Mount Vernon Signal

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Thursday, August 4, 2011





Kids night at the fair a hit...

Many hundred youngsters and their parents took advantage of Kids Night at the Little World's Fair Tuesday night in Brodhead. Admission for kids was half price. In the above photo, Olivia Albright and Madison Blevins enjoy the Dragon Wagon ride, while Callie and Haley Thacker, left, enjoy driving their hot rod on the car ride. The fair continues through Saturday night, with the main event both Friday and Saturday night being the Mud Run, which begins at 7 p.m. each night. More photos from the fair are on page A5 in this week's Signal.

Although no current

magistrates were affected

by the reapportionment, the

five constables in the county

were. Under the new align-

constables live in district

five, there are none living in

districts 3 and 4 and one in

Reapportionment passed by fiscal court

Rockcastle County's five magisterial districts have been reapportioned from figures obtained through the 2010 Census and are more equally aligned by popula-

At a special called meeting last Thursday, the court held the second reading of the ordinance covering the reapportionment and, with a few minor changes, the court adopted it with the boundaries as presented on a motion by Magistrate Lee

Five heating/air

cated off U.S. 25 N in Mt. Vernon.

of persons involved in the theft.

units stolen Monday

By: Sara Coguer

ditioning units from county churches, five units were sto-

len early Monday morning from Bible Baptist Church, lo-

According to police, several churches in the county have

been hit as of late. Bible Baptist Church is offering a \$1000

reward for information leading to the arrest and conviction

In another round of thieves stealing heating and air con-

Earl Adams, seconded by Bill McKinney.

During the discussion, County Judge/Executive Buzz Carloftis noted that the Maretburg area was the most difficult area to apportion since it contains three intersecting magisterial boundaries and has a large concentration of residences. Several roads that were bisected by the new Hwy. 150 from its intersection with 461 to the Lincoln County Line, will have to be re-

tion commissioners. The districts one and two. Until present precincts will be the next county election, all eral Election. **County awarded** federal funding

County Clerk Danetta

Allen, who was at the meet-

ing, told the court that the

state legislature would also

have to go through reappor-

tionment of the legislative

district before the precincts

in the county can be relo-

cated by Allen and the elec-

Rockcastle County has been awarded federal funds under the Emergency Food and Shelter National Board Program. Rockcastle has been chosen to receive \$7,594 to supplement emergency food and shelter programs in the

The selection was made by a national board that is chaired by the U.S. Department of Homeland Security's Federal Emergency Management Agency. The local board was charged to distribute funds appropriately by Congress to help expand the capacity of food and shelter programs

in high-need areas around the country. A local board made up of Rockcastle County Judge-Executive Buzz Carloftis and other local government and charitable organizations will determine how the funds awarded to Rockcastle County are to be distributed among the emergency food and shelter programs run by local service agencies in the area. The local board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program.

(Cont. to A9)

3rd Annual Fire Safety and Prevention Program

Mt. Vernon Fire Chief David Bales and the Mt. Vernon Fire Department is organizing its 3rd Annual Fire Safety and Prevention Program for the children of Mt. Vernon and Rockcastle County.

Over 900 children, ages 4 through 12, will receive fire prevention materials such as manuals, badges, posters and other fire safety handouts geared to the age level of each

This is a comprehensive program and the manuals contain activity pages that have been designed by educators to stimulate the child's awareness and independent thinking about the everyday fire hazards he or she may encounter.

'The best way to fight a fire is to prevent it," said Jim Griffith, the State Fire Safety Coordinator in charge of the program. "We have seen children save their own lives and

(Cont. to A9)

(Cont. to A9)

Child Safety Expo is this Saturday

Looking for last minute weekend plans? Rockcastle Regional Hospital will host the second annual Child Safety Expo Saturday, August 6. Families are invited to join the hospital and community partners for a fun safety event. Free healthy breakfast will be served from 9 to 9:45 a.m. Safety, educational and interactive booths for adults and children will be available from 9:30 a.m. to 11 a.m. At 11 a.m., Rockcastle Regional Hospital will introduce their new mascot! This free event, on the hospital grounds, also includes activities for children and giveaways for adults.

Students return to classes during sweltering heat

By: Sara Coguer

Students in the Rockcastle County School System will return to school Thursday (today), with temperatures expected to be in the 90s for the first several days.

Rockcastle County operates 48 buses in the system, with students on several of the buses spending almost an hour riding home to distant parts of the county, Superintendent Larry Hammond told the Lexington Herald Leader on Monday. "All of our buildings are air conditioned, so the real is-

sue is transportation in the afternoon," Hammond said "Buses are like a big tin can, and they heat up in a hurry when they're standing still. There's not much you can do about it until they get in motion. But we hope that once

Jury finds Brian Damrell guilty

Eddy F. Montgomery, Commonwealth Attorney for Rockcastle, Pulaski and Lincoln counties, announces that on August 2, 2011, a jury has found a Berea man guilty of Manufacturing Methaphetamines, Second offense.

According to Jeremy A. Bartley, Assistant Commonwealth Attorney, who represented the Commonwealth at trial, Brian Damrell, 40, of Berea, was found guilty of Second Offense Manufacturing Methamphetamines, Second Degree Fleeing or Evading Police, and Operating an ATV on a Roadway. Judge David A. Tapp, presided over the two day trial. (Cont. to A9)

Wildie Post Office on study closing list

The Wildie Post Office is on a long list of 3,653 local offices, branches and stations across the country that is being studied for possible closing.

The postal service lost \$8 billion last year and they are "looking to change the way we do lot of things," Postmaster General Patrick Donahoe said. "We do feel that we are still relevant to the American public and the economy, but we have to make some tough choices."

Most of the offices that face review are in rural areas. like the Wildie Post Office, and have a low volume of busiment, three of the current

Local man killed Friday evening

By: Sara Coguer

A Rockcastle County man, who crashed his motorcycle into another vehicle Friday night, died as a result of his

Mark Sean Fish, 42, died of multiple blunt force trauma following an accident at the intersection of Ky. 1247 and Ky. 914 near Ferguson in Pulaski County shortly after 7 (Cont. to A9)



Police clean up the scene of the wreck that killed Mark "Sean" Fish, 42, of Mt. Vernon. Fish hit the back of a vehicle sitting at a red light at the intersection of Ky. 1247 and Ky. 914 near Ferguson in Pulaski County shortly after 7 p.m. Friday. Fish was not wearing a helmet.

Of Special Note Inside -

- Church NewsA6
- News from the Courthouse..... B2
- Classifieds B5-7

Contact us at: www.mvsignal@windstream.net • Deadline submission is Noon Tuesday

Ramblings . . .
by:
Sara Anderkin Coguer,
Editor

I can't believe that school starts this week, it seems as if the water in mom's pool has just now gotten warm enough for me to get in it.

My kids were all flustered this last week as we tried to start our yearly getting back into school routine. We wanted them to go to bed earlier, but it is kind of hard to convince an eightyear-old it is bedtime when it is still daylight outside.

Thankfully, the Open Houses that were held earlier this week has gotten them all in the mood to go back to school, and they are finally excited.

I can remember the smell of the newly waxed floors at the old Mt. Vernon Elementary when I walked in the first day of school like it was yesterday instead of thirty odd years ago. It is a shame that carpet and tile have replaced the old wooden floors. I loved that smell, it was very comforting somehow, like I knew everything was back to normal.

Routine is good for our family, we actually crave it. I thought this summer would be a lot different since I am working, but it hasn't been. We have still slept later and stayed up entirely too late. Eating supper at 9 p.m. is not a good idea, since we are usually in bed by 9:30 during the school year.

Last year, when Jason and I moved in with mom for a couple of months, she was in awe at the time we went to bed. She is a night owl, and we were putting a serious cramp in her com-

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Letters to the Editor Policy

Letters to the editor must be no more than 300

words without prior arrangements having been

made. Letters are published in the order in which

they are received as space permits. Letters must

not contain libelous materials. Letters must be in

the Signal office before 4 p.m. on Monday to be

considered for that week's publication. All letters

must include the author's name, signature, address

and telephone numbers. Illegible letters will not

be considered for publication. Letters not meeting

these guidelines will neither be published nor re-

turned to the author. For questions or to make ar-

rangements for a letter exceeding the word limit,

contact the editor at 256-2244.

puter/t.v. time. After a couple of weeks of us being in bed by 9:30 or no later than 10, she finally told me that if she and daddy had gone to bed that early they would have probably have had 14 kids instead of seven. I assured her that wasn't a problem with us, Jason gets up at 5:45 every morning, which means I basically do too, so we need our sleep.

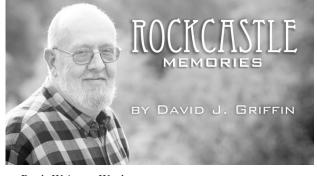
I have managed, how-

ever, to figure out how to go back to sleep for a few minutes a couple days of the week, after I take the kids to school. It was wonderful when we were at mom's because I could leave the house at 7:25 and be back at the house by 7:40 easy. I had gotten it down to a science when we lived in Maretburg, but I am worried about my timeline being all the way out in Roundstone.

I may just have to stay up after I drop the kids off at school on Mondays and Thursdays, even though Paige opens the *Signal* on those days. It will be touch and go. I will let you know.

Day twelve into the new house and I still haven't made my way over to the little house to look for cooking utensils or plates, or well, anything. My excuse is that it is so doggone hot in the afternoon when I get home from work that the old house is like an oven. I guess I will eventually have to finish moving things in, but my house has stayed clean these twelve days and I just know the more stuff I

(Cont. to A4)



Bee's Wringer Washer

Last week while drying a load of clothes, our dryer made a screeching noise and died! We knew it was on its last legs but put off the chore of finding a new one until we no longer had a choice. We replaced it with a new washer/dryer combo. While the men were installing it, I was taken back to the first washer that I remember my family owned when I was a small boy.

When I was approximately six years old, my parents divorced and I was living alone with my mother (Bee) on my grandparents' small farm in Rockcastle County. This was during the time that we had no indoor plumbing. My mother decided that she needed a new wringer washer. She took me along to Bryant's Hardware on Main Street in Mt. Vernon to see what was available. Mr. Logan Bryant suggested that Bee also purchase a sink to set in the kitchen, which would allow the wash water to drain out of the house. She liked the idea and purchased both a Maytag washer and the porcelain sink.

I remember Floyd Stokes coming to our house to install the sink and drainpipe, which would direct the wash water out of the house and into the area where my brother Al had grown strawberries in our garden. The next day, Mr. Bryant delivered the washing machine and Bee washed a load of clothes to see how it worked.

For those who do not remember the old wringer washers, they worked like this: Water was heated on the kitchen coal-burning stove and poured into the tub with some powdered detergent. Bee then turned on the electricity to make the washer swish back and forth. She added the clothes and supervised as they were pulled down into the steaming, soapy water only to rise again mixed with the detergent. Then they would dis appear to complete the cycle over and over.

When Bee thought the clothes were sufficiently clean, she turned on the water pump, and the water flowed into the kitchen sink. Just watching that water flow down that sink and out of our house was amazing to me. When the soapy water was all gone, Bee then poured fresh hot water from the stove to use as the rinse cycle. Again, the water was agitated until she felt the job completed, she turned on the pump, and away went the rinse water.

Next, the clothes were retrieved from the tub of the washer, one piece at a time. Each garment was pulled out and directed to run through the electric wringer,

which was positioned over the new sink to send that water down the drain also. There was a certain art to handling the wringer; if your movements weren't precise, you could also wring your hand through the large rubber rollers. Actually, Bee got her hand caught once, but she acted quickly in the emergency, hitting a button located on top of the machine. It caused the wringer tubes to fly apart, allowing her to free her hand. She was not seriously injured because she acted so quickly. Really large items like

still had to be squeezed by hand. I can see Bee now holding such large pieces of laundry, hanging over that sink to squeeze the water out.

After each item was wrung out, it was placed into a large basket in order to be hung on the clothes line outdoors. Our line was a long piece of white rope that was stretched between

blankets would not fit

through the wringer so they

to be hung on the clothes line outdoors. Our line was a long piece of white rope that was stretched between two trees in the yard. Even that chore had a method to its madness. Sheets, pillow cases, and blankets were hung in front so that they would hide the "unmentionables," which were hung in the back (like panties, bras, and such). Of course, the clothes lines had been positioned in order to keep away

(Cont. to A4)

Points East

By Ike Adams



Dewy Stewart was a tobacco chewing man. He would not give you the time of day even when he showed off his big silver pocket watch. But he would wink at you and motion with his thumb that the best thing to do was get on up the road.

I was picking beans and harvesting other vegetables with two other guys for Pikeville College, 15 hours a week, at the time and that must have been the early fall of 1967. And Dewey lived just there on John's Creek just before the bridge crossed the holler into the farm. And farm it was. The prettiest place I'd ever seen at the time.

Dewey considered any

available work on the farm to be his domain. I expect the college paid him pretty well and provided benefits. On the other hand student labor from the college paid \$1.25 cents an hour and I'm sure the college was getting a heavy subsidy from the government to support our employment. Anyway, every time we harvested a pickup bed full of veggies amounted to overtime for which Ole Dewey would not be paid.

As far as he was concerned, we were seriously dipping into his livelihood. On top of that, the other two guys and I drove an old Army surplus Ford pickup and most of what we picked was delivered straight to the college cafeteria where the cooks prepared it for noon

that on some instances, the

entire offering was only 75

group called the Indepen-

dent Order of Oddfellows

saw a lot of growth. A group

was formed at Red Hill, and

most of them were members

of the Baptist church there.

It was decided to use the

church as the meeting hall.

Soon a second floor was

added with steps leading to

it on the outside of the struc-

ture. The fraternal order was

(Cont. to A4)

Shortly after 1900, a

and evening meals. This meant that Dewey lost cash again because he was accustomed to charging a hefty delivery fee as well as mileage on his own truck.

So he made almost a daily habit of calling the work-ship office and complaining that we were not getting near all the beans. that we harvested cabbage. broccoli, cauliflower and sweet corn way before it was ready. He complained that we broke tomato, cantaloupe and cucumber vines. The Food Service Director insisted that we provided better produce than Dewey ever had and the size and quality were perfect.

In fact not a day went by from mid August until late October that year that 60% of the cafeteria menu had not been harvested by us.

The college had the Extension Ag. Agent go out and check to see how much damage we had done to the plants and he informed the powers that be that we were much more careful than Dewey had ever been.

All of this information was relayed back to Dewey The other guys and I usually showed up about 4:30 in the afternoon and worked until 6:00 or so and ther spend another hour delivering our haul back to the college and placing it in the appropriate storage coolers.

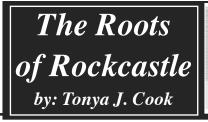
Dewey had milking

chores that started very early in the morning so by the time we got out to John's Creek he would be sitting on his front porch glaring at his watch and probably praying that we'd be late so he might have another complaint to file. The wink was to let us know that we were being keenly observed. Then he would stand up and spew a huge stream of amber in our direction to register his disgust.

When basketball season started, I went on to bigger and better things and gave up the farm life. But one night after practice I walked into the dorm and my buddies were leaned up against the door to my room.

"Guess what", one of them asked? "They fired old Dewey today!"

"Darn. I am so sorry to hear that", I exclaimed. We literally fell to the floor laughing.



Notes and Reflections on Union Rockcastle Baptist Church, Part II

The last Roots series focused on the history of the Union-Rockcastle Baptist Church as compiled by A. D. Ponder. That history will continue this week.

About 1890, plans came about to build a bigger and nicer church. A committee was formed to look into the feasibility of the new church. The committee also decided on a new location, Red Hill. In August, 1893, they voted to move from the Lamero location to Red Hill District School House. This log structure, located directly in front of the new school house, served until a new church building could be erected.

They wanted to build the "largest church for miles around" with a sanctuary 42' x 32'. A committee was formed, with Rev. Dillard Parker as the chairman. J.C. Bullock, F.M. Ponder, Jas. G. Ponder, J.B. Morris, and A.J. Sams served on the committee. The new church was built from the finest logs in the area, and was ready for occupancy in May of 1897.

Most ministers of the area were not paid by the church, thus they were forced to make a living by other means. Records show



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Obituaries



Sean Fish

Sean Fish, 42, of Mt. Vernon, died Friday, July 29, 2011 at the UK Medical Center in Lexington. He was born in Cincinnati, OH on March 19, 1969 the son of Marshall Vincent and Wanda Jean Anderkin Fish. He was a Tool & Dye Maker for Berea Tool and Cutter Grinding Co. He enjoyed farming and the outdoors.

In addition to his parents, he is survived by: two daughters, Allison M. Warren of Amelia, OH and Sierra Brooke Fish of Berea; two brothers, Gary Vincent (Peggy) Fish and Richard Arthur (Michelle) Fish, all of Cincinnati, OH; four sisters, Glenna Frances (Wendell) Stewart of Richmond, Donna Jean (Scott) Gregory of Kelleen, TX, Marsha Gail (John) Wood of Mason, OH, and Karen Lynn (Johnny) Crouch of West Chester, OH; nieces and nephews, Alethea Proctor, Rebecca Fisher, Jason, Kenny, and Heather Stewart, Megan Wood Miller, Katie Wood, Terra, Marshall, and Ashley Fish, and Kiersten Crouch; and great nieces and nephews, Nathan, Natalie, Adam Devan, and Kilee Stewart, Braden, Brodie, and Bristol Fisher, Karlie and Grace Miller, and Brant Fish. Also surviving are his girlfriend, Christina Saylor of Berea and her son, Andrew Saylor and his special friends at Berea Tool & Cutter.

He was preceded in death by: his grandparents, James Albert and Dora Griffith Fish and James Arthur and Mary Ethel Barrett Anderkin; and a nephew, Michael Vincent Fish.

Funeral services were conducted Monday, August 1, 2011 at the Dowell & Martin Funeral Home Chapel by Bro. Mark Sarver. Music was provided by Stephanie Carmack Hines. Burial was in the Scaffold Cane Cemetery.

Pallbearers were: John Crouch, Aaron Gay, Jason Stewart, Kenny Stewart, Wendell Stewart, and John Wood.

Please visit www.DowellMartin.com to view online obituary.

Mary Ida Jones

Mary Ida Jones, 92, of Mt. Vernon, widow of Hewitt Jones, died Saturday, July 30, 2011 at her residence.

Funeral services will be conducted Wednesday, August 3, 2011 at 11 a.m. at the Dowell & Martin Funeral Home Chapel by Bro. Stacy Smith. Burial will follow in the Elmwood Cemetery.

Friends may call at the Dowell & Martin Funeral Home from 6-9 p.m. on Tuesday.

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

Visit www.DowellMartin.com to



Sallie Smith

Sallie Overbey Smith, 84, of Berea, died Thursday, July 28, 2011 at the Berea Health Care Center. She was born in Julesburg, CO on January 31, 1927 the daughter of John Lyons and Miranda Brown Nicely. She was a retired teacher and enjoyed playing piano. She was a member of the Gethsemane Baptist Church in Berea.

She is survived by: two sons, Ray (Ann) Overbey and Randall Overbey, all of Richmond; and three daughters, Beverly (Donald) Alexander and Linda (Shelton) Crowe, all of Berea, and Becky (Clayton) Singleton of Livingston. Also surviving are 13 grandchildren, 14 great grandchildren, and one great great grandchild. She was preceded in death by: her first husband, William Joseph Overbey; her second husband, Hubert Smith; and two grandchildren, Joe Overbey and Stephen Scalf.

Funeral services were conducted Monday, August 1, 2011 at the Dowell & Martin Funeral Home Chapel by Bro. Wayne Miller. Burial was in the Rimell Cemetery.

Pallbearers were: Donald Alexander, Jesse Crowe, Mike Crowe, Robbie Singleton, Matthew Tincher, and Dan Walder.

Visit www.DowellMartin.com to

Mary Alice Graves

Mary Alice Graves, 73, of Peru, IN, died Monday, July 25, 2011 at her residence, surrounded by the family she loved so much. She was born in London on June 19, 1938 the daughter of E. Walker and Grace (Riddle) Bustle. She was raised by her aunt and uncle, Curtis and Mattie (Bustle) Eversole. She married Stanley Graves in Ringgold, GA on July 12, 1958 and he survives. As an Air Force wife, she accompanied her husband, Chief Master Sergeant US Air Force Retired, Stanley Graves on his various assignments around the country during his 30 years on active duty in the Air Force. She valued most her domestic life with family. She was a devoted wife. mother and grandmother. She loved animals, especially her cats. She loved feeding and watching song birds, the beauty of nature, gardening and working in the flowers around her home. She also loved books, was an avid reader and loved to travel.

She is survived by: her husband of more than 53 years, Stanley; daughter, Scarlett Jane (Steven) Graves-Jewett of Ft. Pierce, FL; son, Steven Benfield (TerriAnn) Graves of Tipp City, OH; and grandchildren, Mattie Grace Graves-Jewett, Dominic Ryley Graves Valdez and Alexandra Elizabeth Graves.

A celebration of Mary's life will be held at the residence of her brother-in-law, Clinton Graves of Brodhead, on September 3, 2011

In lieu of flowers, memorial donations may be made to Animal Kindness, Inc. or Ovar'coming Together (for Ovarian Cancer Research)

Arrangements have been entrusted to the Eikenberry-Eddy Funeral Home, Peru,

Online condolences may be made at www.eddyfuneralhomes.com

Card of Thanks

Joe Glenn Cromer

The family of Joe Glenn Cromer would like to thank each and everyone for their kindness during our loss.

Thank you to everyone who called, spoke a kind word, for the prayers, cards, food, donations and other acts of kindness.

We want to say a special thank you to Ginger Cash, the ambulance service, all the doctors, nurses and staff at Rockcastle Regional Hospital for all their help and for all they did. We also thank Bro. Luther Allen for coming by and having prayer with our family during our loss, Tim Young, Millie Eaton, Lavada Adams and others who showed their hospitality and for asking if we needed anything and offering us food and drinks while we were at the hospital. We would like to thank everyone for coming to the funeral home and those who attended the service. Thanks to Cox Funeral Home for their kindness and being there for our family and to Gary and Marcus Reppert for conducting the service. We also want to thank the pallbearers and honorary pallbearers.

We appreciate everything was done for our family and may God bless each and everyone.

Ruby Cromer, Jeff Cromer, Lisa Lewis & Teresa Shafer



Amanda Davidson

Amanda Davidson, 59, of Crab Orchard, KY., died July 29, 2011 at the Markey Cancer Center at University of Kentucky in Lexington. She was born in Oneida, the Daughter of Dewey Davidson and the late Florence Baker Davidson. She was a member of the Church of God. She enjoyed flower gardening, crafts, sewing and especially spending time with her grandchildren.

