide elderly residents a reprieve from having to travel and serve on a jury. It will also help our court system by removing from the pool of possible jurors those who are less likely to be able to participate anyway due to possible immobility or health issues. Courts will be able to more efficiently contact and fill juries with those more able to meet this essential civic duty.

Find more on these bills online at [Legislature.ky.gov](https://legislature.ky.gov) and visit www.kysenate.com or www.kysenate.com/ky-senate-republicans for news releases from the Senate Majority Caucus.

Find the status of legislation by calling 866-840-2835, legislative meeting information at 800-633-9650, or leaving a message for lawmakers at 800-372-7181. You can watch and follow legislative activity at [KET.org/legislature](https://ket.org/legislature) and [Legislature.ky.gov](https://legislature.ky.gov).

Thank you for your continued engagement in the 2024 Regular Session. It is a privilege to represent you in Frankfort.

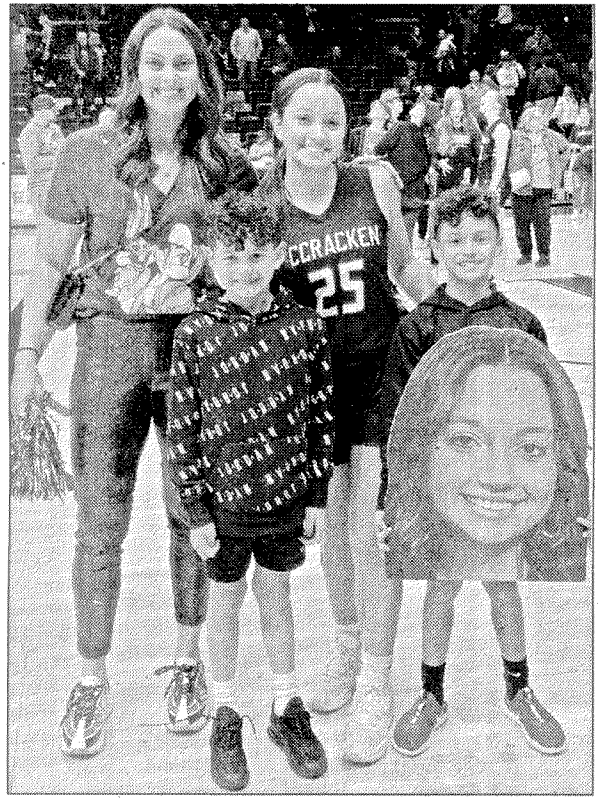
Second generation baller

Heather "Hammond" Hamilton helped lead the Lady Rockets to back-to-back sweet sixteen appearances in 2004 and 2005 and helped establish Rockcastle girls basketball as a perennial state power under veteran head coach Chrysti Noble. Her younger sister, Sara "Hammond" Barham would build on that legacy by helping lead the Lady Rockets to four more state tournaments and a state championship in 2011. Heather was an All-State selection in '04 and '05 and her senior year was part of the only Lady Rocket team ever to make a top 25 National

poll, being ranked #24 in iHigh national rankings.

This past week a new generation arises to the level of state competition. Heather's daughter, Lilly, who grew up watching her aunt Sara play four years at University of Louisville, is a freshman on McCracken County Lady Mustangs team playing in their third consecutive sweet sixteen. McCracken, out of Region One was state runner up last year losing to three peat state champion Sacred Heart.

Lilly was also a part of McCracken County's state quarterfinal volleyball team earlier this year.



Heather (Hammond) Hamilton with daughter, Lilly and sons, Hutson and Brian, Jr.

GARRARD COUNTY SHERIFF'S OFFICE

WE ARE HIRING

LATERAL DEPUTY SHERIFF

- SALARY RANGE 21.00-24.00/HR (NOT INCLUDING INCENTIVE)
- 100% PAID FAMILY MEDICAL, DENTAL, AND VISION INSURANCE
- CERS RETIREMENT
- VACATION & SICK LEAVE
- 4-ON-4 OFF WORK SCHEDULE
- TAKE HOME FLEET
- DEFERRED COMP AVAILABLE

INCREASED SALARY OPPORTUNITY
FOR THE FOLLOWING CERTIFICATIONS:

- COLLISION RECONSTRUCTIONIST
- KY CRIMINALISTICS ACADEMY (KCA)

CONTACT US:
(859) 792-3591
SEND RESUME TO:
willie.skeens@garrardcountyky.gov

APPLY NOW

UNITE Community Celebration

Thursday, March 21st 2024
Rockcastle County High School

Be part of an unforgettable evening of inspiration and unity at the UNITE Community Celebration, with Keynote Speaker Jim Morris (THE ROOKIE). Operation UNITE is a collaborative model to prevent substance misuse and facilitate recovery

Doors Open at 5:00 pm
Program Starts at 5:30 pm
FREE MEAL PROVIDED
Please RSVP via QR Code or Link

The Rockcastle County UNITE Coalition Community Celebration is brought to you in cooperation with Operation UNITE, the Rockcastle Fiscal Court, and Rockcastle County Schools

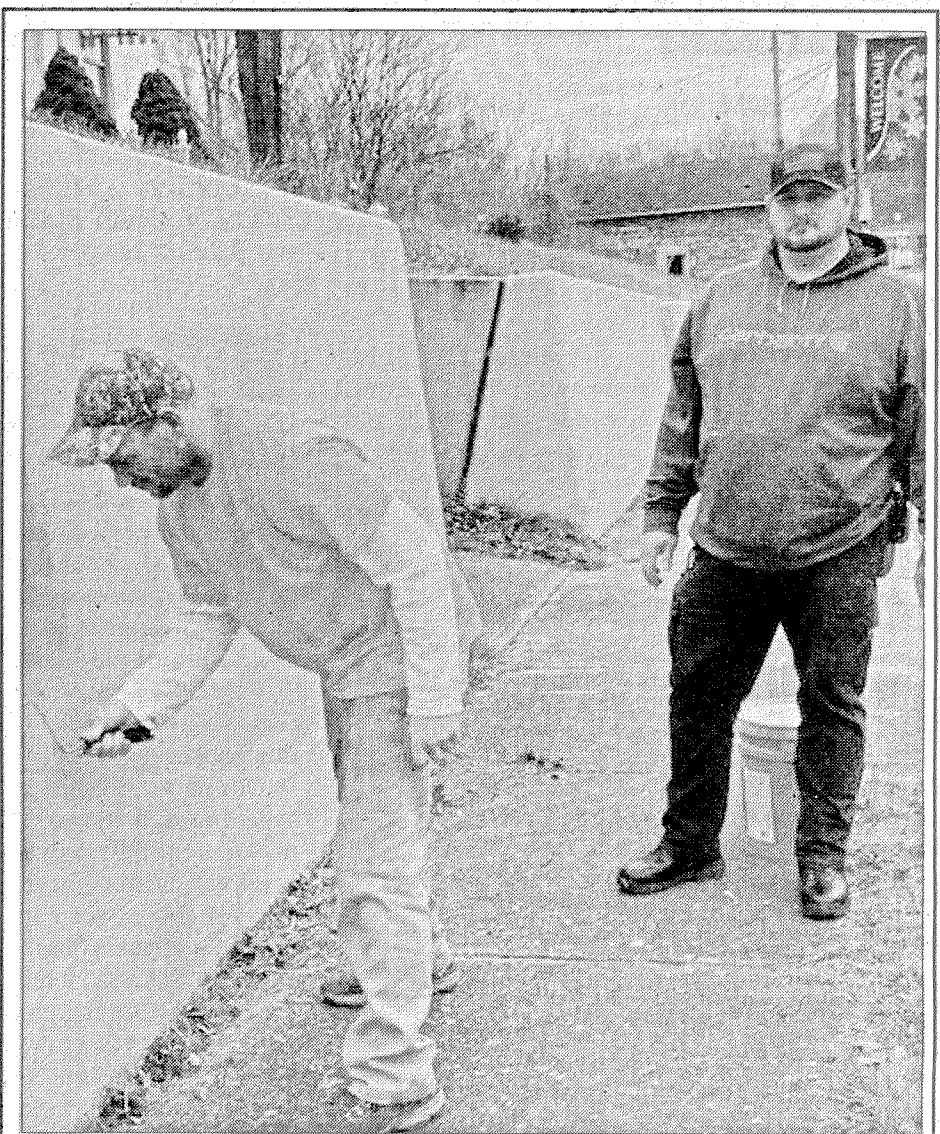
City of Livingston begins numerous beautification projects

By: Mike French Editor

The City of Livingston has joined many other cities across the county and state who are actively involved in beautification projects. "We have lots of plans and hopes for the beautification of our fair city," said City Commissioner Sandi Singleton. "We do have a limited budget and that is very restrictive but we have good people willing to volunteer and people like Nathan (Carter, Rockcastle Co. Jailer) who is doing great things with the Work Release Program, helping the people of the county and helping the inmates at the same time. Programs like that may not work for everyone, but if it works for one soul, everyone wins." Thanks in part to work

release participants and county residents willing to volunteer their time and/or money, city officials have a lot of long-term and short-term goals, according to Singleton. "We have a lot of plans to help make our city cleaner and more attractive," she said. "We have recently passed an ordinance dealing with clean up and trash around town and established an enforcement board to deal with such issues. We also have flower beds, sidewalk cleaning, weed removal, mulching, tree trimming, shrubbery (pruning), painting, debris removal and much more in our beautification plan." The city recently gave the enforcement board the authority to cite those property owners who do

not clean up abandoned or dilapidated structures. Last week, crews began painting the concrete retaining walls that line Main Street and clean-up of several other areas have already begun. According to Singleton, there is no actual "Beautification Committee" but instead, all city officials and citizens are invited to help with ideas or with actual work. Citizens may also donate flowers, shrubbery or trees as well as volunteer to perform some of the work. "The commissioners as well as our wonderful City Clerk Samantha (Smoker) are working hard to create a more pleasing, attractive city," said Singleton. "We are proud of our home and we are working to make it even better."



Rockcastle County Deputy Jailer Jeff Carpenter (right) watches over detention center inmate Donald Abney, as he puts a fresh coat of paint on the concrete wall lining Main Street in Livingston. The Work Release program is a big part of the beautification projects underway in the City of Livingston.

