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Mount Vernon Signal

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 🦠 Volume 138 • Number 36 1.00 per copy Thursday, October 24, 2024

Free hot meals



Rockcastle County High School FCCLA (Family, Career, Community Leaders of America) and Honors Club members served 60 meals to members of the community last week as part of the "Nourishing Neighbors" program in the Livingston community. Everyone in the county was invited to the free hot meal event. The FCCLA program was established to further career and technical development for real world skills for students. The student's commitment to service reflects the school mission, according to Superintendent Dr. Carrie Ballinger. Everyone who attended the event received a hot meal free of charge. Shown above are the students who served the meals and take part in the two school clubs.

School board thanks local officials for recent assistance

RCMS construction underway

By: Mike French **Editor**

Members of the Rockcastle County School Board held their monthly meeting last week but since it had been postponed due to fall break, it was a special called meeting.

In a very rare occurrence, Chairman Angela Mink was absent for the meeting and vice chair Anna Goff served as moderator.

First on the agenda was the monthly awards, certificates and appreciations of staff across the district.

The council also ap-

The school featured City Council holds regular monthly meeting

By: Mike French Editor

The Mount Vernon City Council's regular monthly meeting was held last Thursday evening at city hall with several items on the

After approval of the minutes, the council inspected the September financial reports. Council member Shelley Raines Lewis questioned two large expenditures but City Clerk Crystal Rush and City Administrator Andrew Pensol explained the withdrawals pertain to the current water project and will be reimbursed through a grant. "The grant we got was a reimbursement grant and we have to spend the money and then the grant reimburses those expenses," Pensol said. "Rush agreed. "Next month the report will likely be leaning in the other direction showing those deposits without showing the expenditures."

The financial report passed unanimously.

The council also held the second and final read-

Fiscal Court 12 roads approved for resurfacing

By: Mike French

Members of the Rockcastle County Fiscal Court held a special called meeting last Tuesday evening to deal with several issues that required action before the next regular meeting.

Judge/Executive Howell Holbrook, Jr., informed the court that he had only received one list of qualifications for the water line project on Bloss Road. AGE Engineering qualifications

were approved unanimously and Holbrook says he is dealing with final paperwork to begin the project.

in other action, the court approved an agreement and resolution from the Commonwealth of **Kentucky Transportation** Cabinet Department for Rural and Municipal Aid approving \$238,931 in flex funding. The original amount requested by magistrated was over triple the amount of funding awarded. However, the list was reduced to 11 areas of resurfacing and one area of patching that would remain within budget. Each area to be repaved is less than one mile and the patching will cover slightly over two miles.

Roads to receive work include Black Bear Lick Lane (.256 miles), Briar Rose Road (.295 miles), Burnt Ridge Road, (.815 miles), Fuzzy Duck Road (.156 miles), Holman Lane (.207 miles), Houston Farm Road (.335 miles), Iriquois Lane (.117 miles), Marler Cemetery Road (.740 miles), Poplar Gap Road for patching only (2.791 miles), Schoolhouse Hill Road (.284 miles), Seneca Road (.139 miles) and Stone Mason Road (.279 miles).

The court also received the RCIDA monthly financial report showing a total IDA balance of \$1,172,445.

(See "Court" on 5)

nances. The city dropped proved two resolutions the property tax rate for allowing the mayor to file 2025 to .1466 cents per for funding for water \$100 in assessed value projects from the Kenand the vehicle tax will remain the same as 2024 at 16.7 cents per \$100 of assessed value. Both ordinances passed unani-

ing of the tax rate ordi-

In other action, council member Gertha Mink expressed her desire that paving begin as soon as

(See "City" on 5)

tucky Waters Program.

No injuries reported

School bus involved in hit and run accident

According to Mount Vernon Police Chief Joe Rush and officer Dylan Hensley, a Rockcastle County school bus was involved in an accident last Wednesday morn-

According to the report, the bus was hit by another vehicle while traveling on Sand Springs Road in

(See "Bus" on 5)

in this month's spotlight/ showcase, which informs the board of progress, plans and goals of individual schools in the district, was, of course, Brodhead Elementary. The school was recently named the over all second best elementary school in the state, earning the top scores in the entire state in some areas of content.

Principal Nick Williams addressed the board, along with students from the school as the staff and students received accolades from board members and those in attendance. "I know that when we got the scores back I cried, Nick cried, we all cried," said Ballinger. "It was a testament to the hard work and dedication of everyone of the staff and, more importantly, it was lifechanging for the students. We have proficient students in reading and math and writing. That is what we all want most. Our students learned and will have a better start in life because of it."

Williams agreed. "We have students who gained more than one year of education in one year's time," he said. "That is what we want for our students again next year."

(See "School" on 5)

Water lines have been inspected at some local homes

— Many not yet inspected

By: Mike French

If you receive a letter informing you that there may be lead or copper in your water, officials say you shouldn't be concerned.

In 2021, the Federal **Environmental Protection** Agency's National Primary Drinking Water Regulations contained lead and copper rules revisions, established to eliminate lead and copper in American drinking water.

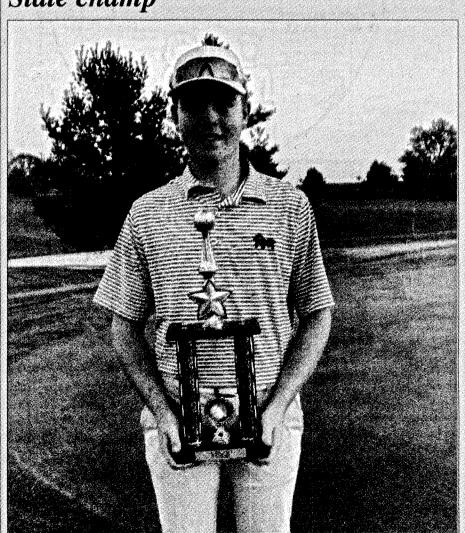
The revisions, established in June of 2021 gave all water providers until October 16 of 2024 to complete an inspection of every municipal water line in the country from the water plant to the meter and from the meters to the dwellings/ businesses.

According to Jordan Bales of the Mount Vernon Water Department, that study had to be mailed to officials by October 16. "That leaves us with about 1300 to 1400 homes in Mount Vernon that we didn't get to in time," Bales said.

According to Bales every residence that did not make the report that was mailed last week, will now receive a letter letting the home owner or resident know that their home or business water

(See "Water" on 5)

State champ



The RCMS Golf Team finished 5th at the Kentucky Middle School State Championship at Henry County Country Club Friday, October 18th. Conner "Smoke" Ford (above) defended his title shooting a 68 to win his second consecutive state championship this year. See the team photo inside.

Of Special Note Inside

- Court NewsPg. 6

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

- Sports...... Pgs. 8&9
- Classifieds Pg. 13 Deadline is Monday at 4 p.m.

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ramblings...

by; perlina m. anderkin

I have followed closely the tragedy in Western North Carolina, Tennessee, Georgia, South Carolina and Virginia, the area hit by a "hurricane" over three weeks ago and things remain horrible for thousands who lost everything, including many their lives.

The death toll officially stands at something like 260 but, residents and volunteers say that the final total, if officials allow it to be known, will be in the thousands.

I heard a local sheriff threaten to arrest a man if he flew his helicopter back into the mountains to bring out the elderly husband of a woman he had just rescued and whom he had left with his son (evidently it was a two person helicopter). As I read the situation, the sheriff was threatening to arrest him if he flew back to pick up his son. The man showed enough for-

titude to defy the sheriff and go back for his son but left the man on the mountain (he was later rescued by someone else and finally reunited with his wife).

There have been eyewitness accounts of tractor-trailer truck loads of

desperately needed supplies - including food, water, medicine, baby food - being confiscated by FEMA and disposed of because those who brought it were not on their approved "vendor list." The most heartbreaking story was one I heard Monday from a man who was rescued after being buried to his neck in mud for three days. When rescuers finally arrived, he told (Continued on 3)

Aces Over

By: Mike French



Last week was the first time I have had to use heat in my vehicle and in my home. And yes, I don't care to admit that my yearly "fuzzy blanket" joined me in my recliner by Thursday last week.

Personally, I have an immense loathing down to my bone marrow for winter. I know people who love it but for me, there is nothing about

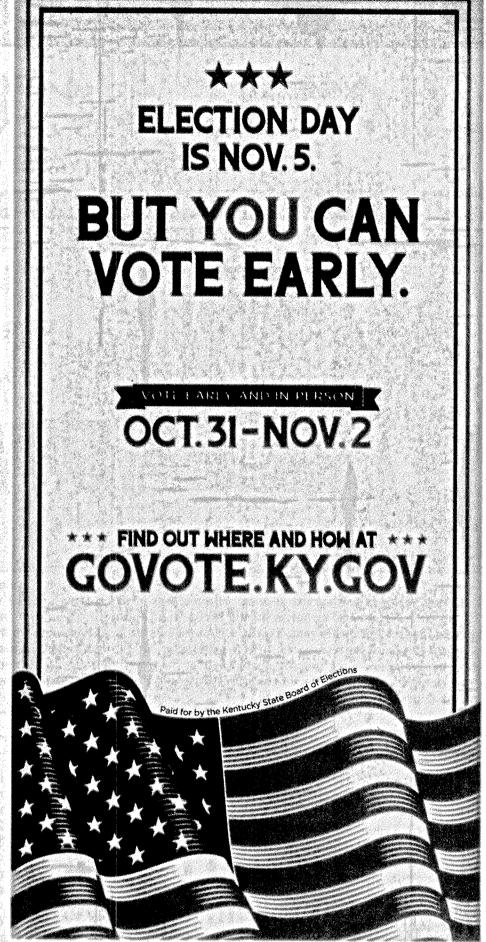
winter that I like. It is pure misery for me down to my core. I think the smartest creatures on earth are those who hibernate through winter months.

However, I will admit that I haven't always felt this way. Only after my bones began to hold on to arthritis and my feet started to become numb from neuropathy, and my sinuses became allergic to anything under 60 degrees, did I begin to hate winter.

There was a time when I looked forward to winter. In those days, when school was cancelled because of snow, we didn't have to do the work at home on a computer. The work just got ignored and there was no learning that day except life experiences.

I walked to school each day so I could make it regardless of how much snow existed but if school cancelled, it meant there

(Continued on 3)



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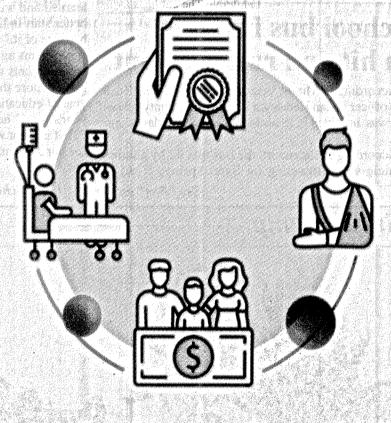
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Medicare Education Panel

at the govenment, say that in 2020, when some editing his in the

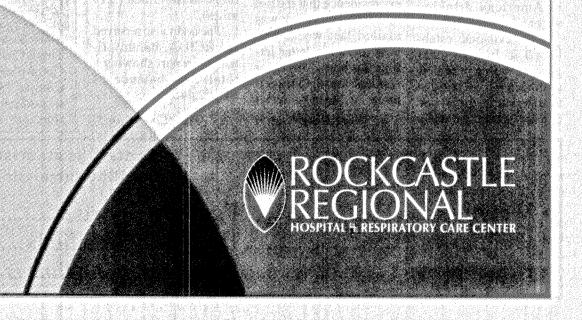
Join us for dinner and a panel discussion to answer your questions on how to navigate and select a Medicare plan that is right for you.

Tuesday, October 29, 2024

5:30 p.m. • Dinner & Resource Fair 6:30 p.m. • Panel Discussion

Rockcastle County Middle School Library 945 W Main St • Mt Vernon, KY 40456

To RSVP for the event, please contact Kaitlyn Stratton at (606)256-7381 or e-mail kaitlyn.smith@rhrcc.org. If you have specific questions you would like answered during the panel, please notify us of those when you RSVP.



ramblings...

(Continued from 2)

them to leave him be and let him die. It turns out that his wife and two children were buried beneath him in the mudslide and they had quit scratching his leg to let him know they were still alive.

But the most tragic circumstance of the entire situation is the fact that, instead of rushing in to help, along with the National Guard or even troops from Lackland Air Force Base, FEMA finally showed up several days into the catastrophe and lollygagged around not doing anything productive to help and hindering the work of volunteers. It got to the point that relief supplies were being packed by mules into the remote mountain areas by volunteers.

It is a national shame and a disgrace that these people were treated so cavalierly by our government while billions of FEMA's budget was spent on the care and upkeep of ILLEGAL ALIENS!!

But fear not, FEMA has, within a few days, constructed a 700 person camp near Asheville. It was originally assumed it would be temporary housing for some of the thousands displaced by Hurricane Helene. But actual confirmation of that could not be confirmed from our government. Instead, it has been noted that heavy equipment is being brought to the camp, one piece of which is a huge tanker truck used to transport waste water from drilling operations such as oilfields and mining operations. You know, those lithium and quartz mines that the government wants control of so badly, that are reportedly worth \$630 billion. This fact is making locals think now that the FEMA site may actually be being built to house workers for said mines. I suppose time will tell but, meanwhile, there is still massive need for help, particularly in the Asheville and Western mountain area of North Carolina that is still

being ignored by FEMA. Meanwhile, Roswell, New Mexico, there is massive flooding going on that has broken an over 100 year record. The rain began falling Saturday and 5.78 inches of rain fell that day, breaking the previous record from 11/01/1901 of 5.65 inches. The National Guard rescued 309 people that day with 38 having to be hospitalized for injuries. Two are reported dead thus far.

I'm sure there's no connection but in February of this year, the New Mexico House of Representatives passed a cloud seeding pilot project bill for southeast New Mexico but the story also states that there has been "limited" cloud seeding done in that area. You could let the thought pass through your mind that, Thank God, only "limited" cloud seeding has been done, thus far,

I could be a smart aleck about this subject for hours but I have to get in my personal dig about Kamala's gigantic faux pas at a recent rally she held in Pennsylvania. She was telling the crowd that Trump was a horrible person for putting people on the Supreme Court that struck down the Roe v. Wade abortion on demand, until birth (you know, to protect women's reproductive health), and instead the court made it

a decision for each state. She promised that she would make it the law of the land when she became President. A young man in the audience, actually within 40 ft. of her, yelled out "Jesus is Lord." Well, she stopped right there and said, "I think you all are in the wrong place. The rally you want is down the street and is much smaller" -- she was speaking in a 2500 seat gym and Trump's rally, which she was referring to, was much bigger - just saying (actually the crowd that turned out to stand on the side of the road in Pennsylvania while he pulled a shift as a fry cook at McDonald's the next day, was estimated at 5,000 for that). She made this remark to thunderous applause from her largely bused in and paid audience and the two young men involved were promptly ushered from the event by security personnel.

To try to repair some of the backlash, particularly from blacks, she attended a church in Georgia Sunday and a lady there, who did not appreciate her speaking from the pulpit, commented loudly on it and was immediately escorted from her church by security.

Anyway, former Republican Wyoming Congresswoman Liz Cheney was campaigning with her Monday. Liz, who sat on the infamous J6 committee and helped shred all records of the investigation (gee, I can't imagine why) lost her race for re-election to Harriet Hagerman (who had been endorsed by Trump) by a margin of over 32% of the vote.

But, I said all that to say that in 2020, when Chaney was still pretending to be a Republican. she said of Harris, "Kamala Harris has a more liberal voting record than Bernie Sanders and Elizabeth Warren Her radical leftist views raising taxes, banning gun sales, taxpayer dollars for abortion and illegal immigrants' health care, eliminating private insurance - would be devastating America." Later, that same year, she added that Harris advocated for defunding the police, dismantling our freedoms, destroying our history and abandoning our founding values. She failed to mention that Harris also has said she will provide sex change operations for prisoners and service menbers on the taxpayer dime.

There's so much more -- the fentanyl epidemic, that is caused by our open southern border through which the fentanyl is being smuggled in by illegals after being manufactured in China and brought to Mexico and which is causing over 100,000 deaths yearly in our country; the 320,000 children which have been "lost" after being brought illegally into this country; the fact that the drug cartels now have permission to fire at U.S, Border Patrol agents, according to an alert issued by the border patrol in the last two days.

I have to stop and I did not get halfway through the notes I made for this week's column from news reports.

Suffice it to say, it's a cruel, cruel world out there at present and unless we change our political leadership drastically in January, we are doomed. We are probably doomed anyway be-

cause of the Democrats' thirst for total uninterrupted power. If Trump is elected (which I still think is iffy because of the election cheating shenanigans which are already going on in early voting) deadly riots are expected to break out in protest.

We are already being warned by some news sites about the distinct possibility of WWIII erupting before the election, started by the October 7th massacre of 1200 Jewish civilians and Israel's retaliation which has extended to the involvement of other countries, not to mention the powder keg that Ukraine v. Russia has become, thanks to our's and Europe's support in keep-

ing it going. It's depressing and deeply disturbing. Everyday I believe more and more that the saying "The evil man will burn down his own nation in order to rule over the ashes," attributed to the Chinese military strategist Sun Tzu, is truly applicable to our day and our present government.

Aces

(Continued from 2) was a bus stuck some-

I guess I was simply more accustomed to cold in those days. Our home had one heat stove in the living room and that was it. There was no heat in the bedrooms or kitchen or in the outhouse. We had linoleum floors and our insulation was old, bunched-up newspapers. But I had grandma's thick quilt and several blankets and if I put my head under the covers, my breath would warm it up.

I actually stayed pretty toasty under all that cover but getting up in the morning was a quick dash to the living room to lie on the floor beside the coal burning stove.

Grandma's house didn't have a stove at all. She just used a tireplace and again, it only heated one room. There were blankets hanging over the doorways to the other rooms so that the heat would stay in the living room.