She was preceded in death by her mother, Florence and one infant sister, Betty.

She leaves surviving the following relatives: father, Dewey Davidson and his wife Dorothy of Oneida; one son, Ralph Jr. (Amey) Bowling of Sizerock; one daughter, Linda (Frank) Mason of Crab Orchard; four brothers, Ronnie (Paula) Davidson of Carrollton, Dewey Gene (Kim) Davidson of Oneida, Bobby Wayne Davidson of Oneida, and Luther (Pat) Davidson of Stinnett; two sisters, Francis (Danny) Morgan of Stinnett and Louise Couch of Oneida; five grandchildren, Brandon, Jacob, Logan, Brittany and Kelly; and a host of treasured aunts, uncles, nieces, nephews, cousins and friends.

Funeral services were conducted Monday, August 1, 2011 at the Brutus Baptist Church in Oneida, with Rev. Charles Woods and Rev. Bobby Couch officiating. Burial was in the Martin Cemetery in Oneida.

Pallbearers were: Frank Feltner, Greg Gilbert, Chris Davidson, Jr. Davidson, Shawn Davidson, Lindon Walker, Ronnie Gene Davidson, Bob Davidson and Ronnie Davidson.

You may send your condolences
to the Davidson family at
www.walkerfuneralhomesllc.com.



Eva Logan Wheat

Eva Logan Deatherage Wheat, 96, of Kings Mountain, died Monday, July 25, 2011 at the Fort Logan Hospital in Stanford. She was born in Rockcastle County on June 27, 1915 the daughter of Aden and Alice Bell Owens. She was a homemaker and a member of the Chestnut Ridge Church of Christ.

She is survived by: two sons, Kenneth J. (Geraldine) Deatherage of Goshen, OH and Garr L. (Carolyn) Deatherage of Maynardville, TN; and two daughters, Cora L. Hamilton

of Kings Mountain and Patsy J. M. (Thomas) Koller of Aurora, IN. Also surviving are: six grandchildren, Dave Hamilton and Kathleen Hamilton, both of Kings Mountain, Cindy (Eric) Lutz and Mark (Sherri) Deatherage, all of OH, Chad Goshen, (Patricia) Koller of Rising Sun, IN, Patricia (Timothy) Finnegan of Dillsboro, IN; 10 great grandchildren; and three great grandchil-

dren.
In addition to her parents, she was preceded in death by: her first husband, Delbert Deatherage; her second husband, Byron Wheat; two grandchildren, Thomas "Shane" Koller and Stacie Barton; eight brothers; and five sisters.

Funeral services were conducted Thursday, July 28, 2011 at the Dowell & Martin Funeral Home Chapel by Bro. Ova Baker and Bro. Dale McNew. Burial was in the Salyers Cemetery in Casey County.

Pallbearers were: Mark Deatherage, Michael Deatherage, Dave L. Hamilton, Chad Koller, Eric N. Lutz, and David Owens. Visit www.DowellMartin.com to view online obituary.

MUSIC IN THE MOUNTAIN

PRESENTED BY ROCKCASTLE KARST CONSERVANCY AND RENFRO VALLEY ENTERTAINMENT Saturday, August 20th • 12 Noon

A LIVE MUSIC CONCERT FEATURING RENFRO VALLEY'S "FRONT PORCH PICHIN" ENTERTAINERS INSIDE HISTORIC GREAT SALTPETRE CAVE, MT VERNON, KY

In 1941 John Lair held the first live music show and radio broadcast from inside Great Saltpetre Cave Mr. Lair was a disc jockey and founder of the Renfro Valley Entertainment complex. In the years between 1941 and the 1960's he transformed Great Saltpetre Cave from an abandoned saltpeter mine into a tourist cave complete with trails, stairs, bridges, electric lights, a museum area, and even a stage for entertainment.

Over the years, echo auditorium, the largest room in the cave, has been the setting for shows, church services, weddings and a movie, among other things. Today Great Saltpetre Preserve, consisting of over 300 acres, is owned by a non-profit group, the Rockcastle Karst Conservancy and is managed and maintained by cavers from Ohio & Kentucky.

The concert will be inside the cave in Echo Auditorium at noon, but the preserve will be open from 10:00 AM until 6:00 PM, so come early and enjoy the preserve. Food will be available on site at the shelter.

Tickets are \$20.00 adults and \$10.00 for children under 12 (plus \$2.00 fee) and can be purchased at the Renfro Valley ticket office or go to www.RenfroValley.com or www.MusicinTheMountain.com or call (800)765-7464 or (606)256-2638. A limited number of tickets will be available for purchase at the cave.

Please arrive at least 30 minutes early for parking and seating. Proceeds from this event will benefit RKC and their mission.

For information about RKC go to www.rkci.org. Seats are limited. Remember to bring a jacket, the cave temperature is always a cool 58° .

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Recycling Center Is Now Open!!! Rockcastle County is now offering a recycling drop-off pro-

Rockcastle County is now offering a recycling drop-off program. Recyclables may be dropped off at the Rockcastle County Recycling Center on US 25 South (2528 South Wilderness Rd.) during the hours of 7 a.m. until 3 p.m. Monday thru Friday (closed major holidays).

The following items may be recycled:

Newspapers w/inserts, magazines, books & catalogs, office paper, junk mail, phone books, plastic bottles & jugs (#1-7) (any size soda and water bottles, laundry detergent jugs, bleach and fabric softener jugs, milk and water jugs, cooking oil bottles and jugs, shampoo bottles, dish liquid and alcohol bottles (please rinse out jugs), metal cans (rinsed), empty aerosol cans, aluminum cans, glass bottles and jars, sheet glass, ceramics, computers, radios, phones, vacuum cleaners, clocks, cameras, camcorders, vcr/dvd players and satellite boxes.

Rechargeable batteries such as those found in: cordless power tools, cellular phones (the whole phone can be recycled), cordless phones, laptop computers, digital cameras, two-way radios, camcorders and remote control toys. If its says rechargeable on it, then it's recyclable! Clean used motor oil may also be dropped off at the Rockcastle County Road Department during regular business hours.

Recycling trailers are also available at the following locations: City of Brodhead (gravel lot across from Citizens Bank), City of Livingston (gravel lot across from old Livingston Gymnasium), Brindle Ridge Volunteer Fire Department (at Conway) and at the Pongo Volunteer Fire Department. The trailers will only be pulled out to empty them and will then be taken back to the same location. Please help us make this a successful venture by being clean and/or neat with our recycling habits. Do not put anything in the individual bins except what is labeled on them. Do not leave recyclables on the ground! If you drop something on the ground, pick it up. Absolutely no trash is to be put into the bins! Remember, camera surveillance is utilized in Rockcastle County and it is illegal to improperly to dispose of trash.

If additional information is needed, you can call the Rockcastle County Solid Waste Office at 606-256-1902

Our Readers Write

Would like monev back. . . Dear Editor,

On May 18th, 2011, I went to Rocket Car Wash. The automated booth took \$7. I have tried on numerous occasions to reach the owner Keith Bussell, but have been unsuccessful. The number on the money ma-

chine does not work, and the address in the phone book for Mr. Bussell is not correct, as I received my letter back "return to sender, address unknown".

I did not receive any services, and I would appreciate my money back.

Yvonne Carmack PO Box 64 Mt. Vernon, Ky 40456



Our clothes line was a long piece of white rope that was stretched between two trees in the yard.

"Memories" (Cont. from A2)

bird droppings.

On wash day, Bee started early in the morning and hung the clothes on the line before lunch. She then frequently walked to the line, bringing in each item as it dried. She hated to leave clothes on the line for too long because of the number of birds in our yard. The clothes from the line were usually stiffer than they are today after using a home

dryer. Wind, temperature, and humidity would vary the drying time. I have seen Bee bring in jeans that were frozen and would not even bend. She would carefully place them by the stove to allow them to reach room temperature.

When the clothes were dry, Bee began the next task of setting up her ironing board. She liked to position it so that she could watch out the window as she worked. She ironed everything. I mean everything, including: sheets, pillow

cases, shirts, pants, handkerchiefs, dresses, and even my jeans. After they were suitable for wearing, they were either folded and placed into drawers or hung on heavy black hangers to be placed in the closet. Bee was quite meticulous with her family's washing and ironing. She took great pride in her precise work.

My memory of Bee on wash day is very heart warming. She was determined that our clothes were clean and presentable, even if they might be slightly worn. I always had freshly washed clothes hanging in my closet. I have great respect for that now, and I don't think I ever thanked her for her hard work with that old wringer washer.

(You can reach me at mtnman@mis.net or you can drop me a line at P.O. Box 927 Stanton, KY 40380. Several of you have been making suggestions and I appreciate every note I receive.)

"Roots"

(Cont. from A2)

disbanded in 1918 when most of its members went to serve in World War I.

The church at Red Hill gave birth to two daughter churches: one at Piney Branch and Cane Ridge, about 1909. The church at Piney Branch still stands (at the time of the booklet's writing). Later the churches

The last foot washing service was held in 1918. The reason for its being discontinued isn't clear. These heartwarming and often tearful services usually humbled even the most stony heart enough to forgive other brethren.

In the early days of the church, and probably in most country churches of the era, the graves were dug by neighbor men of the community. When the church bell was tolled early in the morning, every ablebodied man for miles around was expected to drop everything to come to dig the grave for the funeral later that day. During a busy time of the year, if enough didn't show up to dig, the bell was tolled again.

If you have a local church history, or local memories or reflections that you would like preserved, please contact me by the email address below or through the Mount Vernon Signal.

(Remember, I'm always looking for a bit of Rockcastle history. If you have a story to tell, and all of us do, please therootsofrockcastle@windstream.net)

USDA funds may be available to producers

Agriculture Secretary Tom Vilsack announced today that a high demand for guaranteed farm ownership and direct farm operating funds has prompted USDA to transfer appropriated funds between programs as authorized by law, to meet the urgent credit needs of producers, including beginning and minority farmers and ranchers.

"Demand is strong for direct operating loans and guaranteed farm ownership loans, while demand for subsidized guaranteed operating loans has stabilized," said Vilsack. "With these funds, we can help thousands of producers establish and maintain their family farming operations and obtain long-term credit assistance through a commercial lender."

The transfer will make an additional \$100 million in loan funds available for the direct operating loan program, providing 1,600 small, beginning and minority farmers with resources to establish and maintain their family farming operations. In addition, \$400 million in loan funds will be made available for the guaranteed farm ownership loan program giving an additional 1,000 family farmers access to commercial lending backed by USDA. Both programs had run out of funds resulting in a backlog of approved but unfunded loan applica-

Through this funding Kentucky Farm Service Agency received \$4,186,520 which allowed FSA to fund 76 backlogged loans to our producers. Seventy-three Direct Operating loans were funded for \$3,032,020 and three Farm Ownership loans guarantees for 1,154,500.

"Ramblings" (Cont. from A2)

bring in makes for more opportunities for us to make a mess. Such a diiemma!

Oh, and by the way, mom didn't proof the Blast From the Past photo last week and it should have been spur trussel instead of squr tussell. In my defense, it was sent in that way but I should have proofed it

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Shelly Mullins, Agent US Hwy. 25 S • Mt. Vernon 606-256-2050

KENTUCKY FARM BUREAU



This measure will allow all of the backlogged loans to be funded and provide sufficient funds to meet the needs of new loan applicants for these programs while at the same time leaving sufficient funding for the subsidized guaranteed farm operating loans pro-

gram to meet the expected demand for fiscal year 2011. Producers needing additional direct operating or longer term guaranteed farm ownership loans funds are encouraged to make application at their local Farm Service Agency

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Mon., Aug. 8th: No service. Tue., Aug. 9th: Scaffold Cane, Disputanta, Clear Creek, Wildie. Wed., Aug. 10th: Buffalo, Ky. 3245, Bryant Ridge.

Little League Football Sign-Ups

Little League Football sign-ups will be held Saturday, August 6th from 10 a.m. until noon at Brodhead Elemen-

Livingston School Reunion

The annual Livingston School Reunion will be held October 29, 2011 at the Preston Parrett Gym in Livingston. All former students, teachers, family and friends are invited to attend. This year, graduates of the classes of 1951, 1961 and 1971 will be recognized. Registrtion information will be mailed to previous attendees in mid-September. If you have not previously attended and need information, call Barbara M. Castleberry at 256-9188 or Retha F. Thompson at 256-4740.

Hospice Horse Ride Benefit

On Sat., Aug. 13 at 9:30 a.m., the Rockcastle County Saddle Club will host the 31st Annual Ride-A-Thon at Red Hill Horse Camp in Livingston. All proceeds will benefit Hospice Care Plus. There is a \$10 registration fee with dinner included. Riders should bring their own lunch. To register, contact Gene at 606-758-4706 or Bobby at 606-758-8440.

Volunteer Training - Hospice Care Plus

On Sat., Aug. 20th, Hocpice Care Plus will host a volunteer training at its Compassionate Care Center in Richmond. Once training, volunteers can choose from a variety of roles in either direct patient and family support or as a special event or administrative volunteer. Volunteers are needed in the Rockcastle County area. To learn mor or to register, contact Julie at 859-986-1500, 800-806-5492 or hospice@hospicecp.org.

Extended Food Drive

USDA has extended the food drive. The Farm Service Agency will be accepting donated food through August 31st at the USDA Service Center at 2018 New Brodhead Road. The food will be donated to the Baptist Church Food Organization in Mt. Vernon. Please call 256-2525 if you have any questions.

Bittersweet Note

There will be a meeting of the City of Mt. Vernon's Bittersweet Committee at City Hall on Thursday, August 4th at 3:45 p.m. This meeting is open to anyone who

Events at Berea

August 13: Back to School Bash, beginning at 7:30 p.m. evening will begin with swimming, games and fun and end with a Movie Under the Stars Toy Story 3 - beginning at dark. Free event for all ages. Call 986-9402 for more information.

VFW News

VFW Post 5908 is open Monday thru Wednesday and Saturday from 4:30 to 7:30 and Thursday and Friday from 7 to 9 for members, their guests and all other military members who would like to cme and visit. The monthly meeting is every 4th Thursday at 7 p.m. We are always looking for new members and you can find out more abut the benefits you will receive by calling one of the numbers below. Also, if any veteran or family member of a veteran would like to hold a family reunion, outing or other special event (i.e., Welcome Home Party), at the post, contact Post Commander B.J. Thomason 859-358-2882 or Jr. Vice Commander Roger McClure 606-308-3732.

Kiwanis Club Meetings

The Rockcastle Kiwanis Club meets every Thursday at noon at Rock Fire Grill. Everyone welcome.

VFW News

VFW Post 5988 is open Monday, Wednesday and Thursday at 5 p.m. for members and their guests. The monthly meeting will be held the fourth Thursday of each month, beginning at 7 p.m.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Historical Society Hours

The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

RCIDA Meetings

The Rockcastle County Industrial Development Authority holds its regular meeting the first Monday of each month at noon on the third floor of the courthouse.

NA Women's Meeting The Women's NA Serenity Group of Mt. Vernon meets each Monday at 8 p.m. at the Christian Appalachian Project Community Center, 64 Beiting Lane, Mt. Vernon.

Open meeting, non-smoking. Women's Narcotics Meeting

A Women's Narcotics Anonymous Meeting is held every Monday evening at 8 p.m. at the Community Center, sponsored by Christian Appalachian Center. For more

information, contact the Healing Rain Center at 256-5810.

Alcoholics Anonymous Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.



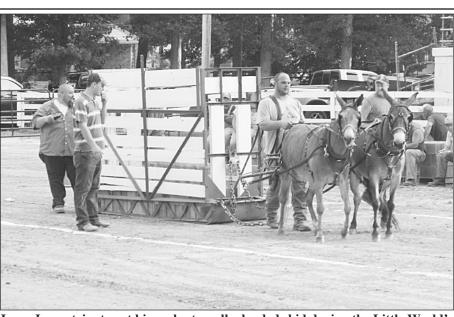
Mom Brandi Smith, and daughter Kinsley, front and niece Jocelyn Reynolds enjoyed the camel ride offered at the Little World's Fair Tuesday night.



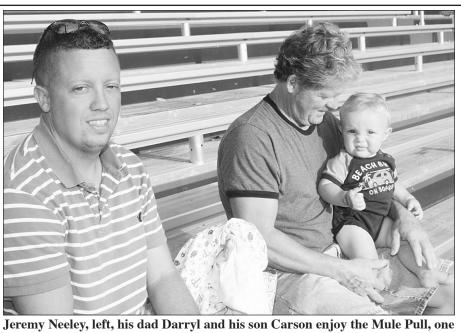
Lady Rockets Alexis Chasteen, Sarah Adams, Emily Miller and Katie Cowan, along with the rest of the girls basketball team, worked at a concession stand at the Little World's Fair Tuesday night.



Jadyn Burkhart drives her Barbie car on one of the many rides at this year's



Jason Leger tries to get his mules to pull a loaded skid during the Little World's Fair Mule Pull Tuesday night.



of the special events at this year's fair.

Makayla Hatcher and William Purcell rode the carousel.



Tryson and Austin Rowling enjoyed the airplane ride at the Little World's Fair in Brodhead Tuesday night.



Benjamin Tyler plays the balloon game at the Little World's Fair.



It's the responsibility of everyone in our community to help protect our children both in the classroom and on the road. Please be especially aware of children in and around school zones. Together, we can share safe schools.

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Pg. A6 • The Mt. Vernon Signal • Thursday, August 4, 2011



Evening of Praise

Come join us for an evening of praise to our Creator! Friday, August 12th, 7 p.m. Bring your family and friends! Everyone is welcome! Providence church of Christ, 109 Providence Cemetery Road, Brodhead. For directions or a ride, call 606-758-8524 or visit us online www.whatsaiththescriptures.com

Benefit Singing/ Cookout

Calloway Holiness Church will host their 1st Annual Benefit Singing/ Cookout August 27th at the Brodhead Fairgrounds beginning at noon. It's an allday event with lots of singers and food All proceeds will go to the church.

Singing

New Hope Baptist Church at Orlando will hold a singing Aug. 6th at 7 p.m. featuring The Gift of Grace. Bro. David Carpenter and congregation welcome ev-

Rickels Reunion

The Rickels-Noe Reunion was held on July 30th at Quail Park with 74 present. The oldest family member present was 80 years old and there were two one-year-olds.

A good time was had by all with games played and lots of visiting among family and friends. Friends of the family know they are welcome to drop in either at the house or the reunion

We had nine states represented this year - Ohio, Kentucky, Tennessee, Indiana, Georgia, Florida, Alaska, Arkansas and Missouri. We have been gaining states each year.

All of the Rickels family was present except Roger, who couldn't make it because of an injury to his foot. Ray, Jr., Midge, Gwen, Ann, Doug, Jane and Jim were all present. We are so blessed to be able to be together like this. The Lord is so good to us and watches over all of us as we travel across the U.S.A. We have a great country. Maybe not in as good a shape as it used to be but still great.

We had one family member, Richard Rickels, and his wife and her two sisters this year we hadn't seen for 60 some years.

We all miss Mother and Daddy, but are really thankful and blessed to know they are with our Lord Jesus

See everyone next time. Drop by and visit us. We love to have our friends

Submitted Ann Rickels Whitaker

2011 Summer Singing

Providence church of Christ will hold their 2011 Summer Singing on Friday, August 12th, beginning at 7 p.m. Bring your family and friends and join us for an evening of praise to our Creator! For directors or a ride, call 606-758-8524 or visit online www.whatsaiththescriptures.com

VBS at

Flat Rock

Vacation Bible School will be held at Flat Rock Baptist Church August 5th and 6th. We will meet Friday from 6 to 8 p.m. and Saturday from 9 to 11 a.m. with a cookout immediately following. The church extends an invitation to everyone. Bro. Larry Burton is

August Events at Philadelphia United

August 5th & 6th - The church will have a yard sale with proceeds going to help build a pavillion at the church. The sale begins at 8:30 a.m. in Brodhead across from Citizens Bank. Donation of items for the sale are requested or monetary donations. Items can be dropped off at the church on Sunday at 6 p.m. or Wednesday at 7 p.m.

Homecoming will be Sunday, September 11th at 10 a.m. with food and singing - please bring a dish to share, a lawn chair and your eating utensils.

Sunday School is at 10 a.m. and worship service at 6 p.m. Come out to good preaching and singing.

The church is located at 834 Bryant Ridge Road, Brodhead.

Pastor is Gordon Mink, 606-308-5368.

Revival

Mt. Vernon Church of God will be in revival August 7-10 with Bro. Billy Bryant. Service Sunday night is at 6 p.m. and Monday through Wednesday at 7 p.m. Everyone is invited.

Singing

There will be a singing at Climax Holiness Church August 13th, beginning at 7 p.m. Featured singers will be Bro. Dean Carpenter, Ruby Powell and Buddy Mullins. Ray Powell and congregation welcome everyone.

Gospel Singing

Lighthouse Baptist Church, 1391 Gabbardtown Road, Berea, will hold a gospel singing Sat., Aug. 13th at 6 p.m. Featured singers will be The Jackson Family from Grundy, Va.

Special Services

Cupps Chapel Holiness Church will hold special services August 11th and 12th at 7 p.m. with Bro. Scott Kilborn.

Pastor Dwayne Carpenter and congregation invite everyone.

Limited Time Special Price \$59.50

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Upcoming Reunions

Carpenter/Kirby Reunion

The families of Tobe and SarahCarpenter and Jerry Kirby and wives will hold a reunion August 14 in Berea at the Russell Acton Folk Center, from 10 a.m. to 4

Bring your favorite foods and your family and plan on a day of fellowship and fun.

There was a great turnout last year and more are expected this year.

For more information, call Faye Miller at 859-266-7819 and leave message if no answer.

Marler-McClure-**Stevens Reunion**

The Marler-McClure-Stevens reunion will be held Sat., Sept. 3 at Sand Springs Baptist Church's picnic shelter beginning at noon. All family and friends are welcome. Come and bring a covered dish and enjoy the day together.

McHargue Reunion

The McHargue Family Reunion will be held Sat., Aug. 13th at Levi Jackson State Park in London from 11 a.m. to 5 p.m.

Please bring a covered

Jones/Hasty Reunion

The Jones/Hasty Family Reunion will be held Sunday, Aug. 14th at Bible Baptist Church Family Life Center in Mt. Vernon. The reunion begins at noon. Bring a covered dish and

Carpenter/Phillips Reunion

The Carpenter/Phillips Reunion will be held Sunday, August 21 at Lawrence Phillip's place on Horse Lick Creek in Jackson County. Starts at 11 a.m. Lunch served at noon. All family and friends welcome. Bring a covered dish and lawn chair. For more info, call 606-453-2181.