KYTSA Chapter does well in recent CKTSA competition

By: Mike French Editor

It was in November of 2023 that the Rockcastle County Middle School launched the RCMS KYTSA (Kentucky Technology Student Association) Chapter. Just three months later, the chapter did extremely well, participating in the CKTSA (Central Kentucky Technology Student Association) Competition held at Eastern Kentucky University. The regional competition was held on Friday, February 23 and six RCMS students helped the CKTSA secure first place in the onsite coding competition. Additionally, Jasper Reynolds achieved third place in Career Prep competitions. According to school officials, the CKTSA focuses on equipping students with 21st century skills, reflected in the diverse competition areas which include: career prep; children's story writing; dragster and Kayak building and cyber security. The chapter is now preparing for the TSA State Competition in Louisville later this month. Ten local students will represent CKTSA across various

disciplines such as dragster, video game design, cyber security, career prep, coding and problem solving. Officials ask everyone

to join in celebrating the success of the new local chapter as they explore the dynamic world of technology and innovation with CKTSA.

March 21

UNITE Community Celebration planned

By: Mike French Editor

The Annual UNITE Community Celebration is planned for Thursday, March 21 at Rockcastle County High School. The Keynote speaker at the event will be Jim Morris, former Tampa Bay Devil Rays baseball player whose story was featured in the 2002 Disney Movie "The Rookie." The event will begin at 5:30 p.m. Those who attend will learn how they can become involved in the fight against substance abuse in Rockcastle County. "We hope many who come will choose to make a difference in our county by taking a stand against substance abuse," said Chairman Marcus Reppert. The back doors of RCHS will open at 5 p.m. and the program

will begin at 5:30 in the auditorium. A free dinner will be served for all guests who register for the event and officials ask that those planning to attend RSVP using the QR code on the flier,

on the letter members will receive, or by contacting any school's UNITE Club or an officer of the UNITE Coalition. During the event, the coalition will elect upcoming board

members and officers and recognize leaders in Rockcastle who have made an impact throughout the community through UNITE. The celebration is sponsored in cooperation with Operation

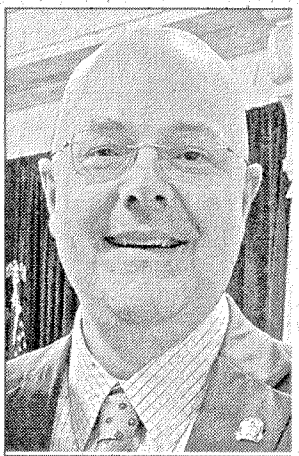
UNITE, the Rockcastle County Fiscal Court and Rockcastle County Schools. "Everyone is invited to come and be a part of an unforgettable evening and unity," said Reppert.

Storm receives award for legislative efforts

Sen. Brandon Storm has received the 'Champion of Inclusion' Award for his advocacy for the Clean Slate Act and more. Storm's continued efforts to ensure incarcerated individuals are given a second chance were highlighted and appreciated by advocates of the efforts on Tuesday during a "Day of Empathy" rally in the

Kentucky state Capitol. "Day of Empathy is all about creating opportunities for individuals who have been impacted by the criminal justice system and Sen. Storm's 'Champion of Inclusion' award is for his efforts to improve Kentucky's criminal legal system," Alaina Sweasy, chief executive officer of Lane13

Consulting, said. "We like to uplift and include people who have lived experience. Sen. Storm has always worked with me personally and included me in his decision." Storm's Clean Slate Act would establish an automatic expungement process for specific eligible misdemeanor and felony convictions in Kentucky.



Sen. Brandon Storm

Pawfect Pets



This week's installment of Pawfect Pets include Jim, a two year-old, male Beagle (left) and Molly, a three month-old Lab mix. Both are very friendly and looking for a home. Anyone interested in adopting one of these pets or looking over the others that are available, should visit or contact the Rockcastle county Animal Shelter at 256-18334 Monday through Friday from 8 a.m. to 4 p.m. A \$20 adoption fee will be required to take your forever, new family member to his or her new home..

Healthy you

101

ROCKCASTLE FAMILY WELLNESS

diabetes education and prevention • weight loss support

Overweight? No exercise? At risk for diabetes? This class may be for you! Join us to learn more about the free Healthy You 101 program.

Classes Begin March 2024

Meeting Location: Rockcastle Regional Hospital Education Center (Third Floor Outpatient Services Center)

Two Class Options: Every Tuesday • 11:45 a.m.-12:45 p.m. Every Wednesday • 5:00-6:00 p.m.

Classes provide a full year of support with weekly classes for six (6) months followed by monthly classes for six (6) months.

Classes are for ages 18 and up.

Questions? Call Brianne Wells at (606) 256-7690 ext 7565

News from the Rockcastle Courthouse

Marriage Licenses

Amy Elizabeth Cornelius, 21, Mt. Vernon, student and James Austin Taylor, 22, Brodhead, student. 2/28/24

Elicia Shyann Reynolds, 25, Mt. Vernon, housewife and Blake William Parsons, 31, Mt. Vernon, farmer/excavating. 2/29/24

Callie Jean Neal, 24, Berea, stay at home mom and Nathan Miciah Himes, 21, Berea, tow truck driver. 3/1/24

Hannah Paige Ruppe, 20, Mt. Vernon, daycare teacher and Christian Layne Coffey, 23, Mt. Vernon, general clerk. 3/4/24

Shoko Bell, 53, Mt. Vernon, records clerk and Joseph Brandon Bell, 41, Mt. Vernon, private business. 3/6/24

Circuit Civil Suits

Jennifer Ellen Evans v. Robert William Burke, petition for dissolution of marriage.

Anna Shock v. Rockcastle Regional Health and Rehabilitation Care Center, Inc., complaint and jury demand.

Commonwealth of Kentucky v. John A. McClure, complaint for child support and medical support.

Palm Paks Receivables Corp. v. Karl Wayne Pittman, et al, complaint for foreclosure.

Cintas Corp. No. 2 v. TWL Logistics, LLC, \$17,666 plus claimed due.

Central Bank and Trust Co. v. Tommy L. Oliver, \$16,861 plus claimed due.

ANP Tax Lien Co., LLC v. Kenneth Ballinger, et al, complaint for foreclosure.

ANP Tax Lien Co.,

LLC v. Jacob Vanwinkle, et al, complaint for foreclosure. CI-00063

Deeds Recorded

Glenna and James Bell, property on Owens St., to William E. Swinney and Haley Monnett. No tax

Pamela Childress, property on Chestnut Ridge, to Robin and Charles Jacob Ennis. No tax

Danny and Sue H. Ford, property on Old U.S. 25, to Sue H. Ford Rentals. No tax

Danny and Sue H. Ford, property on south side of Mt. Vernon and Crab Orchard Road on Main St., to Danny Ford Properties LLC. No tax

Justin and Tina Neal, Lot 11 Sunny Side Estates, to Anai Prudente-Alvaredo and Albino Noyola-Cruz. Tax \$45

Eric and Aimee King, Purcell Family Trust Property, to Bryce and Jaleigha Barron. Tax \$46

DGS Development Ltd, Lot 9 of Shady Grove Farms, to James R. and Mary J. Phillips. Tax \$39.50

Brodhead Christian Church, Inc., property in Brodhead, to Tommy N. and Lynn E. Baldwin. Tax \$55

Jennifer and Scott Payne, property in Rockcastle County, to Steven M. Brown. Tax \$13

Donald D. Schofield and Nickolas Schofield, property in Disputanta area, to Jennifer L. Smoot. No tax

Sherry Anglin, property in Rockcastle County, to Paulina Jackson. No tax

Bentley and Bobbie Durham, property in

McCall Knob Subdv., to James David and Melissa J. Fain. Tax \$20

Jacqueline S. and Michael Yelton, property in Chestnut Ridge, to William Jason Elliott. Tax \$55

Ruth Sturm, property in Conway Village Subdv., to Ruth Sturm and Sebrina Sowder. No tax

District Court

March 4-6, 2024

Hon. Kathryn G. Slone

Donna M. Boshers: failure of owner to maintain req. insurance/security, \$500 fine plus costs.

Joey Goff: supervision fees (\$300) due, court notice issued.

Donna C. Korsmoe: speeding and operating on suspended/revoked operators license, bench warrant (bw) issued for failure to appear (fta).

Steven J. Landon: failure of owner to maintain req. insurance/security, \$500 fine, probate 12 months on condition plus costs.

Speeding: Charles Ray Martin: \$44 fine plus costs.

Aaron Douglas Medley: operating on suspended/revoked operators license, failure to surrender revoked operators license, failure of owner to maintain req. insurance/security, no/expired Kentucky registration receipt - license, court notice issued.

Terry Joe Roberts: theft by unlawful taking, 90 days/probated 24 months on condition plus restitution and costs.

Jimmy Shafer: false report of incident to law enforcement, bw issued for fta.

Bessie Carol Smith: theft by unlawful taking, court notice issued.

Dillard Wayne Cotton: no/expired registration plates - receipt, failure of owner to maintain req. insurance/security, failure to produce insurance card, court notice issued.

Elliott J. Dooley: failure to wear seat belts, inadequate silencer (muffler), \$25 fine each charge; operating on suspended/revoked operators license, \$100 fine plus costs.

Storm working to improve medical and social services

Sen. Brandon Storm, R-London, introduced Senate Bill 297 (SB 297) to the Senate Health Services Committee on Wednesday. If enacted, it would expand and improve the program of all-inclusive care for the elderly, also known as PACE.

PACE provides comprehensive medical and social services to certain frail, elderly participants still living in the community. Most of the participants in PACE are eligible for both Medicare and Medicaid. A PACE organization is a non-profit private or public entity that has met the required criteria and primarily provides PACE health care services.

SB 297 establishes the National Background Check Program (NBCP), an enhanced employment background check screening process for health facilities or services related to elderly care facilities. It clarifies that PACE and PACE service providers are not required to obtain a health facility license or certificate of need to offer PACE services. Additionally, it states that PACE service providers are eligible to participate and enroll in the NBCP for conducting employment background checks.

"I'm excited to pass this bill because it will reduce burdens on PACE and our state's largest executive branch agency, the Cabinet for Health and Family Services. More importantly, it will ensure patient safety," Storm said.

The Senate Health Services Committee approved the measure and now qualifies it for consideration by the full Senate.

Find SB 297 and more information on Storm by visiting legislature.ky.gov.

###

Sen. Brandon J. Storm, R-London, represents the 21st Senate District, including Casey, Lincoln, Laurel, and Rockcastle Counties. He recently graduated from the esteemed Henry Toll Fellowship and was the only Kentuckian to participate in the 2023 program. Sen. Storm serves as a Senate member of the Interim Joint Committees of Banking and Insurance; Economic Development and Workforce Investment; Judiciary; Local Government; State Government; Transportation; and Tourism, Small Business and Information Technology. He also serves as the co-chair of the Legislative Oversight and Investigations Committee; a member of the Jail and Corrections Reform Task Force; and a member of the Multimodal Freight Transportation System Improvement Task Force.