We didn't have to worry about frozen water lines because we didn't have any water lines. Our water came from a well and though sometimes ice would be on the pump handle, the water never froze. In fact, when pumped out of the ground, the water felt a little warm on those extra cold days. Funny how it seemed cool on hot summer days, and warmer on icy days, but it did.

We were one of the few families who had an electric cook stove and on the extra cold mornings, (after dad left for work) mom would turn on that oven and open the door so that I would be warm while eating my cereal at the kitchen table before school.

Also in those days, kids spent most of their days outside. We built igloos out of the snow and ice and had some massive snowball fights. We played in the barn and sometimes built little fires out back. But we had a good, warm living room to run to every so often to knock the chill off our bones.

When bedtime came each night, mom let me put a blanket next to the stove so that I would be warm when I first went to bed. Somehow, the cold didn't bother me back then. I don't think I was tougher back then, I just think I am smarter now and can better understand the countless evils of winter.

Believe it or not, when "central heating" first started to catch on, no one that I knew liked it. The complaint was that there was nothing to back up to that would warm your back or toes or hands. The rooms were warm but there wasn't a unit to stand next to and rub your hands by the heat. It was a big disagreement in the country but after a few years, central heating caught on and every room in the house had heat.

Dad didn't like it at all. It meant he had to buy a refrigerator. Before central heat, we could keep our meat and milk in the kitchen cabinet and it would stay cold. The problem was it would occasionally get too cold and freeze. Pop had a tiny little electric heater he used on the really cold nights to keep the kitchen above 32 degrees. In those days, everyone was terrified to leave anything electric on all night. You just didn't do it for fear the house would burn down. Plus, electric bills

T.J.'s Journal By: Tonya J. Cook



Curses and Creatures of the Appalachian Mountains Dear Journal,

This week I want to continue with the mysterious creatures and tales that are popular in the Halloween season that originate in the

Appalachian Mountains. First, there is a strange creature that is noted by the Native Americans and mountain settlers alike. It is the dreaded and fierce Wampus Cat. It is a creature that is said to look closest to a mountain lion and it has big yellow eyes and a long tail. It has six legs and is a swift runner. It is known to eat small woodland creatures such as rabbits, squirrels, or birds. It will also eat livestock such as cows, pigs and sheep...and of course, humans. It is known to have a blood chilling roar, too. So, it is something to avoid in the

mountains.

The next creature of interest is the famous Bigfoot. I've heard tails of this creature roaming almost anywhere in the United States and Canada. He is always out in the deepest parts of the woods. He is a huge shaggy hair-covered man-like creature that has eluded people for genera-

There is a huge birdlike creature that first made its first known appearance in the mountains of West Virginia in the 1890's to a group of coal miners and continued to be seen and terrorize the local citizens for years to come. It was called the "Rock". It can carry away deer, sheepdogs and is thought to carry off children;

Out in the mountains of North Carolina, specifically the Brown Mountains, is a phenom-

(Continued on 12)

were a new concept and dad didn't like them!

I remember my father being so angry that mom would let the little heater run in the kitchen sometimes at night. Dad would say something like, "you are the only woman in the world that can spend my money even while we sleep!"

Winters were tougher in those days but it was just accepted. Cold didn't seem to bother anyone nearly as much. Especially myself. But now, in my old and brittle years, cold temperatures are kryptonite. I am NOT one of those who wishes for winter on hot, summer days. I never, ever, ever wish for winter. Even when I am hot and sweaty and uncomfortable, while others complain, I am thankful it is not cold.

Anyway, it is that time of year again and I guess we all have to live with it. That doesn't mean we have to enjoy it.

Good luck to those like me who despise winter months. Let's just hold our breath (figuratively) and know March is coming. All terrible things must come to an end. Unfortunately, winter always comes back again.

Rockcastle Community **Bulletin Board**

Rockcastle County Bookmobile Schedule Monday, October 21: Calloway, Red Hill and Livingston. Tuesday, October 22: Maple Grove and Climax.

KPR Meeting is October 28th

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Monday, October 28th at David's Steak House in Corbin. Mealtime will begin at 11:30 a.m. with the meeting to follow. 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.

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

Vietnam Veterans Meeting Date

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

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 Location Update The Rockcastle Kiwanis Club meets the first Thursday

of each month at Marcella's Restaurant at noon and the 2nd, 3rd and 4th Thursdays at Limestone Grille. Kiwanis is a service organization working to improve the lives of children. The public is invited.

Chamber of Commerce Meetings

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

VFW Post 5908

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

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

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

Mt. Vernon Lions Club

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

American Legion Post News

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

Rockcastle UNITE Coalition

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

Celebrate Recovery/AA/NA

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

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

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

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

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

acat-alle accal Mituaries

Gene Philbeck

Robert Eugene "Gene" Philbeck, 81, devoted and loving husband of Rosalind for 59 years, left his earthly home on Tuesday, October 15, 2024 at the

University of Kentucky Medical Center in Lexington. He was born at the home of his

uncle, Eli Barnett and aunt Irene Barnett on August 5, 1943 in Brush Creek to the late Tommy and Alta Barnett Philbeck. He served his country as a sergeant in the Kentucky National Guard.



Gene was an active advocate for the city of Livingston, which he helped to be designated as a Trail Town, and he worked diligently to help them succeed because he attended high school there. Having a great passion for building, he built the Four Sons Subdivision and the Woodland Place in Mt. Vernon and was known for building more housing for FHA homes than any other builder in Rockcastle County. He was a contractor in the county for 45 years, built and operated the Rockcastle Skating Rink, and brought Save-A-Lot to Rockcastle County in 1985.

An avid horseback rider, he and his family opened Red Hill Horse Camp and have operated it for 25 years. There they met and became friends with many wonderful folks over the years, some of whom became just like family to them. Gene had a loving personality and went out of his way to help people. He belonged to many groups that he thought would help his home county, such as the Lions Club, Shriners, Masonic Lodge of McKee, and was President of Rockcastle Saddle Club.

In addition to his wife Roz, he leaves his memories with: his sons, Jeffery R. Philbeck, and wife Connie, Gregory Philbeck, Eric C. Philbeck and wife Amy, Jason L. Philbeck and wife Amy Jo; and special granddaughters, Angel N. Barron, and husband Robbie, and Tiffany R. Hysinger and husband Richard. Additional grandchildren include: Chris Philbeck, Jacob Philbeck, Samuel Philbeck, Carliegh Philbeck, and Cara Philbeck; and great grandchildren, Madison Hysinger, Hunter Hysinger, Kaydence Stewart, Raelynn Hysinger, Ethan Kirby, and Jaylee Barron. He leaves his childhood memories with: brothers, Ray Philbeck and Thomas Philbeck and wife Debra; and sisters-in-law, Teresa Philbeck and Patricia Philbeck. He will be missed by numerous nieces and nephews and a host of extended family members and friends, as well as his many friends at the Truck Stop and most of all, his dog, Amos, his feline companion, Mabeline, and his favorite horse, Dapper Dan.

Gene will be greeted at the river by family members who have preceded him: his parents, Tommy and Alta Philbeck; brothers, Estill Philbeck, and Lonnie Lee Philbeck; and sisters-in-law, Louise Rader Philbeck and Lois Lunsford Philbeck.

Funeral services were conducted Sunday, October 20, 2024 at the Dowell & Martin Funeral Home Chapel by Bros. Jerry Owens, Rex Williams, Jason Medley, and Jack Martin. Burial was in Philbeck Family Cemetery.

Honoring him as pallbearers were: Robbie Barron, Richard Hysinger, Ethan Kirby, Chris Philbeck, Samuel Philbeck, and Rex Williams. Honorary bearers were: Dale Carmack, Danny Carmack, Pam Cox, and Everett Turner.

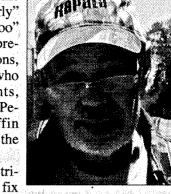
"Good friends are hard to find and impossible to forget."

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

George M. Griffin

George M. Griffin, 75, of Brodhead, went home to walk with the Lord on October 19, 2024. His wife of 46 years, Rebecca Utz Griffin, was holding his hand,

at the time of his passing. He is survived by his daughters, Jessica "Pearly" Fletcher, and Rissie "Roo" Griffin Wolff. He was preceded in death by his sons, George II, and Joshua, who along with his parents, Rissie Louise Murphy Peters, and Ernest Griffin were waiting for him at the gates of Heaven.



George was an electrician by trade, but could fix

almost anything (except computers, which he did not trust). He worked on half of the homes in Rockcastle County, and also served as a maintenance man at Renfro Valley and Rockcastle Middle School briefly.

In addition to his wife and daughters, he is survived by: his son in law, Scott Fletcher; nine grandchildren, George Stanley Griffin (Victoria), Sage Griffin, Jeremy Griffin, Brandon Fletcher (Katie), Bella Violet Forbes, James Wolff, JJ Wolff, Oni Griffin, and Lucy Griffin; and three great grandchildren; and his siblings, Lee Griffin (Darla), Paul "Pete" Peters, and Dora Lee Griffin.

A memorial service will be held Saturday, October 26, 2024, from 2-4 p.m. at Brodhead Baptist Church with Bro. Bill Hammond officiating.

Services provided by Marvin E. Owens Home for

Funerals.

Gregory Gene Richards

Gregory Gene Richards of Corbin, died Saturday, October 19, 2024, at the University of Kentucky Hospital. Greg was born June 28, 1974, to Kelly and



Geraldine Richards. He was of the Baptist faith and a member of Mt. Zion Baptist Church.

Greg was an avid San Francisco 49ers fan and loved to play guitar and sing. Greg had an amazing voice and reached many people through his talent of music. The most important love of his life was his daughter Kaleigh Jade Richards. He was a sports

dad who loved watching her play.

Besides his daughter Kaleigh, those left to celebrate his life are: his sisters, Dola (Vince) Gustin, Lavon (Jeff) Jett, Amy (Jeff) Navarre, Donnaleah Martin, Brothers Dale (Melinda) Monk, Dewayne (Kim) Richards; as well as a host of nieces and nephews.

Services will be held Thursday, October 24, 2024 at Marvin E. Owens Home for Funerals starting visitation at 11 a.m. until time of the funeral starting at 2 p.m. with Bro. Jason Brown officiating. Burial will follow in Johnnetta Cemetery.

Services provided by Marvin E. Owens Home for Funerals.

Linda Lou Hayes

Linda Lou Hayes, 79, of Mt. Vernon, died Monday, October 21, 2024 at Rockcastle Regional Hospital. Saffari en o

Services have been entrusted to the Marvin E. Owens Home for Funerals and are incomplete at this time.

Wanda McFerron

Wanda K. McFerron, 68, of Mt. Vernon, died Friday, October 11, 2024 at Baptist Health Hospital in Lexington. She was born at Blue Springs in Rockcastle



County on February 8, 1956, the daughter of Delbert G. and Josie I. Kirby Rowe. She had been an employee of Mt. Vernon Plastics and a restaurant worker and was a member of Chestnut Ridge Church of Christ. She enjoyed working puzzles and spending time with her family.

She is survived by: her daughter, Kayla Noble and her boyfriend, John Wethington; two grandchildren, Bobby Noble and Eli Noble; two brothers, Terrell Rowe and wife Carolyn of Blue Springs, and Darrell Rowe of Mt. Vernon; and two sisters, Ruby Cromer of Corbin, and Rhonda Barron of Blue Springs. In addition to her parents, she was preceded in death by: her husband, Donnie Ray McFerron; a daughter, Ginger McFerron; a sister, Verna Mink; and a brother, Ray Rowe.

Funeral services were conducted Thursday, October 17, 2024 at the Dowell & Martin Funeral Home Chapel by Bro. Ova Baker. Burial followed in Rowe Cemetery at Blue Springs.

Pallbearers were: Eric Bullock, Julio Cruz, Bobby Noble, Hayden Robinson, Josiah Rodriguez, Ricky Rowe, and John Wethington.

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

Charlotte Doan

Charlotte Doan, 81 of Mt. Vernon, died Tuesday, October 15, 2024, at the Rockcastle Regional. She was born November 19, 1942, in Kings Mt. in Pulaski



Co. to Alonzo and Mae Lawson. She was united in marriage to Vernon Doan on November 11, 1960, who preceded her in death January 15, 2023. From that union came six children, Dennis, Dalmas, Vernon Jr., Tina, Debbie and Michael Dawayne.

She was a member of Calloway Holiness Church. Loved fishing, singing, crocheting, going

to church and spending time with family.

Those left to mourn her passing include: her children, Dennis (Donna) Doan of Mt. Vernon, Dalmas (Vickie) Doan of Livingston, Vernon Jr. (Denise) Doan of Livingston, Tina Doan of Livingston, and Debbie Doan and Larry of Mt. Vernon; and her grandchildren, Amber, LeAnn, Deanna, Kayla, and Joseph Doan, Josh and Heavenly Sowder, Scotty and Adam Hellard, Martha McKinney and Kevin Mink.

Besides her parents, and husband Vernon, she was preceded in death by: a son, Michael Dawayne Doan; grandchildren, Jason Wheeler and Randy Alexander Denny; and three brothers, Danny, Jimmy and Kenneth Lawson.

Funeral services were held Saturday, October 19, 2024 at Calloway Holiness Church with Bros. Philip Doan and Jason Medley officiating. Burial was in Doan Family Cemetery.

Services provided by Marvin E. Owens Home for Funerals.

Norma Scott

Norma Jean Scott, 83, of Cincinnati, OH, died Tuesday, October 15, 2024 at her home. She was born in London on February 24, 1941, the daughter of Vincent and Vicie Humfleet Martin. She was a retired secretary for BF Goodrich Com-

She is survived by her son, Jason Scott and wife Jamie of Cincinnati, OH. In addition to her parents, she was preceded in death by: her husband, Ernest Austin Scott; three brothers, Homer, Carl, and Edsel: and three sisters, Eva, June,

pany.

and Wilma. Funeral services were

conducted Saturday, October 19, 2024 at the Dowell & Martin Funeral Home Chapel by Bro. Jim Miller. Burial was in Corinth Cemetery at Crooked Creek.

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

Elizabeth Hood

Elizabeth Hood, 47, of Stanford, died Friday, October 18, 2024, at her home. She was born November 8, 1976, in Cincinnati OH, to Ricky Brummett and Barbara Barnett Allen.

She was of the Chrisian Faith and loved painting,

horses and spending time with family and her son Jaydan. Those left to mourn her passing include: her son,

Jaydan Hood; her father, Ricky Brummett; stepmom, Judy Brummett; two step-brothers, Chris Allen and Ricky Bishop; sister, Misty Pennigton (Ethan) of

Lancaster; half-sister, April Denney of Stanford; two step-sisters, Valarie Nevels (Derrick) of Eubank and Veronica Jones of Brodhead; as well as a host of nieces.

She was preceded in death by: her mother, Barbara Barnett Allen; step-dad, Larry Allen; brothers, Joey Brummett and Jr. Allen; and grandparents, Francis and Rovena Brummett, Pauline Denney, and James Barnett.

Funeral services were held Wednesday October 23, 2024 at Marvin E. Owens Home for Funerals with Bro. Dan Gutenson officiating. Burial was in Negro Creek Cemetery.

Card of Thanks

Jeff Nicely

The family of Jeff Nicely wish to thank everyone for their love and support during our time of bereavement. Dowell and Martin Funeral Home staff made this difficult journey more bearable and we were deeply touched by their professionalism, kindness, and overall love shown to our family. The music provided by Jamie Cornelius, John Cornelius, and Amy Taylor made our memories extra special. Eric Helton will always have a meaningful place in our hearts for writing and reading his father-in-law's eulogy. Brother Dennis Wilder, from First Baptist church, comforted us with his heartfelt and meaningful message time of need. Thanks also to Jeff's friends and family who were so honored as pallbearers/honorary pallbearers. To our family, friends and those who loved Jeff, your comforting expressions of sympathy will always be remembered with deep gratitude.

Gina Nicely and Family

Fundraiser/Benefit

Please come join us for a fundraiser/benefit honoring the late Edgar Lynn "Flash" Albright at the Ottawa Baptist Church, Brodhead, Friday, October 25th, 6 to 9 p.m.

Special music provided. Door prizes. Raffle/silent auction. Love offering at the end of the evening. For info. please contact Natalie Albright at 606-485-0861.

In Loving Memory of Naomi Brock

Today would have been your birthday And though you're no longer here We couldn't let it just slip away Not this or any year We miss you more each passing day And hold you in our hearts We know we'll have so much to say When we no longer are apart But until then Happy Birthday We'll put our tears away for just awhile And spend a moment remembering you With thoughts that always make us smile.



We will never forget you, Your Loving Family

Let the Bible Speak

Tune in to "Let the Bible Speak," with Brett Hickey, on

Sunday mornings at 6:30 a.m. on WDKY Fox TV

One Day Revival at Creekside Baptist

Evangelist Bro. Kenny Davis will hold a One-Day Revival Service at Creekside Baptist Church on Sunday, October 27th, at 11 a.m. and 5 p.m.

There will be special singing by the Bluegrass group Just Enough at the morning service and by The Stallsworth Family at the 5 p.m. service.

The church is located at 2261 Copper Creek Road.

Trunk or Treat at Cupps Chapel

Cupps Chapel Holiness Church is having a Trunk or Treat for the children on Thursday, October 31st from 6 to 8:30 p.m.

The church is located at 2808 Copper Creek Road,

Brodhead. Everyone welcome.

Bus

(Continued from front)
Rockcastle County.

Police say there were no injuries reported but the driver of the unknown vehicle drove away before coming to a stop.

Another district bus was driven to the scene of the accident where all students transferred buses out of an abundance of caution, according to officials.

Reports say the bus was not towed and the driver was able to drive the bus to the garage.

Officer Hensley is investigating the accident and the search for the hit and run driver.

If you have information about the incident, or the unknown driver involved, please contact the Mount Vernon Police Department.