Niceley Reunion

The Niceley Family Reunion will be held at Quail Park on Hwy. 70 on Saturday, August 13th. All relatives and friends are welcome to come and enjoy the day. Bring a covered dish, lunch will be at noon.

Subscribe to the Signal

Hispanic, women farmers may be elgible for compensation

If you are a female farmer or rancher or a Hispanic farmer or rancher and you believe that the United States Department of Agriculture (USDA) improperly denied farm loan benefits to you for certain time periods between 1981 and 2000 because of your gender or race, you may be eligible to apply for compensation. "We want all producers in Kentucky who may be eligible to have the opportunity to participate in this claims process," said John W. McCauley, Kentucky Farm Service Agency State

Potential claimants can register to receive a claims package by calling the Farmer and Rancher Call Center at 1-888-508-4429 or visiting website address www.farmerclaims.gov. Claimants have until August 25, 2011, to register to receive a claims package.

Contact your local FSA Service Center for addition information.

2011 Summer Singing

Friday, August 12th, 7:00 p.m.

Providence church of Christ

...singing and making melody to the Lord with your heart" (Ephesians 5:19)



Wednesday Nights 6:30-8:00pm

Family Night Aug. 3rd **Family Meal, Games, and Special Guest-Tim Welcher**

First Baptist Church

340 West Main Street, Mt. Vernon Office hours: Monday thru Friday 8am-3pm Office phone: 606-256-2922

Transportation available contact the church office to register

Bible Talk

Our study this month will be on the plan of salvation in Christ, how to become a Christian.

Hear- Hearing the gospel is the first step in the plan of salvation. "So then faith cometh by hearing, and hearing by the word of God." Rom.10:17. Man cannot believe in what he has not heard. God has ordained that the gospel is to be preached to every creature, "And he said unto them, Go ye into all the world, and preach the gospel to every creature." Mark 16:15.

Believe- The next step is that we must believe in God and his Son Jesus Christ. God has given us plenty of evidence to convince any honest soul who will look into the scriptures and consider it. "And many other signs truly did Jesus in the presence of his disciples, which are not written in this book: But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name." John 20:30-31.

Repent- This term repent means "to think differently or afterwards, i.e. reconsider." It involves a change of heart about sin, to turn from it; and to turn toward God and what is right. It is prompted by godly sorrow, "For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death." 2 Cor.7:10. Repentance is probably the most difficult command in God's plan of salvation because people don't like to change!

Confess - We must confess the name of Jesus before men. In Romans 10:9-10 we read, "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." Interestingly, we are confess the Lord Jesus, not our sins, nor confess that we are saved. We must confess with our mouth and the faith that is in our hearts, that Jesus is the Son of God.

Baptism- The final step in God's plan to becoming a child of God. We must be baptized. Take note that in Mark 16:16 the Lord did not say, he that believeth is saved and afterwards is baptized, as some men teach. Jesus said, "He that believeth and is baptized shall be saved; but he that believeth not shall be damned." Mark 16:16. Following, we need now to remain faithful to the Lord, "be thou faithful unto death, and I will give thee a crown of life."

We invite you to study and worship with us at the Providence church of Christ. Sunday 10am Bible Study, Worship 10:40 & 6:00pm; Wednesday 7:00pm.

Our Web Site: www.WhatSaithTheScriptures.com

Church Directory

Believers House of Prayer 156 Scenic View Lane U.S. 25 N, left at 18 mile marker Renfro Valley, Ky. Sabbath School Sat. 10 -11 a.m. Morning Worship 11 a.m. Evening Worship 7 p.m. Wednesday 7 p.m. Pastor: Bill Davis bhop@ymail.com

Bible Baptist Church 00 Higher Ground (off US 25)

Mount Vernon, Ky. Church Phone 606-256-5913 e-mail: www.biblebaptist.org Sunday School 10 a.m. Sunday Worship/Children's Church 11 a.m.

Sunday Night Worship 6 p.m. Wednesday Evening 7 p.m. Video services Tues., Thurs., & Sat. at 11 a.m., 4 p.m. & 9 p.m. Channel 3 - New Wave Cable Channel 5 in Berea and Richmond 1 p.m. Wednesdays Pastor: Don Stayton Associate Pastor/Youth:

Bro. Jeremy Ellis Kids for Christ Children's Ministry: Bro. Jarrod Amyx Secretary: Jo Roberts Music Director: Dan Dull

Blue Springs

Church of Christ

7 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd) Services: Sundays 10 a.m. & 6 p.m. Preaching Brethren Zade McClure, Gary Reppert,

Coy Cromer, Marcus Reppert Contact Info: Marcus Reppert 104 Byrda Way • Mt. Vernon, Ky. 606-308-2794 marcusreppert24@hotmail.com

Bride of Christ Church High St. Mt. Vernon Sunday Services 7 p.m. Brodhead Baptist Church

Corner of Silver & Maple St Brodhead, Ky. 40409 606-758-8316

Sunday Bible Study 10 a.m. Sunday Worship 11 a.m. & 7 p.m.(Nursery Provided)

Sunday Youth Bible Study 5 p.m.Wednesday Adult & Youth

Worship/Bible Study 7 p.m. Children's Programs: RAs & GAs Mission Friends and

Creative Ministry Ralph Baker, Pastor

Brodhead Christian Church

237 W. Main St. Brodhead 606-758-8721 Sunday School 10 a.m. Sunday Worship 11 a.m. & 6 p.m. Wednesday Bible Study 7 p.m.

Tracy Valentine, Preacher 606-758-8662 Cell 606-305-8980 **Brodhead Church of God**

Hwy. 3245 • Brodhead 758-8216

Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6 p.m. Wednesday evening 7 p.m. Terry Orcutt, Pastor

Brush Creek

Holiness Church Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 7 p.m. Tuesday Prayer Meeting 7 p.m. Special Service 1st Sunday or each month at 11 a.m. Lonnie Reese McGuire,

Buffalo Baptist Church Located 15 miles south of Mt. Vernon on Hwv. 1249 (Sand Springs Rd.)

606-274-5197 • 606-256-4988 Sunday School 10 a.m. Sunday Worship 11:15 a.m. Sunday Evening Service 6 p.m. Marvin (Buddy) Rose, Pastor Calloway Baptist Church

76 Calloway Branch Rd. (Off US 25) • Calloway Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6 p.m. Wednesday Evening 7 p.m.

Contact Jerry Jones 453-3791 **Central Baptist Church** 86 Maintenance Rd.

Mt. Vernon, KY 40456 606-256-2988 centralbaptistky.org Pastor: Mark Eaton Home of "Central Baptist Christian Academy K-12 Private School "Central Time" Radio Broadcast WRVK 1460AM

Monday -Friday 11:15 a.m. Sunday School 10 a.m. Sunday Morning and Children's Church 11 a.m. Sunday Evening 6 p.m. Wednesday Bible Study, Prayer Meeting and "Patch the Pirate Club" 7 p.m. Transportation and Nursery provided for all services Mark Eaton, Pastor **Church of Christ on**

Fairground Hill Sunday Worship 10 a.m. Different speaker each Sunday **Climax Christian Church**

Hwy. 1912 308-2806 - 256-4138 - 256-5977

Sunday School 10 a.m. Sunday Worship 11 a.m. Wade Johnson, Minister **Climax Holiness Church**

Sunday Night Worship 6 p.m. Thursday Nights 7 p.m. 3rd Sat. of every month at 7

2nd Sunday of each mo. at 10

David Frymyer, Pastor Conway Missionary **Baptist**

U.S. 25 between Mount Vernon and Berea Sunday School 10 a.m. Sunday Morning Worship 11 a.m.

Sunday Evening Worship 6 p.m. Wed. Prayer Service and Bible Study 7 p.m.

Youth Meetings: Sunday 5 p.m. Wednesday 7 p.m.

Bobby Turner, Pastor 606-758-4007

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Cornerstone Fellowship 50 Lovell Ct. - Mt. Vernon

Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m. Terry Fletcher, Pastor 606-256-1645 Crossroads

Assembly of God Hwy. 150 • Brodhead

Bro. Steven Vanhook, Pastor Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening Worship 6:00 p.m.

Wednesday Ñight 7 p.m. **Dixie Park Cornerstone** 700 N. Powell St. Berea, Ky. 859-623-8292 • 859-985-

2484 Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening Service 6

p.m.Wednesday Service 7 p.m.

Gene Smith, Pastor Fairview Baptist Church

520 Fairview Loop Road Mount Vernon, Ky. Sunday Services Sunday School 9:45 a.m. Sunday Worship 11 a.m. Children's Choir 6 p.m. Sunday Evening Service 7 p.m. Sunday Adult Choir 8 p.m.

Wednesday Services Creative Ministry 6 p.m. Bible Study 7 p.m. Youth Ministry QUEST 7 p.m. RAs and GAs 7 p.m. Mission Friends 6 p.m. Vaughn Rasor, Pastor

606-256-3722 email: fairviewbapt@aol.com **Faith Chapel Pentecostal** S. Wilderness Road

Mount Vernon, Ky. Sunday School 10 a.m. Sunday Evening Service 7 p.m. Wednesday Service 7 p.m. Saturday Service 7 p.m. Jack Carpenter, Pastor First Baptist Church

340 West Main Street Mt. Vernon, Ky. 606-256-2922 Bro. Eddie Nation, Pastor

website: www.fbcmvkyorg email:fbcmtvernon@newwave.net Sunday Services: 8:30 a.m., 10:45 a.m. and 7 p.m. Wednesdays: AWANA and Adult Bible Study 6:30 p.m. Live Broadcast WRVK 1460AM

Sundays at 11 a.m. Broadcast on New Wave Cable Channel 3 Tues., Thurs. & Sunday at 10 a.m., 3 p.m. & 8 p.m.

First Christian Church West Main St. Mt. Vernon 606-256-2876

Bro. Bruce Ross, Pastor Sunday School: 10 a.m. Sunday Worship 11 a.m. & 6 p.m. Wednesday Bible Study 7 p.m.

Flat Gap Baptist Church Sunday School 10 a.m. Sunday Worship 11 a.m. Wednesday Service 7 p.m. James Poynter, Pastor

606-256-3969 Flat Rock Missionary

Baptist 504 Maple Grove Rd. Hwv. 1004 Orlando, Ky. • 859-925-4048 Sunday School 10 a.m. Fellowship Hour 11 a.m. Sunday Evening Service 7 p.m. Wednesday Bible Study 7 p.m. Thursday Night Visiting 7 p.m. Contact: Doris Brown

606-256-0188 burtonpromos@prodigy.net

Freedom Baptist Church

Freedom School Rd. Mt. Vernon Sunday School 9:45 a.m. Sunday Worship 11 a.m. Discipleship Training 6 p.m.

Sunday Evening Worship 7 p.m.Wednesday Évening Prayer Meeting & Youth/Children Člasses 7 p.m.

www.freedomsbc.com email:

pastor@freedomsbc.com Pastor: David Sargent 606-256-2968

God's Church of Zion

35 McFerron St. Mt. Vernon, KY Wed. Night 7 p.m. Sunday School 2 p.m. Sunday Worship 3 p.m. Pastor: Fred Hecker

Hickory Grove Pentecostal Church Hwy. 1505 (6 miles from Brodhead)

Brodhead, Ky. Randal Adams, Pastor Youth Pastor, Scott Adams Sunday School 10 a.m. Sunday Worship 11 a.m. Sun. & Wed. Evening 7 p.m. Lighthouse Assembly of God

Hwy. 1004 • Orlando, Ky. Tim Hampton, Pastor 606-256-4884 • 606308-2342 Sunday School 10 a.m. Sunday Morning Worship 11 a.m. Sunday Evening 6 p.m.

Tues. Night Intercessory Prayer 7 p.m. Wednesday Night Bible Study

7 p.m. Little Country Church

Jarber Rd. Turn left off Rev. Green Loop onto Jarber Rd. Jack Weaver, Pastor

Sunday 6 p.m.

Wednesday 7 p.m.

Livingston Baptist Church Sunday School 10 a.m. Adult & Youth Classes

Available Worship Service 11 a.m. Wed. Bible Study & Meeting

7 p.m. Bro. Steve McKinney, Pastor 606-758-4097 email: stevemc64@alltel.net

Livingston Christian Church Sunday School 10 a.m.

Sunday Worship 11 a.m. Arthur Hunt, Minister **Livingston Pentecostal Holiness Church**

Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m. Jim Miller, Pastor

606-256-1709 **Macedonia Baptist** Scaffold Cane Road Mount Vernon, Ky. Bro. Wayne Henson, Pastor

Sunday Morning Worship

11 a.m. Sunday Evening 6 p.m. Maple Grove Baptist Hwy. 1004 (Big Cave Road) Orlando, Ky. • 606-256-1873 Bro. Jerry Owens, Pastor Home Phone 606-256-3075 Sunday School 10 a.m. Sunday Morning Worship

11 a.m. WRVK Broadcast 2 p.m. Sunday Evening 6 p.m. Wednesday Evening 7 p.m.

Maretburg Baptist Church

2617 New Brodhead Rd. Mt. Vernon, KY 40456 Wayne Harding, Pastor Phone: 256-8844

Sunday School 10 a.m. Sun. Morning Worship 11 a.m. Sun. Discipleship Training/ Sunday Youth Missions 6 p.m.

Sunday Evening Worship 7 p.m.

Wednesday Evening 7 p.m. www.maretburgbaptist.org maretburgchurch@yahoo.com McNew Chapel Baptist

Sunday School 10 a.m.

Sunday Worship 11 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m. Jerry Ballinger, Pastor

Mt. Vernon Church of God 1025 W Main St.

Mount Vernon, Ky. Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m. Bobby Owens, Pastor 859-986-1317

Mt. Vernon Church of the Nazarene

40 Fair Street • Mt. Vernon Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6 p.m. Stacy Smith, Pastor

Mt. Zion Baptist Church 859-200-5640

Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6 p.m. Wednesday Evening 7 p.m. Josh Chasteen, Pastor **New Hope Baptist Church**



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Jct. 1797 New Hope Tower Rd. Orlando Sunday School 10 a.m.

Sunday Worship 11 a.m. Sunday Evening 6 p.m. Wednesday Evening 7 p.m. Bro. David Carpenter, Pastor Wednesday Prayer Meeting &

Youth Service at 7:00 p.m.

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monthly every 2nd Tues. at 6:30 p.m.

Pleasant Run Missionary

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Sunday Worship 11 a.m.

Sunday Evening 5 p.m. 1st Sunday in Month Church at

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Brodhead

Sunday School 10 a.m.

Sunday Worship 11 a.m.

Sunday Evening 7 p.m.

Wednesday Evening 7 p.m.

Poplar Grove Baptist

145 Richlands Rd. •

Sunday School 10 a.m.

Sunday Worship 11 a.m.

Sunday Evening 7 p.m.

Wednesday Evening 7 p.m.

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Dan McKibben, Minister

758-8524 or 758-9316

Sunday Bible Study 10 a.m.

Sunday Morning Worship

10:30 a.m.

Sunday Evening 6 p.m.

Wednesday Bible Study 7 p.m.

email:

dan.mckibben@juno.com

www.WhatSaithTheScriptures.com

Roundstone Baptist

Rick Reynolds, Pastor

606-758-8095

Sunday School 10 a.m.

Sunday Worship 11:00 a.m.

Sunday Night 6:00 p.m.

Wednesday Night 7 p.m.

Sand Springs Baptist

Directions: Take Hwy 1249, go

exactly 5 miles, church on right

Bob Bradley, Pastor

Sunday School 10 a.m.

Sunday Worship 11 a.m.

Sunday Evening 6 p.m.

Wednesday Evening 7 p.m.

Scaffold Cane Baptist

Chris Cobb, Pastor

Sunday School 10 a.m.

Sunday Worship 11:00 a.m.

Sunday Night 6:00 p.m.

Wednesday Night 7 p.m.

Trinity Pentecostal

Tabernacle Church

537 Trinity Ln. • Mt. Vernon

Pastor: Bro. Frankie Sparks

Youth Director:

Bro. Dewayne Hutton

Thursday at 7:30 p.m.

Northside Baptist Church 777 Faith Mountain Rd. (Off 461 bypass) Mt. Vernon 606-256-5577 Sunday

Sunday School 10 a.m.

Morning Worship 11 a.m. Children's Church 11 a.m. Hispanic Services 6 p.m. Evening Worship 6 p.m. Wednesday

Adult & Youth Worship 7 p.m. New Wave Cable (KET2 ch. 3) Tues., Thurs., Sun. 9 a.m., 2 p.m., 7 p.m.

Ottawa Baptist Church 1074 Ottawa Rd. • Brodhead Sunday School 10 a.m. Sunday Worship 11 a.m. Children's Church 11 a.m.

Sunday Discipleship Training/Youth Mission Groups 6 p.m. Wednesday Services Youth Choir 6 p.m.

Children's & Youth Bible Study 6:45 p.m. • Service 7 p.m. Jim Craig, Pastor • 758-8453 ottawabaptist@windstream.net Our Lady of Mt. Vernon

Catholic Church 515 Williams St

(across from MVES) Mount Vernon, Ky. 606-256-4170 Mass Times: Tuesdays at 5 p.m. Sabbath Mass: Sat., 5 p.m. Holy Days 5 p.m. Fr. Frank Brawner, Pastor

Sister Joyce Moeller, Pastoral Associate Philadelphia United

Baptist 834 Bryant Ridge Rd. Brodhead Sunday School 10 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m. Saturday Service 7 p.m. Gordon Mink, Pastor 606-256-9724 **Pine Hill Holiness**

Church 5216 S. Wilderness Rd. Mt. Vernon, Ky. 40456 Allen Hensley, Pastor 453-4801

www.pinehillholinesschurch.com email: pinehillhc@aol.com Sunday School 10 a.m. Sun. Evening Worship 7 p.m. Thursday Night Worship 7:30 p.m.

Sat. Night Worship 7:30 p.m. WRVK (1460 AM) Broadcast Noon Sundays Pine Hill Missionary

Baptist Church

Discipleship Training 5:30 p.m.

Sunday Evening Worship

6:00 p.m.

PO Box 1495 81 Limeplant Hollow Road Mt. Vernon, Ky. 40456 Bro. Clyde Miller, Pastor 859-986-1579 Sunday School 10 a.m. Sunday Worship 11 a.m.

Sunday at 7:00 p.m. **Union Chapel Pentecostal** 1505 Union Chapel Rd. Brodhead, Ky. Ralph Reynolds, Minister 606-355-2638 Sunday School 10 a.m. Sunday Worship 11:00 a.m. Sunday Evening 7:00 p.m. Thursday Evening 7:00 p.m. Wildie Christian Church

1478 Wildie Rd. • Wildie 606-256-4494 Sunday School 10 a.m. Sunday Worship 10:55 a.m. Family Fellowship 6 p.m. Bible Study 6 p.m.

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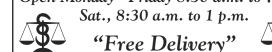
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Mentor-youth dove hunt sign-ups begin Aug. 8th

Registration Kentucky's five mentoryouth dove hunts begin Monday, Aug.8.

Each year, the Kentucky Department of Fish and Wildlife Resources conducts special hunts for adults wishing to introduce dove hunting to youth. The department, which holds these popular hunts during the first Saturday of the season, limits the number of

participants to avoid overcrowding.

Hunters interested in reserving a space for these hunts must register by calling the Kentucky Department of Fish and Wildlife Resources at 1-800-858-1549 weekdays from 8 a.m. to 4:30 p.m. Eastern time.

Limited spaces are allotted on a first-come, first-

(Cont. to A9)

Mamaw's Kitchen

By Regina Poynter Hoskins

GRANNY BURTON'S *MASHED POTATO* SALAD

4 or 5 potatoes 1/2 onion, chopped 1/3 cup sweet pickles

1/2 cup Miracle Whip® Salt and pepper to taste Peel and dice the potatoes into a pan. Cover with cold water and bring to boil. Reduce heat to gently simmer for 20 to 25 minutes or until potatoes are tender. Remove from heat and drain. Put back into pan and place on burner that was used to cook potatoes. Leave turned off. Crack one fresh egg into potatoes. Immediately, beat the egg and potatoes together with an electric mixer. The heat from the potatoes will cook

Miracle Whip® may be needed, depending on how creamy you want the salad. Serve warm. BOBBY B'S SHEPHERD PIE 1 tablespoon vegetable or

the egg. Add rest of ingre-

dients and stir with spoon to

More or less

mix well.

canola oil

1 onion, chopped 1 pound ground beef 1 envelope dry onion soup

1 bag (1 pound) frozen

mixed vegetables 1 to 2 cups mashed potatoes, cold or warm 1 cup shredded cheddar

cheese Preheat oven to 350°. Heat

a 9-inch iron skillet (or an high heat. Add oil. When oil is hot, add onions.

Cook for about 2 minutes

and add ground beef. Cook until no pink remains. Stir in the dry onion soup mix. Remove from heat. Place frozen mixed vegetables in a 2-quart casse-

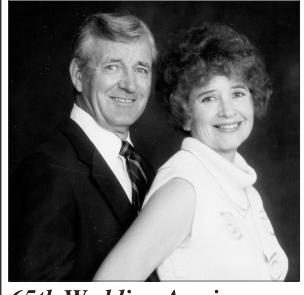
role dish, cover with ground beef. Spread mashed potatoes over ground beef. Bake in 350° oven for 35 minutes. Sprinkle with cheese and bake 5 more minutes or until cheese melts. Serve. GRANNY B'S TOMATO

DUMPLINGS

Since I don't like dumplings, I asked Judy if she remembered how to make these. I knew Rhonda liked them, but didn't realize Judy did. Here is her answer.

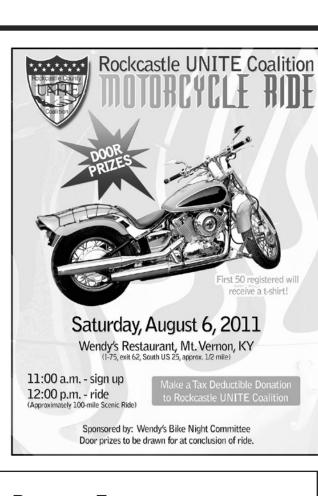
1 quart canned tomatoes 1/2 cup sugar

1 tube refrigerated biscuits (or your own biscuit dough) Bring tomatoes and sugar to gentle boil. Quarter each biscuit and drop gently into boiling tomatoes. Let cook about 10 minutes or until dumplings are tender.



65th Wedding Anniversary

Ben and Geraldine French were married 65 years July 27, 2011. They celebrated this special day with their children and grandchildren: Benedetta, Brian, Tanya and Benjamin Stilwell. The above photo was made on their 40th wedding anniversary.