Please visit Legislature.ky.gov for more information on Senate Majority Caucus members and the 2024 Legislative Session, such as committee schedules, membership, legislation, and more.

Live legislative coverage is available at KET.org/legislature and via the Legislative Research Commission YouTube channel.

Access archived footage of legislative meetings at ket.org/legislature/archives.

Follow the Kentucky Senate Majority Caucus on X, Facebook, and Instagram. You can also find information on caucus members, as well as view press releases from our office, by visiting KYSenateRepublicans.com.

NOTICE OF PUBLIC HEARING City of Mount Vernon March 18, 2024, at 1:00 p.m.

A public hearing will take place on Monday, March 18, 2024, at 1:00 p.m. at Mount Vernon City Hall. The purpose of this meeting is to provide general information to the public regarding the City of Mount Vernon purchasing a police vehicle and materials through USDA Rural Development funding. The public is invited to attend and comment on any issues related to the proposed project.

By: City of Mount Vernon
Topic: Mount Vernon-Public Hearing for USDA-RD Funding for Police Vehicle
Time: March 18, 2024, at 1:00 p.m.
Eastern Time (US and Canada)
Place: Mount Vernon City Hall

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SUGAR'S PUZZLE ANSWERS

POSES	EASE	COCA
ABEAM	SMOG	UGLI
COWTIPPING	LEAN	
TENETS	DECADENT	
RHEA	SURE	
ASS	YULE	POSSUM
BAA	DISK	MANTA
BULLDOGTENACITY		
ALTAR	NOPE	DEB
STYMIE	PICK	ERE
PELF	STIR	
YOURSELF	ABELIA	
URGE	CALFROPING	
RELY	TIER	SAVOR
TOYS	SLAY	HYENA

Sassy Sister Design Co.

Spring Fling

March 30th, 2024
9AM UNTIL 6PM
180 RICHMOND ST. IN MOUNT VERNON

STAY ALERT DURING SPRING PLANTING

Spring has sprung in the Bluegrass state. It's planting season for many of our local farmers.

- To prevent electrocution, make sure farm equipment safely clears overhead power lines - as tall equipment can easily become entangled in the lines. A good rule of thumb, try to maintain a 20-foot distance from power lines in all directions.
- Contact 911 immediately if your equipment comes into contact with a guy wire or pole.
- Water, dust and farming often go hand-in-hand. Install water-proof and dust proof electrical boxes and outlets at the farm.

JACKSON ENERGY
A Touchstone Energy Cooperative

jacksonenergy.com ♦ 1-800-262-7480

Yards to Paradise

By Max Phelps
Garden and Home in
2024

Some things are always changing. Some things are proven winners and endure for the long run. That leisure suit for men passed. But, I have a blue striped necktie I wore with one 45 years ago that I still wear occasionally. With the internal combustion engine, we moved on from mules and oxen. So let's have a look at what this new landscape and garden season may bring us.

The preference for big open spaces—home floor plans or large green yards—seems to be with us, overall. But the colors and styles of recent years seem to be 'mutating' from greys and blues to beiges and pinks. And there is extra emphasis being placed on 'health & fitness'.

The color of the year as determined by the Pantone organization is "fuzzy peach". We are seeing this in the women's aisle at the stores, and we'll be seeing it in the furniture stores and the garden centers most probably as the year wears on.

The trend towards more health and fitness is partly real and partly an excuse to create a more luxurious bathroom, get a kitchen upgrade, and to create the outdoor oasis that may contain fire and water, as well as a spa or hot tub. Fancy grills and the thermometer and sensors that tell us if things are cooked (where is the skill of the cook or grill operator in that?) are sending old-fashioned grills to the landfills. But, on the other hand, if you have but one life to live and you can't take money with you when your expiration date arrives, it's easy to understand the reasoning behind some of these trends.

Expanding on that thought, just as the Bible told us thousands of years ago, at the end of the age men put money in bags with holes in it. Inflation is the topic, even if that word didn't exist back then. And when you put money in the bank or under the mattress (or into a bag)...there is less buying power when you go to take the money and buy something. Saving for things has become taboo, but credit accounts are still flying high. For the history buffs, the President took your gold and gave you paper dollars for it in 1933...then soon 'devalued' your paper money as it took much more of the paper to buy

a dollars worth of the real money.

Some things do seem pretty constant. Evergreen shrubbery or other trees and things that require little attention are most asked for by homeowners looking for landscaping. "No maintenance" is the oft-used way the request is worded. (Such a thing doesn't exist, of course.) And some things change; for instance, the color of this years' most popular flowers. And the new paint colors.

Quirks and peculiarities I just don't fully comprehend sometimes. Why is it folks buy big sacks of bird seeds habitually at pet stores or the big boxes—when they could spend money one time and plant things the birds would enjoy from year to year for decades to come in the yard. (I guess it's our constant desire for "instant gratification"—but I could be wrong.)

Spring has arrived very early (let's hope winter doesn't return) and things are blooming days and weeks early. Many a box store has set out displays a month sooner than normal. The local garden store that closes for the winter may be missing out this year, as by the time they do open the budgets for garden stuff may have been spent.

So long as the stock market is on an upward roll, the outlook for home and garden expenditures is bright. I expect a good to excellent first half of the year for businesses.

Then, probably, the constant jabber of the politicians will steal enthusiasm for doing new projects, as it usually does in election years. Promises, promises, and more money spent that was created from nothing. That seems to be a constant in life.

The reality is that our world may look rosy, (and who can be depressed when shrubs and trees and daffodils are blooming?), there is a foreboding in the air. And a trend that continues is more security and taking precautions. Making the home safer. Making the food in the freezer or cupboard safer. Stocking up for that next "100-year" event that seems to happen every 3 to 5 years anymore.

Only the surface has been explored as we try and peek into a new season and visualize the possibilities. May your home and garden edge closer to paradise this year.

The author is a landscaper.
Feedback welcomed.
www.rockcastles.net

Suicide Warning Signs for Youth

Be a Lifeline

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.

988 SUICIDE & CRISIS LIFELINE

JOIN US ON Easter Sunday

AT FIRST CHRISTIAN CHURCH
MARCH 31, 2024
11 AM

FIRSTCHRSTIANCHURCHMTVERNON@GMAIL.COM
100 WEST MAIN STREET MOUNT VERNON, KY 40456

©FCCMTVKY you belong.

Take Action

What is the Safe Haven Law?
KRS 405.075 states that a newborn infant can legally be placed in a device designed to permit a parent to anonymously surrender their baby with the intent for an emergency medical services provider to remove the newborn take custody.

Safe Haven Baby Boxes

The nearest Safe Haven Box to Mt. Vernon, KY is in Mt. Washington, 97 miles away.

For more information, or to make a donation contact
Makaela Brooke Abney
makaela.abney@rockcastle.kyschools.us

There are currently 136 SHBB
16 of those boxes are located in KY
The first baby was placed in a KY SHBB on 2/10/2023, less than 2 mths after installation

FEELA

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 23-CI-00235

U.S. Bank National Association Plaintiff
V.
Kirsty Beckett, et al Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on February 9, 2024 for satisfying the judgment entered in favor of the plaintiff against the defendants in the amount of ONE HUNDRED SEVENTY FOUR THOUSAND SEVEN HUNDRED ONE DOLLARS AND 65/100 (\$174,701.65) 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, March 21, 2024
Beginning at the Hour of 10:00 a.m.**

Said real property being more particularly described as follows:

A certain tract of land located in Rockcastle County, Kentucky, which is more particularly bounded and described as follows:
Beginning at a stake in the southern right of way of the County Road, corner to W.S. Stewart and lands conveyed; thence with the County Road, North 40 1/4 East 248.5; thence North 20 East 49 feet to the western right of way of the Clear Creek Road; thence with the right of way of Clear Creek Road, South 48 3/4 East 124.5 feet; thence leaving road, South 41 3/4 West 66.4; thence South 8 East 173 feet; thence South 69 West 176 feet; thence North 31 1/4 West 155.55 feet, to the point of beginning, containing 1.21 acres, more or less.
Parcel No. 057-00-006
Address: 2932 Maret Cemetery Road, Mount Vernon, KY 40456

Being the same property conveyed to Kirsty Beckett, an unmarried woman who acquired title by virtue of deed from David Nicley and Amanda Renee Nicley, husband and wife, dated May 27, 2022, recorded June 1, 2022, at Deed Book 283, Page 4223, Rockcastle County, Kentucky records.

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

1. The real property shall be sold together as a whole.
2. The real 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 (5.125%) 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".

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

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 21-CI-00203

Amerihome Mortgage Company, LLC Plaintiff
V.
**Rachael Miller, Eliza York-Hansel,
Michael Joseph Miller,
Midland Funding, LLC** Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 17, 2024 for satisfying the judgment entered in favor of the plaintiff against the defendants in the amount of ONE HUNDRED TWENTY ONE THOUSAND FIVE HUNDRED NINETY EIGHT DOLLARS AND 15/100 (\$121,598.15) 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, March 21, 2024
Beginning at the Hour of 10:10 a.m.**

Said real property being more particularly described as follows:

A certain tract of land located in Rockcastle County, Kentucky, which is more particularly bounded and described as follows:
Being Lot in Block A in the Sparks and Davis Addition and beginning at a stone in south line of Poplar Street at the northwest corner of Lot Number 4; thence S 22 1/2 W 200 feet with the line of Lot Number 4 to a stone in the north Locust Alley; thence in the N 67 1/2 W 100 feet with north line of Locust Alley to a stake in the southeast corner of Lot Number 6; thence with line of Lot Number 6, N 22 1/2 E 200 feet to a stone at the south line of Poplar Street to the beginning, containing 20,000 square feet.
Exclusion: There is excluded from the above portion of the above conveyed to Delbert L. Reynolds and Vicky L. Reynolds, by deed dated October 29, 1979, recorded in Deed Book 111, Page 610, described as follows: Lot in Block A in the Sparks and Davis Addition, and being at a stone in south line of Poplar Street at the northwest corner of Lot No. 4; thence South 22 1/2 West 100 feet with the line of Lot No. 4 to a stone in the north line of James David Shivel; thence North 67 1/2 West 100 feet with line of Shivel to a stake in the southeast corner of Lot 6; thence with a line of Lot No. 6, North 22 1/2 feet to a stone line of Poplar Street to the beginning, containing 10,000 square feet.
Easement: The grantor also conveys an easement for water line and sewer across property of the Mt. Vernon, Kentucky Congregation of Jehovah's Witness, in Deed Book 112, Page 454 in the Rockcastle County Clerk's Office.
Subject to any and all easements, restrictions, conditions, and legal highways of record and/or in existence.
Parcel No. 034E-06-002
Address: 30 East Locust Street, Mount Vernon

Being the same property conveyed from Donnie L. Eversole and Ethle S. Eversole, husband and wife to Rachael Miller and Eliza York-Hansel, for their joint lives, with remainder in fee simple to the survivor thereof by virtue of a deed dated November 8, 2018 and recorded November 16, 2018 at Deed Book 267, Page 10 of the Rockcastle County, Kentucky real estate records.