Court

Continued from front)
County Clerk Danetta
Ford Allen also asked to
send mailers to every registered voter within
Rockcastle County providing voting information, including locations
and times. The court approved up to \$7,000 in
postage for the mailings.
Officials expect a high
turnout during the general election and Allen
said it will help stream-

formed about the process.

The court also approved two additional vouchers for expenses involved in time clock monitoring and computer repair work for a total of \$243.

line the voting process for

all voters to be fully in-

The court also unanimously approved the first quarter fiscal year financial statement.

Having no further business, the meeting was adjourned.

City

(Continued from front)
possible for a cemetery

possible for a cemetery road recently added into the city maintenance program. Pensol explained that he was under the impression that the road was adopted into the city program and would be placed on the regular schedule for evaluation for repairs and repaving. Pensol indicated the newly adopted road would be looked at in the spring with all other city roads.

However, Mink said she was under the impression the paving of the road would begin immediately. "When we accepted the road, we talked about the cracks and water freezing and causing more damage and the pot holes," said Mink. "We need to get on this as soon as possible."

Pensol said he will discuss the matter with officials and follow up immediately. "I will find out exactly what the plan was and follow through as soon as possible," he said.

The city had also recently voted to hire three new SRO for the school system but had intended to have written contracts and exact cost for the council to review by Thursday's meeting. However, Pensol said the school system is working on the written contract and he is planning to go to Don Franklin concerning the additional vehicles required next week. "My hopes are to finalize all this by the end of next week so that we can move ahead with this," he said.

The council heard the All-American Club re-

trash picked up at the MVES grounds and on Richmond Street. The club's director Wayne Bullock reported finding two needles and some old clothing during the clean-up procedures.

The council also heard the Mount Vernon Fire Department report for the month of September. The report was 18 pages long and involved vehicles and seven EMS/coroner assists. The report also listed four downed trees blocking roadways and two wood fires. The department used 2,150 gallons of water on 51 runs.

The council also heard a report from Jordan Bales of the city water department (See related story.)

Having no further business, the meeting was adjourned.

Water

(Continued from front)

supply could be traveling through lead or copper pipes. "Letters will be mailed immediately (some may have already arrived by press time) but no one should panic," said Bales. "All it means when you get a letter about your water pipes, is that your home wasn't inspected. We are required to notify everyone we didn't get to in our inspection and there are between 1300 and 1400 of those."

However, Bales says he isn't very concerned. "The use of lead pipe or galvanized water pipe was made illegal in Kentucky in 1988 so the chances are there will not be anyone in our city with those problems."

According to the Federal Register United States Daily Journal, the goal of the rules revisions is to eventually eliminate lead and copper piping throughout the country and the inspection provides officials with information about how much line needs replaced nationally.

"The letter will simply state that the water lines going to their home through their meter are unknown and does not mean there is any problem," said Bales.

Bales also said anyone wishing to have their water lines inspected or even have their water tested, should contact the water department.

For more information concerning the issue, visit the "Federal Register" and search the National Primary Drinking Water Regulations.

School

(Continued from front)

Later in the meeting, Ballinger went over test results at each Rockcastle County school saying "it is important to point out that every school in our district showed amazing improvement in every content area ("content" refers to the subject matter such as math, reading, writing, etc.) Each school showed very strong improvement overall. Yes Brodhead is the second best school in Kentucky and we are so proud of that, but we have to remember Mount Vernon Elementary, Roundstone, our middle school and high school, all showed strong improvement in every content area as well. This is proof that our entire district is getting better and I have no doubt this kind of improvement will con-

Ballinger said each of the other schools in the district was "just barely

tinue."

outside the highest possible rating category" in almost every content area.

In other action, the board thanked the Mount Vernon Police Department, Mayor Tim Roberts and the city council for their efforts to help provide three additional SROs (School Resource Officers) to complete and partially fund the mandate requiring all schools to have at least one SRO on campus. "Joe Rush, Brian Carter, Mayor Roberts and the city council have been more than helpful with getting this done, It has been a process but we are about to get it done," said Director of Student Services Marcus Reppert.

Ballinger and Reppert also thanked the MVPD, the sheriff's office and the Kentucky State Police for their assistance during several events that have caused issues in the school district recently. "It has been a rough few weeks," said Reppert. Several different events have caused school closures and required extra security over the past several weeks but Ballinger said all law enforcement agencies have been helpful. "Every single request we have made to the sheriff's office, the Mount Vernon Police and the KSP, has been answered immediately," said Ballinger. "They have all done everything we have asked without hesitation at their own expense."

Reppert said the district will receive \$20,000 for SRO placement from the state that he expects will cover about half the costs involved. Ballinger pointed out that officers present at extra events, such as sporting events, is not part of the SRO program and the individual law enforcement agency is paying the cost of that extra security.

In other action, the board received the September financial report from Finance Director Jenny Sweet. Sweet said in developing the annual budget she and others have considered inflation and the impact it is having on the budget. She also reminded the board that COVID-related grants and funding are not expected over the next fiscal year.

There were no questions pertaining to the fi-

nancial report which passed unanimously.

The board also approved the purchase of three new 72-passenger school buses.

Facilities Supervisor Trent Clark told the board he is pleased with the start of the new middle school building now underway. "It was really good to see construction begin on the new middle school," Clark said. "We are very pleased with Codell Construction and the process is going as smoothly as possible."

Clark also reported progress on the purchase of property at 618 Progress Drive from the Rockcastle County Industrial Development Authority (RCIDA.) "The RCIDA has been very helpful and allows us to use the space for storage before the purchase is complete;" said Ballinger. Clark said the actual purchase of the building may take several weeks to complete.

The board also heard the monthly personnel report from Ballinger. It is as follows:

Full time certified employees hired

James Isaacs, paraprofessional assistant football coach at RCHS; Mary Reed, FS cook/baker at BES; Steven Creech itinerant second shift custodian at RCMS; F. Scott Daugherty, assistant football coach at RCMS; Dylan Bullens, boys head track coach at RCHS: Darla Reams, girls 4th and 5th grade basketball coach at RES; Sam Pensol, boys 4th and 5th grade coach at BES; Bryanna Mullins, girls 4th and 5th grade basketball coach at BES; Michaela McDaniel, girls 4th and 5th grade basketball coach at MVES; Samantha Miller, itinerant FS cook/baker at BES: Ethan Fletcher, band percussion instructor at RCHS: Rhonda Prewitt, instructional assistant at RCHS; Ronnie Reppert, first shift custodian at MVES; Cade Burdette, boys assistant basketball coach at RCHS; Sherry Hensley, program assistant II at hospital classroom; Cayci Mahaffey, assistant academic team coach at RCHS.

Retirement

Lisa Allen FS cook/baker at RCHS

Resignations

Donovan Bradley, lawn care employee; Fred Hecker and Ester Hecker, substitute bus monitors; Cade Burdette, assistant basketball coach at RCMS.

Certified Substitutes

Julie Lake, Julie Phillips and Jenise Coffey, substitute teach-

Classified Substitutes

Sandy Johnson substi-

tute bus monitor; Samantha Cromer, substitute cook/baker; Samantha Miller, substitute cook/baker; Mary Reed, substitute cook/ baker; Alivia Kirby, substitute instructional assistant; Darnell Lawson, substitute instructional assistant; Dana Day, substitute bus monitor; Elizabeth Ross, substitute instructional assistant; Judith Howard, substitute cook/baker; Jason Sammons, substitute bus monitor; Brittney Delaney, substitute instructional assistant; Judith Howard, substitute instructional assistant; Kayla Marlow, substitute

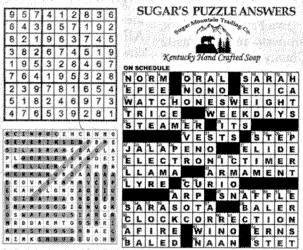
bus monitor; Alison Bullock, substitute instructional assistant; David Gardiner, substitute cus-Savanah todian; Hamilton, substitute bus monitor; Rachel Griffith, substitute instructional assistant and substitute cook/baker; E. Scott Roberts, substitute bus monitor; Christina Prewitt, substitute instructional assistant: Deborah Saulpaugh, substitute instructional assistant; Janet Rutherford, substitute cook/baker; LaMonica Coffey, substitute cook/ baker and substitute instructional assistant.

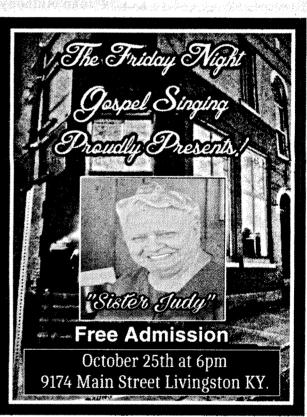
Certified Staff Updates
Savanah McClure, elementary school teacher at BES.

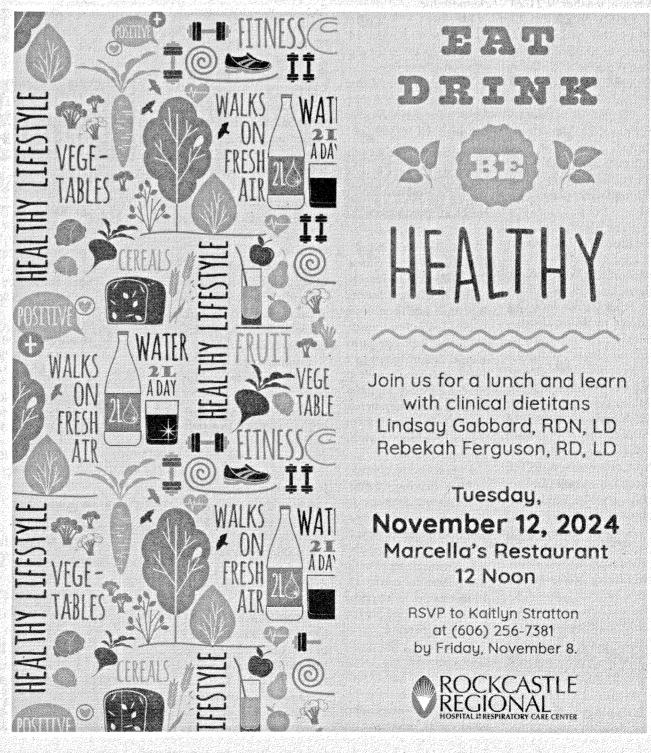
Volunteers

Jaylon Bullen, RCHS girls softball volunteer; Angela Poynter, transportation volunteer; Brad Taylor, basketball volunteer at MVES; Ethan Fletcher, band volunteer at RCHS; Aubry Hayes, MVES volunteer.

Having no further business, the meeting was adjourned.







News from the News from the Rockcastle Courthouse



Deeds Recorded

Ryan Douglas Vaughn, real property on banks of Roundstone Creek, to Gooch Properties, ?Inc. Tax \$22.50

Judy Mitchell, real property on Newcomb Ave., to Judy Mitchell Builders, Inc. Tax \$40

Eric and Aimee King, property in Purcell Family Trust Plat, to Ray Howard Hamilton II and Kelly Louanne Tibbetts. Tax \$60

Estate of Carl E. VonFisher, property on KY 1786, to Eric Radom and Elaine Wycik. Tax

Jeremy and Alfreda Caldwell, property in Rainbow Ridge Subdv., to Mario and Kornelia Delgado, tax \$225

Eva Payne, and others, property in Rockcastle County, to Jodie L. and Audrey M. Calhoun. Tax

Dale W. McDaniel, property in Rockcastle County, to Frankie Lee Bradley. Tax \$64

William and Debbie Charlton, property on Hwy 1326, to Carlos McClure. Tax \$40

TMR Vetnrues, LLC, property on Lambert Road, to Ethan Paul and Kaelin Marie Anderson. Tax \$220

William Cash, Jr., property in Brodhead, to Dusti Leigh Wilson. Tax \$220

David and Jessica Smith, property on Brush Creek Road, to Justice Masters. Tax \$125

Donna Jean Webb Leahey and Joseph Patrick Leahy, property in Rockcastle County, to L&C Holdings, LLC. Tax for foreclosure. \$375

Marriage Licenses

Lauren Elizabeth King, 24, Brodhead, teacher to Dalton Emery Durham, 23,m Mt. Vernon, teacher. 9/21/24

Bailey Jo Elllis, 23, Danville, work from home, to Nathaniel Blake VanWinkle, 26,m Danville, truck driver. 9/ 23/24

Megan Naomi Eversole, 23, Mt. Vernon, dental hygenist, to Johnathan Darnell Reynolds, 24, Mt. Vernon, water plant. 9/27/

Broklynn Lerae Smithern, 23, Mt. Vernon, student, to Alex Jay Melton, 26, Mt. Vernon, lineman. 9/27/24

Tiffany Rose Fain, 26, nurse, to John Holdan Barnett, 25, Mt. Vernon, self-employed. 9/27/24

Brittany M. Pingleton, 33, Mt. Vernon, RN, to Adam Lee Hensley, 38, Mt. Vernon, KSP. 10/2/24

Leatrice Ann Sparkman, 34, Mt. Vernon, housewife, to Jeremiah James Michael Hall, 36, Mt. Verno, disabled. 10/3/24

Amber N. Reynolds, 31, Brodhead, bank teller to Matthew W. Nicely, 36, Brodhead, route driver. 10/4/24

District Civil Suits

James Lunsford v. Charles Hayes, et al, forcible detainer complaint.

Lendmark Finalcial Services, LLC v. Justin Mason, et al, \$2,703 plus claimed du8e.

* Springs Oaks Capital SPV, LLC v. Rebecca England, \$1,8943 plus claimed due.

LVNV Funding, LLC v. Sheila Collins, \$1,145 plus claimed due.

ML Credit Management, Inc. v. Maeteca L. Shackleford, \$1,118 plus claimed due.

Thaddeus Hurley, et al v. Jessica Mae Hurley, et al, forcible detainer complaint.

Velocity Investments LLC v. Parker Brown, \$1,517 plus claimed due. Bank of America v.

Teresa Rowe, \$2,608 plus claimed due. Livingston Manor

Apartments v. Gloria Barnett, forcible detainere complaint.

ML Credit Management, Inc. v. Virginia Allen,m \$1,119 plus claimed due. C-00207

Circuit Civil Suits

Eric Edmonds, Administrator of the Estate of Joyce Edmonds v. Signature Healthcare, LLC, complaint.

Movement Mortgage, LLC v John Anthony Valdez, et al, \$245,588 plus claimed due.

Amy Mink v. Perry Mink, petition for dissolution of marriage.

Discover Bank v. Rachel Crawford, \$8,802 plus claimed due.

Heritage Way LLC v. Microfoodery Holdings, LLC, et al, \$355,534 plus claimed due.

Mid South Capital Partners, LP v. Rhonlyn, LLC,m et al, complaint

Credit Acceptance Corp. v. Randy Mink, \$6,895 plus claimed due.

Credit Acceptance Corp. v. Lisa Duncan, et al, \$10,523 plus claimed due.

First National Bank of Omaha v. Kenneth Mitchell, \$5,792 plus claimed due.

Stanley Way7ne Callahan v. Kayla M. Callahan, petition for dissolution of marriage.

William Dillion Asher v. Kristan Nicole Asher, petition for dissolution of marriage. CI-00249

District Court

Court News Sept. 23 - October 2 Hon. Kathryn G. Slone Hon. Benjamin Hardy

Justin Buck Branson: failure to notify address change to dept of transp., no motorcycle operators license, failure to produce insurance card, no/expired Kentucky registration receipt - plates, bench warrant (bw) issued for failure to appear (fta), license suspended.

Joshua Cade Coleman: reckless driving, operating motor veicle under influence of alcohol, possess open alcohol beverage container in motor vehicle, improper passing and failure to notify address change to dept. of transp., bw issued for fta/ license suspended.

Paulo Rejanio DeNouza: leaving scene of accident/failure to render aid, bw issued for fta.

David DennyL no brake lights, operating on

suspended revoke operators license, failure to wear seat belts, failure to ntify address change to dept. f ransp., bw issued for fta/license suspended.

Melissa R. Elms: public intoxication controlled substance, drug paraphernalia-buy/possess, illegal possession of legend drug, giving officer false identifying information, bw issued for fta.

Roger Lee Everage: no/expired Kentucky registration receipt - plates, failure to wear seat belts, failure to register transfer of motor vehicle, license suspended for fta.

Christopher Foster: alcohol intoxication in public place, \$100 fine plus costs.

Charles A. Green: Viol Oart 392, Fed Safety Reg, Driving of Motor Vehicle, bw issued for fta.

Stephen Hacker: no/ expired registration plates, \$25 fine; operating on suspended/revoked operators license, \$50 fine plus costs.

Adam Jacob Horn: no/ expired Kentucky registration receipt - plates, operating vehicle w/expired operators license, failure to produce insurance card, failure of owner to maintain req. insurance/security, bw issued for fta/license suspended.

Brian Keith Hotz: improper use of left lane/ overtaking vehicle, license suspended for fta-

Melissa Howerton: assault, 30 days in jail/probated 24 months on condition plus costs.

Jessica Johnson: no/expired registration plates, inadequate silencer muffler, bw issued for fta.

Richard Johnson: no/ expired registration placs - receipt, failure to produce insurance card, operating on suspended/revoked operators license, bw issued for fta/license suspended.

Tammy Johnson: failure to or improper signal, \$25 fine; failure to or improper signal, \$25 fine; no brake lights, \$25 fine; failure to use child restraint device in vehicle, \$25 fine; no operators/moped license, \$100 fine plus costs.

Stephen Scott Kidwell: failure to wear seat belts, \$25 fine.

Anthony Scott Lawson: failure of nonowner operator to maintain req. insurance, \$500 fine/suspend \$400 on condition plus costs.

Mickey McPhearson: alcohol intoxication in a public place, \$50 fine plus costs.

Ronnie Michael Owens: failure of owner to maintain req. insurance/security, \$500 fine/ suspend \$400 on condition plus costs. 🦠 🚸 🍵

Lonnie Reed: careless driving \$50 fine plus costs.