ROCKCASTLE COUNTY BOARD OF EDUCATION MARTIN E. VANZANT, CHAIRMAN TINA CAIN HASTY, VICE CHAIRWOMAN

MICHAEL BURDETTE ANGELA STALLSWORTH MINK Anna M. Goff

Meeting Location – Rockcastle County Board Of Education (Rockcastle Teaching & Learning Center) / 245 Richmond Street

AGENDA REGULAR MEETING

August 9, 2011 7:00 P.M.

CALL TO ORDER:

- A. **Silent Prayer**
- В. Roll Call
- C. **Reading of Board Team Commitments**

ADOPT AGENDA/ACTION:

COMMUNICATION: <u>3</u>

OPERATIONS/ACTIONS:

- Approve minutes of the July 12, 2011 Regular Board Meeting A.
- В. **Approve bills for payment**
- G. **Approve School Trips**

DISCUSSION/ACTION:

A. Review/Approve BG-4 for RES Gym Addition and Renovation (BG 05-148 & 05-298) В.

Review/Approve School year 2011-2012 Tax Rates

C. Review/Approve Dress and Appearance (09.427) and Special Dietary Needs (07.1) for school year 2011-2012 D. Review/Approve to Reject all Bids for the Food Service Surplus Bids on deep fryers

(Declare as junk)

- DISCUSSION/REVIEW:
- A. **Review Monthly Financial Reports**
- В. **Review Superintendent's Personnel Action Report**
- C. Other
- Adjournment

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Rockcastle Youth Football expands

The Rockcastle Youth League Football will expand its league to allow more kids the opportunity to be involved with and play football. There will now be a 3rd and 4th grade level league and a 5th and 6th grade level league. The successful Flag Football league will continue, but shifting the grade levels to 1st and 2nd grades.

The overall goal of the youth football program is to allow as many of Rockcastle'syouth to be involved in extra-curricular activities that not only develop their bodies, but also their minds and their character. Football, being purely a team oriented sport, accomplishes these things.

The new 3rd and 4thgrade league will have the primary focus on fundamentals and the fun of the game. It will be full contact, with additional emphasis placed on safety. The shift

"Wildie" (Cont. from front)

ness. Coming under review doesn't necessarily mean an office will close. Once an office is chosen for review, customers served by that office will have 60 days to file their comments. If an office is closed, an appeal can be made to the independent Postal Regulatory Commission.

"School"

(Cont. from front)

they get rolling, the breeze will help until the kids get home."

S uperintendent Hammond said that although there are not any special plans being made to accommodate students, water would be made available to them if necessary during the bus rides home.

Unfortunately, any district that starts school in August in Kentucky may face similar situations. "Sad to say, but a week might not get us out of this; two weeks might not get us out of it," Hammond said. "We could be looking at something like this for at least a month."

"Fire Safety" (Cont. from front)

those of their families through this program."

The materials for this program will be provided by the National Fire Safety Council, a non-profit organization dedicated to the safety of children. Funds are raised by letters sent into the community by the Mt. Vernon Fire Department. Chief Bales will ask the business and professional people and concerned citizens of Mt. Vernon and Rockcastle County to make a donation of their own choosing to support this valuable and life saving program. All donations are taxdeductible. The names of all who help will be placed on the backs of all the K-5 manuals that will go into the schools. In this way, the par-

"It is our way of saying thank you to all the fine people who have supported our valuable program," said Chief Bales. "The least we can do is recognize them for their financial assistance. Without it we would not be able to provide the materials."

ents will get an opportunity

to see who helped make the

program possible.

Currently only
Rockcastle Regional Hospital, Clifford Collins Backhoe, Bible Baptist Church,
Heritage Inn and
McDonalds support the program. Enough money has
not been raised to cover expenses of the program, so all
donations from businesses
would be appreciated. For

more information contact

Chief Bales at the Mt.

Vernon Fire Department.

to the 5th and 6thgrade league will again focus on fundamentals, but at a more competitive pace. The 6thgraders will play for the elementary school they ride the school bus to/from. The teams will play 6 games in the regular season, followed by playoffs in October. Following the playoffs, there are plans to have a 6th grade "Showcase" where 2 teams of 6th graders will be combined and play the other 2 teams' 6th graders. This will be an exciting way to show the progress of the group as they prepare to move into middle school

The coaches from each team, Kyle Fletcher-Wildcats, Malcolm Shepherd-Vikings, Mike Hamilton-Redskins, and Cole Abney-Bengals, will be at the elementary schools and the middle school during orientations with signup applications and additional information. Applications will be available at each school in case you miss the orientations. These will be taken during the first week of school, preferably by Friday

For more information on the expansion or any general questions, feel free to contact your school's coach, or call Coach Scott Parkey at RCHS, 606-256-4411.

"Wreck" (Cont. from front)

Fish was operating a 2002 Honda motorcycle north on Ky. 1247 when he ran into the back of a vehicle stopped at a red light at its intersection with Ky. 914. The 2009 Chevrolet was being operated by Angela Troxtel of Somerset.

Ferguson Police Chief David Moss told *The Commonwealth Journal* in Somerset that the brightness of the setting sun may have contributed to the wreck, although this hasn't been determined. Moss said he had passed Fish on the road just a few minutes before the collision and he didn't appear to be going at a high rate of speed. He was not wearing a helmet.

Fish was flown to the University of Kentucky Hospital where he was pronounced dead at 9:18 p.m. Friday night.

"Theft" (Cont. from front)

If you have information about the thefts, you are asked to contact Kentucky State Police Trooper Darren Allen at the London Post 11 at 606-878-6622.

"Grant" (Cont. from front)

Under the terms of the grant from the national board, local agencies chosen to receive funds must: 1) be private voluntary nonprofit or units of government; 2) be eligible to receive federal funds; 3) have an accounting system; 4) practice nondiscrimination; 5) have demonstrated the capability to deliver emergency food and/or shelter programs, and 6) if they are a private voluntary organization, they must have a voluntary board. Qualifying agencies are urged to

apply. Rockcastle County has distributed emergency food and shelter funds previously with Daniel Boone Community Action Agency, Inc. participating. This agency was responsible for providing 98 nights of lodging, assisted 32 families with rent/mortgages and 61 families with utilities. Public or private voluntary agencies interest in applying for emergency food and shelter program funds must contact Tamara Cox, 105 E. Main Street, Box 7, Mt. Vernon, Ky. 40456 for an application. The deadline for appli-

cations is August 8, 2011.

"Court"

(Cont. from front) at large but will have to run from the district they live in

at that time.

Also during the meeting, the court approved \$9,952 for their share of "Blast in the Valley." The City of Mt. Vernon and the Rockcastle County Tourist Committee each paid \$10,000 toward

the event.

Two of the magistrates, William Denny and Lee Earl Adams, expressed a problem with the expenditure with Denny saying he felt it was "too much for what was down there," and Adams agreeing that it seemed like a "whole lot of money"

A representative of the Tourist Commission met several months ago with the court, asking for their support again and, according to County Attorney Billy Reynolds, he remembered the inference was that the court would support the event. Carloftis told the court that the event drew approximately 8,000 people, "90% from Rockcastle," and he felt it was "as good a one as you'll see."

Magistrate Ralph Allen made a motion, seconded by McKinney, to pay the remaining cost of \$9,952 and the motion was approved.

Replacing the roof at the courthouse annex was discussed and Carloftis asked the court for an Emergency Order to hire a contractor since there were no bids submitted for the job. The judge reminded the court that the Administrative Office of the Court will bear the expense until the Spring of 2012 when it would become an expense of the county.

Carloftis and Courthouse maintenance supervisor Gene Cromer showed the court one proposal that had been obtained which would use the same materials that were recently used on the gym roof at Livingston and "works fine" according to Carloftis. The estimated total cost for this method would be \$29,000-\$30,000.

However, the court opted to solicit more bids for the project and act at a later date.

In other action, the court had to make several transfers of funds, including \$10,000 to the fairgrounds account from LGEA funds and \$100,000 from the occupational tax fund to the general fund

The court also discussed a recommendation by Carloftis that the work release inmates be sent out from the building across the street from the rear of the courthouse, owned by the sheriff's department. The judge said he felt this would be a better system then the present one which has the inmates dispersed from the road department building. "80% of the work release inmates are from the county and this creates a problem with their contact with county employees,' Carloftis told the court.

Magistrate Bill McKinney agreed but Carloftis' recommendation was not acted upon.

There was also some discussion about hiring someone to help him with his work which includes electrical, plumbing, etc. maintenance of both the annex and the courthouse. McKinney asked if hiring someone else would help with getting road signs made. "I've needed signs for six months that I can't get," McKinney told the court. The court agreed that the help was needed but the discussion was tabled after Cromer told the court that the person he had in mind had said he would have to have \$12 an hour. Since this is more than jail and most county garage workers make, the court took no ac-

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"Guilty" (Cont. from front)

The trial began Monday with jury selection. Putting on the Commonwealth's case in chief, Bartley called Trooper Scotty Pennington who testified he attempted to apprehend Damrell on August 23, 2010. Pennington pursued Damrell who was operating a four-wheeler that nearly struck another vehicle.

While running from Pennington, several items were tossed from the four-wheeler. Pennington was able to identify Damrell, testifying that he was" 100 percent positive" that it was Damrell on the ATV.

Expert testimony from

Expert testimony from Kentucky State Police Drug Enforcement and Special Investigations Detective Jim Whittaker identified that one of the items from the four-wheeler was a mobile "one step" meth lab.

Lab technician Beverly Wagoner, testified that a sample taken from a mason jar had completed the process of manufacturing and the sample tested positive for methamphetamines.

The defense team attempted to provide an alibi story through Damrell's girlfriend and brother. However, rebuttal testimony from Sheriff Mike Peters and his deputy, Ronnie Bradley cast much doubt about the alibi.

After about an hour and

After about an hour and a half of deliberation, the jury returned a guilty verdict. Later, the jury was given evidence that Damrell had a previous drug conviction, making this a" second offense."

During the sentencing phase, the defense argued for leniency. By contrast, Bartley for the prosecution argued that "this is the time to send the message that meth cooks and the drugs they are peddling are not welcome in this county,"

The jury returned a sentence of twenty years imprisonment.

Following the trial, Bartley noted that Manufacturing Methamphetamines, Second Offense, is classified as a "violent offense." This means it requires the service of at least 85% of the sentence. In other words, it means Damrell would not even be considered for release before 17 years into his prison sentence.

Bartley remarked, "To-day is a great victory in sending a message that the community is sick and tired of this drug trade destroying so many lives. The place to start is with those cooking this poison."

Judge Tapp ordered that

Damrell be held without bond until formal sentencing procedures are completed in September. Tapp had previously denied bond reduction for Damrell pending the outcome of the case, and he has remained incarcerated since being arrested on the grand jury's indictment warrant.

Eddy F. Montgomery,

Commonwealth Attorney, told the Signal, "I am extremely pleased with the result in this case. Jury service is a high civil commitment and I cannot praise the jury enough. Each of them took two days out of their lives to serve Rockcastle County. Also, I am glad we Troopers Pennington that haven't thrown their hands up and continue to work tirelessly in fighting this drug plague we have in our communi-

"Hunt"

(Cont. from A8)

served basis. Registration is open through Aug. 22, or whenever all the slots are filled. Mentor-youth hunts are conducted on Sept. 3; dove season opens statewide Sept. 1.

The mentor-youth dove hunts lend an opportunity for adults to introduce youth aged 15 years and under to dove hunting. Each adult may take two youths. Hunter education and licensing requirements apply to those participating in these hunts.

Hunting hours run from 2 to 7 p.m. (local time) on Sept. 3. Hunters must be out of the field by 7:30 p.m. Hunting groups must check

in prior to hunting and check out prior to leaving the field with Kentucky Fish and Wildlife staff members.

Wildlife staff members.

All mentor-youth dove fields are closed to hunting

Sept. 1-2.

Mentor-youth fields located on private land open to general hunting on Labor Day, Sept. 5. These fields then close to all hunting Sept. 6-9; they reopen to general hunting Sept. 10 through Oct. 24.

Mentor-youth fields located on wildlife management areas open to general hunting Sept. 4 through Oct 24.

For more information on the mentor-youth dove hunts, consult the 2011 Kentucky Hunting Guide for Dove, Wood Duck, Teal Woodcock, Snipe and Crow This guide is available on the Internet at fw.ky.gov and also soon available in booklet form wherever hunting licenses are sold.

This year's mentor-youth dove fields include:

•Grant County: Curtis Gates Lloyd Wildlife Management Area (WMA): Two fields participating. Directions: Take Crittenden exit from I-75, follow U.S. 25 south to KY 491, turn left across railroad tracks, then right onto Wildlife Road.

•Green County: Field is 30 acres. Directions: U.S. 68/70 south from Greensburg about 6 miles turn right onto KY 318 for 2 miles, then left onto Roy Bagby Road. Field at end of road, on right.

•Lincoln County: Field is

30 acres. Directions: From

Stanford, take U.S. 150 southeast for 6 miles to Cedar Creek Lake. After crossing Cedar Creek Lake dam on U.S. 150, turn left onto Sportsman's Lane for 0.3 miles to parking area at Cedar Creek Sportsman's Club.

•Union County:

•Union County: Higginson-Henry WMA: One field - see map at kiosk Directions: Located off KY 56, about 7 miles south of Morganfield.

•Washington County: Field is 30 acres. Directions: Field lies 0.5 miles south of Fredericktown, two miles from U.S.150 on Burg Hill Road, off Short Creek Road.



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Peaches, Plums and Nectarines

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Oscar Meyer Wieners

Extra Savings



Oscar Meyer Bologna

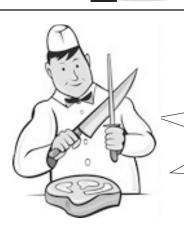
Extra Savings

Vine Ripe Tomatoes

Extra Savings

24 Pack

Crystal Water



Butcher On Duty 7 Days a Week 8 a.m. to 9 p.m.

Serving Rockcastle County Since 1887

Second Section

Thursday, August 4, 2011



Blast from the Past...

This week's Blast from the Past photo is of the Dr. W.T. Amyx's residence taken sometime in 1908 at Livingston, Kentucky. Dr. Amyx was the second doctor to practiced in Livingston, with a Doctor Cooper being the first. Dr. Amyx, as well as having a family practice, was contracted as a physician for the L&N Railroad when the roundhouse and rail-yard were stationed in Livingston. This beautiful mansion was located across the Rockcastle River near the Wilderness Road Ford. In later years it was known as the old Moore Place. Photograph courtesy of Margie Wilcop.

Rockcastle Regional adds Digital Mammography

Submitted by

John Lambert Rockcastle Regional Hospital & Respiratory Care Center has a new tool in its fight against breast cancer. A new digital mammography suite, including a state-of-the-art Siemens Inspiration, will help Rockcastle's radiologists and doctors detect cancer with more precision, and in a way that's more convefor patients. "Mammograms play a vital role in protecting a woman's health," said John Mitchell, Rockcastle's director of di-

agnostic imaging. "Our radiologist can see so much more digitally as opposed to Rockcastle Regional's purchase of the Inspiration, and its accompanying tools was guided by the sobering fact that one in every seven women will develop breast cancer at some point in their lives. Because early detection allows cancer to be

the American Cancer Society (ACS) recommends mammograms annually after age 40. The ACS also recommends women with a family history of the disease, or those who test positive for a gene strongly associated with it, may need a mammogram earlier or

treated in its early stages,

more often. Rockcastle Regional is doing its best to make this life saving procedure more accessible to greater num-

bers of women, and make it more effective at early detection. "Our patients may not notice a huge difference in the process," said Janice Mullins, Rockcastle's lead mammogram technologist. "But this new equipment will greatly improve the quality of the exam."

While traditional mammography stored the results of the test on film, the Siemens Inspiration uses a digital storage method. This means that the images can be transferred and manipulated like any other computer file. The ability to make a quick transfer improves doctor-patient communication, and the ability to manipulate the image allows a radiologist to gain the best possible perspective on potential points of concern."We can see patients faster, with fewer retakes," Mitchell said. "And we've given our radiologist the best tools available.'

The Siemens Inspiration stood out from other digital mammography machines. "We have the Cadillac version," Mullins said, obviously proud of her new capabilities. In addition to its mammography capabilities, the Inspiration was designed to interface with future technologies. Compatibility with tomosynthesis, a new screening method currently being researched as a mammogram replacement, is anticipated in its design.

Other additions to the

Mammography department include SecondLook digital, a software tool that helps guide a radiologist during the mammography process. "It's basically a combination of a recording medium and a computer program that specifically places a lesion in space," said radiologist Eduardo Gomez. "This helps us isolate specific areas to look for problems."

Rockcastle Regional has made other, less technological improvements to help reduce patients' anxiety. mammography department's comfortable chairs, colorful walls, and cheerful clinician attitudes differ from the typical dreary atmosphere one might expect at other mammography institutions. Even the Inspiration itself, was designed to maximize patients' comfort.

These improvements have allowed Rockcastle Regional to offer an experience that, from a patient's first impression on admission, to the quality of their results, meets or exceeds other institutions in bigger cities. And while a mammogram isn't the most enjoyable part of a woman's year, it's important enough to make sure to choose the best

'There's no reason to not get a mammogram," Mullins said. "They save lives, and you can't get a better one anywhere else."

For more information Rockcastle about

Regional's digital mammography or to schedule an appointment, call 256-7878.

All-Nite Gospel Sing is Saturday

This Saturday night, the tradition continues at Renfro Valley Entertainment Center with the historic and award winning All Night Gospel Singing in Renfro Valley's New Barn Theater. Starting at 6:45 p.m. and going until 1 a.m. or later, this year's lineup will feature Rockcastle Counties own Melissa Singleton, The Hyssongs, The Roarks, Paul's Journey, Crystal River, Palmetto State Quartet and Jeff & Sheri Easter.

Blessing people through their music is something the Hyssongs have been doing for years. Dell, Susan, and Richard sing and share their testimonies throughout the United States and Canada.

The Roarks are comprised of Shane, Travis, Paul and Jetta Roark. They are one today's best sounding Christian Country/ Southern Gospel Artists.

It is with a humble heart that Sanctuary (Chapel Valley) Recording Artist, Paul's Journey (formerly The Relations Quartet), presents a

program, over 200 days a year nationwide, that is not only entertaining but uplifting to the soul.

Crystal River, a group of unique young men in their twenties. Their youthful, energetic, and ministry-oriented performances have been thrilling people and changing lives everywhere they go.

The Palmetto State Quartet has its roots firmly planted in Greenville, South Carolina. Sometime between 1946 and 1947 Jamie Dill, Woodrow Pittman, Clarence Owens, Malone Thomason, and Paul Burroughs, all Greenville natives, joined together to form a Gospel Quartet.

For Jeff and Sheri Easter, gospel music is genetically programmed into their DNA.

For tickets and information to this historic event call the Renfro Valley Box Office at 1-800-765-7464 or visit the nearly redesigned Renfro Valley website at www.renfrovalley.com



Mt. Vernon city employees Lloyd Prewitt and Dale Cotton, as well as others, spent most of Monday morning repairing a water leak at the intersection of U.S. 25 and Hwy. 150 in Mt. Vernon. Traffic going south on U.S. 25 was redirected down Main Street or West Main while repairs were ongoing.



Temperatures reached 101° last Thursday on the Community Trust Bank clock in Mt. Vernon, however, the official temperature recorded at the weather station at Cox Funeral Home was 93°, which tied last Thursday with July 11th for the



From left, Janice Mullins and Scotty Stogsdill, mammography technicians, Dr. Eduardo Gomez, radiologist, and John Mitchell, Director of Diagnostic Imaging.

Central Body Service

275 Richmond Street - Mt. Vernon

Precision Collision - Repair

Quality Work Since 1966

Free Estimates - All Work Guaranteed

606-256-4210



The Cruise In The Valley Car Show Committee presented Ms. Abby McClure a \$1,200.00 check Friday, July 29th at the Kentucky Music Hall of Fame. Abby was the recipient of the scholarship awarded to a 2011 graduate of RCHS. She is enrolled at Somerset Community College with plans to major in nursing. Pictured in the photo are from the left, Bentley Cromer, Larry Hammond, Abby McClure, Charlie Napier and Robert Lawson.

News from the Rockcastle Courthouse



Circuit Civil Suits

Ally Financial, Inc. vs. Michael C. Middleton, \$45,210 plus claimed due.

Vanderbilt Mortgage and Finance, Inc. vs. Dean Burdette, \$36,432.63 plus claimed due.

VNB New York Corp. vs. Plasticware LLC, et al, \$2,043,656.50 plus claimed

MVP Food Packaging LLC, \$16,266.19 plus claimed Citifinancial Services,

Shipease.Com LLC vs.

Inc. vs. Bobby Machal, et al, \$90,337.14 plus claimed due. Alliance Credit Services,

47,373.04 plus claimed due. Correction Paul Robert Rader vs. Janice H. Rader, petition for

Inc. vs. Gregory Hatfield,

dissolution of marriage. **District Civil**

Suits

Peggy Mills vs. Andy Rhue, forcible detainer complaint.

World Finance Corp. vs. Johnny McCoy, \$2,857.21 plus claimed due.

Greg K. Bolton vs. Roy Perry, forcible detainer complaint.

Twila Simpson vs. Johnny Roundtree, et al,

forcible detainer complaint.

Deeds Recorded

Pioneer Pallet, Inc., property in Rockcastle County, to Jack and Bette J. Merz. Tax \$45.

Mark A. and Vickie A. Teague, property on Sand Springs Road, to James Barron. Tax \$4. Sherry Hansel, property

on School House Road, to Johnny Janis and Loudermilk. Tax \$119.

Ruby Thompson, prop-

erty in Rockcastle County, to Carl Dean and Elizabeth Avonell Coleman. Tax \$42. Angie Thomas, property in Rockcastle County, to

Tommy and Lula Faye Jones. Tax \$22. Albert and Margaret Rose, property

Daugherty Ridge Road, to Curley Darren and Brenda Slone. No tax. Clarence J. Brown, Jr.

and Natasha Brown, property in Dog Walk Community, to Jason Clay and Amanda Brown. No tax.

Susan Lovell and Michael David Lovell, property in Rockcastle County, to Michael David Lovell. No tax.

Ruby J. Bullock and Tammy B. Miller, property on Pokeberry Lane, to Tammy B. Miller. No tax

Correction

George and Icie Poynter, property on Ford Hollow Road, to Georgia Poynter and Earl Poynter. Tax \$10.