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

1. The real property shall be sold together as a whole.
2. The real 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 (5.25%) 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".

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

Yards to Paradise

By Max Phelps
"Green" Struggles

I shall undertake to give an overview of this subject, but not get into the weeds too deep as the topic evokes strong viewpoints from a sizable minority of the population. One group advocates for more 'sustainable' lifestyles and others chafe at the idea of 'white men north of Richmond' telling them how to live.

My encounters with folks over the past quarter century have been everything from "that's not a native plant you recommended" and "your contract says you have to keep the weeds out of the plantings for one year, but you're not using weed killer on my yard" to "we don't want to sell wholesale to somebody that wants to chase us out of business by advocating for environmental regulations". Both extremes have hit me front and center as operator of a landscaping outfit these many years. Some desire even to cancel the proposition that there are more than one side to this issue. But, there must be ways of accomplishing a job like landscaping while being sensible and responsible with our use of resources—there must be a way to tread a middle ground and not go on a tangent.

Sometimes the legal and sanctioned use of a pesticide or a herbicide can upset a neighbor. So, is this cause for a protest? Typically it should not be. But, if the spray drifts onto the neighbors tomatoes next door and damages their plants, it becomes an issue for them, and so it should. Should the EPA-approved product be banned because it could cause a problem? Should a HOA be able to tell you you have to fire your lawn mowing guys if they don't get rid of their gasoline powered mowers? There are so many other questions that could be

asked, and scenes played out in discussion, but I wish to move along in this story.

There are certainly activities by both yard guys and homeowners that aren't very 'sustainable'.

Let me explain that; let's say someone plants a lot of flowers, plus some shrubbery, that butterflies like to visit for nectar, and to start their families. Assume it works, and the eggs the butterflies lay hatch into worms (caterpillars) that begin to eat all the leaves off your shrub that you paid good money for. And you get out the squirt bottle with insect spray, or even call someone to exterminate them! You say, surely that doesn't happen? Believe me, it happens.

And sometimes it's the same folks that complain about non-native species, or a farmer clearing his fence rows of vegetation. And can you blame the guy in the hazmat suit putting chemicals on the yard across the road? He has found a way to make a living—and if there wasn't a demand for his services he'd not be offering them. Some are willing to pay for greener grass and no dandelions or clovers.

"Green" means different things depending on whom you ask. It's not my intention to define it here. There are still dictionaries (not that many people seem to use them anymore). But being more considerate of our environments and our surroundings does make good sense, regardless of the terms we use.

Most of us don't think burning bush euonymus in our forests is a good thing, for example. But, as a landscaper, I still get requests for them. And the big chain stores cer-

tainly still sell them in their garden centers. So, who should make the call to use or not use this or any other non-native plant in a landscape?

Here are some suggestions on being easier on the environment. Don't waste resources. Be willing to let the grass get a little taller before mowing it. Plant some flower gardens, vegetables, etc. Wide planted areas are more pleasing to the eye and better for the environment than just a row of shrubs along the front of a home. (And less lawn is also better for the environment...green expands are very unnatural except on a native prairie.) Plant species that get better and healthier with age rather than the quickest growing thing you can buy. Start a compost pile...why send potato peels to the landfill? Use mulch that will decay and rot instead of the heavily dyed stuff or the synthetic stuff such as ground rubber. If you have irrigation, don't leave it on "automatic" if there's been 5" of rainfall. Since you're planning to do some landscaping, should you maybe plant a fruit or nut tree? (Get double duty out of your dollars invested.)

There are many other possible things to do to be helpful in preserving the air we breathe and the water we drink and even the heating and cooling we must somehow "make". The little list above only scratches the surface, but hopefully gives the reader an idea or two.

Another 'not green' thing we see all the time is a big housing or shopping center developer that comes in and first demolishes existing buildings and hauls them to the landfill, or bulldozes all the trees and burns them. (Several times I'd love to have salvaged bricks or firewood—but they don't let you do that.) Next, they remove the topsoil, pile it up and sell it for good money. (Perhaps keeping a big pile to scatter dirt an inch or so thick back across things when they are finished building.)

Another sensible thing to do if one is concerned about the environment is buy local, and buy "in season". Yes, we all like a banana or pineapple once in awhile, and they don't grow here unless you have a special greenhouse or something. But, if there's a farmers market, or a farm nearby that sells vegetables and fruits, you can support them, instead of blueberry growers in Chile or cherry growers in Turkey, and save the environment from

all the fuel burned to get the stuff to you. Buying apples from China? Really? Some wholesalers buy the cheapest, and the cheapest apples may not be from Washington state (not that that is very local, come to think of it).

Then the other part of that is "in season". Perhaps see if you can find some other dessert than strawberry shortcake if it's not the season for strawberries and the only ones available are grown in Mexico or in a big greenhouse. Plus, things are much cheaper "in season" generally speaking.

One of the most 'green' things you can do is grow some of your food. And it can be done on a city lot and still not look like you live in a jungle. And how about those that drive a Prius or a Tesla ordering fresh Alaska seafood flown in on a jet? Seems incongruous to me.

One more quick complaint, if you will. Companies that advertise they plant a tree to offset such and such pollution. Most such trees are massive forests of one species, totally not natural. And many die.

So, let us plan and plant with care, take care of our world and it's resources, using them to make our lives better. But let's not pass rules and regulations that puts our people out of a factory or mining job—while creating two dirtier ones in some other country, and then supporting such activities by buying "stuff" that says, "Made in _____" and you can fill in the blank.

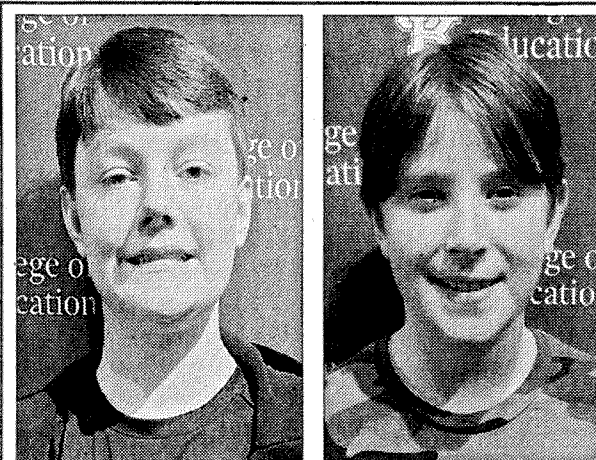
Nobody wants a landfill in their neighborhood, or a hog farm. But, they still like pork, and they still have trash to put out every time the garbage truck runs.

"Green" has a cult following, but all of us can try and do better at more environmentally friendly landscaping and many other facets of our lives. My conclusion is that we all be conscious of the consequences of our actions, but be a little more neighborly and understanding and realize you like freedom so understand your neighbor likes being able to make his or her own choices in life. Do your part. But don't be trying to force your beliefs on others.

God made all of us as creatures with choices. We shouldn't take those choices from others, as if we are gods.

The author is a landscaper.

(Semi-retired now.)
www.rockcastles.net



On March 2nd, two Rockcastle County School District Students competed in the Big Blue Spelling Bee hosted by the University of Kentucky College of Education. Seventh grader Jacob McClure (left) for Rockcastle County Middle School and fourth grader Raleigh Begley (right) from Mount Vernon Elementary School proudly represented our district. Both were competitors who possessed integrity, took the event very seriously, and placed in the top 10. We are so proud of these boys and look forward to next year's Rockcastle County School District Spelling Bee Championship.

How well are you adjusting to the time change?

This time of year, about everyone you talk to mentions the time and some like the slow time better and others like the fast time better. But what about God's time? Do you ever think about that?

Our time here on earth, we see seconds fade into minutes and minutes fade into hours and hours fade into the days, weeks, months and years of our lives. Time goes by so fast. But God tells us in Eccles 3:1-8 there is a time for everything. To everything there is a season and a time to every purpose in the Heavens. A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted. A time to kill, and a time to heal, a time to break down and a time to build up. A time to weep and a time to laugh, a time together, a time a time to mourn and a time to dance. A time to cast away stones and a time to gather stones together. A time to embrace to embrace and a time to refrain from embracing. A time to get and a time to lose. A time to keep and a time to cash away. A time to rend and a time to sew, a time to keep silent and a time to speak. A time to love and a time to hate. A time of war and a time of peace. When each of these times are to happen in our lives is different for each individual, but only God knows the times.

God doesn't measure time as we do as we read in Psalms 90:4 "For a thousand years in your sight (O God) are just like yesterday when it is past like a watch in the night. Again in 2 Peter 3:8 But beloved, be not ignorant of this one thing, that one day is with thee Lord as a thousand years, and a thousand years as a day."

One thing to keep in mind is the time we have here on earth and what we do with our time, will determine our eternal destination. So, it is very important that we choose our time wisely on whom we are going to serve. I ask you the question, when is the best time to embrace Jesus Christ as Lord and Savior in your life? The answer is told to us in scriptures.

2 Corinthians 6:1-2 We thin, as workers together with Him also plead with you not to receive the grace of God in vain. For He says, "In acceptable time I have heard you, and in the day of salvation I have helped you. Behold, Now is the accepted time; behold, now is the day of salvation."

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

Disorders in the Church at Corinth

Impure living. Incest tolerated. (1Cor.5:1) It is reported commonly that there is fornication among you, and such fornication as is not so much as named among the Gentiles, that one should have his father's wife.

Went to law with one another. (1Cor.6:1) Dare any of you, having a matter against another, go to law before the unjust, and not before the saints. Christians need to try and settle their differences within the body of Christ. Weak convictions. Ate things sacrificed to idols. (1Cor.10:20,21) But I say, that the things which the Gentiles sacrifice, they sacrifice unto devils, and not unto God: and I would not that ye should have fellowship with devils. Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils.

Unscriptural worship. Turned the Lord's Supper into a common meal. (1Cor.11:21,22) For in eating every one taketh before other his own supper: and one is hungry, and another is drunken. What? have ye not houses to eat and drink in? or despise ye the church of God, and shame them that have not? What shall I say to you? shall I praise you in this? I praise you not. They had turned the Lord's supper into a common meal, how sad.