Brittany Roberts: alcohol intoxication in a public place, \$50 fine plus costs. Brandon Delray

Robinson: failure of owner to maintain req. insurance/security, \$500 fine plus costs. Carson Irvin Schultz:

speeding and reckless driving, license suspended for fta.

David Jeffrey Sparks: alcohol intoxication in a public place, \$100 fine; leaving scene of accident, failure to render aid or assistance, disorderly condution and unauthorized use of motor vehicles, 90 days in jail (each charge), probated 24 months on condition/ restitution if requested/ concurrent plus one cost.

Tamara D. Stamper: speeding, operating motor vehicle under influence of substance plus four other charges, bw issued/license suspended

William Alexander Stephens: operating motor vehicle under influence, ADE quahorized for DUI, 1st and LID.

Noe Vega: possession controlled substance and four other charges, bw issued for fta/license suspended.

Quentin Shawn Washington: possession of marijuana, bw issued for

Teddi Faye Day: failure to wear seat belts, license suspended for fta.

Improper use of left lane: Jason Christopher Shirkey, James D. Sidney, license suspended for fta.

Daniel Xavier Ball: possession of marijuana, drug paraphernalia-use/ possess, bw issued for fta.

Alexander E. Duncan: failure to give right of way to emergency stopped vehicle, bw issued for fta/license sus-

Thomas Joseph Guth: operating motor vehicle under influence of substance, \$200 fine, \$425 service fee, license suspension up to six months plus ADE, 17 days in jail/ time served/in lieu of costs.

Jeremiah Hall: improper display of registration plates, no/expired registration plates - receipt, failure of nonowner operator to maintain req. insurance,m bw issued for fta/license suspended.

Speeding: Kevin Yoel Reyes Mosquera, Faith N. Denton, Amanda Wood Hailey, Amanda Matteson, Devan L. Cook, Montejo Castro Jefferson, Isaac E. Quoie, Billy Dean Taylor, Alex M. Alexander, Dustin Aaron Warriner, Candice Renee Wright, license suspended for fta; Haley Isaac, \$50 fine plus costs; Aaron Breck Davis, \$30 fine plus costs.

Johnvana Cefora Johnson: possession of marijuana, drug paraphernalia-buy/possess, bw issued Ifor fta.

Mussie T. Kahsay: driving motor vehicle texting, license sus-

Failure to wear seat belts: Matthew B. Leech, Samantha Jo Reeves. Ethan Michael Sellers, license suspended for fta.

Kayla A. Johnson: public intoxication controlled substance, disorderly conduct, giving officer false identifying information, 90 days in jail/ each charge/probated 24 months on condition/to serve five days/all concurrent/costs merged.

Nancy Kay Boyken: public intoxication controlled substance, drug paraphernalia-buy/possess and disorderly conduct, 90 days (each charge)/probated two years on condition plus enroll in, attend and complete to program director's satisfaction inpatient rehab.

Frankie Cope: operating on suspended/revoked operators license and failure to notify address change to dept, of transp, operating on suspended/revoked operators license, failure of owner to maintain req. insurance/security, 90 days in jail (each charge)/probated two years on condition/concurrent/costs waived; fallure to register motor vehicle, failure to register transfer of motor vehicle, 365 days in jail/ probated two years on condition.

Calvin Ray Cromer: violation of Kentuckyk EPO, 365 days in jail/probated two years on condition/costs waived; bond revocation, to serve 7 days in jail/credit time served/costs waived.

Frank W. Albrecht: speeding and operating on suspended/revoked operators license, bw issued for fta.

Dakota Michael Benken: speeding and reckless driving, license Isuspended Ifor fta.

David S. Blackburn: fines/fees due (\$55), bw issued for fta/two days in jail or payment in full.

Jordan Brown: fines/ fees due (\$168), bw issued lfor fta/four days in jail or payment in full. Lindly Eve Dotson:

failure of non-owner operator to maintain req. insurance, \$500 plus costs and restitution. Tyree Garrard: fines/

fees due (\$193), bw issued for fta/four days in jail or payment in full. Ruperto Gonzalez: no

operators/moped license, bw issued for fta. Michelle L. Lour:

fines/fees due (\$50), bw issued Ifor fta/one days in jail or payment in full.

Sarah Marie Mills: operating motor vehicle under influence of controlled substance, controlled Isubstance not in original container, drug paraphernalia-buy/possess and three other charges, bw issued for fta.

Pedro Guzman Ramirez: no operators/ moped license, bw issued for fta.

James Lee Seals: fines/ fees due (\$243), bw issued for fta/five days in jail or payment in full.

Lester Senters: fines/ fees due (\$233), bw issued for fta/five days in jail or payment in full.

Randy Lee Singleton: fines/fees due (\$55), bw issued for failure to appear/two days in jail or payment in full.

Gordon Sowder: possession controlled substance (two counts), drug paraphernalia-buy/possess (two counts), tampering with physical evidence and violation of conditions or release, bw issued for fta.

Robert S. Summers: fines/fees due (\$233), bw issued for failure to appear/five days in jail or payment in full.

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All well-to the finality.

2024 ELECTION

WHEN AND WHERE TO VOTE IN ROCKCASTLE COUNTY

ABSENTEE/EARLY VOTING

- BY MAIL BALLOT: requests can be made online at govote.ky.gov or by calling 606-256-2831, BEGINNING SEPTEMBER 21, 2024. The last day to make your request is OCTOBER 22, 2024 at 4:00pm. Ballots may be returned by mail and received by the County Clerk's Office or placed in the drop box located at the Rockcastle County Courthouse-US25 entrance by 6:00pm on 11/5/24. (KRS 117.085)
- EARLY IN-PERSON (Excused Absentee, ID required) is available OCTOBER 23-25 and OCTOBER 28-30, 2024 at the Rockcastle County Clerk's Office, during regular business hours. To those who qualify per KRS 117.085.
 - NO EXCUSE EARLY VOTING: Anyone registered to vote in Rockcastle County can vote early (no excuse required) on the 3rd floor of courthouse Andreas and Artist American areas
 - Thursday OCTOBER 31 10am-6pm
 - Friday NOVEMBER 1 6am-2pm Saturday - NOVEMBER 2 - 8am-4pm
 - end i das antales Utablea bes

ELECTION DAY - NOV. 5TH Anyone registered to vote in Rockcastle county can

- vote at ANY VOTING CENTER on Election Day, Tuesday, NOVEMBER 5 - 6am-6pm
- Rockcastle Co Courthouse 3rd Floor
- Mt. Vernon Elementary School
- Livingston Volunteer Fire Department
- Brodhead Elementary School March San Brodhead Elementary School Roundstone Elementary School

ID REQUIRED

sented was the NSDAR

Literacy Champion

Rockcastle chapter DAR hands out several awards

NSDAR Rockcastle Chapter Regent Karen Adams presented several awards during the October meeting of the chapter. The NSDAR Conservation Award recognizes adult and youth volunteers with distinguished conservation records;

CORN ZUCCHINI

PARMESAN

SKILLET

2 teaspoons minced garlic

5 medium zucchinis, diced

1 can (15 ounce) corn ker-

1 teaspoon Italian season-

Kosher salt and freshly

ground black pepper, to

2 tablespoons chopped

2 tablespoons freshly grated

skillet over medium-high

heat. Add onions and cook

until soft, about 3 to 4 min-

utes. Stir in garlic and Ital-

ian seasoning and cook un-

til fragrant; about 1 minute.

Add zucchini and corn to

the skillet and cook, stirring

Add olive oil to a large

1/2 a small lemon

fresh parsley

parmesan

2 tablespoons olive oil

1/2 small onion, diced

nels, drained

taste

businesses that exhibit sustained efforts to improve the environment or to educate the public on conservation. This year's recipient, Holly Robinson, runs a familyowned organic farm that is moving toward full sustainability and or-

is tender; about 3 to 4 min-

utes. Squeeze lemon juice

over the vegetables and

season with salt and pep-

per. When ready to serve,

sprinkle with fresh grated

Parmesan cheese and gar-

nish with fresh chopped

ONION PATTIES

2 teaspoons baking powder

2 and 1/3 cup chopped on-

oil in large skillet. Form

onion mixture into patties

and place in hot skillet.

Cook on one side until

browned. Turn over and

cook until browned on

POTATO AND BACON

GRATIN

4 slices bacon, cut into 1/

Mix all together. Heat

1 tablespoon cornmeal

3/4 cup all-purpose flour

1 teaspoon salt

2/3 cup milk

other side.

parsley.

Mamaw's Kitchen

By Regina Poynter Hoskins

ganic practices. She is an independent organic crop inspector for the KY Department of Agriculture and consults as an organic transition trainer with the Organic Association of KY. She also works to promote local food systems as the Rockcastle

1 small onion, thinly sliced 1 and 1/2 pounds baking potatoes (about 5)

1/4 cup grated parmesan cheese

2 tablespoons olive oil 1 and 1/2 cups shredded Swiss cheese

Heat oven 400°. Cook and stir bacon in large ovenproof skillet on medium heat until crisp. Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 tablespoons drippings from skillet. Add onions to reserved drippings; cook and stir 3 minutes or until crisptender. Remove onions from skillet. Cut potatoes into 1/8-inch-thick slices; place in large bowl. Add Parmesan and oil; mix lightly. Arrange half the potatoes, in concentric circles, on bottom of skillet, overlapping edges as necessary to make even layer of potatoes; top with onions and half the Swiss cheese. Repeat layer of potatoes. Top with bacon and Co. Farmer's Market manager and the Rockcastle Farm to School Program.

Award. This award recognizes individuals who The next award precontributed within her/his



Flag Certificate: Betty Frederick, Edwina Anglin, Anthony Asher



Holly Robinson and Chapter Regent Karen Adams

community or state in an outstanding manner by providing services or promoting literacy. This year's recipients are Edwina Anglin, Debra Brown, Tonya Cook, Sharon Lovell, Amanda McNew and June Whitler. These individuals were recognized for their promotion of literacy through donating books to school libraries and the community, reading to students in classrooms and establishing a free little library.

Flag of the United States of America Chair, Edwina Anglin presented a flag certificate to the main branch of Community Trust Bank. Mt. Vernon Marketing President Betty Frederick and Vice President/Lender Anthony Asher accepted the award. This award recognizes and shows appreciation to individuals. businesses, churches and other groups who show respectful and correct flag usage. If you know of an individual or group who may qualify for these awards, please contact the Rockcastle Chapter NSDAR rockcastledar@gmail.com.



Jackson Energy line workers return home after providing mutual aid in South Carolina and then Georgia. Pictured from left are: Nick Mays, Brandon Keyton, Logan Martin, Shane Vickers, Logan Hyden, Jasper York, Billy McKinney, Tyler Cruse, Mike Truett and Blake Smith.



Literacy Champion Awards: Regent Karen Adams, June Whitler, Sharon graywait was was abyoth to this be Lovell, Debbie Brown



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K	C	I	N	N	0	C	E	Н	C	R	N	N	0	WATROUS MORTON
S	E	٧	E	R	I	N	S	E	N	F	В	M	E	MARSALIS
S	I	L	Α	S	R	Α	M	S	E	Α	0	L	Α	BRUBECK ARMSTRONG
P	L	D	0	R	S	E	Y	R	R	R	0	E	I	SHUUR
N	М	I	L	L	E	R	G	E	T	L	Н	В	R	SEVERINSEN KRUPA
Н	E	R	M	Α	N	U	В	0	Α	Α	K	A	Α	FERGUSON
В	E	0	٧	М	S	K	N	N	M	٧	C	S	P	DORSEY RICH
E	K	Α	Н	0	L	0	N	D	A	0	E	I	U	GOODMAN CONNICK
N	S	I	N	Α	T	R	Α	0	N	D	В	E	R	MANGIONE
S	N	Α	M	D	0	0	G	I	G	N	U	G	K	BASIE SINATRA
0	S	W	Α	T	R	0	U	S	I	Α	R	G	R	HERMAN
N	R	D	D	Α	E	М	T	0	0	S	В	R	I	MILLER SANDOVAL
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SUGAR'S PUZZLE PAGE

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ACROSS -

- 1) Standard 5) Kind of thermometer
- 14) Dueling sword
- 15) Off-limits double negative
- 16) "All My Children" vixen
- 17) Count calories
- 21) When most people work
- 22) Clambake item
- 25) Part of TGIF
- 26) Sleeveless garments
- 28) Dance bit 32) Potent pepper
- 37) Omit a vowel in speech
- 38) Microwave feature
- 41) Alpaca relative 42) Military equipment
- 43) Harp's old cousin 44) Antique shop item
- 46) Dadaist pioneer
- 47) Type of horse bit
- 53) City in Florida
- 58) Farm machine 59) Reason for an NBA video review

- 62) Blazing
- 63) Brown bag tippler, in stereotypes
- 9) Comedian Silverman (50%) 64) Endings for East or West (13%)
 - 65) Used a 58-Across 66) Traditional Indian bread
 - 67) "Let it stand" in editorial circles

re Contribution assistant DOWN -

- 1) Small amphibians
- 2) Eyeball-twisting drawings
- Catch up with again
 Place of pilgrimage
- 5) Lennon's bride and a second second second 6) First name in the "Happy Days" cast
- 7) From the beginning and provide the second second
- 8) Become unglued
- 9) Hunts 10) Extremely dry, as land Addition to the land
- 11) Capital of Latvia
- 12) In need of a massage
- 18) Skirt's edge
- 19) Dampens 23) "Be it ___ so humble ...* 24) You'll get a deal there

- 27) Navigational aid 28) Like some margins or chances
- 29) It marches on 30) First habitat
- 31) Bold and sassy 32) Become cohesive
- 33) Comrade in arms
- 34) Type of jet
- 35) As high as one can get
- 36) Bake sale org.
- 37) Flight guess (abbr.)
- 39) State flower of Tennessee
- 40) "Follow me!"
- 44) Gator's cousin

- 45) Like Billy Joel's girl
- 46) Posed a question
- 48) Early school lesson
- 49) Fearsome threesome of destiny
- 50) Bat an eye toward? 51) Africa's Sierra
- 52) Artist Max 53) Striker's enemy
- ____Romeo (sports car)
- 55) Muddy up 56) Farmland measure
- 57) Highlight for opera goers 60) Genetic material

61) Long, long time

Rockets defeat McCreary, 41-12

After having a bye week after a tough loss to a bitter rival, the Rockcastle County High School football team cruised to an easy 41-12 road victory against McCreary Central.

The win improves the Rockets to 7-1 on the season and 2-1 in Class 3A District 7 play as well as all but assures RCHS of at least a number two seed and hosting privileges in the first round of the state playoffs in a couple weeks.

"I thought our kids played very well," said RCHS head coach Chris Larkey. "They played with a little more energy after the bye week and seemed to be a little faster. I think our kids were ready to get back out and play. They still had a rough week of practice,"

It was that rough week in practice that toughened the squad up to face an opponent that they were greatly favored over.

McCreary Central (3-5, 0-4) won the coin toss and deferred to the second half, which only sped up the inevitable of Rockcastle County scoring early in the first quarter.

The Rockets had the ball on their own 48-yard line with Coach Larkey deciding to go for it on fourth and two when Isaiah Jackson took an inside handoff from quarterback Caden Lovell. Jackson powered past a couple of would-be tacklers and was off to the races for a 52-yard touchdown run less than three minutes into the game.

McCreary Central was able to sustain a long, arduous drive that took over 8:00 off the clock and eventually tied the game at 6-6 with 1:12 left in the first quarter.

It was at that point that a flame was lit under the Rockets and they would not look back.

Senior fullback Carter Powell took the handoff and scored on the same play Jackson scored on in the first quarter with Powell's scoring run from 47 yards out.

Lovell took the 2-point conversion attempt around the left side of the line and trotted in to give the Rockets a 14-6 lead with 11:14 left in the second quarter.

Powell was Johnny on the Spot coming up the middle of the line to block the McCreary Central punt and giving Rockcastle the possession deep in the Raiders' territory.

A few plays later, Lovell would air the ball out to fellow sophomore Blake Mullins for their first of three touchdowns on the game. From a quarterback-to-receiver standpoint, the Lovell-to-Mullins connection was primed for launch and did so in a big way with both having their best games of their career from their

respective position giving the Rockets a 21-6 lead, which would eventually also be the same score at the half.

"Caden has gotten better each week and people seem to forget he is just a sophomore and played very little last year as a quarterback," Larkey added about his starting quarterback. "He is still learning and getting better. With Blake, we knew he would be lined up on the defensive back we wanted him lined up on. Blake has done a tremendous job being a wide receiver, not only making great catches, but his downfield blocking is some of the best I have seen. Both kids play defense too, so they never get rested up and have to be ready as soon as we switch."

The third quarter and early part of the fourth quarter was all Rockcastle as the Rockets scored three more touchdowns with two from Lovell to Mullins and another on the ground from Powell before the game was eventually cut short when a McCreary Central player went down with a neck injury with 9:10 left in the game.

With the injury and the outcome well in hand, the game was called at that point after the scary injury occurred and the McCrary Central player having been taken to the hospital via ambulance.

"When the kid fell on the turf and was hurt," Larkey commented. "It was one of those freaky things that happen when you're not even getting tackled. He just fell on his own the wrong way. I stayed by the player and talked to him the whole time and made sure he knew he was fine. Lots of rumors went around but he went to the hospital, was scanned, went home and actually made it home faster than I did. He was released with no problems."

To recap the game statistically, Lovell completed 8-of-11 passes for 170 yards and three touchdowns as well as a lone interception.

Mullins made the most of his four receptions for 109 yards with three going for touchdowns.

Jackson was able to get some time at this familiar wide receiver position he started at the previous two seasons and totaled three catches for 56 yards. Xavier Leger had the other reception for five yards.

The Jackson-and-Powell connection, which sounds more like a law office, did not disappoint as both combined for 20 carries, 195 yards rushing and three touchdowns.