Marriage Licenses

Judy Zella Owens, 49, Mt. Vernon, diabled to James Edward Griffin, 61, Lancaster, retired. 7/28/11

District Court

court news 7/25-27/2011 Hon. Kathryn G. Wood Laura L. Howard: fines/ fees due (\$68), 2 days in jail

in lieu of fines. Christy A. Reed: fines/ fees due (\$263), bench warrant (bw) issued for failure

to appear (fta), 6 days in jail or payment in full.

Robert E. Rogers II: fines/fees due (\$33), bw issued for fta/1 day in jail or payment in full.

Christy A. Reed: fines/ fees due (\$233), bw issued for fta/5 days in jail or payment in full. Eric James Batchelor:

fines/fees due (\$143), bw issued for fta/4 days in jail or payment in full. Nicholas J. Denny: re-

ceiving stolen property, theft by unlawful taking, burglary, theft by unlawful taking, bw issued for fta.

Samuel A. Martin: fines/ fees due (\$162), 4 days in lieu of fine/costs. Kenneth P. Kelley:

criminal trespass, 30 days/ probated 24 months on condition, restitution and costs. Larry J. Lawson: fines/

fees due (\$288), bw issued for fta/6 days in jail or payment in full. Shannon Spoonamore:

receiving stolen property, 120 days/to serve 60/balance probated 12 months on condition plus costs. Richard S. Spoonamore:

drug paraphernalia, buy/ possess, 10 days and costs. Jose I. Molina: driving

without license and failure to maintain insurance, bw issued for fta. Charles J. Alcorn: at-

tempted assault, menacing, criminal mischief, bw issued for fta. George P. Quintana, Jr:

operating motor vehicle under influence of alcohol/ drugs, \$200 fine, \$375 service fee, costs, 30 days operator license suspension/ ADE authorized.

James R. Daniels: alcohol intoxication, \$50 fine and costs.

Paul R.Griffith: operating motor vehicle under influence of alcohol/drugs, \$200 fine, \$375 service fee, costs, 30 days operator license suspension/ADE authorized.

Jennifer S. Carrier: no operators license in possession, \$50 fine and costs.

William B. Cromer: operating on suspended/revoked operators license, 10 days/credit time served/ costs merged.

Wally D. Brown: fines/ fees due (\$258), bw issued for fta/6 days in jail or payment in full.

Adam W. Woodward: fines/fees due (\$143), bw issued for fta/4 days in jail or payment in full.

Johnny M. Cromer: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.

Audra E. Baker: fines/ fees due (\$168), bw issued for fta/4 days in jail or payment in full.

Speeding: James Christensen, \$34 fine and \$133 costs; April A. Whitson, \$20 fine and costs; timothy M. Dunaway, \$100 fine and costs/STS required to be completed; Brandon T. Tucker, James M. Brinson, Luke T. Pearson, Charlie W. Felty, Edward J. Hyde, Charles W. Elliott, Quinton L. Stone, Michael V. Perkins, Tabatha R. Sendelbach, Gregory A. Vanover, Heather D. Engle, Natasha R. Fields, Gary R. Ice, Jr., Vickie L. Jacobs, Sevasti G. Pternitis, Noel R. Rodriguez, Glenda J. Taylor, Katherine J. Travis, license suspended for fta; Rebecca L. Maggard, Michael F. Harrell, Elizabeth A. Abney, Amber D. Hall, Morgynn A. Nevels, paid; James K. Holbrook, \$10 fine and costs; Elizabeth A. Weakley, \$26 fine and costs/STS authorized;

James T. Winkler: failure to wear seat belts, paid.

James Roland: alcohol intoxication in public place, \$50 fine and costs.

Michael D. Royalty: defective equipment, \$25 fine and costs.

Benjamin R. Rader: failure to wear seat belts, license suspended for fta.

Crystal G. Isaacs: failure to wear seat belt, paid.

Brittney N. Lear: failure to wear seatbelt, paid.

William C. Mondey: failure to wear seat belt, license suspended for fta.

Cody A. Honeycutt: failure to wear seat belts, paid.

James R. Green: reckless driving and following another vehicle too closely, license suspended for fta.

Evan J. Claunch: failure to wear seat belts, paid. Shannon C. Vaughn:

issued for fta/6 days in jail or payment in full. Eddie W. Mays: speeding and operating on suspended/revoked operators

fines/fees due (\$288), bw

license, license suspended, bw issued for fta. Jack McCormic, Jr: fines/fees due (\$119), 3

days in jail in lieu of fines. Franklin G. Moore: failure to add taxable unit to taxable inventory, bw issued

Donovan W. Mullins: drug paraphernalia, \$100 fine and costs.

James A. Peters: operating on suspended/revoked operators license, failure to wear seat belts, failure to produce insurance card, failure to maintain required insurance, no/expired Kentucky registration receipt, bw issued for fta.

Dennis W. Powell: operating on suspended/revoked operators license, \$100 fine and costs.

Brandon D. Robinson: fines/fees due (\$563), bw issued for fta/12 days in jail or payment in full.

Amos Jay L. Sandidge: no/expired Kentucky registration receipt - registration plates, bw issued for fta. Ricky A. Sandusky:

fines/fees due (\$224), bw issued for fta/5 days in jail or payment in full. Michael D. Santo: failure to wear seat belts, \$25 fine;

operating on suspended/revoked operators license, \$100 fine and costs. Samantha Saylor: failure to wear seat belts, bw issued

Donald G. Begley: failure to wear seat belts, \$25 Joel T. Rojo: failure to

for fta, license suspended.

wear seat belts, no operators/moped license, no/expired Kentucky registration receipt, bw issued, license suspended for fta.

Amanda J. Hubbard: failure to maintain required insurance, \$500 fine/suspended on condition.

Lester Turner, Jr: failure to maintain required insurance, \$500 fine/suspend \$400 on condition for 12 months plus costs.

Courtney Campbell: no operators/moped license, \$50 fine and costs. Ronda S. Evans: operat-

ing vehicle w/expired operators license, \$100 fine; driving too fast for traffic condition, \$100 fine and

Riva A. Banks: improper passing, \$50 fine and costs; failure to wear seat belt, \$25

Marlena L. Shafer: no/ expired registration plates, \$25 fine and costs.

Christopher B. Fletcher: theft by unlawful taking, \$250 fine and costs plus res-

Zachary D. Abney: failure to wear seat belts, \$25 fine. Suzanna L.. Adams: fines/fees due (\$133), bw

issued for fta/3 days in jail or payment in full. Francis A. Bailey: failure to wear seat belts, \$25 fine; failure to produce insurance

card, \$50 fine and costs. Kenneth Bolin: fines/ fees due (\$303), bw issued for fta/7 days in jail or pay-

ment in full. Jarrad R. Burdette: failure to wear seat belts, \$25

Dereck J. Cameron: failure to wear seat belts, \$25

Michael W. Cope: failure to wear seat belts, license suspended for fta.

Dustin L. Cromer: operating on suspended/revoked operators license, \$100 fine; failure to notify address change to Dept. of Transp., \$25 fine; failure to surren-

der revoked operators license, \$50 fine and costs.

Deborah L. Danner: failure to wear seat belts, \$25

Dalmas Doan: no/expired registration plates/receipt and failure to wear seat belts, license suspended for

Brandi Lynn Everitt: failure to give right of way to emergency vehicle, license suspended for fta. Landon L. Fletcher: op-

erating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized. Kristopher G. Garrison:

operating on suspended/revoked operators license, \$100 fine and costs; failure to produce insurance card, \$50 fine. Larry A. Gentry: failure

to wear seat belts, \$25 fine. Daniel R. Griffin: fines/

fees due (\$108), bw issued for fta/3 days in jail or payment in full. Daniel M. Gross: fines/ fees due (\$173), bw issued

for fta/4 days in jail or payment in full. Larry J. Lawson: alcohol

intoxication in public place, bw issued for fta. Amanda L. Settles: no

operators license in possession, \$50 fine and costs; failure to maintain required insurance, \$500 fine/sus-(Cont. to B4)

Rockcastle County Public Health Taxing District

FINANCIAL STATEMENT

Fiscal Year Ending June 30, 2011

Published in accordance with KRS 424.220 and 65.070

The following information and supporting data may be inspected by the general public at the Rockcastle County Health Center, 120 Richmond Street, Mount Vernon, Kentucky after August 05, 2011 between the hours of 8:00 a.m. and 4:30 p.m.

Rockcastle County Board of Health

Jerry Cox, Chairman John Parsons, D. M.D. Martha Cox James Chism, D.V.M. Lee Cain, O.D. William P. McElwain, M.D. Callie Shaffer, M.D. C. Douglas Mullins Judge Buzz Carloftis Tina Hasty RPh. Rhonda Childress R.N. David Bullock M.D.

Mt. Vernon, Kentucky Livingston, Kentucky Mt. Vernon, Kentucky Mt. Vernon, Kentucky Mt. Vernon, Kentucky

RECEIPTS

Balance carried forward from previous year		
Checking Account No. 800-162-6	\$	60811.40
Certificate Of Deposits	\$	90000.00
Amount received from collection of public health taxes for current		
fiscal year less sheriff's fee		152798.85
Amount received from County Court Clerk for delinquent and vehicle taxes		
less clerk fees	\$	34951.83
Kentucky State Treasurer	\$	8543.15
Interest from checking	\$	416.25
Interest form Certificate of Deposits	\$	1589.88
TOTAL RECEIPTS	\$	349111.96

DISBURSEMENTS

Cumberland Valley District Health Department for general operation	
of county health center	\$ 180003.00
Mt. Vernon Signal for publication of previous year's financial statement	\$ 220.00
Rockcastle County Sheriff refund of overpayment	\$ 977.76
Eagle Rock (insulation)	\$ 1950.00
Frank Bradley	\$ 190.00
Green thumb Landscaping.	\$ 9633.61
Elmo Greer	\$ 12406.00
George Dooley	\$ 1232.07
Lumber King	\$ 713.87
P&P Guttering	\$ 967.00
Stop Payment on Check	\$ 20.00
TOTAL DISBURSEMENTS	\$ 208313.31

This is to certify that at the close of business June 30, 2011 a balance of 140798.65 was credited to

BALANCE.....

Commonwealth of Kentucky

Community Trust Bank

County of Rockcastle Subscribed and sworn to me by My commission expires: 1/-23-20/3

the account of Rockcastle County Public Taxing District.

Witness by my hand this the 29 day of July 2011

Rockcastle County Public Health Taxing District Board.

\$ 140798.65

before me on the day of July 2011.

Agricultural News

By: Warden Alexander, FSA Director

Committee meeting The Rockcastle County Farm Service Committee (COC) will hold its monthly meeting Thursday, May 6, 2010 beginningat 8:00 a.m. The meeting will be held at the FSA office.

COC members are vital to the day-to-day operations of FSA. The COC members help FSA at the local level by deciding the kind of program their county will have and how they will operate. FSA committees operate within official regulations designed to carry out Federal laws and applying their judgment and knowledge and knowledge to make de-

Accommodations

Persons with disabilities who require accommodations to attend or participate in FSA meetings/events or functions should contact Warden Alexander at 606-256-2525 or Federal Relay Service at 1-800-877-8339

FSA provides assistance for livestock losses

Livestock producers who incur eligible livestock death losses due to the recent extreme temperatures and other adverse weather events may be eligible for the USDA Farm Service Agency's Livestock Indemnity Program (LIP). LIP provides assistance to livestock owners and contract growers for death losses in excess of normal mortality due to adverse weather, including

losses due to hurricanes, floods, blizzards, disease, wildfires, extreme heat and extreme cold. Producers who suffer livestock losses in 2011 have 30 days after the livestock loss become apparent to file a notice of loss to FSA or no later than October 31, 2011.

Producers must provide the following:

- Beginning inventory of livestock must be submitted when the first LIP application is filed
 - •Proof of death
- •Rendering truck receipts or certificates
- •Veterinary records or a picture of the dead animal
- •Including the date of death and documentation for cause of death
- Third party certification provided by a person who is not affiliated with the farming operations who can verify the beginning and ending inventory livestock records.
- •Documentation must provide sufficient data that identifies:
- •Kind/type/weight range of livestock
- Number of livestock To sign up for LIP, producers should contact their local County FSA office.

Important program dates and Interest Rates

LIP signup ends October

Milk Income Loss Contract (MILC) Programsignup continues

Conservation Reserve Program-signup continues Farm Storage Facility

Loan Program continues Maximum Discount Rate for TTPP

Farm Ownership Loans

(Direct) continues Farm Operating Loans

(Direct) continues Limited Resource Loans continues

The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited basis apply to all programs). Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc) should contact USDA's Target Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 Or call (800) 795-3272 (voice) or (202) 720-

Mamaw's Kitchen

By Regina Poynter Hoskins

I love bread pudding! My friendSteve and I often had lunch together when we both worked at ADP in California. The little cafeteria nearby had bread pudding on their menu every Thursday. As it turned out, this was one of Steve's favorites

also. Serve with or without **BISCUIT PUDDING** 4 cups biscuit pieces (day

old biscuits, broken into

2 cups milk 1 1/2 cups sugar

1 teaspoon vanilla

45 minutes.

Pour milk over biscuits and let sit until milk is absorbed. Beat sugar, eggs and vanilla well and add to bread mixture. Pour into greased 3 quart casserole or baking pan. Bake at 400 degrees for

BROWN SUGAR BREAD **PUDDING**

2 cups milk 1/2 cup brown sugar 3 medium eggs

1/4 teaspoon salt 3 cups soft bread pieces 4 tablespoons butter

In a medium sized bowl,

whisk together the milk, brown sugar, eggs and salt. Beat until the egg is fully incorporated into the milk. You can use stale bread (including the heels)and tear them into small pieces. Arrange the bread pieces in a well oiled 2-quart sized casserole. Pour the milk and egg mixture over the bread. Press the bread down into the liquid so that it sinks a little bit. Cut the margarine into small bits. Dot them on top of the bread mixture.

EASY CARAMEL SAUCE 1 1/4 cup brown sugar, packed

6382 (TDD). USDA is an

equal opportunity provider

1 stick butter

1/2 cup whipping cream In a heavy sauce pan over medium heat, whisk sugar and butter until butter melts. Add whipping cream and stir until sugar is dissolved. This should take about 3

BOURBON SAUCE

1/2 cup sugar

1/4 cup light corn syrup 1/4 cup butter

1/4 cup bourbon

Combine sugar, corn syrup, and butter in a small saucepan over medium heat. Bring to a simmer; cook 1 minute, stirring constantly. Remove from heat; stir in bourbon. Drizzle about 1 tablespoon sauce over each serving. Best if served

Rockcastle Adult Education

Bake at 350° for about 45

Open Enrollment July - August 10th

*All participants must complete 50 hours of instruction prior to taking the GED Test.

GED Test: August 30 and 31, 2011

Open Enrollment: September 19 - 23 from 8:00 am - 4:00 pm

September 26 - October 21, 2011

GED Test: October 26 and 27, 2011

Open Enrollment: October 24 - 28 from 8:00 am - 4:00 pm

TERM October 31 - December 9, 2011

GED Test: December 8 and 9, 2011

Open Enrollment: December 12 - 16 from 8:00 am - 4:00 pm

Services

- **GED** Instruction
- Prep classes for ACT, GED and Compass
- Computer Literacy
- Workplace Essentials
- Instruction to earn the National Career Readiness Certificate
- College Preparation Math Skills
- Online Instruction
- Literacy Skills

Evening Classes

Location & Hours

955 West Main Street Mt. Vernon, KY 40456 (Beside Rockcastle Middle School)

> Monday - Thursday 8:00 am - 4:00 pm

Friday 8:00 am - 3:00 pm

Call Today! (606) 256-0218

We're Selling the Country I

room on the 1st floor and a FR, 3 BR, and 2 BA

on the 2nd floor. Other amenities include: a

1-car attached garage, front porch, heat

pump, central air, city water and septic sys-

tem. Property is situated on 50 acres +/-. Call

today for your appointment to view.

Picture Perfect! With a mountaintop view,

this ranch style brick home is a beauty! Home

features 3 bedrooms, 2 baths, living room with

fireplace, family room and a utility room.

There's a 2 car attached garage and a 2 car

detached garage and shop. This property is

close to Brodhead and is situated on 3 acres.

Additional land is available. Owners are mov

ing and are motivated to sell. Priced at

Cozy Country Setting! This 2006 model,

LR, Kit/Din combo, 2 BR, 2 BA, and Utility

room. Other amenities include front and

rear deck, electric heat and central air, city

water, septic system, stove, refrigerator,

dishwasher and microwave, situated on

1/2 acre m/l. Call today for an appointment

\$259,000, M2680

\$159,900. M2623

Sale Pending



www.fordbrothersinc.com

Mt. Vernon, KY 606-256-4545

This is only a partial list of our available property.

For complete listings, please visit our website at www.fordbrothersinc.com Watch for different listings next

HOMES FOR SALE





Stop The Press!! This lovely home features a LR, DR, Kit, 2 BR, 1 1/2 BA and utility room on the first floor. The second floor features 2 BR, Den, and 1 BA. Other amenities include a full basement with fireplace, two car attached garage with storage overhead, heat pump, central air, above ground pool, barn, city water and septic system all situated on 2 acres m/l. Call today for your appointment. M2657



Business Right at Home - This home consists of 3 BR and 2 BA. Amenities include: jetted tub, central heat/air, gas logs fireplace. There's a huge garage that consists of approx. 3,400 sq.ft. with full kitchen, 2 half baths, and could be set-up with living quarters. All of this is situated on approx. 3 acres with a country view! \$134,500. M2677



permanent foundation with nearly 5 acres. Home has LR with firepleace, 3 BR, 2 BA, Kit and Dining room. Property also has b-top driveway, large garage/shop, small horse barn, loafing shed, storag bldgs, and dog kennel. Owners are relocating. All this for \$99,500. M2673



try Living! This 28x60 vinyl sided doublewide is situated on 8.44 acres by survey. Features eat-in kit., LR, 3 BR, 2 BA and utility. Extras: 1-car attached carport, detached garage building, barn and so much more. A creek runs through the property. Priced to sell at \$79,000. M2639



consists of 2 acres with city water, sewer. KU. 14 x 60 mobile home has 2 bedrooms, 1 bath, living room kitchen/dining combo, W/D hookup. Storage building. Call to view.



to view this property. M2664

on 2.93 acres. Lot is green and peaceful just waiting for you to call it home. Priced to sell at \$42,000. Call for appt. as home is currently rented. M2656



doublewide offers 1,450 sq. ft. with 2 bedrooms, living room, kitchen, bath. This property has been used as a business and has ample parking containing over 6/10 acre. The property has city water and sewer and is within walking distance to the Renfro Valley Entertainment complex. Priced at \$79,900. M2689



A Bang for the Buck! This beautiful wood and brick sided home features a LR w/f.p., Kit, DR, 1 BR and 1 BA on the first floor. Second floor features 2 BR and 2 BA. Basement features a Kit, FR w/ f.p., utility room, 1 BR, and 1 BA. Other amenities: 2-car detached garage with overhead storage, in-ground pool with privacy fence, gazebo, heat pump, central air, 2 decks, city water and septic system \$199,900. M2676



Gas Saver! Walk to churches, school, stores Lovely 2 bedroom, vinyl siding house that also has large living room and kitchen, heat pump and central air. Also included is a storage building, all stituated on a level lot. Priced at \$49,900. M2686



room, city water and sewer. Central heat and air and KU utilities. Yard is fenced in and has a pool in back. Located on a dead end street and priced at \$84,900. M2643



investment? This 2 BR, 2 BA mobile home is situated on an acres +/- might be just what you're looking for! Formerly used as a business, this property on Hwy. 25 consists of an oversized garage with city water. \$37,900. M2653



Lovely! This lovely brick home is located just 3 miles south of Mt. Vernon and has convenient access to I-75. The home consists of 3 BR, 2 BA, LR, DR/Kit combo, office and large laundry area. Situated on a 1.5 acre lot with barn, tool shed and gazebo for your enjoy-

COMMERCIAL PROPERTY FOR SALE



ireat investment Opportunity! 19.138 acres overlooking Renfro Valley and joins the KOA ampground. City water/sewer available. Lots of development potential. \$115,000. M2638



A Golden Location! Commercial Property! This vinyl sided 30x40 commercial building features an open sales area, restroom, covered metal carport, greenhouse frame, inventory, and equipment. Other amenities include blacktop parking lot, heat pump, central air, city water, city sewer and a great location, just across from the Renfro Valley Campground. Situated on a 0.539 acre

lot by survey. M2687



3/4 acre to 4 acres - good visibility - high traffic count - city water and sewer available



Commercial Property at a Great Location. Nearly 3/4 acre across from Rockcastle County High School.Blacktop lot, water, sewer, and two buildings. Ideal for offices, food or auto Priced at \$199,900, M2510/



For Sale or Lease! Only one mile out of Mt. Vernon, this commercial building with vault is ideal for any retail office. Includes outdoor shooting range. \$59,900. M2645



basement with blacktop road frontage along Hwy 25. Other amenities include: blacktop parking lot, city sewer, heat pump, and central air. Situated on 1.74 acres. If you're looking for a commercial building in Renfro Valley, then be sure to call today for an appointment to view this property. \$139,900. M2679



Heart of Renfro Valley! 1.43 acres of commercial property with 325 ft. of road frontage, two blacktop entrances, level lot, city sewer available, one mile north of I-75. Priced at \$99,000.00. M2642

Make This Your Building Site! Measur-

ing 73/100 of an acre, this lot features

blacktop road frontage and city water

available. Conveniently located close to Mt.

Vernon but in the Brodhead School District.

Whether you're looking for a "cheap" build-

ing site or good investment property, don't

Reduced!! This CORNER LOT could be yours for

only \$16,900. Strategically located at corner

of West Main Street and Hysinger Hollow Road,

let this one get away. \$8,500. M2617

LOTS/ACREAGE



They're Going Fast! Conveniently located between I-75 and 461, over 100 restricted building lots in the newly developed Rainbow Ridge Subdivision. Newly blacktopped roads - city water some lake views. Prices range between \$11,900 - \$16,900. M1798



Several....Large Country Lots, with a great view! Holbrook Estates in the Brindle Ridge section- convenient to Mt. Vernon & Berea. City water, cable TV, lots measure 3/4 to 1 acre. Prices range from \$9,900 to \$12,900.

REDUCED! 127 Acres more or less by the boundary! This 127 acres m/l is mostly wooded with some young timber. If you're looking for recreational land or simply a get-away, then be sure to call for your appointment today. Reduced to \$95,250.