Unsound in doctrine. Some were saying there is no resurrection. (1Cor.15:12) Now if Christ be preached that He rose from the dead, how say some among you there is no resurrection of the dead?

Divided. There were four groups and three were wrong. (1Cor.1:12,13) Now this I say; that every one of you saith, I am of Paul; and I of Apollos; and I of Cephas; and I of Christ. Is Christ divided? was Paul crucified for you? or were ye baptized in the name of Paul?

A church should be pure in life, strong in convictions, scriptural in worship, sound in doctrine, and united in one mind.

Thank you so much for reading this article. We have videos to watch and articles to read on our YouTube channel. Chestnut Ridge Church of Christ Mt Vernon Kentucky. We worship every Sunday morning at 10:00 A.M. and Wednesday evening at 7:00 P.M. Everyone is welcome. If you would like to contact some one from the church you can either call or text this number 606-224-1480.

REMEMBER GOD LOVES YOU AND WE LOVE YOU TOO

• Chestnut Ridge Church of Christ •

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

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



First Baptist Church of Mount Vernon invites you to
Celebration Sunday
March 17th at 10:30am

Join us in celebration of the mighty things that God is doing as we have our first worship service in the new Sanctuary. We will have a special time of Worship, Testimony, and Baptism.



He established a testimony in Jacob and appointed a law in Israel, which he commanded our fathers to teach to their children

that the next generation might know then, the children yet unborn, and arise and tell them to their children.


Building so that they should set their hope in God and not forget the legacy, the works of GOD, but keep His commandments.

Psalms 78:5-7

340 W Main Mt Vernon
606-256-2922

HEALTH *signal*

Spring 2024 • Vol. 21

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

Kids on the Move

Five-year-old, Daxon Larkey
races towards the finish line
in the Snowball Express 2-Miler.

See page 6-7

Photo by Ruby Cline-Eaton

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 thirteen-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, 2019, 2021, 2022 and 2023, 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
Bige 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

145 Newcomb Avenue • P.O. Box 1310 • Mt. Vernon, KY 40456
(606) 256-2195 • www.rockcastleregional.org

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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Ladies, Love Your Heart

By Jana Bray, Community Relations Director

Raising Awareness for Women's Heart Health

On Tuesday, February 27, more than 80 ladies gathered for the 15th annual Love Your Heart event, an event aimed at raising awareness for women's heart health.

This year's theme, "Rock the Heartbeat" stole the show as attendees dressed in attire reminiscent of their favorite rock decades. From the classic styles of the 1950s to the bold and edgy fashion of the 1980s, the evening was alive with a kaleidoscope of colors and styles, echoing the diversity and spirit of the women's heart health movement.

The event wasn't just about fashion and fun, though. The keynote speakers for the evening were Rockcastle Family Wellness providers Angela Parsons-Woods, PA-C, and Jennifer Cash, APRN, who delivered invaluable tips to the group on living heart-healthy lifestyles.

"Women's heart health often takes a backseat in the realm of women's health discussions," said

Angela Parsons-Woods, PA-C. "It's a topic that we must keep at the forefront of the conversation because it remains the leading cause of death among women in the U.S. and can affect women at any age."

According to the Centers for Disease Control and Prevention (CDC), over 60 million women, or 44 percent, in the U.S. are living with some form of heart disease.

Parsons-Woods and Cash spoke on the importance of incorporating healthy-heart living tips into your daily lives. They recommended a good place to start was the American Heart Association's "Life's Essential 8," a series of key measures for improving and maintaining cardiovascular health.

Cash said that, at times, navigating the health guidance for good heart health can be overwhelming, because there are so many factors involved.

"The American Heart Association's 'Life's Essential 8' really breaks it down into a simple approach, that when followed, can help lower the risk for heart disease and stroke, as well as a myriad of other major health problems."

American Heart Association: Life's Essential 8

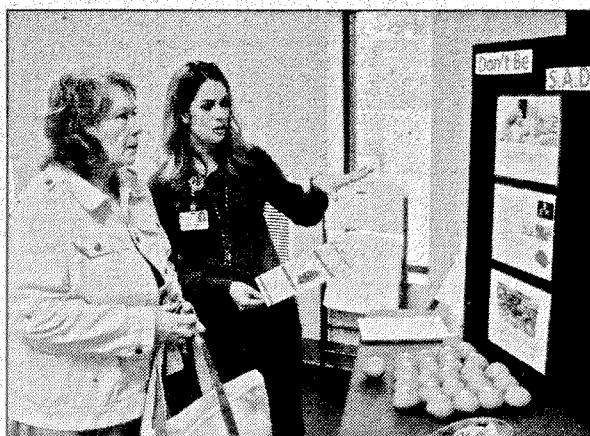
1. Eat Better
2. Be More Active
3. Quit Tobacco
4. Get Healthy Sleep
5. Manage Weight
6. Control Cholesterol
7. Manage Blood Sugar
8. Manage Blood Pressure

www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8

Snapshots from Love Your Heart



Attendees visit one of several education booths



Rockcastle Regional Dietitian Rebekah Ferguson, right, discusses heart-healthy eating.



Special guest speakers Angela Parsons-Woods, PA-C and Jennifer Cash, APRN

Dinner with a Doctor: Colon Cancer

By Jana Bray, Community Relations Director

Rockcastle Regional is set to host another installment of its popular Dinner with a Doctor series on March 26 on the topic of colon cancer.

The event promises an informative discussion, led by a distinguished panel of medical experts – Dr. William Bakhos, Dr. David Bullock, and Dr. Justin Williams.

Attendees can look forward to gaining invaluable insights into all aspects of colon cancer, from prevention strategies to the latest advancements in treatment.

Family practice physician, Dr. Bullock, will shed light on the importance of preventive measures and screenings for colon cancer. Early detection, often through regular screenings, significantly increases the chances of successful treatment.

General surgeon, Dr. Bakhos, will discuss the importance of screenings, such as a colonoscopy, as well as what to expect when you go in for a colonoscopy.

Medical oncologist, Dr. Williams, will provide insights into the latest advancements in colon

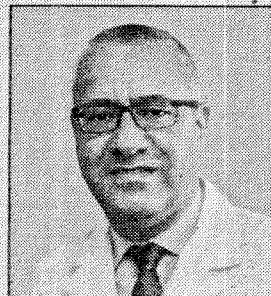
cancer treatment. From innovative therapies to personalized treatment plans, Dr. Williams will share the cutting-edge approaches that are shaping the landscape of colon cancer.

The Dinner with a Doctor series serves as a platform for community members to engage directly with healthcare professionals. The event encourages an open dialogue, allowing attendees to ask questions, share concerns, and gain a deeper understanding of colon health.

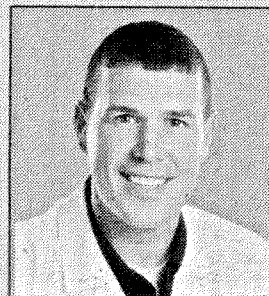
To register for this event, please call (606) 256-7381.

Dinner with a Doctor Tuesday, March 26, 2024

5:30 PM • Rockcastle Middle School



Dr. William Bakhos
Surgeon



Dr. David Bullock
Family Medicine



Dr. Justin Williams
Oncologist

RSVP to Kaitlyn Smith at (606) 256-7381 by Wednesday, March 20.

March is Colorectal Cancer Awareness Month

Early Detection is Key

By Jana Bray, Community Relations Director

Colorectal cancer, which includes cancer of the colon and rectum, is the third most commonly diagnosed cancer in both men and women in the United States. It is also the second leading cause of cancer death in the country. Fortunately, when caught early, colorectal cancer is highly treatable and curable.

One of the most effective ways to detect colorectal cancer early is through screenings. Recent studies have shown that patients who are not up-to-date with screening are at an increased risk of colorectal cancer mortality. Furthermore, the same studies report that over 75 percent of people who died from colorectal cancer were not up-to-date with screening.

One of the most convenient and non-invasive screening options available is the Fecal Occult Blood Test (FOBT). A FOBT test is a simple, at-home test that detects blood in the stool, which can be an early sign of colorectal cancer or other conditions such as polyps or inflammatory bowel disease. Unlike other screening options, such as a colonoscopy, a FOBT test does not require any preparation or sedation, and results are typically available within a few days.

Another screening option now available is the Guardant Shield screening, a blood-based test that can be completed during a patient's regularly scheduled well-check exam. Test results are typically returned in around two weeks. This screening test is ideal for patients aged 45 to 84

at an average risk for colorectal cancer.

Dr. David Bullock, general practice physician at Rockcastle Family Wellness says that the Guardant Shield screening tool is gaining in popularity among patients as it requires no preparation and it's a simple in-office blood test.

The American Cancer Society recommends adults aged 45 and older should consider getting screened for colorectal cancer every year. Some people may be at a higher risk for colorectal cancer and may need to start screening earlier or be screened more often. This includes individuals with a family history of colorectal cancer or polyps, or those who have certain inherited genetic conditions that increase their risk.

Rockcastle Regional medical oncologist Dr. Justin Williams says that while a FOBT test is a valuable screening tool, it is not a diagnostic test. "If the screening results are positive, it's important to follow up with a colonoscopy or other diagnostic procedure to confirm the presence of cancer or other conditions. However, even a negative test result does not guarantee that there is no cancer or precancerous polyps present, and as such, it is recommended to repeat this test annually."

Dr. Williams notes that colorectal cancer often has no symptoms in its early stages, which is why screening is so important. "By detecting and treating colorectal cancer early, the chances of survival are significantly higher."

Upcoming Screening Opportunities

FOBT Kits

Rockcastle Regional is offering FREE at-home colorectal cancer screening kits, Fecal Occult Blood Test (FOBT), during the month of March. Results will be mailed to participants. These no-cost FOBT kits can be picked up at the pharmacies listed below. Results will be mailed to participants. For more information, call (606) 256-7381.

Pickup locations:

- Brodhead Pharmacy
- Mt. Vernon Drug
- Rockcastle Professional Pharmacy

Mobile Health Clinic: Guardant Shield

Rockcastle Regional's Mobile Health Clinic will be offering the Guardant Shield colorectal cancer screening test later this month on Tuesday, March 26, in conjunction with the Dinner with the Doctors event at Rockcastle County Middle School from 4:30pm until 6:30pm. Walk-ins are welcome or you can schedule an appointment by calling (606) 256-7381.