Powell led the way with 12 carries for 108 yards and two touchdowns while Jackson toted the ball eight times for 87 yards and one touch-

down.

"Isaiah and Carter are a great duo," Larkey added.
"Both complement each other very well. Teams can't just be fixated on one kid, and it opens up the door for the other to do great. Being able to put either one at wide receiver opens it up and makes the defense spread out more. Both ran the ball very good Friday and helped control the game."

Leger added three carries for 15 yards and Lovell chipped in nine yards on two rushing attempts.

Benjamin Brenda was 3-for-5 on extra points while Lovell added a two-point conversion rush.

With Lovell, Mullins, Powell and Jackson all having strong offensive outings, sophomore linebacker Hunter Pingleton threw his name in the mix for most outstanding performance of the night when he totaled a whopping 21 tackles (15 solo and six assisted) including two tackles for loss, a quarterback sack and a forced fumble, which was eventually recovered by Jaydon Bowles.

"I can't even give enough compliments to our defensive coaches in Josh Martin, Chayse McClure and Michael Brummett,' Larkey chimed in with a smile on his face. "They do a phenomenal job of getting these kids prepared and ready for the game. Hunter Pingleton played one of the best games in a long time. To earn 21 tackles is no easy feat. He is a very good student of the game and really puts a lot of time into film and gets to the ball fast. H is a

great hitter and tackler."
Mullins had a stellar game on defense as well by adding eight tackles, a tackle for loss and a defensive sack. The defensive sack gives him seven on the season, which is good for the third most in all of Class 3A this sea-

Along with his fumble recovery, Bowles added seven tackles, two tackles for loss and a quarterback

Jackson (six) and Leger (four) combined for 10 tackles while Powell, Creed Gabbard and Jacob Leger each added three tackles, one tackle for loss and a quarterback sack.

Gabbard's quarterback sack has position himself into the top spot in that category in all of Class 3A with a running total of nine, which is just a half sack statistically ahead of Marion County's Walker Wiser.

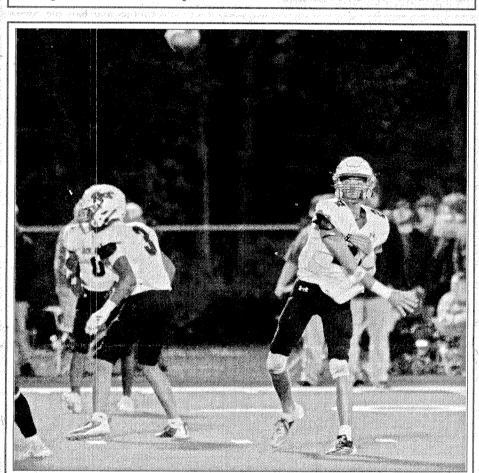
Connor Wright tallied two tackles to go along with one tackle each from Lovell, Colin Hamilton and Jai Denny. Lovell's tackle was for negative yardage.

The win all but guarantees a Rockcastle County

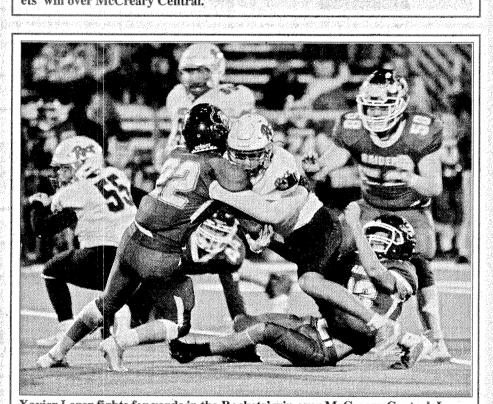
(Cont. to pg. 9)



Blake Mullins gets past the defense in the Rockets' 41-12 win over McCreary Central last Friday night. Mullins had four receptions for 109 yards along including three touchdown receptions in the win.



Quarterback Caden Lovell threw for 170 yards and three touchdowns in the Rockets' win over McCreary Central.



Xavier Leger fights for yards in the Rockets' win over McCreary Central. Leger had three carries for 15 yards and one pass reception for five yards.



Coach Chayse McClure low-fives Brandon Valle in the Rockets' win over McCreary Central. The Rockets face Knox Central this Friday night and due to the middle school construction the game will take place at Centre College.



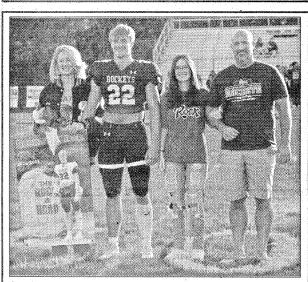
RCHS honored their senior football players, band members and cheerleaders before the final home game against Bell County. Shown above is senior Jacob Leger with his parents, Kinsye Collins and Jason and Kayla Leger, brother Konnor and sisters, Kinsley, Addy and Emma.



Senior Brandon Valley with his parents, Victor and Lourdes Valle, sister Katie, brother Kevin, Aunt Jessica and cousins Josiah and Josie.



Senior Benjamin Brenda with his parents, Travis and Judy Brenda and sister, Ashley.



Senior Creed Gabbard with his parents, Brent and Lindsay Gabbard and sister, Luree.



Senior Carter Powell with his parents, Steve and Becky Powell and sisters, Jordyn and Taryn.



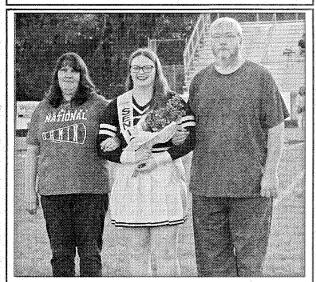
Senior Jaden Minton with his parents, Jeff and Brittney McLemore, brother Brantley and sister, Katelynn.



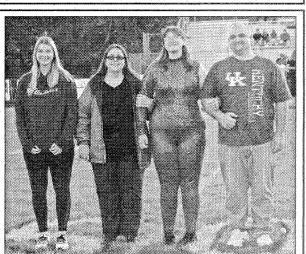
James and Johnetta Lovell and brother, Caden.



Senior Victoria Dykes with her mother, Linda Dykes and grandmother, Melinda Dykes.



Senior Jenna Eaton and her parents, James and Jennifer Eaton.



Senior Emily Forman and her parents, Daniel and Angie Forman and sister, Sara.



Senior Kaylee Johnson with her parents, Les and Jessica Johnson and brothers, Kris and Ken'trell.



Senior Shealyn King with her mom and stepdad, Alana Dunn and Chris Lamb and brother Hunter.



Senior Lacie Laws and her parents, David and Regina Laws and sister, Charlie.



Daugherty.



Senior Haylee Miller and her parents, Rick and Brenda Miller and sister, Morgan.



Senior Caleb Saylor and his parents, Michael and Cassie Saylor, grandmother Claire Saylor and girlfriend Susanne.



Senior Jassmine Alcorn with her parents, Joey and Julie Alcorn and sister, Julissa.



Senior Hannah Atkinson and her mother, Amanda Atkinson.



Senior Kendra Barnes with her mom and stepdad, Deanna Barnes and Shaun Doan and sister, Loretta Krebs

"Rockets"

(Cont. from page 8)

finish as the number two seed in Class ,3A District 7, but if Rockcastle were to defeat Knox Central and Clay County pull off the upset of all upsets against Bell County, you would then see a three-way tie for first between Rockcastle, Clay and

Bell.

If that were to happen, the placements in the bracket would then be determined by each school's RPI total at the end of the regular sea-

son.

"Well, you never know what will happen on a Friday night," said Larkey when posed that scenario. "As of now, we are the runner-up, but it depends on a lot of things Friday night. Every game is important

and has scenarios with them, especially with the RPI."

Rockcastle will host Knox Central on Friday night for a 7:30 p.m. kickoff. Please note that due to construction on the new turf football field that just recently got underway, Rockcastle will not be hosting any on-campus games the rest of the season.

The contest against Knox Central and any potential playoff games will be hosted at Centre College's Joe McDaniel Field at Andy Frye Stadium in Danville, Ky.

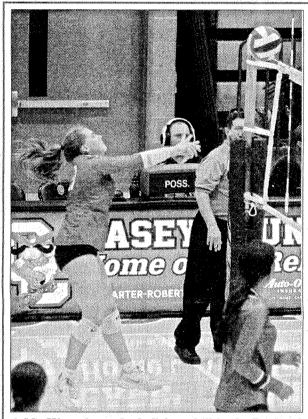
"We pride ourselves in fan following and always have," Larkey added. "I think we outnumbered McCreary and it's great for our kids to experience the support. We expect to have that kind of support at Centre as well."



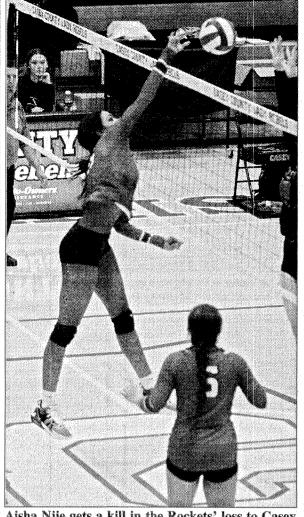
RCHS Volleyball honored their senior members last Thursday before their final home match. Shown above is senior Addison Rush with her parents, Joe Rush and Ashley Mink and sister, Abigail.



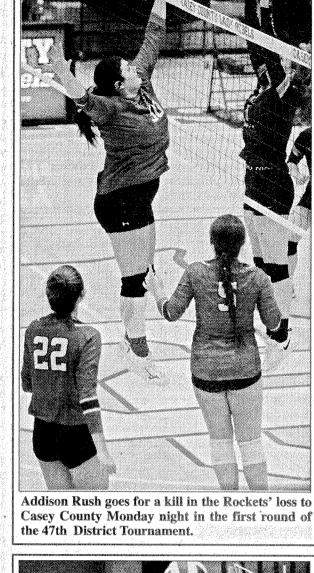
Senior Markley Richards, third from left, escorted by her parents, Mark and Jamica Richards and sister, Arrahlyn.



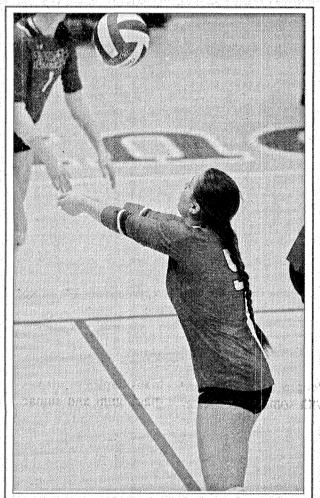
Addy King places the ball for a kill in the Rockets' loss to Casey County Monday night in the first round of the 47th District Tournament.



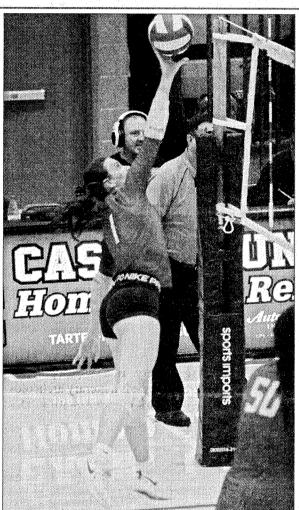
Aisha Njie gets a kill in the Rockets' loss to Casey County Monday night in the first round of the 47th District Tournament. The Rockets lost 3-2 (25-22, 25-20, 16-25, 18-25, 15-10).



Casey County Monday night in the first round of



Markley Richards sets a teammate in the Rockets' loss to Casey County Monday night in the first round of the 47th District Tournament.



Brilie Bussell goes for a kill in the Rockets' loss to Casey County Monday night in the first round of the 47th District Tournament.

Call our office today to get your copy of the Mount Vernon Signal in the mail every week. Call 606-256-2244



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 professions

988



OBILE HEALTH CLINIC Rockcastle Middle School

- 945 W Main St, Mt Vernon, KY 40456
- Tuesday, October 29 5:00 6:30 p.m.
- Flu and COVID-19 Vaccines (Moderna or Pfizer)

No appointment necessary. Bring your insurance card and ID.

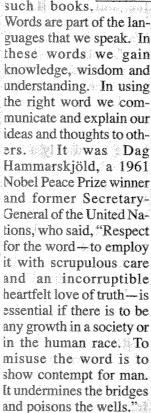
De 10 a Warred William Charol a Thursday Actobox 24, 2024

Using the rights words

enin Mari i b By Jerry Hopkins

Words are important. Words make up the sentences and paragraphs

that we put together to communicate our ideas and thoughts with others. Words carry meanings. Words are what make-up our dictionaries, thesauruses, and other such books.



An important task in thinking, researching and writing our thoughts for other people to read is "finding the right words" that communicate accurately and appropriately what we want to say. There is great power in using just the right word. Mark Twain had a way with words and left an incredible legacy of works for us to read and relish. He said about this matter of using just the right word, "The difference between the almost-right word and the right word is really a large matter it's the difference between the lightning-bug and the lightning." In that quote is an illustration of using the "right" word in such away that it shocks one into understanding.

One of the incredible problems that we face today is the redefinition of words, assigning them new meanings and new uses that can be confusing and conflicting. Sometimes words that still have traditional and long-time and standard meanings are "reused" or "redefined." There are words such as "gay," "straight," "queer,"
"spin," "net," "disk,"
"port," "mouse," and many others. In other settings, words such as "democracy," "economy," "politics," "talk," and "network" have more

modern meanings communicating something much different than what is traditionally under-

> stood in the use of such terms. This means that in many cases we must understand the context where the word is used and the content of

the conversation or narrative in which the word is expressed. This directly relates to the study of philology, the study of language and its correct use over time. This also has important implications for religion, particularly in Scripture translation. Many love the old and widely-used King James Version of the Bible. Many passages in the KJV have words that mean much different things today than they did in the 1611 version and in subsequent revisions of that ancient text. So we need to pay attention to the meaning of words over time and how they are used.

A philologist is a person who studies the changes in words in particular languages or language families over time. Usually this is in the context of literary analysis and study and not just involving individual words and phrases. There is a sense of adventure in learning about how words and language have been used in the past to communicate and command activities in society. In a sense a philologist is a literary archeologist uncovering the meaning and manner of what individuals and societies have left us in their literary remains.

There are many different ways to look at this adventure of finding and using the right words. Authors search for the right words to communicate what they want to share with people who may read what they write. Translators, grammarians, and those learning other languages than their native tongues also must find the right word. The people who help primitive or illiterate peoples acquire grammar also must search for just the right expression or "word" for what needs to be communicated. The creators of dictionaries and other kinds of reference works must deal with this matter of "finding the right word" to

use.

Truth can be confusing at times and must be approached cautiously. There can be misunderstanding and misleading as terms and words are expressed in written and oral communication. The writer Joseph Conrad said, "He who wants to persuade should put his trust not in the right argument, but in the right word." Then to sort out meaning and understanding in the use of words, the great philosopher Herbert Spencer said, "How often misused words generate misleading thoughts."

In keeping with this quote by Spencer, we need to be careful and "truthful" in our use of words as we communicate what we think to those who read our written words or hear our spoken words. A famous religious leader once said, "You shall know the truth and the truth shall make you free" (John 8:32). Jesus certainly meant that knowing the truth would free one from ignorance and intellectual conflict. He certainly meant that we are to seek after the right words in thinking and expressing what we think to be true. In this we can be freed and the freer of others who might be chained by mistaken ideas and

Politicians often have problems using words and giving an accurate meaning as to what they want to communicate. Presidential candidate Kamala Harris is a good example of this problem. People have struggled with some of her statements, particularly that statement that we must "be unburdened by what has been." This is not what some have suggested is a creative word salad. It is simply speaking what Marxists have advocated and still want to accomplish—destroy the history "what has been" and bring about change, create a new America. It is bringing Marxism, radical Communism, to the United States, much like what Barack Obama promised in his campaigns. We need to learn the meaning of what politicians are suggesting in what they

Let me hear from you on what you think about words both written and spoken. You can share what you think with me

drjerryhopkins@yahoo.com You may also reach by "snail" mail at Dr. Jerry Hopkins, P.O. Box 1363, Marshall, Texas 75671. Dr. Jerry Hopkins is a historian and retired university professor

Yards to Paradise

by Max Phelps

Colorful Fall By Design

With cooler nights and shorter days comes the annual display of fall colors. Some years it's glorious, and some disappoint. While we can certainly enjoy the random color displays in the forest, it's fun to play God a bit and combine specific plants for a seasonal color pop when landscaping a home. Designing a new landscape to be a blaze of color in the autumn, while looking nice at all seasons, is a challenge but few think to take on at planting time.

A plan that considered fall color at planting time could be worth your consideration. I recall a very satisfying moment viewing a backyard in full fall glory; a landscape I'd designed and installed in springtime a few seasons earlier. Likewise, I'll be delighted if a few readers take up the challenge to create a colorful fall display when landscaping their new home, or modifying an existing one.

To begin, it's getting to know what trees color up when, and what those shades of color are. Sometime in the past I covered a listing of colorful trees and shrubs, so let's just make an easy list at this time. For trees with yellow color, gingko, hickory, Norway maple, pawpaw, spicebush, redbud all come to mind, as do aspens. For orange, there is sassafras and sugar maples. Red maples often have scarlet foliage in the fall, so do many Japanese maples, black gum and sumac. Sweet gum trees are colorful, but can turn blackish purple one year and vellow-orange another. Dogwoods and Bradford pears turn purplish in

good years. Shrubs, that is to say woody perennials that don't reach tree dimensions, offer so many additional options. So many colors, and shades of colors. Taking time to get acquainted with these and their various cultivars. and coordinating the timing of their coloration with that of large trees can produce some extra special landscapes.

Using green or other neutral colors for a backdrop can help in showing the beautiful specimen tree. Blue cedars and spruce and fir, green pines and spruce and junipers, are some of the options for a backdrop you can purposefully create to heighten the color display of your selected trees for the fall color display. Picking plants that show off bright colors that will look good on

your house, look good together with your house,

is also part of getting this magic right when you're designing a landscape to amaze in fall.