13 Acres overlooking Mt. Vernon on old US 25. Building sites -- convenience. Won't last long. Priced at \$24,900. M2444

Lots Available! Now in the Lear Crest Subdivision. There are 7 lots to choose from so hurry to take your pick. Priced at \$11,900 each. M2346

298+/- **Acres** - This property has blacktop road frontage along Sweetwater Road and is mostly wooded with an abundance of marketable timber. \$447,000. M2667

Absolute Estate Auction of the late Ms. Alice Kilby's House and Lot ~ Personal Property Saturday, August 6th at 10:00 a.m.

11236 Ky Hwy 1247, Waynesburg, Ky Auction of 6 Duplexes • Saturday, August 13th at 10:00 a.m. · Summerfield Court, Richmond Auction of Mr. Brian Helton's Approx. 25 Acres (Offered In 5 Tracts)

Saturday, August 13, 1:30 p.m. Beartown Road, Corbin (Just Off Hwy 25w)

FUTURE AUCTIONS Absolute Auction of Feldman Heirs Land Partnership's

110 Acres More or Less in Tracts Saturday, August 13th at 2:00 p.m. Leger Fork section of Jackson County, KY Absolute Auction of Mr. Harold Ballou's 19 Acres +/- in Tracts
Sat., August 13th at 10:30 a.m. • Antioch Rd – Burnside

making it a prime heavy traffic location for a small business or a convenient home. City water, sewer, KU electric. Now only \$16,900. **Absolute Liquidation Auction of Darrin's** Computer Cars' Vehicles ~ Equipment ~ Inventory
Thursday, August 18th, 2011 at 10:00 A.M.

> House & Lot Saturday, August 19th at 5:30 p.m. 467 South 2nd St — Danville, Ky.

300 Chestnut Street, Berea, Ky

Absolute Estate Auction of The Late Claude & Mattie Hendrickson's

Call Our Agents Or Visit Our Website At www.fordbrothersinc.com For Information About These And More Properties!

Sam Ford256-4588 Danny Ford256-4446 Jeff Cromer308-1314 Teresa Stevens......758-8051 Matthew Silcox308-2339

Johnny Alcorn256-4510

Jeff Burdette.....308-4611 Harold Bustle......308-3963 Sandy Bullen758-8418

Crystal Frith256-9298 Jennifer Hand...606-392-1999 Abuse

1. "Do alcohol and other drugs cause abuse?" Not really. Drugs may make the abuse worse or make it more likely, but the drugs do not cause the abuse. Many men drink and even get drunk without abusing anyone. The same is true of other drugs. The abuse happens because the abuser is an angry and potentially violent person. Alcohol and other drugs may make the release of that anger more likely.

2. "Why would a victim use drugs?" Victims sometimes become users in order to deal with the pain of the abuse. If they are using, they do not have to feel the physical and emotional pain that accompanies abuse. (Most victims say the emotional pain is worse than the physical.)

A victim might start using drugs to if her abuser is using. "If you can't beat 'em, join 'em" seems to be the motto in this situation. Sometimes the abuser entices the victim into using. He then holds the drugs over her head in order to keep her with him, i.e. if he is her supplier, it is more difficult for her to leave. Some abusers have forced their victims to join them in using drugs. Some have used their victims as couriers when selling drugs. This involves the victim in illegal activities and that information can then be used against her. Whatever her reasons for beginning to use, the victim can become addicted her-

3. "My abuser has quit drinking and says he won't hit me anymore. Should I go back to him?" Each situation is different, therefor one answer will not fit all. How long has he been clean and sober? Six days does not inspire much confidence, while six months is more solid. Even then there is the possibility of relapse. Are there others who can vouch for his sobriety or is it his word only?

And, finally, even if he stops using, that does not guarantee that he will stop abusing. The abuse is a separate problem from the addiction and must be dealt with, rather than just assuming that a clean and sober

By Ian Owens

etables, local is better.

Whether you're buying veg-

etables or vegetable plants,

the closer you are to where

that squash was picked or

that squash plant was

There are many reasons

for the value of local pro-

duce. The first is taste. Veg-

etables that have been har-

vested within the past 24

hours and have not been re-

frigerated retain more of

their flavor and nutrients.

Many of us know what a to-

mato tastes like fresh from

the vine or corn pulled just

in time to drop the ears into

boiling water or pop them

on the grill. Sadly, many

people, especially children,

do not. Research has shown

children are more interested

in eating vegetables when

they have had a part in growing that vegetable.

The best way to get that

fresh taste is to grow your

own. Vegetable gardening is

a long tradition in the hills

of Kentucky and any drive

through those hills will re-

veal rows of corn, peas and

tomatoes adjacent to many

homes. For those with less

space and time, vegetables

plants can be a welcome

addition to flower beds,

raised beds or large contain-

ers. Eggplant and squash

produce fabulous flowers

and foliage and corn is now

an ornamental addition.

grown, the better.

When it comes to veg-

person will not abuse. Much abuse is committed by men who do not use drugs or alcohol.

Pg. B4 • Mount Vernon Signal • Thursday, August 4, 2011

4. "If I have a drug or alcohol problem, how do I get help?" Anyone who is asking this question is taking the first step on the road to recovery. While only the first step, it is a significant one. The first choice is between outpatient and inpatient treatment. Outpatient treatment facilities can be found in the Yellow Pages. Alcoholics Anonymous and Narcotics Anonymous are good places to begin. There are faith-based groups such as Reformers United, Celebrate Life and other groups sponsored by churches that may also help.

If the addiction is significant enough to have disrupted one's life, inpatient treatment is probably necessary. This means going to a residential center for a length of time ranging from 30 days to two years. There are many different facilities that offer various types of treatment. Some are faithbased. A call to Operation UNITE treatment hotline at 866-908-6483 will quickly produce names and phone numbers of treatment cen-

"Court"

(Cont. from B2)

pend \$450 on condition; failure to register transfer of motor vehicle, \$25 fine; no operators license in possession, \$50 fine and costs.

Barbara A. Singleton: failure to wear seat belts, \$25 fine; failure tomaintain required insurance, \$500 fine/suspend \$450 on con-

Ronald R. Sizemore: overwidth, \$25 fine and

Salina M. Smith: failure to maintain req. insurance and operating on suspended/revoked operators license, bw issued for fta/license suspended.

Larry R. Strunk: no/expired registration plates and failure to maintain req. insurance, bw issued for fta/ license suspended.

Callie L. Thomas: failure to wear seat belts and booster seat violation, license suspended for fta.

Another reason to buy

and eat locally is economic.

The dollar you spend with

the local farmer or garden

center stays in the commu-

nity and circulates numer-

ous times. Many communi-

ties promote locally pro-

duced products and the

Kentucky Department of

agriculture supports locally

grown products through its

"Kentucky Proud" promo-

growth of vegetable garden-

ing is the tomato. Interest in

growing tomatoes has re-

sulted in the return to the

marketplace of many heir-

loom varieties and modern

selections that offer more

disease resistance. New fer-

tilizers that can be applied

as a shake and feed or dis-

solved in water improve the

yield of each plant. Patio

tomatoes now decorate

decks and porches. The va-

rieties are endless. Rainbow

is similar to Mr. Stripey but

with more flavor. Oxheart is

the ultimate sandwich filler;

just one slice does the trick.

and wherever you plant,

give yourself a summer of

fresh vegetables. Your taste

buds will like it and so will

Ian Owens is the Retail

Manager of Owens

Garden Center in

Somerset. For more

information go to

www.owensgardencenter.com

your local economy.

Whatever your choice

The leading player in the

Vegetable Gardening:

Local is Better

ters. UNITE vouchers help to pay for treatment. At an Alcoholics Anonymous or Narcotics Anonymous meeting, one will find those who have been through treatment and who can make recommendations about facilities that helped them. Churches are also

sources for referrals to treatment.

[If you or someone you know is in an abusive relationship, call Bethany House at 679-8852 or 800-755-2017. In Rockcastle and Laurel Counties call Family Life Abuse Center at 800-755-5348.]

An encouraging word:

A Significant Somebody By Howard Coop



After a disappointing career venture, the man became the epitome of failure. In that state of mind, he was downhearted and dejected. Wrapping the garment of pity around him, he was unwilling to accept responsibility and get on with life. Then, at every conceivable opportunity, he began to characterize himself to his family and friends as "an insignificant nobody." It is true that he may have failed, but it is not true that he was "an insignificant nobody."

At all times, this reality must be faced. No one, under any set of circumstances, is ever "an insignificant nobody." Although, at times, life may appear to treat them meanly, everyone is, always and under all conditions, a significant some-

That assertion is true for one simple reason: everyone, under any and all conditions, is a significant somebody because everyone, whether or not it is recognized by the individual, is "God's workmanship." While it may be blurred and almost indistinguishable at times, the image, or logo, of the maker is indelibly imprinted in the heart and upon the life of each individual. So, life is forever marked. But there is more, much

more to be said. Not only is everyone God's workmanship but also everyone is "created (by God)...to do good works." That is the real purpose of life, and that purpose gives life its meaning. Abiding satisfaction and a deep sense of fulfillment come to the heart of an individual when that purpose is understood and fulfilled. Life is created that way, and the opportunity to do good works abound on every hand. So, at all times, there are ample opportunities to fulfill the purpose for which one was created.

There are those who, in a critical and belittling way, refer to those who do good as "do gooders." Do not be intimidated by these comments. Just ignore them and do the good things that need to be done and become the person you were made to be.



Toll-free Treatment Help Line 1-866-90-UNITE

Take control of your life TODAY!

Commonwealth of Kentucky **28th Judicial Circuit** Rockcastle Circuit Court • Division II Civil Action No. 11-CI-00095

Citizens Bank

Plaintiff

Bobby Powell, his unknown spouse; Rockcastle County, Kentucky; and Fifth Third Bank, an Ohio **Banking Corporation Defendants**

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on June 7, 2011 for the purpose of satisfying the judgement against the defendants in the amount of TWENTY SIX THOUSAND FIFTY FOUR DOLLARS AND 54/100 (\$26,054.54) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Friday, August 5, 2011 Beginning at the Hour of 1:30 p.m.

Said real property is more particularly described as follows: Beginning at a stake in the south west corner of lot #18 and is in the north line of Locust Street; thence with said line N 67 1/2 W 100 feet to a stake in the southwest corner of Lot #20; thence with the line of Lot #20 N 22 1/2 E 200 feet to the south side of Poplar Street; thence with said line of Poplar Street S 67 1/2 E 100 feet, to the stake at the North-West corner of lot #18; thence with the line of Lot #18, S 22 W 200 feet to the begin-

Being the same real property the defendant, Bobby Powell, single obtained by deed dated September 2, 2005, executed by Doug Rowe, Jr., single, of record in Deed Book 206, Page 543, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

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

- 1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- 2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
- 3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the

4. The purchaser shall pay the 2011 local, county

- and state property taxes. 5. Full satisfaction of the plaintiff's judgment shall
- be paid from the proceeds of the sale. 6. The purchaser shall have possession of the real
- property upon compliance with the terms of the sale. 7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall
- be required. 8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or

otherwise and shall be sold "as is". William D. Gregory **Special Master Commissioner**

Rockcastle Circuit Court

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 10-CI-00109

Citizens Bank

spouse, Kayla Barnes, her unknown spouse, Darrell Sizemore, **Dorothy Sizemore, Commonwealth** of Kentucky Department of Revenue, State Farm Insurance Companies, and Rockcastle County, Kentucky **Defendants**

Starlin Dewayne Robinson, his unknown

Plaintiff

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 20, 2011 for the purpose of satisfying the judgement against the defendants in the amount of SIXTY ONE THOUSAND THIRTY THREE DOLLARS AND 48/100 (\$61,033.48) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Friday, August 5, 2011 Beginning at the Hour of 1:00 p.m. Said property known as Parcel No. 1 and mobile home shall be sold sepa-

rately from Parcel No. 2. Parcel No. 1 and Mobile Home is the property owned by Starlin Dewayne Robinson and Kayla Barnes consisting of a tract described as having 1.934 acres. Parcel No. 2 is owned by Darrell Sizemore and Dorothy Sizemore being described as 2.00 acres obtained in deeds in 1991 and 1994, with a 15 minute break in between the two sales. Said Parcels being more particularly bounded & described as fol-

PARCEL NO. 1

BEGINNING at a large maple, said maple being approximately 120 feet east of the intersection of Kentucky 618 and Kentucky 70, also a corner of the Mink property; thence with the south right of way of Kentucky 618, South 76 degrees 07 minutes 15 seconds East a distance of 207.30 feet to a stake set 20 feet from the center of Kentucky 618; thence a new property line with Florence Albright South 11 degrees 41 minutes 28 seconds West a distance of 394.56 feet to a stake set in the property line of Jr. Craig; thence with the property line of Jr. Craig North 83 degrees 00 minutes 38 seconds West a distance of 207.42 feet to a steel axle corner in the property line of the Mink property; thence with the Mink property line North 11 degrees 37 minutes 58 seconds East a distance of 419.47 feet to the point of beginning, containing 1.934 acres more or less, by survey of Gary W. Holman, Ky. L.S. 1837.

Being the same real property the defendants, Starlin Dewayne Robinson and Kayla Barnes obtained by deed dated January 26, 2007, executed by Jim Cupp, et al., of record in Deed Book 214, Page 282, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

1989 Clayton doublewide mobile home (28 X 44/ VIN # CLR004179TNAB)

PARCEL NO. 2

Situated in the Commonwealth of Kentucky, County of Rockcastle and being the property as conveyed to Dorothy Mae Barnes by Deed Book 155, page 270 as recorded in the Office of the Rockcastle County Clerk and being more particularly bounded and described as follows:

Beginning at the Corner Post found marking the southerly right-of-way of Kentucky Highway 618 and the easterly right of way of Marler Knob Road and being the Point of Beginning of the tract herein to be described: Thence with the southerly right-of-way of Kentucky Highway 618, S 71E

09' 16" E a distance of 579.87 feet to a corner post found, passing an iron pin set at 5.00 feet. Thence continuing with Kentucky 618 right-of-way N 89E 17' 29" E a dis-

Thence crossing through said Barnes property the following two (2) new

courses: S 04E 06' 05" W a distance of 158.80 feet to an iron pin set; N 71E 09' 16" W a distance of 668.60 feet to an iron pin set in the easterly rightof-way of Marler Knob Road;

Thence with the easterly right-of-way of Marler Knob Road, N 12E 14' 09" E a distance of 131.90 feet to the Point of Beginning and containing 2.00 acres by survey. Subject to all legal highways and right of ways whether or record or not. All iron pin set are 1/2" by 18" rebar with orange plastic caps labeled "HUPP #3623". All measurements are based upon an actual field survey made by Covenant Surveying, LLC on the 8th day of December in the year of our lord 2006. All bearings are based on the southerly right of way of Kentucky Highway 618 as being S 71E 09' 16" E and being further delineated on a plat as attached hereto.

Being a portion of the real property the defendant Dorothy Sizemore obtained by deed dated January 30, 1991 executed by Mable Marler, single of record in Deed Book 141 Page 675 and by deed dated September 27, 1994, executed by Gerald Barnes of record in Deed Book 155, Page 270, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

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

- 1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- 2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase
- 3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the
- 4. The purchaser shall pay the 2011 local, county and state property taxes.
- 5. Full satisfaction of the plaintiff's judgment shall
- be paid from the proceeds of the sale. 6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- 7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall
- 8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

William D. Gregory **Special Master Commissioner Rockcastle Circuit Court**

Classifieds

CLASSIFIED RATES

- Local Rates \$4 for 25 words or less .10 each additional word
 - Display Classifieds \$5.00/Inch

Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

For Rent: 3BR trailer in Brodhead; 2 BR trailer on land contract. No pets. 758-4729. 34xntf

For Rent: 3BR/2BA mobile home in Sunnyside Mobile Home Park. 606-308-5459. 35xntf
Seeking Room For Rent or

house share in or near Mt. Vernon. Retired, 45-year-old female. 859-368-6757. For Rent: 3BR/2BA house. \$550 per month plus security deposit and one year lease. Near Mt. Vernon and I-75. No pets. Available Sept. 1. 606-682-7474.

For Rent: Accepting applications at Mt. Vernon Hous-

ing Authority on Mondays 9 a.m. til 12 noon. 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. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

Property For Sale

For Sale: 1992 mobile home, 14x70, 2BR/1BA. \$5,000. 606-308-0833. 35x2

For Sale: 2BR trailer w/two lots. No land contract. \$25,000. 256-1523. 35x1



For Sale: Two combined lots (approximately 0.75 acres) in the original section of one of Rockcastle's nicest subdivisions at Houston Point Estates on Hickory Hollow Road. Ready to build on. Selling for \$22,000.

Please call either 859-200-1477 or 606-308-3874



House For Sale By Owner • \$127,000 163 Coral Ln. • Mt. Vernon • Castle Ridge Subd.

5 year old, 3 bedroom, 2 bathroom, one owner home located in Mount Vernon city limits. Home has approximately 1,675 sq.ft. on a nice level .52 acre lot. Residence has a 2 car attached garage, vaulted ceilings, atrium windows, jetted bath tub in the master suite, huge closets throughout the house, and a 12 x 16 deck. Home has fabulous hardwood flooring, carpeted bedrooms, and an incredible kitchen. All appliances go with the home including washer and dryer. Home uses KU electric and city sewer, these utility bills are amazing. Home is move-in ready and close to everything while having a private setting.

To schedule an appointment call Chris or Brooke Bishop at 606-308-1696 or 606-308-3950

GILLIAM

REAL ESTATE & AUCTION

427 Chestnut St., Berea, KY • 859-986-9797

John Gilliam • Principal Broker Realtor Loretta Powell - 859-302-8411 www.gilliamrealestate.com

Reduced! 1278 Spiro Rd. Mt. Vernon

\$104,900



Reduced! 120 W. Main St. Mt. Vernon

\$69,900



Reduced! 2138 Lambert Rd. • Berea (0.644 A) \$59,900



Reduced! 306 Rolling Hills Rd. Mt. Vernon \$192,500



19 Silver Mist Corner Mt. Vernon \$274,900



3+/- Acres on Spiro Road - \$29,900

700 Hamilton Valley Rd. (Garrard Co.) - \$72,000 Gray Hawk Rd. - 4 lots from \$12,700 to \$18,500

1722 Gabbard Rd. 12.25 A - \$44,900

Reduced! Quail Rd. (14.26 A) Owner/Agent - \$45,000 Reduced! 3.03 A on Menifee Hill Rd. - \$19,900

2.5 A on Menifee Hill Rd. - \$18,900

House For Sale: 80 McFerron St. Needs work. Good starter home or fixer upper. \$25,000 firm. Call 606-308-5469 or 606-308-5509. 35x2p

For Sale: 3 BR/1BA house, located on Hwy. 150, minutes from Mt. Vernon, on one half acre lot. Asking \$65,000. Call 256-8771 if interested. 33x4p

For Sale: 80 Union Chapel Road. 1600 sq. ft. 3BR/2BA brick ranch, located on one acre. Completely remodeled. Minutes from I-75. Call 765-969-0613 for details. 23xntf

For Sale: 1.9 acre wooded lot on Freedom School Road. Septic tank and city water already there. 3/4 mile from 150. 606-308-2290. 37xntf

Lots For Sale: Castle Ridge Subdivision. Use same entry way as Bible Baptist Church. All lots have city sewer and underground utilities. starting at \$12,900. 606-256-5692 • 256-4504 • 308-3730. 20xntf

For Sale: Mobile home lots, located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648.

Posted

Posted: Positively No Elm tree stripping on property belonging to the Mink Family on Sand Hill and Cut Gap. 32x4p

Posted: Absolutely no trespassing on property of Dell Ponder on Red Hill and Black Bear Lick Lane. Violators will be prosecuted. (12/23/11)

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents to anyone. Violators prosecuted. (12/29/11)

Posted: No trespassing on Crawford Place - Old Brodhead Road. Danny Smith. 47tfn

Posted: Absolutely no hunting, fishing or trespassing on property belonging to Mark and Debbie Cummins. Violators will be prosecuted. 9x52p

Posted: No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Benge property).

Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.

Posted: No trespassing on

Posted: No trespassing on property known as C.B. Owens Farm across from

For Rent Maple St. Storage of Brodhead 256-2884 or 606-308-2491

Baby Farms Baby Farms Baby Farms Pulaski County



land that has old mobile home w/ no title which can be improved or removed. Land has new septic system installed. Price is \$33,500.

5 approved building lots that have approved soil site evaluations located on Hwy. 934. 9.2 acres priced at \$59,000. Buying or looking to relocate double

wide? We have several baby farms where cost of septic system & water meter can be included in financing package. Special Terms Available

Call Today!!! 1-877-331-4888 DGSCHELL.COM Fairgrounds in Brodhead. Violators will be prosecuted. 25tfn

Posted: No trespassing on property belonging to Buddy Mullins on Crooked Creek. No ATVs - no exceptions. Trespassers will be prosecuted. 35x1

Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Road. No hunting or fishing. Violators will be prosecuted. 35x1

Posted: No trespassing or hunting on property belonging to Edmund Wilson on Hummel Road. Not responsible for accidents. 35x1

Posted: No trespassing or hunting on anyand all properties of Gary and Cheryl Sears, located in Rockcastle and Pulaski Counties. Not responsible for accidents or injuries that may occur. 35x1

Mobile Homes For Sale

Bank Repos, single or double - some with land. Owner financing available. Perfect credit not required. Also will do land in lieu of down payment. Call Jim at 606-365-03991 or 859-623-3089. D&D Mobile Homes at Clays Ferry Exit 97 on I-75 north of Richmond. Open 7 days. 34x4

For Sale: 1996 16x80 mobile home and 1/2 acre lot on Freedom School Rd. \$30,000. Call 606-256-8548.

Found

Found: Black and tan hound dog. Very friendly Brodhead area. Call 606-681-6192 or 606-758-0124. 35x1

Motor Vehicles For Sale

For Sale: 2005 Mercury Mountaineer, 69,431 miles. \$13,000. 606-386-0233. 26xntf

For Sale: 1990 Dodge Ram pickup, \$1,250. 308-5550.

Yard Sales

Moving/Yard Sale: 8 families, Old Negro Creek School, approx. 2 miles up Hwy. 3245 (Old Negro Creek Road), Thursday, August 4th, 8 a.m. to 5 p.m. Rain or shine. Some furniture, iron skillets, glassware, collectables - something for everyone. 35x1

3 Family Yard Sale: At 1908 Old Brodhead Road. Lots of little girl's clothing-sizes 0-3T, car seats, blankets, misc. baby items, boy's clothing - sizes 8 to 16, men's and women's clothing, two push mower, television and many more

Yard Sale: Fri., 9 to 5 and Sat., 9 to 2 at Chestnut Heights Subdv. on Hwy. 1505, 2 miles from Brodhead Fire Dept. Lots of girls clothes - small and big.