Kids on the Move

By Dwain Harris, Community Relations Consultant

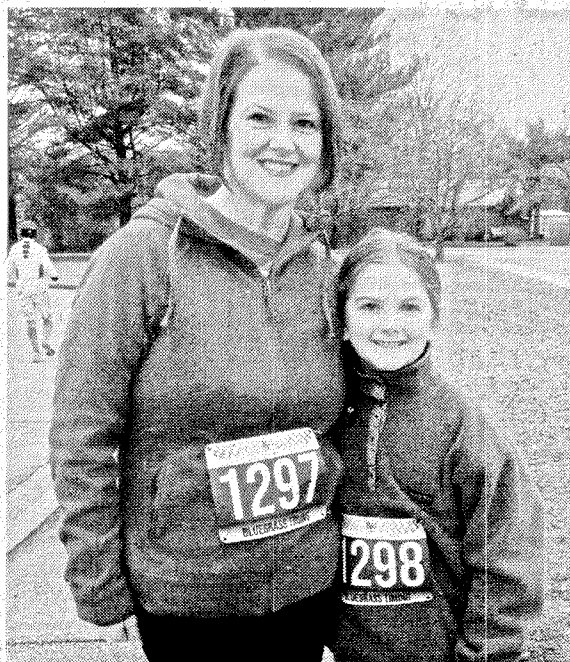
When Maddie McKee woke up early, without hesitation, on a chilly Saturday morning this January, her mother took note.

"I could tell that she was super-excited to do her first race," Lora Beth said.

If you've ever participated in a fun run, 5K or other community event such as Rockcastle Regional Hospital's County-wide Stride, you know the excitement of race morning. Whether it's because you want to see your friends in a fun atmosphere, or you are serious about trying to run faster than you ever have, race morning stirs energy.

The County-wide Stride series (CWS), which features 12 run/walks throughout the year in Rockcastle County, has been providing an energizing atmosphere for fun and fitness for more than a decade.

In that time, thousands of runners and walkers have crossed the finish line, and at any given



Maddie McKee, right, with her mother, Lora Beth

run/walk, there are almost always new participants such as Maddie, whose first race was the Snowball Express 2-miler on January 27.

When Maddie, 8, signed up, she automatically became part of the CWS Kids Club. Kids Club

members are 12 years old or under, pay no registration fee, and upon finishing, receive a colorful collector bracelet.

Even with all those perks, runners know that every race can bring lows as well as highs.

"She made about $\frac{3}{4}$ of a mile," Lora Beth said, "and ended up walking the remainder of the race with me and a co-worker. She was exhausted because she went so hard so fast, and she initially said, 'Mom, I don't want to do that ever again.'"

Then, as exhaustion gave way to satisfaction and a feeling of accomplishment, her spirits brightened.

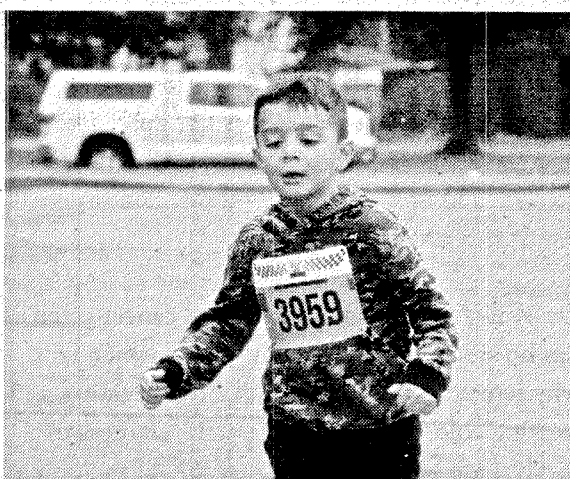
And what really re-energized her was being called up along with the other Kids Club members at the awards ceremony to get their bracelet.

"That alone would have kept her interested in continuing the CWS series," Lora Beth said. "She's excited for the next race!"

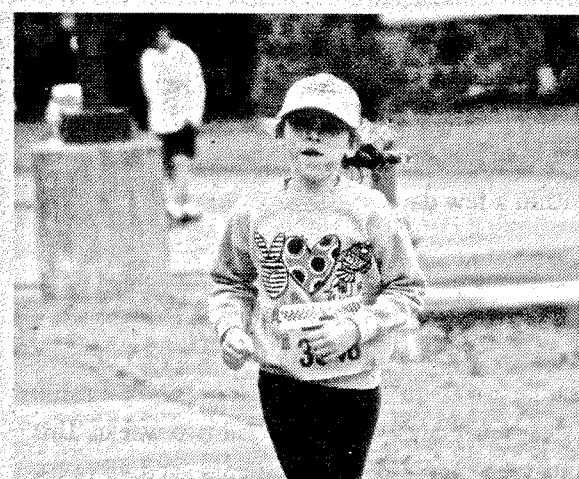
January Race Kids Club Snapshots



12-year old Elynn Larkey




6-year old Jaxon Marler



8-year old Willow Carpenter

Photos by Ruby Cline-Eaton



COUNTY-WIDE Stride

2024 Run/Walk Series

Join the County-wide Stride and get fit in 2024!

WHAT'S IN IT FOR YOU?

- Complete 7 races for a long-sleeve dri-fit County-wide Stride shirt
- Complete 10 races for a dri-fit shirt and a \$25 gift card
- Complete 12 races for a dri-fit shirt, \$25 gift card, and a personalized commemorative plaque

(No separate registration is required for the series prizes, and there is no additional entry fee; we'll keep up with who participates at each event.)

FIND THE 2024 RACE CALENDAR & FOLLOW COUNTY-WIDE STRIDE ON-LINE:
www.rockcastlelregional.org/county-wide-stride
www.facebook.com/countywidestride
www.instagram.com/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!

Rockcastle Regional receives

U.S. News & World Report

Rockcastle Regional Hospital and Respiratory Care Center has been recognized as a 2024 Best Nursing Home for both Long-Term Care and Short-Term Rehabilitation by U.S. News and World Report.

Only 19 percent of the U.S. skilled-nursing facilities earned the “Best Nursing Home” designation in 2024 nationwide. Rockcastle Regional earned its place on the list by achieving the highest possible rating, “High Performing,” for its long-term care services and its short-term rehabilitation program.

“Receiving this recognition is a testament of our dedication to delivering compassionate and comprehensive care to our patients,” said chief nursing officer, Tammy Brock, RN, MSN. “It is an affirmation of the hard work and dedication of our skilled healthcare professionals who strive each day to make a meaningful difference in the lives of those we serve.”

For the 2024 designation, U.S. News rated more than 15,000 nursing homes on residents’ outcomes – such as infection rates, staffing levels, appropriate use of antipsychotic drugs, and health inspection results, among other quality indicators.

This is the fifth year the organization has received this designation for Long-Term Care. “Nursing homes that have earned the recognition of U.S. News have a track record of achieving better

outcomes for patients and residents, and maximizing the amount of care they receive from nurses and other staff,” said Ben Harder, chief of health analysis and managing editor at U.S. News.

“Our unique facility has been recognized nationally for our work with residents who require mechanical ventilation,” said Rockcastle Regional president and CEO, Stephen A. Estes. “Our mission is to be the best care facility for our patients, in all aspects of their care and quality of life. The fact we are receiving this designation for the fifth year shows the consistent quality of the dedicated team we have and the caring work they do each day.”

Newsweek

Rockcastle Regional Hospital and Respiratory Care Center has been recognized as one of the Best Nursing Homes of 2024 by Newsweek. The organization received this designation for both long-term care and short-term rehabilitation.

The America’s Best Nursing Homes 2024 ranking lists the nation’s leading nursing homes in the 25 states with the highest number of facilities, according to the Centers for Medicare and Medicaid Services (CMS). The evaluation is based on five data sources:

- CMS performance data
- National online survey of peer recommendations
- Management of the COVID-19 pandemic



National Recognition

- Resident satisfaction data
- Accreditation data obtained from The Joint Commission (TJC) and the Commission on Accreditation of Rehabilitation Facilities (CARF).

“Our inclusion in this highly-regarded list reflects our unwavering commitment to providing compassionate, high-quality care to our residents,” said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital and Respiratory Care Center. “Our dedicated staff, state-of-the-art facility, and patient-centered approach are to be credited for this designation.”

Rockcastle Regional was one of only five facilities in the state of Kentucky to be named to the list for facilities with 100-149 beds.

Women’s Choice Award

Rockcastle Regional Hospital and Respiratory Care Center has been recognized by the Women’s Choice Award in multiple categories.

The organization was named as one of America’s 100 Best Hospitals for Patient Experience for 2024, Women’s Choice Award’s (WCA) most prestigious list. This is the tenth year Rockcastle Regional has achieved this designation.

Rockcastle Regional was also recognized on WCA’s 2024 list for

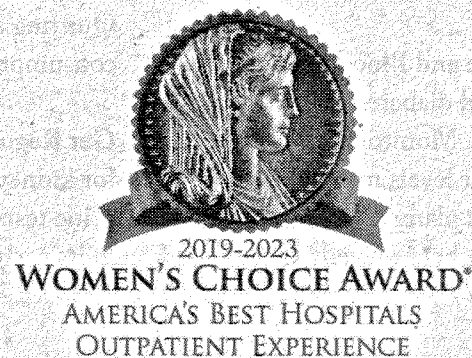
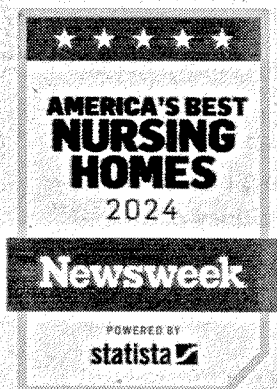
America’s Best Hospitals for Outpatient Services. This is the sixth time the organization has appeared on this list.

“Being named to both highly-respected lists by the WCA underscores Rockcastle Regional’s dedication to excellence in every aspect of patient care,” said Tammy Brock, RN, MSN, chief nursing officer of Rockcastle Regional. “It reflects the collective efforts of our healthcare professionals who work tirelessly to uphold the highest standards of quality and compassion.”

The WCA, a symbol of trust and quality in healthcare, honors hospitals that prioritize the needs and preferences of female patients. Through comprehensive surveys and rigorous evaluation criteria, the award identifies institutions that consistently exceed expectations in patient experience and satisfaction.

For both designations, the methodology used by WCA to select Rockcastle Regional included the evaluation of the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results, along with primary research about women’s healthcare preferences.

“We are incredibly honored to be recognized, yet again, by the Women’s Choice Award,” said Stephen A. Estes, president and CEO of Rockcastle Regional. “This achievement reaffirms our unwavering commitment to providing exceptional care tailored to the unique needs of women. From compassionate bedside manner to effective communication and accessibility, we strive to foster an environment where every patient feels respected, heard, and empowered throughout their healthcare journey.”