For a moment, think of a spot in your yard you'd like some bright color in fall. What plants will give good color? And, do you want one or two showing off over a number of weeks-or do you desire the whole display to boldly make you stop and gasp? Picking the plants to color in the desired sequence takes some homework. I know, adults don't like homework any more than children, but if the idea is to design a spot of amazing color, then it will take a little brushing up. Either that, or picking someone's brain that is well experienced.

Let's say you have a rock garden type spot and want it to sizzle with color. Here are a few quick suggestions.

A couple dwarf evergreen shrubs for year around color. Then barberry or nandina perhaps. Oregon grape and azaleas behind a rock where the southern sun don't hit their roots directly. Then for scarlet, itea, also called sweetspire, can't be beat. Crimson Queen or Bloodgood Japanese maple, maybe? Or a full moon maple with pumpkin colored fall color? Beautyberry and deciduous hollies show off berries even if their leaves aren't so glorious. What else would you add to our little rocky display garden to make it dazzle with fall colors?

The object today was to get you to think. You can plan and create a blazing fall display at your place, I know you

The author is a landscaper. Feedback welo me Www.rockcastles.net

Vote

Lonetta Daugherty

Mount Vernon City Council



Citizens of Mt. Vernon, I would appreciate your vote for City Council on Tuesday, November 05, 2024. I believe great things are on the verge for our city and county and I'd like to use my God-given abilities to help make that

happen for my family and yours.

Thank you, LONETTA DAUGHERTY



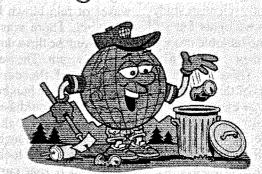
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Attention Non-Profit Groups or Organizations



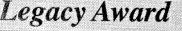
The Rockcastle County Fiscal Court in conjunction with the Kentucky Division of Waste Management is pleased to announce

Rockcastle County Solid Waste \$100.00 Per Mile Roadside Litter Clean-Up Program!

Non-profits such as Churches, School Groups, Clubs, Fire Departments or other organizations which have a state tax-exempt ID number on file, may now raise needed funds to help their respective organization or group by cleaning up roadside trash, while also helping to

Keep The Rock Clean!

The Rockcastle County Solid Waste office will assign qualifying groups or organizations a road and/or section of road to be cleaned up, while funding remains available Contact the Rockcastle Solid Waste Office at 606-256-1902 for further details





Rockcastle County Farm Bureau held their Annual meeting Friday, September 20th, 2024. Joe C. Bullen received the Ky Farm Bureau Legacy Farm Award. Shown above, he was presented the award by James Ballinger and Terry Lawson. Directors of Rockcastle County Farm Bureau are Doug Brock, Tommy H Mink, Roy Reynolds, Carla Parsons, Brenda Parsons, Mark Dyehouse, Garry Hurst, Terry Lawson, James Ballinger, Randall Thacker and Tom Mills. John King was not present. The meeting was a success with approx, 140 members present. Thank you to the Rockcastle county FFA for presenting a Farm Safety Program and the Rockcastle County Young Farmers for preparing the meal.

Pawfect Pets





This week's installment of Pawfect Pets includes Ringo (left) the two year-old Border Collie mix who is friendly and Suzy, the one year-old female Beagle mix who is also friendly. Anyone interested in adopting one of these pets or any other animal at the Rockcastle County Animal Shelter, should visit the shelter or call 256-1833. There will be a \$20 adoption fee.

Rockcastle



By: Markita Proctor

Ghosts & Monsters & Boogers, Oh My!

In the words of Jimmy Fallon, ten (not five) more sleeps until Halloween. All Hallow's Eve, the holiday that celebrates the hair on the back of your neck standing up, and ultimately just being completely creeped out. Americans spend billions each year on the holiday, with three to five hundred million of that haul going towards haunted houses

and spooky attractions. Kentucky is home to some of the most creepy locations. Waverly Hills Sanatorium, in Louisville, Kentucky, may be the most famous or infamous (depending on who is doing the telling) of these supposedly haunted locations. The hospital

served as a tuberculosis sanatorium. A hospital focused specifically on the treatment of tuberculosis. Near the turn of the century, tuberculosis was rampant in Louisville. So much so that the city dedicated a hospital solely for the treatment of the deadly illness. The sanatorium opened in 1910 as a simple twostory facility with fifty beds available. By 1915 the grounds were home to a nurse training center, and a children's hospital that served over 170 patients; after another expansion in 1926, the facility could serve more than 400 hundred inhouse patients. While many may be creeped out by hospitals, others may have an overwhelming

Donations requested

Kenna's Kitchen in 24th year

Kenna's Kitchen, Mount Vernon's largest community Thanksgiving outreach endeavor. celebrates its 24th year this upcoming Thanksgiving holiday. The annual event, hosted by Mt. Vernon Elementary School staff and students, served over 1700 meals last year to members of our community that may not otherwise have a Thanksgiving meal.

Kenna's Kitchen has more than doubled the number of people served through its outreach, and the staff and students at MVES are asking the community for help in providing this great service. Each year, students at Mt. Vernon Elementary School donate the vegetable sides that are prepared. However, the donations that students and staff have given have not been enough to make the number of meals being

requested and additional funding has been needed to meet the need. The Rockcastle County High School FCCLA has also helped, making all of the desserts for the meals.

Monetary donations

from businesses, churches and individuals to help meet the cost of providing a Thanksgiving meal to those who may otherwise not have one can be mailed to Mt. Vernon Elementary School, C/O Regina Hull-Brown, PO Box 1530, Mt. Vernon, KY 40456. For more information on what the monetary donations are used for or if you wish to help on Tuesday, November 26th, you may contact Regina Hull-Brown at MVES between 8:00 am and 3 pm, at 256-5173 or 606-392-1876. Please consider donating to this very worthy cause.

T.J.'s (Continued from 2)

enon called the "Lights" of Brown Mountain, These lights appear as round orbs that can be seen at night in the mountains and sometimes in the sky over the mountains. Sometimes they can appear about twenty feet away. They remind me of the famous Will o' the Wisp lights. There are currently scientists studying these lights but still have no tangible proof of anything concerning them. There are photographs of them that exist but, however, don't answer any questions.

I've heard an old legend that claims a slave owner had a slave who ran away. This infuriated the owner and he went in search of the slave. The owner cursed the slave and said that he would never stop looking for him even if he looked throughout all eternity. I guess he is still looking.

In 1849 Cal Logston was born. Later in his life, he was found guilty of the ax murder of a local widow woman, her daughter and her young grandson. A trial was held and the jury found Cal guilty although he swore that he was innocent.. He was to be hanged in a few

days. On the appointed day, Cal was taken to the gallows. As the rope was placed around his neck he told of a cursed prophecy that would prove his innocence. He said that when he died, there would be a horrible deluge of water. It would begin raining and would rain for three straight days and nights. Just as he was about to be taken down and buried, the rain began. There were huge waves of rain blown by the wind. There was a flood from the three days of steady rain. The second part of the curse stated that in one hundred years there would be a plague of huge snakes that would come from his grave. All of the locals wondered if that curse would come to pass. Some of them went to Cal's grave to see if there were any snakes there on the anniversary of his one hundredth burial. When they got there, there were no snakes to be seen and thought they had escaped the curse. They were mistaken. When they turned away to leave, seemingly from every portion of the surrounding ground around his grave, snakes seemed to just appear out of thin air. There were hundreds of them. I guess poor old Cal was innocent after all.

fear of hospitals and suffer from nosocomephobia. But merely being creeped out or even having an overwhelming fear of hospitals does not explain the reputation of being one of the most haunted places in Kentucky. The inhumane treatment of patients, tales of young nurses committing suicide on the premises, and stories of a "body chute" that was used to remove the dead bodies en-masse secretly via a hidden tunnel may lead one to consider the place haunted by the restless spirits of past patients. Stories of the strange and unexplainable began to surface early on after its closing and the tales continue of strange events, unusual sightings, and things going bump in the night. Waverly Hills is not alone in haunted places in Kentucky. Old Talbott Inn, Bobby Mackey's Music World, Mammoth Cave, and White Hall Mansion are just a few haunted locations around the state. Each one with tales of the strange and bizarre guaranteed to make the hairs

little Rockcastle County has a few of our own haunted locations, though not as well known.

Renfro Valley:

Renfro Valley, Kentucky is known for music, but there seem to be almost as many ghostly tales of the valley as there are echos of strumming banjos. There is a tale of a little girl who haunts the old barn and the old ticket center. She is said to be dressed all in white and has been seen floating outside windows and meandering down staircases and even heard singing in the John Lair home. Along with the restless spirit of this young girl os the urban legend that suggests that the entire valley was once a Native American settlement and that those spirits wander the grounds in protest of the Entertainment Center.

Aunt Polly

House: The Aunt Polly House in Renfro Valley is currently closed to the public, but maybe not to the paranormal. Stories abound of objects moving on their own, of sounds, coming from within the cabin when there was no logical ex-

planation for the sounds, and of a general sense of unease within the cabin. The cabin was originally located on the farm that

cation of Lake Linville. The Lake Monster:

was sacrificed for the lo-

Lake Linville was constructed in 1968. The lake itself is small compared to other lakes in the region, but the tales associated with the Lake Monster are hugely astounding. Stories abound warning others to beware and to stay out of the water. Tales of a massive blue-green reptilian monster with a long neck and a massive head hiding in the murky waters and slithers by when one least expects it.

The Booger of Great SaltPetre Cave:

Great Saltpeter is a large limestone cave located within the southeastern region of the county. The cave itself has had many different purposes throughout Rockcastle County's history. Within the cave is an area known as Booker Branch. Which is technically a small side passage. Booger Branch is thought to be haunted by the ghost of a slave who was murdered and buried within the cave.

Big Foot:

Sasquatch, Yeti, Bigfoot, or even Yowie, would a monster by any other name be just as frightening? Those who claim to have sighted the massive man-like beast give an astounding yes! There have been multiple reports of a giant mancreature, covered in dark brownish black fur/hair, with broad shoulders and piercingly light eyes and what seemed to be pale flesh beneath the fur/hair. The creature has been sighted along the outskirts of Livingston, Ken-

Different Co. Meliotic Wildcat Mountain:

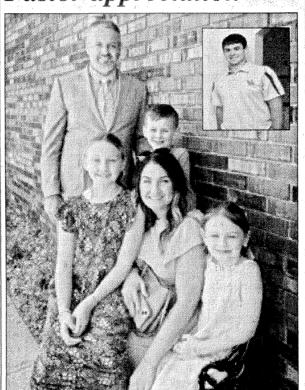
Finally, just along the farthest southern regions of the county between Laurel and Rockcastle lies Wildcat Mountain. the only significant battleground of the Civil War within the county. On October 21, 1861, Confederate troops attacked the Union troops The Union troops dug in trenches and prepared for the ensuing attack. The battle lasted only a few hours but within that short span of time, there were numerous casualties. It is said on fall eve-io nings as dusk settles upon the mountain the ghosts of those soldiers can be heard still fighting.

Perhaps those who are a bit more strong in spirit will work up the nerve to visit these locals in search of the supernatural. A ghost hunt might be fun for those who like the feeling of the hairs on the back of their neck standing on end. For the rest of us, there are still ten sleeps till Halloween. If sleep can indeed be had in a haunted place such as this.

Pastor appreciation

on the back of your neck

stand on end. Even tiny



Calloway Baptist Church would like to show our appreciation to our Pastor, Brother Jason Medley and his family for what they have done for our church in the past three years. God sent us a blessing when he sent Bro. Jason to us. We love him and his family very much.

Letter to the Editor

Marijuana dispensaries not doing well

Dear Editor.

I would have written this letter sooner, but I wanted to wait and see which way the proverbial wind was going to blow on this. From the Octoper 10th edition of the SIGNAL, it appears the idea of medical marijuana dispensaries does not appear to be doing well in Rockcastle County, which I expected. The "powers to be" seem to be forgetting, though, that if managed well, these dispensaries could provide a, sizeable source of income the county. 5 Livingston would especially have received a great boon to its recreational economy from this. Even so, the "naysayers" are still continuing to complain about all of the negative effects from this.

However, when my aunt, a long time Mt. Vernon resident, was dying from lung cancer, marijuana was the one item which eased her suffering.

Brent R. Laswell

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John Lawson - Agency Mgr.

Christa Taylor - Agent US Hwy. 25 S • Mt. Vernon 606-256-2050



CLASSIFIED RATES

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

Deadline for Classifieds is 4 p.m. Monday

For Rent

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

Accepting Applications For 2 and 3 bedroom units at Valley View Apartments. Rent based on income.

Call 256-5912. TDD for hearing impaired only. **1**-800-247-2510.

> For Rent **Maple Street**

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

Property For Sale

Home For Sale: House and four acres out Sand Springs Road. \$279,900. Call Jennifer 606-308-606-2481. 30 Acre Stand of Timber. 594-8990. 33xntf

Trespassing onproperty owned by David King, located on Hwy. 3245. No dirt bikes or four wheelers.

Posted: No hunting or trespassing on the former Berl Hopkins' land (now belonging to Judy Hopkins Marsh) on KY 461 near US 150 and 461 intersection.

Posted: No hunting or trespassing on property belonging to Victor and Debbie Francisco located at 7194 South Wilderness Rd., Calloway. Violators will be prosecuted. 33x8p

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

Posted: Absolutely no trespassing on land belonging to LJL Honeycomb LLC for any reason. Formerly known as Christ Outreach for the Blind. Violators will be prosecuted. 23(24)x51

Posted: No hunting or trespassing on property belonging to Brian and Angela Burdine and located at 428 Black Bear Lick Lane, Livingston. Violators will be prosecuted. 47xntf

Posted: No hunting or trespassing on farms, belonging to Gary and Peggy Roberts, on KY 3245. Violators will be prosecuted. 46/24x52 Posted: No hunting or trespassing on land belonging to Orville and Bernice Burkhart lin Livingston and Mt. Vernon. Anyone entering the properties must be with Orville Burkhart. Sawmill nearby. Call 606-13 Violators will be prosecuted. 35/23x51p

Posted: No hunting or trespassing on land belonging to Glen Roberts at 560 Dix River Branch Road, Brodhead. Violators will be prosecuted. 35xntf

Posted: Property belonging Kitty Reese Smallwood Road Roundstone. All trespassers will be prosecuted. 49xntf Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not



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responsible for accidents. Posted: No trespassing. hunting or fishing on land belonging to Rachel Denney on Hwy. 3245

(former Reggie Benge prop-

Posted: No trespassing on property known as C.B.

Owens Farm across from Fairgrounds in Brodhead. Violators will be prosecuted. 25tfn

NOTICE: Hellard's Concrete and Excavation, LLC is not, nor ever have been. affiliated with Perry Mink or Amy and Perry Mink Properties. We lease the building at 110 Old Somerset Road but will not be responsible for any business associated with Perry Mink or Amy and Perry Mink Properties. Brandon Hellard, Hellard's Concrete and Excavation. 36x3

Notice is hereby given that Diane Helton, 4237 Willailla Rd., Brodhead, KY 40409 has been appointed Administratrix of the Estate of David Taylor, deceased, on the 2nd day of October, 2024. Any person having claims against said estate shall present them. according to law, to the said Diane Helton or to Hon. William Leger, P.O. Box 1250, Mount Vernon, KY-40456 on or before April 2, 2025. 34x3

Cresthaven Cemetery **Plots**

Call Will Bishop @ -606-308-2490 or Shannon Bishop @ 606-308-9988

Professional Services

Owens Monument: Located behind Owens Funeral Home in Brodhead. Open Mon-Fri. 8 to 5 and Sat. 9 a.m. to noon, 606-758-9600. 14xntf

Motor Vehicles For Sale

For Sale: 2017 Ford 150. V8 5., two wd. \$15,500. 606-758-9312. 36x3p

PUBLIC NOTICE

Gas and Electric Company and Kentucky Utilities Company filed their 2024 Joint Integrated Resource Plan with the Public Commission Kentucky. This filing includes a load forecast and resource plans of Louisville Gas and Electric Company and Kentucky Utilities Company to meet future demand with an adequate and reliable supply of electricity at the lowest possible cost for all customers within their service areas.

Comments regarding the Integrated Resource Plan may be submitted to the Public Service Commission by mail to Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602, or by email to at psc.info@ky.gov. All comments should reference Case No. 2024-00326. Any person interested participating in the review of this Integrated Resource Plan should submit a motion to intervene in Case No. 2024-

Yard Sales

Yard Sale: Thursday and Friday, 8 a.m. to ? each day. Hwy. 150, across from Cedar Rapids Country Club. First house on right. Light green chair, picnic table, outside chairs, new Kate Spade purses w/matching wallets, boots, boys' shirts and dishes. Too much to mention.

Classified Deadline is 4 p.m. Monday Call 606-256-2244

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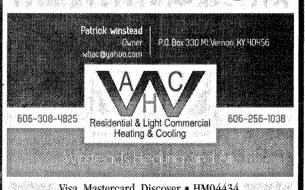
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- \$20 million to build the new Rockcastle County Middle School
- \$20 million for natural gas
- \$62 million to purchase the Rockcastle County mega site
- \$71 million to widen US-25 and KY-461



Early In-Person Voting Oct. 31 - Nov. 2
Election Day Nov. 5

Paid for by Josh Bray for State Representative

Fall 2024 + Vol. 23





Bringing Fitness and Friendship Back

Silver Sneakers® Fitness Classes Return • See page 9

2 · Health Signal

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 fourteentime Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, 2019, 2021, 2022, 2023, and 2024, a U.S. News & World Report 2013, 2014, 2019-20, 2022-23, and 2024 Best Nursing Home, and a 2024 Newsweek Best Nursing Home.

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.

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.