Subscribe

- GOOD -

HOUSEKEEPING

GREEN

Yard Sale: Fri., Aug. 5th, 45 Clark Street, Mt. Vernon. Right off School St., past vet's office. 9 to ? Lots of clothes and other misc. items.

Garage Sale: Iron bed frame, oak dresser w/mirror, set of truck tires, women's clothes - sizes 14-5X, tops, jeans, dresses, sheets, pillows, comforters. Sat., Aug. 6th, 8 a.m. to 3 p.m. home of Tootsie Bullock, 1025 Ottawa School Road.

3 Family Yard Sale: At Pizza Hut. Kid's clothes, toys, etc. Sat., 8 to ?

Huge Yard Sale: Sat., Aug. 6th, 8 a.m. to? Houston Point Subdv., 174 Spring Hill Lane. Baby clothes lgirls 0-24 mos., boys 0-12 mos., baby swings and accessories, name brand men's and women's clothes Hollister, American Eagle, etc. and numerous other items.

Yard Sale: Thurs., Fri. & Sat., 8 to 4, 98 Wallin St., Brodhead. Odds and ends, VCR tapes, DVDs, lots of stuff including 10x12 metal bldg. w/3 shelves, \$900. Rain cancels to next week end. 758-9945.

Five Family Yard Sale:

Lake Linville Boat Dock. Monday thru Sat., Aug. 1 to Aug. 6. Shoes, clothing, tools, baby items, some furniture, lots of misc. items. Four Family Yard Sale:

130 Fair St., Mt. Vernon. Thurs., Aug. 4, Fri., Aug. 5 and Sat., Aug. 6, 8 a.m. to? Signs will be posted. Everything cheap. Yard Sale: Friday and Sat-

urday, 9 to 5, 385 Floyd St. 2 families. Garden vegetables, grills, dishes, Indian figurines, dolls, clothes - all sizes, lots of stuff. **Yard Sale:** Friday and Saturday, 35 Ferguson St., Mt.

urday, 35 Ferguson St., Mt. Vernon, off Lovell Lane. Baby boy clothes - sizes nb to 2T, Winnie the Pooh crib set and nursery decorations, toys, X-Box, 360 Rock Band 2 game with drums and guitar, women's and

men's plus size clothing and toddler swing set. Rain cancels. 8 a.m. to 4 p.m.

Yard Sale: Maretburg at Hemlock Circle. Friday and Saturday, 8 to 3. Girl's clothes, boy's clothes, shoes, women's clothes and purses, Home interior. Everything cheap.

3 Family Yard Sale: Under the shelter at Hill Top Produce (by Lumber King). Disney and Coke collectables, clothes, yard items. Friday and Saturday. Yad Sale: Sat., 9 to ? First one in two years. Hwy. 150 in Brodhead - Gum Sulphur Road at Shafer Auto Body sign. Women's sizes 12 and down, men's clothing 32 to 36, new Craftsman mitar saw in box, 20 ga. pump shotgun and lots more. Something for everyone. Rain cancels.

Yard Sale: Friday and Saturday, August 5 and 6, Ottawa Church Road off Hwy. 70. 8 a.m. to? Lots of clothes, shoes, toys, home decor.



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Richmond St. • 8:15 a.m.Unit #s 67, 69

Williams St. • 8:30 a.m. Units #s 7, 10, 11, 13

West Main St. • 9:00 a.m. Unit #s 32, 38, 40



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For Sale: Cemetery lots, Cresthaven Cemetery, Mt. Vernon. Call Bill Dowell at 308-1058. 31xntf

For Sale: Pool table, nice, bought new for \$2,500. Will sell for \$1,000. Excellent shape. Also has pool stick stand. 606-308-5550.

For Sale: Lots of concrete yard items. 308-5550.

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H.A.N.D.S HOME VISITOR The Madison County Health Department is accepting applications for the following positions:

Nurse Supervisor I for MEPCO Home Health. TWO full time openings to be located in the Richmond and Berea Home Health offices. Salary range \$21.37 - 27.27/hr negotiable with additional experience. (Grade 22)

Local Health Nurse 1 - Home Health. Applications for Home Health Nurses are accepted on a continual basis. Salary range \$17.36 - 21.73/hr negotiable with additional experience. (Grade 16)

Home Visitor for the H.A.N.D.S. program. ONE full time position to be filled by either a Local Health Nurse II (grade 18) Salary range \$15.52 - 19.56/hr negotiable with additional experience; OR Health Educator I (grade 15) Minimum salary \$12.15/hr OR a Family Support Worker (grade 8) Minimum Salary 8.10/hr.

Applications and full listing of qualifications and job duties may be obtained at the Madison County Health Department, 216 Boggs Lane, Richmond, or 1001 Ace Drive, Berea, or online at www.madisoncountybealtbdept.org or by calling 859-626-4241. Completed application and transcript must be returned by close of business **August 12**, **2011** to the Madison County Health Department, P.O. Box 1208, Richmond, KY 40476-1208.

Resume will not substitute for completed application.

Applicants and employees in this classification may be required to submit to a drug screening test and background check and must possess a valid driver's license. **Equal Opportunity Employer**

Notices

Notice: Property left on the premises of 1502 Little Clear Creek will be considered abandoned if not claimed by Aug. 13, 2011. Lloyd Jordison, property owner. 35x2

Sara Beth's Consignment **Shop is closing**. If you have items on consignment and would like them returned, please call 859-353-1954 by August 10th. Otherwise, items will be donated. Thank You

Brodhead Volunteer Fire Department will be accepting price quotes on the following items to be purchased for use by the Brodhead Volunteer Fire Department: Remote electrical control light tower mounts on vehicle; 3 generators. Quote to be submitted before august 8, 2011 at 2 p.m. Specifications on the four items can be picked up at City Hall, 7 West Main St., Brodhead between 9 a.m. and 5 p.m. (closed 12 to 1 for lunch), Monday through Friday. The city reserves the right to reject any or all quotes or to choose by quality or price. 34x2 Public Notice: Notice is

hereby given that the City of Brodhead, P.O. Box 556, Brodhead, Ky. 40409 has filed an application with the Energy and Environment Cabinet to construct a City in downtown Brodhead, which would include construction of two 92) open picnic shelters, picnic tables, barbeque grill pits and walk paths. The property is located on the east side of U.S. 150 (west side of the Dix River) and is located approximately 600 feet south of Brodhead City Hall. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Surface Water Permit Branch, Flood Plain Management Section, 200 Fair Oaks Lane, Frankfort, Ky.

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Notice is hereby given that Joyce Kendrick, 4053 Sweetwater Rd., Berea, Ky. 40403 has been appointed administratrix of the estate of Elmer Lee Kendrick on the 27th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Joyce Kendrick on or before Jan. 30, 2012 at 11 a.m. 35x3 Notice is hereby given that

Rockcastle County Sheriff Mike Peters, 205 East Main St., Box 2, Mt. Vernon, Ky. 40456 has been appointed Public Administrator of the estate of Jordin F. Schmidt on the 6th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Sheriff Mike Peters or to Sebastian M. Joy, Curtis Legal Services, PSC, P.O. Box 1455, Ashland, Ky. 41105 on or before January 9, 2012 at 11 a.m. 33x3

Notice is hereby given that Carol Hamm, 3131 New Brodhead Road, Mt. Vernon, Ky. 40456 has been appointed Administrator w/ will annexed of the estate of Cleda Southard on the 13th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Carol Hamm or to Hon. William D. Reynolds, 140 West Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before January 16, 2012 at 11 a.m. 33x3 **Notice** is hereby given that

Eva A. Griffin, 305 West

Main St., Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Charles Machal on the 21st day of July, 2011. Any person having claims against said estate shall present them, verified according to law, to the said Eva A. Griffin or to Hon. Debra Hembree Lambert, P.O. Box 1094, Mt. Vernon, Ky. 40456 on or before Jan. 23, Notice is given that Donald

2012 at 11 a.m. 35x3 Ambrose, 360 Scaffold Cane Loop, Mt. Vernon, Ky. 40456 has filed a Final Settlement of his accounts as administrator of the estate of Thursie Ambrose, deceased. A hearing on said settlement will be held August 29, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 35x1 Notice is given that Joseph

Executor of the estate of Catherine Bullen, deceased. A hearing on said settlement will be held August 29, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 35x1 Notice is hereby given that Claudia H. Wren, 638

C. Bullen has filed a Final

Settlement of his accounts as

Fairview Loop, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Jerry Boyd Wren on the 25th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Claudia H. Wren on or before Jan. 25, 2012 at 11 a.m. 35x3 Notice is given that Barbara

Faulkner and Sheila Severance have filed a final settlement of their accounts as coexecutrixes of the estate of Rissie Brock, deceased. A hearing on said settlement will be held August 29, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 35x1

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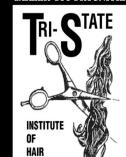
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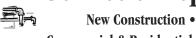
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Is an assisted living community the same as a nursing home?

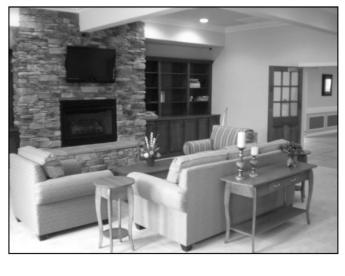
No, although some of the same services are provided. For example, both assisted living communities and nursing homes offer assistance with activities of daily living (bathing, dressing, grooming, etc). However, nursing homes can deliver health care services where assisted living communities cannot. Assisted living clients can arrange for outside services to come in and provide health care services (Home Health). Staff is available 24/7 in assisted living and trained in many different topics. Assisted living provides private apartments with baths and kitchenettes. Clients are encouraged to bring their own furniture and personalize their apartments.

Does Medicare or Medicaid pay for assisted living services?

No. However, some long term care insurances cover assisted living services. Also, for veterans or a spouse of a veteran, Aid and Attendance may be available.

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Pocalistudent, 10-year old Zoe Burdette, wins a state 4-Hoontest by delivering message of keeping Kentucky's children healthy.

Igust <u>2011</u>

Vol.7 • Issue 3

2 · Health Signals

About Us

Rockcastle Regional Hospital and Respiratory Care Center is a not-for-profit community health-care system that operates emergency, inpatient and outpatient acute care programs, a long-term care program for patients dependent upon mechanical ventilation, a home health service, and a state-of-the-art medical office complex. Established in 1956, Rockcastle Regional is JCAHO and CAP accredited and treats patients from across Kentucky, Tennessee and many other states.

Rockcastle Regional has the largest respiratory therapy staff in the state and is nationally known for its excellence.

Mission

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

Vision

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

Values

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

Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center facilities and programs are accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO).

Referral Contact

Carolyn Browning

Professional Association Memberships and Other Affiliations

American Association of Respiratory Care

American Health Care Association

American Hospital Association

Kentucky Association of Health Care Facilities

Kentucky Home Health Association

Kentucky Hospital Association

Kentucky Medical Association

National Patient Safety Foundation

UK HealthCare Network Affiliate-Markey Cancer Center

UK HealthCare Network Affiliate-Gill Heart Institute

UK HealthCare Network Affiliate-Kentucky Children's Hospital

UK HealthCare Network Affiliate—Kentucky Neuroscience Institute Comprehensive Stroke Program

Speakers Bureau

We are pleased to present information about healthcare and healthcare professions to the public. To schedule a speaker for your school, business, civic, healthcare or government organization, call Arielle Reese (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

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

Arielle Reese, Director Susan Brown, Page Design



FEATURES







- 4 The doctor's orders
- 5 A healing environment
- 8 Cholesterol education
- 11 What's on your plate?
- 13 A summer all about kids

A voice for good health

Local student wins state 4-H competition by delivering message of keeping kids healthy

By Arielle Reese, Community Relations Director

n a classroom on the campus of the University of Kentucky, ten year old Zoe Burdette stands in a room usually filled with college students. She's battling allergies and has nervous energy in the pit of her stomach. Surrounded by her family, a few friends and dozens of other kids and their families, Zoe is ready to participate in the Public Speaking competition at State 4-H Communications Day.

Zoe breaks the ice and calms her nerves by starting her speech with a little humor, "Hello, my name is Zoe Burdette and I apologize but I have the sniffles this morning." Smiles and laugher fill the room. Zoe sails through the next three minutes and captivates the audience with her speech titled "Keep Kentucky's Children Healthy."

Zoe has been waiting for this moment since winning the Rockcastle County and region 4-H Communications contest in the nine year old division for speeches. As a fourth grader at Roundstone Elementary, Zoe has been involved in 4-H since she can remember. She has participated in sewing, made backpacks and learned to use a sewing machine. John McQueary, Rockcastle County 4-H advisor, visits the schools periodically and has seen Zoe strive for excellence and work hard.

"Zoe Burdette is one outstanding young

lady who has GREAT communication skills for a nine year old," said McQueary. "She has continually proven already at a young age to be an outstanding student and leader of her peers and a very responsible young lady. Zoe exemplifies character in every aspect of her life."

A commercial for
Rockcastle Regional Hospital
& Respiratory Care Center was
the inspiration for Zoe's
speech. On February 19, 2010,
Zoe voiced a commercial for
the hospital's Markey Cancer
Center affiliation campaign and
spoke of the dangers of expos-

ing children to cigarette smoke. It was text written for Zoe to read, but she took the information to heart and became passionate about what she was telling others via the radio commercial. When the speech competition became an opportunity, Zoe chose to include the subject of the commercial she recorded. Zoe began researching second hand smoke and the harmful effects of it on children.

Her parents, Jeff and Twila, and 12 year old brother, Thomas, offered support as Zoe researched, practiced and prepared for the speech contest and on July 9, 2011 she



Zoe Burdette, a Roundstone Elementary student, is a 4-H State Champion for a speech on the dangers of second hand smoke.

became a 4-H State Champion in (nine-year old) public speaking. "I felt like WOW when my name was announced as the winner. I had asked everyone to pray for me," said Zoe. "I am just so thankful for this experience."

So far, in her ten years, Zoe has researched the career of an elementary teacher and Oprah. Although she does not yet know what she wants to be when she grows up, one thing that Zoe is for sure of is that she wants to stay involved in 4-H and is already brainstorming ideas for speech topics for the fifth grade competition.

[UK CONNECTIONS]

The Doctor's Orders

on social media for children and adolescents

ecent guidelines published by the American Academy of Pediatrics recommend that pediatricians ask schoolage children and adolescents whether or not they are on Facebook, and use it as a transition to discussing the impact of social media on a child's development.

At the Kentucky Children's Hospital, these types of questions have been incorporated into all physical and behavioral health clinical exams.

"Social media is an important issue and it is not a fad; it is here to stay," said Marlene Huff, Kentucky Children's Hospital child and adolescent behavioral health therapist and associate director of the Division of Adolescent Medicine. "In regular exams we ask children what their username and password is for their social media accounts, if they tell the truth about their age, if their parents are part of their 'friends' network, who their 'friends' are and if they are their age, and what they use the social networking sites for."

Huff highlights the importance of knowing how your child communicates with their friends outside of school, and suggests that parents limit the amount of time spent on technology such as video games, cell phones, computers and television.

In the Division of Adolescent Medicine at KCH, patients are required to be involved in at least one extracurricular activity to learn teambuilding and social skills, and to interact with

other students.

There are benefits to social media, especially for more reserved children, Huff said.

"Social media can help children that are slow to warm up gain confidence and learn the basic social rules of engagement. The next step, as a parent, is to take what they've learned online into real life and help them practice that with real peo-

ple as opposed to virtual persons. Social media can be a very helpful launching pad. People think you're born with the art of chit chat and that's not true -

it's a skill that children can learn through social media."

Advice to parents:

• Everything in moderation.

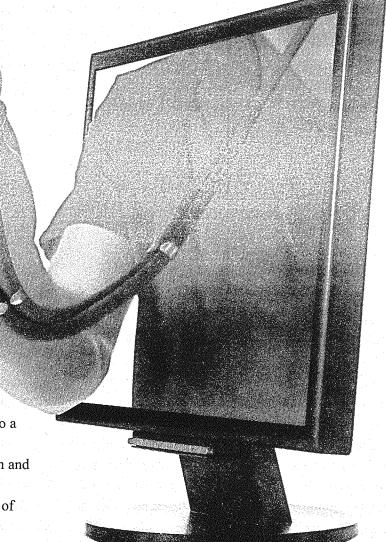
Social media, when used appropriately and in moderation, can be used as a key to a successful life.

- Get involved in your child's life on and offline.
 - Expose your child to a wide variety of

influences.

• Surf the web together with your child - there's a lot your child can teach you.

Courtesy of University of Kentucky Public Relations – Julie Meador



[UK CONNECTIONS]

A healing environment

University of Kentucky Albert B. Chandler Hospital a traditional hospital, thanks to the UK Arts in program highlights local, national and international artists in visual and performing arts, in music therapy, and even in the

healing environment, but they also invite people to

they are well," said Dr. Michael Karpf, UK's executive vice president for health affairs.

Julie Meador

doesn't look or sound like HealthCare program. The the building.

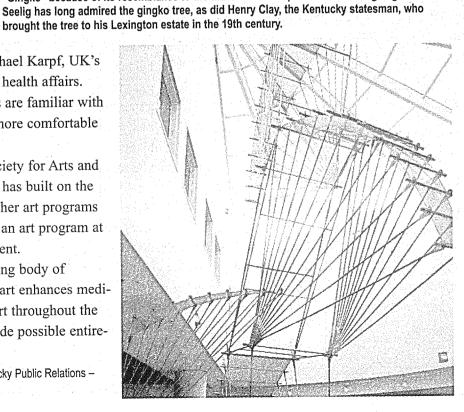
design and architecture of "The arts enhance the

visit the hospital when

"If patients and families are familiar with the hospital, they will feel more comfortable in a time of need."

As a member of the Society for Arts and Healthcare, UK HealthCare has built on the findings and successes of other art programs across the country to create an art program at the forefront of this movement. In support of the growing body of

research that endorses how art enhances medicine, the various forms of art throughout the hospitals and clinics are made possible entirely through private funds. Courtesy of University of Kentucky Public Relations -



Above, the Celebrate Kentucky Wall includes photographs and video from all over Kentucky.

"Gingko" because of its resemblance to the intricate fan-shaped leaves of the ginkgo tree.

Bottom right, mixed media sculpture artist Warren Seelig titled his two-piece commissioned art

Zoran Danov, M.D. · Pediatric Pulmonology John M. Draus, M.D. . Pediatric Surgery Willem J. S. de Villiers, M.D. Ph.D. • Gastroenterology Thomas DiSessa, M.D. . Pediatric Cardiology Deborah Flomenhoft, M.D. • Pediatric Gastroenterology Beatriz Y. Hanaoka, M.D. . Rheumatology Amy Hessler, D.O. . Neurology

Craig A. Chasen, M.D. · Cardiology

Shamik Aikat, M.D. . Cardiology Paul Anaya, M.D., Ph.D. . Cardiology

David Booth, M.D. . Cardiology Ketan Buch, M.D. · Pulmonology Charles Campbell, M.D. . Cardiology

Louis Bezold, M.D. . Pediatric Cardiology

Mara Chambers, M.D. . Hematology & Oncology

Michael Anstead, M.D. • Adult & Pediatric Pulmonology Susanne Arnold, M.D. . Hematology & Oncology

Joseph A. locono, M.D. · Pediatric Surgery

Dennie V. Jones, M.D. . Oncology

Bahram Kakavand, M.D. • Pediatric Cardiology

Christian Latterman, M.D. · Orthopaedic Surgery

Rick McClure, M.D. . Cardiology

David J. Moliterno, M.D. . Cardiology

Gustavo Morales, M.D. . Cardiology

Debabrata Mukherjee, M.D. . Cardiology

Timothy W. Mullett, M.D. . Cardiothoracic Surgery

M. Elizabeth Oates, M.D. . Teleradiology

Andrew R. Pulito, M.D. . Pediatric Surgery

Navin Rajagopalan, M.D. · Cardiology

William Robertson, M.D. . Pediatric Neurology

Bryan K. Rone, M.D. . Gynecology

Sarah Rugg, M.D. · Cardiology

Stephen Ryan, M.D. · Neurology

Douglas Schneider, M.D. · Pediatric Cardiology

Scott Scutchfield, M.D. . Orthopaedic Surgery

Steven I. Shedlofsky, M.D. . Gastroenterology

Partha Sinha, M.D. . Teleradiology

Sean C. Skinner, M.D. . Pediatric Suregery

Charles Smith, M.D. . Neurology

Rudolph M. Tovar, M.D. . Gynecology

Maria Veling, M.D. · Otolaryngology

Mark Vranicar, M.D. . Pediatric Cardiology

Jonathan Webb, M.D. • Adult Nephrology

Getting back to life

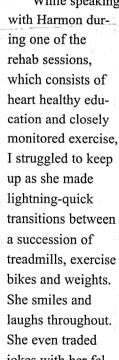
Hospital therapy program designed for heart attack survivors

By John Lambert

f you were told, shortly before meeting a person, that they'd experienced a massive heart attack just six months before, you'd probably brace yourself for a conversation with a fatigued, sickly and melancholic person. If, however, the person you were about to meet were Trish Harmon, or any of the people who've been through Rockcastle Regional's

> Cardiac Rehabilitation program, you might be surprised.

While speaking with Harmon during one of the rehab sessions. which consists of heart healthy education and closely monitored exercise. I struggled to keep up as she made lightning-quick transitions between a succession of treadmills, exercise bikes and weights. She smiles and laughs throughout. She even traded jokes with her fel-



low patients and her clinicians while she accomplished yet another personal record on a treadmill. Observing her willpower and effort, you realize that cardiac rehab helped Harmon quit being a heart attack victim long ago. Now, she's a heart attack survivor.

"They sure have tweaked me up a little," Harmon laughs, as she casts a quick, knowing

grin to her nurse and physical therapist. "Before, I couldn't do anything. Now, I have more energy and feel much better."

This relatively new form of therapy is designed to transition cardiac patients back into the full and fulfilling lives they led before their illnesses. The therapy, which is roundly endorsed by physicians, the American Heart Association and the American College of Cardiology, is a concerted effort by dieticians, pharmacists, physical therapists and nurses to meet the patients' needs in their entirety. Patients are given information sessions on medications, their diet, exercise and other healthy lifestyle tools. "They're so supportive," Gail Barrett, another patient said. "I feel like I can ask the staff anything."

During the directed exercise portion of the therapy, patients wear a heart monitor that relays their vital information to Patti Halcomb, RN, who examines their heart for any potential abnormality with an advanced medical computer system. "We always keep everybody in good shape." Halcomb explained. "Many people are anxious about exercise after a heart attack. We allow them to get exercise safely."