[YOUR HEALTH]

March is National Kidney Month

Kidney Health and Disease Prevention

March is recognized as National Kidney Month, a time dedicated to raising awareness about kidney health and the importance of prevention and early detection of kidney disease.

The kidneys play a crucial role in filtering waste products and excess fluids from the blood, maintaining electrolyte balance, and regulating blood pressure. However, kidney disease can quietly progress without noticeable symptoms, until it reaches an advanced stage.

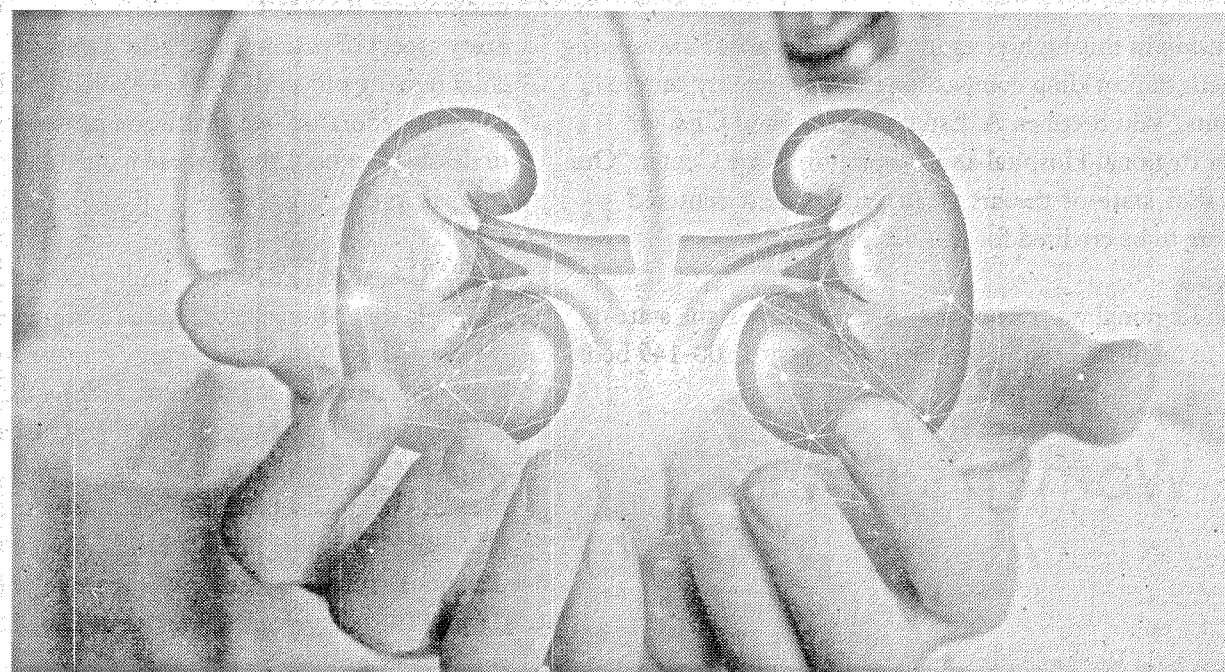
Understanding Kidney Disease

Kidney disease occurs when the kidneys are damaged and can no longer filter blood properly. There are various causes of kidney disease, including diabetes, high blood pressure, genetic factors, autoimmune diseases, and certain medications. Common risk factors for kidney disease include obesity, smoking, a family history of kidney disease, and age.

Chronic kidney disease (CKD) is a progressive condition that develops over time and can lead to kidney failure if left untreated. Symptoms of kidney disease may include fatigue, swelling in the legs and ankles, changes in urination patterns, nausea, and difficulty concentrating. However, these symptoms may not appear until the kidneys are significantly damaged.

Prevention and Early Detection

Preventing kidney disease involves adopting a healthy lifestyle and managing underlying health conditions. Here are some key strategies for maintaining kidney health:



1. **Stay Hydrated:** Drinking an adequate amount of water helps the kidneys flush out toxins and waste products from the body.
2. **Follow a Balanced Diet:** A diet rich in fruits, vegetables, whole grains, and lean proteins can help protect kidney function. Limiting salt, sugar, and processed foods is also beneficial.
3. **Manage Blood Pressure and Blood Sugar:** High blood pressure and diabetes are leading causes of kidney disease. Monitoring blood pressure and blood sugar levels regularly and following treatment plans prescribed by healthcare providers can help prevent kidney damage.
4. **Maintain a Healthy Weight:** Obesity increases the risk of developing kidney disease and other health problems. Maintaining a healthy weight through regular physical activity and a balanced diet can reduce this risk.
5. **Avoid Smoking and Limit Alcohol Consumption:** Smoking and excessive alcohol intake can damage the kidneys and increase the risk of kidney disease. Quitting smoking and moderating alcohol consumption are essential for kidney health.
6. **Get Regular Check-ups:** Routine screenings for kidney function, including blood and urine tests, can help detect kidney disease in its early stages when treatment is most effective.

For more information about kidney health and disease prevention, visit www.kidney.org.

[YOUR HEALTH]

March is National Nutrition Month

Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-

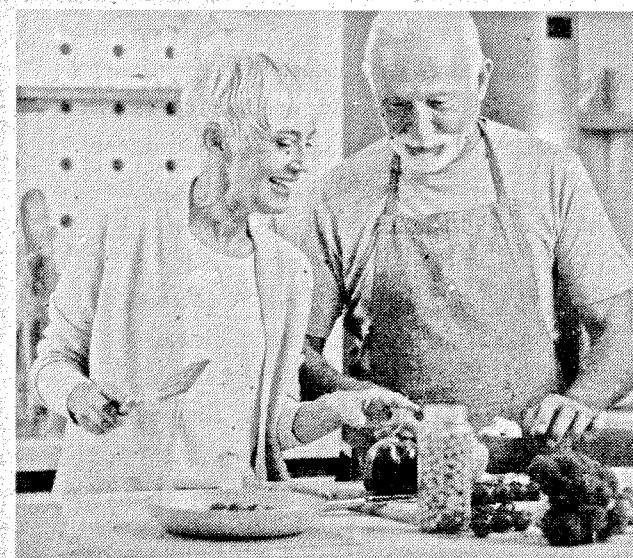
fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars. Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated. Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer



calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what’s in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist. if you have special dietary needs.

A registered dietitian nutritionist can create a customized eating plan for you.

Rockcastle Regional Dietetics
Lindsay Gabbard, RDN, LD • Director
Rebekah Ferguson, RD, LD
Olivia Stefan, RD, LD

[UK CONNECTIONS]

Save your sight: learn about prevention, treatment for glaucoma

By Elham Ghahari, M.D., assistant professor of ophthalmology at UK HealthCare Advanced Eye Care

Glaucoma is a disease of the optic nerve that can cause vision loss. It is the second leading cause of blindness in the U.S. and the leading cause of irreversible blindness worldwide.

What is glaucoma and what causes it?

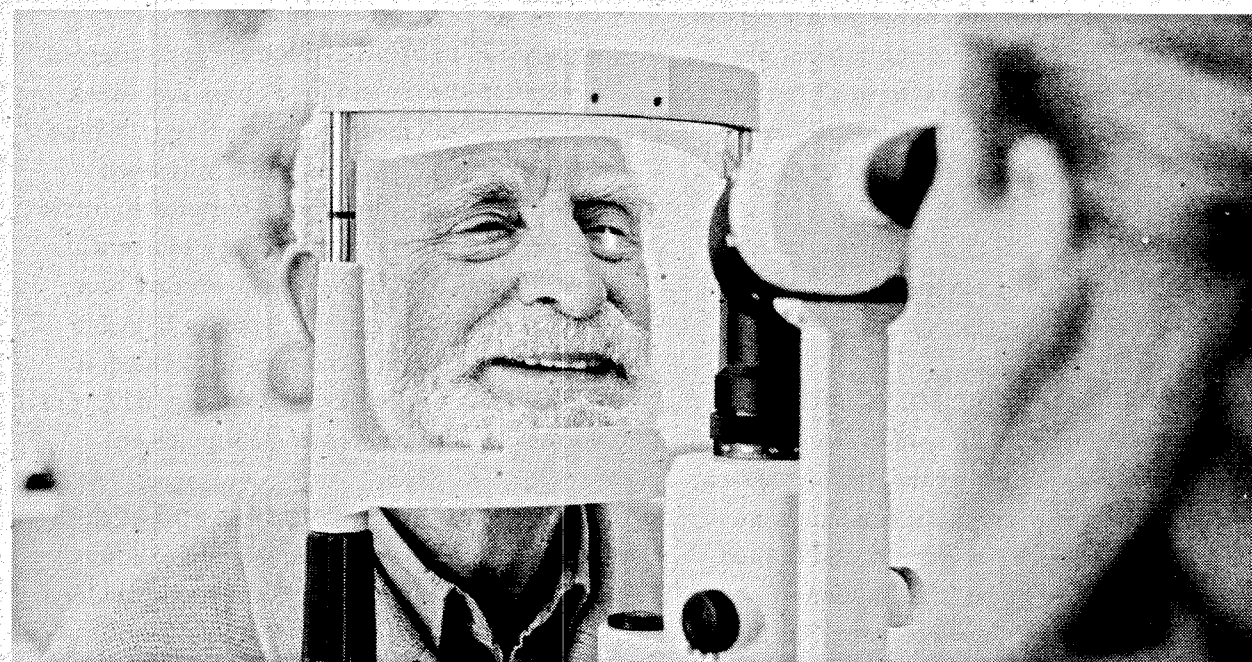
Glaucoma is the leading cause of global irreversible blindness, and 111.8 million people worldwide will have glaucoma by the year 2040. Glaucomatous damage is the loss of the optic nerve cells which leads to characteristic changes in the optic nerve head with concomitant visual field damage. Glaucoma cannot be cured, but it can be controlled and stabilized with proper treatment.

Primary open-angle glaucoma is the most common form of glaucoma and is associated with several risk factors such as family history, African ancestry, other eye diseases such as diabetes or inflammation, past eye injury, and elevated intraocular pressure.

At what age should people become concerned about developing glaucoma and what are some risk factors?

Abnormally high eye pressure is the most important glaucoma risk factor because it is the only modifiable and effective target of the therapy for glaucoma. Although some forms of glaucoma develop even when the eye pressure is normal, the risk of abnormally high eye pressure increases with age.