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

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

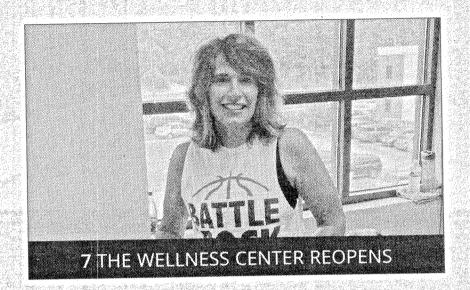
Stephen A. Estes, President/CEO C. Nicholas Bastin, CFO Tammy Brock, RN, Chief Nursing Officer

> 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.

> lana Bray, Director Susan Turley, Designer

FEATURES



- Let's Rock 'N Run
- Ladies Night Out
- **Breast Cancer Awareness Events**
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- Silver Sneakers® Classes Return
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 - News & Notes from Our Team

Let's Rock 'N Run, Y'all

Renfro Rock 'N Run Half Marathon/5K Returns for Its 12th Year



By Jana Bray, Community Relations Director

et ready to lace up your running shoes and hit the scenic trails of Rockcastle County!

The 12th annual Renfro Rock 'N Run Half Marathon and 5K is set to take place on Saturday,

October 26, as part of the Rockcastle Regional

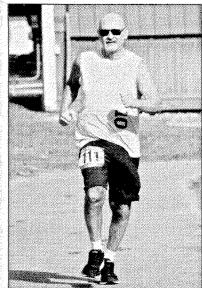
County-wide Stride Run/Walk Series. This year's event embraces a country music theme, promising a lively atmosphere filled with fun and entertainment.

Participants can look forward to a unique race experience that goes beyond just running. In addition to tackling one of Kentucky's most scenic courses, runners will dash past rustic cabins, trot alongside a picturesque lake, and pass through some of the state's most beautiful farmscapes. Whether you're a seasoned half marathoner or opting for the 5K, this race offers something for everyone.

Special features of the event include a costume contest, so come dressed in your best country music-inspired attire! Half marathoners will also be treated to free coffee, hot chocolate, and breakfast biscuits to finish off their race day.

A portion of the proceeds from this year's event will benefit Christian Appalachian Project. Don't miss out on this exciting event! Register now by visiting rockcastleregional.org/county-wide-stride and secure your spot in one of Kentucky's most scenic races. Whether you're running for the competition, the camaraderie, or the breathtaking views, the Renfro Rock 'N Run promises an unforgettable experience for all.







Snapshots from Renfro Rock 'N Run 2024

Ladies Night Out

Raising Breast Cancer Awareness with a Touch of Glam

By Jana Bray, Community Relations Director

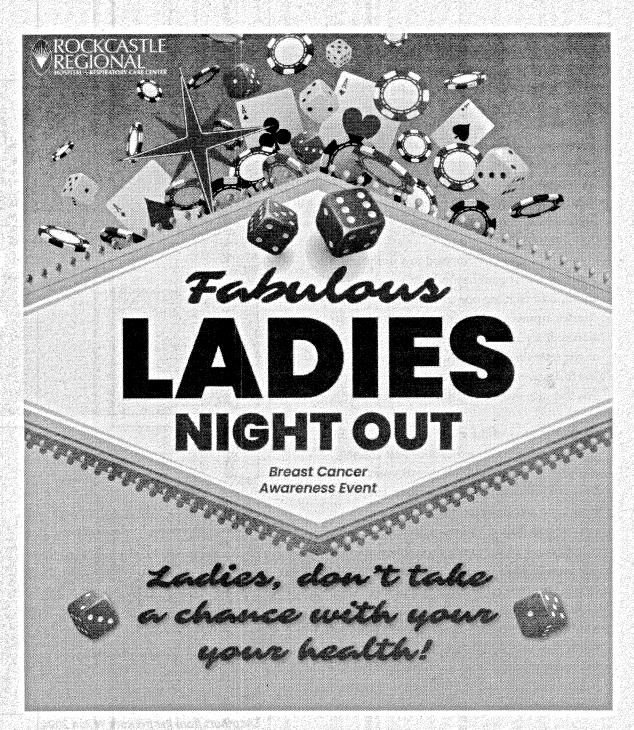
et ready to shine bright with plenty of Las Vegas glitz and glam for the 13th annual Ladies Night Out, an event dedicated to raising awareness and sharing education about breast cancer. This year's event will be held on Tuesday, October 15 at 5:30 pm at Bible Baptist Church.

This year's keynote speaker will be Rockcastle Regional's own medical oncologist Dr. Justin William. Dr. Williams will share valuable insights on breast cancer prevention, early detection, and the latest advancements in treatment.

Ladies Night Out is more than just a themed event, it's a chance to connect, learn, and support one another. Participants will have the opportunity to visit educational booths on breast cancer, screening options, and healthy lifestyle choices. A free meal will be provided and each participant will receive a special gift.

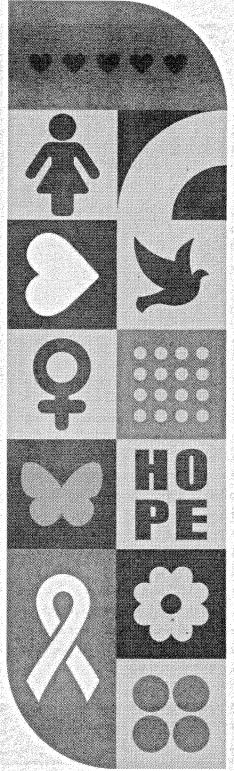
"Ladies Night Out is a chance to come together as a community, raise awareness, and support those affected by breast cancer," said event organizer Jana Bray, community relations director at Rockcastle Regional. "Whether you're attending to honor a loved one, learn more about prevention, or simply enjoy a night out with friends, your participation makes a difference in the community."

To register, please call (606) 256-7381 by Friday, October 11. Mark your calendars, spread the word, and get ready to roll the dice for breast cancer awareness!



October Breast Cancer Awareness Events





Rallying the Community for a Cause

October is Breast Cancer Awareness Month, and this year, Rockcastle County is pulling out all the stops to spread awareness, support those affected, and bring the community together for a great cause. In addition to the highly anticipated Ladies Night Out event on Tuesday, October 15, there are several other exciting events planned throughout the month, including the annual Pink Out Volleyball Game and the Pink Door Campaign.

Pink Out Volleyball Game - Thursday, October 17

One of the standout events this October is the annual Pink Out Volleyball Game, scheduled for Thursday, October 17. This game is not just about cheering on the Rockets; it's a powerful display of community spirit and support for breast cancer awareness. Attendees are encouraged to wear pink and come ready to cheer loudly as the Rockets take to the court. This event is a wonderful opportunity to rally behind the team while also honoring those who have battled breast cancer!

Pink Door Campaign - Show Your Support Creatively

The Pink Door Campaign is another opportunity that allows the community to get involved in a unique and creative way. This door decorating contest invites the community to get involved in the fight against breast cancer by designing their doors in pink and breast cancer awareness themes, with categories

for businesses, residential homes, and school classrooms.

Not only does this event add a vibrant touch of pink across the community, but it also supports a worthy cause. Winners in the business and residential categories will have a donation made in their name to Rockcastle Regional's Hope Fund, a dedicated cancer patient assistance fund that helps provide muchneeded support to those battling cancer. The school classroom winner will be treated to a pizza party, adding a fun incentive for students and teachers to join in the awareness campaign.

To participate, make sure to submit your decorated doors by the deadline on Tuesday, October 15. Submissions should be sent via email to c.dillingham@rhrcc.org.

Join the Fight Against Breast Cancer

These events, along with the much-anticipated Ladies Night Out, create a fun lineup for Breast Cancer Awareness Month, bringing together different facets of the community in support of a common cause. Whether you're a sports fan, a creative enthusiast, or just someone looking to make a difference, there's an event for you to get involved in.

Your participation not only raises awareness but also provides hope and support to those affected by breast cancer. Let's come together this October and make a difference in our community. Mark your calendars, gather your pink attire, and get ready to join Rockcastle County in the fight against breast cancer!

Ready to Quit Smoking?

By Jana Bray, Community Relations Director

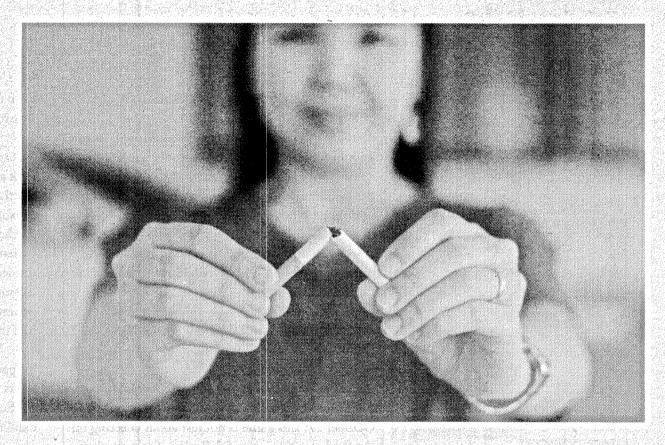
Freedom From Smoking program begins October 23, 2024

Rockcastle Regional is once again offering the Freedom From Smoking program, a tobacco cessation class designed to help individuals break free from the grip of smoking. The program is based on the national, evidence-based curriculum developed by the American Lung Association, which has helped thousands of people across the country quit smoking and embrace healthier lifestyles.

Classes will be held every Wednesday at 5:00 p.m. in Rockcastle Regional's small conference room. The seven-week program offers a comprehensive approach to quitting smoking, including strategies for managing stress, avoiding triggers, and making lasting lifestyle changes. The next session is set to begin on Wednesday, October 23, offering a fresh start for those ready to make a positive change.

Kayla Abney, the program's instructor, is passionate about helping individuals on their journey to quit smoking. She emphasizes the importance of community support throughout the process. "Quitting smoking is one of the most significant steps you can take for your health, and you don't have to do it alone," says Abney. "Our program provides the tools and support needed to empower individuals to take control of their health and live tobacco-free."

Freedom From Smoking is more than just a class; it's a community of individuals committed to overcoming addiction and making a fresh start. Each session provides participants with the



education, resources, and encouragement they need to navigate the challenges of quitting smoking. The program focuses on helping participants understand their smoking habits, set achievable goals, and develop personalized quit plans.

Participants can expect to learn about the physical and psychological aspects of nicotine addiction, as well as practical tips for managing cravings and preventing relapse. The group setting fosters a sense of camaraderie and accountability, allowing participants to share their experiences and support

one another along the way. Whether you're a long-time smoker or have recently started, this program offers a supportive and effective pathway to becoming smoke-free.

If you or someone you know is interested in quitting smoking, consider joining the next session of Freedom From Smoking at Rockcastle Regional. Take the first step toward a healthier, smoke-free future on October 23. For more information or to register, call Kayla Abney at 606-256-7383.

Call Kayla Abney at 606-256-7383 for more information.

Choosing the Right Medicare Plan

Medicare Education Panel and Health Resource Fair

By Jana Bray, Community Relations Director

avigating the complexities of Medicare can be a daunting task for many, especially with the numerous plans and options available. To help make this process easier, Rockcastle Regional is hosting a Medicare Education Panel on Tuesday, October 29, at 5:30 pm at the Rockcastle County Middle School Library. This event aims to provide valuable guidance and resources to help individuals make informed decisions about their Medicare coverage.

The evening will begin with a health resource fair at 5:30 pm, featuring educational booths on a variety of topics specifically geared towards older adults. Attendees will have the opportunity to explore these booths and gather information on health-related issues that matter most to them. The fair will include a variety of free health screenings, such as stroke and diabetes screenings. In addition, Rockcastle Regional's Mobile Health Clinic will be on-site to offer flu vaccines, to help you take proactive steps towards protecting your health this flu season. A complimentary dinner will be served during the 5:30 pm hour.

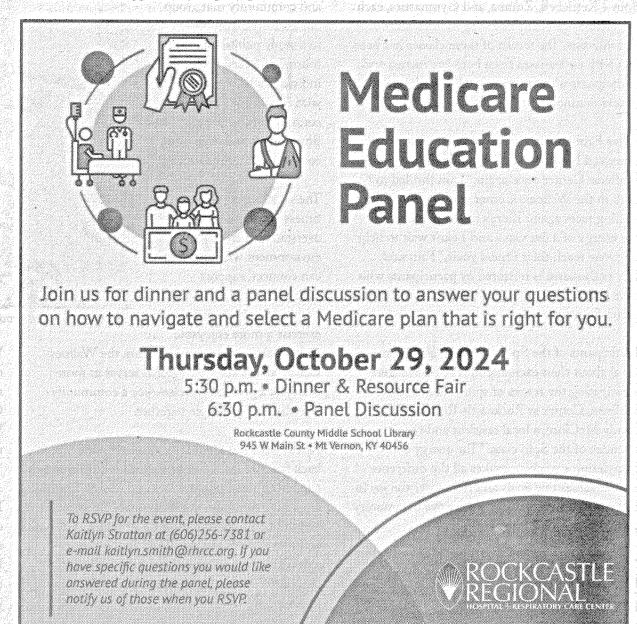
At 6:30 pm, the Medicare Education Panel will begin, featuring experts from Rockcastle Regional who will share their knowledge and answer questions on how to choose the right Medicare plan. The panelists will offer insights into the differences between Medicare plans, common pitfalls to avoid, and tips on selecting the plan that best meets individual needs.

"Given the complexity of the Medicare system, this presentation is an invaluable resource for those seeking clarity and confidence in their decision-making process," said Rockcastle Regional community relations director, Jana Bray. "This event is a great opportunity to learn

about the various Medicare options from local leading experts, while offering the chance to ask questions."

Whether you are approaching Medicare eligibility or helping a loved one navigate their choices, this event is a perfect opportunity to get expert advice in a supportive and informative setting. Don't miss this chance to equip yourself with the knowledge you need to make the best Medicare decisions for your future.

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



The Wait is Over

The Wellness Center Reopens with New Energy and Classes

By Jana Bray, Community Relations Director

fter months of closure due to COVID-19 restrictions, the Wellness Center at Rockcastle Regional has reopened its doors, bringing back a range of popular fitness classes that community members have eagerly awaited.

Among the first classes to resume are Spin, Spin + Kettlebell, Zumba, and Gymnastics, each designed to cater to various ages, fitness levels, and interests. The return of these classes has been met with enthusiasm from both instructors and participants who are ready to dive back into their fitness routines.

Kylee Fain, the instructor for Spin + Kettlebell, expressed her excitement about teaching in the Wellness Center once again. "I am thrilled to be back in the Wellness Center and to see everyone's smiling faces again. There's nothing quite like the energy of a live class, and I can't wait to help everyone reach their fitness goals," Fain said. Her enthusiasm is mirrored by participants who have missed the camaraderie and motivation that group fitness provides.

Participants of the Spin class have also been vocal about their excitement. "I've been eagerly anticipating the return of spin classes at the Wellness Center at Rockcastle Regional," said Sandy McClure, a local resident and regular attendee of the Spin class. "The energy from completing a workout makes all the difference as I set achievable goals and rediscover the joy in movement and building a supportive community around being a healthier me!"

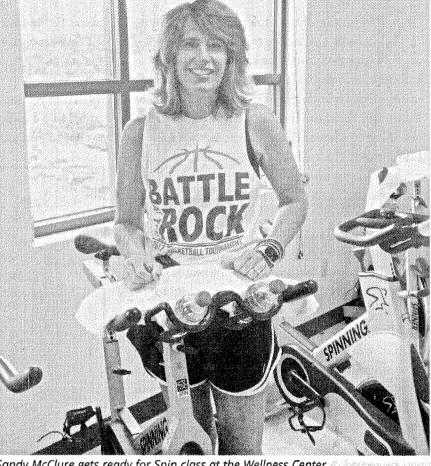
Group fitness classes like those offered at Rockcastle Regional play a crucial role in helping people maintain consistent workout routines.

Research has shown that individuals who participate in group fitness classes are more likely to stick with their fitness plans compared to those who work out alone. This is largely due to the sense of accountability and community that group classes foster. According to a study published in the Journal of Social Sciences, individuals who exercised with others felt a stronger commitment to their fitness goals and were more consistent in their routines.

The social aspect of group fitness also cannot be overstated. It creates an environment where people can connect, support each other, and celebrate progress together, making exercise a more enjoyable

and sustainable activity. For many, the Wellness Center at Rockcastle Regional serves as more than just a place to exercise—it's a community hub that brings people together.

As the Wellness Center continues to welcome back familiar faces and new members alike, there's a renewed sense of optimism and energy. The reopening not only provides a space for physical health but also contributes to the overall wellbeing of the community. With classes that cater to a wide range of interests and fitness levels, there's something for everyone at the Wellness



Sandy McClure gets ready for Spin class at the Wellness Center

Whether it's the high-energy Spin class, the challenging Spin + Kettlebell combo, the rhythmic moves of Zumba, or the skill-building Gymnastics sessions, Rockcastle Regional's Wellness Center is back in action, ready to inspire and support the community on their fitness journeys.

For more information and a full schedule on the classes available in the Wellness Center, please visit www.rockcastleregional.org/wellnesscenter. If you are interested in becoming an instructor in the Wellness Center, please contact Jana Bray at j.bray@rhrcc.org.

Silver Sneakers® Fitness Classes Return

Bringing Fitness and Friendship Back to Older Adults

By Jana Bray, Community Relations Director

fter a long hiatus due to the COVID-19 pandemic, Silver Sneakers® fitness classes are making a much-anticipated return to Rockcastle Regional's Wellness Center. These classes, designed specifically for older adults, focus on enhancing strength, flexibility, and overall wellness to help participants maintain their independence as they age. The return of these classes is not only a step towards physical fitness, but also a chance to rekindle the sense of community that many have sorely missed during the pandemic.

Joyce Smith, a long-time Silver Sneakers participant, couldn't be happier about the return of the classes. "I've really missed coming to the Wellness Center," Smith said. "Silver Sneakers

was always a big part of my week, not just for the exercise but for the social aspect as well. It's more than just a workout; it's a community. During the pandemic, it was hard not having that routine and seeing familiar faces. I'm so excited to be back."