James Messer, Director of Physical Therapy at Rockcastle Regional, prescribes each patient with the optimum dose of exercise based on his or her condition. "Before I was very nervous" said Kenneth Baker. "Now I know exactly what I can and can't do."

Harmon also speaks highly of Messer. "If James tells me I can do it," she said. "I know I can do it."

Socialization is a neglected part of rehab that the program addresses directly. Halcomb explained that, even though they've had a major health event, patients are most con-

cerned with their families. "Many patients feel like they're a burden," Halcomb says. "In this small group setting, they're around other people who understand what they're going through, and that makes a big difference."

"I've made tons of friends," Barrett adds. "They encourage me too."

Holcomb's compassion is apparent even as she analyzes complicated medical data. She sees how the numbers and patterns on the chart translate to each patient's ideal lifestyle. "We try to make it so that they can enjoy their hobbies, their families and be in the best shape possible,"

Holcomb adds.

Besides exercise, the patients receive coaching on proper diet, ideal medicines, and stress manageFor more information about Rockcastle Regional's Cardiac Rehab program call 256-2609.

ment techniques. "We want them to know exactly what they need to do," Messer says. "That's what makes this therapy the most rewarding part of my job."

This confidence and support translates to real results. "I wouldn't have dreamed that this would help me so much," Baker said. Like many other patients, Baker plans on keeping up his exercise after the program. "My son comes here every day," he said with a proud smile. "And soon, I'll be up here with him."

When asked if others should consider Cardiac rehab, the far-from-lethargic, far-fromsickly and far-from-melancholic Harmon says, "Oh honey, I'd just about knock them down if they didn't." Based on her performance in the weight room, she probably could.

Cardiac Rehab patient Trish Harmon, seated, with James Messer, Physical Therapy Director, are all smiles during a session.

Brother Luther Allen, Rockcastle Regional Hospital and Respiratory Care Center's first full-time chaplain.

Scripture that inspired the name of the new Bible Study Group:

"So Philip ran to him, and heard him reading the prophet Isaiah, and said, "Do you understand what you are reading?" And he said, "how can I, unless someone guides me?" And he asked Philip to come up and sit with him."

-Acts 8:30-31

Hospital chaplain meets people at point of need

By Arielle Reese, Community Relations Director

omfort in a time of mourning, prayer in a time of need or peace in a time of crisis may not typically be things that come to mind when you think of a hospital, but in uncertain times they can be just as important as the medical care that you receive.

Rockcastle Regional
Hospital and Respiratory Care
Center employees, patients, visitors, residents and families can
now call on Brother Luther
Allen, Rockcastle Regional's
first, full-time Chaplain. "It's
exciting for me to come to
work," said Bro. Allen. "There
is a unique situation everyday."

Bro. Allen has received a warm reception from the team of employees at the hospital and enjoys working with them. He understands that healthcare can be a sometimes stressful and tiring profession and is available to counsel employees as well as patients. "I enjoy the challenges and changing environment here," said Bro. Allen. "I feel blessed myself to be able to share God's word. God is doing great things here."

Bro. Allen is steering the newly created ministry team on several new programs around the facility. The Ministry Team is made up of 15 hospital employees who have volunteered to serve. It includes a range of employees: doctors, therapists, social workers, nurses and respiratory therapists. Ideas were gathered from around the facility and programs were developed to meet identified needs.

Bro. Allen receives prayer requests from staff by email, forms in a prayer box, face to face and phone calls. Requests are then shared with the Ministry Team. He also coordinates clergy representing all Christian faiths so there is access to speak and pray with someone who shares individual beliefs.

One new program targets children specifically and is organized by Physical Therapist Emily Valentine. Comfort Kits are available when children are admitted to the hospital or are in emergency situations. The small kits make a big difference in the eyes of a child.

Bro. Allen has also started traveling morning devotions around the facility. Each day, Monday through Friday, at 9 a.m. you will find a small group of people at different

locations starting their day with words of encouragement and prayer. Everyone is invited to participate.

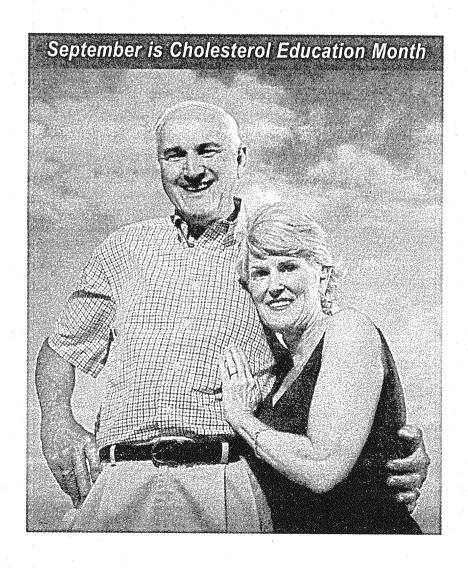
Other new programs include: Prayer Walks where Bro. Allen and the ministry team will visit 40 different hospital locations and pray with individual departments, communion with the long-term care ventilator residents and "Philip's Call" a new Bible study group that will be adapted to meet various, specific communication needs of the residents who will be participating.

Bro. Allen says the best part of his job is that he has the freedom to minister and support people when they need him. "I've literally prayed with people in the hospital hallway, because that is what we needed to do. My role is to show unconditional love and meet people with friendship."

Bro. Allen is a former
Baptist minister who has traveled the country with a motorcycle club sharing God's word.
He now travels the campus of Rockcastle Regional Hospital and Respiratory Care Center with his Bible, prayer and love of God.

HIGH CHOLESTEROL:

our blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.



How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or

dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone—younger, middle age, and older adults; women and men; and people with or without heart disease.

What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

Total cholesterol

- LDL (bad) cholesterol the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol helps keep cholesterol from building up in the

What you need to know

Rockcastle Regional is offering FREE Cholesterol Screeings September 19-23 from 7-10 a.m. in the Outpatient Services Center. No appointment necessary.

arteries

• Triglycerides – another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done.

See how your cholesterol numbers compare to the table below.

Category
Desirable
Borderline high
High
LDL Cholesterol Category
Optimal
Optimal Near optimal/above optimal
Near optimal/above optimal

*Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better.

A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

• **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up.

Saturated fat is the main culprit, but cholesterol in foods also matters.

Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

• Weight. Being overweight is a risk factor for heart disease. It also tends to

increase your cholesterol.

Losing weight can help lower your LDL and total cholesterol levels, as well as raise your

HDL and lower your triglyceride levels.

• Physical Activity. Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

- Age and Gender. As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.
- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Don?the in.the dart. Prostate cancer is the most common cancer in men.

ancer is a disease in which abnormal cells in the body grow out of control. When cancer starts in the prostate, it is called prostate cancer. The prostate is a walnut-sized organ located just below the bladder and in front of the rectum in men. It produces fluid that makes up a part of semen.

Prostate cancer is the most commonly diagnosed cancer in men, and second only to lung cancer in the number of cancer deaths. In 2007 (the most recent year for which statistics are available), 223,307 men were diagnosed with prostate cancer, and 29,093 men died from it.* CDC provides men, doctors, and policymakers with the latest information about prostate cancer.

Symptoms

Different people have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are-

- Difficulty in starting urination.
- · Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty in emptying the bladder completely.
 - Pain or burning during urination.
 - Blood in the urine or semen.
- Pain in the back, hips, or pelvis that doesn't go away.
 - · Painful ejaculation.

If you have any symptoms that worry you, be sure to see your doctor right away. These symptoms may be caused by conditions other than prostate cancer.

Risk Factors

There is no way to know for sure if you will get prostate cancer. Men have a greater chance of getting prostate cancer if they are 50 years old or older, are African-American, or have a father, brother, or son who has had prostate cancer.

Ask your doctor about the potential benefits and harms of prostate cancer screening tests.

Screening for Prostate Cancer

Not all medical experts agree that screening for prostate cancer will save lives. Currently, there is not enough credible evidence to decide if the potential benefit of prostate cancer screening outweighs the potential risks. The potential benefit of prostate cancer screening is early detection of cancer, which may make treatment more effective. Potential risks include false positive test results (the test says you have cancer when you do not), treatment of prostate cancers that may never affect your health, and mild to serious side effects from treatment of prostate cancer.

Most organizations recommend that men discuss with their doctors the benefits and risks of prostate cancer screening. CDC supports informed decision making, which encourages men to talk with their doctors to learn the nature and risk of prostate cancer, understand the benefits and risks of the screening tests, and make decisions consistent with their preferences and values.

Tests that are commonly used to screen for prostate cancer are—

Digital rectal exam (DRE): A doctor, nurse, or other health care professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

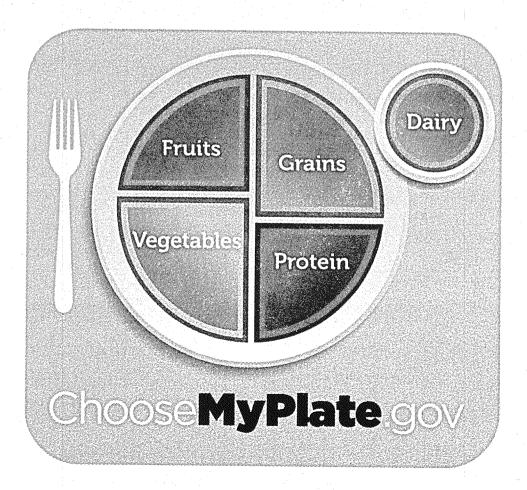
Prostate specific antigen test (PSA): PSA is a substance made by the prostate. The PSA test measures the level of PSA in the blood, which may be higher in men who have prostate cancer. However, other conditions such as an enlarged prostate, prostate infections, and certain medical procedures also may increase PSA levels.

Is prostate cancer screening right for you? The decision is yours. To help men aged 50 years or older understand both sides of the issue, CDC has developed several helpful guides to assist you with making an informed decision. To learn more go to www.cdc.gov/Features/ProstateCancer.

What's on your plate?

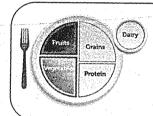
n June 2011, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government's "MyPlate" based on the new 2010 Dietary Guidelines for Americans. MyPlate is a new icon to help consumers to think about building a healthy plate at meal times. The MyPlate icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

Visit www.choosemyplate.gov for more information.



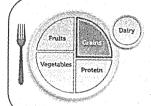
BUILD A HEALTHY PLATE

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.



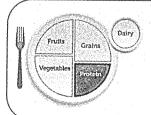
Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.



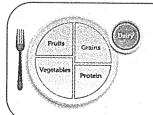
Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a natural source of fiber and protein.
- Keep meat and poultry portions small and lean.



Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.

Source: U.S. Departments of Agriculture and Health and Human Services

Keeping cancer care close to home

By John Lambert

hemotherapy has come along way in the past few years. Certainly, technological strides have minimized the treatment's side effects, and increased its effectiveness, but chemotherapy has also bridged the cultural and geographical gaps that were barriers to cancer patients' ideal treatment.

Nowhere is the success more apparent than at Rockcastle Regional Hospital and Respiratory Care Center. Rockcastle Regional, already a national leader in the treatment of ventilator dependent patients, began administering chemotherapy as part of an initiative to the treat diseases endemic to our region.

At that time, the closest cancer treatment centers were in Lexington, including UK Markey Cancer Center. Administration at Rockcastle Regional felt that the two-hour round trip to receive chemotherapy placed an unnecessary burden on cancer patients. Rockcastle Regional partnered with UK Markey Cancer Center to bring

"There were significant barriers to our cancer patients' treatment, not least of which was the drive," Melissa Brock, Rockcastle Regional Oncology Service Line Manager explained. "Many patients were not receiving the care they needed because of these barriers. We wanted to do everything we could to reduce the stress they felt, during an already stressful part of their lives."

Since 2004, The Chemotherapy Infusion Clinic at Rockcastle Regional has administered nearly 3,000 infusions, and helped 860 patients in their battle against cancer. In 2006, a formal network affiliation with UK Markey Cancer Center was formed and that remains today.

Brenda Mullins is a beneficiary of this forward thinking. Mullins, a 38-year Rockcastle Regional employee, received a colon cancer diagnosis after a routine screening. With the support of her husband, Larry, and family, including her grandsons serving the ARMY and Marines overseas, Mullins began the process of deciding her treatment plan. She felt the same trepidation all cancer patients feel when it comes to chemothera-

py. After surgery and radiation, Mullins decided to come to Rockcastle
Regional for her treatment.

"I was just so glad that I could go there [Rockcastle

> Regional] to get chemo," Mullins said. "I was glad I could be around people who knew and

understood me." Mullins' choice was strongly influenced by the prospect of a two-hour drive while dealing the side effects of chemotherapy. Travelling up and down I-75 is tough even in ideal conditions, but during chemotherapy, it's nearly impossible. Mullins knew that even this small advantage might add up to be a big difference in the results she got from chemotherapy.

Mullins also knew from her time working here that Rockcastle Regional is closer to its patients in terms other than simple geography. "Everyone was very nice and very helpful, just like they always are," Mullins said. "It's always more comforting to be around people you know. Anything I needed, they were there to get it for me."

Because of Rockcastle Regional's affiliation with UK Markey Cancer Center, patients like Mullins receive all the benefits of big-city care in a small-town setting. "The Markey affiliation allows us access to top-notch oncologists," Brock said. "In fact they're some of the very same patients see if they go to Lexington. Our nurses receive the comprehensive, specialized training in all aspects of cancer care."

One thing nurses can't be taught however, is a caring attitude. Mullins' experience illustrates that the nurses and doctors at Rockcastle Regional can't help but go the extra mile. "I had a lot of anxiety, just like everyone else" Mullins admitted. "But the staff helped me through that. From the CEO on down, everyone was very supportive."

Chemotherapy is an absolutely vital part of many cancer patients' treatment. Through programs like the Chemotherapy Infusion Clinic, Rockcastle Regional makes it easy for small-town patients like Mullins to get world class results.



Brenda Mullins, center, a colon cancer survivor poses with Rockcastle Regional chemotherapy nurses Gayle DeBorde, RN, left, and Renee Miller, RN, right.

Rockcastle Regional Summer 2011 highlights: ALL ABOUT KIDS

Handwriting without tears

By Arielle Reese, Community Relations Director

Ccupational Therapy
Director Cheryl
Mullins, along with
Occupational Therapists Raina
Remole and Daphne ReynoldsDay provided "Handwriting
without Tears" to 22 students this
summer. Handwriting doesn't
come easy for every student and
the struggle can affect academic
performance and self-esteem.

Mullins said she is still has im amazed at the progress that can be made in only a month of working with the students. "This is the sixth summer we've offered the program here and the time we spend with these students gives them a boost for the next school year."

Potential students were evaluated by an occupational therapist. Students diagnosed with Dysgraphia, or a deficiency in the ability to write (particularly in terms of handwriting), came to the hospital for one of five different classes. The hour-long class was available to students with various levels of handwriting skills, from preschool to cursive.

The program, which is covered by insurance for students who are diagnosed with Dysgraphia, includes a combination of improving fine motor skills and handwriting. The class starts with a warm up and then includes a variety of activities to get the child ready for writing. A variety of tools are also available to suit a particular student's needs. Their tool box for success includes: weighted



Eleven year old Justin Brown shows how much his cursive has improved since starting the Handwriting Without Tears program.

pencils, pencil grippers, textured materials and even aluminum foil. "We aren't just sitting at a desk practicing writing on worksheets; we use a variety of methods to get the children's arms and hands ready to write," Mullins said.

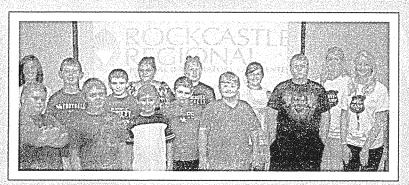
Families also play a large roll in the program. Homework is sent home and also techniques are shared with parents to continue the program even after the "Handwriting without Tears" is complete.

Occupational Therapists at
Rockcastle Regional Hospital are certified Instructors of the "Handwriting without Tears" program and look forward to the classes each summer. "We know the children are on summer break from school, so we incorporate fun into the program," said Mullins. "We want the kids to improve their skills and get prepared for school in the fall."

The program's goal is to make legible handwriting an easy and automatic skill, all while having fun.

IFIT CAMIP 2011

· Promoting healthy lifestyles ·



Fit Camp Overview

Duration: 6 weeks Graduates: 14

Fitness data:

- · Group total of 39 pounds lost
- · Group total of 9.25" lost from waist
- Body Mass Index (BMI) decreased for 9 of 14 campers

Activities:

Yoga, zumba, swimming, relay races, and gym workouts along with nutritional counseling

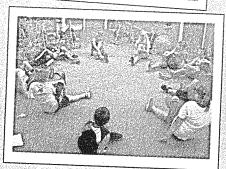
Staff volunteers:

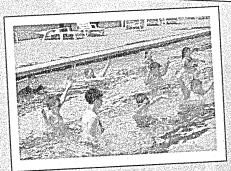
Lindsay Gabbard, RD Emily Kerr, PT Morgan Kincer, PT tech Callie Shaffer, MD

Sponsors:

Citizens Bank, McDonalds of Mt. Vernon, Subway of Mt. Vernon, Wendy's of Mt. Vernon, Wal-Mart of Berea, Jeff & Lisa Smithern







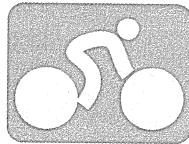
Racing series continues into fall...

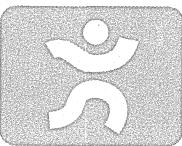


2nd Annual Rockcastle Regional









Saturday August 27, 2011 8:00 a.m. EST

Lake Linville Recreational Area (Lake Linville Road • Renfro Valley, KY)

2-Mile Walk

5K Run by the Lake

Rockcastle Duathlor
3.1 mile run • 16.8 mile ride • 2.2 mile run

Pre-registration only. Registration deadline: August 24.

Limited to 80 runners, 60 walkers, 60 duathletes

rockcastleregional.org/runbikeorhike



Ready to run?

The 2011 County-Wide Stride Run/Walk Series is composed of four run/walks of varying distances throughout the county.

Runners and walkers may participate in any or all four "legs," but must enter and participate in at least three of them to receive a County-Wide Stride long-sleeved tee shirt (in addition to individual event giveaways) at the end of the year. No separate registration is required for the series and there is no additional entry fee; we'll keep up with who participates at each event.

So, Rockcastle County, let's get fit. Hit your County-Wide Stride this year! Visit rockcastleregional.org/countywidestride for more information.

Event Dates:

Brodhead Homecoming Hustle May 28, 2011

Livingston Leap 2-Mile Run/Walk September 3, 2011

Jerry J. Cox Bittersweet 5K October 8, 2011

Jingle Bell 6K Run/Walk December 3, 2011

www.rockcastleregional.org/countywidestride

NEWS AND NOTES FROM OUR TEAM

Remole joins Occupational Therapy Department

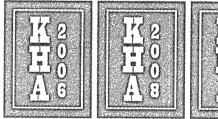


Raina Remole

aina Remole has joined the Occupational Therapy Department at Rockcastle Regional. A native of Owensboro, Kentucky, Raina received her Bachelor of Science in Occupational Science and Master of Science in Occupational Therapy degrees from Eastern Kentucky University. She currently lives

in Richmond and enjoys spending time with family and friends, playing golf, reading and watching UK basketball. When asked what she loves most about her job at Rockcastle Regional, she said, "The staff here is wonderful! I love being a part of such a caring environment that provides care above and beyond for our patients and families."

5-TIMIS CILAMIP







Kentucky Hospital Association Quality Award Winner



www.rockcastleregional.org

ROCKCASTLE REGIONAL

Physicians	Based	in	Rockcastle	County	
Jon A. Arvin				-	

Eduardo R. Gomez, M.D. Radiology
George W. Griffith, M.D. Family Practice
William P. McElwain, M.D. Family Practice
Kevin Rowe, M.D. Family Practice

Visiting Physicians

David Booth, M.D. Cardiology
Ketan Buch, M.D. Pulmonology
Lee Cain, O.D. Optometry
Charles Campbell, M.D. Cardiology
Jennifer Chadwell, D.M.D. Dentist
Mara C. Chambers, M.D. Oncology
Craid A. Chasen, M.D. Cardiology

Terry D. Clark, M.D. ... Pathology/Cytopathology
James K. Crager, M.D. ... Cardiology

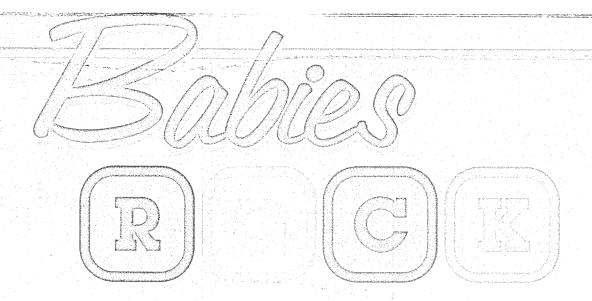
James K. Crager, M.D. Cardiology
Zoran Danov, M.D. Pediatric Pulmonology
Willem J. S. de Villiers, M.D. Gastroenterology
Thomas DiSessa, M.D. Pediatric Cardiology
John M. Draus, M.D. Pediatric Surgery

John M. Draus, M.D. Pediatric Surgery
Deborah R. Flomenhoft, M.D. Pediatric Gastroenterolog
Beatriz Y. Hanaoka, M.D. Rheumatology
Amy Hessler, D.O. Neurology
William Humphrey, M.D. Radiology
Joseph A. Iocono, M.D. Pediatric Surgery
Dennie V. Jones, M.D. Oncology
Michael Jones, M.D. Cardiology

Iraklis Livas, M.D. Allergy/Immunology
Sridevi Maddineni, M.D. Surgery
Anne P. Marshall, M.D. Pathology/Cytopathology

Cameron S. Schaeffer, M.D. Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D. Pediatric Cardiology

Scott Scutchfield, M.D. Orthopaedics
Steven Shedlofsky, M.D. Gastroenterology
Partha Sinha, M.D. Teleradiology
Sean C. Skinner, M.D. Pediatric Suregery
Charles Smith, M.D. Neurology
Rudolph M. Tovar, M.D. Gynecology
John P. Tuttle, M.D. Urology



A tree edition di eveni for habiters-to-Re and purents bi chii dren I year or younger

Saturday, September 10

9 a.m. to 11 a.m. • Rockcastle County High School

Featuring:

Maternity lectures
Skills fair
Giveaways
Vendor booths
Refreshments
Door prizes

Attendees must sign up by September 1. Call 256-7880 or e-mail a.reese@rhrcc.org.