Early detection and intervention can help prevent vision loss from glaucoma. However, most



patients don't know they have the disease because it is generally asymptomatic in the early stages, which means symptoms don't present themselves. A routine eye exam can identify the risk for glaucoma and early signs of the disease. During an eye exam, glaucomatous optic nerve damage can be assessed by clinical examination of the optic nerve head and eye pressure can be checked. The risk of having abnormally high eye pressure as the most important risk factor for glaucoma increases with age. Glaucoma screenings are suggested beginning at age 40 and should continue after that in intervals suggested by your eye doctor (usually every 2-4 years.)

What are some warning signs someone might be developing glaucoma?

There are usually no early symptoms of glaucoma, so screening exams are very important. Gradual

dimming or weakening of vision is sometimes reported. Some patients with acute glaucoma develop severe eye pain and rapid visual changes.

How is glaucoma treated?

Glaucoma treatment consists of reducing eye pressure using medications, lasers or surgery. Most glaucoma patients can be stabilized with prescription eye drops or in-office laser treatment. Once the pressure is stabilized, it is important to continue regular follow-ups to make sure the pressure remains low enough. Less frequently, glaucoma surgery may be required.

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

[UK CONNECTIONS]

Routine checkups: A recipe for healthy children

By LaTawnya Pleasant, M.D., associate professor of pediatrics in the UK College of Medicine and pediatrician with Kentucky Children's Hospital

In the journey of parenthood, an essential step toward ensuring the health and happiness of your child is attending well-child care visits with your pediatrician.

The American Academy of Pediatrics (AAP) recommends parents schedule routine checkups at key developmental stages to give your little one the best care. Those developmental stages in the first year include:

- First week (3 to 5 days old)
- 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- 2 years old
- 2 ½ years old
- Annual visits from age 3 on

You can talk to your pediatrician to set well-child visits beyond the first three years of care.

Well-child visits also offer your child important health advantages, including:

Immunization. At your well-child visit your child can receive scheduled vaccinations to protect them against various diseases as their immune system continues to develop. By ensuring that your child is up to date on vaccines, you contribute to the well-being of the community and create a safer environment for your child to thrive in.



Tracking growth and development. This is an integral part of pediatric visits. Doctors carefully monitor your child's physical, cognitive and emotional progress, providing key insights into their overall health. Regular visits ensure time for suggestions, questions or concerns and a place for support.

Getting answers. Well-child visits are an opportunity for parents to ask health care providers important questions on a variety of topics from eating habits to behaviors. Being able to address health concerns early on is a proactive approach to preventing sickness and helping your child grow.

Teamwork. While the focus of these routine checkups is on the health of your child, it's also about building a partnership between you and your health care team. The visits should

be an opportunity for parents and doctors to comfortably collaborate to create the best outcome for their child. Open communication fosters a supportive environment, empowering parents to actively participate in their child's health care journey.

A strong parent-doctor relationship will ensure your child's health care is personalized to meet their needs and create a trusting relationship between doctor and child. The more comfortable you are with your pediatrician the more open you can be with your health care.

The AAP also offers new parents checklists online for each of these well-child visits.

If you have questions about scheduling visits or health care concerns, contact your child's pediatrician.

News and Notes From Our Team



Jase Bale, BS, MA

Jace Bales, BS, MA, has joined the team in the Rockcastle Regional Laboratory as a medical technologist. Jace earned his bachelor's degree

in medical laboratory science at Eastern Kentucky University and his Master's of Arts in Education from the University of the Cumberlands. Jace says about his new job that he enjoys making a difference in peoples' healthcare. When not at work, Jace enjoys film, antique collecting, history, and reading.



Ashlyn Brock, BS

Ashlyn Brock, BS, has taken on the position of human resources assistant at Rockcastle Regional since earning her bachelor's of science

degree in health services administration at Eastern Kentucky University. When asked what she enjoys most about her new position, Ashlyn says that she loves being able to help new hires during their hiring process and being able to assist them with orienting to the organization. "I enjoy having the opportunity to make connections with fellow coworkers and

employees and having the ability to assist them with becoming a part of Rockcastle Regional." Ashlyn resides in Brodhead with her family: Jason, Melissa, and Lexie Brock, and when not at work, she enjoys spending time with her friends, family, and her golden doodle, Sadie.



Jenny Cromer-Hall, MSW

Jenny Cromer-Hall, MSW, has joined the social services team at Rockcastle Regional. Having earned her

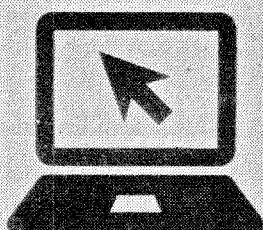
Master's in Social Work degree from Eastern Kentucky University, Jenny has returned to the organization where she was as a licensed practical nurse (LPN) for 29 years. When reflecting on her new position, Jenny says, "I enjoy my job because I love getting to know the patients and families I care for. By becoming a medical social worker, I am able to follow my passion for helping others. My hopes are to always leave a lasting impact on the people that I have been blessed to serve." When not at work, Jenny enjoys spending time with her family, including her two daughters, Emily Hall and Holly Rebuck, and boating and camping at Lake Cumberland.



Kaitlyn Smith, BS

Kaitlyn Smith, BS, is the newest member of the community relations team where she serves as the administrative assistant

since earning her bachelor's of science degree in health services administration with a concentration in healthcare management from Eastern Kentucky University. When asked about her new position, Kaitlyn says, "I am so excited to join the CR team and am looking forward to being able to collaborate with my cohorts to create incredible events for our community members and the employees of Rockcastle Regional. In my short time in CR, I have already made so many connections within the hospital and I look forward to continuing to grow my relationships and be able to put my energy back into the organization." Kaitlyn is the daughter of Eric Smith and Shannon Smith and her brother is Zack Smith. When not at work, Kaitlyn enjoys going to concerts and traveling to new places with her fiancé, Isaac Stratton.



Interested in joining our team? View current job openings at:
www.rockcastleregional.org/careers/current-openings

Rockcastle Regional Health Providers

Physicians Based in Rockcastle County

William Bakhos, MD	General Surgery
David S. Bullock, MD	Family Practice
Lura Cash, DMD	Dentistry
Michael Hamilton, MD	Emergency Medicine
Angela DeBord Isaacs, DO	Family Practice
Mary Saylor Joenborg, MD	Family Practice
Kelsey Ladd, MD	Psychiatry
Sarah Oliver, MD	Pediatrics
M. Kevin Rowe, MD	Family Practice
Karen B. Saylor, MD	Internal Medicine/Pediatrics
Callie Shaffer, MD	Pediatrics
Justin Williams, DO	Hematology/Oncology

Mid-Level Providers Based in Rockcastle County

Kimberly Bolin, APRN	QuickCare
Courtney Browning, APRN	Pediatrics
Jessica Carpenter, APRN	Family Practice
Jennifer Cash, APRN	Family Practice
Vicki Chapman, APRN	Endocrinology
Jenny Collier, LCSW	Counseling
Chasity Frakes, APRN	Behavioral Health
Deana Gabbard Hale, MPAS, PA-C	QuickCare
Mackenzie George, LCSW	Behavioral Health
Kristi Hale, APRN	QuickCare
Brent Hasty, CSW	Counseling
Jennifer Jones, APRN	QuickCare
Latoya Lamb, APRN	QuickCare
Chelsen Larkey, LPCC	Counseling
Elizabeth Loring, LCSW	Behavioral Health
Ginger Mink-Cash, APRN	Family Practice
Alicia Myers, MPAS, PA-C	Family Practice
Kacey Scoggin Nicely, APRN	QuickCare
Nancy Owens, APRN	QuickCare
Angela Parsons-Woods, MPAS, PA-C	Family Practice
Tiffany Patrick, CRNA	Nurse Anesthetist
Brittany Perkins-Saylor, MPAS, PA-C	Family Practice
Megan Taylor Pittman, APRN	Pediatrics
Barbara Prather, APRN	Family Practice
Terry Puckett, CRNA	Nurse Anesthetist
Brislyn Saylor, MPAS, PA-C	QuickCare
Ashleigh Williamson, APRN	QuickCare
Colyn Wright, MPAS, PA-C	QuickCare

Visiting Physicians

Tarek Ali, MD	Neurology
Maoyad Al-Sona, MD	Pulmonology
Azhar Aslam, MD	Cardiology
Dustin Arthur, DPT	Electrophysiology
Taha Ayach, MD	Nephrology
Joshua C. Bailey, MD	Pain Management
Charles Barton, MD	Gynecology
Ann Davis, DPM	Podiatry
Ima Ebong, MD	Neurology
David Escalante, MD	Endocrinology
Suhas Gangadhara, MD	Neurology
Aaron Hesselton, MD	Cardiology
Wallace Huff, MD	Orthopaedics
Christian Knecht, MD	General Surgery
Vishakhadatta Kumaraswamy, MD	Neurology
Nathan Kusterer, MD	Cardiology
John Leigh, MD	Cardiology
Iraklis Livas, MD	Allergy/Immunology
Zabeen Mahuwala, MD	Neurology
Rick R. McClure, MD	Cardiology
Naoki Misumida, MD	Cardiology
David Moliterno, MD	Cardiology
Khalil Rahman, MD	Nephrology
Navin Rajagopalan, MD	Cardiology
Faizal Ramdial, MD	Pediatric Pulmonology
Mandakini Sadhir, MD	Adolescent Medicine
Douglas Schneider, MD	Pediatric Cardiology
Hammad Siddiqui, MD	Nephrology
Rudolph Tovar, MD	Gynecology
Denis Yalkut, MD	Urology

Consulting Advanced Practitioners

Dee A. Abrams, MPAS, PA-C	Cardiology
Doris Adams, APRN	Cardiology
Michael Blackburn, MPAS, PA-C	Orthopaedics
Susan F. Grubbs, APRN	Nephrology
Lynsey Henderson, APRN	Cardiology
Rana Lindsey-Rahman, APRN	Cardiology
Heather Oaks, APRN	Cardiology
Hannah L. Puntney	APRN, Pediatric Urology
Carol Yaden, APRN	Cardiology

Healthy you



ROCKCASTLE
FAMILY WELLNESS

diabetes education and prevention • weight loss support

Overweight? No exercise? At risk for diabetes?

This class may be for you! Join us to learn more about the free Healthy You 101 program.

Classes Begin March 2024

Meeting Location:

Rockcastle Regional Hospital Education Center
(Third Floor Outpatient Services Center)

Two Class Options:

Every Tuesday • 11:45 a.m.-12:45 p.m.

Every Wednesday • 5:00-6:00 p.m.

Classes provide a full year of support with weekly classes for six (6) months followed by monthly classes for six (6) months.

*Classes are for ages
18 and up.*

Questions? Call Brianne Wells at (606) 256-7690 ext 7565