Silver Sneakers is a nationwide program aimed at older adults, with classes tailored to various fitness levels and abilities. The primary goals are to improve strength, balance, and range of motion, all of which are crucial for aging adults to maintain their independence. Participants engage in exercises that are safe and effective, using equipment such as resistance bands, light weights, and chairs for support.

The program emphasizes not only the physical benefits but also the importance of social interaction and mental well-being. For many, like John Smith, the camaraderie and friendships

formed in these classes are just as valuable as the fitness gains.

Kayla Abney, the instructor leading the return of Silver Sneakers classes, shared her enthusiasm about resuming the program.

"I'm thrilled to be bringing Silver Sneakers back to the Wellness Center," Abney said. "It's such a rewarding experience to work with this group and I'm looking forward to helping them achieve their personal fitness goals. Whether it's improving strength, gaining more mobility, or just enjoying some good company, I'm here to support them every step of the way."

As Silver Sneakers classes resume, participants can look forward to a welcoming and supportive environment that encourages both physical health and social connections. With a focus on helping aging adults stay strong, mobile, and independent, Silver Sneakers offers more than just exercise—it's a community that brings people together, lifting both body and spirit.

Silver Sneakers meets three days a week (Monday, Wednesday, Friday) at 10:00-11:00am. To inquire if you are eligible to participate in the program for free through your health insurance, please call Kayla Abney at 606-256-7383.







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October is Dental Hygiene Month

Tips for a Healthy Smile

ctober is National Dental Hygiene Month, a time dedicated to promoting the importance of good oral health. Maintaining proper dental hygiene is crucial not only for a bright smile but also for overall health and well-being. This month is an excellent reminder to refresh your dental care routine and prioritize your oral health.

Why Dental Hygiene Matters

Good dental hygiene helps prevent cavities, gum disease, and bad breath while supporting overall health. Poor oral health has been linked to various systemic conditions, including heart disease, diabetes, and respiratory issues. By maintaining a consistent and effective dental care routine, you can protect your teeth and gums and contribute to your overall health.

na ko ser de kan di de est û de de est a se Tips for Proper Dental Hygiene

- 1. Brush Twice a Day: Use a fluoride toothpaste and brush your teeth at least twice a day for two minutes each time. Make sure to brush all surfaces of your teeth, including the front, back, and chewing surfaces.
- 2. Floss Daily: Flossing removes plaque and food particles from between your teeth and under the gum line, areas that your toothbrush can't reach. Daily flossing is essential for preventing cavities and gum disease.
- Use Mouthwash: A therapeutic mouthwash can help reduce plaque, fight gum disease, and freshen your breath. Look for a mouthwash with the ADA (American Dental Association) seal of approval.



- Replace Your Toothbrush Regularly: Change your toothbrush every three to four months or sooner if the bristles are frayed. A worn toothbrush won't clean your teeth effectively.
- 5. Limit Sugary and Acidic Foods: Sugary and acidic foods can contribute to tooth decay and enamel erosion. Try to limit these foods and opt for healthier alternatives like fruits, vegetables, and dairy products.
- 6. Visit Your Dentist Regularly: Regular dental check-ups and cleanings are crucial for maintaining good oral health. Your dentist and dental hygienist can detect and treat issues early, preventing more serious problems down the line.

The Importance of Dental Hygiene Through All Stages of Life

Dental hygiene is important at every age, from childhood through the senior years. Dentist Dr. Lura Cash at Rockcastle Family Dental Center emphasizes that maintaining good oral hygiene should be a lifelong commitment.

"Dental hygiene is essential at all stages of life," said Dr. Cash. "From the time a child's first tooth appears to the later years when we want to preserve our natural teeth for as long as possible, good oral care routines and regular dental visits are key. It's not just about preventing cavities; it's about maintaining overall health and quality of life."

Taking care of your teeth and gums is a year-round commitment, but Dental Hygiene Month is a great time to take a step back and ensure you're on the right track.

If you would like to schedule an appointment with Rockcastle Family Dental Center, please call 606-256-7695. Our team is here to help you achieve and maintain a healthy smile at every stage of life.

[YOUR HEALTH]

Low Dose CT Screenings:

A Vital Tool in the Fight Against Lung Cancer

n Saturday, November 9, Rockcastle
Regional is offering a special weekend
scheduling option for Low Dose CT
(LDCT) lung screenings, an important tool in
the early detection of lung cancer. This initiative
provides a convenient opportunity for individuals
to access a potentially life-saving screening on
a day that might be easier for those with busy
weekday schedules.

The Importance of Lung Cancer Screening

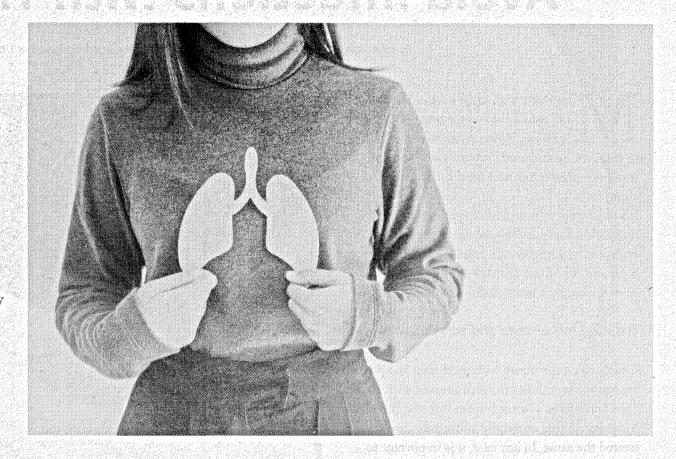
Lung cancer is the leading cause of cancerrelated deaths in the United States, and Kentucky
holds the highest rates of lung cancer in the
nation. This issue is especially critical in rural
areas of Kentucky, where smoking prevalence is
higher and access to healthcare can be limited.
Early detection through LDCT screening has
been shown to reduce lung cancer mortality by
detecting cancer at an earlier, more treatable
stage.

Eligibility for Low Dose CT Screening

Not everyone is eligible for LDCT screening, as it is specifically targeted at high-risk individuals. To qualify for the screening, you must be able to answer "yes" to each of the following questions:

- Are you between 50 and 80 years old?
- Do you currently smoke or have you quit within the last 15 years?
- Do you have a smoking history of at least 20 pack-years (equivalent to smoking one pack a day for 20 years or two packs a day for 10 years)?

If you meet these criteria, LDCT screening could



be the next recommended step in a proactive approach to monitoring your lung health.

How to Prepare for Your Screening

Before your LDCT screening, there are a few steps you should take to prepare:

- Counseling for Smoking Cessation: If you currently smoke, consider receiving counseling to quit. Quitting smoking can significantly improve your overall health and reduce your risk of developing lung cancer.
- Consult Your Primary Care Provider:
 Discuss the benefits and limitations of LDCT screening with your primary

- care provider. They can provide valuable information about what to expect from the screening and how it fits into your overall health plan.
- Check Insurance Requirements: Contact
 your insurance provider to see if a referral
 is required for LDCT screening. This will
 help ensure that the screening is covered and
 prevent any unexpected costs.

To take advantage of the weekend scheduling on Saturday, November 9, please call 606-256-7381 to book your appointment. Appointments are available from 9:00 am until 12:00 pm. If you prefer to schedule your LDCT scan on a different day, you can call 606-256-7878 for assistance.

[UK CONNECTIONS]

Treat Minor Cuts at Home: Avoid Infections with These Tips

By Julie Elder, certified wound/ostomy nurse and clinical nurse specialist at UK Healthcare

inor cuts and scrapes are common and can usually be treated and monitored at home. However, there are ways to promote healing and signs to look for that could signal infection and need further medical attention.

It's important to note that deeper cuts or more severe punctures and wounds may need to be evaluated by a health care provider. If a skin injury is present for longer than 30 days, it should also be evaluated by a health care provider.

Treating minor cuts and scrapes at home

Gently clean the injury with mild soap and water for routine care. Keep the area covered with a light bandage to protect it from dirt and bacteria. Most minor cuts caused by house pets can be treated the same. In any case, it is important to monitor for infection.

Signs of infection

Common symptoms of an infected cut or scrape include increased redness around the injury, pain and drainage. These changes could indicate the area is becoming infected and needs to be seen by a health care provider.

Common questions about at-home treatment

Does rubbing alcohol or hydrogen peroxide clean a cut? Initially, cleaning with alcohol or hydrogen peroxide after an injury can rinse away debris and bacteria. Continuing to use alcohol or hydrogen



peroxide can slow wound healing. After the first cleaning, it is recommended to only use a mild soap and water to continue the care.

Does antibiotic ointment help heal cuts? Many scrapes or cuts do not need an antibiotic ointment to heal. Vaseline/petroleum jelly is just as effective for healing wounds. Health care providers are moving away from recommending Neosporin or other antibiotic ointments. Repeated use can cause the development of an allergy or skin sensitivity.

Does keeping a cut completely dry help it heal? Cuts and scrapes heal faster if it has a little bit

of moisture to the injury. A layer of Vaseline/ petroleum jelly and a light bandage is a good dressing for a wound.

Is it better to keep a cut open and exposed to the air to help it heal? A wound heals faster if it is covered. It is best to dress a wound with a layer of Vaseline/petroleum jelly and a light bandage.

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

[UK CONNECTIONS]

Boost Your Brain: The Power of a Healthy Diet

By Lauren Batey, a program coordinator for the Food as Health Alliance

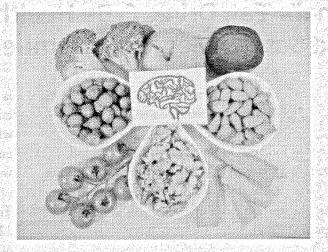
Recent research has shown that our diet plays a crucial role in maintaining not just our physical well-being, but also our brain health. A diet high in sugars and processed foods can weaken brain function and negatively impact mental health. Your brain requires healthy foods like fruits, vegetables, whole grains, fish and lean meat to keep it running smoothly.

The brain and gut share significant connections through a pathway called the gut-brain axis. The vagus nerve links your brain and stomach, allowing them to communicate directly. Your gastrointestinal tract is sometimes nicknamed the "second brain" due to this connection. This link can be seen in our daily lives; whenever you experience "butterflies in your stomach," you are feeling that connection firsthand.

Additionally, the microbiome full of microscopic organisms living in our gut can significantly impact our mood and mental health. These organisms thrive when you consume a diet rich in fiber from whole foods.

Take advantage of the relationship between your diet and brain function and eat these "brainfoods" to increase your mental alertness and mood.

Berries: Berries, blueberries in particular, are rich in flavanols which are linked to improved cognitive function. Flavanols help improve blood flow to the brain. Additionally, the antioxidants in blueberries help protect brain cells from oxidative stress and inflammation. Research has shown a link between regular consumption of berries and



decreased risk of certain cognitive disorders such as Alzheimer's and dementia.

Fish: Omega-3 fatty acids play an important role in promoting a healthy brain. They reduce inflammation and improve communication between brain cells. Omega-3 also helps promote the growth and repair of brain tissue which enhances cognitive function. These healthy fats can be found in seafood like salmon, sardines, mackerel, tuna, cod and oysters.

Leafy greens: Leafy greens are a staple of any healthy diet due to their high nutritional content. Spinach, arugula, kale and collards are rich in vitamins A and C and are high in fiber and folate. Research has shown that regular consumption of leafy greens may lead to a slower rate of cognitive decline and improved memory as you age. Try adding these nutritional powerhouses to whole grain pasta, soups and smoothies to sneak in those extra nutritional benefits.

Nuts: Nuts like walnuts, pistachios and almonds

are beneficial to your overall brain health. Almonds are known to help improve memory. Pistachios can help with inflammation and may help with cognition. Walnuts are rich in antioxidants and DHA, a fatty acid that may improve learning ability.

Taking care of your brain health also means taking care of your gut. A healthy and balanced microbiome is connected to reduced risk of various mental health disorders and improved memory and cognition. Care for your gut health by enjoying these foods.

Probiotic foods: Probiotic foods help produce a healthy microbiome, which is responsible for producing chemicals like serotonin and dopamine. These compounds help regulate mood and support brain health. Probiotic foods include yogurt, kimchi, buttermilk, fermented vegetables like sauerkraut, and some cheeses. Studies have shown that regular consumption of probiotic foods is linked to reduced risk of anxiety and depression and enhances memory and learning abilities.

Prebiotic foods: Prebiotic foods such as garlic, onions, and bananas help to nourish beneficial gut bacteria, and in turn, support brain health. These foods help with the production of compounds like short chain fatty acids that play an important role in reducing inflammation to support brain function. To maintain a healthy gut and protect your brain, fuel your microbiome by eating plenty of fiber from fruits and vegetables, whole grains, and legumes like beans or chickpeas. Adults should aim for 25-30 grams per day.

[COMMUNITY WELLNESS]

Kick-start a Healthy Life

By Jana Bray, Community Relations Director

Rockcastle Regional's 'Eat, Drink, & Be Healthy' Series Returns: Next Session Set for November 12

Rockcastle Regional is excited to announce the return of its popular health education series, "Eat, Drink, & Be Healthy." Initially launched in January 2020, each session of the series features a different health expert presenting on various health topics, sharing valuable insights and practical tips to help participants lead healthier lives.

The next session is scheduled for Tuesday, November 12 at 12:00 noon at Marcella's Farm to Fork Restaurant with featured guests, Lindsay Gabbard, the director of Clinical Dietetics, and Rebekah Ferguson, clinical dietitian at Rockcastle Regional.

As clinical dietitians with extensive

experience in nutrition and healthy eating, Gabbard and Ferguson will be sharing their expertise on how to make better food choices for improved health and well-being. Their presentation will include practical tips on meal planning and making sustainable changes to daily eating habits.

"Healthy eating doesn't have to be complicated," says Gabbard. "Our goal is to provide easy, actionable advice that anyone can incorporate into their routine, regardless of their current level of knowledge about nutrition."

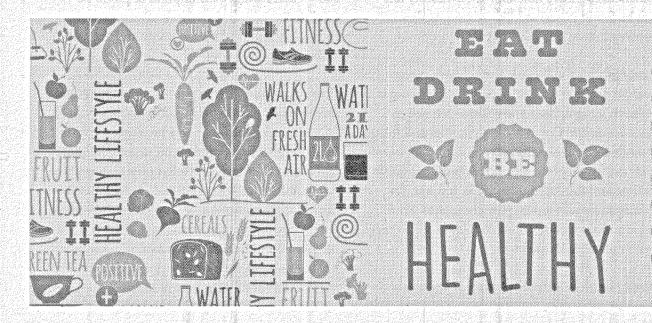
The "Eat, Drink, & Be Healthy" series

is designed to be both educational and enjoyable, offering a casual atmosphere where participants can ask questions and engage in discussions about health and wellness.

To secure your spot for the November 12 session, please call Kaitlyn Stratton at 606-256-7381. Seating is limited, so early reservations are recommended.

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Whether you're looking to make small changes to your diet or seeking guidance on a more comprehensive nutrition plan, this session promises to offer something for everyone. Join us for a great meal and take the first step towards a healthier you!



Join us for a lunch and learn with clinical dietitans Lindsay Gabbard, RDN, LD Rebecca Ferguson, RD, LD

Tuesday,
November 12, 2024
Marcella's Restaurant
12 Noon

RSVP to Kaitlyn Stratton at (606) 256-7381 by Friday, November 8.



News and Notes From Our Team



Lisa Brock, APRN

After 30 years as a registered nurse at Rockcastle Regional, Lisa Brock has obtained her Master of Science degree in nursing with an endocrinology focus from Northern Kentucky University. She will be practicing on the second floor of the Medical Arts Building. When asked what she enjoys most about her new role, Lisa said, "I love the opportunity to work with my

patients to help them achieve their health goals, feel better, and have the best possible quality of life." Lisa resides in Rockcastle with her husband, Barry, and together, they have three daughters, Brookelyn, Alexis, and Katielynn. When not at work, Lisa likes traveling, decorating, and spending time with her family, including her parents Benton and Theresa Bullock.



Austin Hacker, BS

Austin Hacker has earned his Bachelor of Science degree in Information Technology Sciences from the University of the Cumberlands. Austin is currently an Information Systems Support Analyst with the Information Technology (IT) department at Rockcastle Regional. When asked about his role, he said, "I enjoy providing meaningful assistance to

employees and supporting them in their roles of taking care of our patients. I am part of a real community here." Austin resides in Jackson County with his wife, Cheyenne, and their four-year-old son, Noah. When not at work, he enjoys spending time with his family, video games, trading card games, and film.

Join Our Team

Clinical Openings

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

- · Licensed Practical Nurse (LPN)
- LPN or CMA (RFW)
- LPN or CMA (RockPeds)
- Mammography Technologist
- Nurse Practitioner Or Physician Assistant (QuickCare Clinic)
- Phlebotomist
- · Radiology Pool Program
- Radiology Technologist
- Respiratory Therapist
- Registered Nurse (RN)

- SRNA
- SRNA Class
- · Ultrasound Technologist
- Unit Secretary

Non-Clinical Openings

- Food & Nutrition Services Associate
- Housekeepers
- · Security Officer



View current job openings at:

www.rockcastleregional.org/careers/current-openings

ROCKCASILE
REGIONAL
ROSHA MESHATOR CAREGORIE

LALDIES NIGHTOUT

Breast Cancer
Awareness Event



Tuesday, October 15



5:30 p.m. • Bible Baptist Church Gym 100 Higher Ground Ln • Mt Vernon KY

Guest Speaker: Dr. Justin Williams Rockcastle Hemotology & Oncology Clinic Featuring: Free Meal Free Gift Health Education

To RSVP: Call Kaitiyn Stratton (606) 256-7381 by Friday, Oct. 11.